Introduction to Alfred Heath and BSFF

You will so enjoy hearing from my guest today. His name is Alfred Heath and this is the first time he's been on the show. But I've actually been following him for about 20 years.

And when I got his his biography, I was really impressed to discover all the things his explored, his studied, his helped develop. Like a technique called be set free, fast.

It was created by Dr. Larry Nims and that goes back about 20 years. It's a tapping technique like EFT, but it has some powerful aspects to it that he won't find any EFT, and you will also see more about Alfred and his work on his website.

Alfredheath.com He lives near Cambridge in the UK and has also become the principal master trainer for being set free, fast or BSFF for short. Alfred, it's so wonderful to have you on the show at last!

Thank you so much. It's such an honor to be here, and I've been a great fan of your work. in your genes just blew my mind. And, I've got my copy of Bliss brains hanging around here somewhere.

so I was very, surprised and humbled and feel very honored to to be able to have this chat with you. Well, I, I first read it to your name many, many years ago because when I went to my first ASAP conference, I met Larry Nims.

This is probably 2004, thereabouts. And, I guess you were probably getting into the field yourself then, because I think I first came across your name around that same time.

That's right, that's right. That was my first exposure, actually, to be so free fast. I had been working with EFT and was just learning also the topics acupressure technique.

prior to that had been more involved with NLP and, actually hypnosis and meditation and energy healing. So this was, this was a new development that I was coming into, and I had no idea that I would become so involved and, develop a personal relationship with Dr. Larry Nims.

yeah. Yeah. And so, we've had a lot of shows on tapping. We've had a lot of CFD masters on the show and, mentioned a lot of the PhD research. So how is BSFF different from EFT?

Well, it didn't start out terribly different. Larry had taken training with, Roger Callahan roundabout the same time that Gary Craig did, and they both independently.

They didn't know each other at the time, but they both independently felt that the protocols were much too complex. And they each, in dependently developed a simplified universal protocol for the tapping, where this diverged was, sometime after they knew of each other.

How BSFF Differs from EFT

In fact, Larry was invited to, present at a weekend, group of seminars that, that, Larry had held. And by then Larry was already starting to what I would call, transcend the, the actual physical tapping process.

He he, at one point, he, he found there was something that he wanted to treat. And he noticed this sometimes in class as well, that as soon as he started to motion to or even think about tapping, things started to resolve.

So it it it caused him to reflect as to why that would be. And, he surmised that, well, it it must be that the subconscious mind is fulfilling, this for me, fulfilling my intention.

So eventually, he, transitioned to a set of instructions directly given to the subconscious mind. No trance or anything that it would, resolve the emotional roots and the, dysfunctional beliefs that evolved from that significant emotional event that caused that, unresolved emotional experience that, reverberated through life from that point forward.

And, he found that it was effective and efficient. I've personally found the same thing. And, it isn't to say that there are so many wonderful energy psychology modalities.

in my mind, it's a matter of what what feels comfortable, what feels right, what feels like the best fit. And, so for me and for and for many others, visa free fast has has been that best fit.

it it it sort of, stays. We believe in the energy psychology family. because what what seems to happen, even though our focus is not energy per se. I get these wonderful reports while people are working through their issues with the best of free.

Fast is the use of a cue to signal to the subconscious mind to eliminate the emotional roots and beliefs at a subconscious level. but our belief is that the energy matrix is an aspect, an expression of the subconscious mind.

So but what what would happen is that we would I would see people, in some cases experiencing the microcosmic orbit of the, Daoist yoga, the, the, the central vessel and, governor vessel connection with no reference to energy whatsoever.

They would describe it to me. They had no idea that that's what it was. similar sensations of energy rushing through the body or specific sensations on certain points that I'd have to look up after the session to find out, you know, what meridian point that was and what it signified.

And then almost without, exception, it would be relevant to the issue that that person was dealing with. So so it's very much in the family. It's just that the focus is on intention and, letting the subconscious mind figure out what the what the elegant solution by way of whether it's, energy meridians or, or, or bio photons or whatever process, we're not as focused on that as we are.

The fact that the subconscious mind, will fulfill in most cases, whatever that intention is, or it'll let us know what's in the way of it so we can address that.

How cool. Yeah. You know, because EFT has at least EFT the way I teach it in research is very mechanistic. You you have a client bring in a list of problems.

You score them from 0 to 10. You start tapping when one start at a zero or close to zero, you move on to another. Maybe, maybe one problem will trigger another problem that you're just basically tapping through this sequence of acupressure points while you talk about the problem and there really isn't any kind of explicit bringing in of energy or, the subconscious or of quantum physics or any of that.

But what I have observed and all EFT trainers that I've talked to have observed is that when we, for example, are doing a we do a four day training workshop and somewhere around hour 3 or 4, it's almost alpha.

This is the sounds like so weird, but it almost feels like the atoms of the room begin to vibrate differently and you're looking around the room. You can tell people are going into altered states when we have a.

Have there been an EEG? Several times. We've had this hooked up to an EEG the whole way through the at the workshop, and you can see that they're having like almost metaphysical experiences that their, their brains look like they're going into trance with, more delta waves, big delta waves, flashes of big gamma waves, more theta and alpha, reduction in worry waves, beta waves.

And so it's obvious to us that something more is going on here. There's no explicit training on that in any EFT. But I think that, it's pretty apparent that something's going on at the level, of the subconscious mind and also, actual

energy of the room.

And so how do you how do you I mean, this is subconscious. You are not consciously aware of it. How do you figure out what it is? how do you figure out what what's the active ingredient or.

Using the Cue and Reading Subconscious Feedback

What's going on subconsciously with people because it isn't consciously accessible to them now when they tap, I find often stuff that one's subconscious becomes accessible to them, like you have.

If you have questions you ask them or how do you row? Right. So, so, what we do is we do have a protocol of, of, approaching the, the problem in many ways very similar to left, the, subjective use of the stress scale.

Put your mind on the issue. Right. Where does it register? Where do you feel your body, how strong is it from 0 to 10? and then, have them use you use their cue.

And that's, that's what we say is use your Q to to, have subconscious mind eliminate the emotional roots and beliefs associated with this. So instruct them to do that.

Yes. Okay. And one could do a, you know, other room similar to how one could do EFT on the road. It was just got themselves through the process. Right.

and then one of, few different things could happen. One, they feel a sense of relaxation come over them or relief. They feel lighter, they feel more grounded or more centered.

They feel the flow of energy or, or they feel a stuckness or they feel a some different emotion starts to emerge. So whatever happens is the next step in terms of where we go with it.

We have an overall protocol, but we also follow the feedback. Okay. And then give us an example of of how this has worked for say a particular client, how they, what they came in with, what they what their presenting issue was, how you then began to approach them, what discoveries they made and what what the outcomes are like a typical BSA session.

Oh, gosh. So, well, in in a typical session, we might address some global issues initially. issues around, one's relationships with life, self esteem, relationships with the world, relationships with other people.

the core relationships of their of their, significant others, father, mother, perhaps sibling. but when someone comes in with, let's say, for example, let's see, for example, if someone comes in with something like a spider phobia, and so we'll go through the process to, well, what what happens with you experience a spider when you see a spider and they'll already you'll, you'll see the changes, you know, in their pallor.

And, you know, they're like this, and they'll give us such scale and and, the way I work with it is I'll say, okay, you have registered this before you subconscious mind.

The fact that you're going to be using your Q implies that you want your subconscious mind to address the unresolved emotions and and beliefs around this.

So just be aware of the sensations in, on and around your body and you breathe. You have to think about anything special, but when you're ready, use your cue knowing that that's the implication.

And they would. And sometimes I'll see, perhaps their pupils will dilate after that. Or perhaps you'll see them start to settle in and relax or take a breath, or just get a faraway look, and then we'll revisit and say, okay, what?

First, what did you notice? some people don't notice that much, and that's okay. Some people, are very in tune with what they're doing in their body and in their, you know, felt experience. And, we'll get that report back.

Every answer is the right answer. And, I'll check back with them and say, okay, so go to that thought again or that experience again of experiencing spider and see where it scales for you.

Now we've done a like a 1 to 10 scale before and almost invariably it'll be maybe half of what it was. In some cases it is going to write down. And, you know, there's surprise with that, obviously.

And will continue. Sometimes other things will arise. in one case, I had a friend at work who knew that I did this work, and he said, I have this weird thing that I do, I every time I take a drink, I have to make a deliberate gulp.

And I can't take a drink without taking a deliberate gulp like this. And I want to. I think it's there's something not right about it. So we went through the protocol, and what he remembered was a memory came up of him choking on a drink and, so we cleared that through the process, but then something was still hanging on.

It wasn't that zero yet. And then, so I had him use the Q again, and he had a memory of it happening while his fiancée was with him, and he saw the look of of fear and horror on her face.

so we use the Q for that. Then it cleared completely. And this was in a matter of just a few minutes. And then what's an example of a Q? well, the Q could be it could be any signal that you choose to give to your subconscious mind.

Most frequently it's a word. So it doesn't have to be any kind of special word is just a word that you use as a signal.

Case Examples and the Failsafe Sequence

I like to tell people that, it's like a face plate on a wall, you know, on a on a light switch. It doesn't matter how you decorate the light switch. It has one function. You turn the light on or off.

Right now, that's not to say the words don't have power. So I do recommend people don't use, you know, strongly negative words that have a negative association for them.

But it can be something very, neutral, like, peanut butter or, you know, cassette tape. it doesn't matter is it's in those initial instructions to the subconscious mind, you designate the word as this is this is the high sign for you, subconscious mind free for you to go to work.

so and it's whenever one notices something that they either feel or suspect or learn, has emotional roots at a subconscious level, some out of proportion emotional reaction or or or thought that they can't get rid of or behavior or inhibition that's getting in the way of their, you know, enjoyment of life.

so they notice that and then their use of the cue is that is that conscious, deliberate intention that they're expressing to the subconscious one for, for, for it to eliminate that source?

I'm just really curious, Alfred, what does tapping come into this useful tap in the course of doing the work? No there is there's no tapping anymore with be set free fast.

We we we rely on the cue. And there is a brief period of time, I think you probably recall there were, the, temporal tapping around the outside of the.

Yes, the. Skull, around the ear. Larry seemed to find that when there was, particularly difficult issue tapping there would uncover something at a deeper level.

And, I went along with it, but but something about it to be, because, because my thought was, well, if I could do this part without the tapping, why can't I do this part without the tapping?

So I really investigated the instructions in subconscious mind. And it's struck me that that the, that the instructions as they were written were very yang in terms of intention.

You'll do this, subconscious mind. You'll do this. You'll you'll you'll do this. And I thought to myself, probably the most profound experience I've had that opened me up in meditation was the word allow.

And and so looking at it from that perspective, I, I offered some, some modifications to the instructions to the subconscious mind about allowing and accommodating and inviting, bringing more of that yin concept into the into the process.

And that took care of it. Never had to do the temporal tapping again. So there's this intricate and, amazing relationship. between energy and consciousness that, that, that I think is just a beautiful thing.

And it works in both directions. Interesting. Yeah. And when you are using energy, when you're aware of consciousness, when you're tuned into the body, which those instructions that you gave us earlier sounded a lot like mindfulness really becoming mindful of, where you were, you know, somebody's entry points to change.

And sometimes one is really useful, sometimes you might find another one more powerful. And so when you have many techniques, many entry points that way, whatever the the challenges that you face, you're able to overcome it.

So you're fine. You're able to then access these subconscious blocks. You're able to as the access they shift. Do you need to do anything like, the river ones?

You mentioned being stopped earlier. What if the block you can if you can figure out what it is, but you can't shift it. Right. So, so, one of the things that Larry developed was what he calls the failsafe sequence.

And this failsafe sequence that is, things that are are put in place as sort of road roadblocks to prevent change, at a subconscious level. So there's a series of statements that, and I, I neglected to mention that muscle testing is, is, a very useful part of surgery fast.

It's not required, but we find it very helpful to be able to, to to test statements to see what's happening at a subconscious level. but we would, muscle tests, these statements.

I want to be free of this problem. I'm willing to be free of this problem. I give myself permission to be free of this problem. I deserve to be free of this problem.

This sequence also deals with things like secondary gain if someone's getting something out of the problem to address that. So we find that usually through treating that sequence with a if there's a block, if things just aren't shifting that norm, that will almost always take care of it.

Interesting. Yeah. I remember my my mentor, Norman Shealy, who was the founder of the American Holistic Medical Association, and Norm was doing a lot of muscle testing.

And, he was working with people who were saying this statement, I want to live or I want to die. And he found that most people tested negative a week for I want to live and tested positive for I want to die.

He was in pain. What patients it is clinic. And so he said that often there are these subconscious blocks that were standing in the way of, of their their getting better.

That secondary gain or whatever kind. And that was a real obstacle to their healing. As a matter of fact, that's, that's one of the statements that gets treated in the global issues when we start the work.

Alfred Heathu2019s Healing Background and Spiritual Path

I want to live and I want to die often it'll be just as you say or they'll be weak for both. so there are Midland. So what do you do if they aren't. If they aren't sure like that.

Well, again, the ambivalence itself is a problem. So so we treat that and that usually clears up by itself in terms of, wanting to wanting to die, and not wanting to live.

that that's just been the experience with it. I'm not sure. You know, I can't fully explain to you how and why that is because it's all it's all in there.

I can theorize, but, you know, it's only be theories. I'm really curious as to how you got into this whole realm you mentioned go to ASAP in the early 2000s and and, learning about these methods.

But what took you there and what was your healing trajectory before that? Oh, gosh. So, I would probably say that, the, the the search for healing, like so many of us, was a big part of that.

I grew up in a family that had a lot of dysfunction. my father was an alcoholic, and, there's a lot of family dysfunction around that. And at the same time, I developed an intense curiosity for, things like self-hypnosis and meditation and psychology in my teen years.

in my early 20s, I started to experience, sixth sense, events, dreams that would come true. A couple of weeks later. Or being able to spontaneously, out of nowhere, know what something where something was or what someone was thinking.

And they they would come haphazardly, but they were undeniable. at about age 25, these experiences started to become intensely spiritual and, mystical.

And along with those that series of experiences over a number of years, there was just an intuitive sense of the importance of wholeness, of, of psycho spiritual wholeness, of mind, body, wholeness.

and that led me to, look at the New Age stuff, because it was about that time, late 80s, early 90s, the, the, the New Age was in full flower. it's the same time I felt that, quite a bit of it was ungrounded.

I, I delved into energy healing at the time, and I just felt that I wanted something that was more scientifically or or grounded. Something people could, could, approach without having to think of woo woo.

So I, pursued psychology, and then my plan was to integrate everything. And then I ran into EFT, I think, at about 1995, and, and started dabbling in that a couple of years later to sort of dabbling in that.

And then by about 2004, I decided to really buy in and, and go for training. but my, my trajectory has been one that comes from the mystical, spiritual, perspective.

So the way I look at all this stuff comes from that, from that space, even though it's important for some people to have a strictly psychological conversation about it all.

yeah, we pretend it's psychological, but I, I joke around sometimes. I say, you know, 500,000 years ago, we would have been shamans. We would have been doing rituals around the campfire.

Now we're doing randomized controlled trials in Colgate psychology. That's it. There you have it. It just fit in with the, the paradigm of the time. So the paradigm changes, you know, whatever it is to make it, to make it most effective. So.

Yeah, but again, you're looking for effectiveness. You're looking for what really works, but what really works for your clients. And I know you've been experimenting with many different kinds of techniques as well.

But I'm really curious about that early life because, research again, is showing now that many teenagers, many people in their 20s, are having a spiritual awakening spontaneously.

I don't know if you were raised religious, but even people who weren't the totally outside the context of a religion or

a church, they're having these awakening.

So. That's right. I mean, and I was, you know, I went to church, my mother was searching. She had multiple sclerosis. So in a way, she was searching for her healing.

So we we, Gosh, the so many different churches that, that, that she dragged us to and and what I, it gave me kind of an aversion to, to organized religion, but it also gave me a belief that there was a nugget of truth that was seemed to, like a silver thread that ran through everything.

And that's what I was more interested in. So, began exploring things like Buddhism and Sufism and, shamanism and, those sorts of traditions, the Asian traditions, and, and I found that because they were not part of my culture, I could see the deeper into the philosophy of them and then come back to my own, and see that it was all there was just hidden in culture.

Yeah, yeah. I love that image of you used of a thread of truth as a thread of truth, of them. brother David Strider Ross says it's like, people digging wells into an underground aquifer, and then they hit a well, and then there's water, and then they are having this wonderful experience of being being nourished by the water.

And then somebody else like, you know, a hundred miles away, a thousand miles away, they're digging in another well, hitting the same aquifer, another well and, different culture, a different time, different, different history.

And so they then, you know, again, it's the water that they it looks totally different. So they look, you know, Hinduism, look at Buddhism, look at look at Judaism, look at Daoism.

they all see very differently each other. And yet they're they're all, That's the same of the same core. Yeah. Yeah. Okay. Talking about CBA to that, actually, when you were really, really young, Inklings.

Inklings of it, the these spiritual experiences, I didn't know quite what to make of, I was in the Air Force at the time as a sergeant, so. And, mental illness, psychotic mental illness runs in different places in my family.

So I was very I really kept to myself about it. I had a sense that there, that I wasn't unbalanced because I was able to function quite well, and I was able to differentiate that from one day life quite well.

Zero Point Intention and Remote Healing

but, Yeah, it was largely in my 20s, and it got to a point where it just was too uncomfortable to remain in the military and I made my break and, went to study psychology, and it felt like, like just, you know, a jailbreak.

you know, because I was able to talk about what I was experiencing, I was able to talk about it to some degree in mental health circles. But but, these days, free and open about it all with anybody, it doesn't matter.

and it seems that nobody, if they do think it's weird, they keep that to themselves. So, Alfred, you learned BSF, you learned T, you learned various other techniques, and you've been developing your own that you mentioned being curious about hypnosis when you were a teenager and then having all of these anomalous experiences in your 20s.

So what else do you do? And then where are you taking this body of knowledge? So I think my my path has been one of seeking out all the myriad different facets of these modalities and then drawing back into simplicity.

sort of in, in, in a synthesized way. And, and, of have been aware of this desire to integrate and synthesize and simplify, get into the complexity and then simplify again at a higher level.

And, and so whether or not that's what I've ended up with, that's been the internal sense of the process. So, the conclusion that I came to doing the, the NLP and the energy work, having these experiences, the energy psychology was that there that again, a common thread in all of this was, intention and awareness and sort of

allowing oneself to occupy an expanded sense of consciousness.

And so from that perspective, the mentality that I developed that, use, exclusively for, for things like healing is what I call zero point in tension.

And, it's it's probably similar to many other types of, intention based healing limits or in fact, I'm a great fan of hers and her work, William H. Tiller, and many, many others, whereby an intention is set.

the I guess the difference was, is that incorporated parts of things like remote Reiki attunement. So there's this intention set for someone to have for someone or several people to have a healing experience or a healing session.

I could specify how many I could specify to some degree how long they might be. I could specify that they would receive them at a time and place of their own choosing, which is what I normally do.

And, and, they would. So the person who would receive this session, chooses their time and place. I, I give a set of guidelines I don't need to be aware of when they're doing it.

and they'll receive the session normally, they'll be, you know, lying down, and they'll experience things like, in some cases, they'll experience healing modalities that I don't even know, like, but like joint adjustments and things like that.

And it'll always be a great surprise to me, but but usually it's a sensation of some sort of energy process or some sort of, altered state. and it, it seems to work very, effectively.

and I've been doing it now for about 18 years. And so, is it something that you are recording or is it something that you're just intending without any kind of recording or written or, audio process?

No, no, there's no, there's no, physical technology associated with it. It's it's expression of intention. the the first way I tried to test with this was starting a Yahoo group and setting a very deliberate intention that anyone who joined that group would have six healing sessions.

And as long as they reported back what they experienced after each session, they would keep on having them up to six. And at one point, I had over 300 people on this Yahoo group reporting in and experiencing, you know, these these healing sessions.

And in some cases, I you know, in every case, I had no idea what they were, you know, seeking healing. For I had no idea how it worked specifically. I had no idea what specific steps in their healing unfolding were taking place.

But and yet it did. So my take on this was that, my expanded state of consciousness, with the intention, invited their expanded state of consciousness and wisdom in terms of what they needed, and the two of them potentiated, within this, of zero point, there's no traveling of energy.

This is just a manifestation of energy in place. and and yeah, it's it's work that way many, many years. And I don't pretend to completely understand it, but, wait until his work has been instrumental in helping me to try to get my head around what?

What seems to be going on. Yeah. And you can read, Bill Teller's books. Also, Irvin Laszlo has some, books on this, and Claude Swanson, who just just recently died.

Claude also has a couple of really powerful books on the explain all the all the all the, the possible explanations of physics of this. Well, Alfred, I predict you're just getting started and that you're going to do some amazing things, right?

Some amazing things in the, in the years to come. I look forward to connecting with you on a regular basis. Thank

you so much for trusting your own lead, trusting what the universe has shown you, and then sharing with people and moving through all these, these, these cycles to being where you are today and sharing what you do today.

Thank you so much for being here, and it's just a privilege to connect with you.