



Freeing David

As I've probably mentioned many times, my favorite piece of art – bar none – is Michelangelo's "David." It's a stunning masterpiece, and I have a number of pictures of it in my office – including one taken of me standing in front of him in Florence.

I even use David to model the tapping points on my website. (I also took some playful liberties with a picture of David for *Golf Beyond Belief.*) ;)

While I've always loved this magnificent sculpture, I later came to really appreciate Michelangelo's description of how he created the David.

He was working with a huge piece of marble – one that, for several reasons, had been abandoned by a number of other sculptors as being too difficult to work with.

But from this unwieldy block, Michelangelo di Lodovico Buonarroti Simoni brought forth this remarkable statue of the young hero on the threshold of greatness.

He said that David was already in there – perfect inside the marble slab - waiting to be freed. All that he needed to do was chip away what was not David.

I like to think of that as a wonderful description of what we do with Emotional Freedom Techniques.

We are Magnificent Children of God – already perfect – pure light – but covered over with limiting beliefs and behaviors that are not us.

All we need to do is tap away what doesn't belong, in order to free our true magnificent selves.

This has been one of the ways I've described EFT for some time now – it just seems so fitting. But not long ago I was struck by another thought about David – but the Biblical one, rather than the statue.

When David answered the challenge of the Philistine giant Goliath, Saul offered him his royal armor. Quite an honor, really – but David refused. Not only was the armor the wrong size and uncomfortable, David chose to put his trust in God, rather than someone else’s armor.

Think about that...

In an attempt to protect this boy, Saul wished to adorn him in his own prized defensive garments.

Who in your life has sought to protect you by giving you their armor...?

What defense mechanisms have been handed down to you from your family – or that you have picked up from well-meaning friends and teachers over the years...?

“Don’t trust people.”

“Always play it safe.”

“Don’t get your hopes up.”

They may have been offered with the best of intentions – probably were – and you were no doubt doing the best you could when you accepted.

But how often have they held you back from real joy and success? And are you still wearing them, even though they don’t fit and are uncomfortable? Are you afraid to refuse their armor?

David trusted that God had already provided him with all he really needed. He needed to be free from the burden of other people’s armor – even the king’s. He needed to face his challenges unencumbered by what was not his.

And anything else he needed – such as the stones for his sling – were made readily available.

“But,” you may argue, “David somehow knew... he had a confidence that I don’t have.”

Actually, I believe you do have that knowledge – that confidence – it is part of your innate magnificence – your Higher Self. But it has been covered over by what doesn't belong. The doubt is just part of the armor borrowed from someone else. And they borrowed it from someone else... and so on... a defense mechanism that's "been in the family for generations"...

That confidence just might be buried under armor...or marble... and is waiting to be freed - along with the rest of your true magnificent and exceptionally powerful self.

So... yeah... this article isn't really about freeing David. It's about freeing you.

What Goliaths do you feel called to overcome? There are sufficient gifts and talents within you to achieve your desired victories.

Chip away the blocks that don't belong, and set yourself free.

The world will be a better place for it. :)

Be Magnificent!

Brad

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