

The following are two interesting articles by Larry Nims, an Ordained Minister and Christian Psychologist, on the topic of EFT and a similar technique he developed which he called BSFF – Be Set Free Fast.

Addressing Christian Concerns About EFT and Energy Psychology Therapies      Pages 1 - 5

God Created Be Set Free Fast (BSFF)... and Me      Pages 6 -12

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## Addressing Christian Concerns About EFT and Energy Psychology Therapies

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By Dr. Larry Nims of <http://www.besetfreefast.com/>

Many Christians are, understandably, concerned about innovative counseling methods such as [EFT](#) or Instant BE SET FREE FAST (BSFF), and other more traditional approaches like various types of hypnosis, psychotherapy, and a variety of healing methods.

Some are concerned that virtually any kind of psychological counseling is un-Christian, demonic, occult, New Age, humanistic, etc. Of course, these approaches are clearly not of God. They are man-centered and/or Satan-centered.

I am writing to help concerned Christians put this in Biblical perspective, and to reassure you that there is nothing inherently unchristian about any psychology method.

The term "psychology" comes from the Greek words "psyche" (soul) and "logos" (the study of). Thus, psychology means "the study of the soul."

Like so many of the discoveries in science, medicine, physics, education, etc., anything can be used for good or for evil. A mature Christian will be committed to using any method only for good, and do so under God's direction and empowerment.

I am an ordained Christian Minister since 1988 and a licensed Clinical Psychologist with 30 years professional experience in Psychology. I am born again and totally committed to following God in my profession.

As such, I have no problems with any treatments that involve the use of the subconscious mind (in the form of EFT, BSFF, hypnotherapy, medicine, chiropractic and many other practices that are dedicated to helping people).

When ethical, experienced, conscientious and skilled professionals who are working in their areas of expertise apply any method, God can and does use them "for good to those that are the called, according to His purpose."

**Energy psychology therapies are a gift from,  
and are being used by, our God.**

EFT and BSFF are wonderful gifts to all of us from our Lord. They are very helpful adjuncts to any professional practice in the physical health or mental health fields.

They can also remove subconscious blocks to "fervent and effectual prayer," to knowing God, hearing from and obeying God, and being fully available to God. These blocks, I believe, are programmed into us from birth by "the prince of the power of the air" (Satan) who holds sway over our cultures and our world.

We, as Christians, are commanded by Christ to "take back the land" that the enemy has stolen from us, and to "occupy until He comes."

This includes removing the strongholds and bondages that the enemy has set up in our conscious and subconscious minds, our emotions, our bodies, and our spirits. That is what Energy Psychology therapies helps us to do, and what it teaches people to do for themselves.

EFT and BSFF do not make anyone do anything new or different. It simply sets them free to have a true choice about things that previously have been operating on "automatic pilot" under the control of their subconscious mind. In other words, they are freer to hear from and to follow God's leading in their life.

Sadly, the stigma of stage show hypnosis, humanistic psychology, and much misinformation about the human subconscious mind seems to taint everything about the psyche in the minds of many people (including many of my fellow Christians).

This unfortunate misinformation creates undue fears and suspicions of some methods being used by truly dedicated and qualified professional counselors, hypnotherapists and other professionals who are committed to providing help for hurting humans.

Just as with medicine and many other helping professions, God uses even the unsaved to help Christians. So, If we keep ourselves under His covering and pray for His wisdom and guidance, and for discernment, we can make good choices about from whom we accept help.

Also, we need to use our authority over the works of the devil to keep him at bay in all of these things, and to effectively resist his efforts to deceive and entrap us.

Again, "all good things come from God," but anything can be used for good or evil. It really is up to us to be wise about whom we choose for help in any area of life.

**Satan uses fear to thwart God's plans for His people.**

My heart aches because fears about psychology, counseling, and so many wonderful tools are kept from people by our subconscious programming to be afraid of them.

This stops people from getting excellent help with a number of effective treatment methods, including EFT, BSFF, chiropractic, acupuncture, and many excellent tools that have been brought forth by God to help mankind BE SET FREE.

This serves Satan's purpose very well. It keeps people in fearful bondage, where he can manipulate them to undermine God's plan and His work in their lives. Some of Satan's chief ways to control us are the manipulation of fear, shame and guilt. EFT and BSFF eliminate these destructive and limiting feelings quite easily.

Remember, the Word says, "We are not given the spirit of fear, but of power and love and of a sound, well-ordered, and disciplined mind."

We do not operate that way very much (free of fear) because we have been subconsciously programmed to be fearful about many, many things. This prevents us from learning and growing, psychologically and spiritually, and living life abundantly, as God intended.

Such fears, often held subconsciously, provide the mechanisms for the devil to manipulate us without our consciously realizing it. That is, he operates in the dark, and our subconscious is a huge area of darkness in our minds.

That is why it is called the subconscious, or unconscious. We simply do not know what is in there most of the time. But, the devil does know, since he had everything to do with programming it in us. He began this process almost from our birth -- before we had any awareness that this was happening within us.

The devil wants to keep it that way, so that he can operate with impunity, under cover of that darkness. He can confuse us, stir up self-doubt and doubt about God, and scare us into not looking into this darkness, rather than bringing everything into the light.

In this way he can stop us from doing anything about this darkness. Then he is free to manipulate us to serve his desires and not God's

God says "The children of the light run to the light." But the children of darkness prefer to stay in the dark. The Holy Spirit in us is always trying to bring us out into the light where we can be free in Christ.

"For he who is free in Christ is free indeed!" Our Lord gave His life in the most horrible way imaginable to "set the captives free." He gave all Christians, including those of us in the healing arts, that mandate as well.

We are to help people to be set free. That is specifically what EFT and BSFF are designed to help people accomplish. EFT and BSFF do not make people do anything new. It sets them free to have a truly flexible choice-in contrast to being controlled by subconscious programming from the past.

**"Taking captivity captive" with Jesus.**

That's it, my precious brothers and sisters in Christ Jesus. We are those captives. Not because we chose to be. This programming started in the early months of our lives. We couldn't know what was being implanted into our subconscious minds.

But, as adults it is our task to "take back the land" that the devil has usurped (stolen) from us. With God's direction and empowerment, and with the help of Godly counselors, we have everything we need to "occupy until He comes."

Our primary task in life is to get ourselves out of God's way, to yield everything to Him. Then He can do more and more of what He wants to do for us and through us. As we get more and more free, He will take us "from Glory to Glory" on this amazing journey with Him.

We are in bondage to far more than we consciously realize. God wants us all to be totally free in Christ. I am dedicating my life to helping people in this task -- at the psychological (soul) level and at the spiritual level.

God is spreading these methods worldwide. I encourage and entreat you to avail yourself of this help in becoming more and more free.

Kindly read the excellent article on "The Hidden Chambers" (See below) by Nancy Missler, to see how extensively the Bible acknowledges the subconscious as a very important part of we human beings.

There is much we need to know about this amazing mental apparatus that God gave to each one of us. With EFT and BSFF we now have wonderful tools to help us clear out much earlier programming (darkness) that is blocking God in our lives.

We need to understand how God uses our mind, both the conscious and the subconscious mind. Equally important is learning to recognize how

Satan uses it against us and against God, and how we can take effective authority over our enemy and "occupy the land" that God gave us.

If we are to become the Christian "overcomers" that we are given the opportunity to be; and the "more than conquerors" that God intends us to be, in Christ, then we need excellent help to BE SET FREE.

God uses both Christians and non-Christians to help us in the mental health field, as well as throughout every area of human experience and need.

God has revealed the methods of BSFF to me over the past eleven years. He continues to guide me in spreading this amazing tool worldwide. This is His work, and I am so blessed to be doing it under His guidance.

I encourage everyone to avail themselves of these marvelous counseling and treatment tools. God made us such that we can benefit enormously from these new understandings (from Him) of how to receive elegant help with the bondages, problems and disturbances of our lives.

He has chosen to reveal these things to us at this time. This is a fantastic advance in helping we captives to BE SET FREE. What a wonderful gift! What a wonderful Savior!

There is so much new freedom and "newness of life" that God wants you to have through using these methods. I hope that you will reach for that help. God bless you as He unfolds His wonderful plan for your life. May you walk in that path victoriously.

In His love and power your servant,

Larry Phillip Nims, Ph.D.

PS: You can read [my testimony](#) about how God led me to BSFF, and also, my "position paper" about my Christian ministry ("Practical Christianity; Beyond Psychology"). I invite you to read both of these to get an understanding of God's hand in bringing forth these wonderful new methods for helping hurting and wounded people in the body of Christ.

I also invite you to read "The Terrible Costs of Unforgiveness" article on the [BSFF website](#). It is written to a general audience. Yet I am sure that you will see the Lord's hand in that paper. If you would like to have a copy of my paper titled "Resolving Anger and Unforgiveness in Christians" just email me and request it.

At the end of each counseling session with all of my Christian clients, I ask them to say the prayer of confession and repentance in this paper. The prayer focuses on the sinful attitudes and actions that were involved in each of the problems that were treated with BSFF in the session, and it invites the Lord to occupy these places and be the Lord of them instead of the client. I always encourage Christians to use this prayer every time they do any BSFF treatments on their own or in my office.

How I wish I could do this with everyone-those non-Christians, too. But, of course they cannot pray to God in the Name Jesus and be forgiven. But, I can help them to get freer and freer, and pray that this will enable them to make contact with God so that they will join us in the body of Christ.

PPS: I have long been convinced that our biggest task in life is to get ourselves out of God's way, so that He can do the work that He wants to do in us, and through us all. BE SET FREE FAST is an elegant tool from Him to help accomplish that enormous task. BSFF helps to "set the captives free!" Then God can work His Divine Plan in our lives; and, then we can truly receive the blessings that He has for each one of us. Praise His Name!

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# God Created Be Set Free Fast (BSFF)... and Me

By Dr. Larry Nims

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My life belongs to God. I was born again in August 1981, after struggling for forty-six years to find God. Looking back, it's now clear to me that He found me long before that -- even before "the foundations of the world." I cried out to Him to help me believe in Him in high school church summer camp. But, legalistic religion kept me from hearing Him.

I suffered enormously under the hopeless burden of condemnation from negative religiosity (in my mainstream denomination) throughout my childhood and into adulthood.

I could not join with the hypocrisy and judgmentalism that I saw in the Church in which I was raised. It just did not make sense to me.

I was really a very miserable guy. I was bitter, severely depressed and suicidal, caustic and contentious. I was a mess! I now call my experience of those "forty years in the wilderness" the kind of suffering that makes poets, artists ... and shrinks.

But, bless God! He is using all of that experience to help me have the understanding and compassion to truly help people. But, I have to say that I certainly wouldn't care to repeat much of it.

But I kept searching for God all those years-everywhere but in His Word. I finally got this all untangled enough to receive Him by faith when I was nearly 47 years old.

I am now 66 years young! He has done a lot of "catch up" work in me since then. So much so that I became an ordained minister in 1988. Amazing to me, still.

In 1990 I got clear confirmation from a multitude of Godly counselors to move ahead with being trained in the "Callahan Techniques."

This was after I had tried these techniques on phobias with two clients a year before that. They worked so well that I was frightened by the power of this treatment method.

You see, since being saved, I had repented of using the many occult practices in which I had dabbled; so, I was very concerned not to be tricked back into any of that stuff again.

So, I put Dr. Callahan's book back on the shelf and, quite literally, I said to God "I am not sure whose power is behind this. So I will not touch it again unless you make it clear to me that it is from you and that you want me to use it." And I did not use these techniques again for over a year.

I, sadly, went back to using the inadequate methods of treatment that I had been using.

My heart ached about the suffering of so many people and the insufficiency of our counseling methods to fully meet their healing needs. But, I could only use methods that I knew that God confirmed.

"The earnest and fervent prayer of a righteous man avails much."

Then, in mid 1989, I began deep and earnest prayer for God to show me a better way to help my counseling clients. I said to Him ...

"God, you have got to show me a better way to help people. There are too many hurting people out there and there are more and more of them all of the time. You have got to show me a better way!

"I know that you called me to be a counselor, and that is what I want to do. But, you have to show me better ways to help people. Our techniques are inadequate. We can help people a lot, but not enough to finish the job. So, their 'last state is often worse than the first.'

"Clients so often give up and then they come crashing down later. Then, they blame themselves, they blame You, God, and they blame me. This keeps them even more stuck in their pain and limitations, afraid to try again. You've got to show me a better way to help them."

I was pretty determined about getting an answer from Him.

After all, He says in His Word to "Come boldly before the throne of God for mercy and grace in time of every need." And, I knew that I had a very important need, not only for myself, but also for millions of wounded people in the world.

I prayed these things intensively for about four months. Then I began seeing that God seemed to be bringing Dr. Callahan's work back to my attention.

However, on such big decisions as to whether to pursue using these rather strange looking techniques again, I was determined to "let everything be established in the mouth of two or more witnesses," as He says in His Word.

But, on such huge issues, I seem to need about 22 witnesses. I want to be very certain that I am hearing accurately from God. After all, He says two or more

witnesses.

So I continued to pray fervently and to seek much Godly counsel. Besides, it takes a lot of convincing to get me to spend \$5,000.00 for any training!

I got consistently clear messages to go ahead and learn these techniques -- just to be sure to use them in Christ -- to serve Him and His people. That is what I wanted to do anyway-to serve Him and the people that He sends to me. So I finally began the training in February 1990.

God Still Speaks to His People -- A Prophecy

Amazingly, a few months before I started the Callahan training, in October 1989 at a conference of my denomination I received a wonderful prophecy from a man of God.

Among many nice things that God told me then was this. "I am taking you in a new direction now. You will be a deliverance counselor. You will disciple people who want to know the things I will teach you. You will teach it and write books on it nationally and internationally. You will be doing this for the next twenty-two years."

Wow! I wonder what He has in mind after that!

I had no idea then what "deliverance counseling" was. I just knew that this was from Him, and that I would wait on Him to lead me however and whenever He chose.

I had already learned much about spiritual warfare and taught my Christian clients to become alert and to practice warfare to help maintain the progress we were making in our work together. And I did not think I wanted to be in a "deliverance ministry."

In fact, I had already told Him that.

So I continued fervently praying for another three months. Then I got clear on His answer to my six months of prayer.

I took the training from Dr. Callahan. I am so thankful that I stepped out in faith in this really strange new direction in my profession. But, I really wanted to help people much better than I could with the limited tools that we had in traditional counseling.

Well, I sure know now what He meant by that term "deliverance counseling." That is what I am doing in my work-for eleven of those 22 years, now. I use the acronym BE SET FREE FAST for my (of course they are really His) methods.

This acronym is descriptive of much of what BSFF actually does. It "sets the captives free." And, it "binds up the wounded"-mentally, emotionally, physically and spiritually. I cannot imagine a more rewarding ministry for me to have from Him!

So now, in May of 2001, a little over three years since I first introduced BSFF to the professional community, I have already given training seminars for counselors in seven states, Canada, and Australia.

More trainings are being scheduled nationally and internationally. Counselors and individuals are using the BSFF Training Manual in over 30 countries, on six continents. I counsel clients by telephone around the world.

The Lord is doing wonderful things with BSFF ... and with me!

Since that time so many wonderful developments have ensued. I continue to ask for him to show me everything about this work. And He certainly has, and still does.

I ask Him regularly. He guides me in so many amazing ways in sessions with my clients, whether they are Christians or not. I have learned to trust him single-mindedly in this work, and He is amazingly helpful.

And, I tell people about His help in my office and when I do presentations or training in BSFF.

This guidance from God, along with the wonderful BSFF methods that He has taught me, have made counseling the truly rewarding work that I had always wanted to have. It is great fun to be a counselor now.

More than that, to be a victorious counselor! And to help others become "more than conquerors."

My Professional Experience with BE SET FREE FAST

As a practicing clinician for over thirty years I am very pleased to have found a technique that is truly effective and readily usable by my clients.

My extensive experience includes both inpatient and outpatient clinical practice as a licensed psychologist in California. I have treated virtually every major clinical diagnosis.

I have been trained and have utilized numerous therapeutic modalities, including Cognitive Behavioral work, Hypnosis, Gestalt Therapy, Transactional Analysis, Behavior Modification, Neuro-linguistic Programming, and many others.

Are these methods Christian?

All of these methods were helpful, especially when combined with submission to God's direction in using them. Some of my Christian clients have concerns about using these techniques, especially hypnosis.

However, hypnosis is not an unnatural or "new-age" technique in and of itself. It is a natural phenomenon that can be used for good or ill. And that is true of any counseling method and virtually anything that God designed into us as humans.

We truly are "fearfully and wonderfully made" by Him. He has given us abilities that we do not even know yet. If we reject or misuse those abilities, understandings, and skills that He has revealed to us, how likely is He to give us any further understanding of the wonderful likeness to Him that we are as His children?

We can be "transformed from glory to glory" only to the degree that we are willing, boldly and faithfully, to follow Him into the "newness of life" that He has for each of us.

I remind Christians that, when we reject an idea, method or technique out of hand, without truly examining it, we are doing precisely what we object to in those non-Christians who summarily reject Christ.

We Are "Throwing The Baby Out With The Bath Water."

A committed Christian counselor can use these various counseling techniques quite safely under the guidance of the Holy Spirit. Even non-Christian counselors around the world can and are being used by God to help people of all faiths. After all, He does love everyone equally, and He wills that none should perish.

God created these amazing mechanisms in us, and He has revealed them to us now so that we can participate with Him in "setting the captives free." BSFF simply needs to be used under His direction and protection.

#### Development of BSFF

In this section I hope to show you how God has brought about BSFF and how He is true to His word in so many ways. Here, He has fulfilled one of His promises, namely, "Trust in Me and I will show things that you know not of."

You will see that He did this in bringing BSFF to the light and continues to do this with me in my counseling sessions. We serve "an awesome God!"

Because of the limited and incomplete results of all of these traditional modalities, I began to develop BE SET FREE FAST™ about eleven years ago. BSFF™ is a remarkably rapid, gentle, thorough and effective tool for treating most mental, emotional, physical and spiritual issues that limit and impair optimum human functioning.

BSFF typically ameliorates or totally eliminates the symptoms and the very roots of the issues in most clinical diagnoses. Since every psychological problem has spiritual roots, it is essential to eliminate the spiritual blocks to freedom as well.

It is a joy to help my Christian brothers and sisters to do this.

Some of the areas of treatment application in which I have seen BSFF work effectively are listed on the BSFF website. They are quite extensive.

### The Royal Road to Forgiveness

A major emphasis in my work is on clearing un-forgiveness. This is rampant in my clients, whether they are Christian or not. It was in me, too, until quite recently. So often, many people do not even realize that they are holding anger, judgment and criticism towards themselves, toward others and even toward God.

Yes, many Christians are angry and unforgiving toward God. The horrible result is that they usually do not consciously recognize it, and they, therefore, are blocking Him out from helping them in the very areas that they need His help the most.

Now, I am finally able to help them see it and quickly and gently eliminate it. This is a wonderful area of new freedom for them. The new joy they feel from the lifting of this burden is wonderful to share with them.

It is especially gratifying to do this work with Christians since I can also help them with the spiritual problems they are struggling with, and which are holding them back from true "freedom in Christ."

And, we can go beyond just clearing unforgiveness. We can go to God in confession and repentance for our sinful attitudes and actions, and quickly return to right standing with Him in the areas where we were unknowingly blocking Him out of our lives.

The deep satisfaction as a therapist that I now experience daily is dramatically different from the frustration, helplessness disappointment, inadequacy, sadness, sorrow and heartache that I so often experienced with traditional therapeutic modalities.

None of the traditional counseling methods could get the job done thoroughly, even when used in various combinations. I knew that we needed better tools -- tools that would really work.

BSFF is such a tool.

It is truly amazing how simple, gentle, rapid and thoroughly effective it is. I consistently get results in many of the really tough areas of treatment, in which I was unable to make stable and substantial progress previously.

In one session we frequently completely remove a whole series of problems that previously would literally have taken months and years to only partially treat.

Of course, as with most things of God, when we follow His way, with His

understanding, things are not nearly so complex as we make them by ourselves.

The personal rewards with BSFF as a psychotherapist are enormous. To finally know that I am actually truly able to help people, and to watch their transformation right in session, is deeply satisfying.

To help therapists worldwide learn BSFF and use it skillfully to help so many people is more than just rewarding. It is glorious. And for His glory! I am wonderfully blessed!

This is God's work. I am deeply thankful to be a part of it and to help Him spread this wonderful method worldwide. Praise His wonderful Name!

Sincerely,

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Ordained Minister

<http://www.besetfreefast.com/whatisbsff.html>

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