

Progressive EFT™

Tapping into Joy, Prosperity & Emotional Freedom

Pro EFT™

Progressive, Professional, Proficient Tapping Practitioners Intensive / Level 3 eBook Workbook Supplement

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This workbook is not intended as a stand-alone product. Its purpose is to support and reinforce the material taught in the Ultimate Practitioners Workshops.

Pro EFT™ UPW / Level 3 eBook

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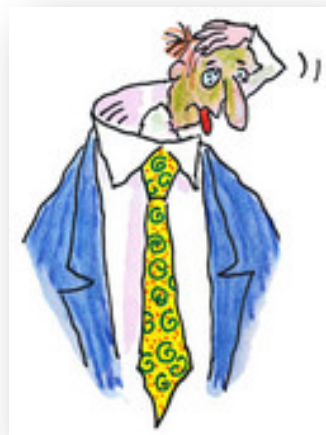
12 Tips for More Effective Tapping By Lindsay Kenny

Tapping is more of an art than a science, and we're still learning the enormous possibilities of this incredible tool. We do know, however, these things for sure:

- In the right hands Tapping can produce miraculous results.
- Many simple issues such as fears, stress, anger, pain, frustration and hundreds of other non-complex problems can often be eradicated in a few minutes with TAPPING.
- Even someone new to tapping can often get amazing results 70% of the time – that's an extraordinary percentage that the medical profession would love to have.
- Multifaceted or complex issues, such as trauma, chronic anxiety, abuse, serious illnesses, and depression usually require the skill of an experienced Pro EFT™ practitioner.
- Tapping often works when everything else has failed.
- In skilled hands Meridian Tapping Techniques can work over 95% of the time.

Here may be the most important thing we've learned:

We are continuing to discover other techniques, habits, ways and concepts that can make tapping even more effective (which is why I created Progressive EFT™.) That is the basis of this article. Becoming aware of and implementing the simple steps I outline here can significantly increase the effectiveness of tapping, even for a beginner.



Tip 1: Consider virtually every issue a "symptom" of something else

Since the symptom points to the issue, your job is then to look for the cause and eliminate it. Traditional medicine typically treats symptoms, while TAPPING eradicates the cause of the problem. For instance, if you have a pain in your finger you could take a pain pill or apply a topical painkiller to deaden the pain.

Or you might look closer at your finger and discover a tiny splinter is causing the problem. Remove the splinter (the *source* of the pain,) and your finger immediately feels better. This principle works the same on emotional issues as on physical ailments. Find the cause of the problem.

For example, "Joey," a woman about 45, was having trouble remembering simple things, like what had just been discussed in a business meeting or the childhoods of her children and many other things. We could have simply tapped on "this memory problem" and might have eventually gotten results but instead I did some detective work and discovered what I believed to be the source of her memory problem.



When she was 18, Joey had an abortion and was very ashamed of it. Whenever she saw children playing or mothers snuggling their babies, she got very upset. Children, babies and several other things caused her to think about the abortion, prompting more shame and guilt which caused more remorse and depression. It seemed apparent to me that Joey had basically "taught" herself only be vaguely aware of what was happening around her and, more importantly, taught herself not-to-remember.

After this discovery we tapped on her letting go of the shame, remorse, and guilt from the abortion, using a formula I use with most issues. For Joey the Set-Up Statement went something like this: *Even though I feel guilty and ashamed about having the abortion, I want to love and accept myself.* We used the reminder statements *this shame, this guilt and remorse, or abortion regret.* On the second and third rounds I helped Joey "vent" by saying phrases on each tapping point that gave voice to what she's been saying to herself for years. For instance: *I shouldn't have let it happen. I should have raised that child. I'm so ashamed! Why did I do it? I must be a horrible person!*

After a round or two of that I gradually shifted to a more forgiving tone saying phrase such as these: *I've been beating myself up for years about this... But I didn't know any better... I was just a kid myself... How much longer do I have to punish myself for this? I want to let this go... I want to forgive myself... I'm a good mother and wife now... I want to get over this pain...* etc.

It did the trick. Within seconds after getting the intensity down to a zero, Joey starting remembering things about her children's lives. She was thrilled and so relieved to let go of the guilt she'd carried for all those years. When I followed up a few days later, Joey said she was remembering all of the things she had been having difficulties with before.

This whole process took less than an hour and was lasting. Going for the cause right away, I feel is a faster, more direct way to deal with most problems.

Tip 2: Tap on both sides of the body

Just about anyone who has experienced TAPPING, has gotten surprisingly good results, even if just tapping on one side of the body. However, I learned tapping techniques from an acupuncturist who taught me a lot about the meridian system. There are 14 meridians, branching out to hundreds of tiny energy pathways.

These pathways are bilateral, so when you tap on one side of the body you're sending tiny little shock waves, or vibrations, down through your meridians, up and around to the other side of your body. Tapping opens the blocked meridian associated with your particular issue, wherever it may be.

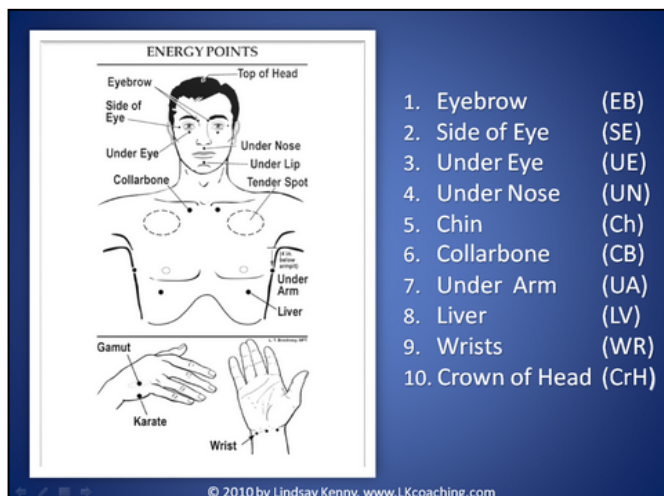
With that in mind, if you are tapping only on the right side of the body and the blockage is behind your left knee, the vibrations have to travel down the right side of your body, around and up to the left side of your knee. By then the vibration will have lost some of its "muscle."

The thing is, we never know where the blockage is, and we don't have to. That's the brilliance of Meridian Tapping Techniques.

The meridian system is bilateral. So when you tap on both sides of the body you are sending the maximum amount of energy throughout your body, from both sides, to reach wherever the blockages are.

So what difference does that make? Well, if you can increase your efficiency by 15% with very little extra effort, or cut your tapping time down from 45 to 30 minutes, why not do it? I'm telling you this because over the years I've repeatedly tried it both ways. And I believe there is a significant reduction in the time it takes to resolve an issue.

Just to be clear TAPPING works either way, whether unilateral or bilateral tapping, but in my opinion this small change can make a significant difference over time. Try it. I think you'll experience it yourself.



Tip 3: Tap on All 14 Meridians

As with my tip about tapping on both sides, this suggestion is a little controversial. I, and just about everyone else who has tried tapping, has gotten good and even great results just using the nine tapping points taught traditional EFT.

The points normally used are: beginning of the eyebrow (EB), side of the eye (SE), under the eye (UE), under the nose (UN), the chin (CH), the collarbone (CB) and under the arm (UA), and they work fine. So why add more points?

**When you tap on *all* of the points you can be sure you
have hit the one(s) associated
with your issue.**

Well, I learned much more about tapping from a great acupuncturist and superb Pro EFT™ practitioner, Zoe Walton. She taught me the benefits of adding five more meridians by tapping on just three more points.

I love to experiment so, of course, I tried it both ways — stopping under the arms which I had already used hundreds of times and then adding the three additional points (inclusive of five meridians.) I even tried different methods with the same client, on the same issue (with their permission,) to see if I could make a distinction. And by golly, I did notice a difference. Not just a slight one, but a significant improvement.

1) The Liver Point (LP)

Liver 14, in acupuncture terms, is found on the mammillary line, under the nipples and two ribs below, about where a woman's bra wire would be. For a man it's about three inches under his nipples. Because of its "inconvenient positioning" it began to be eliminated in public forums. However, the Liver Point is an important meridian for stress, depression, cravings and anger.

2) The Wrist (WR)

The line at the base of the hand has three major meridians. You can find these points on the inside of your wrist, on the line where the hand bends to meet the arm. These three points are: Heart 7, Pericardium 7, and Lung 9. The heart and pericardium points are great for stress and anxiety and the lung point is good for grief, heartache and sadness.

3) Crown of the Head (CRH)

This meridian, also known as Du20, is the meeting point of all Yang meridians. The crown is a powerful contact point for every issue. More and more practitioners are adding this point.

Let's look at the emotions you're addressing with those three additional meridian points: stress, anxiety, grief, heartache, sadness, depression, cravings and anger. Those are among the most common negative emotions we deal with daily.

When I used just the original seven EFT tapping points, a typical reduction in intensity would be from 10 to 9, then to 7, 5, 3, 2, 1, then zero. The average was between seven and nine rounds. That's not bad. Traditional therapists would kill for quick results like that. But I found that by tapping on all 14 meridians, issues were getting resolved in even fewer rounds, and seldom got stuck at any number.

By adding three more tapping points, and thereby five additional meridians, the drop in intensity is quicker and more dramatic. The progression is typically 10, 6, 3, zero; the average is three to five rounds.

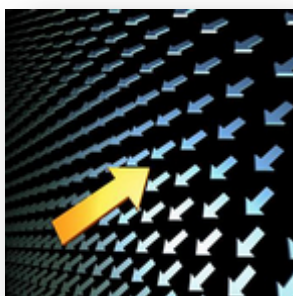
Here's why: By adding these additional points, you now are tapping on **all 14 meridians** instead of just nine. That's an increase of 56%! More "bang for the buck!" So by investing the additional 30 seconds for the three extra tapping points, I save 10, 20 or even 30 minutes on each issue — and with complex issues, much more. With one issue a few seconds may not seem like a big deal, but if you are working with multiple challenges or complicated issues, the time savings adds up.

If you're a practitioner dealing with several clients a day it means resolving more of their issues during each session. That's a great benefit for you and the client!

Tip 4: Deal with Reversals Head-On

Confronting and neutralizing Reversals before you tap on the issue is probably the best way to quickly resolve an issue. In fact, if Reversals are unrecognized and untreated they can stop TAPPING in its tracks.

So what are Reversals and how do you deal with them? I break Reversals down into two basic types:



1) General Polarity Reversal (GPR)

The first type of Reversal is what I call a General Polarity Reversal or GPR. It simply means that the electricity or energy in the body is "agitated" or "going in the wrong direction," therefore the polarity in the body is reversed.

Another way to look at our body's energy field polarity is to compare it to batteries in a tape recorder, flashlight or other battery-operated device. The batteries that run the gadget must be installed with the positive and negative polarity seated in the correct direction. If not, the device simply won't work.

Since your body has its own "electrical system," your "batteries" need to be positioned correctly for you to function properly. If your polarity is scrambled, you have a GPR. While uncommon, it does happen, and it is unlikely Tapping Techniques will work for you until the Reversal is corrected.

Have you ever had one of those days when you “just feel off?” Your timing is out of whack, you’re dropping your keys or pens, bumping into doorframes, fumbling for words or phrases, falling off curbs, etc? Chances are your Polarity has become reversed — literally causing you to be out of balance. The good news is you don’t need to know why, and it’s very easy to fix.

Here are some causes of GPR:

- **Negativity** - chronic negative thoughts, or negative behavior or negative events
- **Electrical Force Fields** – spending a lot of time around electrical devices such as computers, cell phones, MP3 players, Blackberries, TVs, etc.
- **Addictions** - addictive personalities or addictive substances in the body, drugs (including prescription drugs,) alcohol, or nicotine, can set the body off balance.
- **Depression** – chronic depression causes the body’s energy system to become slow or sluggish
- **Chronic Pain** – when you are in constant pain or discomfort the disruption to your energy system t keeps your body in a spin. It’s as if an electrical storm happening within your body all the time.
- **Toxins** – any toxic substance; chemicals, dryer sheets, diesel fumes and even allergies or food sensitivity, can cause a GPR.
- **Dehydration** – Water is a conductor of electricity, so if you aren’t hydrated your energy (which is a form of electricity) cannot move smoothly throughout the body. Most people need 64oz. of water a day.

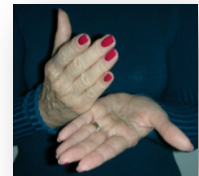


Fixing a General Polarity Reversal

Performing the standard Set-Up procedure (tapping on the Karate Chop Point for 20 seconds while making the set-up statement) can fix *some* types of GPRs. However, just doing the Set-Up Statement does not eliminate toxin-related GPRs, dehydration, or electrical field sensitivities. The irritating substance needs to be eliminated from the body, in most cases, for EFT to work.

NOTE: *This does NOT mean you should stop taking prescription medications. Please continue to use them as instructed by your health care professional.*

A simple, effective way to fix a GPR is to bump your hands together at the Karate Chop Point. You don’t even have to say anything. Just Karate Chopping for 15-20 seconds will generally rebalance your meridians, neutralizing many General polarity Reversals.



The other way to correct a GPR is to rectify the problem, i.e. turn off your cell phone, or stand away from electrical fields while tapping. Make sure you are hydrated or have removed toxic substances from your body, etc.

2) Secondary Benefit Syndrome (SBS) or *subconscious resistance to change*



The second and far more prevalent type of Reversal is the Secondary Benefit Syndrome Reversal. The SBS Reversal occurs when the Subconscious Mind perceives that it is better or safer to keep an issue than to eliminate it. It's simply a subconscious resistance...and very powerful.

Charged emotions, like fear, phobias, anxiety, shame, guilt, grief, anger, etc. **are almost always reversed.** This means your body or your subconscious is not *willing* to let go of the emotion or the cause of the emotion.

As the movie *What the *#@!# Do We Know* demonstrates, our bodies can actually become addicted to a negative emotion or issue. In time we become so accustomed to being angry, hurt, anxious, victimized, etc. that our body is reluctant to let go of that emotion. While the negative emotion may be uncomfortable to your Conscious Mind, it may have begun to feel natural and familiar to the Subconscious Mind. It's *that* little anomaly that most often causes people to think that Tapping Techniques don't work.

I get many e-mails a week from strangers lamenting "Tapping isn't working for me." They've read the many wonderful stories about EFT's 1-minute-miracles, yet they aren't getting the results they wanted. SBS Reversals are most likely the cause.

Secondary Benefit Syndrome Reversals are, in my opinion, the biggest impediment to successful results with EFT

Since SBS is not a conscious choice, most people initially balk if you tell them that they don't really want to get rid of their problem or issue. Of course most people don't *consciously* want to stay emotionally upset or in physical pain. But the Subconscious is a powerful entity, usually dominating our conscious desires.

For someone who has carried around a trauma, chronic pain, anxiety, phobia or other issue for many years, the emotion becomes a part of his or her Identity. How often have you heard phrases like "He's an angry young man..." or "She's just such an anxious person!"? Or how many times have you said, "Why can't just I get over this _____?" Overcoming or losing that "Identity" can be very threatening to the non-rational Subconscious Mind.

For instance, the Subconscious, which is just a processor, might be programmed to believe...

If I get over this issue:

*...I won't be safe...
...I might not know who I am anymore...
...I won't have any more excuse for my life not working...
...It may not be acceptable to others to get over this...
...I won't get the attention or sympathy I get now...
...I won't know how to act as a functional person
...I'm afraid to let go of this fear...*

If someone has been trying to lose weight for a long time, for instance, and hasn't been successful, they are almost certainly reversed on it. Consciously they want to lose weight, but their dominant, stubborn Subconscious may be saying: "Wait a minute here.

If I lose weight my clothes won't fit and I'll be deprived of the foods I love. And what if I lose that 40 pounds and I still don't get that promotion I need, the guy I lust after, or the friends I want? Maybe, if I lose that weight, I'll be so attractive to men that I'll be abused or harassed again. Or what if I get skinny and my life still sucks?"

Remember, this is the Subconscious Mind wielding control over what we consciously want. It is very difficult under most circumstances, to consciously override the more dominant Subconscious Mind. If you doubt that statement, I highly recommend reading *The Biology of Belief* by Bruce H. Lipton, PhD. It's a powerful documentary about why we are the way we are, the power of perception, and the Subconscious Mind.

As long as the Subconscious is unwilling to let go of a problem —which makes it a Reversal — it's very hard to resolve an issue, with or without tapping.

A good clue as to whether or not a person has a SBS Reversal is if their intensity level remains the same after a couple of rounds of tapping. The intensity or SUDs level (Subjective Unit of Distress) is a way to gauge the emotional charge of an issue on a scale of 0 to 10.

If you've had a problem for a long time (over a month) then you're likely reversed on it. If it's a highly charged issue such as fear, anger, grief, guilt, etc., then you're also likely reversed.

**If there's something you want to accomplish and just
can't seem to get there, then
you're likely Reversed.**

If you consistently do something you know you shouldn't do (smoking, drinking, gambling, internet porn, etc.), you're likely reversed on letting it go. When I hear someone say "I've had this _____ for years and have tried everything...", the phrase "They're Reversed!" immediately comes to mind.

There are many others reasons, of course, why an issue can be difficult to resolve. But THE main reason, in my opinion, is the wicked Reversal

Resolving Secondary Benefit Reversals

The good news is that it's very easy to fix an SBS reversal. It's so easy that people find it hard to believe. Here's how:

Simply Karate Chop by bumping the base of one pinky finger (along the fleshy side of your hands,) against base of the other pinky while saying a reversal set-up phrase such as:

Even though... I this anger at _____, causes problems within the family, there's a part of me that doesn't want to get over it. And I deeply and completely accept myself anyway.

...It may not be safe to get over my ____ (insert your issue)...

...I may not deserve to get over this issue...

...I won't know how to act if I get well...

...I won't have an excuse for my life being messed up...

...I don't want to forgive the people that ruined my life...

...I don't know how to be "normal"...

...I'm afraid I'll lose my Identity...

...For whatever reason, I don't want to overcome this problem...

Here's the Formula for the above "New Reversals Protocol"...or Reversals Set-up Statement:

Even though this (name the problem; anger, pain, frustration, limiting belief, etc.) is causing (name how it's affecting your life; a rift between us, keeping me from working, keeps me stuck, has become my victim story...) ... there's a part of me that doesn't want to let it go...and I want to accept myself anyway."

I almost always use at least the first and last of these phrases, which generally catches everything in between. "Not deserving" to get over something is also a biggie, so see if it fits, along with any of the others. They're free and they can't hurt. Just pick three or four and say them while doing the Karate Chop.

You'll know the Reversal neutralization worked when you start tapping again and the intensity starts going down. Reversals can be a huge stumbling block, but they are so easily remedied that we needn't let them stand in the way.

Important: Neutralizing a Reversal does not fix the issue. It only eliminates an *impediment* to fixing the issue.

You still need to tap as you would on any issue after neutralizing the Subconscious Mind.

Again, Reversals are only one stumbling block to a successful TAPPING treatment, but it is often the one that causes people to say, "I tried tapping, but it just didn't work for me." I hate it when that happens.

For a free video on Reversals go to <http://tinyurl.com/ReversalsGift>

Conscious Resistance to Change

Just as a footnote, there can also be **conscious resistance** to letting go of a problem.

For example, "Marie" had chronic back pain but she was afraid that if she become able-bodied again, more will be expected of her, she would lose her blue handicapped plaque, her disability income, cease receiving special attention and so on. Please don't think I believe everyone feels this way or that I would judge anyone for it. I only mention it because I have seen it happen many times.

I'll ask someone: "If there was a reason for you to keep this problem, what would it be?" One lady wrote two full pages on the benefits of having Multiple Sclerosis. These are not Reversals, per se, because they are conscious thoughts. However, they are easily dealt with, and in the same way as the subconscious Secondary Benefits.

Tip 5: Give Your Issues a Voice



Giving your issues a voice resolves them through vocalizing the different aspects of a problem and addressing both your willingness and unwillingness to let go.

When working with a highly charged emotion, there is often an inner conflict; a "part" of us wants to get over it while another "part" wants to hang on — for various reasons.

For instance, if you are angry with someone, there may be a part of you that wants to punish that person by staying mad.

If fear is what is keeping you stuck, there is a part of you afraid of releasing the fear. And those who have anxiety are often "anxious about overcoming the anxiety," as if remaining hyper vigilant were keeping them safe.

One of the ways you can tell you have probably encountered a resistant part of yourself is when you are tapping and your intensity gets stuck at a particular number. As you begin to release a long-held fear for instance, that reluctant part of you is likely to kick in at some point lamenting, "Wait a minute! Who will I be without this fear?" or "I won't be safe without this fear." Similar concerns are likely to occur with any long-standing or charged emotion. While that "other voice" is seldom rational, it is nonetheless real and needs to be dealt with.

Using TAPPING to "give voice" to all sides of an issue allows the resistance to "cohabitate" while you are sneaking up on it to eliminate it. At the same time, giving voice to the different aspects of an issue allows you to dissipate them all at once.

There's a simple and effective way to do this by starting with the negative aspects of an issue. At first, just tap on the simple and obvious aspects. Here's an example with "Dana" who was very angry with her sister.

On the Sore Spot or Karate Chop Point, she said: *Even though I'm furious with "Maggie" for telling everyone my secret, I love and accept myself completely.*

Then on each of the points she repeated the same phrase: *this anger at Maggie...*

The intensity had dropped to 7 so we started giving a voice to more aspects (her feelings) concerning this issue. Remember that it's a good idea to dissipate some of the charge on an issue before getting too specific with the emotions.

I had her say different phrases at each point, such as: *I can't believe she would betray me like that. I thought I could trust her. I was so humiliated!*

I then encouraged her to participate by venting her feelings herself, by making up her own phrases. She started by saying, *how embarrassing! I'll never trust Maggie again.* As she tapped, Dana expressed the many emotions that had been triggered, including hurt and sadness. Clearly her intensity was falling quickly.

When Dana seemed to get stuck on what to say, I would alternate phrases with her. I would say, *No one will ever trust me now...* and she would add, *I feel so ashamed...* I would say, *I feel like I've lost credibility with everyone...* she would say *I'm so embarrassed,* etc.

For practitioners, tuning into the client with your own intuition is an important aspect of the art of Meridian Tapping. Plus encouraging them to participate ensures that they get to vent **all** of their feelings and conflicts.

When you're tapping on yourself, you sometimes can't "see around the corners," so to speak, and might miss a significant aspect. It's important that you say **whatever is on your mind or in your heart** to clear the air (and your meridians) as you tap.

By voicing the different feelings around a conflict, you are also dissipating the different aspects of the experience or issue. In this way, Dana began to alleviate the betrayal, embarrassment, humiliation, hurt, and regret, rather than just the anger.

Dana's intensity had dropped to a 5 (indicating a part of her was willing to let go) so we then started "arguing" both sides: her willingness and unwillingness to let go of the issue.

On the Set-Up Point (Karate Chop) she said:

Even though a part of me still angry at Maggie for telling people my secret, another part of me is letting it go and I love and accept both parts of me.

This begins a gentle transition to addressing both sides of the conflict.

On the next round, voice the anger as well as feelings of betrayal, being hurt or disappointed AND include the desire to get over it. For example:

Eyebrow	<i>I'm still mad at Maggie...</i>
Side of the Eye	<i>She really hurt me...</i>
Under the Eye	<i>I can't believe she would betray me like that...</i>
Under the Nose	<i>But I love her...</i>
Chin	<i>No, I don't anymore!</i>
Collarbone	<i>I'm so disappointed in her...</i>
Under Arms	<i>She's my best friend. I can't stay mad at her.</i>
Liver Point	<i>I want to let this go...</i>
Wrists	<i>No, I don't!</i>
Crown of Head	<i>Yes, I do. I want to let it go.</i>

Remember, the actual words you say at each point are not as important as venting the things you want to say. AND, your *intention* to clear your issue trumps almost everything else.

You can get the same effect by just telling the story as you tap, as long as you introduce the possibility and advantages of letting go. Remember that you're giving a voice to *both* the part of you that sort of wants to get over the issue, and the part of you that's still resistant.

When working on yourself, keep reassessing your intensity. Assuming your intensity has dropped below a 5, change your next set-up statement to something similar to what I had Dana say:

Even though a small part of me is still holding on to the anger, a bigger part of me is letting go. I want that part of me to win. I'm ready to get over this and forgive her.

EB No, I don't..
SE If she cared for me, she wouldn't have done that..
UE But she apologized 30 times..
UN And I do miss her..
Ch But she betrayed me..
CB And I'm tired of hurting and fretting over it..
UA I think I'm ready to forgive her..
LP I want to forgive her..
WR I'm ready to let this go..
CrH I give myself permission to put this behind me..



With deep anger toward someone there is often an unwillingness to let go. There's usually an opposing belief that staying angry at the person who hurt you will punish them (or yourself.) In fact, anger hurts you, not them. So remember this quote:

“Focusing your anger toward someone else, hoping you'll hurt them, is like drinking poison and hoping the other person dies.”

Change the wording, obviously, depending on the emotions you're working to alleviate and the obstacles in the way. For instance, if you're tapping on fear, you would be alternating phrases such as: *It's not safe to let this go... Well, I don't feel safe now anyway... But I'm afraid to let go of the fear... And I'm also afraid to hold on to it... This fear is keeping me stuck... I want to trust myself to let it go... Yet I'm not sure I trust myself... I've screwed up many times... I want to feel safe in the world...*

It's usually our past experiences that both teach and hinder us. The tough lessons we learn from difficult situations often make us wary of the next encounter. Those lessons then become beliefs or the "proof" we need to justify our limiting behaviors, thus perpetuating the problem. Unfortunately, these beliefs keep us from making clear choices about our lives.

For example, with limiting beliefs such as "love hurts..." or "I can't trust my choices..." or "I'm not very good with money..." and countless others, there will likely be a voice within you urging you not to let go of that limiting belief because in some way it is keeping you from making painful mistakes.

These are the kind of situations where you can argue both sides of the belief: *I don't want to let this go... but I need too... but I'll feel unsafe... I already feel unsafe... this belief isn't keeping me from getting hurt, it's keeping me stuck... no it's not... yes it is and I want to get over it! etc.*

You'll likely get results even if you just alternate statements at each point such as *remaining anger... I want to get over this... remaining anger... I want to let it go... remaining anger... A part of me wants to release this... No, I don't!! Yes, I do!!* Allow yourself to speak freely and spontaneously as you tap, addressing both sides.

When your intensity has dropped to a 3 or below, "choose" to let it go. For information about Choice Statements, see Dr. Pat Carrington's Choice Method, or find articles on my website, on the "Free Stuff" page.

People are always asking "What do I say when I tap?" Well, this is it. Simply give a voice to your feelings — all of them. Let your intuition guide you, whether you're working on yourself or with a client. I do it myself, as do most other Masters. You know better than anyone what you're feeling. So tap while you "vent" and be sure to address the side of you that's eager to move on.

With TAPPING there's no *right or wrong* way to do things, just that some ways get better results than others. Each EFT Master, and virtually every practitioner, has his or her own style of tapping and all work. However, some methods are more effective than others. It's one of the things that define Pro EFT™. Use this example of "giving voice" as a guide, but ultimately do what works best for you.

Tip 6: Be Specific (except when using the Bundling Baggage Technique or working on highly traumatic issues.)

It's very important with TAPPING to be as specific as possible about an issue. It was discovered early on that it's imperative to be as detailed as possible about the circumstances surrounding any challenge. Being vague, general, or global is to deny the body an opportunity to remedy the problem. By being specific when you say the Set-Up Statements or tap on the points, you are sending tiny vibrations throughout your system.



Naming the issue tells your body where to dislodge the energy disruption.

That's why we must be negative, so to speak, about an issue. It's a necessary step to unblock the stuck energy.

Here are some examples:

If you have low self-esteem, you are unlikely to get anywhere just saying *Even though I have low self-esteem...* It's so much better to discover the reasons why you think so poorly of yourself. It could be *Even though my father always belittled me in front of my friends, saying I was worthless...* or *Even though mother kept telling me I'd never amount to anything...* Babies aren't born with low self-esteem, so look back and discover any and all events or beliefs that set you on the path of low self worth.

Likewise, you can't fix clutter just by saying *Even though I have this clutter...* You need to find the cause and neutralize it.

By the way, clutter is usually a complex issue and usually revolves around wanting to establish or regain control. To eliminate clutter, discover when you first felt out of control and deal with that for a start. Often it will be in childhood where you were dominated or abused. Later in life, a traumatic experience like a divorce or death of a loved one will often trigger those old memories of being out of control. Deal specifically with each of those incidences before tackling the clutter issue directly.

If you experience fear, saying *Even though I'm fearful...* is far too general. Find the source of the fear, when it started, and how it made you feel. Then be specific about it to neutralize it. *Even though this fear began when dad*

came home drunk and whipped me for no reason... or Even though I've never felt safe since my brother pushed me off the cliff.. (He probably learned that from my brother.)

Ask yourself probing questions such as: When did this procrastination first start? When did I first start feeling angry at the world? What was going on when I first started to feel uncomfortable around people? Where exactly is this pain in my back?

Then, be specific about dealing with that cause for your problem. Instead of saying *this shame I feel...* say *the shame I feel about having an abortion...* Instead of saying *my fear of water...*, be more specific about the kind of water: *My fear of the ocean... or deep water... or lakes... or swimming pools,* etc.

To dig even deeper, I often ask a client probing questions. Besides asking when an issue first started (probably the most important of the questions) I have them envision the situation or issue, and have them get in touch with smells, sounds, sights, or colors, if necessary. Notice and name any bodily sensations that come up when you think of an issue. Does your stomach get queasy, do you get a headache, or do your shoulders tighten up? Be sure to name that sensation or pain during your tapping.

Sometimes you can dispense with a pain by addressing it directly. Other times you need to find the source of a chronic pain or physical issue and neutralize that. Either way you must be specific about the pain or discomfort.

For example, instead of saying *this pain in my leg...* you might say *this pain in the calf of my right leg...* Below are a couple of examples of when being specific made the difference.

A few years ago a mother brought her 7 year-old daughter, "Terri" to me, who had fallen during a tumbling routine. She was suddenly afraid to work out with her gym team or perform any routines. She loved tumbling and was very upset that she might have to give it up because of her new fear of falling — yet she was literally terrified of doing gymnastics again.



We started tapping on her general fear of tumbling with *Even though I'm afraid to tumble now after my fall...* However, that wasn't reducing her SUDs level at all.

I then asked her to tell me exactly what had happened; how she fell, and what she saw. It became clear that it was tumbling *backward* that she was afraid of, not just tumbling. So we got more specific in the Set-Up by saying *"Even though I'm afraid to tumble backwards..."*

However, that only helped a little. She was still clearly stuck.

I asked her to relive the maneuver in her mind and describe her feelings. She said that in her mind's eye she could complete the backward flip *if* a spotter was there for her, but she couldn't see herself trying it alone.

We changed the Set-up to "Even though I'm afraid to tumble backwards, without a spotter to protect me...I want to trust myself to do it." And low and behold, we started getting results immediately! In just two or three rounds her fear was gone and she was sure she could tumble again confidently. In fact she wanted to do a back flip right there in my office to prove it. E-gads!

As tempted as I was to see her perform, I had her wait until it was safe... at her gym. She left a happy little girl, eager to get back her team. Her mom e-mailed me and said that at gym practice Terri had done back-flips several times — without a spotter; Mom, the coach, and Terri were all jubilant. So was I!

Getting a different perspective from an experienced MERIDIAN TAPPING practitioner can also help you find where and how to be specific. "Seeing around corners" isn't an easy thing to do on your own. When you have been hurt you may subconsciously avoid being specific as a means of self-protection. Yet being specific is critical to resolving an issue.

There is an exception to this rule of being specific, however. That is when you have had a series of repetitive or "serial" incidents with the same result.

For instance, if you were constantly bullied by your older brother, making you feel helpless or worthless, you may not be able isolate any specific incident. You can put them all together (by "bundling" them) and deal with them at once. This only works, however, if the incidences are so similar you can hardly distinguish one from the other, which is all too frequent during an abusive childhood.

You can handle all of those repetitive incidences quite nicely without being specific about any one of them by using my **Bundling Baggage** technique. Read about how to do that on my website, or listen to an audio of a class on it, or check out my e-book *Bundling Baggage*.

The bottom line is that for most issues you need to be as specific as possible to achieve the best results. That said, do not re-traumatize yourself or your clients by being specific too soon with highly charged issues (rape, abuse, recent deaths, brutal accidents). Go slowly and be vague at first, using the Tearless Trauma technique or Movie Technique.

Tip 7: Deal with Shifting Aspects

Shifting aspects are like directional signs giving you conflicting information. For instance the trauma of



a horrific car accident would have different aspects, all of which need to be handled. There might be guilt for causing the accident, or anger at the other driver for being intoxicated.

Yet another aspect about the same issue might be the trauma of seeing a loved one injured, blood or flashing ambulance lights. Other triggering aspects might be the sounds of people screaming, the sound of screeching tires or breaking glass. There's also the smell of blood, burning rubber, and so on. All of these aspects need to be dealt with to neutralize the main issue — the car accident.

It's important when neutralizing issues (your own or those of a client), to address all of the aspects pertaining to that issue. The more complex an issue, the more aspects or branches there are likely to be. Abuse of any kind, for instance, will surely have multiple aspects. An abused child will often experience fear, betrayal, guilt, distrust of men, resentment, anger, grief, sadness and shame and more. Each of these emotions, and the causal experience needs to be dealt with.

For example, *Mom should have protected me... I trusted Uncle Ted... I was afraid to open the bedroom door... the smell of beer on Dad's breath...* Sometimes these issues should be dealt with separately, sometimes collectively, but the charge on every aspect needs to be alleviated to completely clear the issue.

Sometimes, you or a client may not notice an underlying issue until a more painful core issue has been reduced in intensity. It would be similar to you falling off your bike, breaking your arm, scraping your knee, and cutting your little finger. You may not even notice the scraped knee until the doctor numbed the pain in your broken arm and set the bone. Only after your knee was fixed might you notice your cut finger.

In the same way, when the intensity has dropped considerably on a main issue, a client might say, "You know, the real problem is the resentment toward my sister, not the anger." However, the real problem was the one that was most noticeable in the beginning (the anger.) Almost all complex issues have multiple aspects that become more apparent as the intensity level is lowered on the main issue.

Generally it's better to get the original issue down to a zero before moving to other newly-noticed aspects. Occasionally, however, you need to neutralize the aspects as they shift and arise, especially if they're clearly related to the original issue. You will often discover that a hidden aspect turns out to be the core issue. Once the new aspect or new issue has been completely resolved you can return to the unfinished issue and complete it.

Often when the majority of the supporting aspects are neutralized, the original problem will collapse on its own. Many use the analogy of legs on a table. At some point, when you've cut off enough legs the table will collapse.

My favorite example of dealing with shifting aspects was with "Dr. Dave."

Psychologist, "Dr. Dave" came to see me about grief over his brother's death twelve years earlier. His brother had been killed in a tragic avalanche and the trauma still haunted Dave as if it were yesterday. He was getting stuck on the issue and unable to get it to a SUDs level of zero.

When the intensity got to a four, Dave shifted aspects to his mother's suicide many years before his brother's death. It turned out neither he nor his brother or father knew that Mom was having an affair and that she was so depressed over it she was suicidal. At this point in this case we left the brother issue and worked on the mother issue.

It turned out that Dave had vowed never to be so insensitive to his future wife's situation or to his children's feelings as to be unaware that they were hurting. His father's insensitivity, he believed, contributed to his mother's death. So Dave vowed to be ultra-sensitive.

As a result, Dave's sensitivity showed up in his over-reaction and long-lasting grief regarding his brother's death. Once we dealt with his mother's suicide (which included guilt, anger, betrayal and grief) we were able to go back to his brother's death and quickly release his long-term grief on that issue. Over six years later, Dr. Dave is completely free of the grief and can speak of his brother without sadness or pain.

To recap, with shifting aspects you should usually stay with the original problem until it has been completely neutralized before tackling a new aspect. Let judgment, intuition and circumstances be your guide. Part of the art of Tapping is knowing when to swing with the client on a different aspect and when to finish the original issue first. Either way, just make sure you eradicate all aspects of an issue before moving on to another one.



Tip 8: Improve Your Meridian Tapping Knowledge and Skills

EFT and Pro EFT™ are relatively simple. You pick an issue, do a Set-Up Statement, and tap on the meridian points. That's pretty easy, right? The challenge is there are several different Tapping Techniques and subtle nuances to each element that require study and practice to be proficient.

That said, even in the hands of a "newbie," TAPPING generally produces success rates over 80% with simple issues. The medical profession would love to have results that high.

Consistently good results, however, are harder to achieve with more complex issues. That's because there is so much more to PRO EFT than simple tapping. As people become more involved with tapping, they are often astounded at the complexity, diversity and power of this remarkable tool. It can be used for so much more than just alleviating negative emotions. From allergies to respiratory ailments, from hiccups to heart disease, from low self-esteem to lung cancer, PRO EFT has provided consistently astounding results.

An accomplished practitioner can achieve a success rate of over 90%; primarily because he or she has studied and practiced the art of PRO EFT. Ironically, it appears that as the practitioner improves, so does the perception that TAPPING has improved. Obviously the tapping isn't what's changing.

If you gave a great chicken cacciatore recipe to five people, all the way from a fine chef to a novice cook, you would likely see five very different applications of that same recipe. And there would likely be five different-looking and -tasting results coming out of the oven. It's like that with TAPPING. TAPPING is always great. Discrepancies in the final result lie in the application of the art, not the product.

Even if you're just working on yourself with no desire to become a practitioner, the more you know about Tapping Techniques, the better your personal results will be.

There are three primary ways to learn and improve your tapping skills. We "old-timers" didn't have workshops, videos and workbooks to learn. We had to just struggle along. Now, I firmly believe that the best way to learn Tapping Techniques is through workshops and web casts taught by experienced, skilled, practitioners. In workshops you have the opportunity to ask questions, practice your skills with others, be supervised by those who can spot your mistakes and really immerse yourself in the subject.

Additionally, in (most) workshops you have the opportunity to work on your own issues with others. Many people have read the manual, watched the videos, taken workshops and even practiced with clients, yet are still missing many important aspects of Tapping.

You can read lots of books on swimming, sit on the beach or by the pool and watch people swim for hours, but until you get into the water and try it yourself, you will never really learn how to swim. And it's good to have a lifeguard handy when you take that first plunge.

If you're serious about leaning more about this powerful tool then doing a live workshop is highly recommended. And it's a must if you plan on becoming a meridian tapping practitioner.

So here's my recommendation... Do all of the below!

- Attend Level 1 and Level 2 Workshops to really move your skills to the next level www.TappingWorkshops.com. If you can't get to a live workshop, take

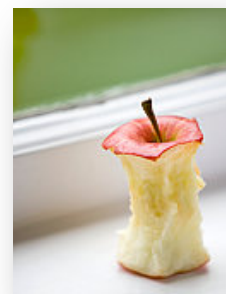
web-classes or teleclasses www.EFTteleclasses.com. Work with an experienced practitioner, by phone or in person. To find a workshop in your area, check the listings at www.TappingWorkshops.com or www.EFTMasters.com or www.TappingInternational.com or www.AAMET.org.

- Download our FREE Starter Package at www.ProEFT.com/StarterPackage.html
- Watch the acclaimed documentary *The Tapping Solution*. Read about it and order it at TheTappingSolution.com
- Then practice, practice, practice. You just can't really appreciate the wonders of Tapping Techniques until you experience them yourself and share them with others. Find a practice buddy and trade sessions several times a week. Please respect your beginning skill level and practice with skill-appropriate issues. (Stick with simple issues until you know what you're doing!)

It's important to remember that you don't have to know every single thing about TAPPING before using it and getting results. Part of PRO EFT's magic is in its simplicity to learn and use. But please take the time to learn it correctly, especially for more complex issues. The more you learn and practice with this life-altering tool, the better your results will be and the better person you can become!

Tip 9: Find and Deal With Core Issues

Finding the core issue of a problem is one of the most important principles in PRO EFT. Finding the core issue is like finding the root of a weed and pulling it out. If you just cut off the part of the weed above ground, you haven't killed it at all, you've only temporarily and seemingly removed it. Cut the top off of a weed and it will grow back; destroy the root and it will wither and die.



The same is true for finding and eradicating core issues, and it's why traditional talk therapy is often ineffective. Frequently, only the symptoms (or the top of the weed) are dealt with. Venting about a subject might be cathartic and temporarily bring relief, but it doesn't ultimately solve the problem.

In order to find the core issue or cause of a problem, you need to do some detective work. Asking questions of yourself or your client is important to discover the underlying cause of any issue. Here are some basic questions you should explore:

- When did the problem or the symptom start?
- What was going on about that time or just before then? (Often someone's pain, disease or other symptoms will have begun about the same time as a divorce, death, or traumatic event.)
- What do you think caused you to feel (or be) this way?
- If you had your life to live over, what person or event would you just as soon skip? This simple but poignant question that can prove very powerful in getting to the "root of the weed."

- What else does this issue remind you of? (Sometimes your overreaction to a boss's criticism may be a response to how your mom always corrected you.)
- What was your relationship like with your parents?
- When did you start feeling bad about yourself?
- Who really hurt you?
- What or who are you afraid of?

Answers to some of these questions may be the core issue, or lead you to the core issue.

Finding the Core of Emotional Problems

Discovering the cause of emotional issues can be slightly different from discovering the reason for physical issues. With physical issues we want to discover what was going on during or just before the symptom, pain or disease began. Physical problems are often the result of a singular trauma or event.

With many emotional issues, such as depression, low self-esteem or chronic anger, we want to uncover the first time the emotion manifested itself. When did you first start feeling sad, worthless, angry, ashamed or whatever? Emotional issues are often caused by repetitive, negative events. Keep in mind that this is not always the case, but rather a rule of thumb.

Emotions can also be triggered by singular events or traumas, of course. You get mad at your boss for yelling at you. You're sad because a loved one died. You feel shame because you had to ask for a loan. That's absolutely normal. But when find yourself being overly sensitive to a particular emotion, that's when you want to consider deeper roots as the cause. Look for the first time you felt shamed, abandoned, betrayed, hurt or unloved. That may be the cause of the over-sensitivity to your current problem.

As an example, "Glenda" came to me with low self-esteem, and said she'd been tapping on it for weeks, without success. When I asked her what exactly she had been saying when tapping, she said, her set-up statement had been "Even though I have low self-esteem, I love and accept myself completely."

Besides the fact that the last part of her sentence didn't ring true for her, the phrase "I have low self-esteem" was far too general. Being too general or vague is one of the main reasons people get stuck when doing PRO EFT.

By the way, if you can't say *I love and accept myself... and mean it, then say I want to love and accept myself.*

The challenge for Glenda was to find what actually caused her low self-esteem. I started asking her questions about when she first started feeling badly about herself. She said she had married a man while in college who was very

controlling and emotionally abusive. He criticized every move she made and constantly put her down.

Every day she felt worse about herself as her self-esteem plummeted. She desperately wanted out of the marriage, but was so emotionally beaten down, she couldn't even see how she could leave. After 10 years of abuse, "Clarence" told her he wanted a divorce because he had found a younger, prettier woman. Instead of feeling relieved, Glenda was crushed.

She believed that if she had just been a more obedient wife and tried harder to please him, Clarence wouldn't have left her for an 18 year-old girl. She felt lost, hopeless, and was certain no one would ever love her again. Well, there was plenty to tap on there: the emotional trauma, her limiting beliefs about herself, the betrayal, guilt, shame, etc.! However, I felt we still weren't at the true core issue. Her experiences with Clarence were certainly contributing factors, what I call "piling on," but not the fundamental cause.

Note: Besides the core issue, there may often be many "piled-on" incidents throughout your life that replicate the original problem. Thinking the most current problem is the core issue is an easy mistake.

I asked Glenda who her ex-husband reminded her of. "Oh, he was just like my Daddy!" she said without hesitation. This was no surprise since we often repeat the behavior of our parents, or attract people into our lives (bosses, friends or spouses) that are just like one of our parents.



Glenda's father always sternly corrected and belittled her, making her believe she could never do anything right. This made her feel like she wasn't smart enough or good enough. *That* was the core issue of her low self-esteem. Since there were multiple events and traumas created by Dad, with similar results, (feeling shamed, guilty, sad, angry, hurt...) I used my [Bundling Baggage Technique](#) to eliminate these traumas and feelings all at once.

Once the "daddy-issues" were cleared, we worked on the issues with Clarence. We tapped on several traumas and events around his abuse. When we were at a zero charge on anything Clarence-related, and had tested the results, it was clear we had finally neutralized the causes of Glenda's low self-esteem.

I had asked if there were any other "piled on" events, but there were none. However, we weren't done yet. She felt better about herself, but not great.

To wrap up her session we used positive attributes to repeat at each point. I used phrases I knew to be true about her, such as: *I'm smart, I'm a gifted musician, I'm creative, I'm funny, I'm loveable, I have a great personality, I'm a good friend, I'm a loving, attentive, mother*, etc. On

the second and third rounds, I had her contribute more positive statements about herself at each point. She was genuinely surprised to acknowledge and own all of her skills, talents and attributes.

Glenda left feeling great about herself and optimistic about her life. Had we just tapped on her low self-esteem, or just on the issues with her ex-husband, or even just on her dad-issues, I think Glenda would still be suffering with esteem issues today. However, six months later she's happy with herself, confident, self-assured and in a thriving relationship.



Finding Core Issues for Physical Conditions

It is not a coincidence when someone gets ill, or develops a pain or disease around the time of a traumatic event. In fact it's likely! Many physicians say that 85% or more of our physical maladies are the result of unresolved emotional issues. Furthermore traumatic events can cause physical ailments without us being aware of any connection.

For instance, I had a client who developed migraines shortly after her twin died from serious injuries incurred in a car accident; yet she hadn't seen the correlation. Another client stuttered severely since his father disappeared one night and never returned home. Initially, he didn't remember that his stuttering had started at that time.

A more obvious correlation between cause and affect happened with "Nicky's" severe food sensitivity. She would get nauseous and break out into hives whenever she ate chicken noodle soup — but not other chicken products. The core issue was that her mother had made chicken noodle soup out of her pet chickens "Cheepy" and "Peepy" when she was seven, and maliciously told her about it just as she was eating the soup. (Ewww! Thank God she didn't have a pony.)

Many people subconsciously avoid remembering what was going on during a particularly difficult time in their lives. Maybe it's too painful, maybe they're afraid of where it might take them, or maybe they're afraid they just can't handle what they'll find.

I had a client named "Ellen" who had a severe memory problem. Both her short- and long-term memories were virtually non-existent. She couldn't remember her wedding day, her son's or daughter's childhoods, or what was discussed in an office meeting 10 minutes ago. Not surprisingly, she couldn't recall when her memory problem began.

So we simply tapped on the general statement of *Even though I can't remember when I lost my memory... or why... and Maybe there's something I'm afraid*

of remembering... In less than two rounds Ellen had an inspiration. She recalled an event she had completely suppressed for over 25 years. She'd gotten an abortion when she was 19 and it was very traumatic for her, both physically and emotionally. She was very upset and ashamed over it, and became very ill as a result of it.

We eliminated the shame, embarrassment and guilt over the *abortion (Even though I have this shame, embarrassment and guilt over the abortion, I want to love and accept myself.)* We then tapped on the physical trauma of her abortion and her fear of remembering it. (*Even though I've been afraid of remembering this traumatic time...*)

Almost immediately her memory began to return. She started recalling events from her children's youth, and even an assignment she was supposed to complete for work. Her lack of memory was just the symptom. The core issue was the trauma of the abortion.

I'm often asked, "What if I can't remember any traumatic events or when my problem started?" Then just do what Ellen and I did. Tap on *Even though I don't remember when or why this began, I love and accept myself anyway.* You can eradicate an issue even if you never remember it. Your problem could even be pre-memory. Your energy body knows the reason for the issue, and you don't always have to be conscious of it yourself. Nonetheless do the detective work until all avenues are exhausted or until you find the core.

Once you discover the core or cause of your problems or symptoms, you will be well on the way to eradicating them. If you need help getting to the root of the problem, another person's perspective can be crucial in uncovering core issues. Even the best surgeon in the world can't effectively give himself or herself an appendectomy. So try PRO EFT yourself, but if you stumble, ask for help. Tapping works!

Tip 10: Expand Your Tapping Techniques Toolbox

Tapping Techniques are truly magical tools. Even with only basic skills you can achieve amazing results. Pro EFT™, a progressive form of tapping offers simple, effective methods that just about anyone can use.



As you become more comfortable with the basics of tapping, you can achieve even better results by adding to your repertoire of tools. I can't help but think of the comparison with a basic Swiss Army Knife. It has three cool little tools: a blade, a file and tiny scissors, and is very handy, simple

and effective. However, the more advanced versions have many other implements that greatly enhance the usefulness of this clever little tool.

I was given one as a gift 30 years ago and just loved it. Not until weeks later did I discover it also included clever little gadgets like tweezers, a bottle opener, a toothpick, a screwdriver, a corkscrew and a tiny little saw! My simple little tool suddenly became even more valuable and versatile.

Forgive my comparing EFT to a Swiss Army Knife, but the analogy is true when you consider:

- Both are amazing yet simple tools
- Both can make life easier
- Both are very effective
- Both are handy and can be used on many things
- Both can do much more than what appears on the surface
- Both can be used by just about anyone
- Both are affordable (tapping is basically free!)
- And you can try them on anything!

If you want to get even more out of Tapping, use it for even more issues, get faster results, become more effective with it, then discover some of the many hidden tools that you haven't yet noticed. Expand your knowledge and skills with these tools and watch your results soar. Here are just some of the many complementary TAPPING "gadgets" or tools available and how to use them.

- Dr. Pat Carrington's "Choice Method" (www.MasteringEFT) has been around for many years now and is used by thousands of tapping practitioners. The Choice Method is a simple way to redirect (or reprogram) your mind to choose what you want, rather than just accept what you have.

The Choice Method is particularly useful when you have reached an intensity level of 3 or less. There, the Subconscious seems to be willing to accept positive choices, allowing you to eliminate negative verbiage and substitute desired behaviors or feelings. Dr. Carrington, an EFT Master, has been a pioneer in the development of advanced Tapping Techniques. The Choice Method has come a long way since its inception in the 90s, and Pat continues to introduce other innovative uses of TAPPING. I'm a big fan of her work.

I've developed a few techniques of my own that help improve results with many issues. Here are some of them:

- **The Golden Gate Technique** is really just using traditional tapping set-ups, but with specific wording determined by the intensity of the issue. It's a great way to easily transition from the negative statements to the positive changes you want to make. An article featuring one of my Level 3 students demonstrates one of the many ways of wording for more effective EFT. Visit the [Free Stuff](#) page of my website for details on this simple technique.

- The **Bundling Baggage Technique** is used when you have experienced similar, repetitive, negative events, which many of us have. The most common of these usually occur during childhood and reflect how parents, siblings or peers treated us. Often people can't remember a specific event, but can remember multiple times when they were abused, whipped, traumatized, bullied or belittled. This handy and highly effective tool allows you to dispense with a bunch of those negative events in one session. It also often helps people remember a specific event that needs discharging!
- The **Ultimate Truth Statement** is one of my favorite TAPPING tools. It began as a way to deal with intangible or hard-to-measure issues, such as procrastination, self-sabotage, clutter or being stuck. But I soon realized it's great for many issues. It's especially effective when someone wants to stop change behaviors, like smoking, lying, being late, yelling at the kids, overeating etc. It helps define what you want instead of focusing on what you don't want.

Find more of our branded Pro EFT™ techniques at
www.ProEFT.com/ProEFTProcess.html

Perhaps most importantly, it helps flush out obstacles and core issues that keep you from getting what you want.

These are only a few of the hundreds of ways to use TAPPING creatively and more effectively. Just about every seasoned practitioner has developed his or her own toolbox of innovative ways. Visit the exhaustive archives for hundreds of articles on these auxiliary tools at EFTMasters.com

Remember Meridian Tapping Techniques is your Swiss Army Knife. Really open it up and become proficient with some of these handy tools at your fingertips! Becoming familiar with and practicing different EFT and PRO EFT techniques can greatly enhance your confidence and effectiveness.



Tip 11: Stay Hydrated

Water is something that we often take for granted and most people don't really understand how essential water is to our health. Nor do most people know what happens to our body if it doesn't receive enough clean water every day.

Making up almost three-fourths of the body, every cell is regulated, monitored, and dependent on an efficient flow of water. Not one of the processes in our bodies could take place without water.

Being sufficiently hydrated is important for many reasons, especially with tapping. We are working with the body's electrical system while using EFT, and water is a conductor of electricity. Therefore it's even more important to keep yourself hydrated before, after and during a tapping session.

FACTS ABOUT WATER

- Your daily energy depends on water because your body's chemical reactions are water-dependent. Just like a hydroelectric system, the energy generated by your body's water is carried through your system via of your meridian (electric) system. Without adequate water your energy cannot flow properly and your body's "batteries" are useless.
- Water is the adhesive that bonds your cell architecture. When you get enough water fluid retention decreases, and gland and hormone functions improve.
- Good water is essential to body cleansing. Our bodies need water to dilute toxins and flush them out of our system. Without sufficient hydration to do that, water is taken from organs, skin and tissue...water that is really needed there. Or, the toxins just stay in our system making us bloated, lethargic and toxic.
- Water regulates your body temperature, maintains your equilibrium and helps the liver break down and release more fat.
- Water carries every nutrient, mineral, vitamin, protein, hormone and chemical messenger in your body to its destination.
- Proteins and enzymes, the basis for your body's healing capacity, function efficiently only when you have enough water.
- Your brain tissue is 85% water. Messages from your brain to everywhere else in your body are transported on "waterways."
- Drinking enough water is critical to keep your skin soft, your brain sharp and your elimination systems regular.

Here are some more interesting facts about water and our health

- ◆ 75% of Americans are chronically dehydrated.
- ◆ Lack of water is the #1 trigger of daytime fatigue.
- ◆ Research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- ◆ A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- ◆ Drinking five glasses of water daily decreases the risk of colon cancer by 45% and can cut the risk of breast cancer by 79%.
- ◆ With sufficient hydration you are 50% less likely to develop bladder cancer.

How much is enough?

Your body needs about three quarts of replacement water every day under normal conditions. Strenuous activity, summer temperatures, or a diet that's high in salt increase this requirement.

Drink a lot of water, every day...at the minimum 72 oz. That's only a little more than four, 16oz. bottles of water. The more you drink, the healthier you'll be.

Your foods provide up to a quart of water per day. Fruits and vegetables are more than 90% water. Even dry foods like bread are about 35% water. Water for metabolism is produced as part of the food digestion process, yielding as much as a pint per day.

Water is critical to your detoxification program! For a healing program, several types of water are worth consideration:

- Mineral water comes from natural springs with varying mineral content and widely varying taste. The naturally occurring minerals are beneficial to digestion and regularity. In Europe, this form of bottled water has become a fine art.
- Sparkling water can come from natural carbonation in underground springs, but most are artificially infused with CO₂ to maintain a standard fizz. This water is an aid to digestion, and is excellent in cooking to tenderize and give lightness to a recipe.
- Artesian well water is the Cadillac of natural waters. It always comes from a deep pure source, has a slight fizz from bubbling up under rock pressure, and is tapped by a drilled well. Artesian water never comes in contact with ground contaminants.

Tip 12: Be Persistent

Keep tapping until you get the issue to a zero. Don't stop just because you "feel better." Sometimes Tapping works in minutes, and sometimes you get a small result one day, a little more the next day, until eventually it's gone. Persistence is the key. However, if you're not getting any movement, then something is off.



Don't continue to do the same thing over and over if you're not getting any reduction in the intensity level. You might be missing a core issue, you may not be specific enough, you might need more Reversal work, need to drink more water or just need outside help. But don't give up.

I once had a cyst pressing against my spine

causing excruciating pain. I would tap until my pain got down to a 7, but it wouldn't go below that. The after some testing and minor surgery the doctors told me I'd have to have my spine fused or live on pain killers the rest of my life. That just wasn't acceptable. OMG!

Fortunately, someone suggested that I put one hand over the affected area of my spine while tapping with the other and to tap for longer. I did that every day, several times a day, for 10 15 minutes at a time, until the pain was gone. It took two weeks, but it worked. By the way I did have an underlying emotional cause, which I discovered and tapped away. But I still needed to "tap away" the cyst. And persistence paid off.

Other General Tips

- **Watch *The Secret*** and recommend it to others. Get to know and understand The Law of Attraction. LOA and PRO EFT make a powerful duo for creating the life of your dreams.
- **Test your results** to make sure you are really clear on an issue. Relive the trauma by imagining a scene that has upset you before. If there's still energy on it, clear it. If you can't get upset when thinking about it, or you can barely remember it, then you're clear.
- **Adopt an "Attitude of Gratitude"** and be grateful for what you have and for what is working in your life instead of focusing on the negative.
- **"Talk" to your body.** When dealing with physical issues, ask your body (or heart, or legs, or immune system) to heal and strengthen itself or to eliminate disease.
- **Try it on Everything.** Don't prejudge; just try EFT for anything and everything.
- **Practice, Practice, Practice!** Become better each session. Get a practice buddy and work by phone or in person at least once a week. We are all works-in-progress, so keep at it.

With EFT or Pro EFT™, nothing is written in stone and you will see many variations of this remarkable tool with different practitioners. There are few "right and wrong" ways to do Meridian Tapping. Most variations work fine, however, some get faster, more effective, and longer-lasting results.

The purpose of this booklet is to give you the benefit of many years, and thousands of client hours-worth of experience. Hopefully the suggestions here will help shorten your learning curve, minimize your errors, and maximize your effectiveness with Tapping.

Good luck and Good Tapping,
Lindsay Kenny

Clearing Clutter for Clarity and Confidence

By Lindsay Kenny, www.ProEFT.com



Messy homes, cars or offices are common issues today with our busy lives. True clutter however, and I mean really messy environments, is really a symptom of something other than a busy lifestyle.

Most often clutter is a Control Issue. Being unwilling to let go of things is a way people can feel in control of their lives. Even though it appears that they are totally out-of-control, hanging onto “stuff” gives people a sense of being in control. It’s similar to how anorexics feel about food and their ability to at least control their weight.

Another common reason for clutter is Fear. The fears of loss, rejection, failure and losing control are the most universal of these. But again, all of these fears and issues are just symptoms. Underlying these symptoms of clutter is a cause or core issue.

Clutter is often triggered by an event or a series of events that leave us feeling traumatized, fearful and powerless.

Hanging on to “things” gives some people a sense of control at least in some part of their lives. Chaos is a form of control for them. A fear of letting go.

Determine the event(s) that started the loss of power or control. Tap it away and you are on your way to eliminating clutter.

I categorize three different levels of clutter. Some clutter is just untidiness, while other clutter can be pathological and downright unsafe. Here are my three defined levels of clutter:



Level 1 is generally just disorganization and being messy. It's often just "stuff" lying around on the surfaces. Underneath the 'temporary' clutter is a relatively clean home or office. Busy schedules are often the cause of this kind of temporary clutter.

Level 1 clutter can usually be cleared up with a few hours of tidying up and putting things away.

Level 2 – Includes Level 1 messiness plus...

- More than one layer of 'junk'. It often includes other areas of your life, such as a messy environment, car or personal appearance.
- An unwillingness to throw away outdated or useless things
- Lack of desire or ability to put away clothing or items or to clean up behind one's self or others
- Litter and disorganization on most surfaces



Level 3 -- The two levels above plus...



➤ Elements of filth, even to the level of pathology - meaning unsanitary conditions that create a health risk.)

➤ Complete organizational chaos; from dirty dishes overflowing the sink to unwashed clothing, garbage and

filth everywhere.

- Garbage accumulation (in or out of bags,) on the floor or furniture, in the garage or car
- Often there is animal poop on the floor or furniture. Ewww!

Level 3 clutter is often accompanied by a feeling of being paralyzed by the inability to take action to rectify the situation. Clutter at this level has escalated from uncomfortable to disgusting for most people. It often prohibits company or visitors.

The last two Levels are what I will be addressing this e-book.

Janice's Story

"Janice" came to see me with a Level 3 problem. Although she looked relatively clean, she assured me her home was beyond filthy. Boxes, stacks of magazines and newspapers, and junk lined her walls and floors so that she could only reach her bedroom or kitchen through a small path. She said you couldn't see her sofa, chairs, TV, or even her kitchen table. Dog poop was on the floors, in the spare bathroom tub and even on her bed. A loose parrot contributed bird pucky onto everything everywhere and the smell when you walked in the door was "staggering."

This was clearly more than just a messy house. And similar to a TV program where three tons of garbage was hauled away and a crew cleaned and sanitized a woman's house, six weeks later it was on its way to being the same pigsty it was before. **That's because the reason for the "clutter" was not dealt with.**

The Reasons Behind the Clutter

For Janice, the age of the magazines (dated in the late 80s) was a clue. I asked her what happened 20 years ago. She had no problem remembering; a drunk driver had killed her only child, her 11 year-old daughter. Janice was still devastated and in shock when three weeks later her beloved husband of 15 years was killed. The mudslide took away her husband, eradicated their home and wiped out virtually everything else Janice had left. Photos, family keepsakes and personal treasures were lost, along with the two people she loved the most. Her whole life was turned upside down in a flash.

From that point Janice became paralyzed with grief, sadness and a sense of abandonment. She was frightened and hyper-vigilant about everything. She didn't want to live, yet was terrified of dying. Janice became afraid to make a move, throw anything away, go anywhere or do anything. Hoarding the few things she recovered or replaced began her slide toward clutter. She didn't do it intentionally.

Janice had developed such a fear of loss, that she protected herself by controlling her environment and hanging on to EVERY thing.

With this knowledge we first cleared out her grief and trauma about losing her husband and daughter. She said she had "dealt with it" through years of therapy. I knew that was doubtful, based on the results in her life.

We started with a Reversal on the Karate Chop Point: *Even though I don't want to let go of the grief and trauma over losing my family and home...*

Then the Set-up on her sore spot: *Even though I'm still grieving at some level over the loss of my daughter and husband...*

We did several rounds just tapping on reminder statements of grief, sorrow, emptiness, sadness, anger, being afraid and alone. This brought up a lot of tears, which surprised her.

Note: A *round* consists of tapping on all of the meridian points, while using a short reminder statement, or venting phrases, starting with the eyebrow and ending at the top of the head.

On the third round we gave a voice to her feelings with phrases like: *It was so unfair... I still miss them... I blame myself somehow... How could they leave me like that... Why me?... It still hurts... My life isn't worth living...* After a few rounds of venting like this her intensity dropped to a 6.

We did a few more rounds adding in positive phrases like *I want to let this go... I want to move on... I'm ready to get over my grief... I'm ready to honor their lives by living mine to the fullest... Bob and Melanie wouldn't have wanted me to live like this...*

When the intensity was 2, we changed to Choice Statements, choosing to let go of the negative emotions around the loss of her family and choosing to live life to the fullest. She was responding very well and reached a zero in intensity at the end of this process (the first round of the remaining issue, the second round of positive affirmations -- choosing to let it go -- and the third round alternating negative and positive statements at each consecutive point).

I asked her to really try to get upset about the loss of either of her loved ones. But she couldn't do it. She actually laughed about something funny she remembered her daughter had said.

With the *cause* of her clutter issue now put to rest, we could then move on to fixing the clutter problem itself.

Using the Ultimate Truth Statement for Clutter

As always, I used the Ultimate Truth Statement to work toward a positive outcome. I could have started the whole process with this as well, but the underlying grief issue seemed so apparent that I wanted to eliminate that first.

I had Janice come up with a basic statement as the goal she would like to achieve: "I live in a neat and orderly environment." It's important at this time to only state the goal in a positive format. Many people will say what they don't want, such as, "I want to stop hoarding things" or "I want to quit living in a pig-sty" or "I want to stop being afraid of people dropping in and seeing my mess."

We then filled in reasons she wanted her statement to be true. "I could find things easily...I could have people come to my home without feeling shame...I would feel healthy, safe and comfortable having a clean home, car and office...My life would be easier and simpler..."

We added some of those positive phrases to the UTS; "My life is easy, comfortable and safe living in a healthy, neat and orderly environment."

I then asked her to describe how it would make her **feel** when that statement became true. "I would feel free and proud of myself...I would have

clarity!...I would feel good about myself and have more confidence...I would feel WONDERFUL and so happy ...I would feel so much lighter...!"

By compiling all of her phrases into the basic goal her UTS looked like this: *"I feel wonderful, light and safe living in a healthy, hygienic environment. My life is comfortable, easy and free with my clean, well-organized, tidy lifestyle. I have clarity and confidence and joy. I'm happy and proud to invite people to my beautiful, clean home anytime."*

This was a statement Janice could not only live with, but loved! She was very excited about the possibility of achieving it. On a scale of 10 to 1, with 10 feeling and owning the statement right now, she was at a 5.

She now had two major concerns. One concern was wondering how she could possibly clear everything out and clean up the incredible chaos she lived in. The second was fear. She feared letting go of things (control), feared she'd throw something away she might need later (loss of control), and even feared that she could never even get started, much less finish.

In a way, holding onto her fears, control issues, and clutter was her way of holding on to her family!

Tapping on Obstacles to a Clutter-Free Environment

We put aside the UTS for the moment to work the fears in her way. We lumped her fears together and Janice rated them a 9. We then a Reversal neutralization (I define a Reversal "Subconscious Resistance to change,") saying: *Even though I don't want to let go of these fears... Even though these fears keep me or keep me from failing...they are part of my identity... Even though I may not deserve to let go of these fears... Because I don't really want a clean orderly environment... these fears insure that doesn't happen..."*



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Just doing the Reversals gave Janice some relief, which surprised her. We then simply tapped away the fears: *Even though I have these fears about letting go of my filth, feces, and squalor ...*

Note: When dealing with something you want to eliminate, I found it's far more impactful to paint it in the worst possible light. Using loaded words such as squalor and feces instead of just saying "clutter" has much more punch. If you want to stop drinking Pepsi, call it "this sugar and chemical-laden brown toxic stuff". This is not, however, a good idea if you're letting go of a trauma or abuse issue.

After the set-up statements we did one round just alternating the fears:

"This fear of letting go...This fear of failing...This fear I might need something I throw away..."

On the second and subsequent rounds we added words to give voice to the fears. "What if I throw something away I really need?...What if I can't even get started?...I'd feel like even more of a failure...How will I ever get this all done?...I'll feel so out of control and helpless...I can't do this...I need my stuff...I want to keep it..."

After a round or so I then transitioned to the ridiculous. "I need my squalor...I love filth...It smells so good in there...Feces is my friend...I don't really need to find my cat...I need these fears...They help me keep my "clutter and filth"...They are my friends...I don't want to let go of the fears OR the filth...Oh, ewwwwwwwww, yes I do!...No I DON'T...YES I do!...I'm tired of living this way...I want to have a clean, healthy environment...No, I love garbage...No I don't! I want to eliminate these fears, and this filth so I can be healthy again..."

After arguing both sides of the issue, we reassessed Janice's number and her fear issue was at a 3.

We then moved to the Choice Statement with the set-up of: "Even though I still have some fear of cleaning up my environment, I choose to let them go..."

After doing that two or three times we did the next three rounds with the Choice Method.

Round 1: Just the negative; "Remaining fears of letting go of clutter..."

Round 2: All positive statements such as: "I choose to eliminate these fears..." "I choose to be fearless about cleaning up..." "I choose to have a neat and orderly home..." "I choose to let go of any remaining fears about it..." "I choose to feel good about being fearless..." "I choose to make this easy!..."

Round 3: Alternate the positive with the negative statements at every other point; i.e. "remaining fears." "I choose to let them go"... "remaining fear"... "I choose to be fearless..."

By now Janice's fear was completely gone on all levels and I tested her to make sure. It was truly at a zero for Janice. Now when looking at her UTS, her number had gone up to an 8 (with 10 being the target). She felt like she was almost there in feeling and believing in the veracity of her statement...in spite of the reality of a mess in her home. It's those positive feelings you want. That's what pulls you into the position in which you want to be.

We then used the set-up statement: "Even though there's still some reluctance or resistance in owning my UTS, and I don't even know what it is, I choose to let it go now. I choose to have a clutter-free, clean environment."

We did slight variations of that three times. Then:

Round 1, on the negative - "remaining reluctance to owning my statement..."

Round 2, on the positive - "I choose to eliminate this resistance to cleanliness..."

Round 3, alternating remaining negatives with positive statements.

Round 4, only positive statements pulled from the Ultimate Truth Statement, such as "I feel great now owning my cleanliness...I love having a tidy, clutter-free home...I feel confident and comfortable having people over..."

At this point Janice was at a 10. Meaning she could say her UTS with absolute conviction as if it were already true. I had her tap on this statement daily, just to reinforce her resolution. But she didn't need to for long. Within a week she was completely clutter-free.

**It is at this point when most people say
"But how do I actually DO it?"**

Well if you really trust the Universe you can just allow it to happen; an idea will come to you, or a solution will be shown to you. With Janice we did a few more rounds to magnetize a solution.

Simply alternate these kinds of phrases on the tapping points: "I ask the Universe to clear this clutter for me...I want to be involved and I want it to be EASY...I choose to find a creative, fun way to have a clean, orderly

environment...I know a safe, tidy home is on the way...And I want to have fun participating in it...Deep inside I already know how to eliminate this clutter.”

All of a sudden Janice stopped me and said “I have a plan!” It was a pretty good one too, and in a nutshell here’s how she implemented it. She recruited three close, non-judgmental friends and assembled lots of boxes and bags. Trash was thrown into bags and immediately taken outside. Donation bags of unneeded but reusable items were labeled and set aside for charity. A set of boxes containing Janice’s “keep” items were numbered and recorded with their content.

Her friends generated a Master List of box numbers and their content so that Janice could find “Shoestrings from 1989” in Box 82. Most of the boxes were stored in her garage so that in time, Janice would be able to reclaim what she really wanted and disposed of the rest.

To follow up Janice’s story, three months later, when we spoke again, her home and car were still immaculate. She also hired a housekeeper to help her clean each week so she would never again have to experience a clutter problem.

Not surprisingly, Janice exclaimed how much better she was feeling; very focused, with restored clarity, much higher energy and motivation, lighter, confident and happy. She also reported that she has more time to do the things she enjoys, she has often has friends over now, and her life is so much easier.

With those positive aspects to motivate her, Janice is maintaining an orderly, clutter-free life. And you can do it too.

Good Luck and Good Tapping! Lindsay Kenny

Protecting Yourself from Unwanted Energy

Zoe Walton, L.Ac., EFT-ADV

- Ground yourself.
- Ground and protect the room you are in.
- Pick a color (can change daily; don't use green).
- Imagine a pool of that color underneath the ground; this is Energy from the Earth.
- Imagine that a stream of that color is flowing up from the pool in the Earth through the soles of your feet, up your legs, into your abdomen. This energy is like a faucet that runs continuously up your feet and legs into your abdomen.
- Out in space, by the moon is "Cosmic Energy." Imagine this energy as some shade of gold.
- Bring a stream of this gold colored energy down through the back of your head and down your spine where it joins the Earth energy in your abdomen. This energy is also like a faucet and flows on its own.
- Now both faucets are on, both colors mixing beautifully in your abdomen
- Allow 10% of the colored energy to go down your Grounding Cord and 2% of the colored energy to go down your arms and out your hands.
- Allow the remaining 88% of the colored energy to go up the front of your body and out your forehead.
- Once this energy cycle is going, imagine any negative energy that you have generated or picked up leaving your body with the energy going down your grounding cord or out through your forehead.

Marketing Your Practice

by Carol Tuttle

As you know, your beliefs create your reality. You know that what you radiate you attract. The same universal Law of Attraction holds true in every aspect of your life.... including your business success with Pro-ER. Thus your beliefs about tapping and advancing your business are radiating from you, either consciously or subconsciously, and that is what is influencing your current level of success.

I believe Energy Healing is the next big player in the natural/alternative health industry. There is tremendous opportunity for EFT practitioners to lead the way and create financial and business success. I have used tapping and other energy clearing modalities on myself for the last eight years as a part of my business model.

I have cleared numerous limiting beliefs and energy blocks and I continue to clear more. I am grateful for the results I am getting. My business continues to grow every month and I am experiencing great success in helping people and making a substantial income doing it.

At Gary's Flagstaff training I had many practitioners (and want-to-be practitioners) approach me to ask for my feedback on how to advance their business. Most of the inquiries had to do with growing their private practice, getting paid higher fees (or getting fees at all) and conducting seminars where people would come to get results from Borrowing Benefits, and how to make seminars profitable.

There are two areas of belief that I have noticed most of us can get stuck in when it comes to advancing our business. The first one is the belief that people are not interested in tapping and will not want to learn about it -- it is too different! And the second is our limiting beliefs around money.

In this article I am including the set-up phrases for the first issue of tapping being too different and people not accepting it.

My next article will include the set-up phrases to clear the top 10 destructive money beliefs and the reframes for them.

Put the set-up statement in front of each of the limiting beliefs with the intention you are releasing the energy that forms these beliefs as you tap down all the points

Even though I still believe:

- I live in too conservative a town to make this work
- Everyone thinks this is weird stuff and is scared by it
- I am really scared to put myself out there to teach something that is so different
- I am still afraid of rejection
- I need my family to accept it before I can go for it
- I feel bad charging people who have less money than me
- I am a licensed therapist and I could get in trouble doing this
- My professional colleagues will really look at me weird now!
- I don't have any credentials after my name, what right do I have to help people heal
- Nobody will come to my seminar
- I can't make any money doing what I love
- I can't charge people for work that is so spiritual
- They won't come back after one session
- People aren't ready for this
- I have to offer Pro-ER for free to get anyone to do it
- I am still afraid of what people will think
- I don't know how to explain it well enough that it makes sense to people
- People will not get results
- Who am I fooling? I shouldn't be doing this and somebody is going to find me out!
- I really shouldn't be charging for this!

One of my practices with Pro-ER is to tap in reframes after I have released the energy that has been keeping me stuck in what I don't want.

Use these reframing phrases instead of Reminder Phrases as you tap all the points; this helps your energy come into vibrational alignment with the truths you choose to radiate.

I am now feeling and believing...

- I am capable and ready to make a difference
- I am safe to move forward
- I am grateful that I am an answer to someone's prayers
- I am attracting people who are ready to receive my help
- I am grateful my Pro-ER skills are good enough to get started
- I am grateful I continue to improve my skills
- I am being paid good money for my skills and knowledge
- I am comfortable receiving money from my clients

- I am comfortable bringing up and managing the financial aspects of my Pro-ER business
- I am attracting clients who get great results and tell a lot of other people who seek out my help
- I am growing and growing my business through numerous client referrals
- I am experiencing people seek me out because they want the results others are getting from tapping
- I am explaining EFT in a manner that is in rapport with whoever I am sharing it with.
- I am ready to move forward and create success even though my family does not yet accept this tool
- Even though I live in a conservative area, there are plenty of people who will accept this to create a successful business
- I am admired by and influencing my colleagues, they seek me out to learn more
- It is appropriate and moral for me to receive money for helping others with Pro-ER
- I am a successful EFT practitioner, all my clients get great results and I am respected and admired for the work that I do
- I am grateful my business continues to grow, and grow, and grow, and grow!!
- I am having fun with all of this.

Tap away, tap on the above everyday, and through your dedication to using Pro-ER on yourself as part of your business model, you will get results. Eight years into my business venture I am scheduled two months out with clients, I gross well into six figures annually through my private practice, writing, speaking and online sales. ALL related to energy healing.

Dedication is the key; Meridian practitioners that will lead the way in creating business success will be able to say, "I was able to do it because I was dedicated to using the tools on myself that I was teaching everyone else to use."

Best wishes, Carol
 caroltuttle@caroltuttle.com

The Importance of Writing Articles

for online publications or newsletters

Lindsay Kenny, EFT Master

Take it from me, a frequent contributor to different online Newsletters, having articles accepted and printed is an amazing experience. It's a great way for you to:

- Reach hundreds of thousands of interested readers
- Get the word out about yourself and your practice
- Attract several new clients (I'm being conservative. It could be a LOT.)
- Gain recognition and credibility in your field or specialty
- Help thousands of people who need to hear what you have to say
- Have a published article to use as reprints

More than any other single thing I've done to promote my practice, writing articles for newsletters has propelled me beyond my expectations. When I first submitted an article in 2001, I was uncertain whether what I had to say would interest anyone. But I received a great response from it, so I wrote another one a few months later about an experience in a workshop using Borrowing Benefits.

More interest and clients poured in. I went on to write an article about "Dr. Dave's" incredible grief issue, another using tapping for smoking cessation in a drug and alcohol clinic (where all eight subjects went from a 10 to a zero in one round), and one on tapping for unusual things such as flatulence, getting an annoying song out of your head, hiccups, stopping across the street from barking dog and more. That one certainly brought some interesting responses.

But it wasn't until I wrote an article in 2004 that I understood the power of being in a newsletter. This particular article was about "Why tapping Appears Not to Work" -- an article about Reversals. I received over 150 emails about it in the first two days (every one of them positive) and booked 12 appointments with new clients. I continued getting dozens of emails for weeks after it was published.

The bad news is that websites gets hundreds of submitted articles a month and they don't print most of them. If yours doesn't get accepted the first time, try it again or write a different one. To submit an article that's more likely to be accepted follow these simple guidelines:

- Make it interesting and unusual – An article about dealing with anxiety is not likely to capture the editor’s attention. However, if it’s about a family of six that all had anxiety attacks that were cured by taping, that would be captivating. Obviously, you can’t make up stories or stretch the truth, but if you’ve been practicing tapping for a while you should have some interesting or unusual case histories in your files. Keep an eye out for different and unusual stories and issues.
- Tell a brief history about the client, including any pertinent details about the issue. But don’t tell every single detail...especially if it’s not relevant to the problem.
- Be specific about how you dealt with it, using exact set-up statements (as far as you remember). Also include the client’s SUDs (intensity) level at the beginning of the session and at the end. Be sure to mention how happy the client was with tapping when they left.
- Use change names and *any* identifying attributes of your client’s identity.
- Tell about lessons you might have learned during the session.
- Mention any variances in the basic technique that worked for you, or unusual circumstances that would make your story stand out from others. For instance, if the client was so upset he couldn’t talk about the issue directly and you had to sneak up on it in some way, and you had to tap on his ankles to get tapping to work, mention that. Tell the truth, but be creative in how you deliver it.
- Wait a few weeks after a session so you can do a follow-up with your client. It’s powerful to be able to say “‘Judy’ tells me that after three weeks her phobias of canned lettuce and chicken lips are still completely gone.”
- Include a tiny bio about yourself, including your website, phone number and e-mail address. Here’s an example: “Suzy works with special needs children using tapping to build their confidence. She can be reached at her clinic in Cleveland at xxx-xxx-xxxx, or at her website www.cleverlady.com.” Any more than that and the publisher is likely to edit it out anyway. Most don’t mind giving you a plug, but few are willing to do a commercial for you. A well-written article will speak for itself.
- Be sure to include your phone number so the editor can reach you. They often have questions about what you’ve written.
- Read it out loud to yourself and to a friend.
- Have someone else edit your article for clarity, grammar and congruency.
- When you’re really ready, submit it to www.MTTProNetwork.com, www.MeridianTappingTechniques.com, www.TappingInternational.com, www.SelfGrowth.com or others.

The Personal Power Process

3 Steps and 15 Days to Personal Transformation

by Lindsay Kenny, EFT Master, www.LKcoaching.com



This is an amazingly simple process, with potentially big payoffs. It can help you (or your clients) move toward self-improvement in a focused, easy way. Even before completing the entire process, you should begin to feel the shift. Choose to make this easy...because it is. Just reading about this process won't help you. You need to actually DO it. So get you pad of paper and a pen (or use your computer, and start now!

Step 1)

Write down 20 things positive characteristics or attributes about yourself.

Such as; such as I'm intelligent, I'm resourceful, compassionate, kindhearted, I'm a good friend, I play the piano, I'm intuitive, I'm great with animals, I speak two languages, etc. Write down whatever is true for you. If you can't think of 20, ask someone who knows and loves you about some of your positive characteristics.

- Tap on each attribute (one at each point) for 2-3 rounds
- No set-up required
- Do two sequences a day (morning and evening are best)

If negative thoughts come up for you while doing this such as "I'm not really *that* smart, or I'm not anything exceptional, then write those down to tap on. Do not do this process comparing you to *anyone* else. Simply note the things that *are good about you*.

Step 2)

Make a list of 10 things for which you are grateful...your pets, your health, where you live, your friends, your mother-in-law 😊 etc.

- ◆ Tap on your gratitude list every day, one statement on each point.

- ◆ Add something to the list every that you are grateful for from the day. It could be a compliment from a someone, or how you felt when you helped an old lady across the street, or completed a task you've been working on. It could be finding a \$20 bill in your coat pocket or a good parking space in the rain.

Step 3 – (with multiple parts)

Write down 5 things you would like to *change or improve* about your *character*: Such as; I want to be more confident, more certain, more intuitive, more insightful, less angry, less bitchy, less messy, less lazy etc.)

- Now, take out the words “more” or “less” to make each statement positive and definitive;** “I want to be totally confident!” (instead of just a little more confident) “I want to be certain in my attitude and communications” (instead of *more* certain) “I want to be kind and accepting of others” (instead of less bitchy) “I want to be clean, neat and orderly” (not less messy) Instead of “I want to be less Lazy...” *Really? Is that all you want? Just to be LESS lazy? I doubt that.* **Be definitive. Say what you really want.** “I want to have great energy and feel excited about doing things” Get it? ☺
- Next, rate how your ownership NOW about each of the characteristics you want,** on a scale of 1 to 10 (with 10 being I really own that already!) For instance, if you want to feel completely confident and self-assured, rate how confident and self-assured you actually feel now (zero would mean not a all!)
- If at any step along the way you notice resistance or a “tail-enders” (which is a programmed limiting thought or other negative belief) stop and tap on that resistance, thought or belief.** Such as “Even though I don’t believe what I’m saying is possible...” or “Even though I don’t deserve to feel that way...” or “Even though I don’t believe this can work...**I do WANT to be (or feel) that way”**

For the first 5 days, do 3 rounds tapping on each of your definitive statements at a different point, using a desire. No set-up necessary.

For instance;

- **EB** point say “I want to have clarity in my life” then
- **SE** say “I **want** to be joyful”
- **UE** say I **want** to be patient”
- **UN** say “I **want** to be calm and relaxed” etc.

Again, say a desire statement, while tapping at each point, for two rounds, stating the five things you want to improve about yourself.

For the second set of 5 days tap on each point using different desire statements at each point. Change the desire words of "I want to" to "**I allow (or choose,)** such as;

"I **allow** myself to be focused, I **choose** to do things on a timely basis, I **allow** myself to experience joy...

◆ **For the third set of 5 days** change your statements to "**I am... (or I have)**" such as "**I am confident**", "**I have peace of mind**", "**I am optimistic**"..."**I have joy**"

ENERGY POINTS

1. Eyebrow (EB)
2. Side of Eye (SE)
3. Under Eye (UE)
4. Under Nose (UN)
5. Chin (Ch)
6. Collarbone (CB)
7. Under Arm (UA)
8. Liver (LV)
9. Wrists (WR)
10. Crown of Head (CrH)

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Notice the shift by the end of the 15th day. Then rate yourself on a scale of 1 to 10 and see if you're at a 10 yet on each statement. If not, you still have some work to do. Just acknowledge yourself for how far you've come, but keep going! If you're stuck and your numbers aren't changing, then you need to find the cause for that, such as how your parents or siblings treated you, a life-altering trauma, etc. Then tap those away.

By completing these simple processes you will grow, transition and start experiencing more personal power. Focusing on what you want, instead of what you don't want, will get you unstuck and onto the right track, quickly.

Lindsay Kenny

Tips on Promoting Yourself

Specialties and Niches

Lindsay Kenny, EFT Master



Specialties are the types of issues you specialize in, or are best at handling. Choose a specialty (or two):

- Trauma
- Women's issues
- Phobias (flying, dentist and public speaking are top 3,)
- Anger management
- Stress/anxiety
- Work or sport performance
- Weight loss
- Relationships
- Abundance
- Fears
- Depression
- Addictions
- OCD (Obsessive Compulsive Disorder)
- Grief
- Pain or illness
- Sexual abuse
- Smoking cessation

Niches are the market segment of people with whom you prefer to work. And/or choose a niche:

- Kids who have been bullied
- Teachers
- Single moms
- Expectant moms
- EMTs
- Police officers
- MRI centers
- Children of alcoholic parents
- Children under the age of 12
- Teenagers
- Animals
- Cancer survivors
- Cancer sufferers (or other ailments)

You can even combine a specialty and a niche, or two niches, i.e. smoking cessation for single moms, trauma for teenagers, teachers dealing with stress and anxiety, etc.

More Tips on Promoting Yourself

- Develop your Center of Influence (COI). Read AnaMaria Herrera's article on "Center of Influence."
- Register at www.TappingInternational.com, www.MTTProNetwork.com, www.SelfGrowth.com and www.AAMET.org (read and agree to the code of Ethics at AAMET)
- Send out e-mails, letters, faxes, promotions, referral fees, etc. to others. Your friends want to help you, so make it worth their while, and prove that you're trustworthy
- Say yes to just about any offer for interviews or publicity
- Do a "research project" free on several people (10 at least) who would be willing do at least three sessions with you and provide before and after documentation (audios a must, videos better)
- Use those stats and testimonials to get you into schools, churches, dentists' offices, country clubs, day-care centers, mom's groups, etc.
- Do press releases (see Support Library for lots of examples).
- Instead of business cards, hand out CDs, brochures, or a small photo of yourself with the tapping points and contact info on the back.
- Do free tapping Demos – and make them compelling!
- Continue to look for ways to put yourself *out there*.

Elevator Speech

by Lindsay Kenny



This is a small but very important element in describing what you do to strangers. We meet new people all the time, especially at weddings, funerals, parties, church, functions and elevators. You only have a few moments to make a good impression, so you want to put your best foot (or fingers) forward.

To do this, develop a powerful sentence or two that describes what you do, without trying to explain ANY thing. You want to intrigue them, not scare them. It should be no more than 30 seconds and provocative enough to elicit a series of questions from them. If they want to know more they will ask. If people never inquire beyond your elevator speech, you're either giving them too much information, or what you are

saying is boring, or of no interest to them. **Example of a good one:**

"I help people (or Vets, men, pregnant teens, or whatever,) overcome negative emotions like stress, anxiety, fear, grief, anger and guilt. I use a new, innovative technique that's a little like traditional therapy, except it has a physical element and it works in hours or minutes instead of months or years. It's really exciting and fulfilling!

Write yours out and memorize it, so that it flows naturally. Example:

"I specialize in working with women who have been diagnosed with cancer, or have overcome it. They face a lot of fears, anxiety, frustration and even guilt. I show them how to neutralize those feelings in a matter of minutes. That allows them to become more balanced and therefore reclaim their health. I do the same with..."

If someone asks more questions give them your business card and ask for theirs. Send them your website for more information. Here's my e-speech:

"I specialize in working with people (or cowboys, kittens, housewives, surgeons, teenagers or Texans, etc.) who are stuck in some way; people who can't get started or never finish anything. If they just can't move forward, then I use a 'breakthrough process' to help get them get turned around and motivated very quickly.

Feeling Conflicted, Torn or Indecisive



4 Steps toward Becoming Certain and Focused

by Lindsay Kenny, EFT Master

www.LKcoaching.com

Note: This handout is not meant to be a stand-alone piece, but a supplement to the accompanying audio, which details how to implement the steps to allow yourself to be decisive.

There are often times in our lives, or even in any given day, when we feel undecided about something. Indecision can spring from the smallest things – like soup or salad, or what to wear on Friday. Or the conflict can be potentially life-altering choices (see below red bullets) Often we don't realize at the time, how important the decision can be. But when we do, it can paralyze us.

Some of the common dilemmas people are often conflicted about include:

- ✿ Which job should I take – the one that pays really well, or the one that I really want?
- ✿ Which school is better for the kids – the affordable one, the less convenient one or the much more expensive one?
- ✿ Should I move back East or stay here and save money?
- ✿ Which college offer should I take (or encourage my child to take) – the state college near home that's affordable, or the one that costs a fortune, is so far away, but will look great on my resume?

- ✿ Should I move to Arizona to take care of my aging mom/dad or take care of my family and obligations here?
- ✿ Should I forgive his infidelity? Can I ever trust him again?
- ✿ Should I work harder on this relationship or end it now?
- ✿ Should I stay in the stock market or get out of it now?
- ✿ Should I do a short sell on my house now or ride out this real estate slump and hope for the best?
- ✿ Should I pursue my passion for teaching, even though it doesn't pay well, or take this upside-potential job?
- ✿ Should we get married now or wait until we finish school?
- ✿ Should I keep this baby, give it up for adoption, or terminate the pregnancy?

In this four-part tapping interview we're going to deal with:

- How and why we beat ourselves up for not making a decision
- Allowing ourselves to move on by forgiving ourselves for past mistakes, regrets and disappointments
- Tapping away fears of making the wrong choice
- Allowing ourselves to make the best choices
- Tapping in decisiveness, clarity, focus and certainty

Part 1: Causes for Indecision

Component 1 of Part 1: Recognizing Past Failures

- Guilt, shame and remorse over past wrong choices
- Regret over bad decisions
- Disappointments in self
- Anger about bad advice from someone else or not knowing better yourself
- Feeling hurt, gun-shy, overly cautious

Component 2 of Part 1: Tapping Element: Clearing causes of indecision (Bundling)

- Tapping away all failures
- Bad choices
- Regrets
- Stupidity
- Disappointment in self

- Tapping in forgiveness for being human

Part 2: Fears of Making the Wrong Choice

Component 1 of Part 2

- Fear of failure
- Fear of rejection or criticism
- Fear of calamity or disastrous results from a wrong decision
- Consequences: losing money, looking or feeling stupid; loss of: pride, trust in self, self-respect, credibility with others; disappointing self or others – other losses

All of these are fears about making a bad decision. It's easier and safer to not make a decision, than to make a wrong one. *"Why not let someone else decide? "Let's wait and see." "Time will tell" "As fate would have it."*

Component 2 of Part 2: Tapping Element -- Indecision

Tapping away negative emotions about being indecisive; disappointment, frustration or guilt about not being able to make decisions

Part 3: Recognizing Reversals (subconscious resistance to change) on Being Decisive

Component 1 of Part 3: Explanation of Reversals and Tapping Them Away

- "If I let go of my fear or confusion about this, I'll have to actually make a decision..."
- "I don't want to choose - I'm afraid of screwing up..."
- "What if I make the wrong one? This indecision keeps me safe..."
- "It protects me - I don't want to let it go..."

Component 2 of Part 3: Tap Away Indecision - "Even though I've been unable to decide...."

- I do want to make a decision
- I want to make the best decision
- I want to be clear and focused about it
- I want to be decisive
- I want to trust myself
- I want to know with certainty what to do

Part 4: Tapping in Decisiveness and Positive Aspects

Component 1 of Part 4: Transforming Negative Thoughts to Positive Ones

- Allowing yourself to know what to do
- Trusting your intuition
- Choosing to know the answers
- Tapping in Certainty, Clarity and Decisiveness
- "I choose to have insight, clarity and focus..."
- "I choose to trust myself..."
- Etc.

Component 2 of Part 4: Being aware of negative thoughts, fears or doubts and changing them into positive ones

- Changing "I don't know what to do..." to "I allow myself to know what to do..."
- Changing "I'm afraid of making the wrong decision..." to "I allow myself to make the right decision for me..."
- Changing "I'm not sure what to do..." to "I choose to have clarity about what to do..."
- Changing "I'm getting confused..." to "I choose to have clarity and focus about this..."
- "I choose be balanced, centered and grounded..."
- "I choose to have clarity and certainty..."

With any decision or choice it's important to focus on what you *want* (to make the best choice) or how you want *to be* (decisive, clear, focused, or certain). Using these steps, especially the Reversal Neutralization and tapping in what you want, is a sure-fire way to move from confusion, doubt and indecisiveness, to clarity and certainty.

Be sure to listen to the accompanying audio where I work with "Veronica" on a big decision on her life.

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Tap Away Anger

by Lindsay Kenny, EFT Master

Grrrrrrrrrr! Don't you have someone or something that just drives you batty? Someone who pushes your buttons or whom you just can't stand? Or is it someone who has really hurt you, disappointed you or really ticked you off? It's natural to occasionally feel that way about someone. Not everyone can be as affable, considerate or as wonderful as you and I, right? It's also normal to occasionally get mad at politicians, the government, the utility company or some other outside force.



If you carry around that anger, however, it can hurt you. Seldom does your anger at someone else hurt him (or her.) It hurts you - physically, mentally and emotionally. Anger causes the hypothalamus to release tiny little proteins called peptides. The peptides then become attached to our cells like little magnets. Our bodies then become "addicted" to those attachments, seeking more and more anger to feed them. Anger can easily become a habit.

People who often explode in hostile rages or who sit around fuming over every slight, real or not, may be making themselves sick. Dr. Redford Williams, a researcher in behavioral medicine at Duke University Medical Center says, "Our studies indicate that anger is right up there with any other health hazard we know about."

Research suggests that chronic anger is so damaging to the body that it ranks with cigarette smoking, obesity and a high-fat diet as risk factors for early death.

When people are angry they can't think straight and therefore don't make the best decisions. Their concern becomes about getting revenge, being right or punishing another person with their wrath. Judgment is impaired when we're livid about something so we often say and do things we later regret. You know the drill. Anger can really eat at you... especially when it becomes chronic. So let's tap it away.

Here are the simple steps to Tap Away Anger:

- 1. First, imagine a big, burlap bag in front you.** Put all of the anger you have about one issue or toward one person (or entity) into that bag. You may need two or more bags, but stuff it all in there.



of

Do

not put all of your anger about *everything* in your life into one bag, however. Limit it to one subject or person at a time.

For instance have a bag just for ONE of the following things:

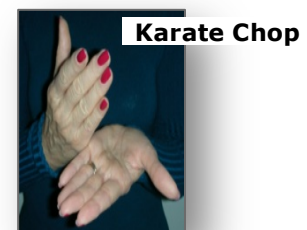
- Anger and resentment toward a particular person who has lied to you, disappointed you or hurt you
- Anger at having to pay taxes
- Anger and resentment toward your ex for a myriad of things
- Anger at irresponsible politicians (or other public workers or agencies)
- Anger, hurt, resentment toward family members
- Anger at yourself for whatever (being fat or in debt or lazy)
- Anger at a school, company or church (or their representatives) for rejecting you or disappointing you
- Anger at all of the men or women who have broken your heart



Get the idea? Pick one focus for your anger... for now. You can do other bags once you get the hang of it. Notice that anger is almost always accompanied by resentment. It's also often accompanied by frustration, betrayal or hurt feelings. So feel free to put all of the anger-related emotions about your issue in the bag too.

- 2. Give the bag of anger a vivid name, such as:** This bag of anger at my sister... My anger at Eric for everything rotten he's done to me... This anger and resentment toward politicians... or just... This bag of anger and resentment toward myself. Make sure the name is descriptive and meaningful for you.
- 3. Give the entire "Bag of (Whatever)" an intensity rating from 10 to 1** That is, when you concentrate all of your anger and resentment toward a person, an entity or a series of related event, what would the combined charge be? You don't have to experience the anger at this moment. Just guess what it would be if you got riled up about it.
- 4. Do a Reversal Neutralization** on any subconscious resistance to letting go of the anger. This is REALLY important to do.

To neutralize Reversals to letting go of your anger, follow these simple instructions: While tapping on the Karate Chop point say one of the following statements three times. Or you can say three or four of the statements one time each:



- *Even though I **don't** want to let go of this anger, for*

whatever reason, I do want to love and accept myself.

- *Even though I **don't** want to get over this anger because I want to punish (person's name) with it, I accept myself anyway.*
- *Even though I **don't** want to let (person's name) off the hook by releasing this anger, I want to respect who I am.*
- *Even though I **want to punish** (person's name) with my anger, I still love and accept myself.*
- *Even though I'm **not** letting this go and **YOU can't MAKE me**, I'm still a pretty good person.*



Note: The negative wording is very important in a Reversal because it neutralizes the *resistance* to letting go. It's also important to know that a Reversal Neutralization does not fix the issue; it only fixes the impediment to fixing an issue. You'll still need to tap on the problem, starting with the set-up statement, as shown below.

After neutralizing the Reversal (Step 4) shake your hands out, as if you were shaking water off of your fingertips.

Note: Our "Secondary Benefit Syndrome" (SBS,) is not the same as "psychological reversals" taught in basic EFT. If you're not familiar with SBS Reversals please read my [e-booklet on Reversals](#) about this important subject. You can also watch a short video about Reversals on YouTube at <http://tinyurl.com/ReversalsVideo>

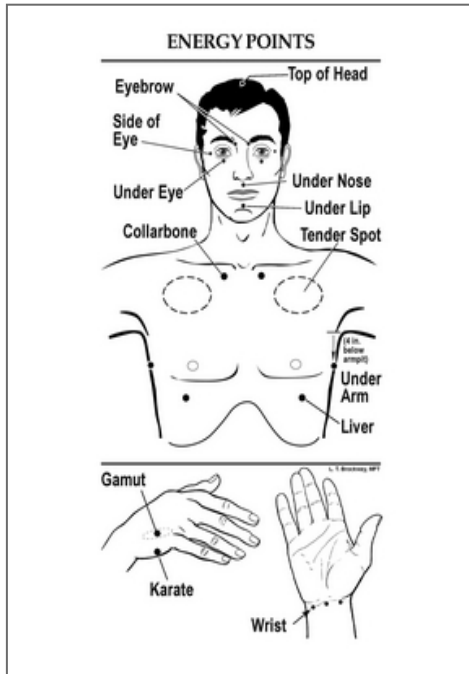
Now, "Tap Away the Anger"

- 5. On the Karate Chop point, do a simple set-up statement** such as: *Even though I have ton of anger in this "bag," I still accept myself (sometimes.)*
- 6. Do one to three "rounds"** on the meridian points shown below, saying some of the following statements or statements of your own. Doing it this way helps cover different aspects of the issue.
(See [explanation of abbreviations](#) below.)

EB	This big bag of anger (use the name of your bag)
SE	How could she behave like that?
UE	I can't believe she would hurt me like that
UN	So much anger toward her
CH	This anger and resentment toward Nicole
CB	All of this anger, hurt and resentment
UA	This bag of negative feelings toward her
LP	All of those times she's disappointed me

WR I almost hate her
 TH I want to punish her with my anger

Note: It doesn't matter what point you use with which phrase. Just vent how you feel about it, or what he/she/they did to you.



Abbreviations of tapping points:

- EB = beginning of Eye Brow
- SE = Side of Eyes
- UE = Under Eyes
- UN = Under Nose
- CH = Chin
- CB = Collarbone
- UA = Under Arms
- WR = Wrists
- TH = Top of Head

7. After doing the first one to three rounds, check back in with yourself to see what the intensity level is now or see what the size of the bag is, then write it down. Then do two or three more rounds about whatever else comes up regarding your anger, adding some desire statements:

- EB This remaining bag of anger at _____
- SE *I want to let it go*
- UE No I don't
- UN *Yes I do*
- CH It's hurting me not him/her
- CB *I do want to release it*
- UA This whole bag of anger and resentment
- LV How she/he treated me was unfair
- WR *But I want to forgive her*
- TH No I don't!

Next round:

- EB *Yes I do!*
- SE It's not worth it
- UE *I want to move on*
- UN All of this anger that's been eating me up
- CH I was justified in being hurt
- CB It was their fault, not mine
- UA But the anger is hurting me, not them
- LV *So I'm willing to release it, for my own sake*
- WR *I want to let go of it*
- TH *I allow myself to let it go*

8. Keep repeating this pattern until you can choose to let it all go. The goal is to get to a zero on all anger, resentment, frustration or other negative emotions around this issue. If you get stuck, do a few rounds using the Reversal phrases. If your number stays the same it's likely that you are resisting letting go of the anger. Vent about that, saying how you don't want to let it go. *Be persistent until you're at a zero.* Just feeling "better" isn't good enough.

9. Test your results. When you're at a zero, see if your bag of anger is empty. See it blowing away. Try to get angry again to make sure you are clear of all of the aspects. If there's any charge then keep tapping. Or, if your anger is more complex than you first thought, find a competent practitioner to help you.



10. Now tap a round or two saying some positive feelings or thoughts, such as:

I'm bigger than this.
I'm glad to be over it
I'm proud I did something about it.
I'm a survivor.
Good for me!
I feel better now.
I even want to forgive them for hurting me.
I choose to forgive him/her/it, even if it's for my own sake.
I choose to learn from this and move on.
I choose to forgive myself for the role I might have played in this.
I choose to reclaim my power!

Doing this process doesn't mean you'll never get angry again. But it can mean that you become slower to anger. And you won't be piling new disappointments or anger onto a pile of existing rubbish -- that's when people blow their fuse, or just "snap". In the future, if something angers you, allow yourself a minute or two to fume over it or be righteous about it. Feel free to be indignant about it. But tap while you're doing that and you'll tap away the anger and resentment all at the same time. Just don't allow it to fester!

Then, when you're truly over it, choose to forgive whoever is responsible. If that's a problem, then you're not through tapping. Completely tapping away your anger "is for your own good", as your mother probably used to say. ☺





Change Your Life by Changing Your Thoughts

by Lindsay Kenny, EFT Master
www.LKcoaching.com

Thoughts are arguably among the most powerful tools we possess to affect change in our lives.

Many books have been written on the power of our thoughts, and how profoundly they affect us. I wrote a couple of paragraphs about this in one of my recent newsletters, and I want to expand on it now. My purpose in this article, however, is not to convince you of the power of your thoughts, but rather to teach you a simple way to change them. There are many books, essays, articles and quotes on the power of thought and the benefit of changing them.

One of my favorites is the book "The Secret". I also love the documentary style movie of the same name, and highly recommend the book, written after the movie. There you can read the quotes and tips over and over.

The classic book, "As a Man Thinketh" by James Allen, 1902, based on a Bible verse, is full of great ideas and quotes about the power of thought. I've summarized some of his choice quotes below. (Please forgive the politically incorrect gender references. This was written before the power and importance of women was truly recognized. Just change them to suit yourself. ☺)

- Men do not attract what they want, but what they are.
- A man is literally what he thinks, his character being the complete sum of all his thoughts.
- Cherish your visions. Cherish your ideals. Cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts, for out of them will grow all delightful conditions, all heavenly environment, of these, if you but remain true to them your world will at last be built.
- The soul attracts that which it secretly harbors, that which it loves, and also that which it fears.
- Every action and feeling is preceded by a thought.
- Right thinking begins with the words we say to ourselves.
- As the physically weak man can make himself strong by careful and patient training, so the man of weak thoughts can make himself strong by exercising himself in right thinking.

Once you understand the power of your thoughts, then changing them is simple and easy. However, most people allow negative thoughts to sabotage their lives and poison their relationships...especially the one with themselves. If you wonder whether your thoughts are predominantly negative or positive, you have to only look at your emotions and your reality. They are a reflection of your thoughts, not vice versa. If you're feeling lousy, chances are you're thinking lousy thoughts. If you keep having crummy things happening to you, it's likely that your thoughts are crummy. Look at your own life for a reality check.

Here's the good news. It's not your fault...kind of. We don't deliberately choose negative thoughts. They just pop into our heads, and most of the time pop right back out. We have somewhere between 40,000 to 60,000 thoughts a day! Most are random, some are positive, but too many are negative. The bad news is the negative ones can easily become habitual, and then fester.

Thoughts can cause us worry more, get angrier or become more impatient or fearful. Left unchecked, those thoughts become limiting beliefs. Limiting beliefs in turn start reflecting in our reality, since what we predominately think about is what we attract... good or bad.

While we can't always choose our thoughts, we can control negative ones by changing them immediately

That's the good news. You're trainable. If you're willing to do just a little work, mind work and easy work, then you can change your thoughts, change your mind and change your life. Here's a simple way to stop negative thoughts before they become limiting beliefs.

First, write down 10 or more negative thoughts you commonly have, such as;

1. I can't do this
2. I never have enough time
3. I'll probably screw it up
4. This is going to be so hard
5. I can't get going on this
6. I never have enough money
7. I'll never get this done
8. I can't forgive her
9. I'm an ugly cow
10. What a loser
11. I'll never let go of this...

- 12. I probably won't get invited anyway
- 13. I can't afford that
- 14. I won't get that promotion anyway
- 15. They just don't like me
- 16. There must be something wrong with me
- 17. This probably won't work

Note: If you're not a list maker, or just can't think of any negative thoughts until you get them, then perform this exercise as the negative thoughts arise. You just need to be hyper-vigilant about noticing what your thoughts are.

Second; Tap on these negative thoughts like this –

On the KC point – “Even though I often have these negative thoughts, and others I can't even remember, I'm proud of myself for changing them to positive ones.” Do this three times. Then on the tapping points do simple reminders such as;

- EB- My negative thoughts*
- SE- This negative thinking*
- UE- Often expecting the worst*
- UN- Thinking something's wrong with me*
- CH- This negative chatter*
- CB- Unintentional negative thoughts*
- UA- Intentional ones*
- LP- Habitual negative thinking*
- TH- Enough already*

Do another round saying things like; I want to change these thoughts, I want to think positively, I want to expect the best, I deserve the best, I want to let go of this negative chatter, etc.

Then do another sequence of two rounds or more, venting your thoughts and telling yourself you that want to eliminate negative thinking. Choose to forgive yourself for the thoughts. It's a bit like reprogramming your subconscious (the source of negative thinking.) You're kind of “Changing Your Mind”. Get it?

Next -Make a list of 20 possible counter-thoughts such as;

- 1)** I allow myself to do this
- 2)** I have more than enough time
- 3)** I allow myself to do this right the first time
- 4)** I choose to make it easy
- 5)** I choose to make it easy to get started

- 6) I have more than enough money
- 7) I have more than enough time to do this
- 8) I'm a beautiful person inside and out
- 9) I deserve prosperity
- 10) I allow myself to release this anger
- 11) I choose to find something else interesting to do
- 12) I can afford that, but choose to save my money
- 13) I'm the best person for that job and allow them to see it
- 14) People who matter, like me. I choose to be oblivious of the rest
- 15) I have only positive thoughts about myself and others
- 16) I allow this to work
- 17) I choose to forgive her

Your turn:

If you have negative chatter when you have positive thoughts, stop and tap it away; "Even though I don't believe this will work, I allow it to work." (see the second step.)

Then for awhile be super conscious of your thoughts. Every time you have a negative one, simply counter it with a positive thought. If you're not sure what positive thought to use, just make it the opposite of the negative one.

For instance, change, "I'll never get this done" to "*I allow myself to finish easily.*" Change "I never have enough time" to "I choose to have more than enough time." Change "I can't stand her" to "I love and accept the good things about her." (Ok, you might need to do some tapping on that one. But do it.)

One last quote, from "As a Man Thinketh" which opens with this

Mind is the Master-power that moulds and makes,
 And Man is Mind, and evermore he takes
 The tool of Thought, and shaping what he wills,
 Brings forth a thousand joys, a thousand ills: —
 He thinks in secret, and it comes to pass:
 Environment is but his looking-glass.

This book is now part of the public domain. Find references on Wikipedia at http://en.wikipedia.org/wiki/As_a_Man_Thinketh

WORKING WITH VETS

My Experience While Filming the Veterans PTSD Documentary
"Operation Emotional Freedom: The Answer"

by Lindsay Kenny, EFT Master
Part 1 of 2

Practitioners and Support Professionals



I'd like to express how honored I felt to be included in the making of "Operation Emotional Freedom: The Answer" an powerful and insightful documentary about war Veterans and their struggles with Post Traumatic Stress Disorder. I was part of a select group of EFT experts, organized by Gary Craig, EFT Founder. Additionally, there were valuable assistants, including my favorite Vet, and EFT Practitioner, Miguel Vasquez, plus a psychologist, psychiatrist and many others support team members. The film itself was managed, directed and produced by Eric Huurre *at his own expense* along with his cracker-jack film crew.

The key to the successful making of the film was the willingness of some very brave Veterans who agreed to put their fate and privacy in our hands.

THE MEET AND GREET



The first night, when they brought the Vets in to meet us, the energy in the room was so highly charged it was almost crackling. The hair was standing up on my arms and a prickling chill ran through my body. Everyone was nervous, but the Vets looked *angry*... at us and the world.

Maybe they were afraid that what we were about to do with them, which they knew little about, wasn't going to work. Or, maybe they were afraid that it *would*. None of us really knew what was going to happen. I only know that during the first few moments of introductions I was a little bit afraid...and I'm generally fearless.

Fifteen minutes into the introduction I was downright *frightened*. Even though we had read their intake forms, I still wasn't ready for what I was hearing. I remember thinking "What in the world have I gotten myself in to?"

It was too late to turn back, however, and I was already committed to helping them get out of the painful place they were in at the moment. I'm so glad I didn't let the trepidation get to me, because it ended up being an incredibly fascinating and enlightening experience.

Each practitioner was assigned 3-5 Vets, or their family members, as our primary responsibilities. However, we all rotated our sessions so that we ended up working with all of the Vets, not just our own assignees. On the first morning the practitioners measured our Vets' intensity levels, from 10 to 1, on each of their symptoms (with 10 being highly charged or painful.) We then tapped with our assigned Vets, individually or in small groups, as well as with Vets not assigned to us. We did this for 8-9 hours a day, while being videoed. It was pretty intense.

SHARED ANGER AND BETRAYAL

There were several commonalities that I started noticing about these Vets as we began working with them the first day. Even though they had never met each other before, they had much more in common their service to our country.



with
than

One of the many things the Vets had in common was their array of negative emotions. We witnessed a spectrum of anxiety, stress, frustration, resentment, guilt, shame and fear. The most commonly held feelings, however, seemed to be *anger and betrayal*.

Their anger, directed at different events, people or injustices, was deep and intense. It reflected the raw emotion that I had felt the first night and found so scary. As we worked with the Vets over the next few days, we heard many of the justifications for why they were so mad at the world. Most of their stories, however, were too horrific or personal to repeat.

3	Feeling others are to blame for
5	Feeling afraid in open spaces or
4	Hearing voices that other people
5	Suddenly scared for no reason
5	Temper outbursts that you coul
5	Feeling afraid to go out of your
4	Feeling inferior to others
4	Difficulty making decisions
5	Your mind going blank

Many were experiencing common symptoms, such as insomnia, nightmares, night sweats, headaches, depression, migraines, tinnitus and fear of heights or loud noises. Some were so afraid or paranoid that they *carried weapons with them at all times!*

Perhaps it wasn't unexpected that many of the Vets experienced the same emotions or disorders, given their exposure to violent or traumatic events. That's to be expected with war and PTSD. The strange thing was that the *family members* of the Vets (spouses, parents or siblings,) with whom we also worked, experienced many of the same PTSD symptoms as the soldiers! No battlefield experience whatsoever, but similar emotions, issues and symptoms.

Most unexpectedly, however, was a shared sense of betrayal. Many of the Vets felt they had been let down by their commanding officers, comrades or by their government. While their reasons for feeling betrayed varied, their stories of betrayal held the commonality of being disturbing, sad and shocking.

THE EVOLUTION

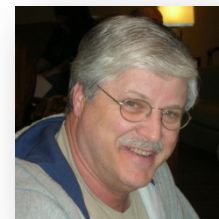
At the end of each day we would all leave exhausted and drained. Each morning we would meet again with our personal assignees to see where they stood with their issues. We would ask them to measure their intensity again on each of their symptoms.



It wasn't remarkable to the practitioners and assistants that the Vets were experiencing great results. However, *they* were genuinely surprised and pleased by how quickly their symptoms were dissipating. We could all feel the shift in the energy throughout the day and the next morning as our assignees checked back in with us.

By the end of the second day many of the Vets were pretty much over their PTSD issues. A few of them had deeper issues (many were non-war related,) that took an extra day or so to deal with. We actually tested them with sounds and graphic pictures, plus prodding of old memories to see if they were truly over their issues. And they were! We started seeing changes in their faces as they talked and in their postures and movements.

One soldier started swinging his cane as he walked down the hallway, where he had previously been limping like a 90year-old man. Another Vet, whom I was a bit afraid of in the beginning, transformed into a sweet, gentle soul, sporting a constant smile and twinkles in his eyes. My favorite female Vet, Debi, unleashed her terrific sense of humor, which had long-been forgotten. What a joy!



THE METAMORPHOSIS

I remembered how on that first night of introductions the Vets didn't look at each other, or at us. It appeared that many of them could have bitten a nail in two. Yet at the end of our 5-day experience, the anger had completely dissipated and was replaced by joy. It truly was a metamorphosis. On the last night, some of us sat in awe in the hotel restaurant, watching these once-anxious, angry people, sitting together nearby laughing their heads off.

They were talking animatedly and clowning around with each other like teenagers. We held our breaths as they were joking with the restaurant staff (and us) and behaving like a group of old friends.

To actually see that level of transformation in these Vets in a few days was truly remarkable and inspiring. And to witness them go from sad to happy, from angry to playful and from wounded to healed in a matter of days was an ethereal experience. Were these really the same angry people we had met a few nights before?

Here's an e-mail I recently received from one of our Vets:

"Lindsay, Thank you and the other practitioners that worked with me during the Vets movie. You helped me get rid of horrible flashbacks, nightmares and anxiety that had haunted me since childhood. In less than a week you erased problems that 20 years of therapy and awful medications couldn't fix. I didn't realize it then, but I was working with some of the most experienced, gifted EFT Masters and practitioners, out there. It was an incredible opportunity and experience that no doubt saved my life. I learned tools that I can use forever to cope with life's challenges." "Chip" Stanley, PFC, Medic Corp, US Army

This was a wonderful opportunity for me. Working with my friends, Carol Look, Sophia Cayer and the other highly gifted practitioners was a genuine blessing. I remember virtually every moment of it and will treasure it the rest of my life.

In the second part of this article, I'll tell a little bit more about how we all worked together to facilitate the growth of these brave and remarkable Vets and reveal another surprising and important commonality they shared.

Good Luck and Good Tapping,
Lindsay Kenny
www.LKcoaching.com

You can view the trailer of the Vets documentary or order the DVD at:
["Operation Emotional Freedom: The Answer"](#)

WORKING WITH VETS

My Experience While Filming the Veterans PTSD Documentary

["Operation Emotional Freedom: The Answer"](#)

by Lindsay Kenny, EFT Master

Part 2 of 2



In my first installment of this series, I began by expressing how honored I felt to be included in the making of this documentary on Post Traumatic Stress Disorder. It has been almost three years since the project, yet it seems like three days ago. My gratitude goes out to Gary Craig and everyone involved in the creation and production of this amazing film, especially to Eric Huurre, the producer and director and the brave Veterans.

They agreed to put their fate in our hands with this “weird tapping thing.” My hope is that we will be able to offer the healing tool of tapping to hundreds and thousands of other returning Iraq and Afghanistan Veterans and their families.

If you haven't read Part 1 of this series, I suggest you do for continuity, before reading this article. You can find it at www.LKcoaching.com/media.html The background established in Part 1 is relevant to the conclusion of this article.

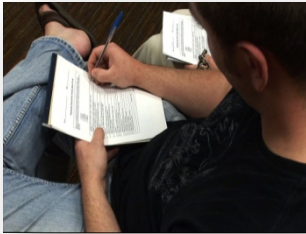
PILING ON



As I mentioned in Part 1 there were several things the Vets held in common; similar negative emotions, particularly anger, and a sense of betrayal. By the end of the first day another intriguing similarity began to surface among the Veterans:

Just like other PTSD Vets with whom I've worked, most of these Vets had entered into the military with a great deal of existing emotional baggage. They were likely already suffering from their own form of PTSD.

The Vets' history was apparent on their intake forms, but became even more obvious as we worked with them. By my estimate over 90% of those with PTSD had experienced *significant* physical, sexual or emotional abuse (or other traumatic experiences) *before* their active military duty.



I'm certainly not a psychiatrist, but it appears to me that having existing, unresolved emotional wounds leaves a soldier more vulnerable to PTSD than those who entered the service without previous unresolved trauma.

When an emotional wound is left unresolved, it continues to block energy pathways in the body, leaving an "emotional scar". For instance, when a civilian experiences the sudden death of a loved one, the grief can be profound and traumatic. If another death occurs before the healing process is complete on the first one, the additional loss compounds the existing emotional wound, making the grief exponentially more intense.

Other such loss within a few years can push someone over the edge into a depression or other disorders. That additional insult-to-injury is what I call "piling on." The piling on syndrome is highly applicable with war, except the traumas are often larger in scope, often losing several comrades at a time, more frequent and usually ongoing over a period of months or years.

This phenomenon may answer the question that many PTSD Vets have, "Why have I been so dramatically impacted by PTSD while most of my buddies didn't seem that affected?"

Many soldiers involved in combat duty experience trauma and tragedy, horror, grief, sadness and more. Yet only a relatively small percentage continues to suffer from PTSD long after their discharge from the service. The commonality of those with long-lasting PTSD, as I see it, is that they entered the service already wounded. By enlisting, especially during times of war, troops are likely to experience trauma and emotional pain again, especially if sent into combat.

WHAT TO DO



One of the techniques I consistently used with these Vets was to begin the session by bundling together many or all of their war traumas.

Rather than dealing with them one at a time, I would attempt to diffuse the overall negative charge by putting everything together. In other words I would have them put *all* of the horror or trauma they witnessed while in the service into a giant, imaginary, pile several yards in front of them.

Then, while it's indistinguishable and at a safe distance, we would tap away the trauma, sadness and grief...or at least make a huge dent in the pile. This greatly helped to reduce the overall intensity of their experiences.

Doing it this way reduces the likelihood of re-traumatizing them. That can happen if they are being specific about an event or reliving their traumas one at a time. While this "Bundling Baggage" technique is contrary to traditional tapping procedures of being specific, it is appropriate and highly effective when used correctly.

When dealing with a *series* of traumatic events, as these Vets had experienced, it is efficient and less painful to bundle the events together initially, to reduce the overall charge. You can get specific later, when the overall intensity is lower.

For instance, I would ask a Vet to imagine all of their war traumas together in a huge pile, many feet in front of them, as indistinguishable debris. I then asked them to tell me how big the pile was, equating it to a tangible object like a boulder, Volkswagen, bus, house or mountain. For most of them the pile was gigantic, warehouse-sized, or mountainous. I also asked them to describe other elements or dimensions such as smell, density, color, vibration, etc. We would then give the pile an innocuous name, such as "war traumas" or "my time from hell" and assign an intensity rating of 10-1. For most Vets the intensity of the pile was even larger than a 10.



We would then tap that pile down to a more manageable size by doing round after round, checking back in for a reduction in the size, transparency and smell, until the pile was either gone or significantly reduced.

Often when a pile reaches a manageable size, like the size of a garbage can, one particular trauma may stand out from the heap.

The Vet would generally say something like "You know, what really bothers me was that time when" We would then take *that* event out of the pile and deal with it separately until it was neutralized. At that point, the charge on the singular event would be at a lower number than if we had dealt with it singularly from the beginning.

This process worked very effectively for most of the Vets, allowing them to discharge the collective traumas before dealing with specific ones. By the time we got to those individual traumas they were often much lower in intensity and therefore less painful to deal with.



THE EFFECT ON THE PRACTITIONERS

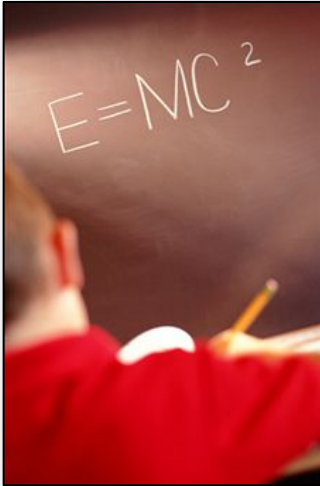
The final observation of this experience was how traumatic it was for the practitioners, film crew and others witnessing the procedures. At the end of each day, many of us were saddened and traumatized by what we had heard. And it's not as if we hadn't heard some pretty horrific stories in our own practices! It's just that nothing had affected us in the past quite as profoundly as what we heard during those few days.

Many of the Vets' stories were so horrendous that I couldn't share them, even with my friends or husband. In fact, many of us were so shaken by what we had heard that we had to tap on ourselves, or each other, at the end of each day to stay clear. That said, it was nothing compared to what the Vets had actually lived through first-hand, and were still experiencing long after their military service.

It's fulfilling to know that the work we did was highly beneficial to both the Vets and us. I have a totally different perspective now about what it means to serve our country and what 'sacrifice' really means. I remain truly humbled and grateful to have played a role in this process and am so proud of the brave Vets who participated.



As mentioned in Part 1, my vision is that the healing tool of tapping can be offered to everyone, worldwide, not only with our Vets but with all others who are suffering. Thank you for the opportunity to share my experiences with you and thank you again, Eric Huurre for the making of this wonderful film. <http://tinyurl.com.com/vetsfilm>



Advanced Pro EFT™ Formula

An Integration of 3 Easy Techniques:

Lindsay Kenny, & Zoe Walton

The Advanced Technique is simply a combination of what you have already learned. It combines, however, **Reversal Neutralization**, the universal tapping template of the **Golden Gate Technique** and Pat Carrington's **Choice Method**. While these techniques are not new to you, at this point, this is the first time we show the processes together.

Read the bold headings below just to remind you, and the rest of the paragraph if you need more help. Remember, practice makes excellent. You know SO much more about

tapping than the client, so let your intuition guide you! You really can't do it wrong...only ways that work better than others. Zoe and I have found that the following "blueprint" really works.

First things first: Before you start tapping make sure you've done these things...

1) DEFINE THE ISSUE

Ask the client or subject, "What would you like to work on?" Often the client will name an emotion such as anxiety, fear, depression, anger, grief, etc. More commonly they will site an issue such as clutter, weight issues, memory problems, procrastination low self-esteem, or lack of motivation. Keep in mind that these are just the symptoms.

Your job is to be the detective and find out the cause or core issue of the problem. There is almost always an event, or *series* of events, traumas, or failures that created the problem. If they can't think of a specific incident, or they say they've *always* had this problem, then ask questions such as:

- When did your problem, pain, clutter or issue start?
- What else was going on at about that time (or shortly before that)?
- What event or person would you have just as well skipped in life?
- What was your relationship with your parents as you were growing up?
- If you had to guess at the cause for "your problem" what would it be?

These questions usually bring up plenty to work on. Nine times out of ten the cause will be a series of negative or traumatic events, or “messages” during their childhood. Dad was angry all the time and yelled at me; Mom just wasn't there for me; my brother bullied me, etc.

Often the cause or core issue may be a trauma or event later in life such as an accident, divorce, betrayal, or death of a loved one. Remember virtually all emotions (or problems such as weight gain, procrastination, being stuck at work, challenged relationships, migraines or others listed above) stem from a negative event or repetitive events, traumas or abuses; all of which cause disruptions in the body's energy system, which then generate the negative emotion and subsequent symptom.

2) CHOOSE THE SET-UP STATEMENT (now combined with the Reversal)

Decide if you're going to work on the actual trauma or event or on the emotions from the event. If it's the event, the phrase would be something like Even though my boss yelled at me during the meeting... If it's the emotions, name them, i.e. anger, frustration and guilt about (their issue.) You can group several similar emotions together from one event and still get great results. Doing it this way you can couch the emotions and the cause together, such as Even though I'm angry, frustrated and resentful at Beth for lying to me... or feeling humiliated and embarrassed from my mother dressing me down in front of my friends... or being uncomfortable and embarrassed at the clutter in my home... feeling shame, guilt and remorse for having the abortion... etc.

3) ASSIGN AN INTENSITY OR SUDS RATING from 1 to 10

Have them guess if they don't know. If they just can't get in touch with it, or are unwilling to guess, assign it a 10. Sometimes this will cause them to say “No, it's not that high.” To which you reply, “Well then what do think it should be?”

4) DO A REVERSALS Protocol

Unless it's a very recent problem (with weeks) they are likely to be reversed; especially if it's old, traumatic or highly charged. If you are face-to-face with the client you can easily muscle test them on this.

Reversal Testing: Have them say “I want to get over this (whatever their issue is)” then try to pull apart their fingers. Most likely they will test weak.

5) Perform the new Reversals Protocol: Have them tap on the KC Point while saying: ***Even though this _____ (problem.) is interfering with my life (or***

whatever is appropriate) there's a part of my that DOESN'T want to get over it. And I love and accept myself anyway. You might also add maybe I don't deserve to let it go, maybe it's not safe, I'm might lose my identity, and maybe I'm just afraid to let it go. For sure add this one at least once in the 3 times you do the phrase: ...or for whatever reason, I don't want to get over this, I still love and accept myself.

No Set-up Statement is required after doing the Reversals Set-up.

6) Perform the sequence 2 or 3 times (the 10 tapping points) using a reminder statement. On the first round repeat the same reminder phrase over again at each point. On the second and/or third round use "stream of consciousness venting" saying a phrase at each point that you feel appropriate for the situation, such as EB: I'm so mad at her, SE: How could she do that to me, UE: After all I've done for her, UN: I thought I could trust her, CH: I was so ashamed and humiliated, CB: I hate her, etc. If the client reacts extremely, that is starts crying very hard or shaking, keep tapping using only the simple reminder statement my anger (or whatever).

Reassess the SUDs level and modify the set-up statement and reminder statements adding the words still, some or remaining...or something like that, such as: Even though I'm still really angry at Susan, I love and accept myself completely... or Even though there's some remaining frustration, a part of me is starting to let go.

Use a reminder on the first round like "remaining issue" (their phrase, not the word issue). On the next round give voice again to the different aspects of their problem as your intuition leads you, such as: it wasn't fair... what a jerk... it wasn't my fault... but I got the blame... she should have 'fessed up... I'm sick of this... etc.

Optionally: When their SUDs is between a 7 and a 4, use the "Golden Gate Technique" changing the wording to interspersing: I want to let this go... (or get over it, overcome it, put it behind me, etc.) Use that wording in the set-up and the reminder phrases.

Keep repeating until the SUDs is reduced to a 3 or below.

Introduce the Choice Method at a 3 or below

The setup for Choices can be something like this... Even though a small part of me is hanging on to (the issue) a bigger part of me is ready to let it go. I choose to let that part of me prevail (or win)...and I love and accept myself. You don't have to do the choice three times on the set-up if you feel they're ready.

First Choice Round - Repeat the negative word or phrase at each point that represents their issue, such as remaining anger and hate or leftover garbage, etc.

Second Choice Round - Use positive choices only, such as I choose to let go of this_____... I choose to forgive him... I choose to eliminate these emotions... I choose to start looking to the future... I choose to be free of this hurt... I choose to get over it once and for all... I choose to find strength from this... etc.

Third Choice Round - Alternate the two rounds above: positive choice and remaining issue, i.e.

- EB: remaining anger
- SE: I choose to let it go
- UE: remaining negative emotions
- UN: I choose to annihilate them
- CH: any remaining hurt, pain or fear
- CB: I choose to put all of it behind me
- LV: any shred of remaining resentment
- WR: I choose to acknowledge myself for surviving this

If you sense they are at a zero, go on to a fourth round, or stop and ask them their number. If they're not at a zero yet, then do the 9-Point Gamut followed by one more round of the alternating round of Choices. Then go on to the fourth round...

Fourth Choice Round - Empowering Pro EFT™

- I choose to acknowledge my skills and abilities
- I choose to believe in myself
- I'm smart
- I'm resilient
- I'm a survivor
- I have strength and courage
- I'm insightful
- I'm caring and sensitive, etc.

Don't just "make words up," let them flow through you from the client. This can be the most powerful part of the whole process, leaving them with energy and a positive outlook, not just the absence of the negative feelings you've just abolished.

TEST. Ask them to try to get upset with their former issue. If they aren't positive, that is, if they say "Well....I think it's gone," or "there's just a tiny bit left," then do the 9-Point Gamut followed by one more round of the alternating Choices.

Progressive EFT™

Tapping into Joy, Prosperity & Emotional Freedom

The Tower of Shame™

(aka Cone of Shame)

By Lindsay Kenny, EFT Master

Part 1 with Audios



I developed this two-part series on the Tower of Shame™ because there is such a huge need for self-acceptance and forgiveness...especially now. I see self-incrimination *constantly* in my private practice and in my classrooms and at every level. People beat themselves up for everything they've ever done wrong; and it manifests in lowered self-esteem, feelings of worthlessness, lack of self-confidence and physical pain.

A few years ago I developed a new process called "The Cone of Shame" as a variation of my Bundling Baggage™ process (I now call this process the Tower of Shame™, so you'll hear it referred to both ways.) This process has produced remarkable success for increased worthiness, greatly improved self-esteem and reduction (or complete elimination) of pain and illness. Who doesn't want those things?

Just about everyone on the planet, including you and me, has experienced the Tower of Shame™. Why? If you are human then you have made mistakes and likely have done things you regret. You can actually be grateful for that, because making mistakes is how we learn and grow. However, making mistakes, failing or screwing up is a very difficult way to learn isn't it? A friend of mine always says "If the Universe wants to teach me a lesson, I'd rather it just sent me a memo!"

In your case, most of your mistakes were likely minor...and some may have been colossal. Regardless of the *depth* or *breadth* of our behaviors, an accumulation of those *mistakes* generally provokes the same emotions in us: shame, guilt, regret, remorse, anger and personal disappointment.

Our “Life Screw-Ups,” shall we say, also generate negative chatter to ourselves, like’ “I’m such an idiot, I’m such a jerk, I’m a fat pig, I can’t believe I keep doing this, I’m so ashamed of myself! What the **bleep** is *wrong* with me?” ...and so on.

Can you imagine the humiliation and self-flagellation of celebrities or politicians as they are discovered posting pictures of their “junk” online or cheating on their spouses? Many of them have not only done things that most people find despicable, but have been “outed” in the public eye for tweeting pictures of “private parts” to strangers, emails and texts to prostitutes and worse. And some of it done it with their identities attached.

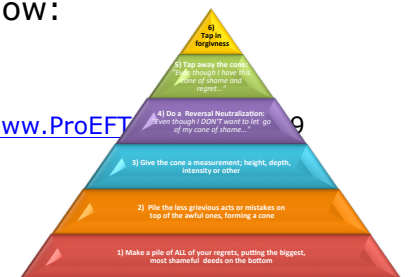
Their remorse, guilt and embarrassment must be overwhelming. The loss of their careers, reputations and often their marriages must be painful and humiliating. While I doubt you’ve ever done anything that bad, at least not in public, I bet you’ve treated yourself as if you had. Most people will say things to themselves that they wouldn’t say even to their worst enemy.

Some of your screw ups might have happened in front of others, but often you are the only person who knows what you’ve done. Whether your personal life screw ups were public or private, innocent mistakes or deliberate wrong-doings, the most damaging consequences are what these ‘mistakes’ do to our self-esteem. Every time you’ve done something wrong or said something inappropriate, or failed, or hurt someone else, it eroded your self-respect... confidence... and trust.

Those traits: self-respect, confidence and trust, are all *critical* elements of worthiness. How can you feel worthy if you’ve cheated, lied, taken something that wasn’t yours, hurt someone else’s feelings, played unfair, broken commitments, missed deadlines, said inappropriate things, drunk too much, hurt or killed someone while driving drunk, smoked pot or worse, had mean thoughts about someone, carried a dark secret ... or one of a gazillion things you’re capable of doing?

How do you know if you have a “Tower of Shame™” (or a pile of unresolved personal regrets and remorse)? Well, here’s how:

1. If you often call yourself “stupid” or worse



2. If you've ever made the same mistake more than once...and berate yourself for it
3. If you seem to constantly disappoint yourself or others
4. If you still feel guilty about something you *should* have done but didn't ... or did something you *shouldn't* have done
5. If you have inexplicable pain, aches or sores that don't seem to heal
6. If you have a weight issue, a clutter or procrastination issue, or addiction problem

If those don't apply to you, there are still other symptoms of the dreaded "Tower"

- Feeling unworthy of success or even *compliments*
- Shying away from opportunities because you can't imagine yourself succeeding or being *that* happy...or you're afraid of screwing it up
- Self-sabotaging when things seem to be going well for you
- Frequently second-guessing your choices..."I should have done that differently."
- Fearing that people will find out who you *really* are; that you're a fraud

Let's just say that you *have* your own Tower of Shame™...big or small, public or private, deliberate or accidental. **Then it affects your life in many ways.** As I've just mentioned, it erodes your self-confidence, self-respect, self-esteem and self-trust. The burden of guilt and shame is dark, often silent and heavy. But its consequences are even worse.



The punishment that you inflict on yourself, often physical or emotional pain, affects *not only* you, but your children, loved ones and friends.

So, as Bob Newhart, the famous TV psychiatrist, used to say in his 70's show (also on YouTube), "*Just stop it!*" Ha! If only it were that easy. It's very hard, if not impossible, to "just let it go." If it were easy we would have done it already, right? You may have been able to suppress the guilt and shame so you don't have to deal with it. But it will inevitably show up as *symptoms* such as pain, addictions, weight issues, self-sabotage and more.

Resolving the Tower of Shame™

Just "Tap it Away™":

Surprisingly, it's not as difficult as you might imagine to flatten the Tower of Shame™. In fact, the solution is so simple most people don't believe it can

work. But it does work. I've performed this on hundreds of people with remarkable success. Just try it yourself and you decide if it's right for you.

There are three elements to this (six steps, but three parts): Be sure to listen to the accompanying audio for the statements and sequences.

Now here are the six steps

1. **First, visualize taking everything you've ever regretted out of your body and making a big pile in front of you.** The first layer in that pile should be the really bad things you've ever said or done that hurt someone else, directly or indirectly: times you've cheated on someone, caused physical or emotional pain to someone or stolen something important from someone you cared about.

Pile all of those awful or despicable things in first. You don't have to remember them exactly or focus on them, just imagine pulling them out of yourself and starting a pile with them in front of you. Remember to include business failures, financial losses, family problems you've caused and more.

Then add the less-grievous things you've done: lied, cheated, falsified important documents, picked up something that wasn't yours, said something mean to someone you cared about, had bad thoughts about something or someone, got drunk in public, picked a fight with a friend, etc., etc. Again, you don't have to be specific, just imagine pulling it out of your body and putting it into the pile.

2. **Now, look at that Tower and give it a measurement;** How high is it -- 5', 10', 100'? How wide is it? Does it have a color or put off a negative vibe? Is it dense, dirty, thick, stinky or what? Guess how much charge (from 10 -1) is on all of those things you've "screwed up." By looking at it or seeing yourself jump into it, *guess the charge or affect it has on you*. Use a scale of 10-1, with 10 being a high intensity. Consider the guilt, shame, remorse, embarrassment and every emotion associated with your tower. For most people, a lifetime of regret, personal failures and self-disappointment is a 10.

NOTE: This pile is not for things other people have done to you (that's another process; Bundling Baggage™). The processes are very similar, but the objectives are different. With the Tower of Shame™ you want to wipe the slate clean of *your* personal shortcomings, failures, disappointments, regrets, etc.

3. **Perform a Reversal Neutralization to eliminate any subconscious resistance to letting go of your lifetime of shame, guilt and regret.** While you may *consciously* want to let go of your Tower of Shame™, your subconscious resistance (the Reversal,) has its own plan. There is *always* a part of you that doesn't want to let go of any old or highly charged issue. To the subconscious

mind, holding on to something serves a purpose. Reversals act as your internal protector, punisher and saboteur.

"I believe that Reversals (the subconscious resistance to change) are the most obstructive impediments to successful EFT. Tapping without doing a Reversal Neutralization is like trying to tear down a brick wall with a spoon. Neutralize Reversals before every issue and watch your results significantly improve." Lindsay Kenny

If Reversals are a new concept for you, please watch my free video about Reversal Neutralization (especially the SBS Reversal) at <http://tinyurl.com/ReversalsNew>

See the [simple protocol below](#), where you'll also find a [Tapping Chart](#)

Reversal Neutralization: Tap on the KC point while saying,

"Even though this guilt, shame and remorse (or Tower of Shame™) keeps me from moving on and feeling worthy, there's a part of me that doesn't want to let go of it. And I accept myself anyway."

Tap on your Reversal phrase(s) at least three times. You can make your statement more applicable to your own Tower of Shame™ or other issue, but just make sure you vocalize this phrase "there's a part of me that does **not** want to let go of my Tower of Shame™". There are many different phrases you can use.

Other Examples:

"Even though...

...there's a part of me that doesn't want to get over my past failures and remorse, I still accept myself."

...I want to get on with my life, there's a part of me that wants to punish myself, but I love and respect myself (or I want to love and respect myself)."

...this Tower of Shame™ causes me to sabotage my efforts or accomplishments; there's a part of me that doesn't want to release it. It's part of my story, my excuse and my punishment, and I want to accept myself in spite of my resistance."

Alternatively, use the catch-all phrase:

"Even though I'm sick of carrying around this guilt and shame, there's a part of me that really wants to hang on to it, for whatever reason, conscious or not and I still want to love and accept who I am."

Performing Reversal Neutralization doesn't fix the problem. It simply eliminates the impediment to fixing the problem.

You may not even be aware of a Reversal and you don't need to know what it is. However, you can explore it, if you wish, by asking yourself, "What is the downside of me letting go of this issue?" This will usually produce things to tap on in the Reversal, but again, isn't necessary. Doing the Reversal Neutralization calms the subconscious resistance (which is always there on any old issue or highly charged issue.) It simply allows tapping to work more quickly and effectively.

4. **Now Just Tap it Away™**. Tap on the meridian points while saying phrases like the ones below for a round or two. You can be specific if you want to but, with this process it's not essential, since you're grouping all of your "bad deeds" together. Use the [tapping points guide, below](#), which includes some points not shown in basic EFT.

EB - *My Tower of Shame™*

SE - *All of my failures and mistakes*

UE - *The times I've hurt someone's feelings*

UN - *The times I've disappointed myself and others*

CH - *All of the things I wish I hadn't said or done*

CB - *The screw-ups and failures I've manage to pull off*

UA - *All of the guilt, shame and remorse about these mistakes*

LV - *I deeply regret it all*

WR - *And I want to let it go*

TH - *I allow myself to release it*

More phrasing for the additional round(s)

EB - *I'm so ashamed of the awful things I've done*

SE - *I know I've hurt people*

UE - *I feel so guilty*

UN - *I've been so bad...so many times*

CH - *Especially when I see the whole pile of it in front of me*

CB - *I can't believe I've done and said those things*
UA - *I'm so mad at myself and so disappointed*
LV - *I'm so ashamed*
WR - *I should have known better*
TH - *What was I thinking?*

Take a deep breath and let it out slowly. Check in with yourself and see if the size of the pile has changed. Is it less wide, thick, smelly? Is the height or width less? What percentage is it now compared to the beginning; 75% of the original pile, 50%, 110% (it's OK if the pile got bigger...that just means it's working and you're adding more to the pile).

EB - *I'm so sorry for the awful things I've done*
SE - *I'm truly sorry for hurting others, especially _____*
UE - *I wish I could go back and make different choices*
UN - *I know I've made some big mistakes and I apologize for those now*
CH - *I'm so very sorry that I messed things up*
CB - *I truly regret having done and said those things*
UA - *Now I want to let go of being mad and disappointed in myself*
LV - *I want to get over being ashamed so I can make up for this somehow*
WR - *No I don't*
TH - *Yes I do! I want to trust and love myself again*

Repeat the rounds and vent if you want to. Emphasize on any following rounds that you are ready, willing and able to let go of your mistakes, guilt and remorse. When your intensity is at a 3 or less (that is, the pile is only 30% of the original size) then change to Choice Statements: "I CHOOSE to wipe out this pile of regrets and self-recrimination. I CHOOSE to release this Tower of shame and guilt."

5. When the pile is gone or almost gone (a 1 or less,) start the process of forgiveness:

On the KC point say; *"Even though there's still some regret and shame in my Tower, I now choose to completely annihilate it and begin forgiving myself!"*

EB - *This remaining pile of guilt, shame, regret and remorse...*
SE - *I choose to completely eliminate it*
UE - *Any remaining embarrassment over what I've done*
UN - *I choose to let it go*
CH - *I choose to forgive myself for every screw-up or mistake I've ever made*
CB - *Any remaining self punishment...like pain*
UA - *I choose to release it now*

LV - *It's time to forgive myself*

WR - *I choose to forgive myself completely*

TH - *I choose to surprise myself by finding a way to make amends for what I've done*

Do several rounds of these types of phrases until the Tower is completely gone. Make sure the emotions are neutralized as well, not just the events. Listen to the recording for more options on what to say to get rid of your remorse and regret.

6. Finally, do a "Self-Love and Acceptance" round...or two

EB - *I choose to acknowledge all of the good things I've done in my life*

SE- *Instead of continuing to beat myself up*

UE - *I choose to remember my many positive attributes and abilities*

UN - *I'm smart, kind-hearted and I try to do the right thing*

CH - *I choose to remember that I'm a pretty good person MOST of the time*

CB - *I choose to make better choices in the future*

UA - *I choose to reclaim trust in myself*

LV - *I choose to forgive, love and accept myself*

WR - *I give myself permission to release the pain*

TH - *I allow myself to neutralize the pain*

Check in with your mountain-size Tower of Shame™. Hopefully is flattened or gone. If there's *anything* there, go after it directly (being specific) if you know what it is. If you're not sure, guess, or just repeat Step 5 until it's gone.

Be sure to read "Tower of Shame™" Part 2 (about being ashamed of who you ARE or anything about yourself or family of origin.) And listen to the audio as well.

- [Listen to the recording of the Tower of Shame™: 1 of 2](#) (AKA the Cone of Shame)
- [Listen to the recording of 2 of 2](#)

Tips about tapping away the Tower or other issues:

- Deal with any shifting aspects as they come up.
- Add any memories or emotions to the pile or Tower as they show up.
- If one BIG shame or regret needs handling, pull it out of the Tower and deal with it.

- Keep tapping until you are clear of all regret, remorse, anger at yourself, shame, disappointment or anything else you've done or said.
- When at a zero, test yourself when done to make sure the Tower is gone. If there's even a shred of anything left, tap it away! Be persistent.
- If you get stuck and the number or pile isn't going down, do a couple of rounds of Reversal Neutralization statements: "I don't want to let this go. It serves me in some way; it's how I punish myself. I don't want to release it. It's not OK for me to feel good about what I've done!" Etc. Allow yourself to vent, then turn it into "I want to" statements." See the Golden Gate Technique™ on our [Pro EFT™ Processes page](#).
- Make sure you have totally forgiven yourself.
- Where possible, make amends to others you may have hurt.

I hope you benefit from this two-part series.

Good Luck and Good Tapping,
Lindsay Kenny

See the [Tower of Shame™](#) diagram and the [Tapping Chart](#) below



ENERGY POINTS

<ol style="list-style-type: none"> 1. Eyebrow (EB) 2. Side of Eye (SE) 3. Under Eye (UE) 4. Under Nose (UN) 5. Chin (Ch) 6. Collarbone (CB) 7. Under Arm (UA) 8. Liver (LV) 9. Wrists (WR) 10. Crown of Head (CrH) 	
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Tapping Chart for Meridian Points



Lindsay Kenny is an EFT Master, AAMET Certified Trainer of Trainers, and Life Coach from the San Francisco Bay Area. She has telephone clients worldwide, conducts PRO EFT teleclasses, webcasts and live workshops in all three levels of PRO EFT and a special Ultimate Practitioners Workshop. She also holds Weight Loss Clinics and Progressive EFT Intensives, and hosts her own radio show at www.ProEFTradio.com

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Lindsay Kenny's eBooks:

- *Bundling Baggage* – how to release the charge on a bunch of similar events at once
- *Clearing Clutter* – how to find out why you hang onto things and how to change that behavior
- *Ultimate Truth Statement* – how to change behaviors like overeating, smoking
- *Reversals* – neutralizing resistance to healing
- *Those and many more can be found at* www.EFTebooks.com

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