

Progressive EFT™

Tapping into Joy, Prosperity & Emotional Freedom

Practitioners Intensive Workshop™ Level 3 Materials



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To minimize environmental impact, this UPW Mini-workbook has been developed to provide only the printed the materials needed in the live UPW/Level 3 Workshop. Supplemental eBook material downloads, can be found at: <http://tinyurl.com/WorkbookSuppl>

Please put your name & cell number or email
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Ultimate Practitioners Workshop™
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Limiting Beliefs and Fears about Being an Ultimate Practitioner

Lindsay Kenny, EFT Master



“Limiting beliefs and fears are arguably the biggest impediments to your success” Lindsay Kenny

Use the below prompts to make sure you are clear on any limiting beliefs. If you feel a charge or “truth” on any of these phrases, then:

- 1. Assign it a number (how strong the belief feels to you).**
- 2. Bundle them together and give them a name (like *My I’m Not Good Enough Beliefs* or just *These Limiting Beliefs*).**
- 3. Tap them away until all beliefs are at a zero.**
- 4. Then tap in positive beliefs; the opposite of your limiting ones.**

- I’m not experienced enough to be a legitimate practitioner!
- I live in too conservative (or too small) a town to make this work.
- Everyone thinks tapping is weird stuff and is scared of it.
- I’m afraid to put myself out there with something that is so different.
- I’m afraid of rejection.
- I need my family to accept what I’m doing before I can go for it.
- I feel badly about charging people who have less money than me.
- My professional colleagues will think I’m weird.
- My family thinks Tapping is weird and that I’m crazy for doing it.
- I don’t have any credentials after my name or an advanced degree.
- I can’t make enough money doing this.
- It’s not OK to make money doing this.
- What if I hurt someone or make them worse?
- Who am I to think I can help someone (if I still have issues of my own)?
- I don’t have intuition.
- There’s just too much to learn (or remember).
- I don’t know how to get clients.

- I have to offer my serviced for free to get anyone to do it.
- I don't know how to explain it well enough that it makes sense to people.
- I'm afraid people will not get results.
- Who am I fooling? Somebody is going to discover I'm a fraud.

When you have cleared the above limiting beliefs and all fears, turn them into empowering beliefs.

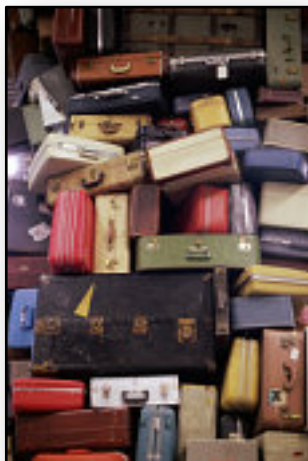
I allow myself (or choose) to believe that:

- I am capable and ready to make a difference.
 - It's safe and right 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 tapping skills are good enough to get started.
 - Even though I don't know everything, I know more than they do.
 - I allow myself to get out of the way and let intuition flow through me.
-
- I am grateful that I continue to improve my skills with experience.
 - I deserve to be paid well for my skills and knowledge.
 - I am comfortable receiving money from my clients.
 - The more money I make, the bigger difference I can make.
 - I am comfortable managing the financial aspects of my practice.
 - I attract clients who are ready to get great results and tell others who will seek out my help.
-
- I am growing my business through numerous client referrals.
 - I explain Tapping in an easily understandable way.
 - I am ready to move forward and create success.
 - I am impervious to those who don't yet accept Meridian tapping.
 - Even though I live in a conservative area, there are plenty of people who need what I am offering. There are phones all over the world!
 - It is appropriate and moral for me to receive money for helping others.
-
- I am a successful practitioner and my clients get great results.
 - I am respected and admired for the work that I do.
 - I am grateful my business continues to grow, and grow!
 - I am having fun with all of this.
 - I am confident and certain with my techniques and skills.
 - I allow myself to succeed.

Quick Reference Guide for Bundling Baggage for Busting Beliefs

Bundling Baggage can be used on any similar or repetitive;
events, memories, emotions, fears, or beliefs

by Lindsay Kenny



1. List your limiting beliefs and fears (along with worries, doubts or "need to know...") about becoming a successful practitioner, or successful at anything
2. Give your Bundle a name (such as Limiting Beliefs and Fears about myself)
3. Write down how strong your fears or beliefs are (10 to 1) This is different from SUDs or intensity; it's the measure of the obstacles
4. Do a Reversal Neutralization "Even though I don't want to let go of my Fears and Beliefs (they give me a great excuse for not getting started.)
5. Tap away beliefs (using the Golden Gate Technique or the Advanced Formula)
6. When at a zero, test results; see if you can convince yourself that any of that "stuff" is true
7. Install positive beliefs, such as; "I allow myself to be confident and certain. I choose to be grounded and calm. I am capable and competent. I'm good at this!"

Ultimate Truth Statement Quick-Prompt Sheet

After reading the more detailed version (in the e-book downloads) you might appreciate this simple prompt sheet as a reminder.



1. Write out a simple sentence that represents the most positive outcome (or goal) for *one* of your goals or objectives.
2. Identify WHY you want to achieve your goal...that is, how will your *life* will be different when you achieve it; energy, focus, clarity, freedom, choices, vitality etc.
3. Describe the emotions of how you will feel when you have achieved your goal; happiness, joy, peace of mind, confidence, etc.
4. Assign your statement a "believability quotient from 1 to 10 with 10 representing the ultimate goal. The objective is to get your ideal Ultimate Truth Statement up to a 10.
5. Do a Reversal neutralization on your goal to quiet the subconscious part of you that's resistant to achieving it.
6. Determine the cause of this disparity (the difference between where you are now and where you want to be)
7. Identify the obstacle(s) that are in the way (fear, limiting beliefs, doubt, history, etc.) and assign it a *strength* number to the obstacles (10 being strong pull and zero meaning no pull on you.)
8. Tap away that resistance (just like any other issue.)
9. Now, go back to your UTS and see if the number went up on the scale toward believability. If you are not at a 10 yet, simply tap on any remaining resistance to owning your UTS.
10. When you're at a 10, use "Empowered Tapping" to complete the process. Do two rounds of just positive affirmations using phrases from your UTS.

Relationship Remedy

Dealing with Contentious Relationships

Lindsay Kenny, EFT Master



Whether your relationship challenges are with your spouse, life partner, your children, boss, siblings or friends, there is a relatively easy way to turn them around. If, for whatever reason, you can't or don't want to leave the relationship, then you can at least significantly improve it.

If you're willing to do this simple process, trust in it, and be amazed as the positive results unfold then proceed. If you want to keep complaining about what a rotten *whatever* that person is, then this process is not for you. Remember, if you keep doing what you've always done, you keep getting what you've always gotten.

- 1. Clear existing anger, frustration resentment,** or whatever emotion toward "object of your discord" by tapping on it. Start with Reversal. When the intensity toward the "object of your discord" has dropped to a zero, test the results by trying to get upset at him/her.
- 2. Write out all of the things you want in a partner** (do not make this about the person you're upset with, however). Simply make this about what you want in a relationship. All statements should be stated in the positive. Such as:
 - I want acceptance and love
 - I want to be respected and appreciated
 - I want peace and harmony
 - I want affection and romance
 - I want to be heard and understood
- 3. Make an Appreciation List** of the good qualities of the "object of your discord" Tap on those things you appreciate about him/her.
- 4. Make a Wish List** of what you want and expect with this type of relationship (not with the difficult person but with your ideal person in this role). For example, important qualities might include acceptance, encouragement, unconditional love, open communication, non-judgmental support...

5. Tap on the wish list...not for the person to change, but for the qualities of an *ideal* person in that role. Such as:

- ◆ *I want and deserve kindness, acceptance and patience in a boss.*
- ◆ *I want and deserve a husband/wife/significant other who respects me, who is affectionate, supportive, a good listener and empties the dishwasher every day.*
- ◆ *I want and deserve a friend/sibling who honors our secrets, who keeps commitments with me, is there for me, and accepts me unconditionally.*

Again, in this process you're not referring directly to, or about, the person with whom you are upset. Instead of complaining about what you have and don't want, you are simply telling the Universe what you want to attract. When you complain or focus on the negative, you only create more of it.

Now, tap on the aspects you want in your relationship (this is different from the ideal person; love, acceptance, fidelity, honest, open communications, etc. No need to do a set-up. Just tap as you say each positive statement. Feel the emotions of how it will feel when you get what you want.

- ◆ *I am attracting my ideal life partner*
- ◆ *I love that he/she is so loving, attentive and kindhearted*
- ◆ *I'm so grateful to have this wonderful person in my life*
- ◆ *I deserve the love, attention and support he/she gives to me*
- ◆ *Thank you Universe (or God) for allowing me to have my ideal mate*

6. Make a list of the things you would like to improve about yourself. Focus on the things you believe your ideal mate would expect in his/her partner; i.e. Patience, support, unconditional love, acceptance, loyalty, etc. **Then tap on correcting any attributes where you fall short.** For instance, if you're impatient, tap on becoming patient. If you are judgmental, tap it away and choose acceptance. Still angry? Tap it away!

General Note Taking Tips

Lindsay Kenny, EFT Master

Here are some useful tricks I use to help take client notes.

Write in the first person.

That is, write down what your client is saying in first person. So if they say, "Daddy liked Brenda more than me" write it down that way, rather than "Her daddy like her sister more than her." That can be confusing when you're tapping and have to translate what you wrote back into first person.

Use a form of shorthand that you understand to save time. It's much like you would use for text messaging. Simply take the vowels out of words to shorten the length of time it takes to take notes. And eliminate extraneous words, such as *the, a, and,* etc.

Here's an example of those two sentences "shorthand":

Smplly tk vovls out 2 shrtn Lnth / time 2 tk nots. Elmnt xtra wrds – th, / & -

Here's another example. A client says "I feel anxious all the time. I have panic attacks anytime I hear rap music." (who above the age of 30 wouldn't?) ☺ You could write "Anxs ATT (all the time) & hv pnic attks whn hr rap music."

Come up with memorable acronyms for common words or phrases that *you* will remember and understand like: btw (by the way) LWTC (left word to call) mthr (mother) fthr (father) MIL (mother in-law) S-mom (stepmother), etc. Dad was a mean drunk = D was an *#!hole ☺

- My brother used to bully me and beat me up = bthr bull'd & BMU

Use symbols such as; /, &, -, i.e., etc. instead of "to, and, the, it, etc.

Practice using text messaging shortcuts (although you probably won't use LOL a lot. ☺

Use abbreviations for commonly used words

There are many words or phrases you will hear or use a lot, so develop your own shorthand for them, such as:

- Mom and Dad = **M/D**, **bthr** = brother, **sis**=sister
- Fear and Anxiety = **fr & anxty**...**MIL** for mother in law (a big one)
- Grief= **grf**
- Shame = **shm**
- Terrified = **terrfd**
- Trauma = **Trma**
- Left word to call = **LWTC**

- Anger, frustration, resentment = **anqr, frstrtn, rsntmnt** or even **A_F_R** (these come together a LOT anyway)
- Shame, remorse, humiliated = **shm, rmrs, humil'd**
- Post traumatic stress disorder= **PTSD**, Obsessive Compulsive Disorder= **OCD**,
- **tmo**=tomorrow
- **CH**=childhood
- **Mem**=memories

Your abbreviation method needs to be something *you* will understand later, so once developed practice it until you feel comfortable with it. Play around with it and become comfortable with your own shorthand. After taking notes a several hundred people you'll be glad you master this simple technique. It may not seem worth it to just take out a few vowels, but when you're writing thousands words a week it really adds up. Trust me. ☺

What You Can Deal With and What to Pass on to Others



While these are not hard-line rules, they are guidelines based on our considerable experiences. It's not likely that you can damage anyone with tapping, but you could hurt your reputation or erode the credibility of tapping by taking on something over your head for now.

What you **can** deal with now:

- Simple issues
- Complex issues: depression, low self-esteem, being stuck,
- Traumas: physical and emotional
- Physical issues: pain, disease or maladies (make sure you say "I'm not a doctor and don't play one on TV.")
- Fears, phobias, stress, anxiety
- Childhood traumas
- Repetitive negative events
- Sensitivities
- Procrastination or clutter issues
- Mom/Dad issues
- Relationship issues: boss, sibling, parent, friend, significant other

What you can handle **with more experience**:

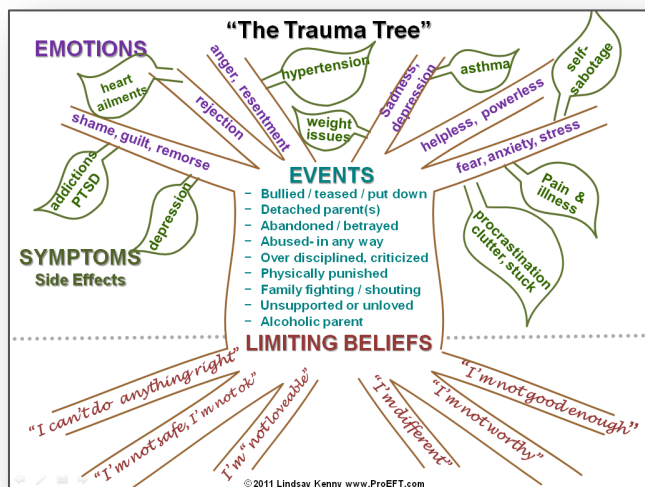
- Sports or business performance
- Weight issues
- Memory loss issues
- Addictions
- Serious Illnesses
- Panic attacks
- Children or pets
- Surrogate tapping

What you should refer out:

- Psychosis or any kind of mental pathology

- Childhood disorders like ADD, ADHD or severe learning disabilities
 - Alzheimer's
 - People taking mind-altering medications (three or more)
 - Ritual sexual abuse
 - Very ill people with multiple illnesses
 - Pathologies: bi-polar or manic depressive, borderline personality issues, schizophrenia, paranoia, psychosis, sociopathic issues
-
- Suicidal attempts or planning
 - OCD (obsessive-compulsive disorder)
 - Eating disorders – bulimia or anorexia
 - Sexual predators
 - Sexual or child abuse
 - Domestic violence
 - Delusions or someone hearing voices
 - Multiple Personality Disorders

Google disorders that you are not sure about. Learn what's over your head now so you can recognize it when it shows up. It's better to be prepared now than wish later that you had known more. Read "Out of the F.O.G." (Fear, Obligation and Guilt") A great reference for personality disorders



Trauma / Tapping Tree™

By Lindsay Kenny, EFT Master

Whether you are new to EFT (tapping) or an old pro at it, the concept of the “Trauma (or Tapping) Tree” can help you understand the relationships between troubling events and the emotions they create.

Any significant traumatic event, or series of unpleasant events, causes disruptions in the body’s energy system and creates negative emotions. Left untreated, those

events and resulting emotions can wreak havoc with our organs, immune system and emotional well-being.

But there’s even more to an issue than the event(s) or emotions. Remember hearing about “shifting aspects”? Well, knowing how to identify the different elements (or aspects) of an issue, problem, or symptom, can significantly help in “tapping away” their effects on us.

There are FOUR elements to any issue. And recognizing them can help you see all of the aspects of an issue as well as the core issue, clearly and easily. These same four elements are constant with just about any problem or issue in your whole life. They are:

- 1. The Events or Circumstances that adversely affect us - represented by the “trunk” of the tree you’re about to draw.**
- 2. The Emotions - represented by the “branches” on the tree**
- 3. The Issues (or Symptoms or Problems) - represented by the leafs on the tree**
- 4. Limiting Beliefs (and fears) - represented by the roots of the tree**

Please get a pen and paper (a computer won’t work with this process,) and sketch this along with us. It will help if you “create” your own Trauma Tree as we work through this process. You’ll understand it more clearly and remember it better if you do it experientially, rather than just reading about it. We’ve also come to realize, with the help of some therapists and doctors in our classes, that by describing your issues in

writing a cognitive shift takes place. This allows you to “Tap Away” several issues at a time, or several troublesome periods of you life at one time. OMG!

Ultimately you’ll be drawing a large tree representing the entirety of your negative life experiences, using the graphic above (and at the end of this article) as an example. It will be more meaningful, however, if you draw it in segments, as we go along, making it personally relevant and easier to relate.

1. **First, draw two vertical, parallel lines in the middle of a big piece of paper or chart.** This will represent the trunk of your tree. Make each vertical line at least 3-4” long and put them about 3 inches apart, in the middle of your paper. See the below example.

There isn’t a person on the planet that hasn’t experienced some kind of trauma or significant emotional event in their life. In fact, through the course of a lifespan most people will have experienced hundreds or thousands of negatively-impacting situations. The most transforming events occur in our childhood, since it’s during our formative years (before the age of 7) that adverse events can mold us into who will we become. **So for the simplicity of this demonstration, please restrict the traumas or adverse event to those of your childhood.**

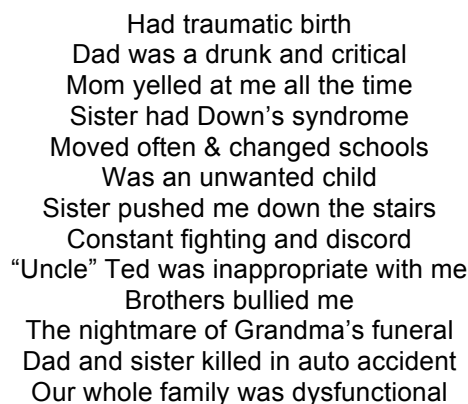
2. **List a few of your childhood *traumatic* or *adverse* EVENTS or CIRCUMSTANCES. A circumstance would be an ongoing situation, such as the separation or divorce of your parents, the loss of a parent, having an alcoholic parents or special needs sibling or even living in poverty or having a large family. Anything that put stress or discomfort on you or hurt you.**

Use only a few words to remind you of the negative events or circumstances, such as; “almost drowned in the lake, parents divorced, held back in 3rd grade, dad was always drunk, grandmother was critical, had to change schools often” etc.

Here are some examples of *repetitive events* or *circumstances* that might have had a negative impact on you; mom was always depressed or detached, dad was unavailable to us, parents fought all the time, brothers bullied me, picked on at school, lived in a dangerous neighborhood, etc.

Here’s how your Events or Circumstances might look in the “Trunk” of your tree.

EVENTS / Circumstances



Had traumatic birth
Dad was a drunk and critical
Mom yelled at me all the time
Sister had Down’s syndrome
Moved often & changed schools
Was an unwanted child
Sister pushed me down the stairs
Constant fighting and discord
“Uncle” Ted was inappropriate with me
Brothers bullied me
The nightmare of Grandma’s funeral
Dad and sister killed in auto accident
Our whole family was dysfunctional

Don't worry if you can't remember everything. You couldn't possibly and there wouldn't be enough room on this page to list them all. So just list five or six. Then add a couple of blank lines at the bottom of the trench that will represent the dozens of things you might have forgotten.

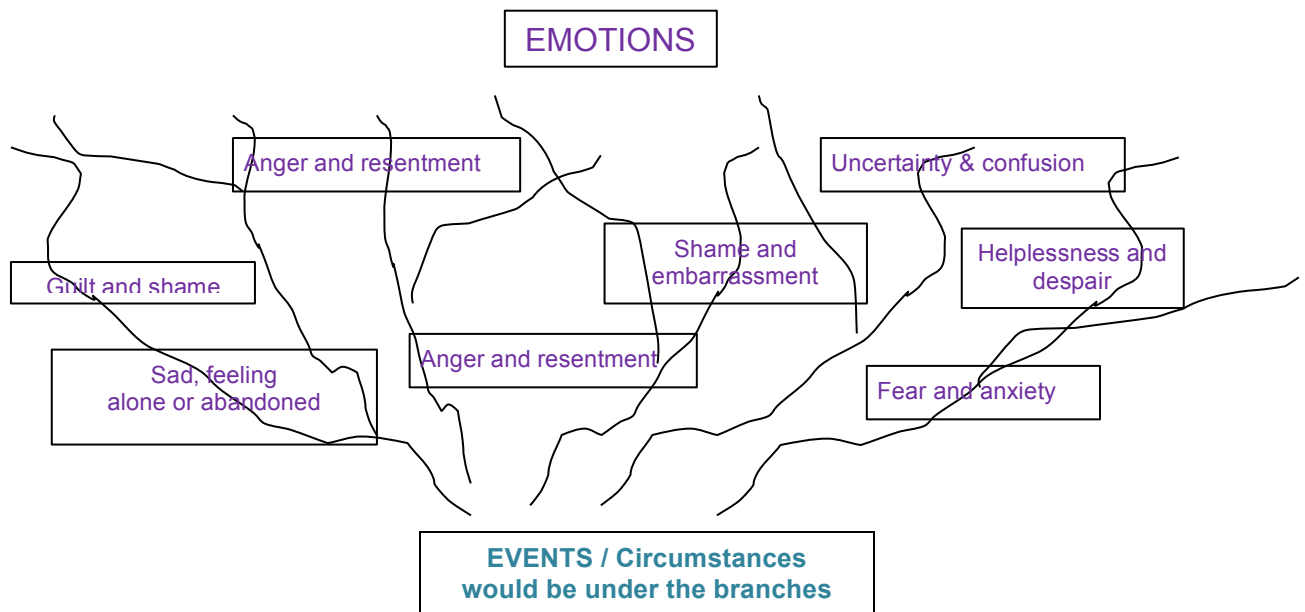
***Your intention to neutralize all of these events, circumstances and their affects on you, is the most important thing.
Your energy system "knows" what all of these things were.***

- 3. After listing some of your negative childhood events and circumstances** (which represent ALL of them,) **draw 'branches' on the tree, going up from the trunk toward the top and sides of your paper.** Then, throughout the branches write down the emotions that you most likely experienced as a result of the events in the trunk.

Some emotions that most people can count on having had are; fear and anxiety, anger and resentment, shame and guilt, sadness and frustration. Others might be feeling abandoned and alone, experiencing grief and anguish, regret, hopelessness and helplessness.

Most people would list a dozen or more possible emotions they would have experienced during their childhood (there are over 150!) You don't have to list them all, or associate them with any particular event or circumstance. So your 'branches' might look something like this, but with many more emotions filled in:

The Branches:



4. Next, draw some “leaves” out from the branches...about the size of your thumb. In them, enter some of the issues, symptoms, or ‘side-effects’ that you experience today; self-sabotage, clutter, weight, procrastination, pain or illness, etc. What has happened in your past is most likely the cause of your issues today. But you don’t need to know what event caused which emotion or issue. But I can tell you that 95% of our issues result from unresolved events and emotions of our childhood!

We represent these conditions or issues as leaves on the Trauma Tree, since they are “growths” resulting from something else. Remember that this isn’t your normal, healthy tree. The “leafs” may not be things you have ever associated with a problem or issue that you have today. But again, just about every issue, illness or condition you might have now can be associated with a significant emotional event from the past.

Some of the common “Side-effects” or symptoms might include problems such as: procrastination, self-sabotage, weight issues, clutter, chronic pain, illness, migraines, addictions, feeling stuck and so on. These issues can also be almost any physical pain, illness, bad habit or challenging condition. Examples include being habitually late, hoarding, perfectionism, eating disorders, excessive drinking, smoking, debt, depression and more.

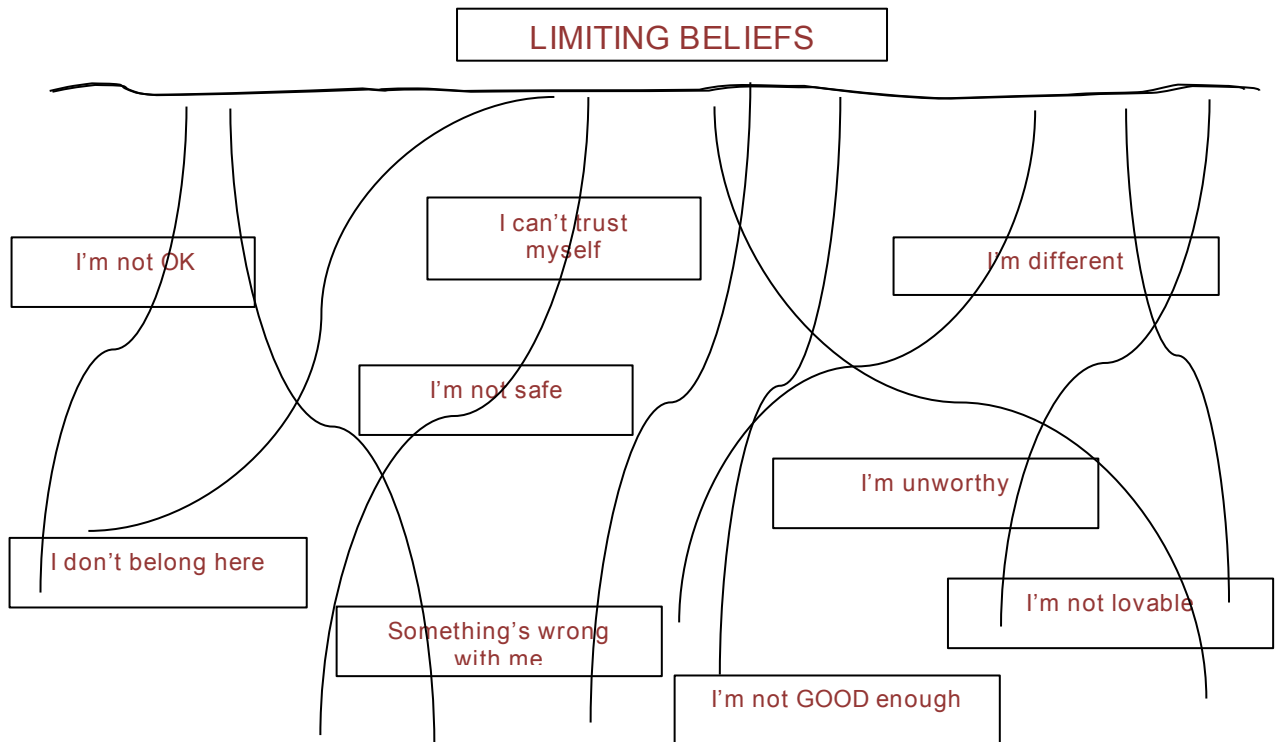
You don’t need to know what event(s) caused which side effect or issue. Just represent some of the problems you are experiencing today as Leaves.

For every bad habit, issue or condition there is an underlying cause. It’s what shapes us in life and what we call “core issues”. These are usually formed as a result of our childhood experiences and are programmed into our subconscious, in the form of **limiting beliefs and fears**. These are based on our unique experiences and are usually reinforced later on in life. The ‘roots’, however, begin in our early childhood.

These limiting beliefs from childhood (validated by later experiences,) become the foundation upon which our life is built.



5. **The Roots:** Now let's draw some 'roots' at the base of your tree that will represent your limiting beliefs. First draw a horizontal line at the base of the tree, from side to side that will represent the ground. The "roots" should branch out in all directions, starting from the base of the "trunk" going toward the bottom of the page. Once you draw the lines, start listing some beliefs you may have formed as a result of your upbringing. Here are some common examples: *Something is wrong with me... I'm not OK... I can't do anything right... I'm not lovable... I'm different....I'm not safe... I'm not worthy... I'm a screw-up and I must be stupid. And the mother of all beliefs; I'm not good enough.*



As a child these beliefs start as random thoughts, such as *"Maybe there's something's wrong with me."* Then, as more adverse experiences pile up, these thoughts are reinforced. Each time you fail or make a big mistake or you're criticized or rejected, it validates the original thought to "Something IS wrong with me" or "I can't do anything right," "I'm not safe," and many more.

When I was a little girl my mother never missed an opportunity to tell me that I was doing it wrong...., not matter what 'it' was. She would repeatedly say, "What's wrong with you child?" or "Lordy girl, can't you do ANY thing right?" "Keep this up and you'll never amount to anything!"

Whoa! What an awful message to send a child. Yet I've heard worse... much worse from clients and students. It's horrible what adults can do, sometimes unwittingly, to the vulnerable minds of children. I didn't just have low self-esteem I had zero self-esteem. I really believed I was a waste of space, taking up air and resources that others deserved more than me. I even thought about, and planned, how to take my own life...many times. And thank goodness I discovered tapping in time to keep me from doing that.

I suffered with depression, self doubts, fears and physical ailments for many years. But now, thanks to tapping, I have an incredibly happy life with solid self worth and esteem, a loving husband, lots of friends, a thriving Pro EFT™ practice and wonderful tapping tools to share with others. I want to help anyone and everyone to regain their confidence, personal power and peace of mind. And that is exactly what you're doing for yourself right now with this process.

Cleaning up the “Tree”

Now, let's look at how to start working on *your* Tree. There are many options and opinions about how to approach issues. Most issues have many aspects, as you can see from the tree. In fact, the whole purpose of the tree is to see how many elements one event can evoke. And there are still branches and roots springing off from the original events. But one thing is for sure, in order to eliminate an issue, symptom, pain, habit or whatever; the causes need to be addressed.

The good news is twofold:

1. You can “Bundle” many of the similar events, emotions or beliefs and tap them away at one time. We'll explain more about this later.
2. Also, once we tap away one section of the tree, sometimes one or two of the others will dissipate on their own. For instance, if you tapped away the *traumas* and *emotions* associated with your mother being an alcoholic, your belief that you're not good enough might fade away. Or if you tapped away your shame and guilt about having red hair and freckles, your need to be perfect might be neutralized.

NOTE: Each individual case is different, so even skilled practitioners need to be aware of all of the elements, making sure every branch and root of the “Trauma Tree” has been addressed and neutralized. It has to be eliminated by dealing with supporting aspects or core issues or by tackling groups of events, emotions or beliefs. At the end of this article you'll find a bigger graphic of how your tree might look as a completed **Trauma Tree**...representing a lifetime of events, pain, emotions, traumas and beliefs.

See a graphic of the Trauma Tree on the next few pages, along with a case history with a client.

Now I want to give you an example of how the Trauma (Tapping) Tree process worked with one of my clients:

“Brook” was really stuck in her life. She lived in a state and city she hated. She was running out of money, couldn't get a job due to a disability and had Post Traumatic Stress Disorder (along with all of the physical symptoms of PTSD) resulting from years of severe torture by her family. Brook's tree was huge, in events, emotions, symptoms and limiting beliefs.

Using the Trauma Tree as a guideline, we tackled the tremendous negative events from her childhood. Contrary to traditional EFT, I knew we could “bundle” many things together. There were just too many multiple incidences of emotional, physical and sexual abuse to remember, much less deal with specifically.

I won't endeavor to describe how to do "Bundling Baggage" here since I have a treasure trove of information about it on my website (find it on this page:

www.ProEFT.com/ProEFTprocesses.html

Brook and I were able to neutralize the trauma of beatings, rape, abandonment, ritual sexual abuse and more, along with a myriad of emotions that came with the baggage. It took a couple of sessions, frankly, since it was quite extensive. We were able to tap away all of the traumas and emotions, except for two exceptionally horrific ones which we dealt with separately.

With the trauma-causing events neutralized, along with the emotions generated, we tackled the fallacy of her limiting beliefs. They included "I won't ever be safe, there's something wrong with me, I am worthless (not just unworthy), I can't protect myself, I'm being punished, I can't do anything right and I'll never be good enough."

Brook had been *severely* mistreated as a child and teenager and it was such a tragic scenario but I knew her beliefs were way out of line with her reality. She was a very bright, resourceful, compassionate, creative woman. How she felt about herself, however, was entirely different.

We *bundled* her limiting beliefs about herself and tapped those away. It seems odd, frankly, that you can change someone's beliefs by tapping, but since I've done it literally thousands of times I know it works.

The most important element, however, is to address the subconscious resistance to change, which I call Reversal Neutralization. Here's a link where you can read more about Reversals and watch a free video.

<http://tinyurl.comReversalsGift>

Here's how we neutralized Brook's subconscious resistance of letting go: (Do this yourself as you read along, using the same words or your own.)

I had Brook tap on her KC (Karate Chop) point saying "*Even though these limiting beliefs keep me stuck, there's a part of me that doesn't want to let go of them. And I want to love and accept myself anyway.*"

Repeat three times, and feel free to add this phrase, if applicable; *These beliefs and fears are part of my identity, they keep me safe (except they don't,) and I don't want to change them.*"

We repeated a form of this statement three times. It's very important to give a voice to the part of you that doesn't want to let go of your issues or your past. Sometimes it's an identity issue, sometimes worthiness or safety. But it must be dealt with, which fortunately is very easy to do. Again, I explain more on Reversals in my video and eBook on the subject.

Remember that it's extremely important to do the Reversal Neutralization step. Otherwise the subconscious can keep you from getting the results you want. Addressing the subconscious resistance right away shortens the tapping time substantially.

Once the Reversal was handled with Brook, we simply “tapped away” the limiting beliefs and installed new, correct beliefs about Brook. It was quite an eye opener for her since she couldn’t see what a jewel she was.

With those three elements out of the way, we went back to the branches and picked out some of the present day symptoms related to the Events, Emotions and Beliefs of her childhood. Procrastination was a big one for Brook. She was afraid to move forward in anything for fear that she would somehow be punished if she got it wrong or failed.

Using my Ultimate Truth Statement we went on to outline and define how her life would be different if she got everything done on time. Brook then saw how much easier her life would be. She would have more time, more energy, more personal resources and more credibility with herself and others if she would get things done on a timely basis.

But what was in the way of her just getting things done on time? Well, in my experience, it’s usually limiting beliefs and fears. So we listed Brook’s: fear of failing, fear of getting it wrong, fear of being ‘punished’ in some way and even fear of success. There were also more limiting beliefs, specifically relating to procrastination; I don’t know how to be on time, people will expect more of me, I don’t have the energy or resources to get everything done, I don’t have enough time to get everything done, etc. You know how that feels, right?

We tapped away her limiting fears and beliefs about (after doing a Reversal Neutralization about part of her NOT wanting to let go of the fears and beliefs. Brook had a very constrained, uninspired life before tapping and was extremely unhappy. Today, however, she’s a very happy woman. She is doing something that nourishes her soul, has moved to another state. Her life is full of love, friends and warmth. Brook is now healthy, balanced and grounded. She stays in contact regularly and assures me she is living the life of her dreams!

It can happen for you too. As always I recommend seeing a skilled practitioner for difficult issues and a few workshops to deepen your understanding and appreciation for this wonderful energy tapping tool.

PS Be sure to find the sequel to the Trauma Tree, the “Prosperity Tree”. There’s a quick version of it on my media page of my website; www.ProEFT.com/media.html But a video should be available soon.

Find some of the Pro EFT tapping techniques that Lindsay mentions in this article on her [Pro EFT Processes page](#) of her website or on the [Products Catalog page](#).

Ultimate Practitioners Workshop Support Library

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<http://tinyurl.com/supportlibrary>

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**PLEASE SAVE THOSE URLs TO YOUR
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We hope you enjoyed the workshop and will utilize **Support Library site set up exclusively for UPW graduates**. It took many months and years to compile this information, so we sincerely hope you take advantage of it.

On the site you will find downloads, free teleclass audios, articles, templates for everything, links to other valuable resources, reference material, FAQ's and much more. Zoe and I are willing to help you whenever we can, but we hope you look for answers at the Support Library first. Thanks for using this site created just for you.

NOTE: The Support Library is a dynamic site that is constantly evolving. So check back every once in awhile to see what's there.