



**RE-PARENT YOUR
INNER CHILD**
Using EFT

*Heal the child within...
and you will heal the adult without...*

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And You Will Heal the Adult Without...



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Your Inner Child Is Calling You

The Unhealed Version

For many the alchemy of who you are today is a compilation of all the unhealed wounds from your past.

Managing and funding the consequences and avoiding your inner wounded child can become a full time practice. Avoidance is a protective strategy so that you don't feel the discomfort of the wound.

Being positive and brave will hide the deep trouble we are in with our selves. This is an instinctive way to cope.

Denial and excuse making works for a while, but after years (*sometimes decades*) of this we find that the stories that we tell ourselves are no longer believable.

Under these stories, we will feel the echo from the shadows of our interior awareness. By trying to avoid the old stories, we are avoiding a part of ourselves. This disconnected younger part of us that looms in the shadows of our consciousness is not the enemy.

Changing our outer world so that the inner is more comfortable is a common theme in our world of consumerism. Doing and busy making and chasing the elusive cure for happiness is a con job. I call this the 'I'll be happy when' syndrome.



"If only I had more money, if only he/she/they would change, if only

the house was finished, if only I had a house that needed to be finished, if only I had the perfect break, if only I.....” the story goes on and on.

What would your Inner Child have to say to you?

She/He might be saying ...

“If only you would stop putting everyone first, if only you would pay attention to all the ways that you don't see ME, if only you would see that when you get triggered, it is me trying to get your attention, if only you could see and hear my silent suffering, if only you would stop working so hard to avoid hearing my cries for help, if only you would stop saying ‘Yes,’ when you know that you should say ‘No,’ if only you would stop telling me stories about tomorrow so that you can avoid today and all of the unhealed past. If only you loved me...”

Today is all we have and if we keep living our 'todays' through our 'unconscious yesterdays,' each day will be an extension of the unhealed wound.

Think of living your 'today' in this moment, free from all the unhealed stories and beliefs from the past. Now, that's Freedom!

Emotional Homeopathy

The Healed Version

The alchemy that is created in us if we heal our inner wounds is the recipe for 'Freedom.' I see EFT like a type of homeopathy, an energetic tincture for healing.

In traditional homeopathy, the tincture contains a vibrational recognition of the illness and is part of the recipe for the antidote.

I see EFT as an emotional homeopathic prescription. We are recognizing the dis-ease or out of balance symptom as part of the recipe that is a part of the healing.

We are creating an energetic tincture or antidote with the true statements of what we feel, while we are tapping on specific end points of each of the 14 major energy highways. (*also called meridians.*) Just by speaking our truth and witnessing our stories and beliefs on the inside, we free up the traffic jam that built up over time in the body's cellular memory and system.

When we are recognizing the truth of what is really there and bravely saying 'hello' to it, we open the door for the shift to take place.

There is so much information that is spoken to us through the symptom and yet, most of the time all we want to do is ignore the communication of the message and 'fix' the symptom so that it will go away.

The Inner child is constantly told to go away by our blind need to fix the symptom.

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'YOU' ARE THE GOLDEN KEY TO YOUR OWN FREEDOM!!!

Imagine 'You' as your Future Self one year from now.

- You are no longer randomly blaming your exterior world for everything.
- You learned to take your power back.
- Your Future Self knows that you have achieved clear boundaries with all of your triggers and stayed present with watching and listening to your interior.
- Imagine that your inner compass is held with love for yourself first and foremost.
- Imagine that all the gifts that you received through healing your past are constantly serving you and you no longer re-create the old adventures of pain and lack.
- The equity of not being triggered constantly actually shows a new richness in everything around you. You have high vibrational friends, abundance in health, creativity and beautiful relationships with family. Love is in everything!
- You are worry free and living in each moment fully present.
- By healing your past, the truth has set you free!

It is true receiving when everything is a gift. You finally see that even the wounds were there waiting as gifts for you to use in your energetic homeopathic tincture.

Your Future Self looks back over the unconscious times and sees that it actually was all perfect and now you can see why it was so hard. It was hard because you were swimming against the current. Staying stuck in the same place and then getting to be right about your story

was the payoff.

All that hard work looked like you were really trying, but it was a foggy separate battle against healing. Your future self has compassion for the journey and can wisely cherish the learnings.

Your Future Self also knows that it didn't take that long to heal all those years of pain, lack and suffering once you woke up to seeing, feeling and hearing the messages. The hardest part was to recognize it and know that that wasn't the truth of you. That is why it could not be digested in your intelligent system.

Your future self knows that the easy part was recognizing that you could actually use your painful story to heal the story, use the fear to heal the fear, use the awareness of lack and support to heal it. Your future self is really living in love.

We 'are' our future selves right now! We create the future in each now moment. By clearing the electrical charge of the wounds from our past we are set free!

This is what we came here for! The big picture of our Souls Sacred Agreement was to recognize the ease of love and relax into our gifts from Spirit.

We are Infinite Beings and Today is Infinity! We can use infinity to remember who we are in this moment. We can use the concept of infinity and The Soular Healing Method® as our new tincture and create energetically through our own vibration with the Universal Forces of Light and Love that are already within us.

Emotional Freedom Techniques



The Golden Key To Your Healing

E.F.T. (Emotional Freedom Techniques) is a wonderful modality for releasing fear, shame, guilt, pain, anxiety, depression, anger, sadness, self hatred and basically anything that is out of balance in our systems.

EFT or Tapping is a simple approach that uses our finger tips and the focussed awareness of our thoughts and feelings while tapping on specific acupuncture points on our body.

Think of your body as an instrument. You need your body to play in the harmony of your Soul's Sacred Song. However, if your instrument has broken strings and is way out of tune you will be making a lot of noise and it will be a hardship to play your instrument. You may even be trying to play someone else's music in order to be loved. It might feel like punk-rock to your ears, instead of a yummy soft symphony or your very favourite song.

This metaphor brings to mind a client that is in a family dynamic where she is a completely different instrument than the people that raised her. Her parents have ostracized her over and over again ever since she was a child and continue to do so in her adult life. They constantly validate other people that violate her, and yet she is so loyal to them hoping that one day they might change and support her.

During her mid-life marriage break-up with a husband that has affairs, manipulates, and lies to her and her children, her parents constantly oppose her attempts to be in her truth and leave this abusive relationship.

The instruments that she is trying to harmonize with are not playing the same songs at all. It feels like they are playing with rusty garbage can lids for instruments.

I asked my client what instrument she would define herself as and she related herself as a beautiful harp. Maybe her unconscious parents are drumming on tin cans in dark alleys instead of harps. *(no judgement here, just the facts)*

Check in and see if you and your tribe members and elders are in unison and harmony. Notice if it feels like they are completely different instruments that might not even sound good together. This isn't a mistake, it is what you are here to learn. You are here to hear your own symphony!!!

Many of us have had unresolved issues for so long that the suffering becomes the norm and we get bogged down with symptoms layered on symptoms.

EFT helps us to go underneath and tap into the deeper part of us that got disconnected from joy, peace, creativity and love.

For example, if fear is the norm and you are checking in to see what you need to remember to be afraid of, then you are limiting your awareness to the fear.

If you are doing this over and over every day to find out who you are, based on the foundation of fear, you will create a patterned response and it will affect your wellness.

By applying the prescription of EFT on the fearful thought, belief, and feeling(s), you will be invited to see the real truth of you that sits under the story.

It's not about what happened, it's about what you made that mean

to yourself about you. Over the years, the story builds with more evidence and it feels like that is the truth of you, but the truth of you lives under the trauma that happened back there, then.

Fear is a representation of an anchored memory to an unhealed experience. The truth of what you are saying to yourself in that terrifying moment, whether it is a big 'T' Trauma or a little 't' trauma is of utmost importance. The sub-conscious will hold the vow to remind you to never let that happen again. Whether it is shame or fear of being shamed, or a myriad of thoughts that caused the disconnect.

By opening up the truth to the vow that we verbalized to ourselves or what we interpreted that to mean about us is not making it bigger. It just 'IS.'

There is an elegance to the truth that is revealed and as the saying goes, 'the truth will set you free.' I call this the 'Is-ness Factor' because it just IS. However, after years of protecting the wound, layers of discordant beliefs will develop seniority and fog over the story and create a blind spot. We will become blind to grasp the real truth of the issue at hand.

If something happened in the past and it never got resolved or healed, it will continue to be managed as a 'current' event. It's just like a current of electricity that flows through our circuits. It can also be like the headlines of the front page of a newspaper screaming the top story of the decade at us every day. These undigested current events will be stored in our energy system and constantly 'ZAP' us just like an electrical charge. We may even eventually think that the fear response IS who we are.

I see these out of balance expressions as a communication from our deeper wiser self. Our wise self is clashing with the fear so that we can feel it, and then heal it.

Think of it like a math equation with an equal sign or an imperfect acronym. It is a type of formula.

With this deep work you are training your head, heart and gut to be

wired in a different way.

F.E.A.R. = FROZEN ENERGY ASKING *to be* RELEASED

Life without familiar pain and suffering is possible! Let us explore new thoughts of possibility even if they seem foreign and miraculous.

EFT is a way to have freedom in your busy world and, 'even though' ... it might sound too good to be true, what have you got to lose?

Maybe your fear is what you might lose! Remember: the fear is not the truth of you. It is the frozen part that only knows itself through the experience of the fear.

If you are repeating a thought of fear, to find out who you are in any given moment, how about programming in this acronym every time fear comes to the surface?

This is a pattern interrupt statement to help you get off the loop of the old flight, fight, freeze pattern.

F.E.A.R. = Frozen Energy Asking *to be* Released

Keep in mind that this equation is asking you to explore a foreign concept, I would like to walk you down a new hallway of thought.

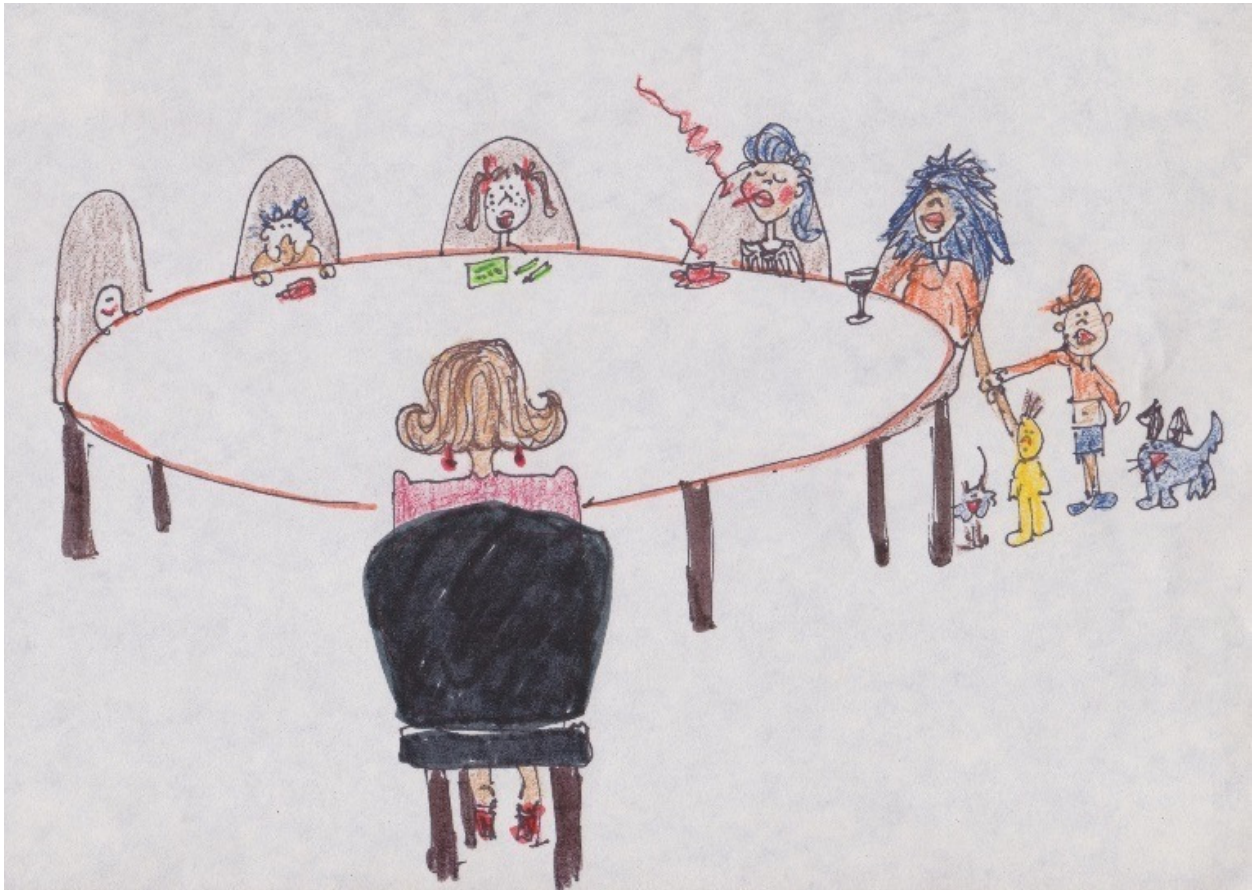
With this new way of looking at the subject of your FEAR, you now know that FEAR is the communication of a younger frozen part of you that got disconnected from the wholeness of you.

This part actually stays the same age from when the trauma happened. We are basically walking around with an orphanage of younger parts that are trying to get our attention.

What we want to do is let these parts know that you are here, albeit separated. The best way that we can do this is to build a bridge of communication to the younger fractured frozen part(s) of us.

E.F.T. is one of the best ways I know of to build this bridge to the inner

orphanage.



Have a Meeting with your Inner Orphanage. Special thanks to the artist Christine Mutch

So let's start with the basics

There are 14 major energy highways that run through the body. These are meridians and they carry the juice that keeps the engines running smoothly.

Twelve out of the 14 meridians govern specific emotions and those emotions have a specific organ that acts like a container to store these unhealed thoughts, beliefs and feelings.

The idea is to allow these organs to be able to be free of any traffic jams so that they can perform the job that they do best.

Maybe it is digesting your food, or pumping blood into your heart ventricles or your lymphatic system that keeps you healthy, or your lungs that allow you to breathe...

Our Organs are actually 'Organ-ized' because each meridian that governs a major organ actually organ-izes specific emotions in the organ itself. So, when you are focused on the feeling and the story that pops up while tapping the end points of each meridian, you are actually releasing stuck energy that has been held in the cells of that particular organ or body part.

On the following pages you will see the points that govern specific organs and some of the feelings that are related to the organs.

I get excited about this information because it puts science into the believability factor so that you know this isn't 'woo woo.'

This is the way of the future for 'the above to meet the below,' ... the outside to meet the inside, ... western medicine to meet eastern medicine incorporated with the "I Am Presence."

Here is what I mean by the outside meeting the inside: when a person who is phobic of snakes glances at a skipping rope in the hallway, they will see it as a snake. Their energy is getting zapped and triggered, and it will feel like a current of electricity. In this case, their outside world is affecting their inside world. Their fear of snakes is causing them to see the skipping rope as a snake. In the outside world, the skipping rope is what it is ... a skipping rope. The skipping rope is not really what it appears to be when registered by their inner reality. It is an unhealed trauma!

So in this example, the outside is meeting the inside, which is shining a light on the truth of what is unhealed on the inside. We are using EFT to bring light to it and heal it by speaking the truth as we tap on the acupuncture-points.

This healthy approach to looking at the truth of what 'IS' allows you to

cultivate a practice in understanding that those feelings and emotions are energy. The unreleased stored fear affects the whole of the body, mind, spirit, soul connection, and beyond into infinity.

When you free up your energy in your body you are doing Energy Medicine!

You aren't making the truth of what 'IS' in this particular moment of awareness a bigger issue. On the contrary, just by plugging into the message that the inner younger part is showing you, you are bridging the past into the now and guiding this part home to the maturity of the adult self.

I see these potential mended fences like a bridge that connects to the infinity of what the soul wants to have your humanness grow into.

This way of standing in the truth gives you a participation in the process of your own healing.

At the end of the day, all healing is self healing. Let's look a bit deeper into that idea.

Some chase the ultimate cure to their ills, but if you don't really want to get better, no amount of medicine will affect the attempts of the pills or prescriptions to heal you.

It can help to ask yourself, "Do I really want to heal this?"

Ask yourself, "Do I Want To Be Right, or Do I Want To Be Well?" " What is my payoff if I don't heal it?"

The secondary gain of staying stuck is sometimes a bigger challenge than the actual dis-ease or fearful limiting belief.

The beauty of EFT is that we can also look the secondary gain in the eye and have a juicy conversation with the truth of that.

On the other hand, maybe a person is desperately wanting to heal and all attempts fail.

We truly don't have all the information about what the soul wants to

learn through the different adversities that show up (*sometimes even tragically*). I know that I must walk softly here with this so please take this in through the heartfelt intention that it comes from.

A person might cure a condition and get the learnings from it and move on living a long life.

Another possibility is that the person cures and heals from the the cause of a serious illness and returns to love, but the body doesn't fully recover.

This is still a healing even if the body expires. Medicine is adapting a spiritual understanding to healing the body and is now including the idea that we are not just our bodies.

We have many very well known doctors that are excited to prescribe the practice of E.F.T. as a medicinal tool to manage stress and create an environment for health; Dr Mercola, Dr Bruce Lipton, Dr Christiana Northrop, Dr Norm Shealy, Dr Deepak Chopra, Dr Dawson Church, Dr David Feinstein, as well as medical intuitives, Donna Eden and Caroline Myss.

I recently discovered the beautiful peacemaking and forgiveness prayer work of John Newton that is an elegant way to touch the "I Am Presence" and he also recommends the practice of EFT.

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Acupressure Points and Related Feelings

Notice that the red dots are showing you the Tapping points and related organs and their feelings.

Top of the Head - Meeting Place of 100 Yang Points

Eye Brow - Bladder - Trauma, Frustration, Restless

Side of the Eye - Gall Bladder - Rage, Resentment, Anger

Under the Eye - Stomach - Anxiety, Fear, Nervousness, Craving

Under the Nose - Governing Vessel - Embarrassment

Under the Lower Lip - Central Vessel - Shame

Collar Bone - Kidney - Anxiety, Insecurity

Under Arm - Spleen - Anxiety, Fear of Future, Self-esteem

Beneath Nipple, Top of Rib Cage - Liver - Unhappiness, Stress, Depression, Anger

Finger Points

Side of the Hand - Small Intestine - Sadness, Reversals

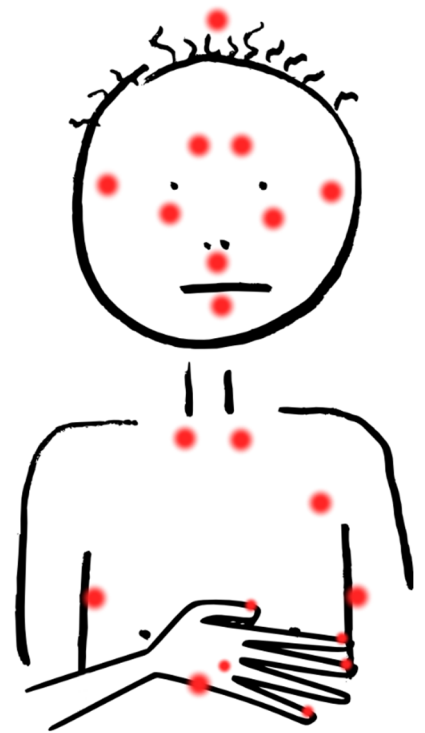
Thumb - Lung - Grief, Intolerance, Arrogance

Index Finger - Large Intestine - Guilt

Middle Finger - Circulation Sex - Jealousy, Addictive Cravings

Below Knuckle of the Ring Finger - Fight/Flight/Fear

Little Finger - Heart - Anger



These are some of the feelings that are contained in the meridians and related points that we will be tapping on with our finger tips.

Now let's get back to the how to's of E.F.T.

The very first thing to get started using the tapping is to get into the awareness of being in your body. This is key to having success with the tapping process.

Getting into the 'Now' moment is your anchor to hold a space for change.

Sometimes, it will be as if the 'Fear, or the Wound' has created an identity of its own.

After years of habitual suffering, we will adapt and adopt the idea of who we think we are based on the story of the familiar suffering. We will layer this into our patterned responses in daily life so that we remember to stay safe.

This probably worked for a while to keep you functioning around the fear, but the expiry date is up if you are willing to look it in the eye and release it by using the tapping prescription.

This is not who you are, it is what is ready to be healed and released from your body and energy field.

You are building a bridge to the part of you that doesn't know anyone is out there to help you get out of the fear response.

So this is why it is so important to have seniority in the 'Now' moment with your adult resources as the anchor to work from.

Typically when you go into a full blown panic with 'Fear' you will have seniority with the frozen scared part that is in the 'current event.'

Often I will be working with a client and they are hiding their fear so well on the outside and report that they are actually a '9' or even a '10' on the inside with the fear or panic.

They have become so well at masking their reactivity that they manage to function through life at this hyper-vigilant emotional state.

After years of numbing and disregarding the messages it shows up in the body as dis-ease or out of balance symptoms such as panic attacks and anxiety.

The idea is to get you into rapport with the isolated younger part/s that are buried under the stories.

These stories lead to beliefs that may have accumulated for years and years before the symptom or condition appeared.

Don't be daunted if you already have physical issues, just put your neutrality hat on and get into the seniority of the wise adult.

The Mirror Effect

We need to understand that how we react to the the outer world is a reflection of our inner world of shadow parts.

These unhealed disconnected parts get triggered by the catalysts and themes that show up in our outer daily life.

It can get tricky and paradoxical because often it is true that what is happening is truly being done to us.

Please understand that we are not diminishing the actuality of outer abuse or bullying or manipulations that happen in relationships.

I invite you to witness that whatever is triggering you, is an actual 'Mirror Effect' showing you your inner world.

The very cool thing is, that when you get in touch with your outer mirrors and pick up the message/s that you are being sent, you will be able to wake up and shift the inner belief/s inside of you.

I call this inner shift a "MIRROR-CLE."

Let's recognize that the broken hearted part lives in another time zone and it only knows itself through the filing cabinet box of stories.

This is where we will build the bridge to the broken hearted part.

We will be tapping on the **Karate Chop points** on the side of the hand.

This is called the **Set Up Phrase**.

We want to let this part know that we are there so we say ~

'Even Though' (*I have all this Fear about*) 'I choose to acknowledge this scared part of me anyway.'

I call this a LOVE SANDWICH STATEMENT

By acknowledging the issue of (.....) and tapping on the acupressure points, we are making a parenthesis out of the 'Fear' and letting it know that it isn't alone anymore.



The 'Parenthesis Statement' is also a metaphor of sorts because in the root of the word 'parenthesis' is '**parent**'.

With the **Love Sandwich Parenthesis Statement**, we are actually re-parenting the fractured inner child part of ourselves by acknowledging it.

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At the end of the day, it is all about love, and wherever fear sits inside of us instead of love, we will have an imbalance show up.

This imbalance will act out through the story or belief and eventually get our attention, just like a child that is frustrated and needs our immediate focus and love.

At first a child that wants attention will tug on your sleeve or shirt tail, but after a long time of tugging and not getting a response, the child will kick you in the shins to wake you up to the message.

It gets a bit tricky here because the communication of the message is often like the movie 'Ground-Hog Day' with Bill Murray where every day is a repetition of the same story over and over again ...

The disconnected younger part is stuck in non-local time and doesn't even know there is an adult self out there that might come to his/her aid.

This part doesn't even know that you are there!

It only knows itself through the stories from the past trauma.

This is where we **create the sacred bridge** from you in the 'Now' moment to the disconnected younger 'You' in the 'Past Traumatic Fearful' moment.

Next we are going to **pull out a ruler** and measure how high the emotion or feeling is.

We use 0 to 10 as a gauge to rate the intensity of the trigger. (*SUDS level ~ subjective units of distress*)

(*0 being the lowest ~ 10 being the highest*) Next, locate **where in the**

body you are feeling it. (again 0 to 10)

You are **getting ready to be in rapport** with the 'Fearful Part.'

It's a gentle '**Hello**' to this part to let it know someone is out there and cares.

We are agreeing with it. We are saying 'Yes' I am really frightened, and I choose to accept this part of 'Me' that is (... *in fear*....)

We are no longer turning a blind eye to the symptom that can only speak through the language of the Frozen Energy Asking to be Released.

Remember that the acronym for M.E. is MY ENERGY.

When stress builds up, our inner navigation system lets us know what can't be digested in our intelligent system, and alternatively what cannot.

You will often have an awareness that there are all kinds of other peoples beliefs and stories that you need to clear.

You might even have what feels like a room full of filing cabinets full of stories that you've been carrying that are all coming to the surface at once.

Don't be daunted by this, allow the wise adult in you to remain neutral and curious so that you can hold a space for this frightened part to be brought back home to you.

Have a meeting with this part of you and break it down into a location and feeling with the intensity factor using your ruler.

You want to take it slow in order to learn how to be your own 'Artist of Change' for yourself.

Follow the feeling and where it is in your body. Now you can make a Love Sandwich Statement and identify it.

I often find that we will need to follow the symptom as it jumps from place to place in the body.

Often its intensity will build to let us know that it is excited that we have finally picked up our own inner messages to us!

Be patient and just follow it. If the fear gets bigger, this might even be the only way that this part can let you know it is relieved and happy to have some support.

Continue to focus on the issue as you make the statement of what is triggering you so that your body knows what you are working on.

Your body and sub-conscious will offer you 'connect the dot' stories as you go along.

You are re-parenting your inner younger self by holding a neutral curious space to witness what got locked into your programming. I

t's not about what happened, it is about what you made that mean about you.

Remember that by you getting into rapport with the disconnected separate part, you are not making the symptom bigger.

Stay out of your head and try not to figure it out. Just be curious and neutral like a wise parent. Tilt your head and wait to see what is going to be revealed as you explore these feelings or awarenesses of (... ***the issue at hand ...***)

It's important to recognize that many of us were taught as children to not pay attention to what we were feeling. "Don't get angry, don't feel sad, don't complain, don't ask for too much, don't, don't don't ..."

This eventually taught us to not feel what we are actually feeling.

It taught us to put others as a priority so that we will be safe.

It taught us to numb out what we feel and distract ourselves to avoid the pain.

Use a gentle approach to the 'Is-ness Factor' and be in the 'Truth' of what 'IS.'

Remember that this symptom is not who you are, it is the communication of what is ready to be healed and released.

You are teaching yourself the art of the 'I Am Presence' ...

Tap the Karate Chop points on the side of the hand, or gently rub or tap the sore-spot above the heart to make the Love Sandwich Statement. *(The sore-spot is a lymphatic drainage point. Look for a spot that is tender in the area around the seam of where your arm meets the torso and above the heart area. If it is really sore then this is an indication that you need to rub it gently and release the build up of toxins that might have accumulated)*

Next we go to the top of the head and follow the points down the torso.

Think about the feeling and location as you tap approximately as long as it takes to say the statement.

After each full round take in a big breath and re-asses by checking in with the original thought that caused the fear response or whatever you are currently working on.

Repeat the next rounds with the awareness of the SUDS level *(Subjective Units of Distress)* as it changes. *(see below)*

Let's say it started out as an '8' intensity and then it went down to a '6' level. You would tap on the side of the hand or the sore-spot and you would make a statement to keep track of the intensity by saying **'This remaining '6' intensity of the fear of (....)**

This is the beginning of you learning the very basics.

Now as you go along you will track the aspects of the subject of the 'fear.'

Working with the 'aspects' is an important piece when starting to learn the Art of EFT.

You will isolate the various threads of the subject of the 'fear' of (....)

You are inviting yourself to bring in all 5 senses into play with the subject of this particular fear.

Then you will check in with the intensity of the **sound** that is associated with the triggered fear: the **smell**, what you were **touching** or what was touching you, the **taste** in your mouth, the **visuals**, what are you **hearing** and more importantly, what are you **saying to yourself** in that critical moment, etc ...

Chunk these down and work on them separately after you have decreased the bigness of the initial global fear.

Follow the messages from inside organically as they come forward.

Neutrality with the adult self is key as you witness the frightened aspects of yourself. **Be witness at the same time that you are feeling what you feel.**

Here is an 8 minute video about the Witness Protection Program. In this video, you will learn about getting seniority with the adult self and a quick overview of EFT. I explain, briefly, what a psychological reversal is and how the secondary gain works to keep us safe. The 3 'F's' at the beginning of the video refer to Fight/ Flight, Freeze.

<https://vimeo.com/134870562> (you will need to use the password 'witness')

It is also important to be hydrated as you set out to do EFT on your interior landscapes.

There is an art to EFT but for now we will start with the Basic Recipe.

The Basic Recipe ~ Antidote To Address Out of Balance Symptoms

Remember from earlier chapters that we are bringing in the idea of Emotional Homeopathy ~ using the communication of the symptom to create the energetic tincture or antidote to address the out of balance condition or stressor.

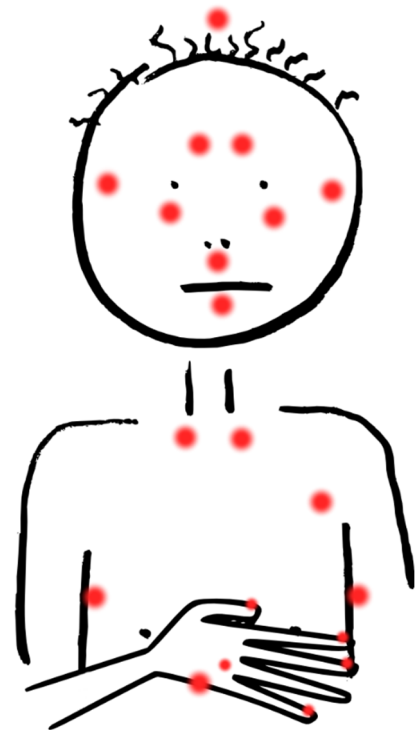
Emotional Freedom Techniques

1. On a scale from 0 -10, assess the intensity of the problem, with 10 being the highest. (SUDS ~ subjective units of distress)
2. Set-up Phrase or Love Sandwich Statement (while continuously tapping the karate chop point or rubbing the sore spot)

“Even though I have this (state the problem), I accept that a part of me feels this.” (three times)

3. The Tapping Sequence

Tap approximately 7-10 times on the tapping points shown in the diagram. As you tap each point, say the Reminder Phrase “This (state problem)”. Do not say the “even though” part, i.e. this anger, this headache ... etc. Notice which feeling is related to which point or organ. If you are tapping on intense anger, then stay a little longer on the gallbladder points on the side of the eye, for a craving stay a little longer on the stomach point etc...



4. Observe how you feel after each round of tapping.

It is best to continue doing rounds until you reach a 2 or 3. Often it will release the rest of the intensity and drop to a zero. This is where you are learning to track the communication from within.

5. Subsequent Rounds

Do more rounds of tapping, changing the Set-up Phrase and the Reminder Phrase as follows:

Karate Chop point or rubbing the sore-spot above the heart.
“Even though I still have some of this (problem), I choose to acknowledge it.”

Tapping on all points while focussed on the simple statement of
“This remaining (problem).”

6. Aspects

An “aspect” is a different part of the problem. Maybe you started with *“this anger”*, and after a few rounds of tapping, the anger is gone and you feel sadness. Aspects are also other sensory perceptions of the traumatic story or belief that was created. It is as if it gets locked into that sense, whether it's seeing, hearing, tasting, etc.

This adapted version of The EFT Basic Recipe was based on the early teachings of Gary Craig. Many thanks to the late Dr Roger Callahan for creating TFT (Thought Field Therapy) and Gary Craig for bringing us his version of the tapping called EFT.

Tap And Track In Your Journal

Have a special blank journaling book just for your EFT healing sessions and track the symptoms and intensity as you are guided by your own energy system.

If there is something in your world that makes you feel uncomfortable, you can observe this.

If this person, place or thing (*or recurring memory*) is causing stormy weather, then it is time to track it and write it in your tapping journal.

Think of you as a planet. You have your own perfect planetary atmosphere that surrounds you. This is your energy field.

When there is interference that comes into your atmosphere or energy field, it is because there is foreign 'matter' in your atmosphere and it will give you specific information. Just like when someone sees that you are uncomfortable, they will ask you, "what's the matter?" Not only is the 'matter' palpable to you, it is also sometimes palpable for others.

The idea here is to give you back permission to feel and be aware of what is 'you' and what is not 'you.'

Pretend that you are you reporting the weather of You!

This is just for you to track so that you get familiar with what is giving you any electrical storms or 'Zaps.'

Remember that a meteorologist is calm and just reports the weather and how it is affecting the country. They aren't ever upset or having a fit. They are cool and calm and neutral as they are reporting what is 'true' with the existing systems that are coming into the area.

Once you have gotten into the habit of staying neutral and tracking the truth of what is going on with you, you can adopt a witness position while reporting what you are aware of. (W.P.P. aka Witness Protection Program.)

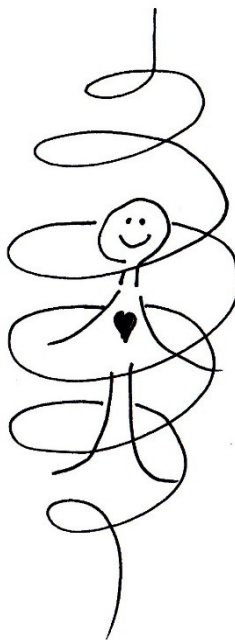
The trick here is to not go into the storm to make a report on it. Just get the facts. Stay in the now moment and observe it and notice how it is affecting you to have this information.

Ask Yourself:

- What is the feeling and where are you feeling the disturbance in your body?
- On a scale of 0 (lowest) to 10 (highest) track the intensity of the storm.
- What are you saying to yourself?
- What did you make that experience or trauma mean about you?
- Did you create a vow of some sort in that crucial moment of fear?

You may have used the words 'always or never' ... to freeze the story about you in that moment.

Now it is time to do some Tapping on your system that is being affected by this other system that is in your atmosphere.



Follow the Basic Recipe and be curious about the power in your own hands that can reduce stress and potentially heal you.

It's not too late to heal your inner child parts and FREE UP YOUR LIFE!

**Book your free 20 minute RE-PARENTING BREAKTHROUGH SESSION
<http://www.danalouisewilliams.com/reparenting>**

Infinite Love and Blessings
Dana

The **Soular Healing** Method™