



12 Tips for More *Effective Tapping*



By Lindsay Kenny

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This e-book is based on the assumption that you know the basics of Meridian Tapping Techniques or Pro EFT™. If you do not, please read about it and download our free starter package at www.ProEFT.com

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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.

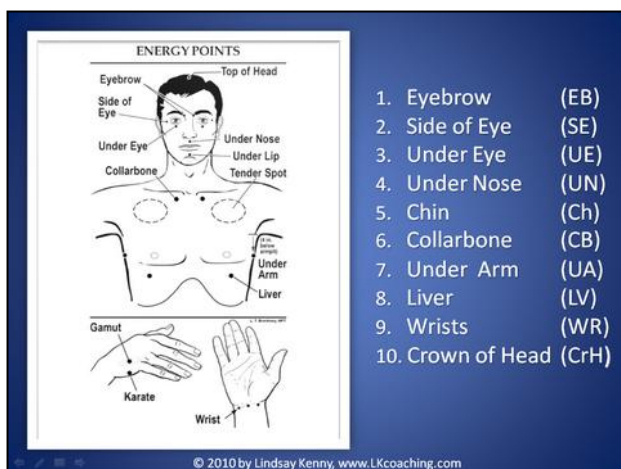
With that in mind, if you are tapping only on the right side of the body and the blockage is behind your left knee, the vibrations have to travel down the right side of your body, around and up to the left side of your knee. By then the vibration will have lost some of its "muscle."

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.

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, 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.

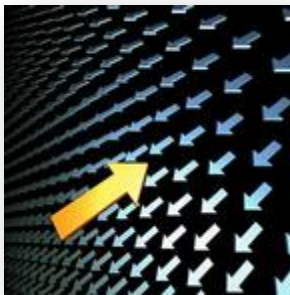
Here's why: By adding these additional points, you now are tapping on **all 14 meridians** instead of just nine. That's an increase of 56%! More "bang for the buck!" So by investing the additional 30 seconds for the three extra tapping points, I save 10, 20 or even 30 minutes on each issue — and with 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 the biggest impediment to successful results with Tapping

Since a Reversal 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 your 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.. this anger at _____ keeps me upset with him, there's a part of me that doesn't want to get over it. And I want to 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...

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.

Repeat the Reversal set-up statement after every two or three rounds (whenever you check back in to see what your intensity is. Again, the basic format for the Reversal is:

"Even though this _____ (problem or issue) causes me to (how it's negatively affecting your life,) there's a part of me that doesn't want to let it go. And I want to love and accept who I am (the affirmation.)"

Another example: *"Even though this fear of flying is keep me from going to see my parents, there's a big part of me that doesn't want to release the fear. It keeps me safe! But I love and respect myself anyway."*

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.**

After neutralizing the Subconscious Mind, you still need to tap as you would on any issue. 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 Letting Go**

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.

For more detailed information on Reversals and muscle testing, see my article on Reversals at www.LKCoaching.com.

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 reluctance to letting 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 defines 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 ebook *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-traumatized 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 traumatic car accident would have several different aspects, all of them "tappable".



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 iIn 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 webclasses 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. (Ewwww! 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.

- The **Tearless Trauma Technique** is perfect for clients who have suffered traumas of any kind. The last thing you want to do is re-traumatize someone. By following the simple steps you can make a movie out of the event (similar to the Movie Technique which neutralizes the intensity frame by frame), and you can reduce the charge on a highly-sensitive issue rather painlessly. This process can be used on any highly charged issue, yours or your client's. However, when dealing with trauma, abuse or sexual issues, it is best used with a skilled practitioner
- The **Personal Peace Procedure**. This technique can systematically erase a lifetime of hurt, disappointment, embarrassment, shame, anger, guilt, grief and other negative emotions. I have most of my new clients use this simple and efficient process after their first session. It gives you great practice with TAPPING and helps clear out hundreds of blocked meridians that can potentially slow you down. After completing the process, which might take a couple of months or more, you will likely feel lighter, freer and more confident. You may also experience more clarity and focus.
- Dr. Pat Carrington's "Choice Method" (www.MasteringEFT.com) 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 dozen 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%. And 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



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.

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