



# **Bundling Baggage**

## **Neutralizing Similar, Repetitive Negative Events**

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**By Lindsay Kenny  
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**This e-book is based on the assumption that you know the basics of Meridian Tapping Techniques, such as EFT or Pro EFT. If you do not, please read about it at [www.LKCoaching.com](http://www.LKCoaching.com).**

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# The Bundling Baggage Technique

## Neutralizing Similar Repetitive Negative Events



One of the first things I learned about Tapping when I was a "newbie" was that it's important to **be specific** when dealing with an issue.

When confronting anger, frustration, grief, stress, or any negative emotion, you are seeing the symptom, not the cause.

With Tapping, it's important to address the core issue and to be specific to eliminate the resulting emotion.

Just saying ...*this anger*... is not nearly as effective as saying ...*this anger and resentment at Bob for humiliating me at the wedding*.

**Being specific when working with singular issues is important in neutralizing a singular trauma or event...but not for repetitive events.**

However, after many years of using Meridian Tapping Techniques with thousands of people, I realized there was a type of problem that was difficult to identify as a single incident. It consisted of repetitive events, traumas or abuses related in some way. Most of these common events seemed to occur during the formative years of life. I documented that over 90% of the issues that people bring to me could be traced back to these serial traumas, events or abuses, which I call "baggage".

Regardless of what the issue contained – fear, anxiety, depression, low self-esteem, addictions, chronic pain or a myriad of other symptoms – this baggage seemed to be at the core of their problems.

I came to believe that the reason this childhood baggage has so much impact and relevance is that each negative event during this very impressionable time of childhood, represents a huge percentage of our overall life experience.

For instance, you may have had an alcoholic parent who ignored you, didn't acknowledge your accomplishments, or was aggressive or abusive to you. Or

perhaps your mom or dad repeatedly yelled at you, hit you, or fought with each other in front of you. These similar events would have been very traumatic and frightening to a child, causing blockages in your energy system, which result in negative emotions. Furthermore, if these traumas were also the first impactful events of your life, at that point they would represent 100% of your negative experiences at that time. That writes on the slate of who you are, identifying who you will become.

Traumas, abuses or other negative events profoundly affect an impressionable child, and may result in anxiety, anger, fear, insecurity, a sense of unworthiness, self-loathing and much more. The bottom line is that most likely you began to feel that something was wrong with you, that you didn't matter, that you were not OK, that you weren't safe, or that you just weren't good enough.

Left untreated, this baggage and its resulting blockages can cause serious damage to our emotional and physical health. Later in life it can manifest itself in numerous ways, including sabotaged relationships, low self-esteem, feeling stuck or unmotivated, unsuccessful careers, financial failures, fears, anxiety, depression and countless other tribulations.

I have treated thousands of clients with numerous emotional or physical problems caused by the insensitive ways they were repeatedly treated in their childhood. In doing so, I've developed the **Bundling Baggage Technique**, a highly efficient and effective way to neutralize these serial events.

To be clear, being specific is still very important when dealing with a singular trauma, event or abuse. The **Bundling Baggage Technique** is designed for "serial" abuse, trauma or related negative events. Regardless of your memory or "charge" on these events today, repetitive negative experiences in childhood (or elsewhere in life) can literally become part of your identity. So much so that most people seek to replicate the experiences that defined them as a child throughout the rest of their lives! Bummer!

It's as if some odd "flaw" in our human psyche needs to repeat those childhood nightmares because they are "familiar." Often, those who were verbally abused as children will marry someone who will verbally abuse them. Children of alcoholics often marry someone with a propensity toward alcoholism, or become alcoholics themselves. And I know you've heard this one: children who were sexually abused often grow up to become abusers themselves or marry someone who abuses them.

In effect, we simply pick up where our parents left off by continuing to abuse ourselves (usually, verbally) in adulthood. You might find that you often say

things to yourself like “I can’t do anything right!” or “What’s wrong with me?” or “I’m such an idiot!” and so on.

**Your “baggage” keeps you stuck, right where your parents put you...in a kind of a permanent “time out” in the corner of your own life.**

Well enough already! Let’s break that cycle right now and heal that wounded child. Doing so can profoundly change the way you function in your life today. Here’s my guide for how to do that. You can do this! So stay with me here. The payoff is huge.

## **The Bundling Baggage Technique**

1. Gather in your mind the phrases, negative messages, abuses or traumas that you experienced repetitively as a child. Then jot some down, such as; “All of those times mom and dad fought after work, all those times my brothers picked on me, the times when I wanted mom’s attention, but she was sick or depressed or too tired for me, all of the times I wanted to be acknowledged but instead was criticized or put down, etc.” You don’t have to relive the events, just get a sense of the impact from them.

**If you experienced a *singular* trauma, such as a molestation, an accident, or other individual event or memory that is highly charged on its own, then it doesn’t belong in the bundle. Tap on it separately.**

2. Give those similar experiences or “baggage” a short name such as “Childhood Traumas,” “My Child Abuse,” “Alcoholic-Dad Beatings,” “Anger Rampages from Mom,” “Brother’s Bullying,” “Controlling, mean Dad,” “Abandoned childhood, or whatever phrase symbolizes your experiences.
3. Next, give this collective bundle of baggage an intensity rating from 10 to 0. That is, how it made you feel as a child (and/or even now, as an adult.) If you don’t know, just guess. Most people find that their baggage is at least at a 9 or a 10.
4. Do a “Reversal Neutralization” on your phrase. Because the subconscious tends to hold onto your identity from childhood experiences, it’s best to

do a reversal up front to deal with your subconscious head-on. This greatly expedites tapping's effectiveness.

For more information about *Reversals* read my article on the Free Stuff page of my website ([www.LKcoaching.com](http://www.LKcoaching.com).)

Here's the simple way to neutralize a Subconscious Reversal: On the Karate Chop Point tap while saying:

*Even though I DON'T want to get over this \_\_\_\_\_ (fill in your personal phrase here), I do want to love and accept myself."*

Do that three times, ending with *Even though for whatever reason, I don't want to let go of my 'childhood baggage' (use your phrase), I do want to accept who I am today.* Saying it this way - in the negative - is important to affect a shift in your subconscious's willingness to let go of your old problem or identity.

4. Now, using either the Sore Spot or the Karate Chop Point as a Set-Up point say *Even though, after all these years, I'm still affected by \_\_\_ (add your phrase here), I want to love and accept who I am now.* Do this three times.
5. Next do one round tapping on the body points using a reminder phrase at each point such as *...these childhood traumas...*, whatever your phrase is.
6. Do a second and third round, using descriptive phrases at each point that express your experiences from that time in your life. This lets you vent your feelings about what happened then and can be very healing and cathartic. Don't worry about doing this "right." Do what works for you to help vent and release the pain. Here's an example, but use your own wording:

Eyebrow	<i>Dad made me feel worthless...</i>
Side of the Eye	<i>He really hurt me...</i>
Under the Eye	<i>It wasn't my fault...</i>
Under the Nose	<i>I blamed myself...</i>
Chin	<i>I tried to be a good kid...</i>
Collarbone	<i>I could never please him...</i>
Under Arms	<i>I couldn't do anything right</i>
Liver Point	<i>I so wanted to be loved and accepted...</i>

Wrists	<i>Why couldn't they ever praise me?</i>
Crown of Head	<i>Sometimes I hated them</i>

Giving a voice to your feelings this way helps bring out different aspects of the problem to deal with all at once. This "stream of consciousness ranting" is very powerful and effective. Just let the words come out as you tap. Let your intuition guide you and you'll be just fine. If additional intensity comes up while tapping, do another round or two using the same method of venting while you tap.

It's incredibly liberating to vent while tapping and often alleviates several aspects of the issue. Don't be surprised if the word hate comes up (among other things). Allow yourself the freedom to express how you felt at the time.

- Now reassess your feelings and assign a new intensity number. Typically it will have dropped to a 7 or 8. Occasionally it will have gone up because you may have gotten more in touch with the pain you experienced at the time. If so, just repeat steps 1 through 7 again.
- Do another Set-Up on your Sore Spot or Karate Chop Point saying something like:

*Even though I'm still feeling the pain from my childhood (use your phrase), a part of me really wants to let this go.*

- Tap another round using your "baggage phrase" at each point, preceded by the word "remaining" i.e. *...remaining trauma from Dad...*

On the second round of this sequence, use even more phrases that allow you to vent your feelings. Intersperse these phrases with your desire to get over it. Here's an example, but use your own wording:

Eyebrow	<i>All of this baggage from my childhood...</i>
Side of the Eye	<i>I really want to let it go...</i>
Under the Eye	<i>...this remaining ___ (use your phrase)</i>
Under the Nose	<i>I want to get over it...</i>
Chin	<i>All the negativity, sadness and trauma</i>
Collarbone	<i>I want to put it behind me now...</i>
Under Arms	<i>this remaining ___ (use your phrase)</i>
Liver Point	<i>I'm ready to let it go now...</i>

Wrists	<i>No, I'm not!</i>
Crown of Head	<i>Yes, I am! I really want to let it go!</i>

10. Check your intensity again; it will probably be about a 6 or below. Now, get in touch with the actual emotions you had while all this was going on – such as anger, resentment, confusion, frustration, terror, feeling badly about yourself, hating your parents or siblings, etc.

I usually wait until the intensity has dropped to a 6 or less before introducing the actual emotions; it's not as painful that way. However, if you want to introduce emotions sooner, that's fine too. Now do a Set-Up using your emotions as the target:

*Even though I still have anger and resentment (or whatever emotion) toward Mom, there's a part of me that wants to let that go and I love and accept who I am today.*

11. Do a round of tapping using a reminder of **remaining anger**, frustration and hurt or remaining negative emotions from your childhood. If you list the emotions ahead of time, you can bundle them together effectively using that phrase.

Do the second round, using your own emotions, saying things like:

Eyebrow	<i>I want to let go of this anger...</i>
Side of the Eye	<i>I want to put that pain behind me...</i>
Under the Eye	<i>I want to forgive them...</i>
Under the Nose	<i>I need to let this go, for my sake...</i>
Chin	<i>I want to get over this (whatever)</i>
Collarbone	<i>All of this baggage, hurt, pain, abuse, anger (or whatever)</i>
Under Arms	<i>I want to put all of that ___ (emotion) behind me now...</i>
Liver Point	<i>I need and want to move on...</i>
Wrists	<i>All of that ___ (use your phrase)</i>
Crown of Head	<i>I give myself permission to let it go now...</i>

12. Check your intensity again. If you're still above 3, do the steps 8-11 again.

13. When you're at a 3 or less, use Dr. Pat Carrington's Choice Method to eliminate any remaining negative messages, beliefs, traumas or abuse. Using Choices at this point is very empowering, since you would have felt powerless, helpless, and vulnerable as a child. Here's an example; remember to use your own words and phrases. On the Set-Up Point (Sore Spot or Karate Chop Point) use this or a similar set-up three times:

*Even though there's a small part of me holding on to \_\_\_\_\_ (use your phrase), there's a more powerful part of me that's ready to let it go. I CHOOSE to let that part of me win. I now choose to eliminate all of this childhood baggage.*

Next do one round of tapping using ...*any remaining* \_\_\_\_\_.

Do a second round using Choice Statements; something like these phrases, but use your own words:

Eyebrow	<i>I choose to let go of this anger right now...</i>
Side of the Eye	<i>I choose to eliminate all of this baggage...</i>
Under the Eye	<i>I choose to forgive ____, for my sake...</i>
Under the Nose	<i>I choose to let this go...</i>
Chin	<i>I choose to put all this guilt and shame behind me now...</i>
Collarbone	<i>I choose to annihilate all of this baggage, hurt, pain, abuse, _____</i>
Under Arms	<i>I choose to get over this hate and resentment...</i>
Liver Point	<i>I choose to eliminate this ___ at the cellular and molecular levels of my body...</i>
Wrists	<i>I give myself permission to let it go now...</i>
Crown of Head	<i>I choose to begin my new, rejuvenated identity right now...</i>

Do a third round alternating the negative and positive statements:

Eyebrow	<i>Any remaining childhood baggage over ____...</i>
Side of the Eye	<i>I choose to eliminate it now...</i>
Under the Eye	<i>Any remaining anger, guilt or ___ (whatever emotions you had)</i>
Under the Nose	<i>Any remaining hate and resentment...</i>

Chin	<i>I choose to bury it in a deep, dark hole...</i>
Collarbone	<i>I choose to annihilate all of this shame, guilt, hurt, pain, abuse and ---</i>
Under Arms	<i>Any remaining negative emotions...</i>
Liver Point	<i>I choose to eliminate all of it at the cellular and molecular levels...</i>
Wrists	<i>Any shred of negativity from childhood</i>
Crown of Head	<i>I choose to eliminate it right now</i>

When you feel you're really over the baggage, test yourself by trying to get upset. If you find you're still a bit uncomfortable or another aspect pops up, tap it away just as you did the other issues.

Start at step 16 unless the intensity level is more than a 3 on the remaining "stuff."

**This next sequence is my favorite part of this process, because it leaves you with a positive outlook, rather than just neutral.**

Feel free to use this sequence after the resolution of every tapping session. When you're sure the intensity is zero, continue with two more "bonus" rounds using positive statements about yourself. As a guide, use words or phrases that would be the opposite of how you felt as a child. No Set-Up is required.

Eyebrow	<i>I choose to be proud of myself for surviving</i>
Side of the Eye	<i>I choose to start recognizing my abilities...</i>
Under the Eye	<i>I'm a good person...</i>
Under the Nose	<i>I'm more than OK</i>
Chin	<i>I'm smart and resilient</i>
Collarbone	<i>I'm well-liked by others</i>
Under Arms	<i>I'm a good Dad/Mom/Sister/Son/Friend</i>
Liver Point	<i>I'm creative and clever...</i>
Wrists	<i>I have a good sense of humor...</i>
Crown of Head	<i>I'm a good friend and others like me...</i>

Keep going if you can, adding other phrases that are true for you, such as:

*I'm a survivor, I acknowledge myself for my kindness to others, I'm compassionate and caring, I choose to be confident and certain, I'm a powerful, intelligent, loving man/woman.*

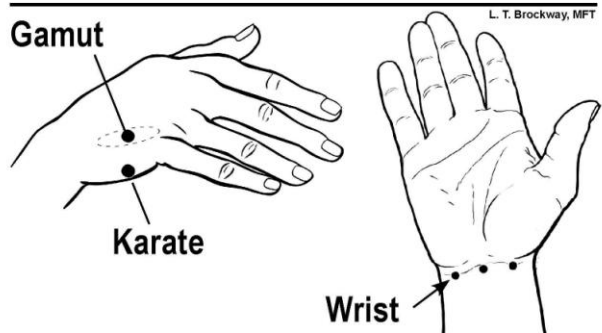
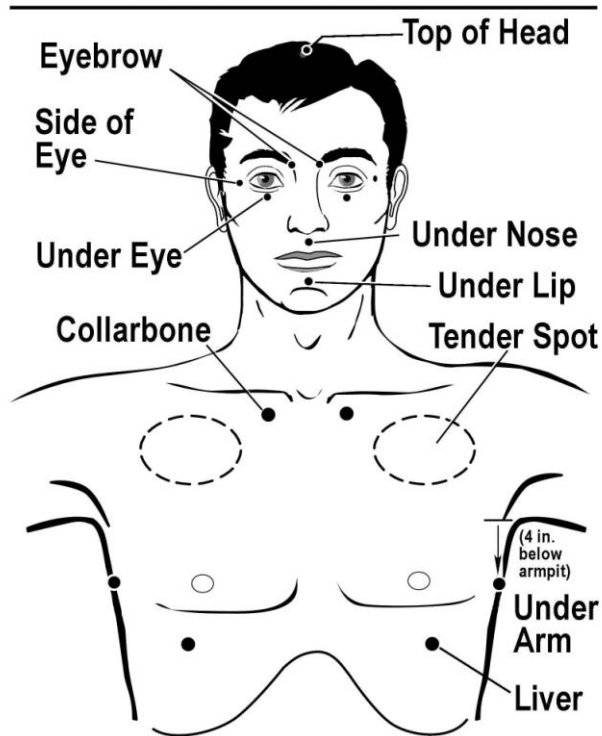
Ending this process, like this, in a positive, upbeat note, makes you feel happier, lighter and empowered. Acknowledge yourself for doing a good job!

Good luck and Good Tapping,

Lindsay Kenny

Here is a diagram I had made of the tapping points. I recommend you tap with both hands on both sides of the body for faster results.

## ENERGY POINTS





**Lindsay Kenny** is an EFT Master and Meridian Tapping Techniques Life Coach from the San Francisco Bay Area. She has telephone clients worldwide, conducts Pro EFT and Pro-ER teleclasses, webinars and live workshops in these advanced tapping techniques. She also holds Weight Loss Clinics a Practitioner Intensive and other specialty workshops.

For more information please read Lindsay's FAQs page or "Free Stuff" pages at [www.LKCoaching.com](http://www.LKCoaching.com). Email Lindsay at [LKCoaching-Linz@yahoo.com](mailto:LKCoaching-Linz@yahoo.com) or 415-507-0889.

Lindsay Kenny's eBooks:

- *12 Tips* – for more effective tapping
- *Clearing Clutter* – how to find out why you hang onto things and how to change that behavior
- *Ultimate Truth Statement* – how to change behaviors like overeating, smoking, or to go toward a positive goal
- *Reversals* – neutralizing resistance to healing

See the Products page of her website for these and dozens of other articles, audios and books: [www.LKcoaching.com](http://www.LKcoaching.com)