






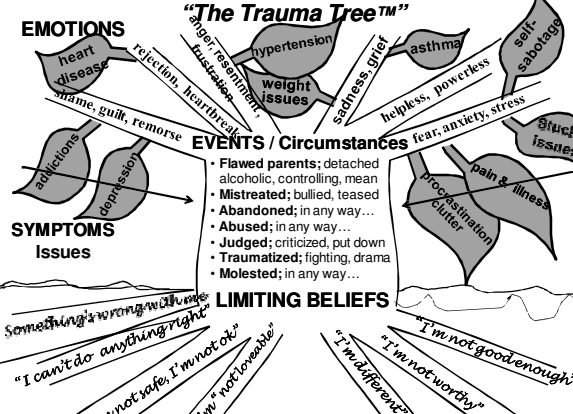
The “Trauma Tree TM” / Prosperity Tree

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Benefits of using the Trauma Tree

- Helps you see all elements of an issue
- Allows you to see how Limiting Beliefs are formed
- Increases the efficiency of neutralizing an issue
- Promotes a cognitive shift for traumas, emotions circumstances, and beliefs



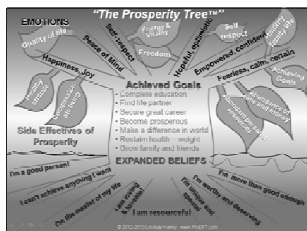


Steps to Tapping it Away Part 2



1. **Give your "tree" a name;** Trauma or Issue Tree, Whomping tree, Tree from Hell, Sucky-Life Tree etc.
2. **Assign an Intensity** (10- 1) by "sitting in the branches" and guessing what it feels like
3. **Do a Reversal Neutralization** *"Even though this tree affects me in negative ways, there's a part of me that doesn't want to let it go..."*
4. **Tap it Away** – using the Golden Gate Technique

Prosperity Tree Living IN the Future



Taking your life to the highest possible level

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"The Process Box"

EMERGOS

Inputs

- Material
- Energy
- Information
- Financial
- Human
- etc.

SYNTHOSIS

Outputs

- Products
- Services
- etc.

PROCESS

EMERGOS

- Inputs
- Outputs
- Products
- Services
- etc.

SYNTHOSIS

- Outputs
- Inputs
- Materials
- Energy
- Information
- Financial
- Human
- etc.

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2. **Assign an Intensity** (10- 1) by “sitting in the branches” and guessing what it feels like
3. **Do a Reversal Neutralization** *“Even though this tree affects me in negative ways, there’s a part of me that doesn’t want to let it go...”*
4. **Tap it Away** – using the Golden Gate Technique

For our eBook on the Trauma Tree visit
www.EFTeBooks.com



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Here’s the “Tapping it Away” Part
Using the Golden Gate Technique



**When the intensity is
10 – 8**



VENT YOUR FEELINGS

(No Set-up phrase needed after doing the Reversal Set up)



Venting Reminder Phrases: (on the tapping points)

- *My awful, yucky tree...*
- *all those nasty things that happened to me...*
- *it wasn't fair...*
- *it still impacts me after all this time*

**While the intensity is
still 10 - 8**



More Venting Reminder Phrases:

- *it really hurt me*
- *I'm still sad about it*
- *all of that trauma, angry & resentment*
- *all of those negative feelings*
- *all of those beliefs I formed about myself*

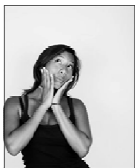
Do 2 – 3 rounds of venting, then reassess the Intensity.
When it's an 8 or less go to the next step

**When the intensity is
between 8 & 4**



USE DESIRE STATEMENTS

Reversal Set-up: *Even though I'm hurt by my Trauma Tree, there's a part of me that doesn't want to let it go.*



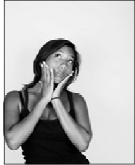
Desire Reminder Phrases: (on the points)

- *I want to let it go*
- *I am willing to release the trauma ... and all of the pain and sadness"*
- *the remaining trauma tree pain*
- *I want to get over it now*
- *I allow myself to let it go*

**When the intensity is
between 8 & 4**



2nd Reversal Set-up: *Even though there's still some I'm hurt, anger and limiting beliefs from my Trauma Tree, there's a little part of me that doesn't want to let it go...for whatever reason...*



More Desire Phrases:

- Remaining TT of pain, anger and hurt
- I am willing to release it
- and any resistance to letting it go
- the remaining trauma tree "stuff"
- I want to get over it now
- I allow myself to let it go

> Repeat until intensity is 3 or less

**When the intensity is
3 or less**



USE CHOICE STATEMENTS

3rd Reversal Set-up: *Even though there's still some "stuff" from my TT, I choose now to let it go."*



Choices Reminder Phrases:

- Remaining anger or hurt
- I choose to release it now
- Remaining Trauma Tree garbage
- I choose to neutralize it
- Any limiting beliefs I formed
- I choose to let them go!

**When at a zero:
Test yourself by trying to get upset**



If something is still there, tap it away
Tap and test until the 'tree' is truly gone

Golden Gate Technique Reminder



1. Set-up Reversal Statement (on KC point) "Even though this Tree hurts me, there's a part of me that doesn't want to let it go..." (repeat 3 times)
2. 1st round (on tapping points: Use negative reminder phrases: "This Trauma Tree" or "My childhood pain and misery" etc.
3. 2nd round- vent your feelings "I'm really upset when I look at the whole thing. What a mess!, I really wasn't fair, etc.
4. Reassess intensity

Golden Gate Technique Continued



5. When at 8 or below, repeat Step 1 and 2, but alternate phrases to include desire statements:
*This *&!# tree. I want to chop it down...*
6. Repeat 4 and 5 until intensity is 3 or less
7. When a 3 or below use *Choices...* "Even though there's still a little left of the TT, I choose eliminate it now."
8. When at a zero, test again. Try to get upset. Ifd if there's anything there, continue to tap it away.
