

Progressive EFT™

Tapping into Joy, Prosperity & Emotional Freedom

Bundling Baggage



Neutralizing; Repetitive Traumatic Events or Limiting Beliefs and Fears

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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 download our free Starter Package and read about EFT at: www.ProEFT.com



Bundling Baggage

by Lindsay Kenny

One of the first things I learned about EFT 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 other negative emotion, however, you are seeing the *symptom*, not the cause.

With tapping it’s important to address the core issue, that is the underlying cause of an issue in order to eliminate the resulting emotion. Yet often the cause for a problem isn’t just one thing, but rather a combination of events or circumstances. But finding all of the reasons why you have an anger, weight or clutter issue, could take forever. AND, you may not really know what “it” is, or where to find it.

Being specific is important when neutralizing a *singular* issue, emotion or event. There are other times, however, when being specific can be ineffective or even harmful.

Being specific for highly traumatic events may re-traumatize a client (not a good thing) and should be avoided by using a *Gentle Technique*, of which Bundling Baggage is.

I started recognizing early on in my EFT career that core issues (the cause of the problem) can’t be confined to a single incident. In fact, after working with hundreds of clients, I realized that 95% of people’s issues could be traced back to **repetitive, negative events or circumstances that occur during our childhood.**

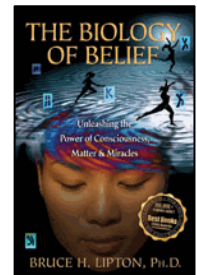
For instance, you may have had an alcoholic parent who ignored you, didn’t acknowledge your accomplishments, or was aggressive or abusive to you. Or perhaps your mom or dad repeatedly yelled at you, hit you, or fought with each other in front of you. You might have been bullied or teased by peers or siblings. Perhaps you lived in poverty and felt shamed

by it. 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 harmful events occurred during your formative years, 0-7, they would be among the first negative events of your life. They would represent 100% of your negative experiences at that time and therefore more impactful.



Dr. Bruce H. Lipton, PhD (one of my favorite authors on the planet,) so adroitly describes the science behind this in his groundbreaking book, The *Biology of Belief*.



Dr. Lipton describes in detail how he made a startling discovery that shows why and how we become who we are (he's a cell biologist, btw.) Here's a quote of his I've used a thousand times:

"Our perceptions about ourselves, true or false, positive or negative, alter genetic code at the cellular level."

What? Is he saying that our beliefs (formed in childhood) can determine who we are? Yes! That's exactly what he's saying.

Regardless of what the events might have been; physical or emotional abuse, bullying siblings, fighting parents or whatever, it can cause anxiety, fear, insecurity, a sense of unworthiness, sadness, frustration and much more.

But even worse than the negative emotions children experience, are the limiting beliefs that begin to form. Based on their parents' behavior or words, children begin to believe that something is wrong with them, that they don't matter, that they're different, they're not safe, unworthy, or that they're just not good enough.

These, limiting beliefs become programmed into a child's subconscious, forming the foundation upon which he or she will build the rest of his or her life.

Later in life these foundational beliefs manifest themselves in numerous “symptoms” such as self-sabotage, clutter, weight issues, low self-esteem, feeling stuck or unmotivated, financial failures, addictions, depression and countless other issues.

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 slowly developed the **Bundling Baggage Technique**, a highly efficient and effective way to neutralize these serial events, traumas, abuses and more.

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.

In effect, we often just pick up where our parents left off by continuing to abuse ourselves 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": This neutralizes the "Subconscious Resistance to Change" and greatly expedites tapping's effectiveness.

For more information about *Reversals* read my article on the Free Stuff page of my website (www.ProEFT.com.)

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

"Even though my childhood baggage (or whatever name you gave it) profoundly affects me today, there's a part of me that doesn't want to let go of it. And I want to love and accept myself anyway."

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.

5. Next do one round of tapping on points using a reminder phrase at each point such as *...these childhood traumas...* whatever your phrase is. (see the [tapping points below](#))

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.

7. 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.
8. Do another Set-Up on the 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.

9. Tap another round using your "baggage phrase" at each point, preceded by the word "remaining" i.e. ...*remaining treatment 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, repeat steps 8-11.
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>
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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	Any remaining childhood baggage over ___...
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 important because it leaves you in a positive place rather than just in a neutral zone.

Feel free to use this sequence after the resolution of every tapping session. When you're sure the baggage is cleared, continue with two more "bonus" rounds using positive statements about yourself. As a guide, use words or phrases that are 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:

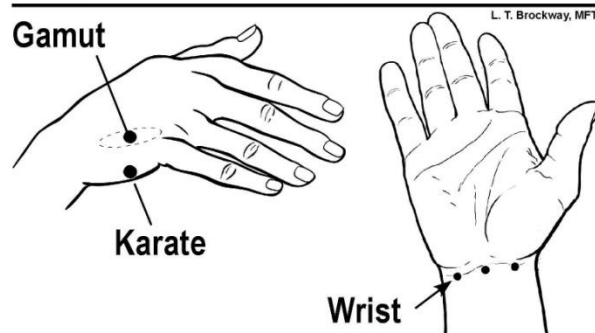
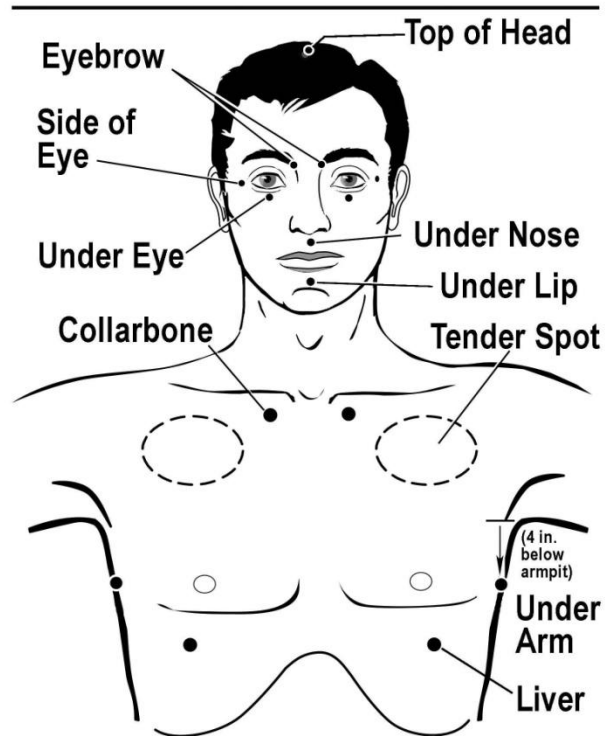
I'm a survivor, I acknowledge myself for my kindness to others, I'm compassionate and caring, I choose to be confident and certain, I'm a powerful, intelligent, loving man/woman.

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 all of the tapping points. I recommend you tap with both hands on both sides of the body for faster results.

ENERGY POINTS





Lindsay Kenny, EFT Master

Lindsay Kenny has using and teaching EFT since 2000 and has branded her own version called Progressive EFT (Energy Field Tapping, aka Emotional Freedom Techniques,) or Pro EFT™. She is also founder and director of the National Alliance for Emotional Health, Trainer of Trainers for AAMET and Certified Matrix Reimprinting Trainer.

One of first EFT Masters, Lindsay has been helping others improve their lives and attitudes for over thirty years. She facilitates Workshops, Teleclasses, and Video Web-Classes. She also created the exclusive 5-day Practitioners Intensive for aspiring practitioners.

Lindsay conducts sessions by phone nationally and internationally, or in person in the San Francisco Bay area. Visit her website, www.ProEFT.com, for FAQs, fees and a wealth of tapping information. There you can find free audios, videos and downloads, and can purchase some of her numerous tapping-related products.

Find the Pro EFT™ workshop scheduled at
www.TappingWorkshops.com

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