



Tap Away Pain and Illness

Part 1-a

- Messages from your body
- Tapping on the symptoms
- Reversal Neutralization
- The Golden Gate Technique

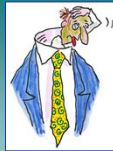


with
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Founding Master

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Legal Stuff

- The techniques or methods in this video are intended to help you discover potential causes and tapping solutions for your ailments
- These tapping techniques and tips are not intended to replace conventional medical procedures.
- Please consult your health-care practitioner about your health issues. Feel free to direct him/her to our website at www.LKcoaching.com for more information about EFT.
- Please Do Not stop taking prescription medications without your doctor's express consent and guidance.



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Two Types of Pain, Illness or Ailment:

1. **Current** (recent)
2. **Chronic** (old & ongoing)



Deal with the *symptom* and the *cause*

Pain is a message from your body;

"There's something wrong. Help me!"

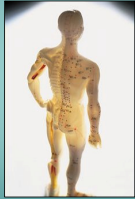
- Hey, there's energy stuck in here!
- Hello? I have some meridians out of balance. Can you help me out?
- Looks like there's some unresolved emotions too. Please do something about that.
- Please listen to my messages, (symptoms) instead of trying to silence me with medications. Please fix me!
- Be grateful that I'm giving you a sign



*"...I'm trying to tell you something...
please slow down and listen"*

First, tap on the *physical* symptom

It may simply be a meridian problem



- Use specific location; bottom of left heel, right, lower-back, base of neck
- Use the description in the set-up statement and reminder phrases
- Combine the symptom and the emotion:
This anger in my throat... the fear in my stomach... the stress & anxiety in my shoulders... this aching hole in my heart...
- If tapping on the symptom doesn't work, switch gears; Find the cause!

See Golden Gate Technique tapping template at the end

Golden Gate Technique template for pain and illness



1. **Set-up statement:** *"Even though I have this upset stomach and nausea, I completely accept myself"*
2. **1st round:** Use reminder phrases *"my upset stomach"*
3. **2nd round:** Vent your feelings *"I feel awful"... "I'm so nauseous"... "this is not a good time to be sick"*
4. **Reassess intensity:** (10-0) Repeat 1-3 if no change
5. **When at an 8 or below, repeat Step 1 – 3;** but add desire statement to 2nd round to *"I want to get over this"*
6. **Repeat 4 and 5** until intensity is 3 or less
7. **When a 3 or below use Choices...** *"Even though I'm still a little nauseous, I choose release it now."*
8. **Tap until the sickness is gone.** If tapping on the symptom doesn't work you need to get to the core issue

1- When intensity between 10-8, use negative phrasing	2- When the intensity is between 8-3, change to desire statement	3- When intensity is 3 or less change to choice statements
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GGT-3 Sections

Transitioning from negative ➡ ➡ ➡ ➡ ➡ to positive

Uncover fears or resistance about becoming well

- ✗ Resisting going back to work
- ✗ Fear of *life-altering* changes from letting go of health issues
- ✗ Fear of the unknown, of losing identity or self
- ✗ Fear losing a good excuse
- ✗ Fear of losing special attention or sympathy
- ✗ Belief or fear “this” won’t work

Do a Reversal Neutralization!

For more information on Reversals, please watch the video on this page: <http://tinyurl.com/ReversalsConfo>

- 🌱 *I want to love and respect myself (or body,) even though there’s a part of me that doesn’t want to be well (or get over this _____.)*
- 🌱 *I want to accept my body, even though there may be hidden reasons why I don’t want to heal.*
- 🌱 *I want to love myself, even though, for whatever reason, conscious or not, there’s a part of me that’s reluctant to get over this problem*
- 🌱 *Even though I don’t understand it, I want to forgive the part of me that doesn’t want to be well.*

Other tips

- Continue or repeat these steps until you get results
- Be persistent. Sometimes getting well via tapping just takes more time or focus than expected
- In part 1b you'll learn ways to find and neutralize the *cause* of the problem, pain or illness
- Learn and use the Reversal Neutralization process. Watch this additional video at tinyurl.com/ReversalsConfo
- If you are still not getting results, consult a qualified, EFT practitioner. For certified practitioners visit AAMET.org or other practitioners at www.TappingInternational.com
- If you are seeing a doctor or other health-care professional, please continue to do so. Do not stop taking your meds.

Disclaimer: While EFT and Pro EFT have never been known to harm anyone, you must use it in a conscientious way, being responsible for your own health.

Be sure to watch Parts 1b and 2 of this series



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