

EFT Serve Questions & Answers 15th May 2021

1. How do we do the tapping for Varicose Veins?

You begin tapping by saying,

- a) *"I choose my veins to feel competent, but sometimes I like to work hard because I don't feel competent, and it's my choice. I choose my veins to feel competent."*
- b) *"I love to have free flowing circulation in my body. I love having my lymph drain my arteries filled with healthy blood with every breath I take, and I am so grateful that all the incompetence is being pumped away by the veins."*
- c) *"I am so grateful it's taken to the heart and then the lungs; my delicious lungs, oxygenating all that blood pumping, all that blood with oxygen."*
- d) *"Filling them up with so much confidence and happiness. I can't stop the veins pushing the blood up. There's no space to get stuck with varicose veins."*
- e) *"I am so happy for all the hemoglobin in my body; all the hemoglobin going in my body oxygenating my cells, freeing my toxins and making feel fantastic."*

You can recite this during your Personal Peace Procedure as well.

2. How do I tap for the label Hypothyroid?

You can tap for this label by saying the following,

- a) *"Even though I really like to rest, I thank thyroid for giving me an excuse to rest. Rest is a way to deal with my emotions because I don't really like sharing my emotions."*
- b) *"Rest is very healing to me and maybe I'm open to the possibility of continuing to rest irrespective of all these workshops."*

- c) *“Continuing to rest, allowing my body to rest, allowing me to rest, putting myself of first, letting go of the fear of missing out. Loving myself more than the fear of missing out.”*
- d) *“And suppose somehow, I could rest today and everyday and suppose somehow my thyroid heals with rest, I love how energy fills my brain and body. I love how my thyroid is reversing. I am so exciting at how healthy my body is.”*
- e) *“Even though I have had the label thyroid that was then this is now. I am open to thanking my thyroid. I am open to the possibility of loving my body.”*
- f) *“Every day, I am getting so healthy. I am putting myself first. Every day and in every way I am making the healthy choices. I am so excited to make these healthy choices. I love looking after my body.”*
- g) *“I love going to sleep. I love taking care of myself. I just love myself. I am so lucky; I can’t stop smiling. I am so happy I can’t stop breathing. I am so happy I can’t stop metabolizing. I am so happy and excited to having a rocket like metabolism.”*
- h) *“I can eat anything and everything whenever I want. My body is just burning it up. My body is fat burning machine. I am so happy my body is a fat burning machine.”*
- i) *“Every day, my metabolism is coming into balance. I am so grateful to my super metabolism. I love having this kind of metabolism.”*

3. I have anxiety and I want to know if I could use positive tapping to overcome it.

Yes, positive tapping can help you overcome anxiety. You could tap with,

- a) *“Even though, I get anxious sometimes that was then this is now; I am open to the possibility of peace.”*
- b) *“I welcome the possibility of peace. I allow the possibility of peace. I’m so happy at that possibility of peace. I love experiencing peace. I welcome all of peace in my life.”*

c) *"I allow peace to shower all over anxiety. I am so happy that I feel so peaceful. I love being peaceful. I really enjoy being peaceful. I just want to be peaceful. I love being peaceful."*

Reciting this during your Personal Peace Procedure would be helpful too.

4. If something has happened very recently and can't even write it down because of how jumbled everything is, how does one go about the positive tapping and Personal Peace?

Just begin by writing it as a story, step-by-step.

Start with what exactly happened in the beginning and continue with it.

Begin with writing about when this incident took place and what was told during the incident. You need to use your specific phrase and you need to write down the specific phrase of what they said, that really hurt you.

Keep tapping on that with, *"Even though when (this happened), it made me feel and, I love and accept myself."*

If an abreaction happens, tap under the eyes, the collarbone and under the arms, and simultaneously recite, *"Shut down, devastated, numb"*, or whatever you are feeling because of the incident.

With something this sensitive, I would recommend doing this with a Practitioner and not as a Personal Peace Procedure. This is something that is very natural, so what you want to do is take that past memory, and as you take it, put it in a box and cover it. Bring it up with your Practitioner once you schedule a session and work on this.

5. If we are doing a short Personal Peace Procedure and a similar event with a higher intensity has taken place in the past but has come up, what do I do?

So, if another event like this comes up, I would write it down and put it in a safe place and address it either with a Practitioner or with a buddy who would hold space for you.

6. How can I conduct an hour-long EFT session on myself? When I work on myself, I found that I can only complete 10 minutes and not an hour-long session.

So here are some of the strategies you can adopt while working on yourself as a part of a case study or a personal peace procedure:

- Fill in an intake form for a series of 6 self-help sessions and then book an appointment with yourself in the diary.
- Make it an hour-long appointment and treat it like a professional appointment as if you were working with a client.
- Set your private space up as if a client is coming. For example, clean the space, have a glass of water, tissues, spray the room with aroma oils to have the same smell or light incense.
- Meditate prior to the beginning of a session, just like you would with a client.
- As the session begins, review the intake form and then ask yourself, *"What do you want to work on today?"*
- When you answer the question, focus on that, as the place to begin the session.
- You can also open your skype or zoom account and look at yourself on the screen and ask yourself the question and wait for a response. The same approach is possible while looking at a mirror.
- If you are unsure how to get started, follow these steps:

- Scan the body, mind, emotions and ask yourself, *“How am I feeling today?”*, *“What do I want to work on today?”*, *“How is my body feeling?”*, *“What does my body want from me?”*, *“Who or what situation needs some attention?”*, *“What do I want to explore, such that if I explored it, it would make a real difference to my life?”*.
- Ask yourself, *“What number is this issue, goal, or challenge that I want to explore today?”*
- You can replace I with you as if you are the Practitioner asking yourself the question.
- Write down the answers to the questions at any intensity levels (SUD’s and VOC’s). This will help you to stay on track with the different aspects being explored.
- If you get stuck ask yourself, *“If you were working with a client, what would you do right now?”*
- If the mind checks in, just notice the mind checking in. You might wander off for a bit and then you will find you will come back to yourself.
- You can also record the sessions to remember what happened to be able to write up the case study.

Role Play 2 Chair Method When Working with Self

- Have 2 chairs placed out side by side or diagonally opposite each other. Do not lace the chairs directly opposite each other as it can be too confronting or you can anchor the client directly to yourself.
- Sit in the Practitioner chair first and look at the other empty chair and imagine yourself as the client sitting there. Ask

yourself, *"How are you feeling today? What would you like to work on?"*

- Then move places and sit in the client's chair and respond.
 - Then move back to the Practitioner's chair and ask any clarification questions or play back to the client what they want to work on and get started.
 - If the client wants to respond sit back in the client's chair. Then come back as the Practitioner and start tapping and imagine yourself as the client who is tapping along with you.
 - You can also come and sit in the client's chair and lead the tapping.
 - After each or at least a couple of rounds later, come back in the Practitioner chair and ask, *"What happened?"*, *"How are you feeling?"*, *"What do you want to explore next?"* Review what was written down from time to time.
 - At the end of 3 sessions review progress versus the Intake form and at the end of 6 sessions review progress again. In the event, you want to continue an additional 6 sessions, update the Intake from.
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- While you are tapping on yourself what can happen is that the tapping begins, and it keeps going, without anyone holding space for you. There is no one present to get you to pause, review progress, or test where things are at. By using the role-play 2-chair method where you play each role and write down what unfolds it can keep you on track with the session.

- At times we are not able to give ourselves the session. It might be a more traumatic incident or an issue that is causing overwhelm. It will be wiser to have another person support in the role of a Practitioner.

What to do if your mind is checking in a lot while you are tapping with yourself?

- So, you can have a conversation with yourself and ask yourself, *"I am noticing the mind is checking in, what will work for you now to continue tapping?"*
- You can also engage the mind and ask, *"What's the reason you are checking in? What is it that you want?"*
- In many cases, the mind checks in because it wants to feel safe. So, you can ask, *"What are you feeling now?", "What are you thinking now?", "How does that make you feel?", "What do you need to feel safe?"*
- It is okay to pause and give the mind the full attention and tap on, *"Even though my mind wants to check in and it makes me feel XXXX, I deeply and completely love and accept myself."*
- Likewise, you can tap on *"How does it make you feel, knowing that your mind is checking in?", "Even though my mind checks in and it really irritates me, I deeply and completely love and accept myself."*
- Give the mind a job. Ask the mind about the colour, texture, size, and shape of the thoughts and feelings. You can also ask

the mind to describe the colour, texture, size, and shape of the act of checking in. For example, *“What is the colour of checking in? What is the size of checking in? What is the shape of checking in?”*

- Focus on body sensations. Bring attention to your body. As the body never lies but the nature of the mind is fear, doubt, judgments, and anger. You can ask, *“Where in the body are you feeling these emotions/thoughts?”*, *“How does it make you feel?”* You can also breathe into the body and ask the body, *“If this part of the body could communicate, what would it say?”*

If you are trained in Inner Child Matrix, how can you tap on yourself?

1. Invite the inner children one by one or together as a collective consciousness.
2. If you are working with the Inner Child, close your eyes just like you would do with a client.
3. Then you can ask your inner child, *“What are you feeling?”*
4. Then ask yourself, *“If you were working with client what would be the next step?”*
5. Then ask yourself, *“What resources they would need?”*
6. Keep connecting with the Inner Child in the Matrix.
7. If you get stuck, bring a mentor and ask them for help.

In summary, the tips you can use while working on yourself:

1. Jot down some bullet points/notes while working with self, making a note of what wants to be explored, the SUDs level, what happened, and what wants to get explored next. Keep it brief so you can look back at it from time to time.
2. Whenever stuck, ask yourself, *"If you were to be giving the session, what questions would you ask the client?"*
3. Role play with 2 chairs. Play out the role of a Practitioner and Client, physically getting up and sitting on each chair, facing, and speaking as if you were speaking to the other person.
4. Have a note on the wall as a visual cue, *"If you were working with a client, what would you do next?"*
5. Be aware when you need professional help and have another person present for you, giving yourself the sessions.