

Step-by-Step Summary for the “Bundling Baggage” Technique

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1. Bundle in your mind, repetitive negative events, abuses or traumas that are similar.
2. Give those experiences or “baggage” a short name such as “Childhood Traumas,” “Alcoholic rages,” “Disengaged Mom,” “Brother’s Bullying,” “My childhood from hell.”
3. Give this collective bundle of baggage an intensity rating from 10 to 1. If you don’t know, just guess.
4. Do a “Reversal Neutralization” on your phrase. “Even though I DON’T want to get over this _____ (fill in your personal phrase here), I do want to love and accept myself.” Repeat three times, ending with “Even though for *whatever* reason, I don’t want to let this go, I do want to accept who I am today.”
5. Tap away the childhood baggage. Starting with a set-up point (on the KC Point) of “Even though, after all these years, I’m still affected by the (add your phrase here), I want to love and accept who I am now.” Repeat three times. Continue EFT as normal (or use the Golden Gate technique) until the issue is completely neutral.
6. When you really feel you’re over the baggage, test yourself by trying to get upset. If you find that there’s still a little bit, or you discover another aspect you hadn’t dealt with yet, or that’s still there, tap it away, just as you did the other issues.

