

Restoring Your Natural Health and Well-Being

Steps to Eliminating Pain, Disease and Illness

By Lindsay Kenny, EFT Master

Like any other issue with EFT, consider any physical ailment a symptom. Even chronic pain, caused by an old accident, operation or injury, can hang on long after the wounds have healed. That's because the incident is often tied to a trauma or emotion the body is hanging on to (such as anger, guilt, blame, sadness, shame, etc.) It's often these emotions, or the event itself that hold the pain, or cause the disease.

First:

Ask yourself or your client, "When did this begin?" Then ask, "What else was going on at about that time?" Most people will know exactly what significant event happened shortly before, or even concurrent to the onset of the physical issue.

Many people remember a divorce, an accident, the death of a loved one, a traumatic move (career or family) or other life-altering, or life-shattering event that happened around the time their condition surfaced. Clearing that trauma with EFT will put you well on the way to correcting the physical issue.

Note: I use the terms illness, disease, pain, issue and condition interchangeably. Use your own specific issue instead of those general words i.e. "This sharp pain in my right ankle" or "This chronic fatigue."

If you really can't remember anything that happened around the time you first noticed your condition, tap on "the mystery trauma" that started this illness. Often the trigger is simply a resistance to something going on in your life; a move you didn't want to make, a divorce you didn't want to go through with, or letting go of a tough job. Conversely the end of a relationship *wanted* to end (but felt guilt about,) or the birth of a baby that was wanted (but brought up fear of responsibility,) or changing jobs (that brought on anxiety) can trigger a physical issue.

Next:

Tap on what you believe might have been the *cause* or beginning of your physical condition, until you are completely at peace with it (at an intensity of a zero) For possible phrasing see my FAQs page on my website www.LKcoaching.com

Third:

Do the following process focused now on the *symptom*. Start with a set-up statement such as:

"Even though I have "this condition" I love and accept myself completely." Optionally, you can add "...and I ask my body to eliminate (or turn-around, or release) this condition." Repeat 3 times. Then, tap on each point while saying these different phrases (one phrase per point)

- I ask my body to let go of this condition
- It's natural for my body to be healthy and well

- I'm grateful for the health I do have
- Each of my body's cells know how to reclaim my health
- I ask my body to heal itself

- I may not know why or how I got this condition
- But if I am able to create it, I am capable of letting it go
- My system has a natural wisdom for healing
- I allow my body to gently and naturally release this condition
- I ask my body to send healing energy throughout my system

- I trust my body to reverse this illness
- I know that the gift of wholeness and health is already on the way
- I trust my body knows how to heal itself
- This illness is reversing its course right now
- Well being is natural for me

- Optimal health is what I want and expect
- My cells are requesting what they need
- I trust that the universe is granting that need now
- I ask my body to send healing energy throughout my system now
- My goal is to allow my body to heal naturally by keeping positive thoughts

- I feel the healing energy coursing through my body
- I'm grateful that this pain has let me know that I had a problem
- I hear that pain and am allowing it to evaporate now
- I want to be pain-free and whole bodied again
- I trust in source energy (the Universe, God, my higher self) to allow this process to work

- I deserve to be healthy
- I see myself as whole, healthy and pain-free
- I am grateful for my impending wellness
- I allow myself to be healthy again
- I ask my body to restore my health

You don't need to use all of these phrase, or any. Make up your own if you wish. The process is to ask your body and the Universe to restore your health. The goal is to stay positive and in a receptive mode to receive the 'gift' you're asking for. And the purpose of these processes is to clear the way for ideal health. If you stay focused on the problem, instead of the optimal solution, you'll keep the condition you're trying to eliminate.

Tap everyday, if necessary until you get the result you want. With pain, usually one session is enough. With serious diseases you need to tap every day, 2-4 times a day until you get the result you expect and want. BE PERSISTANT!

Ask for perfect health, expect it and feel grateful and fabulous that it's on the way.

Good Luck and Good Health!

Lindsay Kenny