



# Pro EFT

## Progressive EFT eBook by



**Lindsay Kenny, EFT Master**  
[www.ProEFT.com](http://www.ProEFT.com)

Pro EFT is an advanced version of EFT and  
Meridian Tapping Techniques

This material is best supported with a live training event. Find us at  
[www.TappingWorkshops.com](http://www.TappingWorkshops.com)

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# The Pro EFT eBook

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# Progressive EFT

## Innovative Techniques to Restore Inner Peace and Wellness

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**The purpose** of this e-book is to guide you through the basics of EFT and some Pro EFT innovations. Using narratives, processes, visuals and quizzes, we hope to increase your skills to help lead you to a comprehensive understanding of tapping. With this knowledge and your committed practice, you can acquire the ability and experience to use it confidently and proficiently on yourself for basic issues.

**Pro EFT is more of an art than a science.** So while you can learn so much from this book and this workshop, there's still nothing as powerful as experience and practice. Practicing what you've learned is the biggest component to becoming the Ultimate Pro EFT Practitioner.

Years ago I learned to sky dive (what was I *thinking?*) I was surprised to realize that in the four-hour class leading up to the actual dive, only 20 minutes were spent on "how to sky dive." The last three and a half hours were spent on what to do if it didn't work. How to untangle the cord, what to do if the chute didn't open properly, and how to steer away from telephone poles and rooftops, were just some of the life-saving lessons we needed to learn. We all listened closely to those lessons.

Learning Pro EFT is a little like sky diving. The basics are pretty easy. It only takes a few minutes to learn the tapping points and the basic setup statements. But in actuality it takes much more knowledge and practice to really learn the true skills and "art" of Pro EFT. Good luck and good tapping!

# The Body's Energy System



During the past couple of decades, it has become widely accepted that our emotional health plays an important role in our physical well-being. We recognize that our hearts pound when we are frightened, our faces turn red when we are embarrassed, our palms become sweaty when we are anxious and, most commonly, we get headaches or stomachaches when stressed.

When we consider the myriad of physical symptoms stemming from emotional issues, it is hard to deny that emotions affect our bodies. In fact, there is an endless list of ailments attributed to stress alone, including indigestion, ulcers, stiff neck, shoulder pain and tooth grinding.

Left untreated, negative emotions can have a profound impact on our physical well-being. Asthma, migraines, ulcers, and hypertension are just some of the physical ramifications from ignored emotional issues. Research has also proven that negative emotions play a significant role in more complex ailments, such as multiple sclerosis, Parkinson's disease, cancer and other serious illnesses.

So how do negative emotions cause physical illnesses? To truly understand this we need to look at what causes negative emotions. There are four major movements in our body which include blood flowing through our veins, breath moving through our respiratory system and food and water moving through our digestive tract. The fourth movement is energy or electricity that flows through our body by way of 14 tiny pathways called meridians.

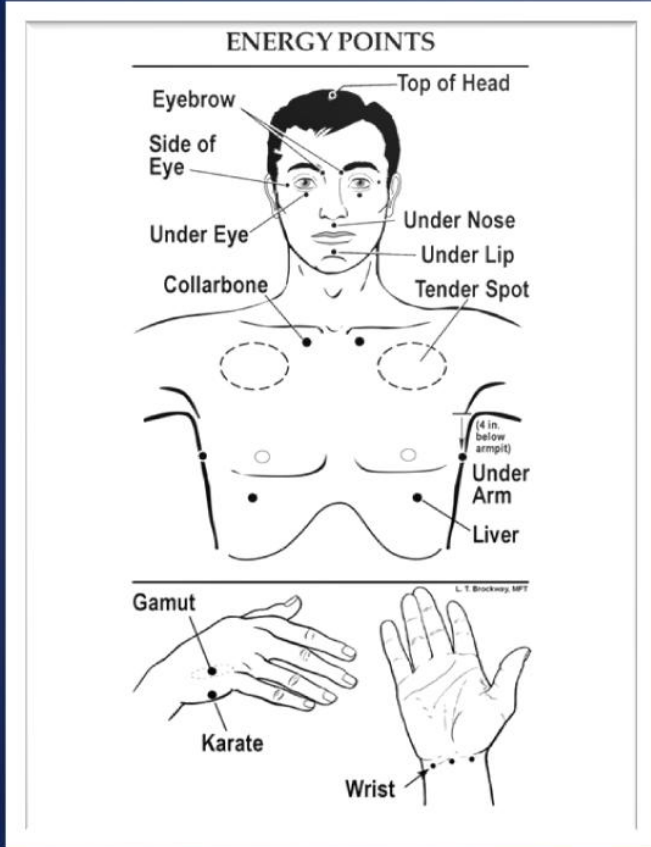
These meridians then branch into hundreds of others, carrying this vital energy that the Chinese call Chi.

**When this energy is disrupted, it creates a negative emotion.**

If our electrical system were to be completely disrupted (such as a severe jolt from a live electrical wire or other types of shocks) we would die, just as we would die without oxygen, food or a blood supply.

Several sciences and alternative medical practices are based on the energy system. Acupuncture, acupressure, Pro EFT, EFT, EMDR, Reiki, and BASF are just a few. And while energy psychology has become much more recognized in the past 15 years, it's still considered "a bit out there" to many in the medical field. Those who take a few moments to experience it, however, quickly learn that it is truly remarkable.

Pro EFT, an EFT "cousin," is also relatively new to the healing arts, yet thousands of practitioners use it daily in their practice worldwide, including doctors, teachers, nurses, psychologists, coaches, counselors and others.



The diagram, titled "ENERGY POINTS", shows a human figure with various points marked. The points are: Top of Head, Eyebrow, Side of Eye, Under Eye, Collarbone, Under Nose, Under Lip, Tender Spot, Under Arm (4 in. below armpit), Liver, Wrist, Karate, and Gamut. A list of 10 points is provided to the right of the diagram.

1. Eyebrow	(EB)
2. Side of Eye	(SE)
3. Under Eye	(UE)
4. Under Nose	(UN)
5. Chin	(Ch)
6. Collarbone	(CB)
7. Under Arm	(UA)
8. Liver	(LV)
9. Wrists	(WR)
10. Crown of Head	(CrH)

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# Exploring Pro EFT's Effect on the Body's Energy System

by Lindsay Kenny



When we encounter a serious negative event, or even a negative thought, a disruption takes place in our energy pathways, causing a negative emotion. This, in fact, is the foundation upon which Pro EFT is based.

**"Negative emotions are caused by a disturbance in the body's energy system."**

**It is a disruption or blockage somewhere along the meridian pathways that actually causes a negative emotion, not the act itself.**



For instance, let's say someone suddenly jumped out at you from the corner of a building, screaming at you and brandishing a knife. You would undoubtedly experience tremendous fright or anger, or even confusion. We can all imagine the "jolt" that such an event would cause in our body. The "jolt" is actually a disruption somewhere along your meridian pathways.

**It's that jolt, or disruption, that causes the emotion of fright or anger (or both) ...not the fact that the person is screaming at you.**

For some, that shock will dissipate after a few minutes or hours. For others, however, the same fear or anger could last for weeks or even years if the energy block remains.

A Traumatic or disturbing event causes a shock in the body's energy system



It's that disruption that causes the negative emotion

Many untreated negative emotions (= energy blockages) such as trauma, grief, betrayal, stress, etc., can lead to hypertension, heart problems, breathing disorders, weight issues, cancer and other severe illnesses.

The disruption in the flow of energy through our system is not unlike the interruption in the flow of water in a hose that has been kinked. Un-kink the hose, and the water flows freely again. Likewise, in our meridian system, "un-kinking" the disruption caused by a traumatic event or negative thought dissipates the negative emotion.



It is upon this premise that Pro EFT is built. Though contrary to mainstream thinking, the premise is true, based on empirical evidence. Over a period of years, we have seen issues of every possible kind dissipate in hundreds of thousands of cases, simply by unblocking and balancing a person's meridian system. Many of these issues had remained unresolved despite multiple forms of therapy, including psychotherapy, analysis, hypnotherapy, meditation, chiropractic, acupuncture and others.

**Unblocking the energy system is done simply by stimulating specific meridian points on the face and upper body while making specific statements about the issue.**

**By tapping, we are sending vibrations or tiny shockwaves, similar to electrical impulses, throughout the body, which in turn release or unblock the impediment caused by the traumatic event or thought.**



When done correctly, the resulting emotion, trauma or pain is alleviated. The process is much like removing boulders that are blocking a stream. Removing them one at a time increases the flow of water as you go. It's why we start experiencing immediate relief with EFT. As the meridian starts to open, via tapping, energy starts flowing where it once was blocked. As a result the emotion simply dissipates.

# Let's see how much you've just learned:

## Quiz 1: General Knowledge

Answers are found at the end of this e-book.

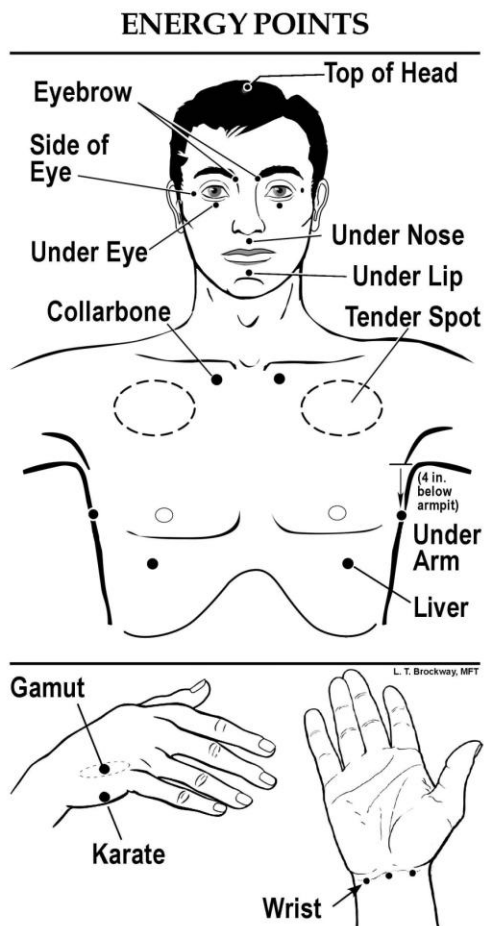
Try to complete the question yourself before looking up the answer.

1. Name at least five physical symptoms that are the result of an emotional response, such as sweaty palms when nervous.
2. There are over 150 negative emotions. Name at least ten.
3. Our lives depend on four major bodily movements or functions: What are they?
4. What is another name for the energy pathways throughout our bodies?
5. How many pathways are there?
6. Name at least three alternative sciences based on the energy system.
7. What is the Chinese term for the body's energy?
8. What causes negative emotions?



# Tapping Points Diagram

## Abbreviations of the Tapping Points



1. **EB = Eyebrow point** at the beginning of the eyebrow over the nose.

2. **SE = Side of the Eye**, on the bone bordering the outside of the eye.

3. **UE = Under the Eye**, on the bone beneath the eye.

4. **UN = Under Nose**, in the center of the area between the nose and top lip.

5. **CH = Chin**, in the center between the bottom lip and bottom of the chin.

6. **CB = Collarbone**, right under your collarbone, about 3" from the center.

7. **UA = Under the Arm**, on the side of the body about 4" below the armpit.

8. **LV = Liver point** a few inches under the nipple slightly to the side

9. **WR = Bump your wrists together**, at the place where your hand bends to meet the arm.

10. **CRH = Crown of the head**—toward the back of head.

### Set up points:

**KC = Karate Chop Point** – the fleshy side of the hand, just below the pinky finger; used as the Set-Up Point and for reversal neutralization

Graphic commissioned specifically for LKcoaching.com, done by L.T. Brockman

## Four Things to do before You Start Tapping

### 1. Pick a simple issue to work on

There are two types of issues: **Simple** and **Complex**.

In the beginning, while you are learning Pro EFT, it is best to pick relatively "simple" issues. Simple issues are current (not an old trauma, betrayal, death, etc.,) easy to measure, and most likely have only one component. We will learn how to deal with more complex, or chronic, issues later. For now, choose a current, simple issue or event with which you would like to deal.

#### **Samples of Simple issues are:**

- **Cravings** – ice cream, cigarettes, chocolate, pretzels, candy etc.
- **Pain** – a sore muscle, headache or achy body part
- **Fear** – of spiders, needles, heights, etc.
- **Anger** – a recent anger, perhaps at someone for embarrassing you in front of others
- **Stress** – from work pressures
- **Frustration or hurt feelings** – about any current situation

**Complex issues are often; hard-to-measure, chronic (or old) and have many potential elements, symptoms or causes.**

#### **Samples of Complex issues\*** (*to avoid while learning Pro EFT*):

- **Trauma** – accidents, rape, abuse, death or betrayal of a loved one
- **Depression** – or overall sadness
- **Low Self Esteem or lack of confidence**
- **Addictions** – to drugs, chemicals, or alcohol
- **Obsessive Compulsive Disorder** – repetitive thoughts or actions
- **Chronic pain or serious illnesses** (MS, Parkinson's, cancer, etc.)
- **Weight Issues** - or Procrastination and Clutter (which are difficult to measure and always multi-faceted).

\* Pro EFT has an incredibly positive record for alleviating complex issues as well. Since complex issues often take longer to resolve and may involve multiple aspects to get to the core issue, and are difficult to measure, we will deal with them in Level 2. For now, while you are learning and practicing, please work on simple issues.

## 2. Assign an Intensity Level or Subjective Units of Distress (SUDs)

SUD stands for Subjective Units of Distress – a scale from 1 to 10 of intensity. Rate your issue 1 to 10. If your headache or migraine is extremely painful right now, assign it a 10. If it's a moderate headache it might be a 5; 0 is no headache at all.

If you are livid at someone for something they did or said to you, you might assign it an 8, 9 or 10. Still smarting over someone calling you lazy recently, might only be a 4.

The assignment of a "subjective value" is essential in order to evaluate where you are in the process of tapping, so it is important that you give yourself an intensity rating from 1 to 10 before you begin. If you don't know what your intensity level would be, just guess....that's why we call it subjective.

## 3. Find the Set-up Point

**There are two places on the body that we use as set-up points. The "sore spot" and the "Karate Chop" (KC) While they are both effective, we will use the more common Karate Chop (KC) point throughout this eBook.**



**The Karate Chop Point:** This Set-Up Spot is located at the base of your little finger or on the fleshy side of your hand, between your little finger and wrist.

This point is commonly used for resolving Reversals as well. To use this as a Set-up Point, simply tap on this spot on one hand with the fingers of your other hand or you may bump your hands together as shown.

Tap on the KC point while saying the reminder statement, which is step 4. You may use your fingers against the fleshy side of the opposite hand, or bump them together as shown in the photo above.

## 4. Choose your Set-up Statement

The Set-Up Statement simply consists of your specific issue, followed by a positive affirmation of acceptance.

### Examples would be:

- *“Even though I’m really embarrassed by showing up late to the office meeting today, I deeply and completely accept myself.”*
- *“Even though I’m very angry at \_\_\_\_\_ for standing me up at lunch, I completely accept who I am.”*
- *“Even though I have this raging headache at the base of my skull, I profoundly love and accept myself.”*

You’ll learn much more about Set-Up Statements and their importance as we go along.

### For now, just remember these three things:

1. Always couch the negative (your issue) with a positive (an acceptance statement) and...
2. Be as specific as possible with the statement.

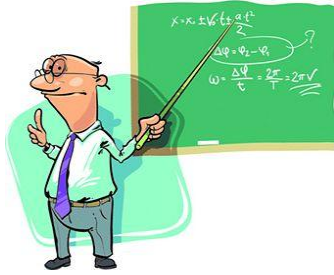
### For instance:

- *“Even though I have this pain on the back of my left hand” instead of just, “this pain.”*
- *“Even though I have a fear of the ocean...” not just, “this fear of water.”*
- *“Even though I’m really angry at my brother for embarrassing me in front of my friends last night...” instead of, “anger at my brother.”*
- *“Even though I’m frustrated and hurt at being passed over for the promotion this week...”*

3. Keep your issue simple for now; frustration, recent anger, stress, simple pain, etc.

# Pro EFT Basic Formula

by Lindsay Kenny



Now that you have seen (and felt) the way negative emotions, thoughts, words or untrue statements can adversely affect your body just by thinking or saying negative words, let's experiment with eliminating the energy disruptions that cause these emotions. Basic Pro EFT and tapping are very simple. But our purpose is to take you beyond the basics, so you can learn how to do Pro EFT on your own. Let's take it step by step.

## There are five components to basic Pro EFT.

### 1. The Set-up Statement

Tap or rub the Set-up Point (Karate Chop Point or Sore Spots on the chest) while repeating the Set-Up Statement

### 2. The Sequence and Reminder Phrase

Tap on the meridian points while using a reminder phrase (a shortened version of the Set-up phrase)

### 3. Reassessment

Check in with yourself to see where you are after a round or two of tapping

### 4. Fine Tuning

Repeat 1, 2 and 3 until the issue is resolved. If the issue gets stuck at a 2 or below, use the 9-point Gamut sequence (described below) to completely eliminate the blockage while balancing the right and left hemispheres of the brain.

### 5. Testing

Make sure an issue is resolved by trying to get upset about it. When you try, if you still feel a charge on the issue, then you need to repeat the above steps until the issue is completely neutralized.

**Please read this article about how  
[Pro EFT is different from basic EFT](#)**

# The Tapping Sequence

## Let's get started...

### 1. The Set-up Statement

Start by tapping on the KC Point

Make sure you've picked the issue you want to work on and that you have assigned yourself a SUDs level of 1-10.



Tap on the KC point while saying the **Set-Up Statement** out loud.

Here is a simple Set-Up Statement:

"Even though I have this insert your issue, I deeply love and accept myself."

Continually tap on the KC or rub the sore spot while saying the statement three times.

Note: If you find it difficult to say "I love and accept myself..." change it to "I want to love and accept myself..." or "I'm open to loving and accepting myself..." or "A part of me wants to accept who I am."

#### More examples:

- "Even though I have this fear of speaking to groups over five people, I deeply and completely accept myself."
- "Even though I have this sinus headache, I deeply love and accept who I am."
- "I deeply and completely accept myself, even though I have this anger towards my father for yelling at me last night."
- "Even though I have this stiffness on the right side of my neck, I completely accept myself and love my body."
- "I accept myself unconditionally, even though I have a killer craving for chocolate right now."
- "Even though I have this fear of snakes, I love and accept myself anyway."
- "I deeply and profoundly accept myself, even though I'm really sad over my breakup with \_\_\_\_\_."

### 2. The Sequence

**Do the Sequence (which is systematically tapping on the meridian points while repeating a reminder statement).**

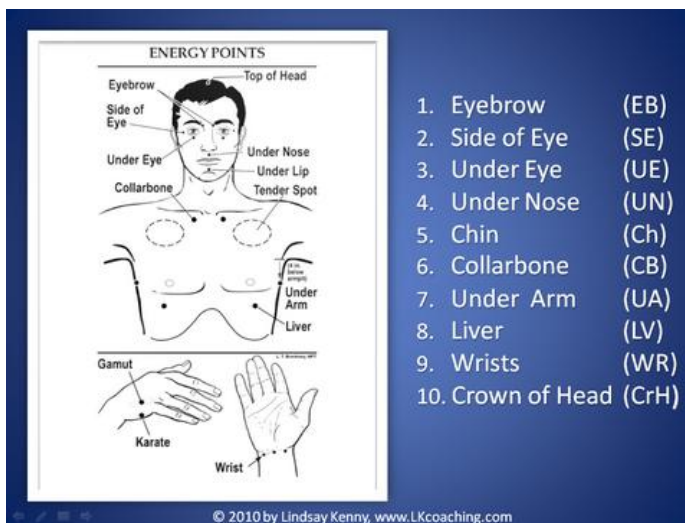
Tap each of the following illustrated points 5-7 times while saying a **reminder statement** of your issue at each point.

**The reminder statement is just an abbreviated version of the Set-Up Statement**, such as; "This pain in my lower back...this fear of snakes...the disappointment with Suzy...."

**On the reminder, you don't need to be as specific as you were with the Set-Up Statement.**

*Note: With the reminder statement you don't need to repeat the **Even though... part of the I love and acceptance myself... statement** — just a short reminder phrase, as shown above.*

Tap on all of the meridians, with both hands (both sides of the body) while saying the reminder statement:



1. Eyebrow (EB)
2. Side of Eye (SE)
3. Under Eye (UE)
4. Under Nose (UN)
5. Chin (CH)
6. Collarbone (CB)
7. Under Arm (UA)
8. Liver (LV)
9. Wrists (WR)
10. Crown of Head (CrH)

**1.EB** = Eyebrow point, at the beginning of the eyebrow above the nose.

**2.SE** = Side of the eye, on the bone bordering the outside of the eye.

**3.UE** = Under the eye, on the bone directly under the eye.

**4.UN** = Under the nose, between the nose and upper lip.

**5.CH** = Chin, at the divot in your chin below your mouth.

**6. CB** = Collarbone, right under your collarbone, about 3" from the center.

**7. UA** = Under the arm, on the side of the body, approximately 4" below the armpit.

**\*8. LP** = Under the breast on the edge of the ribs to the side of the belly. About 3" down from the nipple and slight out to the side on men. Simply at the bottom of your bra, for women.

**\*9. WR** = Bump the insides of your wrists together at the crease.

**\*10. CRH** = Crown of the head toward the back, just before it goes vertical

\*There are three major tapping points, shown above (covering five important meridians) that are not included in basic EFT. However, they are commonly used in Pro EFT because of their intrinsic value. They are:

**The Liver Point - (LP) or Liver 14** - This point the point for stress, depression, cravings and anger

**Wrist - (WR)** - The line at the base of the hand has 3 major meridians (find these points on the inside of the wrist, where the hand bends to meet the arm). These 3 points are: Heart 7, Pericardium 7, and Lung 9. The heart and pericardium points are great for stress and anxiety and the lung point is good for grief and sadness.

**Crown of the Head - (CRH) or Du20** - This meridian is the meeting point of all Yang meridians and an important contact point for every issue.

Use these three additional points, along with the other seven in Basic EFT *every time* you tap, not just for the meridian-based emotions mentioned.

Do the Sequence (also known as **rounds**) twice - from the eyebrow point through the points down to the wrists, ending at the top of the head. Be sure to repeat the reminder statement at each point. The order is not crucial - you can start at the top of the head and/or end there.

### **3. Reassessment**

**Check in with yourself to see how you are doing.**

Now that you've done the Set-Up Statement and a couple of rounds of tapping, re-evaluate where you are on the SUDs rating. If you're not sure what your number is, guess. Or complete this sentence: "Even though I don't know what my distress number is, if I had to guess it would be a \_\_\_."

Don't *think* about it too much; just guess if you're not sure. If your distress level did not change at all, don't give up! Just try it again.

This time, make sure you are being specific about your issue and that you are following the directions. If the rating is still the same after the second couple of rounds, don't despair.

If you are like most people, your number will have gone down by two or more points. A typical drop on the first two rounds might be from a 10 to a 7 or 8, then to a 4 or 5 on the next two rounds.

Issues and people vary immensely so please don't be discouraged if your number didn't change. It is rare, but it does happen, and there are specific reasons for it. It is essential, therefore, that you read the section on the [9 \*\*Stumbling Blocks of Tapping\*\*](#).

If you're stuck, do this now, before you continue.



**After the issue has decreased in intensity, make a slight change in both the Set-up Statement and in the reminder phrase. Change the Set-up Statement to something like...**

“Even though I still have some remaining... (fill in your issue), I deeply and completely accept myself.”

“Even though a part of me is still ... (fill in your issue) I love and accept myself anyway.”

Likewise, alter and condense the reminder phrase to something like...

“This remaining fear of birds...”

“My remaining anger at Bud...”

“The remaining pain in my ankle...”

Keep repeating all of the above steps until your issue is **completely resolved**; at a zero.

**Be patient with yourself**, especially as you are learning. Tapping is an art and a skill and, as with all skills, it takes practice to be successful. If you get frustrated or impatient, just remember that tapping is one of the easiest, fastest and most effective remedies of any kind available today.

What might take months or even years in talk therapy, you may be able to handle in minutes with tapping. Traditional therapy hopes for a 50% success rate while Pro EFT, even in the hands of a novice, generally shows results over 80%. So, your patience and persistence with tapping will pay off.

If you are still not at a zero on this issue after doing the above sequences then complete the process with Fine Tuning.

#### **4. Testing your Results**

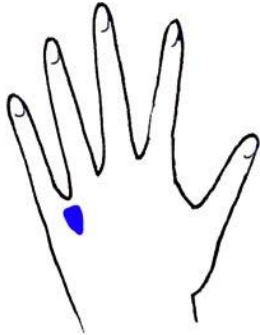
When you feel that the issue has been completely resolved, and you believe you are at a zero, **test yourself** by thinking about the issue or incident to see if there's still “something there”... i.e., see if your number goes up to a 1 or more. And ask yourself, “How do I know I'm at a zero?”

Often there will be a physical symptom, such as tightness in the shoulders, a headache, or a knot in the stomach that will go unnoticed until the issue is gone and the physical symptom alleviated with it.

*If there still seems to be some discomfort at all, complete the sequence again or do the 9-Point Gamut as described below.*

**Remember: Completely overcoming an issue will likely keep the issue from returning.**

## The "9-Point Gamut"



**We tap on the Gamut point using the 9-part sequence.** It's used primarily when the intensity is at a 1 or less, and helps to balance the right and left hemispheres of the brain. See details below.

**Use this process if an issue seems to be stuck at a 1 or less in intensity. It usually dissipates the remainder of an issue.**

Locate the Gamut Point on the back of your hand—between the bones of the little finger and ring finger, and down about an inch from your knuckles.

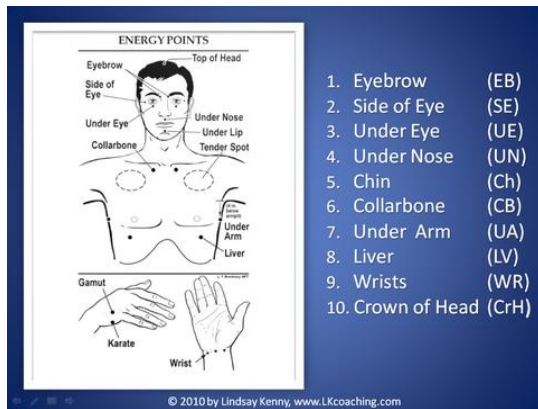
**Tap on the Gamut Point continually *while repeating the Reminder Phrase* and while doing the following sequence.**

1. Close your eyes tightly, (Remembering to keep tapping and saying the Reminder Phrase).
2. Open your eyes widely. (Remembering to keep tapping and saying the Reminder Phrase).
3. Keeping your head still and *using your eyes only*, look down to the right, then down and to the left. (Keep your head straight and keep tapping and repeating the Reminder Phrase.)
4. Roll your eyes around in a big circle as if looking at each number on a giant clock. (Keep your head straight ahead, keep tapping and repeating the Reminder Phrase.)
5. Roll your eyes around in the opposite direction. (Keep tapping and saying the Reminder Phrase.)
6. Hum two seconds of a familiar song like *Happy Birthday* or *Jingle Bells*.
7. Count rapidly from 1 to 5.
8. Hum two seconds of the song again.

9. Tap through each point again, starting with the eyebrow point, ending at the top of the head, *while saying the Reminder Phrase*.

By now, your issue may be resolved. After a few rounds (3-5), about 80% of all issues will be resolved with this simple process, even for beginners.

As mentioned before, your success with tapping can be impeded by other aspects that haven't been addressed yet; like not locating the core issue, or a possible reversal, and/or the skill of the practitioner—you, in this case. We will cover those in the [9 Stumbling Blocks](#) section.



## “Reader’s Digest” Version of the Basic Formula

by Lindsay Kenny, [www.ProEFT.com](http://www.ProEFT.com)

Use this page for quick reference, only after reading our Basic EFT Manual

**Reminder: Before you begin, assess your intensity level (1-10), and choose a specific issue or emotion as your Set-Up Statement.**

### 1. The Set-up

Use the KC Point or Sore Spots while doing the Set-Up Statement: *Even though I have this (insert your issue), I deeply love and accept myself.* Continue rubbing while saying the statement three times.

### 2. The Sequence

Tap the following points 5-7 times while saying the reminder statement. For example: *this fear of snakes... my anger at mother... the pain in my back... etc.*

### 3. Reassess

Check your intensity level and perform subsequent rounds. Once you have completed the first round of tapping, change the set-up set statement to something like: *Even though there is still some (whatever the issue is ...) I deeply and completely accept myself.* Repeat three times while rubbing. Then, repeat the tapping sequence with an altered reminder statement like, *...still some of this... or ... remaining issue.* **Keep repeating this step until you’re at 1 or less.**

### 4. Fine Tune

If you’re less than a 1 or 2, fine tune by doing the 9-Point Gamut: tapping, eye rolls, humming, counting, humming, doing another round.

### 5. Test your Results

When you are at a zero, or think you are: Test yourself by thinking about the issue or incident to see if there’s still a charge (a memory of the event is normal, but you want there to be zero charge on it.) If your number goes up from zero to over a 2, complete the sequence again. Test your results again, until you’re really over it. If not, do the “9-point Gamut” shown above.

By now your issue should be resolved. If not, see our 9 Stumbling Blocks of EFT in the Basic EFT Manual or on our Free Stuff page at [www.LKcoaching.com](http://www.LKcoaching.com)

## Quiz 2: The Basic Sequence

Now, let's see how well you're doing! Answer the following questions without referring back to the workbook, unless you really get stuck.

1. What is the FIRST thing you need to do before starting the tapping process?
2. What do you need to assess next?
3. What would your basic Set-Up Statement be? Hint: "Even though..."
4. What is the most common Set-up point?
5. What are the ten tapping points for Pro EFT?
6. If, after tapping for two rounds, your intensity level has decreased from a 10 to a 7, how do you proceed? And, what would you use as your Reminder Phrase?
7. If you get stuck at a 1 SUDs or less, or if the intensity goes back up when you test yourself, what other options might you consider?
8. How do you make sure you're completely over the issue?
9. What would you do if your SUDs stayed at a 10, or the same as when you started?
10. What is the Pro EFT Foundational statement?

# Helpful Tips for Successful Tapping

By Lindsay Kenny

- Check for Reversals! It's the number 1 impediment to Pro EFT not working. Read [more about Reversals](#) later in this eBook
- When dealing with a singular issue, pain or symptom, be as specific as possible.

Getting specific is like peeling an onion. Tap SEPARATE layers or scenes completely down to "zero." For example:

**First Layer or Scene:** Dad came in with angry look on his face....

**Then:** I was scared when Dad yelled at me for no reason.

**Then:** I was sad and hurt after Dad hit me and stormed out.

This is much more effective than tapping on, the day Dad hit me. Separate scenes such as these, of the "movie" of your incident, require separate tapping sessions for the most effective treatment. Treat all the separate incidents or "aspects" you can find, and with persistence, the negativity surrounding your central issue will come tumbling down. Be persistent on those "tail enders" until all aspects of the problem have vanished, then the problem will be gone for good.

***Problems that return are usually just aspects of the original problem that haven't yet been addressed.***

- **Make sure you've found the core issue.** If you have a sore, aching back and you just can't seem to get the pain to subside with tapping, consider what emotional issues could be causing your sore back (blame, guilt, anger).
- Are you working too hard, stressed at home, fearful of failing, scared of being found out about something? Find the core emotional issue, and often the physical symptom will disappear. It works the same for unresolved emotional issues.
- If you are afraid of water, for instance, and tapping hasn't eliminated the fear completely, consider what past event or childhood trauma might have caused this fear and tap on *THAT* issue.

- **Also be specific about the *type*** of water fear. Maybe ocean waves are intimidating but lake water is fine. Or perhaps rivers or swimming pools are the real issues.
- Ask yourself, “When did this issue or pain start?” “If my sore back is trying to tell me something, what would it be (or tight shoulders, upset stomach, etc.)?”

More about core issues is discussed in **The [9 Stumbling Blocks](#) of Tapping** later on in this workbook.

## More Tips for Successful Tapping Sessions

- **Take off your watch, bracelets or glasses.** Make sure to remove any electrical “appliances” like cell phones, Palm Pilots, Walkmans, pagers, etc., from your body.
- **For the best tapping results** use the index, middle and ring fingers, or all four fingers when possible (like on the top of the head or under the arms).
- **Tap on both sides** of your body when possible. Unilateral tapping works fine, but in my opinion, bilateral tapping is better.
- **Do tapping while undisturbed** (turn off your cell phone or TV and make sure the kids are busy elsewhere.)
- **Read and Master** the things that get in the way of successful Pro EFT treatments (the [9 Stumbling Blocks](#) article.)
- **Drink a lot of water**—at least 64 oz. daily
- **Practice, practice, practice.** Pro EFT is more an art than a science. Just like playing the piano or riding a bike, the more you do it, the better you get at it. Start with practicing on yourself, then ask friends and family to let you try it out on them. (Choose SIMPLE issues!) The more you do, the more confidence you’ll gain and the better you’ll get at it. This is how every successful practitioner started!
- **Try it on everything!** Tapping has been known to work on everything from hiccups to cancer and from lactose intolerance to quieting crying babies. So, rather than saying, “Does Tapping really work on...?” Try it! You’ve got nothing to lose, and a lot to gain.
- **Learn from your mistakes.** If you try something a few times, and it’s not working, do it differently.
- **Use Pro EFT every day.** Do it at a set time every day, just before going to bed, or in the shower, or when you first wake up. More than anything else, practicing Pro EFT daily can make an enormous difference in your happiness and peace of mind.
- **Complete the Personal Peace Procedure** as described later in the workbook. This could be the most important process you will ever use to experience more peace of mind, confidence, and joy of life.



## ► **The 9 Stumbling Blocks of Tapping and How To Remedy Them**

Lindsay Kenny, EFT Master

Somehow, I have developed the reputation as “an authority on why tapping doesn’t work.” I don’t mind that, except that I believe that Pro EFT works up to 98% of the time...if done correctly. Yet, many will try it once, throw up their hands and say, “Well, it just didn’t work for me!” When that happens, it is rarely, if ever, a shortcoming of tapping.

**It has been my experience that one of the primary reasons tapping appears not to be working resides in the skill of the practitioner (who is often the person treating him or herself).**

Pro EFT is more of an art than a science, and we’re still learning how it works. We do, however, know these things for certain: In the right hands, tapping can produce miraculous results.

Simple issues, such as fears, stress, (recent) anger, pain, frustration, and hundreds of other non-complex problems can often be eradicated in a few minutes with Pro EFT.

More multifaceted issues, such as trauma, chronic anxiety, abuse, serious illnesses, and depression may take longer and more skill than can be delivered by an Pro EFT novice.

Even someone new to tapping can often get amazing results 70% of the time—which is an extraordinary percentage (that the medical profession would love to have!).

Tapping often works when everything else has failed. In skilled hands, Pro EFT can work over 95% of the time or more.

### **And here’s the most important thing we’ve learned:**

There are certain things that can stop Pro EFT in its tracks - which is the basis of this article. Becoming aware of these stumbling blocks and knowing how to deal with each one will increase Pro EFT’s effectiveness significantly, even for a beginner. Not being specific, not finding or resolving the core issue, not being sufficiently hydrated, and missing shifting aspects are just some of the reasons someone applying Pro EFT might not resolve an issue. We will deal with each of these obstacles and others later on. But let’s start with a big one first:

# 1. Reversals

Reversals, Secondary Benefit Syndrome Reversals (SBS) and General Polarity Reversals (GPR), are what I believe to be the most overlooked obstruction to successful tapping treatments. There is so much more to this phenomenon than we originally thought. When it appears that tapping is not working, a primary key to rapid and effective treatment often lies in identifying the different types of Reversals and in knowing how to neutralize them.



Dealing with Reversals up front is perhaps more important for successful tapping sessions than any other component.

In fact, ***if Reversals are unrecognized and untreated they can stop the tapping process in its tracks*** or, at best, make it dramatically more difficult and time consuming to resolve an issue.

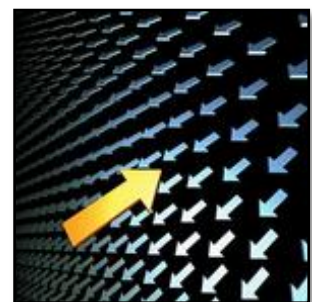
The good news is, once discovered, the solutions for correcting Reversals are amazingly simple and highly effective. My experience is that when dealing with *simple* issues, Reversals are usually not a problem. But for chronic or long-lasting problems, complex issues and serious illnesses, Reversals are almost certain to be present.

For those who have a Reversal, its discovery and elimination are paramount to a successful resolution of the problem. A good clue as to whether or not someone has a Reversal is if their SUDs level remains the same after a couple of rounds of tapping. A SUDs (or Subjective Unit of Distress) level is a way to gage the intensity of an issue on a scale of 0-10. There are other reasons why your SUD level may stay the same—other stumbling blocks—which will be addressed later on in this article. I break Reversals down into two basic types.

## 1) General Polarity Reversals

**The first type of Reversal is what I call a General Polarity Reversal, or GPR.** General Polarity Reversal simply means that the electricity or energy in the body is agitated or moving in the wrong direction; therefore the polarity is reversed.

One way to look at our body's energy field or polarity is to compare it to batteries in a tape recorder, flashlight, or other battery-operated devices. The batteries that



run the device must be installed with the positive and negative polarity seated in the correct position. If not, the tool simply won't work.

Since your body has its own electrical system, the energy pathways, your "batteries" need to be positioned correctly in order for you to function properly. If your polarity is block or scramble you have a GPR Reversal. When that is happening, it's likely that tapping will not work for you until the Reversal is corrected.

### **GPR can be caused by several factors:**

- **Negativity** - chronic negative thoughts or behavior
- **Being around electrical devices** for long periods of time
- **Depression** – chronic depression can cause an "electrical storm"
- **Chronic Pain** – which can scramble the entire body's electrical system
- **Drugs** – including alcohol and prescription medications
- **Toxins** - food, clothing, airborne particles, chemicals or any sensitivity
- **Dehydration** – water is a conductor of electricity and if we aren't sufficiently hydrated the energy is sluggish, at best.

**GPR can be neutralized in several ways. Here are two:** 1. Rectifying the cause of the Reversal (i.e. remove the toxin, stay hydrated and eliminate non-prescription drugs or alcohol). 2. Tapping on the karate chop point for 20 seconds will often fix negativity or electrical GPRs. However, tapping on the KC point will not eliminate addiction, depression, dehydration and toxin-caused GPRs. Instead, you must eliminate of cause of the Reversal, i.e., drink a glass of water for a dehydration reversal.



## **2) Secondary Benefit Syndrome or SBS – a subconscious resistance to change**

**This is the second and by far the most common type of Reversal.** The SBS reversal occurs when the *subconscious mind* perceives that it is better or safer to hold on to an issue (like negative emotions, chronic pain, extra weight, or a bad habit) than to eliminate it. Or, as the movie "**What**

**the \*#@!# Do We Know?"** demonstrates, our bodies can actually become addicted to a negative emotion or issues.

After a period of time we may become so accustomed to being angry, hurt, anxious, victimized, etc., that our body is reluctant to let the emotion go. The negative condition may be uncomfortable, but if we have been in that state for some time, it begins to feel "natural" to the body and the subconscious mind.

**SBS is seldom a conscious choice**, so most people will initially disagree with you if you tell them that subconsciously they don't actually want to get over their problem or issue. Of course, most people don't consciously want to stay emotionally upset or physically in pain. But the subconscious is a powerful factor in our behavior and it usually exhibits dominance over our conscious desires.

For someone who has carried around a trauma, chronic pain, phobia, or some other issue for many years, the emotion becomes a part of his or her personality or identity, or even a way to punish ourselves.

How often have you heard phrases, like "He's an angry young man" or "She's just such an anxious person"? Overcoming, or losing, that identity can be very threatening *to the non-rational subconscious mind*.

For instance, the subconscious might be *thinking*,

### **If I get over this issue...**

- ...I won't have an excuse anymore for my life not working.
- ...It might be scary.
- ...I may not know who I am anymore.
- ...It may not be safe to let it go.
- ...I won't know how to act as a functional, non-victim person.
- ...I won't get the attention or sympathy I get now.

If someone has been trying to lose weight for a long time, for instance, and hasn't been successful, they are almost certainly reversed on it.

Consciously they want to lose weight, but their protective subconscious may be saying, *"Wait a minute here. If I lose weight my clothes won't fit and I'll be deprived of the foods I love. And what if I lose that 40 pounds and I still don't get that promotion I need, the guy I'm lusting after, or the friends I want? Maybe if I lose that weight I'll be so attractive that I'll be abused or harassed again. Or, what if my chubby friends abandon me; or what if I get skinny but am still not pretty? Gee, losing weight is just not worth it, so I'll just stay fat."*

Once again, remember, this is the subconscious mind wielding control over what we consciously want. Sound familiar?

**As long as the subconscious is unwilling to let the problem go (that's a Reversal) it's very hard to resolve an issue, with or without tapping.**

When I hear someone say, "I've had this \_\_\_\_\_ for years, and have tried everything," the word Reversal comes to mind immediately. Personally, I like to use muscle testing to demonstrate this phenomenon.

I have the client make a positive statement such as, "**I really want to let go of this anger at dad.**" When I muscle test them as they are saying this, their arm will test weak. They protest, of course, saying, "But I really *DO* want to get over it!" And they do at the conscious level....

We then do the Reversal correction or neutralization, and when we test them again, they are strong (see Resolving SBS below). This amazes people almost as much as tapping. It physically demonstrates an otherwise hard-to-grasp notion. People are often skeptical of this concept until we neutralize the Reversal, perform Pro EFT, and they witness the once stubborn issue miraculously disappear.

## **RESOLVING SBS**

**The good news is it's very easy to fix an SBS reversal** - so easy that people find it hard to believe.

This is how it is done: Simply tap on the karate chop point (KC= base of little finger against base of the other little finger) using a reversal phrase such as:

**"Even though...**

*...I don't really want to get over this depression (trauma, chronic pain, etc.)  
I deeply and completely accept myself.*

*...It may not be safe to get over my issues.... (use your actual problem, not  
the word 'issue')*

*...I may not deserve to get over this issue...*

*...I won't know how to act if I get well...*

*...I won't have an excuse for my life being messed up...*

*...I don't want to forgive the people that ruined my life...*

*...I don't want to be 'normal'...*

*...I'm afraid, this won't work and I'll never be well...*

*...For whatever reason, I don't want to overcome this problem..."*

I almost always use at least the first and last of these choices, which usually catch everything in between. "Not deserving" to get over something is also a biggie, so try it, if it fits, along with any of the others. You'll know the Reversal neutralization worked when you start doing tapping again and you start to get results. Reversals can be a huge stumbling block, but they are so easily remedied that we needn't let them stand in the way.

Remember, fixing a Reversal does not fix the issue.

It only fixes the impediment to fixing the issue.

*You still need to do Pro EFT after fixing a Reversal—i.e., the Set-up and tapping sequences.*

As mentioned in the beginning, Reversals are only one stumbling block to a successful Pro EFT treatment, but it is often the one that causes people to say, *"I tried tapping, but it just didn't work for me"*.

For more detailed information on **Reversals and muscle testing**, my video on Reversals at <http://tinyurl.com/ReversalsGift>.

## **2. Being Dehydrated or "Dry Batteries"**

Often when I'm getting nowhere with a client I ask him/her how much water they've had to drink so far that day. If they say, "I've had cup of coffee and some water with my vitamins," then I have them drink at least an 8 oz. glass of water. I'm still surprised how often this is an impediment to Pro EFT's progress. I heard a statistic recently that *70% of our population is dehydrated*, so I ask the hydration question frequently and always have drinking water available for clients.

I do pro-bono work for a drug and alcohol rehab center in my area and I'd say dehydration is common with over 90% of the people there. I don't know why but "addicts" seem to drink very little water, by their own admission. Thus, before I start a workshop at the clinic I have everyone drink a big glassful of water.

I once had a workshop where we weren't getting a very good response while doing group tapping and using "Borrowing Benefits". Just off-handedly, I asked, "How many of you have had more than 16 ounces of water to drink this morning?" No one raised their hand! We stopped for a water break and

when we continued we had a 90% success rate on the same issues that had gone nowhere before.

When I was new at tapping several years ago, I had a difficult client, "Reuben." He really had me stumped. His was a relatively simple issue, yet we just weren't getting anywhere. I had asked a zillion questions, and was seriously considering getting frustrated (tap-tap-tap).

Then, out of the blue, I asked him how much water he had drunk that day and he replied, "None." Yikes! Being a big water-holic myself I just couldn't imagine not having any all day. I made him drink a big glass before we continued.

Reuben subsequently went from a SUD level of 10 on his issue to a 3 on the first round, and collapsed it to a zero on the second. This was my first of many future water-issue problems. I've had cases like Reuben's play out in similar cases hundreds of times in the past several years. Now my clients bring water bottles with them for fear that I'll squirt them with a hose!

Being dehydrated is fairly common, but so easy to fix. It just takes thinking of the right question to ask when you get stumped and having the subject drink a glass of water before continuing. It's all part of the "art of tapping."

### 3. Not Being Specific

When doing Pro EFT, it is very important to be as specific as possible about an issue or feeling. Frequently, beginners are too global with their Set-Up Statements. They may try to fix low self-esteem, for instance, by saying, **"Even though I don't feel very good about myself...."** Instead, a better approach would be, **"Even though my father berated me in front of my friends at dinner and told me I'd never amount to anything, I want to love and accept myself."**

***Being too vague, general, or global about an issue is to deny the body an opportunity to remedy the problem.*** Gary Craig discovered early on that it is imperative to be as specific as possible about circumstances surrounding any challenge. To dig even deeper, I often ask a client probing questions, have them envision the situation or issue, and have them get in touch with smells, sounds, sights, or colors, if necessary.

For example, instead of saying, **"This pain in my leg..."** you might say **"This pain in the calf of my right leg..."** Or **"...the time my brother embarrassed me at church by burping..."** Or, instead of **"my fear of water,"** be more specific about the *kind* of water—i.e., "My fear of the

ocean...or deep water...or lakes...or swimming pools" etc. Below are a couple of examples of when being specific made the difference.

► I recently saw a little 10 year-old-girl, named "Terri" who had fallen during a tumbling routine and was suddenly afraid to work out with her gym team. She loved tumbling and was very upset that she might have to give it up because of her new fear of falling. Yet she was literally terrified of doing gymnastics again.

We started tapping on her general fear of tumbling with, "Even though I'm afraid to tumble now after my fall..." However, that wouldn't reduce her SUD level at all.

I asked her to tell me exactly what had happened, how she fell, and what she saw. It became clear that it was *tumbling backwards* that she was afraid of, not just tumbling. So we got more specific in the set-up by saying, "Even though I'm afraid to tumble backwards..."

However, that only helped a little. I asked her to relive the maneuver in her mind and describe her feelings. She said that, in her mind's eye, she could complete the backward flip if a spotter was there for her, but she couldn't "see" herself trying it alone.

Therefore, we changed the set-up to, "Even though I'm afraid to tumble backwards, without a spotter..." And, lo and behold, we started getting results immediately! In just two or three rounds, her fear was gone and she was sure she could tumble again confidently. In fact, she wanted to do a back flip right there in my office to prove it.

As tempted as I was to see her perform, I had her wait until it was safe to try it...at her gym. She left a happy little girl, eager to get back at it.

Her mom e-mailed me that night and said that, at gym practice that afternoon, Terri had done back-flips several times—without a spotter—and had done an excellent job. Mom, the coach, and Terri were all jubilant. As was I!

► Another client, "Vinnie" was complaining about his sore right foot. We were able to get his SUD level of 9 down to a 4 fairly quickly, but then, the progress stopped. I asked him to touch the exact spot of the pain, and we changed the focus and statement to, "Even though I have this pain in my right ankle on the outside, under the bone..." and it worked. His pain stopped completely with one more round. Had that not worked, I would have gone to the event that had caused his



accident, but just being specific about the exact location did the trick. I saw him two months later and he was still pain free.

**Sometimes, people are reluctant to be too specific about an issue, especially if it is too painful to relive.**

If so, read how to handle sensitive issues, using the Tearless Trauma Technique or the Movie Technique on how to “sneak up” on an issue, using the Search field at Gary’s site [emofree.com](http://emofree.com). After decreasing the sensitivity level to a lower SUDs (under 5), you can usually be specific without inflicting unnecessary emotional pain.



#### **4. Core Issue Hasn't Been Found**

This is an important item and often missed. Sometimes, you need to do some detective work with questions and prodding until you discover the main cause, or “core issue”, of a problem.

If you're stuck, ask questions such as, “When did the problem start?” or “What was going on when it started?”

Oftentimes, I discover that someone's allergy, asthma or migraines started coincidentally about the same time as divorce, death, or some other traumatic accident in the family.

This isn't a coincidence, of course, but the core reason for many problems. Our bodies can find unusual, creative and seemingly ridiculous ways to deal with difficult situations.

We can morph an emotional event into a physical problem without being aware at all of the timing or connection. For instance, I had a client who developed migraines shortly after her twin died from serious injuries incurred in a car accident, but she never saw the correlation. Another client stuttered severely after his father disappeared one night and never returned home. Initially, the client didn't remember that his stuttering had started then.

A more obvious correlation between the core issue and symptoms occurred in a case with a client who kept waking up with anxiety attacks for what she said was over “nothing.” After probing, we discovered that her drunken father used to come home in the middle of the night and find it funny to wake the children up by blowing an air horn in their ears. It seems to me that would cause anxiety in a rock.

Like not being specific, there are times when we don't want to get to the bottom of an issue. Thank God for the Tearless Trauma Technique and the Movie Technique. Often these are processes that need to be done with the help of a practitioner, as doing it yourself might be like a dentist trying to pull his or her own teeth.

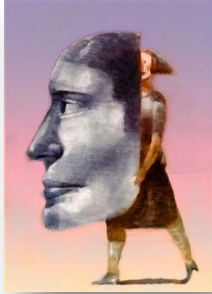
Other probing, core-issue-finding questions are, "If you had your life to live over, what person or event would you just as soon skip?" and, "What else does this (your problem) remind you of?" These questions often will bring up an issue that is seemingly unrelated to a client's symptoms. Here is an example of finding the core issue:

► A few years ago a client, "Tim" (age 73), still had hurt feelings and sadness over his mother inexplicably hitting him in the face during a family dinner when he was just 6 years old. He had terrible feelings of inadequacy, humiliation, and unworthiness over that event, even after all the intervening years. We weren't getting anywhere with tapping, so I had him describe what he was wearing, what his mother was wearing, and describe anyone else he could think of. He had amazing clarity about everything from so many years before.

When he got to his grandmother, he described the look on her face at the moment his mother hit him, and when he started crying. His grandmother, whom he adored, had a look of disgust and disappointment, rather than empathy as he had expected. He felt certain he had done something wrong to disappoint his grandmother and was crushed.

He had looked at her, hoping to get sympathy, but instead saw anger and disapproval of how he handled getting smacked in the face (or so he interpreted it as a little boy). Regardless, the *CORE* issue was the grandmother's reaction, rather than his mother *hitting* him. *That* was the most damaging or hurtful issue to Tim. This seemed to be a startling revelation to him, but once that core issue came out, we tapped on, "Even though my grandmother was disappointed in me and mad at me for whatever reason...." That worked great and he cleared quickly after a couple of rounds.

Core issues are different than being specific about an issue in that they are often hidden, or not as obvious. Nonetheless, finding a root cause is equally critical to resolving tough-to-solve cases. It's not always easy to do this on your own, since we have a tendency to block out unpleasant events or connections to events. Seeing a qualified practitioner can be very beneficial when you're stuck on a challenging problem.



## 5. Shifting Aspects

Shifting aspects are a little like different branches on the same tree. The trunk of the tree may represent the core issue, e.g., a horrific car accident. But different branches are separate issues, such as the guilt someone might feel for causing the accident, or the anger at the other driver for being intoxicated. Another aspect on the same tree might be the trauma of seeing a loved one die, or hearing the screams of someone in pain.

Complex issues often have multiple aspects, which become apparent when the intensity level is lowered on the main issue, thus revealing a lesser issue. It would be similar to your falling off your bike and breaking your arm, scraping your knee badly, and cutting your little finger.

You might not even notice the scraped knee until the doctor had numbed the pain in your broken arm and set the bone. Only then would you notice the scraped knee, and once that was taken care of, you'd notice the cut finger.

Likewise, a client may not notice an underlying issue until the more painful one has been reduced in intensity. Often, when the intensity has dropped from a SUDs level of 10 to a 3, a client will say, "You know, the *real* problem is ...."

However, the REAL problem is usually the one that was most noticeable in the beginning. Generally, it is better to get that down to a zero before moving to any other newly noticed aspect.

Occasionally, however, it is a good thing to let the client go elsewhere with the problem, especially if it is clearly related to the original issue. Often, the hidden aspect turns out to be the core issue. Once the new aspect is completely resolved, we are able to return to the unfinished issue to complete it, and the whole problem collapses quickly.

Again, with Shifting Aspects, you should usually stay with the original problem until it's at a SUDS level of zero, before tackling the new aspect. Let judgment, intuition and circumstances be your guide.

Part of the art of using Pro EFT is to know when to swing with the client and when to finish the original issue first. Either way, just make sure you get all aspects of an issue to a zero before going on to a different issue.

## 6. The Need for Human Touch or Perspective

**Sometimes, people just need help from someone else, either by tapping or providing a different perspective.**

When I suspect this, I ask a client's permission to tap on them myself, especially if they are really upset. This sometimes brings results if everything else has failed. At the least, it gives additional comfort to the recipient. We often see Gary Craig do this on his video series with great effectiveness. He seems to intuitively know when tapping for the client is going to be beneficial.



If you have been tapping alone on yourself, it may just be that you need someone else's energy and focus to help you get clear. Also, having another person's perspective is priceless. **Even the best dentist or surgeon in the world would never consider operating on themselves!** They just wouldn't be able to "see" around obstacles in their way, just as an individual may not be able to see an obvious impediment to their own problem. Their psyche may be trying to protect them from emotional pain by blocking a road they should be going down, but just can't see on their own.

► I had a client named "Sheila" who was having a hard time focusing, tapping and talking at the same time. Consequently, we weren't getting anywhere at a reasonable speed. We had some progress, but not much. So, I started tapping on her, while she concentrated on the words she was saying, which immediately began to quickly dissolve her issues. Once in a while, I would ask her to try and tap on herself, but every time she did, her progress slowed down or stopped.

► Another participant in a workshop, "Artie," seemed particularly uptight and physically stiff. He had a pinched look on his face, a rigid body position and was barely touching himself as he tapped with his eyes wide open and unfocused. After two rounds of tapping, I sensed that we weren't making any progress. I asked if I could tap for him (always ask your client's permission!) and he eagerly agreed.

Artie visibly loosened up and relaxed almost the instant I started tapping on him. A small tear or two leaked out of his now-open eyes and he sighed with relief. I asked him what was going on for him and simply replied, "I don't know, but it just seems right and feels so good." After that we cleared up his issue fairly quickly.

There are times when a person just needs the **personal assistance** of others. Most of the practitioners I know, including myself, trade sessions and time with each other to work on their own issues. Often, an outsider is able to see what you can't see on your own, and provide insights you might have missed.

You'll understand what I mean if you've ever tried to cut your own hair by looking in the mirror. The perspective you see is different from the way the rest of the world sees you, and you can cut yourself easily. It often works the same when tapping on yourself, particularly with difficult or complex issues. If you get stuck, seek the assistance of a friend, or better yet, an experienced practitioner.

## **7. Inadequate Knowledge of Tapping**

Pro EFT is a relatively simple technique. But there are lots of components of tapping that require study and practice. If the skill of the practitioner is incomplete (which may be YOU working on yourself), the results you get will reflect your level of experience. That said, tapping often works even when done incorrectly, or in the hands of a brand-new. Oftentimes, though, their good results can be short-lived when they encounter a more complex problem, or meet one of the stumbling blocks we mention in this workbook.

An accomplished practitioner, or someone like you who is taking the time to learn the impediments to tapping, will generally have better results because they have taken the time to really study the art of Pro EFT.

**I also highly recommend taking [Pro EFT workshops](#) from accomplished practitioners and facilitators.** In live workshops, you have the opportunity to ask questions, practice your skills with others, work on your own issues and really immerse yourself in Pro EFT. I can't tell you how many times I have had people in workshops who had read different EFT manual or watched some YouTube videos and thought they knew how to tap. But there's so much more to EFT than knowing the points or set-ups.

It is, of course, not critical to know *every single thing* about tapping before using it. **Part of Pro EFT's magic lies in its simplicity.** But please - if you don't take the time to learn it correctly, then don't assume that it is a shortcoming of EFT when you're not getting the results you want.

To find a workshop nearest you from an experienced trainer, visit [www.EFTUnited.com](http://www.EFTUnited.com), or [www.AAMET.org](http://www.AAMET.org), or [www.TappingInternational.com](http://www.TappingInternational.com) Or find my workshops at [www.TappingWorkshops.com](http://www.TappingWorkshops.com). If you're serious about learning more about this powerful tool that can change your life, then doing a live workshop is highly recommended. It is also a necessity, if you plan on becoming an EFT or Pro EFT practitioner.

## 8. Lack of Motivation - Not really wanting to change

Once in a while, I come across a person who would rather stay stuck, than change their life that is not working. It's a sad choice, but too often true.

► One particular client, "Ken," comes to mind. He had a strange fetish that he really didn't want to let go of. He finally admitted he was only seeing me at his wife's insistence and that he didn't want to change at all. He liked his fetish and wasn't about to give it up. Fine with me, but I knew tapping wasn't going to work for him. So I sent him home to deal with his wife. I bet he would rather have tapped!

► Another client, "Jerry," had Obsessive Compulsive Disorder (OCD). He had a severe phobia of germs, washing his hands up to a hundred times a day. He also showered and washed his hair several times a day. Furthermore he made his family follow the same procedures in order for them to remain *clean and acceptable*. If they didn't bathe every time they entered the house (literally) he considered them "filthy and disgusting."

The rest of the family very much wanted Jerry to get help, but when Jerry first came to see me, he made it clear that he actually liked the attention and feeling special, and that he didn't want to get over his OCD.

When I asked if he might like to at least get over his fear of germs he replied. "No, no! Being afraid of germs keeps me safe and alive, so I don't want to let that fear go." We could have tapped on his fear, obviously. But he was adamant that he didn't want to. "What if it works!" he said. OMG!

This wasn't a Reversal - this was a *choice*. He didn't want to change, and he was completely certain and clear about that. I don't feel it's my responsibility to try to talk someone into changing. I may offer my opinion and make suggestions. However, I have an obligation to respect people's right to choose for themselves... unless it involves harming themselves or others.

► "Betty" had been a victim so long it had become a part of her identity. She had experienced a lot of sadness in her life; she had survived breast cancer and a double mastectomy, her brother was brutally murdered, her parents were holocaust survivors, her husband left her for a younger woman, her son lost a leg in a car accident, she was fired from her job, etc. It seemed her life was an endless tragedy and, understandably, her attitude was extremely negative.

She actually whined when she talked and answered most questions with a negative response, such as, *"Okay, I'll try, but it won't work - nothing ever does."* We just weren't getting anywhere with tapping and I had tried everything.

So I asked her, *"Betty, do you really want to feel better and have your life work?"* She calmly said, *"Not really. I've been this way so long I don't think I'd know how to act if things were going right for me. So, no, I don't want to change. This is just who I am."* Sadly she died a year later from cancer.

The point is that you can't help someone if they really *don't want* to be helped. **This is different than people who are Reversed or skeptical about tapping.** You don't have to believe in or understand Pro EFT for it to work.

Some of the biggest fans of tapping were skeptics at first (like me). As long as someone wants to change, tapping can work for them. If they are not motivated, or ready for change, however, nothing you do will be effective.

## 9. Energy Toxins or Substance Sensitivity

A strong enough toxin or sensitivity, in, on, or around you, can also stop tapping from working. Energy toxins and substance sensitivities are the rarest of the stumbling blocks, but they do happen. Sensitivities can be caused by something you just ate, by clothing, by carpeting, by pets, by a watch, by jewelry on your body, or by metal in your body—such as pins, fillings, braces, or metal plates. Even a cell phone, pager or other electrical device could cause sensitivity!

Toxins can also be medications or drugs a person has been taking. In order to eliminate a sensitivity, or toxin, you need to identify it, which can mean a lot of work and detective duty. It can involve asking questions and can be confirmed with muscle testing.

See the section on [Reversals](#) earlier in this document.

Once, during a workshop, the facilitator was experiencing a rare failure of tapping while working with several people. During a break it was discovered that the hotel had installed new carpeting during the week, which often contains toxic chemicals.

The trainer took the entire class outside to tap and started getting great results immediately. Once discovered, clearing the sensitivity is usually simple. It's finding it that can be a problem.

Since electrical fields or appliances can block energy movement in the body, I often ask clients to remove any pagers, phones, Game Boys, Blackberries, iPhone, iPods, etc. from their pockets. Even digital watches can sometimes cause interference.

## **Clearing a toxin, or substance sensitivity**

If you swell up like a puffer fish when you eat shrimp, break out in hives with peanuts, or go into anaphylactic shock when you are stung by a wasp, then you have a serious allergy; not a sensitivity. It is possible that Pro EFT may be able to help extreme allergic reactions, but, to my knowledge, it hasn't been tried or tested. And, I am not advocating that you start now.

**Please note** that we are talking about *sensitivities*, not extreme, hive-producing, breathing-constricted allergies. So, please be responsible with this information. I highly recommend Sandi Radowski's video on Substance Sensitivities in Gary's **Specialty Series DVDs** <http://snipurl.com/n2io>. (This is a short link - the actual one is way too long to be easy to copy from a book.)

Many sensitivities can be cleared with tapping and it is a fairly simple procedure. You can do it by touching the object in question with one hand while tapping with the other. This is how it is done:

Put one hand on the object and tap with the other. If the problem is a filling or metal plate in your body, put one hand on the approximate location of the metal while tapping with the other. If the problem is a food sensitivity, put one hand on the plate with the food—or even on the food itself—spaghetti can be messy...and tap with the other.

The set-up would be, "Even though I may be sensitive to this \_\_\_\_\_, I ask my body to accept it as safe and healthy." Do the set-up, as always, three times. Then do one round, using the reminder of, **"This sensitivity to my cell phone... food...(or whatever)."**

Do the second round saying, **"I ask my body to accept these gold fillings (or whatever) as safe and healthy."**

Do a final round alternating those statements on each of the points, i.e., on the eyebrow point, say, "The remaining sensitivity to \_\_\_\_\_." On the outside of the eyes, say, "I ask my body to overcome this sensitivity." Under the eyes, say, "The remaining sensitivity to \_\_\_\_\_ ...." and so on.

Again, substance sensitivities are less common than any of the other stumbling blocks, so I don't spend much time worrying about them. Nevertheless, it's good to be aware of them, just in case you get stuck. However, cell phone sensitivity is actually rather common, or it just could be



the electrical interference. Either way, removal of the device from the body is usually enough to remedy that problem.

More information on toxins can be found at Gary's website and on muscle testing in my LKcoaching.com **Reversals** article.

## **"The 9"**

These are the **9 Stumbling Blocks to tapping**, yet there is one more important thing that can help ensure successful tapping treatments. And that is simply **being persistent**. Sometimes we just give up too soon. Often, just being persistent can make the difference in reaching resolution with an issue.

**The bottom line is**, whether you are a practitioner trying to perfect your technique or an individual doing tapping for yourself, knowing and practicing the Nine Stumbling Blocks to tapping is invaluable to your success.

Those of us who have been tapping for years know it works, so we're more likely to be persistent and look for any impediments. If we don't get an immediate result we don't say to ourselves, "tapping just isn't working."

We simply ask, "What's in the way here?" So, if you're not getting the results you want or expect, become knowledgeable about these nine stumbling blocks and how to remedy them; then practice, practice, practice, and your success rate will improve considerably.

# Lindsay's Version of the Personal Peace Procedure

## A Direct Path Toward Inner Peace and Joy

"The Personal Peace Procedure is not just a way to 'feel a little more peaceful.' This technique could potentially be the most powerful healing centerpiece for every person on earth." -- **Gary Craig, Founder of EFT**

NOTE: This is different from Lindsay's Personal Power Process, which should be done after Bundling Baggage (used for similar, repetitive, negative events) or after the completion of the Personal Peace Procedure.

Begin the Personal Peace Procedure by **making a list of every bothersome SPECIFIC EVENT in your life and tapping their impact out of existence.**

By systematically doing this, we can ultimately neutralize all negative emotional events from our pasts. By doing this we are also eliminating the causes of most emotional and physical ailments.

This propels each individual toward personal peace, which, in turn, contributes significantly toward their happiness. Here are some uses...

- As a daily procedure to clear out a lifetime of accumulated emotional debris. This will enhance self-image, reduce self-doubt and provide a profound sense of freedom.
- As "homework" between your sessions with a physician, coach or therapist. This is sure to accelerate and deepen the healing process.
- As a means to eliminate a major contributor (if not the sole cause) of a serious disease. Somewhere within one's specific events are those angers, fears and traumas that are manifesting as disease. By addressing them all, you will likely cover those responsible for the disease.
- As a useful substitute for finding core issues. If you neutralize all the specific issues you will have automatically included core issues.
- As a method to build your self-esteem and confidence.

This simple concept can shift the entire healing field. Most of our emotional and physical problems are caused (or contributed to) by unresolved negative events. Tapping can easily alleviate the vast majority of these issues or memories.

Our unresolved specific events are nearer the foundational cause for illness than anything else. Thus they deserve our primary attention.

As you eliminate the emotional baggage from negative events, you will, of course, have less and less internal conflict for your system to deal with. Less internal conflict translates into a higher level of personal peace and less emotional and physical suffering. For many, this procedure will likely result in the complete cessation of lifelong issues that other methods have not touched.

It is becoming more widely accepted that our physical maladies are caused (or contributed to) by unresolved anger, trauma, guilt, grief and the like.

The method here is simple, assuming you already know how to apply EFT or Pro EFT:

- 1. Make a list of every bothersome specific event you can remember.** If you don't find at least 50 you're not working at this hard enough or you're only 20 years old. Many people find 100+ issues.

While making your list, you may find that some events don't cause you any current discomfort. That's OK. List them anyway. The fact that you remember them means there's a need for resolution.

- 2. Give each specific event a title,** as though it was a mini-movie. Examples: Dad Hit Me in the Kitchen, I Stole Suzie's Sandwich, I Slipped and Fell into the Grand Canyon, My third Grade Class Ridiculed Me When I Gave a Speech, Mom Locked Me in a Closet, Mrs. Adams Told Me I was Stupid.
- 3. Give each issue an intensity rating,** 10-1. This is to make sure you reduce each one to a zero, not just "feel a little better."
- 4. When your list is complete, rate your overall feeling.** That is, when you consider the impact these things have had on you in the past, how does that make you feel now? Then, rate your energy, health, peace of mind, joy, confidence, clarity of thinking, vitality, and sense of purpose... all on the 1-10 scale. You will want to use this later for comparison (see #9).

5. **Pick out the most impactful items and tap on each of them** until you either laugh about it or “can’t think about it anymore.” Be sure to notice any aspects that come up and consider them separate issues with which to deal. Tap them away, accordingly. Be sure to stay with each event until it is resolved. If you cannot get an intensity level on a particular issue, then guess what it would be if you *could* feel it.
6. After the big issues have been removed, **go to the next biggest** ones.
7. Do at least three issues per day, for at least a month.

It only takes minutes per day. At this rate, at the end of a month, you will have resolved 90 specific events, many more if you continue past one month.

You’ll start to notice how you have more energy, think more clearly, and how your “threshold for getting upset” is much lower.

Your relationships should get better, and many of your life-long issues just aren’t there anymore. Note any improvements in your blood pressure, pulse, headaches, shoulder and neck tension, and breathing ability.

I ask you to consciously notice these things (and get a little notebook in which to write them down) because, unless you do, the quality healing you will have undergone will seem so subtle that you may not notice it. You may even dismiss it, saying, “Oh well, it was never much of a problem anyway.” This happens repeatedly with tapping, which is why we are bringing it up.

When all of your issues have been resolved, assess yourself again, from 1 to 10, on the same components used in number 4 (energy, health, peace of mind, joy, confidence, clarity of thinking, vitality, and sense of purpose).

Without this comparative rating system, your changes may be so gradual that you hardly notice — similar to the way an aunt or uncle can see great changes in a niece or nephew after an 8-month absence, yet a parent can’t see those changes in their child on a daily basis.

By the time you have completed this process you should be experiencing significantly more happiness and peace of mind in life.

This could be one of the most important things you could ever do for yourself. So don’t short-change yourself, and don’t stop just because you start feeling better!

## Other Resources

- The Pro EFT Free Stuff page for tons and tons of free article, materials, downloads, videos, audios and more.  
[www.LKcoaching.com/FreeStuff.html](http://www.LKcoaching.com/FreeStuff.html)
- Our [Media page](#) is loaded with some great interviews, by or with Lindsay. Check it out. While there, look up our [upcoming quests](#) on Lindsay's ProEFTradio.com or the [previously recorded shows](#)
- Take a look to see if YOUR question is on our [FAQs page](#). If not [ask us](#) something and we may answer it in our Hot Flashes Newsletter.
- If you want to learn more about tapping, read about our upcoming workshops and trainings at [www.TappingWorkshops.com](http://www.TappingWorkshops.com)

## Recommended Practitioners

After successful passing all of our courses, including our Certification Process, practitioners may be added to the Preferred Practitioners page at LKcoaching.com. All of our practitioners have trained directly with Zoe Walton and me and have successfully completed our Level 3/Ultimate Practitioner Workshops.

Most have completed the certification process. They are all competent, caring people who are very proficient with Pro EFT. That said, we cannot guarantee results or take responsibility for their actions or yours.

**Find a qualified Pro EFT practitioner that fits your needs at:**  
[www.EFTPractitionerListings.com](http://www.EFTPractitionerListings.com)

## Apprentice Practitioners

Practitioners who have successfully completed our Ultimate Practitioners Workshop and have satisfied other requirements may be invited to join our Apprentice Program. It's a way to gain hours toward their certification process, by working for a session or two at a discounted rate. **Read about the program at [www.LKcoaching.com/Apprentices.html](http://www.LKcoaching.com/Apprentices.html)**

*If you would like to set an appointment with Lindsay, please contact her assistant, Katherine, at [assistant@LKcoaching.com](mailto:assistant@LKcoaching.com) or call us at 888-449-3030.*

# Answers to the Quizzes 1, & 2

## Quiz 1: General Knowledge

- 1. Name at least five physical symptoms that are the result of an emotional response, such as sweaty palms when nervous.**

**Answer:** High blood pressure, ulcers, breathing difficulties, upset stomach, pain in the chest (with grief), racing heart, dry mouth, tight muscles in the neck and shoulders, etc.

- 2. There are dozens of negative emotions. Name at least ten.**

**Answer:** anger, anxiety, angst, rage, depression, jealousy, hate, stress, frustration, grief, resentment, fear, hopelessness, guilt, envy, terror, strife, tension, embarrassment, humiliation, shame, remorse, aggravation, disgust, envy, sadness, despair, etc.

- 3. Our lives depend on four major bodily movements or functions: What are they?**

**Answer:** (1) The movement of **blood**, pumped by the heart throughout the body via the veins and arteries. (2) The movement of **breath**, thanks to our lungs taking in oxygen and purifying our blood supply. (3) The movement of **food** and elimination of **waste** through the digestive tract. (4) The movement of **electrical energy throughout the body through energy pathways**.

- 4. What is another name for these energy pathways?**

**Answer:** Meridians

- 5. How many pathways are there?**

**Answer:** 14 major meridians branching off into hundreds of pathways

- 6. Name at least three alternative sciences based on the energy system.**

**Answer:** Acupuncture, acupressure, TFT, BASF, EMDR, TAT, and others

- 7. What is the Chinese term for the body's energy? Answer:** Chi

**8. What causes negative emotions? Answer:** The cause of all negative emotions is a disruption in the body's energy system.

## Quiz 2: Let's see how well you've done on this one...

- 1. What is the FIRST thing you need to do before starting the tapping process?**

**Answer:** Be clear and specific about an issue you want to work on

- 2. What do you need to do next?**

**Answer:** Assess the distress level (SUDs) from 1 to 10

- 3. What would your basic Set-Up Statement be?**

**Answer:** Even though I have this \_\_\_\_\_ I deeply and completely accept myself.

- 4. Where are the two Set-up points?**

**Answer:** The Sore Spots on the chest — the two tender places on either side of the upper chest and, alternatively, the KC Point

- 5. What are the ten tapping points we've been using?**

**Answer:** EB, OE, UE, UN, CH, CB, UA, LV, WR, CRH

- 6. If, after tapping for two rounds, your intensity level (SUD) has decreased from a 10 to a 7, how do you proceed? And, what would you use as your reminder statement?**

**Answer:** Do a couple more rounds, changing the Set-Up Statement to: "Even though I still have some remaining \_\_\_\_\_, I deeply love and accept myself." For the reminder statement say something like "...remaining right knee pain... or ...remaining anger..."

- 7. If you get stuck at a 1 SUDs or less, or if the intensity goes back up when you test yourself, what other options might you consider?**

**Answer:** Perform the 9-Point Gamut, or do more rounds being more specific about the issue. Other options we will explore in the next section are how to be more specific, looking for other aspects you might have missed, checking for reversals, and making sure you've found and dealt with the core issue.

### **8. How do you make sure you're completely over the issue?**

**Answer:** Test and reassess yourself by reliving the moment or trying to get yourself upset. If you discover any remaining charge, repeat the steps until the issue is completely resolved.

### **9. What would you do if your SUDs stayed at a 10 or the same as when you started?**

**Answer:** Most likely there's a Reversal in the way. Perform the Reversal Neutralization and try again. If you're still stuck, re-read the **9 Stumbling Blocks** and see if you've missed something.

### **10. What is the Pro EFT Foundational Statement?**

**Answer:** Negative emotions are caused by a disturbance in the body's energy system.

These quizzes are for your benefit to see if you absorbed the information. The best way to learn EFT is by attending a workshop or webinar. But we realize that isn't always possible. So we are hoping this eBook and lessons have helped you get started. Check out our Level 1 and 2 recorded Webinars at: [http://www.LKcoaching.com/webinars/Level1\\_RECORDINGS\\_Reg.html](http://www.LKcoaching.com/webinars/Level1_RECORDINGS_Reg.html)



## Lindsay Kenny Bio



Lindsay Kenny

[www.LKcoaching.com](http://www.LKcoaching.com)

Lindsay is an EFT Master, certified trainer with the AAMET and Founder of the National Alliance for Emotional Health. Lindsay also facilitates EFT and Pro EFT seminars, webinars and teleclasses in the San Francisco Bay Area and worldwide.



For more information about Lindsay, visit her website at [www.ProEFT.com](http://www.ProEFT.com)  
888-449-3030

## ▶ Notes