



(aka Pro ER or Progressive Emotional Release)

## Progressive, Proficient, Professional Tapping



***“There are many ways Progressive EFT differs from traditional tapping or basic EFT. This is a simplified explanation of some of the most significant differences, including several of our branded, unique Pro EFT techniques.”*** Lindsay Kenny, EFT Master

**At the core, Emotional Freedom Techniques, Meridian Tapping and Progressive EFT are the same.** Each stimulates the body’s acupressure points while repeating verbal phrases. And each delivers dependable relief from a variety of emotional or physical issues. In the same context, all automobiles are alike, at the core level. We can transport ourselves from point A to point B by means of just about any vehicle, using our own skills and abilities.

There are hundreds of types of vehicles that are similar at their core, as a means of transportation. They are vastly different, however, in their appearance, efficiency, speed, function, comfort and safety. Yet each delivers us our destinations (usually. 😊.) However, your experience driving a '91 pickup truck would be vastly different than a trip in a new luxury sedan. Although the end result would be the same, the luxury car would most certainly allow you to reach your destination in less time, with greatly enhanced safety, better fuel economy, less environmental impact. So wouldn't the trip be better?

Now if the luxury car also came with a GPS to make sure you took the safest, most efficient route *and* it cost the same as a '91 pickup truck, wouldn't you choose the car as your mode of transportation? Additionally wouldn't getting your family or other passengers to their destination with enhanced comfort and safety be important as well?

Now I'm not knocking the 1991 pickup truck, bless its heart, just wanting you to understand the types of in EFT and Pro EFT. But I want to be clear that I'm not actually comparing EFT to a '91 pickup truck. Holy cow, no! EFT isn't a truck, nor uncomfortable, nor obsolete. EFT is incredibly effective and is how I and millions of others have learned how to tap and improve our lives. EFT provides an important foundation for learning all tapping techniques and therefore serves a vital purpose.

When you have the basics down, however, and even during learning the basics, the next logical step is Progressive EFT, which offers an easier way to learn and use tapping. It's more efficient, faster, easier to teach and learn, and safer for both clients and practitioner. Here are some of the many elements unique to Pro EFT and their benefits.

## Progressive EFT Elements Not Included in Basic EFT:

### 1) The identification and neutralization of two primary types of Reversals:

- a. **Secondary Benefit Syndrome** (SBS) – a subconscious resistance to change.
- b. **General Polarity Reversal** (GPR) – scrambled energy, sensitivities to substances, toxins, dehydration and more



2) **Benefits:** *Knowing how to recognize and neutralize the two types of Reversals allows the client or practitioner to eliminate the most common barrier to effective tapping. Watch this free video about Reversals to understand the importance of this element <http://tinyurl.com/ReversalsGift> (Taught in [Levels 1 and 2](#))*

3) **Muscle Testing-** Pro EFT uses muscle testing for validation of SUDs level, to demonstrate the effect negative emotions have on the body's energy system, to check for basic sensitivities and to demonstrate Reversals. (Taught in [Levels 1 and 2](#))

**Benefits:** *Muscle testing helps tune into, or validate one's intuition. It also helps to physically demonstrate how the body's energy system works and to check for remaining aspects. It proves very handy in many tapping situations.*

4) **Bundling Baggage Technique** – grouping together similar, repetitive events. It can also be used to bundle related emotions, traumas or beliefs, dispensing with them all at once. ( A Level 2 technique)



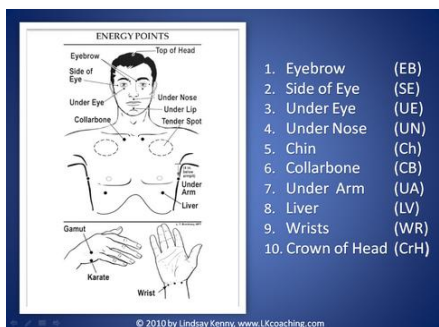
**Benefits:** It saves time in that it's not necessary to deal with certain events individually with Bundling. It also decreases the chance of re-traumatization since it is not essential to get in touch with an emotion to neutralize it, using this technique. It eliminates the need for specificity under certain circumstances. Bundling is one of the most useful, versatile and effective techniques in the tapping world.

5) **Golden Gate Technique** – Easy transitioning from the negative positioning to positive statements and choices

**Benefits:** *It's simple, easy-to-use and is highly effective. The GGT provides a simple roadmap to follow to help the tapper know what to say...a big roadblock for many. It also allows expression of how you want to feel, while tapping away the issue. (Level 1 technique, used in virtually all processes)*



**6) Bi-lateral tapping and the use of all 14 of the meridians** – Adding the use of both hands, on both sides of the body assures tapping on all of the meridian points. (Level 1)



**Benefits:** *This simple change in procedure can increase effectiveness by over 56% and help deal with shifting aspects while working on the core issue. It also more accurately balances the entire bi-lateral energy system.*

**7) Relationship Remedy** – This 4-part process helps to heal continuous relationships of all types; siblings, parent-child, love, friends, co-workers, employer-employee, families, etc. ([Level 3](#))

**Benefits:** *This process uses effective tapping techniques to focus on what you want in the relationship, as well as appreciating the other person's good qualities. It provides step-by-step tools to help neutralize hurt feelings and restore relationship health. The RR also allows the release of anger, frustration, resentment and other negative emotions. Seemingly hopeless relationships can be transformed with this process.*



**8) Ultimate Truth Statement (UTS)** – Used as a powerful contract with yourself, the UTS facilitates moving toward a goal, rather than struggling with what you don't want. The UTS combines tapping with the Law of Attraction for a powerful duo. (This is a [Level 3](#) technique)



**Benefits:** *The UTS simplifies dealing with complex issues and incorporates the Law of Attraction. It helps people easily focus on their goals and how they want their lives to be. It also spotlights obstacles allowing the tapper to neutralize them quickly.*

**9) Identification and Usage of Simple vs. Complex Issues** – an important differential for easier resolution of issues, especially for beginners. (Level 1 and 2)

**Benefits:** *If you don't understand the problem, how can you deal with it? Knowing how to easily delineate a simple issue from a complex one gives both the tapper and practitioner a sense of order. It helps you know how to deal with the problem and insure (for trainers) that you invite appropriate volunteers in front of the room.*

## Here are some of our additional Pro EFT Techniques:

- ◆ **Mentoring Programs** – for practitioners. This is a 10-part Webinar, once a month, for ongoing supervision and continual training. We cover several new techniques, some mentioned above, as well as dealing with questions on personal issues that come up.
- ◆ **Tapping Into Intuition** – simple steps to help you tap Into your intuition. We use muscle testing and other “leverage” to help know what you didn’t know you already knew 😊 (Level 2)
- ◆ **Personal Power Process** – 3 steps and 15 days to personal transformation. A valuable homework assignment (Taught in [Level 3](#))
- ◆ **Dan Rather Technique** – a simple method to gently lead toward healthier, wiser, positive decisions and choices. (This is a Level 3 technique.)
- ◆ **Belief Busting Technique** – easy, attainable process to eliminate limiting beliefs, doubts and fears
- ◆ **Dimensional Objects** – a simple way for many people to deal with their intensity or SUDs level without giving a 0 to 10 rating. (A Mentoring technique)
- ◆ **Tap Away Weight Program** – a non-traditional method of dealing with weight release and weight-related health goals
- ◆ **Our 9-day Practitioners Intensive** - for serious want-to-be-practitioners. It includes Levels 1-3, plus Law of Attraction, Weight Issues and much more.
- ◆ **The Use and Convenience of Hybrid Webinars/Teleseminars** - for highly effective, experiential training and communications
- ◆ **PHOOSIE Method** – A simple, but powerful way to see complex issues clearly and identify core issues. It shows how negative events impact your life and the best methods for resolution. This is an amazing method.( A Mentoring technique)
- ◆ **Live certification classes** – for certification assessment. Hands-on evaluations are the most comprehensive and effective way to teach, critique an implement. – This is taken only after Levels 1-3 are successfully completed, as well as other [certification requirements](#).



For more information on how to learn Progressive EFT, visit [www.TappingWorkshops.com](http://www.TappingWorkshops.com)

Good Luck and Good Tapping,  
Lindsay