

More on Tapping

Emotional Freedom Technique

These pages represent my ideas, based on Gary Craig's wonderful work, my experience as a Spiritual Healer, and the use of 'Intuition Technology' (my term to describe 'Dowsing') to work with 'Upstairs' - Spirit, Guides, Angelic Beings, etc.

There are some aspects which are better handled by methods other than EFT - such as possession and attachments, and the lowering of a persons life force due to geopathic energies (Curry Lines and Noxious Water veins - crossings of these are extremely potent).

For help with geopathic energies see my book 'Sleep Well, Be Healthy' - available in printed form or as a .pdf download. See the website of the Holistic Intuition Society www.in2it.ca for more details.

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Additional Suggestions:

Healing Cancer & Serious Diseases: <http://www.in2it.ca/Cancer.pdf>

Based on the underlying cause of these being major disruptions in the energy field of a person, often due to external influences.

Also covers a way to persuade the body's systems to accept transplants and so prevent rejection of transplanted organs.

Ladies Only - Pregnancy Problems: <http://www.in2it.ca/LadiesOnly.pdf>

Based on principles from Huna a simple way of ending unwanted pregnancies is suggested.

In the work by Gwen Jones (see her book 'Cry from the Womb') she has discovered many major problems in ladies who have become pregnant but the baby has not been born alive or died young. A way of tapping is suggested that Heals these Baby Souls and returns them to their rightful place in Heaven.

I hope that you find this paper useful to you in your Healing work.

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1. Some Further Aspects to be Considered

If you Feel a Pain

Ask in your mind “*Is there a message for me ?*” since usually there is a reason for the pain. Often your sub-conscious self has mis-understood a situation and is trying to tell you of a problem. Take whatever thought ‘pops’ into your mind seriously ! Then use this in ‘The Set Up’, recognizing the stated cause and explaining the correction needed, and then proceed to tap the cause away and install the correction in your sub-conscious self.

You can even ask your sub-conscious self to give you small pains to indicate problems so that corrective action can be taken !

If you Have a Sudden Thought

This will often be your mind becoming aware of a problem in your sub-conscious and trying too get your attention to make a correction to the program operating within the sub-conscious. It is similar to letting you feel a pain - but far more benign, due to lesser urgency. If ignored it may develop into a pain - so making a bigger effort to get your attention. Pay great attention to the first thought that comes (from your Intuition) - second thoughts usually come from ego !

Respect Others !

When working with other people (or animals, plants, etc) state that you are operating with Love for their benefit - and that what you suggest should only be implemented if it is in their best interest. Do not force your beliefs on others ! This is especially important when working with members of your family - they may have a completely different outlook on life, contrary to yours.

Disposal of Unwanted Energies

Comment has been made by clairvoyants who use EFT about disposal of the energies that are released. They have reported that sometimes these ‘hang around’ and may ‘get back in’.

So it is advisable to ask “*That all unwanted energies be taken with Love to be Healed and be in their rightful place.*”

How Often Should EFT be Used ?

Whenever the need is felt - and in between ! Persistence pays !

If you do your EFT work at home, at work, at play - then you work in different environments, which may improve the efficiency of EFT.

Use it for all purposes, for everything you wish to correct or improve.

2. Personal Comments

I suggest that the first task in Healing is to get the ‘Wisdom of Our Being’ (our Spirit), the Heart, Mind, and Brain to work together as a team.

My understanding is that our Heart (which has its own neurons) is our link to ‘Upstairs’ and has a great influence over our actions. So it is best to ensure that Heart acts as a leader, co-ordinating our mind and brain to work with ‘Upstairs’. Our brain has many parts - the logical part (ego), the Intuitive part, our sub-conscious and non-conscious parts (these are labels we attach !)

This may well be helped by using the 'Preliminary Setup' and associated tapping that I suggest.

I have found that when I ask my Heart (as a separate Being ! - my link to the 'Wisdom of Being') to help and guide me in my Healing work then 'things happen' !

Many of us have sudden thoughts of past episodes in our life - and usually dismiss them immediately as being not relevant to what we are doing. But it may be that our Heart/Sub-conscious is trying to get our attention to something that is causing a problem, and can be corrected by using EFT.

So it is best to listen to 'Our Small Voice' and tap away the problem.

A personal example is a memory of when, as a small child, I was driving my baby red car and ran over the foot of a neighbour who had gout, and got angry - which I thought was unjustified.. Now I have had a number of small accidents when driving my car - unknown to me, they were all related to that baby accident ! After tapping on it, I have since been free of car accidents !

Based on the work of Dr Richard Bartlett, DC, ND in 'Matrix Energetics' and 'The Physics of Miracles', Miracles can happen - and do happen more than we normally recognize. So it helps to open ourselves to expect miracles !

Many present problems have a base in the past - perhaps a small base, but it gets stronger as episodes happen and reinforce the base. Thus it may be best to start with finding problems in chronological order - starting with conception.

By dealing with the original base, the current problems may be undermined - having their foundation collapsed, and so be much easier to handle at later times.

Another advantage is that these very early problems may be easier to overcome (and with little trauma) than the main 'presenting problems'. This enables the Healee (especially a person new to EFT) to get used to the tapping techniques in a simple way without high emotional feedback - and with success that increases confidence in the EFT method.

It has been found that most pains, etc., exist for a reason; I find that it is most important to open a dialogue with the pain to discover its purpose or message. In many cases this will be found to be based on misunderstandings of situations, and by explaining the correct interpretation to the 'sub-conscious' EFT will have an increased potential for success in Healing.

I have included some charts which you can use to determine if any serious problems exist prior to conception, during pregnancy, as an infant, and during later ages.

These are based on Pendulum Dowsing - you may find my booklet 'Your Pendulum' helpful in improving your Dowsing skills - see the website of the Holistic Intuition Society

<http://www.in2it.ca> for more details.

Records of your work are important in many ways; I suggest that you make a note of the times when problems are encountered, check for blockages or reversals, then the seriousness and strength noting how these diminish.

John Living, Retired Professional Engineer

Executive Secretary, the Holistic Intuition Society <http://www.in2it.ca>

3. Suggested Preliminary Rounds of Tapping

These three Rounds are best used at the start of any 'in-depth' EFT tapping session - but just tap without them when doing routine tapping.

If you are tapping because a thought has 'come to mind' you do not need any setup - because your mind is already focused on the problem ! But you can do a setup if you so choose.

Round 1

SETUP:

What I have perceived may be the truth of others
My beliefs may be based on false perceptions.
My Spirit, Soul, Heart, Mind, Sub-conscious, and Being
are not working together as a good team.
Some of my cells are not aligned with my Master Cell
And those in Charge do not obey the Wisdom of my Being.
I deeply and completely Love and accept myself
We are all Loved by Higher Beings.

TAPPING:

Head: Release false perceptions and incorrect beliefs (Head = On Top of Head)

EB: Truth of Others

SE: False Perceptions

UE: Parts of me working independently

UN: We are not a Good team

Ch: Failure to link together

CB: Improvements needed

UA: Releasing causes of these problems

Wr: Sending them to be Healed with Love (Wr = Inside Wrist)

Round 2

SETUP:

I can always change all my beliefs
I can always correct my perceptions.
My Spirit, Soul, Heart, Mind, Sub-conscious, and Being
Can work together in Harmony and Love.
All of my cells can aligned with my Master Cell
And those in Charge can obey the Wisdom of my Being.
I deeply and completely Love and accept myself
We are all Loved by Higher Beings.

TAPPING:

Head: Revise my beliefs

EB: Correct my perceptions

SE: We can be a good team

UE: Working together in Harmony and Love

UN: Cells align with my Master Cell

Ch: Obeying the Wisdom of my Being

CB: Change for the Best

UA: Miracles happen NOW

Wr: Love and Gratitude to All (Wr = Inside Wrist)

Round 3

SETUP:

I choose to change and correct all my beliefs and perceptions.
I choose to let my Heart be in command of my total Being
I choose that all in and associated with me work as a good team
Operating in Love, peace, and harmony at all times.
I choose that everything changes for the best
Miracles happen in all 'Nows'.
I deeply and completely Love and accept all in my Good Team
I let it be so ! It is so !

TAPPING:

Head: I correct all my beliefs and perceptions

EB: All in my Total Being work together as a good team

SE: My Heart leads our good team

UE: Working together in Love, Peace, and Harmony

UN: All cells spiral Good and align with my Master Cell

Ch: All cells obey the Wisdom of my Being

CB: Change for the Best

UA: Miracles happen NOW

Wr: Love and Gratitude to All (Wr = Inside Wrist)

SOME FURTHER HINTS

IDENTIFY PROBLEMS:

Use all your senses (as best as possible):

Emotions: Anger, Fear, Anxiety, Hate, Greed

Magnify these for intense awareness; grade 1 (low) to 10 (high)

Feelings: Heaviness, depression, cloudiness, pain in body.

Define in your mind the shape, colour, texture, even name

Always treat with respect - antagonism will make it hide.

You need to converse as equals so that you can Heal effectively.

For each case, give it an identity

Ask if any messages, reason for pain, etc.:

"Thanks for giving the message and getting attention

Circumstances have now changed,

I now release you to be Healed."

Follow if location moves; grade 1 to 10 - it may be a new aspect or
new case

Pictures in Mind's Eye as observer: Especially 'movies' of past
happenings

Colour may fade, picture grow small or move away to distance

Taste & Smell may also sometimes be noticed

SETUP: (3 rounds)

1.Acknowledge existing problem, 2.forgive, can change, 3.correction
(adjust for 'still have' etc. in further rounds)

Even though (occurrence) happened and I had (emotion/pain/disease)

(add explanation of occurrence, I choose to make correction)

you can vary these for each round to cover different aspects

pay attention to the thoughts that arise and include them !

I completely and sincerely Love and accept my total Being

TAPPING: (3 rounds - recheck intensity at end of each round)
Statements based on your setup statements for each round

COMPLETION OF ROUNDS

SETUP:

I forgive all who hurt me in any and all ways
 I forgive myself and all others involved
I apologize and ask forgiveness to all I have hurt
 I release all emotional triggers
We go back in time to before these happenings
 Complete forgiveness - Love, Peace, and Harmony
I deeply and completely Love and accept myself
 We are all Loved by Higher Beings.

TAPPING:

Head: I apologize to all that were hurt
EB: I forgive myself and all involved
SE: I release all emotional triggers
UE: I/We all go back in time
UN: Complete forgiveness
Ch: Love, Peace, and Harmony
CB: Change for the best
UA: Miracles happen NOW
 DEEP BREATH, EXHALE ALL RESIDUE
Wr: Love and Gratitude to All

4. Other Resources that may help you

QuantumK is a Healing system based on Fractals and Fibonacci series that you can watch on your computer - go to <http://www.quantumk.co.uk> - and click on the 'Healing Experience', about 25 minutes long. You can gain more insight by looking/downloading the blogs and the manual.

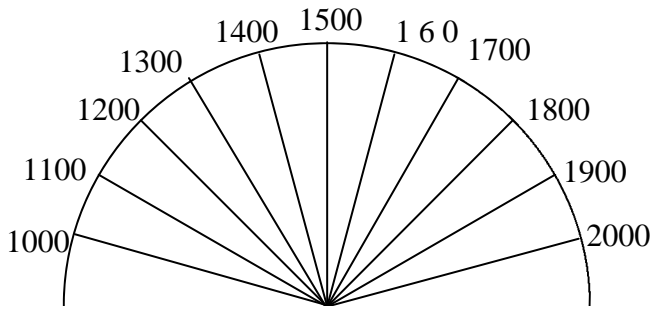
YouTube has many videos on EFT - you can watch them to get hints, and see how experienced therapists work with EFT. The Holistic Intuition Society has prepared a data DVD which includes a good selection of these, together with much more data to help you understand Healing and Life.

EFT libraries produced by Gary Craig include many sessions with clients. The Holistic Intuition Society has purchased the complete set, and is authorized to give away copies for free. So we have copied these (and many more 'goodies') onto a 250GB USB hard drive, which we sell for US\$125.

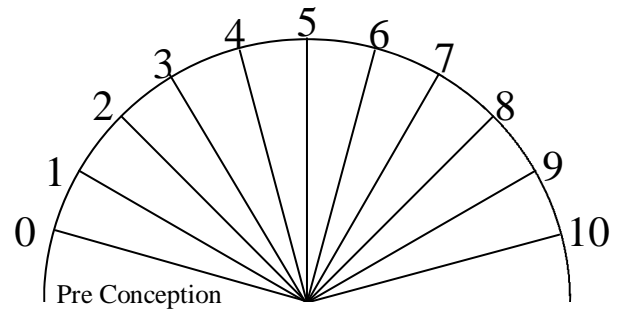
Healing Bracelets produced by the Holistic Intuition Society are based on the coils developed by Dr Georges Lakhovsky in France and used in US hospitals when he escaped the Nazis.

They increase the Radiance of your blood, creating an environment that viruses do not like - so you keep healthy ! The Neck Rings have proved to be excellent in stopping headaches and migraines.

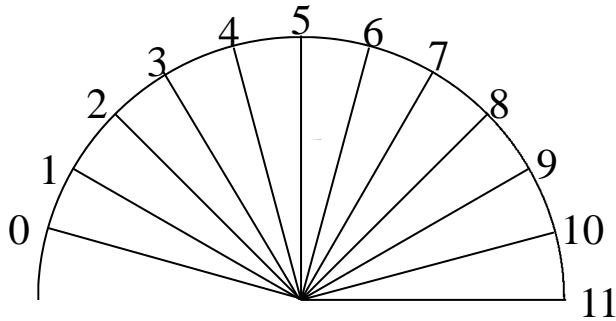
See <http://www.in2it.ca> and click on 'Healing & Dowsing Tools'.



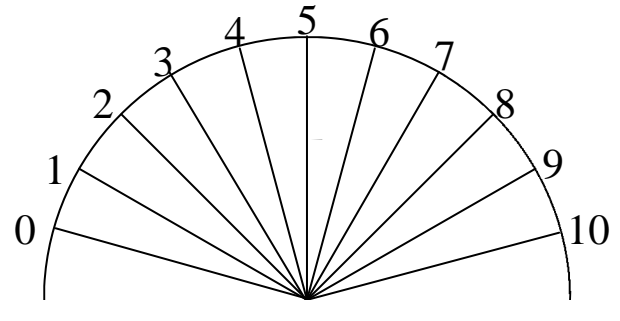
Soul & Group Past Lives



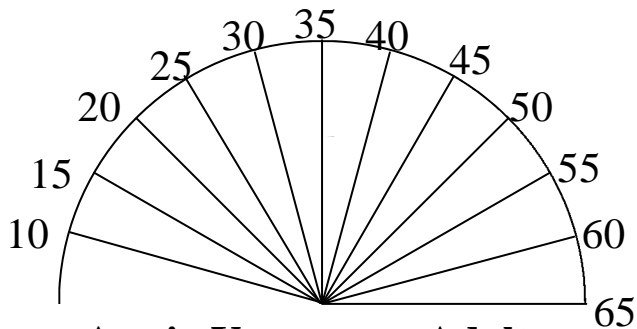
Months of Pregnancy



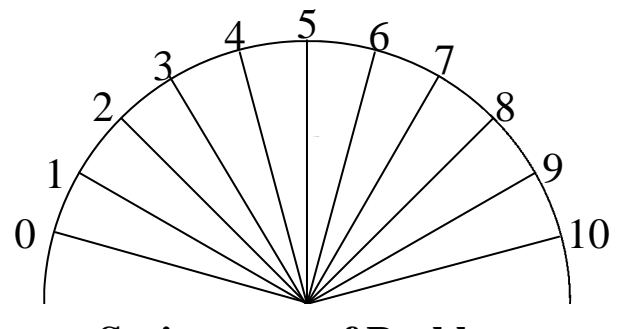
Months as an Infant



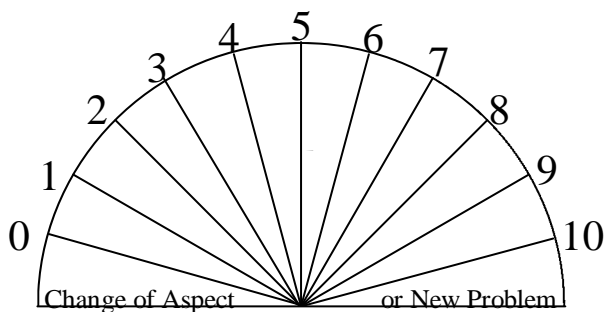
Age in Years as a Child



Age in Years as an Adult

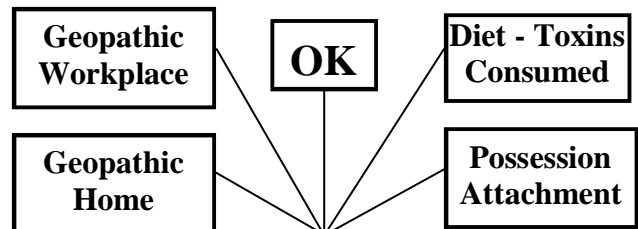
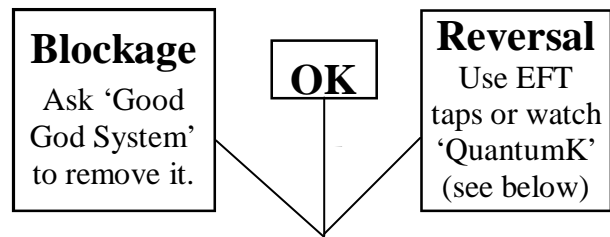


Seriousness of Problem



Strength of Problem

QuantumK <http://www.quantumk.co.uk>
 This is a Healing program based on quantum physics, fractals, and Fibonacci ratios that works with the viewer's sub-consciousness to Heal on the General, Emotional, Physical, and Spiritual levels - about 25 minutes long. Best to watch before EFT therapy.



Other Causes of Problems