
WHISPERS FROM THE UNIVERSE:

30 EFT SCRIPTS FOR FEELING GREAT



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WELCOME

Welcome to Whispers from The Universe, a compilation of more than a year's worth of letters and inspirational tapping ideas shared with folks all over the world. Each tapping script relates to a theme that supports, nourishes, and guides us on our emotional and spiritual journeys.

EFT is a simple yet elegant technique that addresses emotions at the core - the body's energy system. It's easy to use with only eight tapping points. For a diagram of the points and a video of how to tap, visit:

<http://www.deborahdonndelinger.com/art-of-healing-eft-introduction>

As a special bonus to Art of Healing participants, I am providing five additional demonstration videos. This videos will give you the chance to tap along with me while addressing issues specific to mothers and women with an interest in health and natural living.

<http://www.deborahdonndelinger.com/art-of-healing>

Much love and enjoy,

Deborah Donndelinger

WILL TAPPING CHANGE WHO I AM?

YES AND NO

I was talking with a mom new to EFT. She was hesitant to tap because she thought tapping would change who she is and what she values. She wants to be a loving mother and worries that tapping might take that away. In fact, it's the exact opposite: EFT helps us discover who we really are by removing the blocks that have obscured our true selves. So that frustrated mother yelling at her children transforms into a mother who honors both her inner child and her outer children. Tapping removes the blocks so that we can act and think more consistently with what we want to value.

Set-Up Phrase

Even though there's nobody like me in the entire world, and sometimes I wish I were different, I accept myself for who I am today.

Even though I'm completely unique, and sometimes I wish I were different, I am open to the possibility of accepting myself in my own uniqueness.

Even though I'm me, and sometimes that feels good and sometimes that feels bad, I am open to loving myself as me, exactly the way I am.

The Points

Eyebrow: I'm me.

Side of the Eye: And I don't want anyone to change me.

Under the Eye: I'm happy being me ... sometimes ... and sometimes not.

Nose: I have unique challenges being me and I have unique gifts.

Chin: I am open to the idea of being true to myself, gifts and challenges alike.

Collarbone: I am open to the idea that I have a unique gift for the world.

Under the arm: I am open to the idea of celebrating who I am.

Head: I am open to the idea that being me is just perfect.

TAKING A PAUSE

THERE IS A TIME TO TAKE A PAUSE, TO ALLOW THE INTEGRATION OF OUR EXPERIENCES, AND TO KNOW THAT WE ARE OKAY, RIGHT NOW

I recently returned from a transformative birth process workshop and am enjoying the gradual integration of what I learned into my home life. I am very aware of being in a resting place, enjoying the pause, and allowing the integration of my experience.

As many of us are self-driven seekers, I thought some tapping around taking a rest and appreciating the down-cycle might be appropriate.

Set-Up Phrase

Even though I'm not used to pausing, I appreciate how good it feels to relax.

Even though I'm used to working hard, I am open to the idea that taking it easy is okay too.

Even though I'm not used to having it easy, I can relax into how easy it can be.

The Points

Eyebrow: I'm used to working hard.

Side of the Eye: I have to make changes NOW!

Under the Eye: There's so much to be done.

Nose: There's no space for a break.

Chin: That's what I'm used to feeling.

Collarbone: What if ...

Under the arm: ... it's okay to relax?

Head: What if

Eyebrow: the rest is as important as the work?

Side of the Eye: What if...

Under the Eye: it can be easy?

Nose: What if ...

Chin: it's okay to breathe?

Collarbone: What if ...

Under the arm: ... it's okay to be exactly where I am?

Head: What ifI am perfectly okay, today, right now!

CHOOSING HOW WE SEE

THERE IS GREAT VALUE IN CHOOSING WHICH EYES WE USE TO VIEW THE
WORLD: OUR ADULT EYES, OUR CHILD-LIKE EYES, OUR INNER BEING EYES

Hello friends,

One of the things I learned recently at a workshop was the value of discerning which eyes we use as we look at the world. We have many sets of eyes: one set is our adult set of eyes, where we bring all our discernment, intelligence, experience, and insight. Another set of eyes is the child-part of ourselves, often the child-part that is wounded, sad, wanting love, feeling less than capable. For those of us who work with spiritual concepts, another set of eyes is our Inner Being. All these sets of eyes exist in us and all are appropriate. What I find helpful is being aware of which eyes we are using and deciding if that serves us best at this time.

So when it feels that we want more access to our adult and Inner Being eyes, let's try this.

Set-Up Phrase

Even though I use my child-eyes a lot, and sometimes that feels bad, I love and accept my child-eyes and forgive myself.

Even though I don't use my adult-eyes enough, and that feels bad, I love and accept and forgive myself anyways.

Even though my child-eyes are very valuable to me, I forgive myself for not loving my child-eyes.

The Points

Eyebrow: My child-eyes,

Side of the Eye: My adult-eyes,
Under the Eye: My inner-being-eyes,
Nose: All are part of me.
Chin: My child-eyes,
Collarbone: My adult-eyes,
Under the arm: My inner-being-eyes,
Head: All are part of me.
Eyebrow: My child-eyes,
Side of the Eye: My adult-eyes,
Under the Eye: My inner-being-eyes,
Nose: I am able to choose which I use to see.
Chin: My child-eyes,
Collarbone: My adult-eyes,
Under the arm: My inner-being-eyes,
Head: All are part of me.

MAKING CONTACT

HUMAN TOUCH IS ONE OF THE MOST NURTURING FORMS OF SUPPORT WE CAN
GET

Hello friends,

For me, human touch is one of the most nurturing forms of support I can get. Touch can be as simple as holding hands, leaning against another person, a hand on the shoulder. A brief contact can help me connect to myself, my body, and others. A longer touch rejuvenates me to my very soul. When I don't get enough nurturing touch, I am more likely to slip into a state of overwhelm, especially as a mother and as someone who is in a healing profession. Sometimes it feels hard to get enough touch ... let's tap on this and see where we end up. If you already get

enough nurturing touch in your life, just jump ahead and do the affirmative tapping at the end.

Set-Up Phrase

Even though I don't have enough nurturing touch in my life, and I really need it, I love myself and accept myself as I am.

Even though I crave touch, and I don't get enough touch, I am open to the possibility of having an abundance of loving touch in my life.

Even though touch is so important to me, and I never knew it, I forgive myself for not knowing it and accept myself deeply.

The Points

Eyebrow: Nurturing touch ...

Side of the Eye: ... soothes my soul.

Under the Eye: I crave nurturing touch.

Nose: This human need to connect.

Chin: I haven't gotten enough loving touch.

Collarbone: Human touch

Under the arm: Nurturing touch

Head: I've missed it so much.

Eyebrow: There is an abundance of touch available for me.

Side of the Eye: I am completely supported and loved.

Under the Eye: There are many ways to receive loving touch.

Nose: Loving touch soothes me.

Chin: I am worthy and deserve to be loved.

Collarbone: I love feeling connected.

Under the arm: Loving touch ...

Head: There is so much loving touch available to me.

I AM ENOUGH

“NOT BEING ENOUGH” IS A COMMON UNDERLYING BELIEF TO MANY OF OUR ABUNDANCE ISSUES

Hello friends,

I was at an EFT workshop on the topic of abundance – many of the participants shared the common theme of not being enough. “Not being enough” is a core belief that limits every aspect of our lives.

So let’s try this and see what unfolds. Remember, with the EFT wording, we often use extreme language to help “weed out” the unhelpful thoughts. So if you find yourself reacting to the words, that’s great -- keep tapping and don’t rush to the positive wording. Shift only when it feels right.

Set-Up Phrase

Even though I know that I am not enough and feel totally unworthy, I am open to the idea of loving myself anyway.

Even though no one told me I was enough, I am open to the idea of telling myself I am enough.

Even though I know I am not enough, I forgive myself for not being enough.

The Points

Eyebrow: I am not enough.

Side of the Eye: I have never been enough.

Under the Eye: At least that’s what I feel.

Nose: I am not enough.

Chin: I never was enough.

Collarbone: Nobody told me I was enough.

Under the arm: I wasn’t enough for my family.

Head: My family wasn’t enough for me.

Eyebrow: I don’t know how to be enough.

Side of the Eye: I don't know how it feels to be enough.

Under the Eye: I'm not enough.

Nose: This feeling of not enough.

Chin: This feeling of enough.

Collarbone: Both parts live in me.

Under the arm: I am open to the idea of being enough.

Head: I am enough.

RELAX, THERE'S TIME

WHEN IT FEELS LIKE A CRISIS, BREATHE AND TAP

Hello friends,

My family and I were plagued one summer by a bout of extreme poison ivy. My son was swollen all over his body; his face puffed up and his eyes swelled shut. I tried tapping for him with no results. I then tapped with two different practitioners with no immediate results. I know that EFT works for poison ivy; there are plenty of cases of poison ivy disappearing immediately. Why couldn't I get results?

In retrospect, I did get results. What could have taken weeks to clear took only days without any allopathic medications needed.

What threw me off center was my sense of urgency and crisis. Sometimes a sense of urgency is needed, but if we take a moment to pause, connect and then act, we can make better decisions. So no matter what the issue is, the next time you feel this sense of crisis, try this.

Set-Up Phrase

Even though I feel anxious and rushed, I love and accept myself.

Even though I feel this sense of urgency and I can't slow down, I am open to the idea of seeing the bigger picture.

Even though I need to act now, I am open to the idea of connecting before acting.

The Points

Eyebrow: I have to act now.

Side of the Eye: I feel anxious.

Under the Eye: I feel rushed.

Nose: There is no time.

Chin: There's so much to do.

Collarbone: I must act now.

Under the arm: This sense of urgency.

Head: This crisis energy.

Eyebrow: But maybe, I can take a breath.

Side of the Eye: Maybe, there is time to connect.

Under the Eye: <Sigh>, I can breathe.

Nose: There is time.

Chin: I can relax.

Collarbone: Relaxing makes it easier.

Under the arm: It's okay to relax.

Head: I have plenty of time.

THE WRONG SIDE OF THE BED

ONCE WE FIGURE OUT THE DISCONNECT, THE GRUMPINESS WILL SHIFT

Hello friends,

Some days, I just wake up grumpy. Don't know why, just is. Sooner or later, I shift. Feeling grumpy is information to ourselves: we might be thinking something that is not useful, we might be avoiding feeling something that needs to surface.

Whatever the cause, once we figure out the disconnect, the grumpiness will shift. So let's try this.

Set-Up Phrase

Even though I feel unsettled, I love and accept myself deeply.

Even though I feel reactive, I love and accept and forgive myself completely.

Even though there are things I don't want to think about, I love and forgive myself deeply.

Points

Eyebrow: This feeling of unsettled,

Side of the Eye: This feeling of anxiety,

Under the Eye: What the heck is wrong?

Nose: This off-center feeling,

Chin: I wonder what's wrong?

Collarbone: This feeling of being off-center,

Under the arm: This feeling of anxiety,

Head: All these reactive feelings.

Eyebrow: What if ...

Side of the Eye: I choose how to feel?

Under the Eye: What if I choose to feel calm?

Nose: Feeling calm is a choice.

Chin: No way! I won't choose calm and you can't make me.

Collarbone: All these feelings.

Under the arm: But what if feelings are merely information?

Head: All these feelings.

Eyebrow: But what if ...

Side of the Eye: I choose how to feel?

Under the Eye: What if I choose to feel calm?

Nose: Feeling calm is a choice.

Chin: I can choose calm and also observe my other feelings.

Collarbone: I am calm.

Under the arm: And my other feelings are information.

Head: I am open to choosing calm and I am open to noticing my other feelings.

I AM NOT A MISTAKE

IF WE EVER GOT A MESSAGE THAT OUR PRESENCE WAS A BURDEN, OR IF WE
DON'T UNDERSTAND OUR TROUBLED PASTS, THIS TAPPING CAN HELP

For those of us who come from divorced families, there is often a feeling of not being wanted. Even if the divorce was for the best, there is often a left-over feeling of being a mistake. If the marriage was a mistake, then the children are a mistake – or at least, that's how they feel. It takes conscious effort to reinforce that the children are a product of love, especially if the parents can't stand each other.

For those of us not from divorced families, we can still have the feeling of being a mistake. If we ever got a message that our presence was a burden, or if we don't understand our troubled pasts, this tapping can help release that feeling.

Releasing these feelings of unworthiness will dramatically shift how we see ourselves and how we treat ourselves and our loved ones.

Set-Up Phrase

Even though I feel like I am a mistake and I shouldn't be here, I love and accept myself deeply and completely.

Even though I feel like a mistake and nobody really wanted me, I am open to the idea of wanting myself.

Even though I feel like a mistake, and I wasn't really wanted, and that hurts me to the core, I release these feelings of hurt and am open to feeling the love around me.

Points

Eyebrow: I was a mistake.

Side of the Eye: I shouldn't have been born.

Under the Eye: My parents didn't really want me.

Nose: They were too busy with themselves.

Chin: I was a mistake.

Collarbone: At least that's how I feel.

Under the arm: I was a mistake.

Head: I'm not sure why I was born.

Eyebrow: I don't like feeling like a mistake.

Side of the Eye: I want to be wanted.

Under the Eye: I deserved to be born.

Nose: My life has purpose.

Chin: I have purpose.

Collarbone: I deserve to be here.

Under the arm: I want to be here.

Head: I am not a mistake.

STUCK

THE MORE I RESIST FEELING, THE MORE IT AMPLIFIES

I was hoping to write something inspirational: I love the nice weather and being outside. But I've been feeling stuck and thought this a good topic for a tapping sequence. I get so impatient and frustrated when I feel that I am not at my best; this frustration then gets me stuck even more. The only way out is to appreciate

my frustration and know that it's passing. The more I resist feeling, the more it amplifies.

So if you have been feeling stuck, here's a tapping sequence. I'm using the refusal technique to really get to the issue of resistance. Have fun with this – really say the phrases with energy!

Set-Up Phrase

Even though I'm stuck, and I hate being stuck, I love and accept myself.

I love and accept myself even though I'm stuck.

Even though I'm stuck and I'm so frustrated at being stuck, (what's wrong with me?) I appreciate myself and the fact that I feel stuck.

Points

Eyebrow: I'm stuck.

Side of the Eye: I'm not budging

Under the Eye: And you can't make me.

Nose: I'm stuck.

Chin: I like being stuck.

Collarbone: I know how to be stuck.

Under the arm: I have plenty of practice being stuck.

Head: I am stuck.

Eyebrow: What if I can move?

Side of the Eye: Nope, I'm stuck.

Under the Eye: But what if ...

Nose: Nope, I'm stuck and I'm not budging.

Chin: I'm stuck.

Collarbone: I like being stuck

Under the arm: It feels safe being stuck.

Head: If I'm stuck, I'm safe.

Eyebrow: What if I can be safe no matter what?

Side of the Eye: What if I'm always safe?

Under the Eye: What if I'm safe stuck or unstuck?

Nose: What if I'm safe?

Chin: I like feeling safe.

Collarbone: And I can feel safe anytime I want.

Under the arm: I know how to feel safe.

Head: I feel safe.

IT'S GREAT BEING ME

THE BEST IS YET TO COME AND IT'S PRETTY DARN GREAT RIGHT NOW

I hope you all are enjoying your summer. I'm off next week to the EFT Master Conference in Denver. I'm looking forward to three days of tapping and hanging out with other EFT practitioners.

Often my tapping ideas are on heavy stuff -- this time I feel called to focus on our successes and celebrate ourselves. I know from your emails that you've been working hard and tapping and releasing some powerful memories. Let's take a moment and truly acknowledge how hard we have worked and how much we have released. It's great being me!

Set-Up Phrase

I love being me and even though I feel like there's more to work on, I can stop and say, "It's great being me".

I love being me and even though there might be more to work on, I stop and say, "It's great being me".

I love being me. I can stop and say, "It's great being me".

Points

Eyebrow: It's great being me.

Side of the Eye: I'm so proud of myself.
Under the Eye: Look at how much I'm changing and releasing.
Nose: I love how easy it is with tapping.
Chin: I love knowing I can face anything.
Collarbone: But most of all, I love being me.
Under the arm: It's great to be me.
Head: I'm the only one just like me.
Eyebrow: I'm unique.
Side of the Eye: I have a special place in this world.
Under the Eye: I make a difference,
Nose: Just by being me.
Chin: It's great to be me.
Collarbone: I truly appreciate myself and my journey.
Under the arm: The best is yet to come
Head: ... and it's pretty darn great right now.

USING COLOR

THE USE OF COLOR AS A METAPHOR FOR PAIN HELPS CLEAR STRONG EMOTIONS WITHOUT HAVING TO GO INTO A TRAUMA STATE

I had the chance to participate in a wonderful EFT conference in Denver. One theme at the workshop was the use of color and images as a guide for tapping. I found both of these to be very useful. The color of pain, by Paul Lynch, was interesting in that I moved and cleared many emotions without having to go into a trauma state while feeling them. The focus on the physical sensations actually helped make the emotional clearing much smoother.

So, if you are experiencing any pain or sensation in your body, close your eyes on focus on that area.

Where is it? What color is it? Is it opaque or transparent? Smooth or rough?
Moving or still? What size and shape is it? Is there an emotion that comes with it?

I'll give one example of what that looks like here.

Example: I have a stiffness in my neck. The color feels red, long and skinny, opaque, rough, and still. The emotion is frustration and feels stuck.

Set-Up Phrase

Even though I have this feeling of stuckness in my neck, I love and accept myself.

Even though I'll never be able to move my neck with ease, I love and accept myself.

Even though I'll never be able to move in my life with ease, I love and accept myself.

Points

Eyebrow: My neck,

Side of the Eye: This feeling of stuckness,

Under the Eye: This tightness in my neck.

Nose: It will never shift.

Chin: I will always be stuck.

Collarbone: It can never be easy.

Under the arm: Why am I so stiff?

Head: Why am I so stuck?

Eyebrow: But what if it could be easier?

Side of the Eye: What if I could flow?

Under the Eye: What if I could move with ease?

Nose: Never!

Chin: I am doomed to be a stiff, crotchety old woman with all these aches and pain.

Collarbone: No, I am not.

Under the arm: Yes I am.

Head: No I am not.

After tapping, go back and check in and see what's changed. In this example, the color has changed to green, it's moving, transparent, and more circular and the emotion now feels like hope.

QUICK SUCCESSES OR LONGER JOURNEYS

IF YOU FEEL FRUSTRATED BY YOUR LACK OF PROGRESS OR DESPAIR THAT
YOU WILL EVER CHANGE TRY THIS TAPPING SCRIPT

One of the draws of EFT is all the stories of one-minute wonders experienced by EFT users. Seeing someone's pain or emotional turmoil transformed in a few rounds of tapping is inspiring and awe-provoking. However, these one minute wonders can lead us to doubt ourselves, or doubt EFT, when we don't get the same results.

For myself, and with clients, I have experienced both ways of success with EFT: The quick way, where the emotion and underlying event is easily identified and cleared. And the longer way, where there are many layers that are uncovered on the way to neutralizing a limiting belief.

So if you are feeling frustrated by your lack of progress, or despair that you will ever change, try this.

Set-Up Phrase

Even though EFT works for everyone else, but not for me, I'm open to the idea of accepting myself, even though EFT doesn't work.

Even though I'm scared that EFT might not work for me, and then I'll be stuck feeling bad forever, I am open to the idea that healing is possible.

Even though I'm so frustrated because EFT isn't working for me, I choose to forgive myself, even if EFT isn't working.

Points

Eyebrow: I hate EFT.

Side of the Eye: It doesn't work for me.

Under the Eye: It's supposed to be this wonder technique.

Nose: But it's not working for me.

Chin: What if I'm doomed to be stuck with my problems forever.

Collarbone: What if I'll never change?

Under the arm: That's what I'm scared of,

Head: Being stuck forever.

Eyebrow: But what if it can work?

Side of the Eye: What if EFT does work and is working for me?

Under the Eye: What if I just need more time?

Nose: What if I just need to work on my timetable?

Chin: What if I am just a complicated person and so I need a complicated solution?

Collarbone: I am hopeful that will EFT can work for me.

Under the arm: EFT can work for me, in my own way.

Head: EFT can work for me. I can't wait to be surprised.

LETTING OUR BODIES CATCH UP

HERE'S A WAY TO HELP US TUNE INTO OUR BODY'S NATURAL STATE OF RELAXATION

Unless you are consciously breathing, meditating or doing some other body/mind work, I can guarantee that you are moving at a fast pace. Energetically we just keep jumping from one task to another, barely stopping to let our bodies and energy catch up. Conversations are more like tennis matches with meaningful comments being tossed back and forth and no time to reflect or absorb the significance. Rather than savoring each thought or idea with attention and intention, we stuff ourselves full, thinking of what's next and keep ourselves running at a high speed.

I've always known that I go at a fast speed but I never realized the impact of this until I attended a birth process workshop earlier this year. I was recounting a high-impact story and was in my normal mode of just going. The facilitator stopped me after two sentences and asked me to let him catch up. I checked in with my body and noticed how much stress I was carrying. As he and I sat there in silence, I noticed my body catching up with my mind and realized I was relaxing. This is an incredible powerful way of relating to babies and children: giving them time to integrate. I don't understand the mechanics of it – it's our nervous system and our mental systems coordinating – those of you familiar with cranial-sacral rhythms will know what I'm talking about.

So, here's a tapping sequence that will relax us all.

Set-Up Phrase

Even though I am so used to moving quickly and not noticing my body, I love and accept myself fully.

Even though I am so used to moving quickly, and I need to in order to survive and get my needs met, I love and accept myself fully.

Even though there is no space or time for me to relax and slow down, I love and accept myself fully and forgive myself.

Points

Eyebrow: All this rushing,

Side of the Eye: I'm so used to rushing,

Under the Eye: There's no space or time to slow down.

Nose: I need to go fast,

Chin: I need to stay on alert,

Collarbone: I need to interrupt myself and think ahead.

Under the arm: I need to react.

Head: I need to go fast.

Eyebrow: But what if I could slow down?

Side of the Eye: What if there is enough time and space for me?

Under the Eye: What if it is safe to go slower?

Nose: What if it is safe to be open?

Chin: What if it is safe to be heard?

Collarbone: What if it is safe to feel?

Under the arm: What if it is safe?

Head: There is enough time and space for me.

RELEASING OLD GUILT

GUILT AND SHAME ARE CONTAGIOUS

Many spiritual traditions encourage us to look at our guilt and shame. With the concept of Law of Attraction becoming more popular, folks often try to skip guilt and move directly to gratitude. However, there's a reason for these confessional traditions: guilt and shame can be contagious – they spread and contaminate the rest of our outlook.

To make dramatic progress, do this: make a list of anything you feel guilty about. Be specific. It can be as simple as stealing a lollipop when you were a child to as profound as having an abortion or cheating on a spouse. Rate each item on a scale of 1 to 10 and tap on each item individually.

You will be amazed at what you discover. Seemingly unrelated items will show up; if we carry an energy of guilt, we will continue to create situations that make us feel guilty. What a relief to let that go

Set-Up Phrase

Even though I feel guilty because of what I did, I love and accept myself.

Even though there is no excuse for what I did, and I deserve to feel guilty, I love and accept myself.

Even though I am guilty, I am open to the idea of forgiving myself.

Points

Eyebrow: I feel guilty.

Side of the Eye: I should have known better.

Under the Eye: I don't know why I did that.

Nose: I feel unforgiveable.

Chin: I don't deserve to feel good.

Collarbone: I feel guilty,

Under the arm: All this guilt,

Head: What do I do with this guilt?

Eyebrow: What if I own part of this guilt?

Side of the Eye: What if I can release the rest of it?

Under the Eye: What if this guilt no longer serves me?

Nose: What if I can listen to my conscience and release the feelings of guilt?

Chin: Whose guilt is this?

Collarbone: I transform my part of this guilt.

Under the arm: I release the guilt that's not mine.

Head: I am open to reclaiming the part of myself I lost in this guilt.

CONNECTING TO MOTHER AND FATHER

NO MATTER OUR CONNECTION TO OUR BIOLOGICAL MOTHER AND FATHER,
WE CAN ALWAYS FIND A CONNECTION TO OUR INNER WISDOM AND
NURTURING

I had the opportunity to attend a powerful three day workshop on Shamanism and Family Constellations. The facilitator was Carola Castillo and it was very deep and healing work. Family Constellations is a powerful way of looking at our current issues and seeing how they are rooted in ancestral family patterns. Often our modern-day issues can be cured or shifted by doing this family constellation work.

[I have since published a book on Amazon called Family Energetics about the combination of EFT and Family Constellations. Information is available at the link below.]

<http://www.deborahdonndelinger.com/family-energetics-book>

One of the most basic wounds is missing the mother and/or father. So I invite you to connect with your sense of completeness and wholeness by following along with this tapping meditation.

Sit and center, breathe deeply with your hands on your heart and say the following:

I miss my father.

I miss my mother.

Notice your emotional and physical response and tap.

Set-Up Phrase

Even though I feel incomplete and I miss the love of my mother, I open to the idea of loving myself and finding that connection within.

Even though I feel empty and unsafe and I mourn the absence of my father, I open to the idea of being safe in the universe.

Even though I miss my mother and father, I choose to know that I am loved and blessed by them at a soul level.

Eyebrow: I miss my mother.

Side of the Eye: I miss my father.

Under the Eye: I feel empty and incomplete.

Nose: I feel alone.

Chin: And being alone is death.

Collarbone: My mother.

Under the arm: My father.

Head: My parents.

Breathe and shift to the positive when you are ready ...

Eyebrow: I am loved by my mother.

Side of the Eye: I am loved by my father.

Under the Eye: They blessed me with life.

Nose: That is their gift to me.

Chin: I bow my head in respect,

Collarbone: And accept their gift with gratitude.

Under the arm: My mother and my father.

Head: They gifted me life.

INTEGRATING OUR MASCULINE AND FEMININE ENERGIES

USING EFT TO TAPPING TO BALANCE OUR INNER NURTURING AND PROTECTIVE ABILITIES

Last time I wrote about our connection to mother and father, which incorporated both our biological and archetypal parents. This time we will take a look at the feminine and masculine energies we hold in ourselves. This work comes out of many different sources: birth process work, parts therapy, shamanism, and family constellation work to name a few.

As I become more aware of the qualities of these energies and how they function in me, I can choose integrate them and put them in their rightful place, bringing me closer to a sense of fullness and completion.

Sit, center, and check out your body sensations. Notice in particular the left side of your body and energy field and then notice the right side of your body and energy field. Try this tapping sequence and see how what you notice. The format will be slightly different than traditional EFT sequences.

Set-Up Phrase

As I notice my left side of my body, I notice my softness and caring and openness, my ability to take care of myself and others. This space feels safe and sacred and I'm delighted to have access to this energy. This energy is part of me.

Points

Eyebrow: My openness,

Side of the Eye: My vulnerability,

Under the Eye: My feminine space.

Nose: I nourish myself,

Chin: I nourish others,

Collarbone: I care for myself.

Under the arm: I care for others.

Head: I have full access to my nurturing energy.

Back to Karate Chop:

As I notice the right side of my body, I feel strong and capable and protected. I am alert and confident. This part of me looks out to the world and provides a safe container for my other energies.

Eyebrow: I am strong,

Side of the Eye: I am capable,

Under the Eye: I protect myself from self-criticism.

Nose: I have clear boundaries.

Chin: I stand clearly in my own space.

Collarbone: I have plenty of space.

Under the arm: I know and get what I need.

Head: I am powerful.

PSYCHOLOGICAL REVERSAL

TO CLEAR PSYCHOLOGICAL REVERSAL, CONSIDER EXTRA ROUNDS ON JUST PR

One area I've been discovering both personally and with clients is the importance of correctly psychological reversal. For chronic and long-term physical and emotional issues, psychological reversal is often at work. The set-up phrase is intended to address this. Sometimes we need to expand this to address different aspects of the reversal.

So here's an extended tapping routine to correct this. My source for this was Loretta Spark's article on emofree.com. (No longer available.)

To Start: Think of a specific issue you have had trouble clearing.

Set-Up Phrase

Even with all my problems and limitations, I deeply and completely accept myself.

Even if I stay stuck, I deeply and completely accept myself.

Even with all these problems and limitations, I deeply, completely, and passionately accept myself.

Continue:

Tap directly under nose and say three times emphasizing the **bold** words, "Even if I **never get over this problem**, I accept myself deeply and completely."

Back to the karate chop:

Even if I am **not willing** to get over this problem, I deeply and completely accept myself.

Even if **you can't make me get** over this problem, I deeply and completely accept myself.

Even if I can't **make myself** get over this problem, I deeply and passionately accept myself.

Even if I am **not ready** to eliminate this problem, I deeply, completely and passionately accept myself.

Even if I **don't deserve** to get over this problem, I deeply, completely and passionately accept myself.

Even if I feel it's **not safe** to get over this problem, I deeply and completely accept myself.

Even if I am **scared** of facing this problem, I deeply and completely accept myself.

Even if I will **lose my sense of self** if I get over this problem, I deeply and completely accept myself.

Stop, breathe, and see what you notice. Sometimes just doing this multi-faceted set-up work will shift the issue dramatically. Continue throughout the day with the phrases that resonated most with you.

CHRISTMAS AND THE HOLIDAYS

TAPPING FOR THE HIDDEN STRESS OF CHRISTMAS AND THE HOLIDAYS

At this time of year with Christmas and other holidays, we often idealize the holiday and forget how past Christmas memories can affect us. As you think about this holiday season, check in with yourself and find any tension that may still be there. Try this tapping sequence and see if you don't feel just a tiny bit better! Of course, if you are dealing with the loss of a loved one this past year (either through death or divorce), you might need a bit more serious tapping than what I've written. Please do try it and see how it helps.

Set-Up Phrase

Even though part of me loves Christmas and part of me hates it, I love and accept myself and my desire for a lovely Christmas.

Even though I love the idea of getting together as family, I forgive myself for getting annoyed.

Even though I miss _____, I love and accept myself and know it's okay to be sad and mad.

Even though I have these mixed feelings about Christmas, I forgive myself.

Points

Eyebrow: The hidden stress of Christmas,

Side of the Eye: I love the holiday,

Under the Eye: But hate the feelings.

Nose: The hidden stress of Christmas.

Chin: The stress of family.

Collarbone: The sadness of missing folks.

Under the arm: The memory of past Christmases.

Head: What if it could be easier this year?

Eyebrow: What if I could feel centered and balanced?

Side of the Eye: What if I could feel joyful and complete?

Under the Eye: What if I know I am accepted by my entire family?

Nose: What if I can feel calm and loving?

Chin: The stress of the holidays,

Collarbone: The gift of the holidays,

Under the arm: The joy of the holidays.

Head: I get to enjoy the holidays, right now, right here, just as I am.

BACK TO THE BASICS: THE SET-UP PHRASE

FOR LONG TERM ISSUES, USING THE SET-UP PHRASE IS PARTICULARLY
IMPORTANT AS IT CAN UNTANGLE OUR LIMITING SELF-JUDGMENT

One of the integral parts of EFT is the set-up phrase. The language of the set-up phrase gives us the key to its purpose: accepting ourselves even though we have this issue we wish to change.

For chronic conditions, long standing issues, and addictions, using the set-up phrase is particularly important as it can untangle the self-judgment we have. What's very interesting is that a person can think they want to get over an issue, but when they muscle test, they come up weak, which means they don't want to get over the issue. That makes sense actually because if they did, they'd already be taking action to do so. The set-up phrase helps us realign and get in synch with what we really want. Just doing the set-up phrase can work wonders.

Set-Up Phrase

Even with all my problems and limitations, I love and accept myself fully.

Even if I never get over this issue, I am open to the idea of accepting myself.

Even though I judge myself for having this issue, I love and accept myself fully.

Points

Eyebrow: Even though I have all these problems and limitations,

Side of the Eye: I love and accept myself.

Under the Eye: Even though I might never get over my problems,

Nose: I love and accept myself.

Chin: Even though I don't know if I can get over my problems,

Collarbone: I love and accept myself.

Under the arm: Even though I don't know if I want to get over my problems and limitations

Head: I love and accept myself fully.

Eyebrow: Even though I haven't yet gotten over my problems,

Side of the Eye: I love and accept myself fully.

Under the Eye: Even if I stay the same until I die,

Nose: I love and accept myself fully.

Chin: I just want to feel loved,

Collarbone: just the way I am.

Under the arm: What if I am loved,

Head: just the way I am?

FINDING PEACE

USING EFT FOR PAST HURTS DOESN'T MEAN WE CONDONE THE HARMFUL BEHAVIOR OF OTHERS; IT MEANS THAT WE'RE FREE OF OUR REACTION.

A common theme for me and clients is dealing with rather unpleasant events often "caused" by other people. When we start clearing these events, there is often stuck hurt and judgment and anger, and rightfully so. However, the ultimate goal is to feel at peace which often includes forgiveness.

Sometimes folks are hesitant to tap because we want to hold onto our righteous rage. We don't want to let the other person off the hook. We think that if we forgive that means we are condoning bad behavior and giving up our power. The opposite is true: the successful application of EFT doesn't mean we condone harmful behavior in others; it does mean that negative behavior in others has less of an effect on us.

The effective use of EFT can allow us more choices to create who and how we want to be in the world.

Set-Up Phrase

Even though I wish I had had a different life, and I'm tired of all the hurt I experienced, and am still experiencing, I love and accept myself fully.

Even though I wish I had had a normal life, a normal childhood, a normal family, I am open to the idea that my experiences have created the perfect path for me.

Even though I'm tired of feeling broken, I am open to the idea that I am completely whole and that my experiences were just that: experiences.

Even though I am tired of feeling defined by my childhood and past experiences, I am open to the idea that I am so much more. I am a powerful, magnificent being, whose soul and essence are never marred, only enhanced by any experience I might encounter.

Points

Eyebrow: My life

Side of the Eye: stinks,

Under the Eye: some of the time.

Nose: My traumas

Chin: define me,

Collarbone: some of the time.

Under the arm: My wounds,

Head: haunt me,

Eyebrow: Some of the time.

Side of the Eye: My hurts and pains

Under the Eye: surface,

Nose: some of the time.

Chin: My soul

Collarbone: is hiding,

Under the arm: some of the time.

Head: <breathe>

Eyebrow: But what if,

Side of the Eye: I am more than my past.

Under the Eye: What if,

Nose: I am more than my hurts?

Chin: What if,

Collarbone: I am more than my wounds?

Under the arm: What if,

Head: my past has opened my heart?

Eyebrow: What if,

Side of the Eye: my past is just perfect?

Under the Eye: What if,

Nose: my past is just part of my story?

Chin: What if,

Collarbone: my story is just a story?

Under the arm: And I get to choose the ending?

Head: I am a powerful creator, who is more than my story. <deep breath>

EXPLORING OUR CONNECTION: ALL IS ONE

WHEN WE RESPECT OUR FAMILY OF ORIGIN, WE MOVE INTO A GREATER
PLACE OF POWER AND PEACE

I hope all are enjoying a beautiful spring. I know for some that the recent large loss of life in China and Myanmar has been challenging. Knowing that our power comes from within, I thought I'd devote the next few issues of this newsletter to strengthening our base chakras. I am in no ways an expert in chakras, however as I was reading *Anatomy of the Spirit* by Caroline Myss, I saw some great tapping opportunities.

Our root chakra has to do with our tribal connection, our connection to group. The mantra she offers is “All is One”. The two questions she poses are:

Do we accept fully our family of origin as being “divinely chosen” for teaching us the lessons we [want] to learn in this lifetime? (p. 80)

Do we take personal responsibility for living honorable as a member of the human tribe, for doing unto others as we would have them do unto us, and for respecting all life on earth? p.81

As you ponder the first question, find where any remaining resistance is, and try this tapping.

Set-Up Phrase

Even though I still do not accept fully my family of origin, I am open to the idea of loving both myself and my family.

Even though I don’t want to accept my family, I am open to the idea of accepting and loving who I am today.

Even though I didn’t get what I needed from my parents, I am open to the idea that I got enough.

Points

Eyebrow: Resisting my fate,

Side of the Eye: Resisting my family,

Under the Eye: Resisting my biology.

Nose: Feeling powerless,

Chin: Feeling vengeful,

Collarbone: Feeling hurt.

Under the arm: Feeling unloved,

Head: Resisting my family.

Eyebrow: What if my family is just right for me?

Side of the Eye: What if I am okay?

Under the Eye: What if what I want comes from the divine mother and father, not my biological mother and father.

Nose: Wanting to be connected,

Chin: Being connected.

Collarbone: Being connected to the human race.

Under the arm: Forgiving my biological family.

Head: Receiving from my Divine connection.

EXPLORING OUR CONNECTION: HONOR ONE ANOTHER

AS WE RESPECT OUR PAST RELATIONSHIPS, WE MOVE INTO A GREATER PLACE OF POWER AND PEACE

As promised last time, I am continuing exploring Caroline Myss's work on the chakras and am offering some basic tapping ideas. Last time we tapped on the root chakra, the tribal connection and we looked at transitioning from needing our parents as our tribe to recognizing humankind is our tribe. As I read about the second chakra, the communion chakra, the relationship chakra, the energy of personal integrity and truth, I was struck by two questions:

What relationships are still stuck in our energy system?

Where have we been less than truthful?

Pick a relationship that has some remaining intensity, whether a past marriage, an old boyfriend, a college friend, and try this:

Set-Up Phrase

Even though I wish I had never met John/Jane, I love and accept myself.

Even though I still feel guilty when I think of John/Jane, I accept myself and how I feel.

Even though I can't believe I was so stupid to have been with John/Jane, I am open to the idea of accepting myself.

Points

Eyebrow: I hate John/Jane.

Side of the Eye: I can't believe I was with him/her.

Under the Eye: What was I thinking?

Nose: Why was I so needy?

Chin: Why was I so stupid?

Collarbone: I hate seeing my weaknesses,

Under the arm: I hate feeling vulnerable.

Head: Why did I pick John?

Eyebrow: I was so needy,

Side of the Eye: I was so stupid,

Under the Eye: I was just trying to survive.

Nose: I needed something.

Chin: What did I need?

Collarbone: Perhaps I can forgive myself.

Under the arm: Perhaps I can forgive John

Head: Perhaps I can forgive the relationship.

Eyebrow: Forgiving the relationship,

Side of the Eye: Forgiving myself,

Under the Eye: Forgiving John.

Nose: Accepting the relationship,

Chin: Accepting John,

Collarbone: Accepting myself.

Under the arm: Seeing the grace,

Head: and releasing the judgment.

EXPLORING OUR POWER: HONOR ONESELF

THE LAST OF THREE SCRIPTS FOR STRENGTHENING OUR LOWER CHAKRAS

Many folks feel their emotions and resistance in their belly. This is home to the 3rd chakra. Read what was written at <http://www.btinternet.com/~seamaid/SacredTruth3.htm>. (Link no longer works.)

“The energies that come together in this chakra have but one spiritual goal; to help us mature in our self understanding - the relationship we have with others, and where we stand on our own and take care of ourselves. The spiritual quality is self-respect. We have all faced or will face an experience that reveals to us our own internal strengths and weaknesses as separate from the influence of our elders. The spiritual quality inherent in the third chakra compels us to create an identity apart from our tribal self.”

If we consider our spiritual and personal development as starting in the first chakra

and moving up through all the chakras, we see how we have to pass through the 3rd stage to get into a more intuitive, integrated space. However, I find many folks who are still unconsciously stuck in their 3rd chakra. In fact as a society with our obsession with outward appearances, I'd venture to say we are as a country stuck in our lower chakras.

The primary fears at this level are:

“Fears of rejection, criticism, looking foolish and failing to meet one’s responsibilities, all fears relating to physical appearance, such as fear of obesity, baldness or ageing, fears that others will discover our secrets.”

So, for our tapping, consider please what areas of your life are you most vulnerable to criticism.

Examples might be:

Work I do, how I look, how much money I don't make, my children misbehaving, being a bad mother or father, not pulling my weight in the marriage, etc.

Focus on that as we tap.

Set-Up Phrase

Even though I'm tired of being criticized, I love and accept myself.

Even though I'm tired of listening to the outside world, I love and accept myself and realize this is part of my journey.

Even though I am ready to listen to my inside voice, I forgive myself for having to listen to all those outside voices.

Points

Eyebrow: Outside voices,

Side of the Eye: Outside criticism,

Under the Eye: Not knowing my own truth.

Nose: Not knowing my own value,

Chin: No wonder I feel sick to my stomach,

Collarbone: Giving away my power.

Under the arm: Giving away my value.

Head: Giving away my self-worth.

Eyebrow: What if I know who I am?

Side of the Eye: What if I accept who I am?

Under the Eye: Being at peace with myself.

Nose: Listening to my own voice.

Chin: Feeling my power.

Collarbone: Trusting my gut instincts

Under the arm: Developing my will.

Head: Strengthening my personal power.

YOU ARE CLOSER THAN YOU THINK

USING OUR DIFFERENT PARTS TO TRACK OUR PROGRESS

In some recent work with clients and also for myself, I've come across a shared theme of being frustrated that an issue isn't clearing combined with a sense of overwhelm that the issue will never change.

We are bombarded with stories of one minute miracles with EFT (which do

happen) and sometimes need a reminder that if our issues aren't clearing, it doesn't mean we are doomed ... we just need some perspective.

So if you are working on an issue that isn't moving as fast as you'd like, ask yourself a few questions.

How committed am I to shifting this?

How long has this been a theme in my life?

What part of me is in charge around this issue? What part of me feels out of alignment around this issue?

You might notice some tension when you ask yourself these questions. To me that's a sign of being at war with ourselves different parts of ourselves have different perspectives around the issue. We are not in alignment. If we were, we wouldn't have the issue.

[Note: this is very different than a trauma that we haven't cleared yet doing EFT. I'm talking about issues that we are actively tapping on but not seeing complete results YET.]

Remember, we are doing the best we can and have been doing the best we can. And if a coping strategy or orientation towards life no longer feels helpful, that's a great sign that we are ready to do things differently. But, we must listen to and include all the different voices and parts we have internalized.

So, for the issue you are exploring, consider it from all these different perspectives:

What does your freedom- loving teenage rebel say about this?

What does your nurturing, loving mother-part say about this?

What does your critical, protective, judge say about this?

What does your vulnerable, young self say about this?

What does your integrated, loving adult self say about this?

Allow all the parts to have their say and see if you can identify the internal conflict.

Set-Up Phrase

Even though I want different things, and part of me is shouting to be heard and seen and part of me is furious and part of me is giving up, I love and accept all of me.

Even though I am tired of this issue, I am open to the idea that part of me loves having this issue and it has served me well.

Even though I've had this issue for many years and it's helped me in ways I still don't understand, I accept myself and my deep desire to shift to a place of increased well-being.

Points

Eyebrow: I'm done.

Side of the Eye: I'm fed up.

Under the Eye: This isn't working.

Nose: I'm tired of feeling this way.

Chin: I'll never change.

Collarbone: There's no hope.

Under the arm: I'll never be different.

Head: I'll never grow.

Eyebrow: I'll never release this issue.

Side of the Eye: I'm doomed forever.

Under the Eye: I haven't changed in any other areas of my life.

Nose: Why should I expect to change in this one?

Chin: It's so important to me.

Collarbone: It's so painful to me.

Under the arm: I'm scared.

Head: Part of me is scared.

Switching to the positive when you feel ready:

Eyebrow: What if

Side of the Eye: I'm closer than I think.

Under the Eye: What if this pain

Nose: is the final step before relief?

Chin: I know I've changed in other areas of my life.

Collarbone: If I can change and grow in those areas, I can change in this area.

Under the arm: It is possible.

Head: I AM closer than I think.

Eyebrow: I AM closer than I think to feeling safe.

Side of the Eye: I AM closer than I think to feeling complete.

Under the Eye: I AM closer than I think to feeling sane.

Nose: I AM closer than I think to feeling relief.

Chin: I AM closer than I think to feeling joyful.

Collarbone: I AM closer than I think to feeling peaceful.

Under the arm: I AM closer than I think to feeling worthy.

Head: I AM closer than I think.

THANK YOU

Thank you for being part of our collective journey.

I've been blessed with many wonderful teachers and offer these tapping scripts and insights as a gift to you, through me, from those other teachers.

Throughout your year, as you sit and take time to tap and refocus, I trust you will feel connected to the depth and breadth of universal wisdom and support that is available to you.

Hugs and love,

Deborah Donndelinger