

## **KEY 1. The Obstacle of Feeling Unloved**

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*“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”*

*Rumi (Sufi poet and mystic, 1207-1273)*

*“The reduction of the universe to a single being, the expansion of a single being even to God, this is love.”*

*Victor Hugo (French poet, novelist and dramatist, 1802-1885)*

*“To love means loving the unlovable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything seems hopeless.”*

*G. K. Chesterton (English born Gabonese critic, novelist and poet, 1874-1936)*



**This key invites you to:**

- Become aware of what keeps us from feeling lovable.
- Examine who and what we are
- Learn how we are connected to one another and lovable at all times.
- Use tools and techniques to feel lovable and connected at all times.

Remember that old childhood rhyming song: “Nobody likes me. Everybody hates me. Guess I’ll go eat worms...?” We all have had one of those days where we felt utterly unloved and unlovable. It is so human. It may be because of something we did or something someone else did to us, or perhaps it may be due to life circumstances where we felt that no one recognized our accomplishments or abilities. Perhaps we are just feeling lonely and disconnected from everyone; or we feel guilty about something we did to someone else and, therefore, believe ourselves to be unworthy of love. We question how anyone could possibly love someone as awful as me?

When we feel this way, it appears that nothing will go right for us. We live with the perception of lack and futility. We can’t see or experience anything but lack and futility in our lives when that is all that we open ourselves to perceive. There seems to be no joy in our life, and abundance escapes us when we harbor thoughts that we are not loved. There is no passion in our relationships, work, hobbies or activities that usually fulfill us. We feel empty. In essence, we are empty. We are stuck in our perception of emptiness, isolation, and lack of belonging or connectedness to someone or something.

**What gets in the way of feeling lovable?**

- Negative life experiences both past and present (poor health, abusive relationships, traumatic experiences)

- Negative parental influence (judgmental statements from childhood that have been internalized such as “You will never amount to anything”, “You are bad”, “You can’t do anything right”, “You ruined my life”)
- Grief and loss (of persons, pets, social status, occupation, power, relationships, health, or possessions)
- Guilt (over past action or inaction imagined or real that is now regretted)
- Abandonment (by parents/spouses through separation or divorce, by friends/loved ones through life circumstances or relocation, by God)
- Unworthiness (sense of being “less than” others due to past experiences)
- Shame (of what we perceive was done by us or to us in the past)
- Embarrassment (of physical appearance, social status, actions, life experiences)
- Loneliness (sense of isolation or lack of connection to anyone)
- Rejection (by your children, in relationships, at work or school)
- Culture or Creed creating separation (division by race, belief, gender, groups, teams, our competitive nature, socioeconomic status, education, preferences, religious dogma)

We are always creating separation by either thinking of ourselves as being included in or excluded from groups or situations. We judge ourselves and others at times by what groups we associate ourselves with or what possessions we have or don't have. Think of how often we have met someone and asked: “Where do you live?” “What school did you go to?” “Which sport does your child play?” “What car do you drive?” Think of how often we strive to “keep up with the Joneses down the street” for fear of being judged or for how we judge ourselves if we do not have equal status symbols to those we admire.

We essentially judge ourselves by how we believe we appear to others (physical appearance), our possessions, and our apparent attitudes (thoughts and feelings) rather than by who we really are.

Many people perceive themselves to be nothing more than their physical body, thoughts and feelings. When we do this, we feel alone and isolated in handling our daily stresses and challenges in life. We do not understand that we are part of a greater whole and we take everything personally that occurs in our daily life. We begin to create a feedback loop (see Figure 1) based on how our body responds to stressors and the thoughts and emotions that are triggered by the stressors from our past experiences. It is easy to get lost in this repetitive pattern of our thoughts and feelings that get dredged up. We feel trapped with no exit.

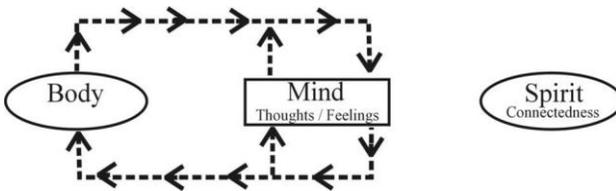


Figure 1

**For Example:** Something as simple as a trip to the store can rapidly trap us in a spiral of faulty thoughts that isolates us in a world of our own creation.

*Imagine that you are driving to a major shopping center in the height of the holiday season to make some last minute purchases. You have somehow deluded yourself to believe that you will be the only person who will be making such a last minute visit to this store and that you will likely just breeze in and out in ten minutes. As you pull into the packed parking lot, you spy a parking space opening up just in the front of the store's entrance. What luck! You pull close to the space, turning on your blinker to indicate to the world that this space is YOURS. As you begin to contentedly hum a cheery tune, you wait patiently as the person currently occupying the space begins to back out. Everything is going according to plan and you will be home in time for dinner.*

*However, as you sit there imagining how good dinner will taste, a small green VW bug zips into your parking space before you can maneuver into it. The outrage of this injustice begins to boil within you. You feel your muscles getting tense as you tighten your grip on the steering wheel. As you clench your jaw, you begin to think “Why does this always happen to me?!” You feel angry about the situation in which you see yourself as a victim. The oughts that resonate with being a victim resurface from earlier in the day at work and begin to flood into your mind; “The boss overlooked me again for the promotion.” “Someone else got the credit for the successful project that I did”. “Nobody appreciates me!”*

*You begin to chew on the bones that have been buried in the recesses of your subconscious. “Nothing ever goes my way.” “I am never good enough for anyone to notice.” “I may as well be invisible!” “I will fail at everything I do!” As your brain waves are becoming predominately high Beta, the acid begins to churn in your stomach, your blood pressure rises, your head begins to pound, and your jaw tightens further. “I think I am having a heart attack!!” “Wait until I find that jerk with the VW bug and give him a piece of my mind!” Your anxiety begins to turn into panic as you are becoming convinced that you are indeed experiencing symptoms of a heart attack since that does indeed run in your family.*

*“Didn’t Aunt Martha have a heart attack at age 46?!” Increasingly breathless, you look distractedly for another parking space while your mind chews more profoundly on the faulty thoughts from the past that are being unearthed at a frighteningly fast pace. After several minutes you finally find a space that is in the outermost edge of the parking lot. You can almost see in the distance the front of the store (if you had the binoculars you were planning on purchasing) from where you are now parked and you know that it will take ten minutes to make the trek to the entrance in the cold and now drizzly weather. As you trudge to the store cursing under your breath, you barely even notice the extremely pregnant, exhausted young woman with two toddlers trailing behind the brimming shopping cart that she is pushing in the rain. You are so lost in your own negative thoughts and feelings of anxiety, anger and resentment that you lack empathy and do not even notice the car heading for the last trailing child.*

In the above scenario, you are feeling unlovable, terribly alone, disconnected, victimized, angry and panicked as you become adversely

physically affected and isolated by your thoughts and feelings as well as you go into high Beta brain waves. You take everything going on around you personally. How could you have possibly dealt with the above scenario in a different manner? What is the key that will unlock the repetitive cycle of thoughts and emotions that result in physical symptoms and isolation? How can you become more aware, mindfully refocus the direction of your thoughts, change your brain wave pattern and create anew?

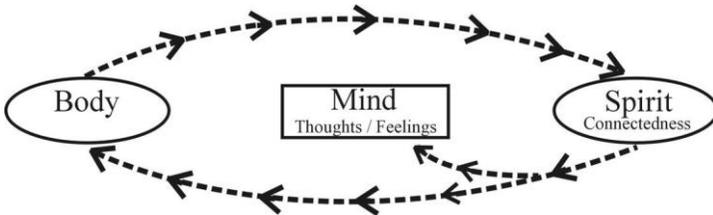


Figure 2

*Imagine once again that you are headed to that major shopping center at the height of the holiday season, still searching for that convenient, close parking space and looking forward to returning home soon for dinner. You spot the space at the store entrance that is about to become available. Once again you indicate to the world that you are about to make this spot your very own. However, right on cue, here comes the green VW bug whipping into the space ahead of you while you dream of your scrumptious meal that is suddenly out of your grasp.*

*You feel that all too human and ego-based flash of anger and resentment from the injustice of the situation, but this time you deal with it from an evolved mindset. This time you choose to not take it personally. When you get out of a victim mentality and become the observer of people and situations in the world around you, you take on a whole different perspective. Your brain chemistry changes. Once you transform the anger and resentment (see Key 4) about losing the coveted parking space, you remind yourself that we are all part of a greater whole. From those thoughts and feelings you create a completely different cascade of chemicals in your brain and body. Your brain waves approach Alpha as you get into a more open and compassionate mode.*

*You acknowledge the possibility that perhaps the person driving the VW bug had a real need to be closer to the entrance; they might be handicapped or have a sick child at home or some other greater need for having that space than you did. Perhaps the person was not in competition with you for the parking space and simply did not see you. Or perhaps, in the grander scheme of things, we were needed elsewhere at that moment. It is not always just about us. When we are out of High Beta brain wave, we can actually think about the needs of others as well as our self.*

*We drive on looking for another spot and finally find the one out in the nether regions of the lot. When we get out of the car, we are not caught in the loop of how we feel we are victims of circumstances or other people's actions, so instead of being caught in our own internal loop of faulty thoughts and emotional reactions, we are fully present and in the moment. We feel part of a greater whole. This allows us to be more intuitive.*

*That is when we notice the very pregnant, exhausted young mother and her two toddlers. We observe that she is not fully present to monitor her own children's safety as a car is rapidly approaching. This time we are no longer self-absorbed. We are fully present and available to quickly rescue her child from danger. From this perspective we become acutely aware that everything occurs for a reason even though we might not understand it fully in the moment. There is a reason for every circumstance and every person who crosses our paths. Every lost parking space and, in fact, every encounter becomes a new adventure and opportunity.*

The missing piece from the first scenario is that there is no connection to spirit (which we define as God, source, universe, collective consciousness, higher power, chi) or unity with one another (see Figure 2). When you feel disconnected from a sense of a greater whole, everything that occurs in your life centers on you. You perceive that you are alone in the world and you are nothing more than your physical body, thoughts and emotions. This tends to breed the mentality that "whoever has the most toys in the end wins". It is "kill or be killed". There isn't enough for everyone. Competition is everywhere and you see everyone as a potential competitor. You are living in High Beta and Survival Mode.

When you add spirit or a sense of connectedness to others into the mix and feel the connection, your whole awareness, consciousness and brain chemistry shifts. This affects your whole body – blood pressure, muscle tension, heart rate, gut and emotions. You focus your attention on being part of a greater whole in which you play a vital role. You become aware that you are important and have a purpose in this great experience of life. It is not about being a victim. What is going on around you transcends you as an individual at every moment and yet involves your participation.

It is important to recall and be aware daily that you are loved and lovable at all times no matter what is going on in your life: You are never alone or abandoned. There is never an actual separation between us and any other person or thing. When you consider that each of us are energetic or spiritual beings residing in and expressing through a physical body, then you understand that there is no separation between energy/spirit and matter. When you have this awareness, there is never a sense of abandonment. You experience a sense of connectedness in knowing that All are One, and One are Many. We are all part of the bigger whole.

For instance, have you ever had the experience of suddenly thinking of someone and then they call you on the phone, show up on your doorstep, or you run into them at the most unlikely place soon thereafter? Have you ever had a strong feeling that a child or loved one was in trouble or in great need only to find out later that your intuition was correct? We are energetically connected to our loved ones at all times.... And they are connected to us as well. You just need to tune in. Your loved ones are constantly sending you love every moment, and all you need to do is take the time to be mindfully aware of and experience their love flowing to you in order to feel it.

What about those times where you have had a falling out with a loved one? Even though we become angry at one another over situations at times, there is still a deeper, underlying connection and love for that person that remains. Do you recall that, perhaps even after a breakup or a misunderstanding that causes the end of a close relationship, you might sense that there will always be a place

in your heart beyond the hurt for that person even though you may not choose to have an on-going intimate relationship with them? This is because we are energetically connected to one another and when we can transform our anger, resentment, or shame, we can allow ourselves to feel love and compassion, become aware, and shift our perceptions.

What makes us so sure we are all connected? Now it's time for a little Quantum Physics lesson. Locality in physics is the idea that things are only influenced by forces that are local or nearby. However, Quantum Mechanics says there is something called entanglement. This theory of 'Entanglement' states that particles that once "interacted" are forever entangled, whereby their properties are reflected in each other's behavior. For example, if you take two particles that came from the same reaction and separate them by galactic distances, they will forever act as one (ie, what one does, the other will also do). This has been scientifically proven to actually occur at distances of at least 18km. In Quantum Physics, Einstein's "Spooky Action at a Distance" proposes the concept that an object can be moved, changed, or otherwise affected without being physically touched (as in mechanical contact) by another object. That is, it is the nonlocal interaction of objects that are separated in space.

Lynne McTaggart, an award-winning journalist and author, wrote two ground-breaking books called The Field and The Intention Experiment that we recommend highly. We live in a multidimensional world and we are multidimensional beings. The Field tells the story of respected frontier scientists all over the globe who have produced extraordinary evidence to show that an energy field –called The Zero Point Field - connects everything in the universe, and we ourselves are part of this vast dynamic matrix. This concept embraces the theory of non-locality and a radical new biological paradigm-that on our most fundamental level, *the human mind and body are not distinct and separate from their environment, but a packet of pulsating energy constantly interacting with this vast sea of energy. It offers a scientific explanation for many of the most profound human mysteries, from alternative medicine and spiritual healing to extra sensory perception and the collective unconscious.*

## **What Lynne McTaggart's *The Field* has discovered:**

- The communication of the world does not occur in the visible realm of Newton, but in the subatomic world of Werner Heisenberg (ie, non-locality).
- Cells and DNA communicate through frequencies (ie, photon Light)
- The brain perceives and makes its own record of the world in pulsating waves (measured in Hz)
- A substructure (The Zero-Point Field) underpins the universe that is essentially a recording medium of everything, providing a means for everyone and everything to communicate with everything else – thus we are never alone.
- People are indivisible from their environment -so be mindful of it.
- Living consciousness is not an isolated entity. It increases order in the rest of the world. Thus collective consciousness is powerful.
- The consciousness of human beings has incredible powers, to heal ourselves, to heal the world – in a sense, to make it as we wish it to be. Thus, our thoughts have the ability to create what we think about.

In order to actually feel The Field, you must quiet the mind and be present. Many ancient cultures (Mayans, Aborigines, etc) had an awareness of this field and thus their people were able to readily connect at will to The Field whenever they chose to sit in stillness and go within. We live in a culture that focuses on our external reality – we have lost the awareness of The Field and the power of opening our mind to its presence. Connection to The Field can only occur when we choose to be aware of the possibility of The Field existing and our connection to it. The following meditation and exercises will be your first step in beginning to form your connection to a multidimensional Field or world.

## **Exercises for When You Feel Alone, Unloved or Unlovable:**

### **1. Loving Benefactor Exercise:**

Find a comfortable, seated position on a chair or cushion and allow your body to settle into position. Close your eyes and begin to focus your attention on your breath, following your cycles of inhalation and exhalation. Notice the rising and falling sensations in your belly as you breathe in and out and follow this for a few cycles.

Now try to bring to mind a heartfelt sense or visual image of someone whom you believe embodies the qualities of unconditional love and compassion. This person can be a friend or relative, a religious or historical figure, a spiritual being or just someone who embodies these qualities. Picture this person as if they were sitting or standing right in front of you.

Look into their eyes and feel the absolute unconditional love and compassion flowing from them towards you. Now, radiate feelings of love and gratitude back towards this person. Whenever you feel your mind wandering, gently bring your attention back to the image of the loving friend, historical or spiritual image and once again practice radiating love, empathy and compassion towards them. Feel their love, empathy and compassion radiating back towards you.

Stay with your Loving Benefactor and feel their love flowing to you and your love flowing to them for up to 20 minutes. Know that this Loving Benefactor is sending you love every minute of every day.

### **2. Loved Ones Meditation:**

*Hint- This meditation will be more effective if you have a friend read it with feeling to you or you record yourself reading it with heart on an audio tape and play it back to follow as you meditate in a quiet private space. This meditation can also be found on a companion CD that accompanies this book (for details see <http://www.ShiftYourLife.com>).*

Close your eyes. Take a deep breath and as you exhale feel all of your tension releasing from your body. Take two more slow deep

breaths and each time you exhale, feel your muscles relaxing more and more.

Feel yourself walking on a soft, green, mossy path in the countryside. It's an enjoyable spring day filled with the sounds of nature. The warmth of the radiant sun fills the air and your eyes delight in the beauty of nature. You are on your own special journey and it feels so nurturing to have some time for yourself. As you walk on the path, you are guided to a gently sloping field with wildflowers and every imaginable variety of colorful, vibrant butterflies. They are everywhere, fluttering, floating and alighting on the wildflowers. Feel the perfection of all this beauty.

Stop for a moment and allow yourself to fully absorb the scene. Allow it to permeate all of your senses. As you observe the scene more closely, one special butterfly will draw your attention. (Pause) Focus on this one butterfly. Take in its brilliant form and color. As you marvel at its beauty, the butterfly begins to transform. While you continue to watch the butterfly, it transforms into one of your loved ones. Your loved one is now standing there in the field surrounded by beautiful butterflies. Feel your love gently streaming towards your loved one and feel their love flowing toward you. The gentle peace of their love embraces you and feels so good. Be aware of the love flowing back and forth between you, healing and dissolving any and all past relationship strife, which has come between you.

As you remain focused on the field and all of its vibrant beauty, the butterflies begin to transform into all of those people dear to your heart. There are so many butterflies and they continue to transform. Now they are transforming into all of the special people in your past that have brought inspiration into your life. Watch in wonder as they appear before you. Express your love and gratitude to them all for enriching your life. Feel your love expanding outward and enveloping them all, and feel their love flowing toward you.

Know that your loved ones are constantly sending you love at every moment. You may return to this field at any time to feel the warmth of love and to spend time with or communicate with those who are

dear to your heart. When you are ready to return from this beautiful meadow filled with loved ones, feel yourself slowly returning to your body and gently open your eyes.

### **3. Root Chakra Exercise:**

The root chakra is located in front of the body at the level of the pubic bone. This chakra has to do with our feelings of safety and security in the world. It is also about belonging in the physical world. It is believed that this chakra resonates with the color red, the tone “uh” (as in the vowel sound in “cup”), and the musical notes of C or F (whichever resonates more strongly with you).

Get into a comfortable seated position on a chair with your spine erect and your feet flat on the floor. Gently close your eyes. Take a few deep, relaxing breaths and with each out breath feel your muscles progressively relaxing.

Now visualize, sense or feel the bottom of your feet connecting with the earth. Become aware of how powerful and safe you feel with your feet firmly connected to the energy of Mother Earth. Sense the loving energy and strength from the earth moving slowly up your legs and into your root chakra. Visualize, sense or feel your root chakra being filled with the color red swirling in a circular motion. Your root chakra becomes more vital and energized as it fills with this beautiful red swirling energy and all negativity is removed

Take a deep breath and as you exhale tone out loud “uh”. Tone in this manner seven times and notice the vibration of the tone within your root chakra. Be aware of how safe and secure you feel connected to the earth and everyone and everything. Remain connected to this loving, vibrant, safe energy for 3 to 5 minutes. As you slowly bring your focus back to your physical surroundings, continue to feel your connection to the earth and to everything. Be mindful of this connection as you go about the activities of your day or as you drift off to sleep at night.

Note: If you have a piano or tuning forks or another musical instrument available to you, you may also add into the above exercise

striking and holding the corresponding musical note at the same time as you tone the vowel sound.

#### 4. Energy Medicine Techniques:

##### A. Self care protocol (Also known as **The 3 Thumps** as presented by Donna Eden in her book **Energy Medicine**)

This routine comes from the ancient Chinese method of balancing the energy flow of the body by tapping on acupuncture meridians.

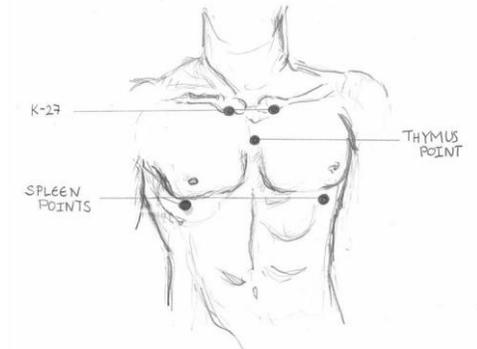


Figure 3

Tap each point for 30 seconds

Tap the K-27 points under the collarbone near the sternum or breastbone. This is the top point of the kidney meridian. This is a great point for keeping your energies moving forward, energizing your body and improving focus.

Tap the thymus point in the sternum to stimulate the immune system and boost your vitality. This point is found in the following manner: Lightly place your index fingertip at the top of your breastbone (below the Adam's apple). Now slowly trace your fingertip downwards approximately 2 to 2 1/2 inches and you will notice that there is a slight bony bulge. You are now at the level of the thymus.

Tap the spleen point under your breasts to energize and balance the body's energy system. In men this point may be found approximately

3 inches below the nipple. In women this point may be found mid-nipple line, approximately one thumb's width below where the wire of an underwire bra would lay against the body.

## **B. EFT Protocol**

In every key we describe various energy medicine techniques. While we often recommend the use of EFT to assist with shifting limiting thoughts, it is important to note that this is **not** a book about EFT. We are giving the reader a relatively basic technique specific to the issue in each key. If you are interested in pursuing a more comprehensive understanding of EFT and its various uses, then we suggest you check out the increasingly abundant literature on this wonderful technique. Gary Craig, at his website [www.emofree.com](http://www.emofree.com), has several links to almost any application of this method imaginable. He also sells DVDs at a reasonable price.

**Before we fully describe the EFT technique, let's review some points to maximize the results of energy therapy.**

**1. Hydrate:** Drink water as we are working with our body's electromagnetic energy. Water is the best conductor of electrical energy, so it is essential to drink before energy treatments.

**2. Correction for Excess Energy:**



Figure 4

Our imbalance in the meridians can come from being over-charged and having too much energy. This results in feeling spaced out, confused or overwhelmed. To correct for over-energy: Cross the left ankle over the right ankle, extend arms with backs of hands facing each other, bring right hand over left, clasp fingers together, fold arms and hands inward and rest the hands on the chest under the chin; place your tongue on the roof of your mouth behind your front teeth, breathe deeply for 1-2 minutes. It's very calming for most individuals and can be used as a separate exercise to promote sleep and reduce acute anxiety.

**Psychological Reversal:** A Psychological Reversal (PR) is when conflict outside of your awareness interferes with your desire to pursue your conscious intention. You are acting in opposition to what you are consciously trying to obtain.

*Example: If you were asked if you want to be joyful, the expected response would be "yes", but experience has proven that when people are psychologically reversed that they self-sabotage; they perhaps would respond yes but actually unconsciously choose to be miserable for reasons outside of their awareness. Perhaps they don't deeply feel that they deserve to be joyful due to feelings of guilt, unworthiness, shame, etc. Thus, there is a conflict between internal beliefs and what one desires to achieve.*

An energy reversal blocks your ability to see solutions even when you have the knowledge, or it prevents you from implementing the solution even though you have the ability. When you have a goal that triggers a PR, effectiveness of the treatment will be hindered until the PR is resolved. Tapping neutralizes most PRs quickly. When a PR is present, the first step is to state that you completely accept yourself with all your flaws, including the problem that is causing you distress.

**Treating Reversals:** Reversals can be dealt with almost instantaneously by using the following procedure. The remedy involves repeating an affirmation three times, combined with tapping or rubbing on an energy point. Define the problem and create an affirmation that corresponds to it. Begin with "*Even though I have this -----, I deeply and completely accept myself with all my feelings.*" The affirmation should dissolve the problem.

**Some examples to fill in the blank:**

*“Even though I feel so depressed, I deeply and completely accept myself with all my feelings.”*

*“Even though I have this: fear of bees, craving for cigarettes, pain in my shoulder, anger towards my husband, traumatic childhood memory, nightmares, etc., I deeply and completely love and accept myself with all my feelings.”*

For the affirmation to be effective acknowledge the problem and create self-acceptance in spite of the problem. Whether you believe the affirmation or not does not matter. Say it with feeling, out loud while tapping the karate chop (KC) point with the fingertips of the opposite hand. The KC point is that part of your hand that you would use to deliver a karate chop (between top of wrist and the base of the pinky finger). (For a diagram depicting the KC point, see Figure 5 under Basic Tapping Protocol later in this Key.) Repeat the affirmation 3 times while tapping on the KC point. Don't forget to breathe and feel the affirmation in your heart center.

Now we are ready to learn what Gary Craig, founder of EFT, calls the *Basic Recipe*, where we tap near the end points of several energy meridians to diminish the intensity of almost any problem. The Basic Recipe consists of The Setup, The Sequence, The 9 Gamut Procedure, The Sequence (again), The Reminder Phrase, and adjustments for subsequent rounds of tapping.

1. Start by doing a balancing procedure (the energy self care routine, 3 thumps, and connecting central and governing meridians). See the exercises in Appendix.
2. Identify and clearly state a target problem. The target problem can be anything that causes emotional or physical distress.
3. Focus on the target problem and rate the intensity of distress on a scale from 0 (no problem) to 10 (worst imaginable), Write down the number ranking your level of distress when you think about the problem.

4. Perform the PR correction maneuver by tapping on the KC point and stating 3 times, “Even though I have this... I deeply and completely love and accept myself with all my feelings.”

5. Create a reminder phrase which will be a word or short phrase to assist you with remaining attuned to the problem while you are performing the following tapping sequence. *Examples include: “fear of heights”, “fear of public speaking”, “craving for alcohol”, “anger at my father”, “pain in my back”, “anxiety at recalling a traumatic event”.*

#### **6. Basic Tapping Protocol:**

The tapping sequence we are going to describe is a modification from the original EFT protocol. As Gary Craig pointed out in his EFT manual (a free download is on line at [www.emofree.com](http://www.emofree.com)), stimulation of only a few points on each major meridian is usually necessary because the meridians are interconnected and stimulating one meridian will most probably affect others. A variety of sequences can be used. The protocol we teach involves tapping on eight points. Below are the abbreviations for the eight tapping points. These are summarized in the same order as they are presented in Figure 5 below and in the Appendix.

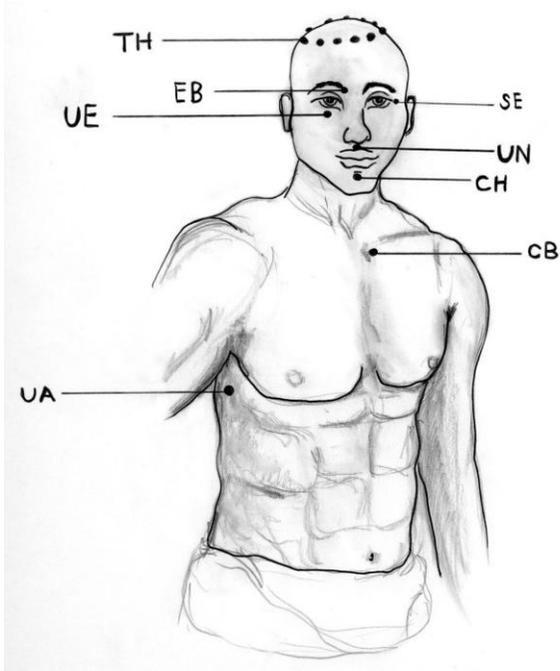


Figure 5

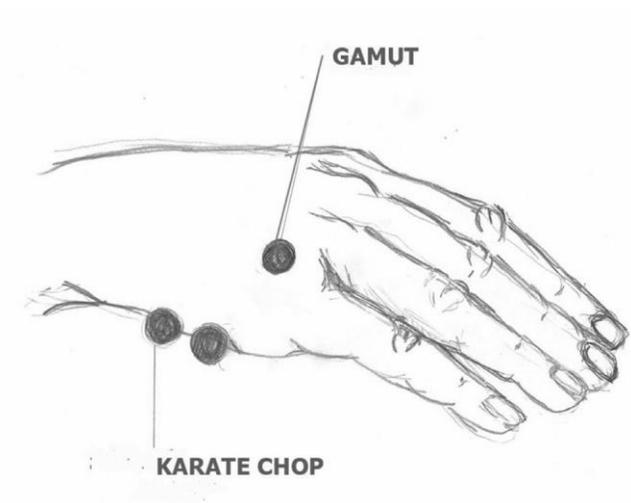


Figure 6

1. **EB** (for “Eyebrow”) is at the edge of the eyebrow, just inside and above the bridge of the nose.
2. **SE** (for “Side of the Eye”) is on the bone bordering the outer edge of the eye.
3. **UE** (for “Under the Eye”) is on the bone under either eye, about one inch below the pupil.
4. **UN** (for “Under the Nose”) is on the area between the nose and the top of the upper lip.
5. **Ch** (for “Chin”) is midway between the point of the chin and the bottom of the lower lip.
6. **CB** (for “Collarbone”) is just below the junction where the sternum (breastbone), collarbone, and the first rib meet (you learned this point earlier as “**K-27**”).
7. **UA** (for “Under the Arm”) is about four inches below the armpit, about even with the nipple for men or in the middle of the bra strap for women.
8. **TH** (for the “Top of the Head”) is a series of points in a circle as if one was wearing a crown on top of the head.

Tap with either hand or both hands simultaneously. You can tap with 2 or 3 fingertips. Tap firmly yet gently without hurting or bruising the body.

Tap approximately seven times on each point. Most acupoints exist on both sides of the body, so it doesn't matter which side you tap on. You can experiment and see if one side is more effective than another or tap on both sides simultaneously. Remember that you should be mindfully repeating the reminder phrase while you are tapping on the above points.

When you have completed these steps, once more assess the intensity of the problem: Close your eyes, focus on the original problem or issue, and rank it from 0 to 10 for the amount of distress it now causes you. If there is no trace whatsoever of your previous emotional or physical distress, then your work with this issue is complete.

If only partial relief is obtained, additional rounds may be necessary.

Two simple adjustments need to be made for these subsequent rounds.

1. Psychological Reversals: A possible obstacle to success during the first round of treatment is the re-emergence of psychological reversals in a different form. After treatment has begun and some progress has been made, the psychological reversal takes on a subtly different quality. It is no longer preventing any change in the condition being treated, but it may be hindering further progress. It is important that the wording of the new affirmation take into account the fact that some progress has been made. The addition of two simple words accomplishes this:

*“Even though I still have some of this \_\_\_\_\_, I deeply love and accept myself with all my feelings.”*

The words ‘still’ and ‘some’ change the emphasis of the affirmation toward a focus on the remainder of the problem. The sample affirmation below reflects an adjustment to the affirmations listed earlier:

*“Even though I still have some of this fear of spiders, I deeply love and accept myself with all my feelings”.*

2. The Reminder Phrase also needs a minor adjustment by placing the word ‘remaining’ in the original reminder phrase:

*“This remaining fear of large spiders” (or simply “remaining fear”)*

Following each round, do a new 0 to 10 ranking of the level of distress you now feel when you tune into the original problem. If the level of distress continues to decrease, do further rounds until you reach 0, or until the distress stops decreasing.

#### **4. The 9 Gamut Procedure:**

This procedure is only necessary if you are having difficulty in decreasing your level of distress after 2 or more rounds of the basic procedure. Roger Callahan’s 9 Gamut Procedure is one of the more strange-looking procedures in EFT, with the tapping, eye movements, humming, and counting all designed to stimulate and connect specific parts of the brain. It takes only 10 seconds to complete; yet it makes

EFT more efficient and speeds up your progress towards emotional freedom, especially if sandwiched between two complete rounds of the 8-point protocol.

In the 9 Gamut Procedure, you must first locate the gamut point on the back of either hand, 1/2 inch beyond the knuckles (toward the wrist), and in line with the midpoint between the pinky finger and the ring finger. (All tapping points, including the gamut point are pictured in Figure 5 as well as in the Appendix.) *While constantly tapping the gamut point, do the following nine actions:*

1. *Close eyes.*
2. *Open eyes.*
3. *While holding the head still, shift eyes to lower left.*
4. *While holding head still, move eyes to lower right.*
5. *Roll eyes clockwise 360 degrees while keeping head still.*
6. *Roll eyes counter-clockwise 360 degrees while keeping head still.*
7. *Hum a few bars of your favorite tune for a few seconds (e.g., “Somewhere Over the Rainbow”, “Happy Birthday,” “Row, Row Your Boat.”)*
8. *Count to five.*
9. *Hum once again.*

For a synopsis of this EFT protocol, we recommend that you download the EFT manual from the internet at the above-mentioned address and examine page 40 of Gary Craig’s manual.

### **Example EFT Phrases Pertaining To Feeling Unloved:**

*“Even though I feel so different from everyone else because \_\_\_\_\_ (fill in the blank) and can’t imagine ever feeling loved, I deeply love and accept myself with all my feelings.”*

*“Even though I feel so unlovable because I have been abandoned by (fill \_\_\_\_\_ in the blank) and if they couldn’t love me why should anyone else, I choose to deeply love and accept myself with all these feelings anyway.”*

*“Even though I am so bad that I don’t deserve love, I deeply love and accept myself with all these awful feelings.”*

*“Even though my body isn’t what I want it to be and it embarrasses me, I deeply love and accept myself with all my feelings”*

*“Even though I feel like I am what I do, hate what I do and have no self respect, I deeply love and accept myself with all my feelings.”*

*“Even though I feel I am what I do, and right now I am not working or doing anything, I deeply love and accept myself with all my feelings.”*

*“Even though I feel so invisible and unimportant that I can’t understand how anyone could love me, I deeply and completely love and accept myself with all these negative feelings.”*

## **5. Affirmations:**

The internal chatter that goes on in your head daily serves as your own dogma which limits you in what you believe is possible to create or manifest in your life. It can make you stuck. It develops your own personal mind-set, the way you perceive the world. This internal dogma creates a potential personal prison that dictates what you are able to accomplish, how you think you need to appear, whether you are able to love self or others. It defines what your material and physical comfort levels should be, your opportunities, limitations, and critical judgments of self/others; and generally determines who you think you are. These have become your truths, your true affirmations learned through your experiences and perceptions.

In order to shift your internal dogma, you must first become aware of your world in a different way. We energize what we think about and focus on. What do you tend to focus on? Once you become aware of the limiting thoughts that you have, you are well into the first step of transforming that personal dogma which is keeping you from experiencing more joy in your life. Knowing and acknowledging the faulty thought is the key to unlocking the door of your prison. When you are ready to let go of an old faulty thought that has been limiting you in some fashion, affirmations can be a powerful way of energizing a new perception of the world and your life.

Affirmations do work, as long as they do not conflict with a more tightly held current dogma or your powerful subconscious thoughts.

Understand that your self-talk can potentially be a huge obstacle to overriding a new affirmation. For example, if your affirmation is *"I am free to love and be loved"* and after you repeat this a few times you hear your internal chatter suggesting *"yes but who could ever love someone as ugly as me"* or *"yes but if someone loves me there must be something wrong with them"*, or *"yes but why would anyone want to love someone as angry, fat, etc. as me?"* You get the picture? Gary Craig calls these *"tail-enders"*. A tail-ender describes a scenario where you completely unwittingly negate the intention of your affirmation with the stronger intention of your internal dogma.

With EFT tapping we can change our consistent unwanted thoughts and create a new reality in our energy system, once we are able to become aware of the prison that we have locked our self in. The combination of affirmations and EFT can powerfully assist us in redesigning our mind set and energy system. We can observe all the negative self talk (the yes buts...) that comes up after we state the affirmations and tap away at the conflicting beliefs, hidden fears, subconscious scripts and negative emotions to clear ourselves prior to installing the new.

**The helpful guidelines below for constructing affirmations have been suggested by Gary Craig on the [www.emofree.com](http://www.emofree.com) website.**

1. You must affirm a **want** and not a **should**.  
It has to be a very meaningful goal, which is coming from your own heartfelt desire, not what you perceive your family or society expects of you.
2. You must affirm your **'wants'** and **not** your **'don't wants'**. Your subconscious mind does not know the difference between yes and no. When it is a weight affirmation, for example, don't say, *"I don't want to be fat"*. The focus will only be on the negative issue of *"the fat"* and will continually energize that. As an alternative, try *"My normal weight is 122 pounds and that is what I weigh"*. Another affirmation example might be concerning golf. When you address the ball, you affirm that you want to drive the ball down the middle of the fairway; you don't say *"don't go into the bunker!"*

or “*don’t go into the lake!*” Otherwise your focus is on the sand and the water. Visualization is very powerful. Visualize the positive outcome and energize that instead of the negative. Why waste energy on creating more negative outcomes in your life?

3. You must believe that your goal is realistically possible. The goals you set must be reachable within your own system of belief or mind set. Your imagination and belief is the most powerful tool you have to create in your life. If you cannot imagine it, you cannot create it.
4. Your goals must be a “stretch” and big enough to be exciting. Otherwise, you will soon be bored repeating the affirmation and will not be energizing it as strongly. They also must be a stretch beyond your current limits to create excitement about the affirmation. As you begin to create anew in your life, you will become aware and amazed at how deeply constrained your life was due to your past faulty thoughts.
5. The affirmation must be stated in the first person, present tense. You are using the statement to program your intention. It doesn’t have to be true when you say it. You may be feeling ill and state that “*I am in wonderful health*”. “*I will be in wonderful health soon,*” won’t get you there. Soon may never arrive. When you create with the idea that the moment for change is in the future, you create that it is **always** in the future and **never** in the present.
6. Augment your affirmation with daydreams. Present tense daydreams can be **the** most powerful tool for establishing new consistent thoughts. The brain cannot differentiate what is real from what is strongly imagined. So imagine who you want to be and what you want to do and program your beliefs. When you visualize it intensely, over time your brain will catch up and you can recreate yourself. Athletes often do this to enhance their sports performance.

7. Do not affirm the actions of other people. You cannot create for someone else, only for yourself. Use, “*I attract others because I am a warm, loving person*”, not “*Jim loves me.*”
8. Keep your affirmations private. Announcing them to others often invites criticism and judgment.

**Procedure for Tapping Regarding Affirmations:**

- a. Identify and clearly state your sincere affirmation.
- b. Then target the “*tail-ender*” or “*yes, but*” phrase linked to your affirmation that can encompass emotional or physical reactions.
- c. Rate the intensity of the distress level caused by the “*tail-ender*” on a scale from 0-10.

Write down the number indicating the amount of distress you experience when you think about the problem.

- d. Perform the appropriate PR correction maneuver.
- f. Create a reminder phrase.
- g. Perform the Basic 8 Point Tapping Protocol for the “*tail-ender*” issues. Make certain you cover every “*yes, but*” linked to your affirmation.

After you have completed the above procedure for all “*tail-enders*” to your affirmation, you now tap in your positive affirmation. When you tap in a positive affirmation, you start with tapping on your third eye or the point in the middle of your forehead. You may also choose, if you so desire, to tap in the affirmation at each of the 8 tapping points.

**6. Qigong Emotional Release Technique (Quicker than EFT):** “*The Shift Doctors*” (Tracy Latz, M.D., M.S. & Marion Ross, Ph.D.) have presented the “**Qigong Emotional Release**” to therapists at the 2013 15<sup>th</sup> International Energy Psychology Conference in Reston, VA, the 2012 14<sup>th</sup> International Energy Psychology Conference in San Diego, CA, and to the Charlotte, NC local program unit of the

National Association of Social Workers in 2012. At each presentation by Dr.'s Latz & Ross clinical social workers, psychologists, nurses and physicians are amazed at how rapidly the **Qigong Emotional Release** can work.

When asked where the technique originated, “**The Shift Doctors**” state “*We learned the technique from our Qigong Master Robert Peng who taught it to us during our Shaolin tradition Qigong Healer training with him... and we believe from that ancient tradition that it might be the precursor to what has developed into EFT*” (Emotional Freedom Technique). Dr. Latz uses the technique in her Integrative Psychiatric practice more often now than EFT, “because it can be done more quickly in my office and I can teach it to children, teens and adults to empower them to shift overwhelming emotions rapidly without having to create scripts or reminder phrases; and there are only 4 tapping points. Essentially, patients/clients/students also don't unwittingly open up a can of emotional worms with reminder phrases or statements.” Both Dr.'s Latz & Ross agree that the technique doesn't work for everyone – “when it doesn't release the issue, then I still may progress to EFT to deal with the issue”.

Rank the level of the overwhelming emotion on a scale from 0 to 10 just as you would for EFT. Once you know the ranking, forget about it. During the Qigong Emotional Release Exercise, you tap while stating the following Chinese mantra 3 or 6 times on each of 4 spots (crown, forehead/3<sup>rd</sup> eye, heart and 2-3” below the umbilicus/belly button). You tap at each syllable of the mantra at the 4 points. The words of the Chinese mantra we are phonetically saying during the routine are “**Song Kong Tong Bing Chuan-Yu**”. The meaning of the mantra is: “I open myself up and call in Divine Light to fill my body, and release any negativity in my body or my energies, and sealing me up perfectly calm, balanced and centered.” After you have completed the routine, take a deep cleansing breath and release. Then you re-rank the overwhelming emotion to see how the ranking changes. You can observe the routine at the YouTube link <https://www.youtube.com/watch?v=Q5XyHvQlpfU> or on our website at <http://www.shiftyourlife.com/2013/qigong-emotional-release-more-rapid-than-eft/>

## 7. Applying Key 1:

### Example 1:

*Veronica was a 39-year-old, devoutly Christian female with severe generalized anxiety with obsessive fears of either she or her 18-month-old child vomiting. She recalled a fairly uneventful childhood except for an incident that occurred when Veronica was around two years of age. Her father frequently traveled for business, and her mother decided to go with him on a trip for two weeks. She was left in the care of a nanny during this period in the family home. Unfortunately, Veronica became ill with a stomach virus and awoke one morning covered in vomit in her crib. When the nanny came in to find her, the woman began to yell about how disgusting she was and what a mess she had made for her to have to clean up. She remembered this event quite vividly.*

*When Veronica came to my office, she had already been on medication for her obsessive thoughts and had been to at least 3 different therapists who had tried both a cognitive behavioral approach as well as insight oriented psychotherapy to address her fears and anxiety. Traditional psychotherapy had given her minimal shifting of her long-standing shadow thought from childhood that she was unlovable (as a child always just wants love and acceptance from his or her caregivers no matter how abusive they might be to the child). She had also more recently seen a psychotherapist who had used some EFT with her to no avail.*

*By the time Veronica came to me for assistance, she felt desperate as she was now fearful of allowing anyone else to care for her child because her son might become unexpectedly ill. She was also increasingly anxious about leaving her home at all as she had fears of the possibility that she might become nauseated or physically ill herself. She knew that this was irrational and yet she often could not convince herself to leave home. Her supportive husband was becoming increasingly frustrated with her lack of progress and her frequent tearful calls to him at work for reassurance that she or their son would be okay. She questioned whether perhaps God was punishing her or that she was somehow unworthy since she had experienced no improvement in her symptoms despite years of treatment. I asked if she would be willing to try a different approach in dealing with her traumatic memory and anxiety. She was agreeable although quite anxious and skeptical.*

*On our second meeting I carried her through the Loving Benefactor Meditation followed by the Loved Ones Meditation so that she could experience how lovable she actually was at all times. This was incredibly powerful for her as she was moved to tears. Veronica began to actually feel and “know” that she was truly lovable and capable of being loved. Since she had lived in constant fear and anxiety for years, she had become trapped in ‘brain chatter’ rather than truly feeling love and compassion from her heart. Once her heart was open, EFT could actually work. Veronica was finally able to feel the emotions of the two year old child who had been traumatized and reconnect the feelings with her body in a way that was not overwhelming. Previously, she had only been going through the motions and almost obsessing on the technique of EFT without being tuned in to her actual feelings that were connected to her trauma.*

*We utilized the 8-point EFT protocol described above for the faulty thought “I am unlovable because I was a bad girl for throwing up”. She started out at a distress level of 9 by her report and after going through the protocol the first time the level of distress dropped down to a 3. I had her repeat the protocol and she reported a ranking of a “1” by the end of the second round. We had to eventually tap in subsequent sessions for various faulty thoughts including the fear of humiliation, being abandoned by her parents, anger at the nanny, anger at her parents for leaving her with the nanny, and fear of being judged by others as well as by God. She was very pleased with her results and has reported significant relief. Veronica is now able to leave her home without any second thoughts. She has contemplated sending her son to preschool and getting a part-time job. She continues to use these techniques regularly to maintain her sense of wellbeing and to deal with flu season, her husband beginning to travel with his job and any other anxiety that arises.*

### **Example 2:**

*Joel was a 50-year-old male in the process of trying to decide if he had to pursue competency issues with his progressively demented elderly father. He was commuting from Charlotte, North Carolina to Charleston, South Carolina frequently to care for his father and it was creating tremendous stress for both he and his wife. He had much anxiety over the effect the stress was having on his own family, yet also felt guilty for possibly being a “bad son” and losing his father’s love if his father were to be declared incompetent and placed in a rest home.*

*Once he experienced the Loved Ones meditation, he was touched by how many loved ones he sensed sending him love, including his father. He stopped feeling so terribly unlovable. He was then introduced to the EFT protocol to deal with his anxiety that was overwhelming. He focused on the angst ... "I will be a bad son if I have my father declared incompetent" as he did the 8 point tapping protocol. His initial anxiety level was ranked as a "9" and with one round of tapping it dropped down to a "3". After a second round of EFT, his level of distress dropped to a "1". He was amazed that he immediately felt stronger and calm and couldn't see why he had been so heavily stressed about an issue that was obviously in his father's best interest to pursue.*

*We discussed a regular routine of meditation and tapping to reinforce his newly calm demeanor. He was very pleased. He continues to use both meditation and his EFT protocols whenever he feels overwhelmed as he continues to cope with his father's health situation or work-related stress.*

### **Example 3:**

*Kate presented to my office as a new patient with ongoing conflict with her husband of 17 years. She felt that she was not being appreciated or respected in the relationship. She reported having the shadow thought that she was "unworthy" of having an unconditionally loving partner in her life that stemmed from her perception of relationships in her family of origin. This belief was causing her to experience frequent stomachaches and headaches.*

*She felt that she had to earn love from her husband by "doing for him" constantly. The initial level of distress for this thought was ranked at an "8". After going through the EFT protocol twice, the distress ranking went down to a 0. She then tested at a 10 for the affirming statement of "I deserve to be loved unconditionally" and "I do not have to buy/earn love". She was able to picture changing how she would behave with her husband and envision herself asking for as much respect as she was giving her husband. She was able then to understand and visualize how this was reasonable in a mutually loving relationship.*

*Of note, she had both gastrointestinal distress and a headache at the beginning of the office visit, but she reported no distress physically from either issue by the end of the session. She felt very happy and calm when she left my office.*



### **Opportunities to Achieve Your SHIFT:**

- What makes you feel connected to others and feel lovable? Create a daily practice of allowing your self to feel the connection to others and love from others that is flowing to you at every moment.
- Practice the Loving Benefactor exercise daily.
- Whenever you feel unlovable or whenever your loved ones are far away from you and you miss them, do the Loved Ones meditation. Our loved ones are always sending us love and we can feel it whenever we do this meditation.
- Use EFT or the Qigong Emotional Release to stop the internal negative chatter about your self.

