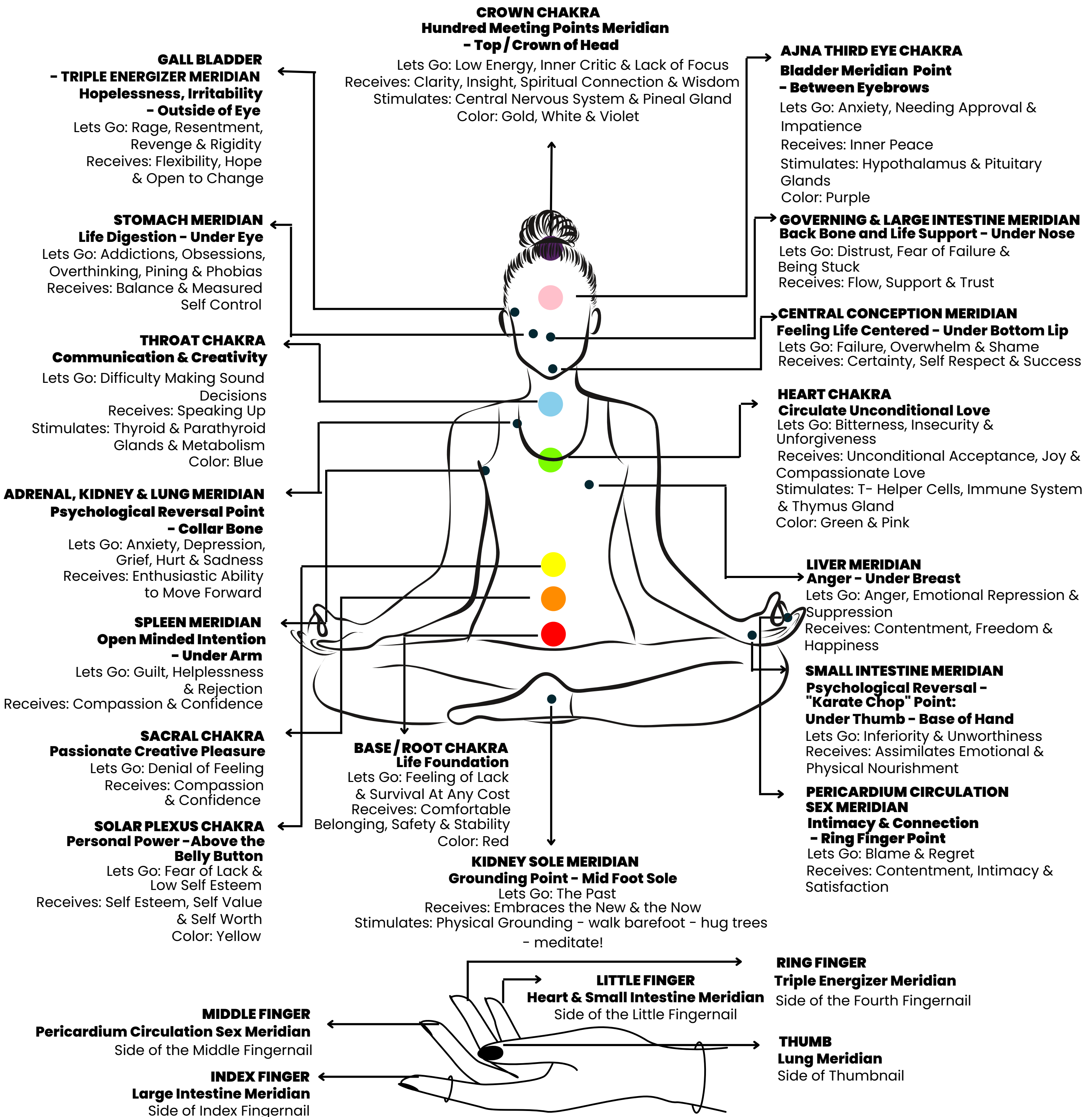


HELP CHAKRA MERIDIAN TAPPING POINTS

Chakra means wheel & they represent energy centres of the body & relate to glands - meridians represent energy travelling through the body - relating to emotions & organs & acupuncture points. We have 365 acupuncture points, 2 governing & 12 major meridians.
We are a miraculous microcosm inside a macrocosm of divine LOVE. ❤️ ❤️ ❤️



HELP CHAKRA MERIDIAN TAPPING POINTS

HELP CHAKRA MERIDIAN TAPPING TECHNIQUE 1/5 ©2016

healwithloveprayer.com

HELP CMTT ISSUE WORKSHEET

What is the discomfort of the problem out of 10?

___/10 (1 = low discomfort - 10 = high discomfort we generally work on an issue that has a rating of 6/10 or higher in order to feel a shift. Once an issue is down to about a 3/10 or lower it will generally dissolve/resolve)

STATE: EVEN THOUGH I HAVE THIS (ISSUE)

State the ISSUE and how you feel inside, in your words - please don't use a medical label eg "panic attacks" - it won't mean, enough to your nervous system as to how it feels inside you - e.g., craving to smoke/anger at my brother/fear of speaking out / out of control feelings of anxiety / panic / heart racing / my red raging balloon of grating anger in my stomach etc.)

STATE: I DEEPLY AND COMPLETELY LOVE AND RESPECT MYSELF

HELP CMTT ISSUE WORKSHEET

HELP CHAKRA MERIDIAN TAPPING TECHNIQUE 2/5 ©2016

healwithloveprayer.com

HELP CMTT UNIVERSAL SEQUENCE

*If you don't use all the points it's OK - Universe Source Love knows! If I am driving I may just Tap Collarbone and Heart Chakra - to release something quickly! You may tap one-sided or use both hands on both sides of the body at the same time, it's what I do when e.g. I am sitting down to tap or tapping in front of a mirror. Mirror Therapy is powerful! ♥♥♥

A REMINDER OF THE SETUP

Start by identifying the issue and create a succinct statement reflecting the issue with the reinforcing phrase at the end. Then identify the reminder phrase - this will be an abbreviation of the issue. Rate the issue using a scale of 1-10 (1=low 10=high). While TAPPING THE SIDE OF THE HAND Psychological Reversal / "Karate Chop" Point - say at least three times: "Even though I have this ...ISSUE (STATE HOW YOU FEEL INSIDE IN YOUR OWN WORDS)... I deeply & completely love & accept myself"

THE SEQUENCE

Using both index & middle fingers from either hand, tap on the following places 5-7 times while repeating the REMINDER PHRASE on each point

- Crown Chakra / Hundred Meeting Points Meridian: Top / Crown of Head
- Ajna Third Eye Chakra / Bladder Meridian: Between Eyebrows
- Gallbladder - Triple Energizer Meridian: Outside of Eye
- Stomach Meridian: Under Eye
- Governing & Large Intestine Meridian: Under Nose (both points including chin maybe tapped together with first finger and thumb)
- Central Conception Meridian: Under Bottom Lip (both points, maybe tapped together with first finger and thumb)
- Adrenals, Kidney & Lung Meridian: Collarbone (often a little bit tender to tap)
- Liver Meridian: Anger - Under Right Breast (in line with nipple)
- Spleen Meridian: Under Arm
- Either Hand: Thumb: Lung Meridian: Side of Thumb nail
- Index Finger: Large Intestine Meridian: Side of index fingernail
- Middle Finger: Pericardium Circulation Sex Meridian: Side of the middle fingernail
- Ring Finger: Triple Energizer Meridian: Side of the fourth fingernail
- Little Finger: Heart & Small Intestine Meridian: Sides of the little Fingernail

THE "UNIVERSAL" GAMUT POINT SEQUENCE

While keeping your head in the midline position, tap between the 4th & 5th knuckles (The Gamut Point: Triple Energizer Meridian) of either hand, the entire time as you complete the following sequence.

1. Close your eyes
2. Open your eyes
3. Roll your eyes down to the right
4. Roll your eyes down to the left
5. Roll your eyes in a large circle clockwise
6. Repeat - anticlockwise
7. Hum a few bars e.g. "happy birthday to me"
8. Count aloud to 5 & hum again

(This is an NLP Neuro Linguistic Program sequence aimed at dissolving the emotional energy associated with that state.)

Repeat THE SEQUENCE again

Repeat the whole process replacing THE SET UP Affirmation & Reminder phrase with: "Even though I have some remaining I deeply & completely accept myself"

When the issue has resolved to a 2 or 3/10, conclude by tapping on the Gamut point while looking from the floor to the ceiling, repeat the following statements:

"I forgive anyone who has played a part in this including me (and my Higher Power (or Self) / God); I forgive myself for creating this; I am willing to release it now; I let it go; I let it go completely."

HINT(If there isn't much shift in the issue, you haven't given your brain enough information in describing what you are feeling in the present at all times: Even though I feel like a failure - becomes - even though I have a damp, blue, balloon sensation in my chest - becomes - even though I feel my Father didn't like me, etc.) Some clients know how to follow the sequence but prefer to work with me to resolve 'big' issues - as I am very good at helping clients chase the issue and lock it down so the Nervous System can release it. Because our Addictions and Bad Habits serve us so well - to keep us distracted - but we are so comfortable with them - they become 'part of us' and don't want to leave - even though consciously we are fed up with them. I am very experienced at 'pinning' the issue down - so it can be dealt with and released.

Over the last two decades, I have found CMTT to be extremely effective for helping us process day-to-day emotional energy states and a great aid to the deeper work that is achieved with e.g. transformational hypnotherapy.

Love-Light Heather ♥♥♥

HELP CMTT UNIVERSAL SEQUENCE

HELP CHAKRA MERIDIAN TAPPING THERAPY UNIVERSAL SEQUENCE 3/5 ©2016

healwithloveprayer.com

HELP CMTT FAQs

What is the CMTT Chakra Meridian Tapping Technique?

The Chakra Meridian Tapping Technique has been adapted from the work of Dr. Roger Callahan known as the Emotional Freedom Technique (EFT) and later known as Thought Field Therapy (TFT). It is now being used in combination with a myriad of drug-free interventions aimed at managing stress and post-traumatic syndromes.

Once upon about 25 years ago, I learned EFT to help quit the toxic habit of social smoking and have used it extensively with clients and adapted it since then to assist with e.g. resolving anxiety, depression, emotional eating issues, and other problems that accompany e.g. addictions, panic attacks, phobias and recovery from trauma. It is a method of emotional and neurological control based on the electrical/subtle energy system of the body, including chakras and acupuncture meridians, and involves tapping on chakra/acupressure/acupuncture points. Since they relate to the brain, glandular and nervous systems, tapping on these points allows a neurological function to be modified by releasing excess emotional energy and may even relieve some common mental health issues. It is also known that acupuncture alters the energy field of the body so that imbalances in the energy field creating e.g. creating negative emotional states are restored to balance and flow.

How does CMTT work?

Chakras and Meridians are electrical energy pathways through which emotions are processed. They make up an electrical circuitry that delivers a life force energy known as Chi (Chinese Medicine) or Ojas (Ayurveda) to all of the organs and tissues of the body. This subtle energy system has been studied by various Traditional Medicine Systems including Chinese, Tibetan, and Ayurvedic Healing Systems for more than 5000 years. It is believed that if we become "stuck" emotionally, this can affect the energy relating to that chakra or meridian. Feeling depressed, repressed, or suppressed emotionally long-term, may result in physical dis-ease. Think of a blocked water pipe! The water may be diminished to a trickle for a while before the pipe bursts!

Energy disturbances are linked to memories of painful events. Simply put: when we think our bodies feel. It is not the memory that is painful but rather the energy disturbance that becomes activated when the memory is recalled which then causes the negative painful emotion. CMTT works by intentionally activating an energy disturbance by thinking of a painful memory or just feeling the feelings, in order to neutralize or process it easily and effectively.

Having worked to help people e.g. quit the habit of smoking for over 25 years, I have long observed how suppressed they are in their lung/kidney meridians, related to long-held stress and often grief too, with a blocked heart chakra, cut off from the joy of life, often by not following their heart's desire! Therefore, just think of how people can make themselves 'heartsick' over very common issues and pressures of everyday life, from grief to loss, while often managing full-time work with financial pressure too!

Think of CMTT as accessing our power board, sometimes we need to rewire a fuse, to have the electrical current flow correctly once more! Unlike acupuncture, no needles of any kind are involved, we use our fingers to "tap" or hold specific points only. It is Western "Modern" Medicine that has been very slow in appreciating how, for example, clean air and water, healthy environments, exercise, food, and thoughts, can critically affect our well-being, health, or dis-ease.

Is it safe?

CMTT is a really effective way of releasing negative emotions, under most circumstances, and children can easily be taught the technique.

HELP CMTT FAQs

However, it is not advised to attempt the release of very traumatic incidents (emotional, physical, or sexual trauma) without the supervision of a qualified professional, so that the trauma may be neutralized effectively. (No one wants to be awake at 3 AM bawling their eyes out! And some trauma may require a different approach with additional resources.) When used for "every day" negative emotions such as anger, frustration, phobias, and emotionally charged situations, it's very safe.

Over the years, thousands of people have learned how to use EFT and continue to use it beneficially and while once its therapeutic value was questioned, it has now been extensively studied and evaluated by western science for example in the case of being used effectively lower elevated blood pressure.

I call CMTT a great screwdriver (kind of tool) in my toolbox! However, sometimes we may need something a bit more powerful, like a great big hammer, to really break up an old, unpleasant memory, trauma, or Limiting Belief, that simply requires reframing, effectively and quickly. (There would be no point in going to see a dentist, week after week to complain about toothache! Likewise, why suffer unnecessarily when we have the New Psychologies to quickly bring about change! CMTT is fantastic for cleaning up old emotional debris!

Who can benefit from CMTT?

CMTT can be helpful for many of the negative emotions related to the following conditions in children and adults:

Anxiety	Phobias	Fears
Jealousy	Sadness/tears	Rejection
Competitiveness	Feelings of Failure	Poor Self Esteem
Oppositional Feelings	Anger	Depression
Relationship Problems	Unpopularity	Effects of Bullying
Procrastination	Allergies	Sleep Disorders
Physical Disorders	Bed Wetting	Eczema
Feeling Bad Mad Sad	Neurological Disorders	Sensory Overload
Learning Disorders	Refusal to do Homework	Impulsiveness
Attention Problems	Aggression	Boredom

Since CMTT does not require extensive verbal skills, emotional expressiveness, or experience in psychotherapeutic processes it is ideally suited for use with everyone including children. Since CMTT works physiologically it can be useful for neurological as well as emotional conditions. CMTT is very safe – it either works or it doesn't- and it does not make conditions worse. The technique allows children to manage their own emotions and with adequate training and practice, this can give a child more freedom, autonomy, and self-control.

Is CMTT effective?

CMTT will not work on every single issue, but it appears to be effective 90% of the time. Using CMTT for all aspects of a particular negative emotion (feelings and negative thought patterns associated with a situation) increases its effectiveness. Sometimes the results are almost magical! CMTT seems to produce permanent effects for many conditions. If a condition returns, repeated CMTT sessions will usually release the condition, and treating all "aspects" of the problem stabilizes the results.

However, some individuals are "Psychologically Reversed" about particular issues. This means that they are being unconsciously resistant to resolving an issue: this means the child-like Survival Mind perceives a benefit to continuing something which is actually having a negative impact. Very good examples include auto-immune disorders such as eczema or psoriasis, particularly if attention was given to a sick child.

HELP CMTT FAQs

Examples include:

- After Dad died, Mum was really busy but she would give me attention and rub my back with special cream if I had an attack or outbreak of "X".
- After I gained a lot of weight, I was bigger than my bully and I no longer got picked on.
- I began smoking to keep Mum company after Dad died. Now Mum has lung cancer and I would like to stop smoking but it makes me feel "guilty" and unsupportive.
- If I try to stop smoking (or another addiction) I am afraid of weight gain.
- If I try to stop smoking (or another addiction) I get anxious or enraged, as old, unpleasant memories arise.
- I can't stop thinking/obsessing about "X".
- I want to stop binge drinking alcohol (or taking recreational drugs) but I "need" to get high or feel numb, because of "X".
- When I got "big" I felt safe from sexual predators: my teacher, friend's father, my uncle, etc. stopped "looking at me like that."

Our childlike Survival Mind perceives being overweight as of benefit and will not allow healthy weight loss unless the issue of feeling confident and safe or of having an unpleasant or even terrifying sexual experience is resolved. The experience may have been so terrifying or have happened at such an early age, that the experience itself may be suppressed or repressed. Suppression is when we distract ourselves knowingly so that we don't think about something. Repression is when something is so terrifying or distressing that Survival Mind kicks in and the memory isn't stored in a normal way. Sometimes later people experience distressing "flashbacks" or disjointed memory fragments, or they suspect something has happened.

As a very experienced practitioner, having unraveled and resolved my history of sexual predation when I was 15 years old at the hands of a man I trusted and had babysat for, for a couple of years. I am fully resolved and comfortable in my skin and am completely comfortable working with clients with sad stories to tell, reframe and quickly heal.

CMTT is not intended to be a replacement for psychotherapy or other mental health services and those suffering from chronic psychological or neurological conditions are strongly urged to consult their medical doctor. It can, however, be used, with supervision, in conjunction with other treatment protocols, and I have found it very useful to help clients get started when we are going to begin the great journey of Emotional Mastery.

CMTT Summary

Since children and adults with long-term residual trauma are often caught in the cycle of frustration and failure, non-invasive drug-free methods which are easy to use and non-threatening like CMTT have an important role to play in reducing levels of stress and improving their physical, academic, social and emotional well-being.

Further Study

Book: Tapping The Healer Within – Roger J. Callahan Ph.D. with Richard Trubo

Online: FEM Freedom Emotional Mastery Course – healeatlovepray.com

3/3

HELP CMTT CMTT FAQs

HELP CMTT FAQs 4/5 ©2016

healeatlovepray.com

HELP CMTT DAILY AFFIRMATIONS

*Look in the mirror & “tap” these affirmations daily! You may use. e.g. Heart Chakra only or all the tapping points – it’s up to you! ♥

I AM OK AS I AM – I AM OK AS I AM – I AM OK AS I AM

I AM OK AS I AM! (BELIEVE IT – FEEL IT – BREATHE IT IN!)

I believe in myself – I care for myself – I love myself – I praise myself

I am uniquely beautiful, creative & talented I AM OK AS I AM

I am loveable – I am loving – I am valuable – I am worthy

I give and receive love easily (FEEL IT – BREATHE IT!) – I AM OK

I am nourished by the sea of LOVE that surrounds me – I AM OK

I always have been and always will be loved – I AM OK

I accept and respect myself deeply – I AM OK

I am empowered with LOVE – I AM OK

I am bulletproof – I am rejection proof – I AM OK

I invest in myself as I am worthy and worthwhile – I AM OK

Every day in every way I make happy healthy choices – I AM OK

Every day in every way I see more clearly into my beautiful bright increasingly successful future I AM OK EXACTLY AS I AM

I AM OK – I AM OK – I AM OK – I AM OK – I AM OK – I AM OK – I AM OK

(Please use this area to add your own affirmations!)