



ITM Free Resource for Day 23: August 23, 2023

Today's Topic: Frustration with the Limitations of Your Body (Any Part of the Body)
Resource Contributor: Jacqui Footman

Today's free EFT Tapping resource is from Practitioner and Master Trainer of Trainers Jacqui Footman.

[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This resource is not meant as treatment or to be a diagnosis. It is provided merely as information.]

EFT Tapping for Frustration with Limitations of Your Body (Pick a Body Part!)

If you have a serious injury and do not fully recover, or if you have a long-term condition or chronic pain or repetitive strain on a body part, it is very easy to become frustrated or angry with or even resentful of that part and its limitations. You may even find yourself speaking ill of your own body with references such as, "my useless knee". You may also have received medical advice suggesting that limitations are permanent and there is nothing more can be done, or you may have been given a lot of physiotherapy exercises that you struggle to fit into your routine. You could become despondent or depressed about any of this.

Of course, with EFT, Emotional Freedom Techniques, you can apply tapping to gain some freedom from any of these feelings (emotions) around the issue, any of which could snowball and get in the way of healing.

This article is specifically about conscious questioning of how you think about the limited body part, how you could apply tapping to that and how that could affect your capacity to heal, vibrationally. For healing, you want to create a healing (growth) environment for the cells in that part of your body. One possible way to use tapping with this, is to catch your own negative thoughts or words about the part of your body.

Consider the work of cell biologist Dr Bruce Lipton, who observed cells in Petrie dishes and observed they would move towards nutritious substances added to the dish, opening into a "growth mode", and move away from a noxious substance, closing down into a "defence mode".

Consider also the well-recognised maxim, that all there is is love or fear - every other emotion is derived from those.

Consider the sympathetic branch of the human central nervous system – we can be either activated sympathetically (in fight/flight response, a.k.a. defence mode) or activated parasympathetically (rest and digest a.k.a. growth mode), but never both at the same time.

So, if we want ourselves to heal, we need to create an environment for growth. We know about doing that physically and physiologically – we are told when to rest and when to start gentle exercise and we may take medication for pain relief or supplements that help build tissue, ease joints, etc. But how much attention do we pay to creating an emotional environment for healing? For growth mode, we need to ensure that we do not spend too much time activated in fight/flight, because that switches off the rest and digest "growth mode". When we need to heal, since we know that EFT reduces the stress hormone cortisol, tapping is ideal to use regularly to ensure that we spend more time in growth mode.

Think about the language you use in your self-talk.

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Think about a small child and how you see them shut down and shrink inward when they are told off and how they light up and stand up tall when praised.

For the part of you that you may perceive as letting you down or failing you, how do you think that will be affected by your thoughts and self-talk? Do you choose love or fear? Sympathetic or parasympathetic activation? Are you encouraging it to heal? Encouraging its cells to grow?

Would you like to use tapping to help with some of this? Try following the steps below, be sure to use your own language for how you feel, replacing some of the words in the example – wording below is for example only, assuming limitation to a shoulder. This is just one suggestion for improving the emotional environment for physical healing. It assumes that you have already consulted a medical practitioner and it is not an alternative to medical care. It provides information mainly concerning mindset and possibilities for change.

The Tapping Process

1. Tuning in

Take a moment to tune into any thoughts or feelings/regrets/anger/frustration note them down and separate them into themes/aspects. You can use tapping to work on each aspect separately, one at a time. Choose which aspect to tap on first and note your 0-10 score. You need to keep doing successive tapping rounds on each aspect until it goes to a zero or as low as it will go, before moving on to the next aspect.

2. Your set-up statement in your words

Here is an example set up statement to tap for frustration:

Even though, I feel so frustrated that I can't raise my arm to reach the kitchen shelf, I'm sending my shoulder healing love and understanding.

Change the words to suit your situation and repeat your set up statement three times whilst tapping your side of hand point, then continue with the sequence below as you tap around the remaining points. You don't have to worry about getting the words right; just say what comes into your head about specifically how you feel, what your frustrations are, etc. It must be in your own words; your own words are very important. This is your truth. It is taking the time to find your own words that enables you to get really clear about what the issue is and to tune into it ready for the tapping to reduce the intensity around it. It can even get you so focused on the problem that you initially feel worse. If this happens, don't worry, just be sure to stay with the feeling and keep tapping around all the points; go round again and again and again if necessary until you start to feel calmer. It is so very important at this point to keep tapping and, essentially, **do not stop** because of any fears about making yourself feel worse. You can trust that the tapping will calm the intensity if you just stick with it.

3. The Tapping Sequence

Set up:	Repeat 3x : Even though, I feel so frustrated that I can't raise my arm to reach the kitchen shelf, I'm sending my shoulder healing love and understanding.
Side of Hand	
Sequence:	
Top of Head	It's so annoying
Eyebrow	I want to lift and use my arm like I used to
Side of Eye	I'm feeling so frustrated
Under Eye	Useless shoulder!

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Nose	It's not what I want
Chin	So frustrated and annoyed!
Collarbone	When will it get sorted?
Under Arm	It's letting me down!

4. At the End of Each Round

Sit with any feelings that have emerged and let the effects of the tapping work through your system. Take a few comfortable breaths with long outbreaths, whilst gently rubbing the Gamut Point on the back of your hand. Check your 0-10 score.

If your score has gone up, without further hesitation immediately continue tapping through the sequence points in the table above.

If it has stayed the same or gone down but not yet to zero, tap as follows:

Set-up: Side of Hand	<i>Repeat 3x</i> : Even though I still feel this frustration about my shoulder, I send it healing love, understanding and compassion.
Sequence:	
Top of Head	All this remaining frustration
Eyebrow	<i>You can either repeat the above phrase at every point or make up specific words that are more meaningful for you, as in the examples above.</i>
Side of Eye	
Under Eye	
Nose	
Chin	
Collarbone	
Under Arm	

5. Assessing How You Continue

You can continue with subsequent rounds in the same way but do take the time to check in with yourself mindfully exactly how you feel at the end of the round. You may still sense you have an intensity score, but are you sure it is the same emotion? Has anger or frustration perhaps turned into sadness or regret? Whatever it is, change your set-up statement accordingly. Ensure that you are always precise and specific with your words. For example, your set-up statement might now be: *Even though it makes me so sad that my shoulder is limited, I'm giving myself love, understanding and compassion.* Then pick out suitable reminder words or short phrases to use as you tap round the rest of the points.

6. Using Ho'oponopono with Tapping

If you have regrets, you feel in some way to blame for your original injury, or for not giving yourself sufficient chance to heal initially, it can be very powerful to use the Hawaiian Ho'oponopono prayer together with tapping as in this example:

Set-up: Side of Hand	<i>Repeat 3x</i> : Even though I haven't done the exercises in the right way at the right time and I haven't helped you heal, it was the best I could do at the time and I choose to be open to the possibility of showing myself and others involved compassion and forgiveness.
Top of Head	I'm sorry
Eyebrow	Please forgive me

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Side of Eye	Thank you
Under Eye	I love you
Nose	I'm sorry
Chin	Please forgive me
Collarbone	Thank you
Under Arm	I love you

You may find that a lot of emotion surfaces when you repeat these words, even including tears and overwhelm. It is important to keep tapping round the 8 sequence points with the above words continuously until you feel more peaceful.

7. The Principles Behind This Approach

- EFT Founder, Gary Craig, emphasised how essential it is to reach a state of love and forgiveness for healing to occur.
- Also important is to remember that as human beings, we are each a miracle of nature. Our body/mind is intent on survival, programmed and designed to heal itself. The problem is just that sometimes things can get in the way of that, so what we're looking to do is to find and remove those blocks and get ourselves back on the self-healing path.

Please know that you have the capacity and the power to bring healing to any situation with compassion, kindness and gentleness. I wish you the best relief on your healing journey,

With love and sparkles ✨ ✨ ✨ — Jacqui x

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Please note:

EFT should not be used in place of conventional medical care. Always consult your GP or other relevant medical practitioner for medical attention and advice. Clients have found EFT useful as complementary to any conventional medical treatment.

The information provided herein is educational in nature, provided as general information and not intended to treat any medical condition. In applying EFT as described herein you undertake to take responsibility for your own emotional wellbeing.

The author is an EFT Coach, Educator and Energy Medicine Practitioner, not medically qualified or licensed as a medical or mental health practitioner.

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