

## Being Specific AND Bundling Aspects

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I was explaining to a training group at the weekend about being very specific about what they tap on whether it is being specific about an event, or an emotion.

It is best to really be in touch with feelings (both the emotions and locations in your body) when you tap. Many clients are used to being 'in their head' and analysing. Just going with the feelings instead can work so much better! The emotions can help you find early negative events easily and it's sometimes possible to bundle many events together while you tap. Try it:

- Think of a recent specific incident (not traumatic) which you are still feeling angry or embarrassed about.
- Consider how you feel about that. Are you angry, embarrassed, furious, ashamed, etc.?
- On a scale of 0 to 10 how strong is that feeling, 0 it is not there, 10 is the max strength. Go for something with a larger number; it's easier to connect to.
- Where are you feeling that in your body?
- What colour might it be? Hard/soft? Rough/smooth? Moving/still?
- Be with that feeling and imagine going back over your life. When else does that same feeling come up to meet you?
- When is the earliest time that feeling is there?
- You now have an early specific event which is influencing your current original event.
- Tap to clear the early event, using the description you have of the feeling and linking it to the event, e.g. Even though when I think of the time that..... I have this hard red knot in my stomach, I deeply and completely accept myself. This means that all the aspects of that time are bundled together and tapped on together. Follow the changes of the feeling, until there's nothing there, or the client is comfortable. E.g. Even though this is pink and soft and moving now, I deeply and completely accept myself.
- Check the scale and when you get to 0 check to see how that affects the current event. There may also be other events that came up as you tapped. Tap on these additional events as well.
- Most times an earlier event comes up.
- If no earlier event appears, you can work on the current event in the same way and bring in possible other events. E.g. Even though I have this hard red knot in my stomach about .....and I've probably had it lots of times before, I choose to clear it wherever it comes from.
- And if your client can't feel it in their body? Ask them how they know they have the feeling they are reporting. You may need to tap on a thought or a picture rather than the feeling and that's OK too.

These are simple ways to speed up your work and to bundle multiple aspects together as you tap.

Sometimes you are taken to a much earlier relationship with the current feelings you are working on. Just recognising where those feelings come from can give you an immediate sense of relief. That durrhhh! feeling that comes when you think "why didn't I see that before?"

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Jaqui conducts EFT basic and advanced training classes in Leicester England. She specializes in conducting short term therapy. For more information go to her web site: <http://emotional-freedom-technique.net/>