

Using EFT for Inner Peace

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The first essential pre-requisite for Inner Peace is self-acceptance.

Find what is coming between you and **real** self-acceptance and you have uncovered something that is a core issue for you.

In EFT we use “I accept myself” and variations on it every time we do the basic EFT setup. Some people cannot say it. Many people only say it so automatically that they do not think about what they are saying. Maybe they don’t really accept themselves either. They are just not letting themselves notice.

Hunt the tail-enders. What happens if you close your eyes and say: “I accept myself” and really think about the words. Say it a few times. Can you spot your tail-enders? If not, see what comes up when you say: “I accept myself, but...” Can you discover what the “but” is? What thoughts came up? What would happen if you really, really accepted yourself - right now? Then try: “I accept myself when...” If nothing comes to mind, just guess what you would get.

Slow tap: Tap the first point of the tapping sequence slowly, saying over and over: “I accept myself” until there is a shift in experience or thought. Stay with it until you run out of memories or insights. As you do, use as the reminder phrase “I accept myself” repeatedly. Follow this process with EACH point.

Use yes and no: Tap round the points saying “I accept myself.” “No I don’t.” “Yes I do.” “I accept myself.” “No I don’t.” Notice what thoughts or feelings come up with the yes and the no.

Tap on all the negatives: Make a note of any relevant thoughts, ideas and memories that come up so you can use EFT on them later.

For example: “If I accepted myself *I* would not be motivated to achieve anything.”

“If I accepted myself I would be smug.”

“I don’t deserve to accept myself because...”

“I cannot accept myself until ... ”

“I cannot accept myself because...”

The second essential pre-requisite for Inner Peace is clearing your past.

Recommended for everyone – essential for therapists. Until you have done your own work, you cannot get yourself out of the way and let go the outcome with clients. Your self acceptance could hinge on their outcome. This is a lose, lose for you and your client!

The Personal Peace Procedure. Make a list of every negative memory you have. Do the movie technique on each one at a time until they are all zeros. You will heal hurts and erase negative beliefs as you do. Core issues will have been zapped along the way. Win, win, win!

The third essential pre-requisite for Inner Peace is clearing your future.

When you cleared the past you made a start on clearing your future. We operate by template matching. Change the templates you use in your life and your expectations change themselves. Imagine the future you want. Use EFT to clear the remaining fears. Set goals congruent with your values – what you **really** want, not what you or others **think** you should want.

The fourth essential pre-requisite for Inner Peace is good vibrations.

What do you do to determine your vibrations?

A gratitude list? List daily what you have to be grateful for.

A gratitude walk? Walk outside. List what you see and feel grateful for.

A gratitude tap? Tap round the points without a setup saying: “I am grateful for (everything you can think of to be grateful for today)”

Self acceptance tapping:

Create your setup with anything that is current for you. For the first part of the setup use anything from: ”Even though I am feeling that deep dread lump in my gut” to “Even though it is Wednesday and ...” Then use whatever variation of “I accept myself” you like for the second half. For the reminder phrase just keep repeating: “I accept myself”. Or “I accept myself unconditionally.” Repeat several times daily as homework for you and others.

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Judy can also be seen on the DVD of the Month Club: www.EFTWorkshopsWorldWide.com