

Raising your Metabolism with EFT

This concept of a unique use of EFT is originally from Silvia Hartmann of the U.K.

There are many ways you can use EFT to enhance your body's health and well being. Silvia Hartmann's metabolism protocol is great for working with metabolism and the system is flexible so you can change the wording in order to work with other body systems such as the immune system, digestive system, and so on.

This exercise is also an useful way to practice using your intuition as it asks you to guess the percentage your metabolism system is working for you.

You can use this protocol for weight loss or simply to create more energy and more alertness throughout the day. EFT clients have also reported that tasks that they did not like doing or that were difficult were, all of a sudden, easier to start and complete.

The following protocol assumes you want to increase your metabolism, however, if you have a hyperactive metabolism, you can use this to calm the metabolism down to a more healthy rate. Silvia believes the protocol could actually work to prevent strokes, heart attacks and nervous breakdowns as well.

If you want to increase metabolism, you want to make sure you do this in the morning. If you do it in the evening, it could result in difficulty in sleeping. If that does happen, simply do EFT for sleeping - ask your metabolism to slow down so you can get a good night's sleep.

EFT Metabolism Protocol

This is how it works.

1. Ask what percentage your metabolism is functioning at right now as compared to 100% for YOU. Let a number come to you or simply guess. You don't have to be completely accurate as you're only looking for a benchmark for later comparison.
2. Do a round of tapping saying, "Even though my body runs at only XX percent, I deeply and profoundly love and accept my body."

You can substitute the word "metabolism" instead of "body" if you wish, but body is very useful as there are many interactive systems that make up your metabolism.

3. Next round of tapping is, "I want to release everything that slows my body down and I deeply and profoundly love and accept my body."
4. Next round of tapping is, "I want to repair everything that slows my body down and I deeply and profoundly love and accept myself and my body."

5. Now ask what percentage your metabolism is functioning at right now. Note the difference. You might want to use a gauge - picture a gauge like a temperature gauge and start at the bottom and use your intuition to see how far up your metabolism has gone.

You always want to ask for a level that is perfect for YOU. State clearly that you are looking for YOUR OWN PERSONAL 100% and not someone else's. You want your body to shift and to do it according to your own needs. It is best, since your body's systems work together for overall health to ask for what is best for YOU overall at whatever time you are using this exercise.

Review What Happened

Some things may have come to your awareness while tapping. Perhaps you want to treat some of them separately - memories, problems in your diet, trauma, thoughts or behaviours. As with any EFT exercise, if you listen carefully to yourself, you will 'hear' where to go next to heal whatever issue you are working on.

In doing this exercise, you might recognize what you were previously using to shore up your flagging energy systems in the way of people energy, caffeine, food, entertainment, and other forms of stimulation. You might consider life style changes to better accommodate your new energy levels.

Setting up a Metabolism EFT Practice

Use this system daily for at least 3 weeks and see what happens. I highly recommend keeping a metabolism diary to record the beginning and ending rates each day.

Please note that sometimes this protocol does affect sleep. One reason for this is that you may require less sleep - people with higher metabolic functioning often require less sleep. If you are sleeping less, ask yourself if you really require more sleep or if you can utilize this time in a better way.

If you do require more sleep, you can calm yourself down in exactly the same way by which you raised your metabolic rate in the first place, namely by tapping for calm and relaxation.

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