
Acumind EFT

Tapping for the Troops

Using EFT in a group or family setting to do something tangible for loved ones in harm's way

Recently, I was speaking with a grandmother of a soldier in Iraq, asking how the family was doing. For every soldier over there, there is a family that has to endure every day not knowing what their child/spouse/parent/sibling/grandchild/niece-nephew/friend is doing, what danger they are in, and whether they'll ever come home.

The 1990 gulf war started the day after my son turned 18, and even tho no branch of the service even called him, I was a zombie for the whole year....I can't fathom what it must be like knowing your loved one is in danger and feeling hopeless and helpless to do anything....living for each letter and email, praying for his/her safe return. Later, I lost my son to melanoma, so I know the heartbreak of losing a child, albeit not in war.

As I was listening to this grandmother, it occurred to me, much as we do Borrowing Benefits in EFT, that families could gather together and tap for their loved one at war, as well as for themselves to get thru

each day. It would be a way to do something tangible for their loved one and themselves. EFT provides visible results and would help the families to unite behind a common goal regardless of politics.

Because of this, I am creating this manual for families to mastermind and get together for their military person, as well as a group in Pleasant Hill, California, whereby individuals can come and we'll tap for our troops – no politics, no right or wrong, just tapping for our troops and their families. [Contact me \(plp@AcumindEFT.com\)](mailto:plp@AcumindEFT.com) if you'd like to create a family group for your soldier – fee will be a sliding scale.

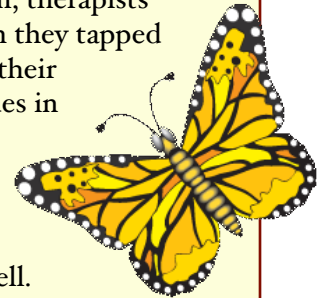
For people outside the San Francisco Bay Area, I'm suggesting families everywhere can gather together - or if they live many miles apart – have copies of this manual, and get all to agree that at a certain time on a certain day, at certain intervals, everyone will tap individually at the same time – and yet, collectively – for their loved one and themselves.

EFT's Borrowing Benefits

Early on, therapists found when they tapped along with their clients, issues in their own lives changed for the better as well.

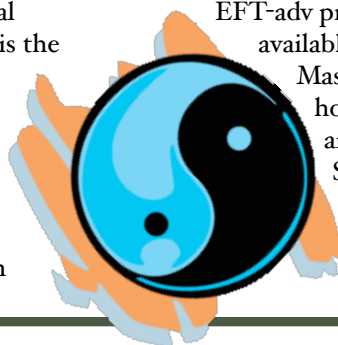
They didn't have to be tapping for the same thing; tapping along seemed to propel them onto the jet stream of consciousness and their aches and pains started to dissolve, as well as interpersonal issues in their lives. Hence, "Borrowing Benefits" was born. It occurred to me that this would work well with a family, to tap for their loved one in harm's way, as well as for themselves for those who stand and wait also go thru stress and strain.

Tapping for the Troops came from that insight.



ABOUT THE AUTHOR

Pamela Leigh Powers is a certified clinical hypnotherapist and EFT-adv practitioner. She is the author of "**Chinese Power Animals**", (Weiser Publishers), whereby the animals of the year (Year of the Dog, Year of the Tiger, etc.) are correlated to the 12 meridians of the body, which acupuncturists use to release blockages. They are archetypal icons to use in creative visualization to affect change. She is an



EFT-adv practitioner, incorporating all the dvds available thru EFT, from the beginning thru the Masters series. She is a writer and teacher of holistic principles, a web designer, and amateur photographer, and a mother of 3. She is located in Benicia, California, and teaches at The Place for Holistic & Spiritual Development in Pleasant Hill, Ca.

Tapping for the Troops:

A family group script

This is a pdf manual which can be read by almost every computer which has Acrobat Reader. If you are a concerned family member or a therapist, you are hereby granted permission to use this, copy and distribute to family members, or have them contact me individually for a copy to be sent via email. The only proviso is that my copyright and authorship are not removed.

A typical session could go something like this:

Take some deep breaths and get into a relaxed state. You might want to hold hands, or not. You might want to sit on the floor, or not; whatever is appropriate for you is right.

You can start by tapping the karate chop point between the little finger and wrist, and saying: **We are tapping for "----Name----" and we are doing it in light and love for your safety and to come home unimpaired. We do it with the knowing that it is 100% up to you whether you want to accept it.**

Then everyone continues tapping, saying:

"Even tho "----Name----" is far away in "----place----" and even tho we are apprehensive and fearful for your welfare, we deeply and completely love and accept you and ourselves. Do this 3 times.

Then, continuing tapping, saying:

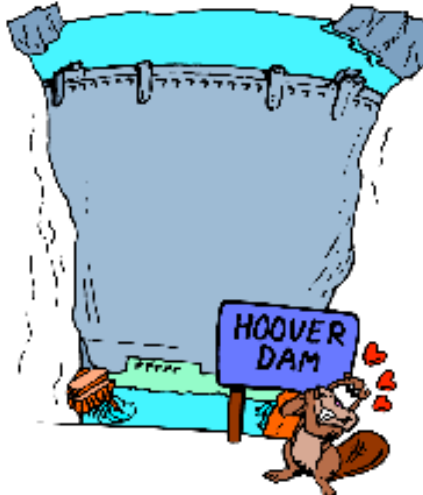
"We forgive ourselves for our fear and doubt. We hold "----Name----" with love in our hearts and know that this col-

lective tapping will open positive energy for your benefit.

"This experience we are involved in is merely a physical manifestation of a blocked emotional issue, and we love you and ourselves too much to let it continue one second longer."

(We say 'merely' simply to let our subconscious know what's involved here)

Then, everyone closes their eyes, and visualizes a dam - like Hoover Dam - an emotional dam that's holding back hundreds of gallons of emotional waters, potentially.



Because it is your visualization, you can do anything you want, so reach in their in your mind's eye and pull up the dam in some way and allow the waters to flow.

Most times it will be water, sometimes it will be something else; everyone is different, and everyone's subconscious will show different elements. Sometimes it doesn't flow right away; so take some time and do what's necessary in your mind's eye to release it. Whatever happens is perfect.*

Then, let that dissolve and open up to a spotlight with a chair at its focus and someone sitting there. If you need to, move around to be in front of this person. It may be your loved one in war, it may be an ancestor, it may be a wise person; whom-ever is there is important to this process. You may want to dialog with this person for awhile, searching for answers. You may get a reply right away in your visualization, or in the days and weeks ahead, all of a sudden something will pop into your head or someone will say something, or in some way you'll know that this was your wise person giving you the perspective you need.

Then, start tapping:

Soft Spot top of head:

"----Name----"

BE:

In Iraq (or other military action)

OE:

In Harm's Way

UE:

We tap for you

Above and below the lips:

holding you in light and love

Below ears at jawline:**

Knowing EFT will open new paths of answers

Thump on chest:

"-----Name-----"

Under Arms:

In Iraq

5 fingers together:*

In Harm's Way

Clasp inner wrists together:

We tap for you

Soft Spot top of head:

Sending Light and Love

Tapping for the Troops cont..

BE: Holding you in our thoughts
OE: Holding on to the vision of your safe return
UE: "-----Name-----"
Above and below the lips: In Iraq
Below ears at jawline:** Allaying our fears
Thump on chest: "-----Name-----"
Under Arms: In Iraq
5 fingers together:** In Harm's Way
Clasp inner wrists together: We send our love for your safe return

(repeat as many times as you want)...then:

Soft Spot top of head: "-----Name-----"
BE: In Iraq (or other military action)
OE: In Harm's Way
UE: We tap for ourselves
Above and below the lips: acknowledging our fear & apprehension
Below ears at jawline:** Honoring our feelings
Thump on chest: joining together for strength
Under Arms: United for your safe return
5 fingers together:** "-----Name-----"

Clasp inner wrists together: We tap for you and ourselves
Soft Spot top of head: Sending Light and Love
BE: Holding you in our thoughts
OE: Holding on to the vision of your safe return
UE: "-----Name-----"
Above and below the lips: In Iraq
Below ears at jawline:** Allaying our fears
Thump on chest: "-----Name-----"
Under Arms: In Iraq
5 fingers together:** In Harm's Way
Clasp inner wrists together: We send our love for your safe return



As you tap, your own words can, and often do, come up which you can incorporate into this script.

This tapping can often bring peace of mind to you and yours and as you tap, new perspectives will emerge.

Then, open your eyes, and if you're in a group, you might want to talk about your visualization and check back with your vision of the dam and share what you saw first and see if anything has changed now by checking back in. Visualize your wise one again and see any changes in the vision. If the family is spread about, you could email each other with your observations.

You might want to repeat this a few times and complete with:

"---Name---' we do this tapping today and send it to you with all our love, gathered together for your benefit, and we hold it in our hearts that it will open up new doors and vistas for your safe return."

This can be modified for military members who have returned in military hospitals, healing (see below). It can be modified for those who have returned and are dealing with emotional memories of their experience. Gary Craig did a great dvd on his work at the VA hospital in Los Angeles in the middle 90's, working with veterans from Vietnam, helping to release traumas from 20 years before. It could also be modified for families who have lost a soldier, coming together to support each other in their grief. ([Gary Craig's EFT DVDs](#) - working with Vietnam veterans is featured in the first set of dvds).

* on rare occasions the emotions are so stuck that the waters won't flow right away. That's ok. Work with it as long as you want, and then move on to the spotlight visual, knowing that in the days and weeks ahead as you do this repeatedly, the energy will shift and the waters will release, safely, gently and easily.

Tapping for the Wounded

Many families have loved ones who have come back from the war, maimed physically, mentally, or emotionally.

We can adjust this script to tap together for their healing.

Take some deep breaths and get into a relaxed state. You might want to hold hands, or not. You might want to sit on the floor, or not; whatever is appropriate for you is right.

You can start by saying that: **we are tapping for "----Name----" and we are doing it in light and love for you to heal on all levels - spiritually, mentally, emotionally and physically and to come home knowing you are healing. We tap knowing that it is 100% up to you whether to accept it or not.**



Then everyone taps the karate chop point between the little finger and wrist, and says:

"Even tho "----Name----" is in the hospital or "----place----" (specific place) and even tho we are worried and apprehensive and fearful over your welfare, we deeply and completely love and accept you and ourselves. Do this 3 times.

Then, continuing tapping on the karate chop point, saying:

"We forgive ourselves for our fear and doubt. We hold "----Name----" with love in our hearts and know that this collective tapping will open positive energy for your benefit.

"This experience we are involved in is merely a physical manifestation of a blocked emotional issue, and we love you and ourselves too much to let it continue one second longer."

(We say 'merely' simply to let our subconscious know what's involved here)

Then, everyone closes their eyes, and visualizes a dam - like Hoover Dam - an emotional dam that's holding back hundreds of gallons of emotional waters potentially. Because it is your visualization, you can do anything you want, so reach in their in your mind's eye and pull up the dam and allow the waters to flow.

Most times it will be water, sometimes it will be something else; everyone is different, and everyone's subconscious will show different elements. Sometimes it doesn't flow right away; so take some time and do what's necessary in your mind's eye to release it. Whatever happens is perfect.*

Then, let that dissolve and open up to a spotlight with a chair at its focus and someone sitting there. If you need to, move around to be in front of this person. It may be your loved one in war, it may be an ancestor, it may be a wise person; whom-ever is there is important to this

process. You may want to dialog with this person for awhile, searching for answers. You may get a reply right away in your visualization, or in the days and weeks ahead, all of a sudden something will pop into your head or someone will say something, or in some way you'll know that this was your wise person giving you the perspective you need.

At this point, you might want to collectively visualize your loved one and see his healing progress....sometimes you might be led to the point in the body that could be helped by tapping. You might want to tap one sequence as you visualize this.

Then, start tapping:

Soft Spot top of head:

"-----Name-----"

BE:

In the hospital
(or specific place)

OE:

with injuries to your

UE:

We tap for you

Above and below the lips:

holding you in light
and love

Below ears at jawline:**

Knowing EFT will open
new paths of answers

Thump on chest:

"-----Name-----"

Under Arms:

In the hospital"
(or specific place)

5 fingers together*:

with injuries to your

Clasp inner wrists together:

Tapping for the Wounded cont..

We tap for you

Thump on chest:

visualizing you healing
day by day

Under Arms:

In the hospital
(or specific place)

5 fingers together:**

with injuries to your

Clasp inner wrists together:

We tap for you to come
back to us in perfect
health

Soft Spot top of head:

"-----Name-----"

BE:

In the hospital
(or specific place)

OE:

with injuries to your

UE:

We tap for ourselves

Above and below the lips:

acknowledging our fear &
apprehension

Below ears at jawline:**

Honoring our feelings

Thump on chest:

joining together for
strength

Under Arms:

United for your complete
healing

5 fingers together:**

"-----Name-----"

Clasp inner wrists together:

We tap for you

Soft Spot top of head:

Sending Light and Love

BE:

Holding you in our
thoughts

OE:

Holding on to the vision
of your complete healing.

UE:

"-----Name-----"

Above and below the lips:

In the hospital
(or specific place)

Below ears at jawline:**

Allaying our fears

Thump on chest:

"-----Name-----"

Under Arms:

In the hospital
(or specific place)

5 fingers together:**

with injuries to your

Clasp inner wrists together:

We send our love for your
complete healing

As you tap, your own words can,
and often do, come up which you
can incorporate into this script.



This tapping can often bring
peace of mind to you and yours
and as you tap, new perspec-
tives will emerge.

Then, open your eyes, and if
you're in a group, you might want
to talk about your visualization
and check back with your vision
of the dam and share what you

saw first and see if anything has
changed now by checking back
in. Visualize your wise one again
and see any changes in the vi-
sion. If the family is spread
about, you could email each
other with your observations.

You might want to complete this
with, while tapping:

**"---Name---' we do this tapping
today and send it to you with
all our love, gathered together
for your benefit, and we hold it
in our hearts that it will open
up new doors and vistas for
your safe return to our arms,
healed."**

***Tapping for Those
You've Lost***

For others, you've lost your
loved one to war. At this point in
your life, you can gather together
for your own healing. We can
adjust this script for you to ac-
cept this and heal, to move for-
ward in your life for you and
yours who still need each other.
(adjustments underlined)

Take some deep breaths and get
into a relaxed state. You might
want to hold hands, or not. You
might want to sit on the floor, or
not; whatever is appropriate for
you is right.

You can start by saying that: **We
are gathered together in
"-----Name-----"s memory and we
are doing it in light and love
remembering the joy you
brought to our lives, spiritu-
ally, mentally, emotionally and
physically**

Tapping for those Lost cont..

Then everyone taps the karate chop point between the little finger and wrist, and says:

"Even tho "-----Name-----" is no longer with us, we deeply and completely love and accept you and ourselves. Do this 3 times.

Then, continuing tapping on the karate chop point, saying:

"We forgive ourselves for our fear and doubt. We hold "-----Name-----" with love in our hearts and know that this collective tapping will open positive energy for our own healing.

"We may have blocked emotional issues over this, and they may come out as a physical reaction, so we tap today to release these emotional blocks before they affect us."

Then, everyone closes their eyes, and visualizes a dam - like Hoover Dam - an emotional dam that's holding back hundreds of gallons of emotional waters potentially. Because it is your visualization, you can do anything you want, so reach in their in your mind's eye and pull up the dam and allow the waters to flow.....allow the feelings of sadness and grief to gently and safely release in this way.



Most times it will be water, sometimes it will be something else; everyone is different, and everyone's subconscious will show different elements. Sometimes it doesn't flow right away; so take some time and do what's necessary in your mind's eye to release it. Whatever happens is perfect.*

Then, let that dissolve and open up to a spotlight with a chair at its focus and someone sitting there. If you need to, move around to be in front of this person. It may be your loved one, it may be an ancestor, it may be a wise person; whomever is there is important to this process. You may want to dialog with this person for awhile, searching for answers. You may get a reply right away in your visualization, or in the days and weeks ahead, all of a sudden something will pop into your head or someone will say something, or in some way you'll know that this was your wise person giving you the perspective you need.

At this point, you might want to collectively visualize your loved one and remember the good times, the fun times the times that make you smile and bring you peace.

Then, start tapping:

Soft Spot top of head:

"We gather today"

BE:

In "---Name's---" Memory

OE:

we tap for those who are here

UE:

For those who are left behind. We tap for us

Above and below the lips:

Remembering --Name-- in light and love

Below ears at jawline:**

Knowing our tapping will release our sorrow and bring us peace

Thump on chest:

We gather today

Under Arms:

In "---Name's---" Memory

5 fingers together*:

we tap for those who are here

Clasp inner wrists together:

visualizing our healing

Thump on chest:

day by day

Under Arms:

as the pain releases

5 fingers together*:

we hold ---Name-- in our hearts

Clasp inner wrists together:

who will be remembered with light and love forever.

You might want to repeat the tapping series a number of times, and add your own thoughts and feelings as they come up to personalize it for you and your family.

© 2007, Pamela Leigh Powers, CCHT, EFT-adv, all rights reserved. Permission granted to families and therapists wishing to use this material, provided the copyright and credit are not removed.

How to Tap

It's easy to learn how to tap. At first, there may seem like a lot of points, but you'll find in short order that there's a natural order to it; the points moving down the face to the body to the hands. After a few trips around you'll have it down pat!

The first point is that "Karate Chop" point between the little finger and wrist on the side. We tap on that as we make our statement. "Even tho 'this is going on' I deeply and completely love and accept myself." and we continue thru our forgiveness statements. and then "this is merely a physical manifestation of a blocked emotional issue and I love myself faaaaaaaaaa too much to let it continue one second longer". (It's interesting to note that we're tapping near the heart and small intestine meridians; while we're stating our forgiveness intent we're tapping near the heart meridian, and also releasing victim energy.

Then when we go into our Tapping we start at the top of the head:

#1 - Top of the Head: This point was added later on as Gary started working with acupuncturists. I've heard two versions for this point. One is the 6 meridians in the fingers are tapping the 12 meridians which meet at the top of the head...the other is that the yang meridians come together at the top of the head....either way it's getting to the source!

#2 - EB (Eye Brow) - Tapping between the eyes is interesting place to start the individual points, because it's tapping the

Bladder meridian. The emotions about the Bladder are all about control. When we tap this point, it sort of shakes up the Bladder meridian for awhile, allowing us a better opportunity to let go of the control around this issue. The Bladder loves to override an issue so this gives us a nice place to start, with the Bladder meridian being more receptive.

#3 - SE (Sides of the Eyes) - This point gets two meridians - the gall bladder (where rage and betrayal reside) and the Triple Warmer which is a process not an organ, obviously, and it regulates heat in the body, and the emotions surround hope vs. hopelessness.



#4 - UE (Under Eyes) - Under the eyes catches the stomach meridian where we have a lot of issues with not having enough, obsessive/compulsive, greed, vs. content and fulfilled.

#5 - UN (Under Nose) - there are two general meridians. This one is called Governing, and starts here and goes unilaterally over the head and goes down the back; while the next one, **Ch**, below the lip or near the chin, is called Central, and goes unilaterally down the front. Essentially, governing is about the Past and

Central is about stepping into the future.

#6 - Ch (Chin) - under the lips between them and the chin in the indentation. See above for description. Usually it's just as easy to tap the UN and Ch, above and below the lips at the same time.

#7 - By the ears - This point isn't in the standard list from EFT. This is the ending of the Small Intestine meridian, and while we catch it on the little finger on the other end, the Sm Intestine has to do with victim vs. victor, so I thought it was important to include; at least I do it in my tapings - of course it's optional if you want to stay with the true EFT points....but Gary seems quite open to incorporating new ideas.

#8 - CB (Collar Bone) - This point is in the middle of the chest, just down from the neck, where a man's tie is knotted. Technically, it's bilateral with the Kidney points on either side, for fear, seeking peace. Now, the new way we do it is to make a fist with one hand and thump in the middle between the two points and the vibration will get both. This is a great point if you're in public and fearful; just tap it.

#9 - BN (Below Nipple) - This point is below the nipple, on the "bra" line, and it was not used much, because it's rather inconvenient for women in a public setting when Gary was doing the initial seminars/workshops. It's the Liver point for frustration, anger, and feeling oppressed. If it isn't convenient to tap, it is picked up by other meridians in its pattern (explanation at a later

date). Certainly, not all the meridians have to be tapped for the process to be effective.

#10 - UA (Under Arm) - This point is 4" down from the arm pit and is the Spleen point, for worry, rejection, seeking approval; judgement, perfection. Sometimes it's hard for full breasted women to reach across and tap, or hard to tap on the point with the same side fingers. An alternate point that I use, is there is a Spleen point in Touch for Health, which is on the ribcage, on the left side - as you start at the breastbone between the breasts on the ribcage, and move to the left, the point is on the curve 2-3" in; you'll find it, it'll probably be sore or tender. It's an alternate place to tap.

#11 - 5 fingers together -

Initially, the protocol was to tap 4 of the 5 fingers at their ends, with 1-2 fingers of the other hand, but that kind of went by the wayside over the years.



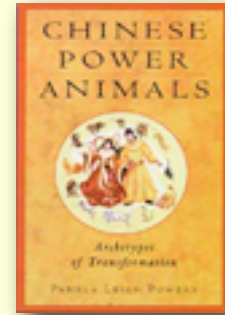
So, I thought, why not just tap the fingers together, thereby creating a loop in the circuit? What I propose is that you have your wrists about 3-4" apart, and then tap each finger with the corresponding finger on the other side, all together - thumb to thumb, index to index, middle to middle, ring to ring, baby to baby fingers.

.....sort of like your cogitating, or trying to think something thru....or waiting impatiently for someone. Tap 8-10 times or as much as you want. This is tapping 6 of the meridians to each other.

#12 - Clap wrist together - Towards the end of the dvd series, they added tapping the soft spot on the head (see #1) and tapping the wrists together, as if you were 'clapping' with them instead of your hands. This picks up the 6 meridians leaving the hands and going up/down the arms, depending on the meridian.

We've seen on subsequent dvds in the series, that Gary will sometimes just use key sequences and not use all the points, as he's found methods that are just as accurate and save time. As you proceed in your education of EFT, you may choose to follow Gary's short cuts, and find they are just as accurate, as if you've done the whole series. One can see we can leave out the liver point under the breast and it doesn't hurt anything at all.

© 2007, Pamela Leigh Powers, CCHT, EFT-adv, all rights reserved. Permission granted to families and therapists wishing to use this material, provided the copyright and credit are not removed.



**Chinese Power Animals
Archetypes of
Transformation**

"Chinese Power Animals" correlates the 12 animals of the Chinese wheel (Year of the Monkey, etc.) to the 5 element system and the 12 meridians/organs/emotions of the body. They are archetypes of the energy and can be used in visualization to affect transformation.

There is a Time of Day wheel in the Chinese 5 element system, whereby each meridian/organ of the body is strongest for a 2 hour period during the day, and conversely, weakest 12 hours later, beginning in odd numbered hours, 1- 3a.m., 3-5a.m., etc. There is also a wheel for the animals, whereby they 'rule' a 2 hour period during the day, starting in odd numbered hours. Putting those two concepts together, we get an archetypal animal for each meridian. The animals can 'speak' to us in visualization and reveal elements of our issues of which we aren't aware. We have a 4 animal totem that shows us where our strengths and weaknesses lie.

Available thru Amazon.com and other online and brick and mortar book stores.