

EFT (tapping) class on feeling safe in day to day life. Feelings of lack of safety is something most of us encounter on a day to day basis. Sometimes the reason why is very apparent, often times it is a lingering feeling, below the surface. In this session we will tap into our own inner source of empowerment and focus on our natural resources to cope in any situation. I will help you to cut energetic ties that keep us locked in a collective energy field of fear and in doing so cut the ties to that constant stress.

Tapping script

KC: even though I blame myself for not being able to feel safe, I know deep within that I am not to blame. For I AM pure and whole at the centre of my Being. Today I choose to deeply and completely love, honour and respect who I truly Am.

KC: even though I should feel safe where I am, I don't truly know what feeling utterly safe is. There has been so much lack of safety in my life. However, today I choose to forgive all that and I choose to deeply and completely love, honour and accept myself.

KC: even though I know I carry a protective shield around me, I still don't feel safe or free to be me. I know this keeps me stuck in a loop of negative energy and I judge myself for seemingly not being able to break out of that and free myself.

However, today I choose to forgive myself for all of that. Today I choose to be open to a different reality within my existing reality and I choose to deeply and completely love, honour and accept myself.

Tapping points;

TE – Tip of the eyebrow

SE – Side of the eye

UE – Under the eye

UN – Under the nose

CH – On the chin

CB – On the collarbone

UA – Under the arm

TH – On the top of the head

1st round, acknowledging

TE – I don't feel safe

SE – I (don't/often/sometimes/never) feel safe when I'm out and about

UE – I (don't/often/sometimes/never) feel safe when I'm at home

UN - I (don't/often/sometimes/never) feel safe when I'm with certain people

CH – I feel judged

CB – I judge myself

UA – I feel uncomfortable

TH – I am never really free

TE – I feel so much stress

SE – I actually feel stressed all the time

UE – because I never feel genuinely safe

UN – It just doesn't feel safe to be me

CH – and I'm done with the stress

CB – I am done with feeling unsafe, judged, alone, overwhelmed

UA – I want to be free

TH – I want to experience feeling free and feeling safe.

If you feel more needs to be expressed do so in another round (or 2, 3, however many you need!)

TE –

SE –

UE –

UN –

CH –

CB –

UA –

TH –

2nd round, releasing

TE – I am ready to release all that is holding me back

SE – I choose to be ready!

UE – I am done with holding myself captive in feelings of fear and insecurity

UN – I am ready to let go of the past and embrace who I AM in the now moment

CH – I choose to be anchored within my own strength and Presence

CB – I choose to release myself from the collective energy field of fear, worry, unsafety and insecurity

UA – I cut all energetic ties I have made or allowed, knowingly or unknowingly, willingly or unwillingly, to the energy and suggestions of fear, chaos, pain and suffering

TH – I choose to acknowledge the true strength of my Being.

TE – I now choose to cut myself loose and set myself free from all that is not mine

SE – I now choose to let go of all the stories and untruths that I have taken on as truth and made my own

UE – I choose to free myself from all misjudgement, falsehoods, fear, pain, chaos and suffering

UN – I choose to let it go from my mind, my body and my being

CH – I let go of all that is not mine, on a cellular level, on the deepest level possible

CB – I know it is safe to do so, because I can never lose what is truly mine

UA – I can, however, easily let go of all that does not belong to me

TH – I choose to do so now. And with my intent, with my permission and in my pure Awareness in this now moment, it is gone!

Take a deep breath in and exhale. Close your eyes and do nothing, nothing, less than nothing. Simply have awareness on whatever it is you are feeling, seeing, noticing. If you seemingly do not see, feel, hear, notice anything that is fine. Simply trust that the energy is shifting regardless.

Let's continue on this releasing round;

TE – I'm letting all falsehoods and fears go, now

SE – I'm letting it go, I'm letting it go, I'm letting it go

UE – As I let go of the falsehoods, I start to remember the truth of me

UN – As I let go of the falsehoods, I feel my true strength within me

CH – I grow stronger in my own pure, true energy as I now willingly let go of all that does not belong to me

CB – I let go of the old and I grow stronger and more secure in releasing all pain and fear

UA – I let go of all dense, lower energy

TH – and I let grow and glow the powerful Love Light of my Being!

Continue tapping without words. Just feel the release and feel the light within. Stepping out of the collective energy field of fear and into the collective energy field of pure Love;

TE –

SE –

UE –

UN –

CH –

CB –

UA –

TH –

Stop tapping, take a deep breath in and exhale. Close your eyes and BE for a moment.

Round 3; gracefully allowing what you DO want.

TE – I AM free!

SE – I AM a Being of Love and Light!

UE – I AM Strong!

UN – Only energy equal to mine can ever come near me.

CH – As such, all dense energy is cleared. No dense energy could come near the Light that I AM

CB – I AM a Being of Love and Light and I know this Love and Light protects me, wherever I go.

UA – I know my Self

TH – I know my Light. I AM Free!

TE – Energy attracts like energy.

SE – Therefore I can only attract more Love, Light, Abundance, Freedom, Joy!

UE – The light of my Being shines so bright and is so strong, only like energy can be near me.

UN – Therefore I Am always naturally safe and protected.

CH – I walk in a column of Light, which nourishes me and protects me.

CB – I share my light with all!

UA – I relax in my own, beautiful Presence

TH – and I AM Free! I AM Free! I AM forever, truly Free!

Stop tapping, take a deep breath in and do nothing, nothing, less than nothing. Feel, observe and notice. When you feel the tapping is completed now go on to the next step. If you feel more needs to be expressed continue tapping!

TE –
SE –
UE –
UN –
CH –
CB –
UA –
TH –

The next step;

Remain silent with your eyes closed. Take a couple of deep breaths in and out. Now allow from this place of being connected to your awareness or super conscious to come to your mind's eye a scene in the near future. What shows itself? From this place of BE-ing, what will you do? From flow, what will you do? Who will you be, what will you do and as a result what will you have from that place of flow? Take some time to explore. Don't force, just be open and curious, simply have awareness on what shows itself, much like you had awareness on the word you were playing with. No thoughts, just observing.

When you feel it is complete, open your eyes. What showed itself? What was different now that you went from force to allowing? And I wonder, I wonder what else is possible! Happy tapping!

*** (Continue tapping as you do nothing, nothing and less than nothing. Simply have awareness on what you see, feel notice –if anything. Maybe you can even notice these heavy energies being lifted into light and dissolved)