

Child Of Mine : Parent Grief Healing Group

Introductory Call Outline

Who Am I ?

The Child Of Mine Program Structure

Here is a General Outline for the Child of Mine Group which will start May 2, 2016.

Three days a week Mon. ,Wed., Fri. at 11 am EasternTime we will meet on **Zoom video conferencing service (similar to skype)** (you will receive the link) for a ***one hour session.***

Those sessions will include:

- 1) Emotional Freedom Technique – individual and group Healing through Tapping/EFT
- 2) Oneness Blessing by Intent (healing of mind through Crown Chakra)
- 3) Short Meditative Visualizing

The rest of the week:

There will also be a Child Of Mine Facebook group for connection, questions, examining limiting beliefs, and general support in between sessions. ***This will also be the format for sharing the other healing practices recommended to be done daily which are :***

1)Your Daily Intention

2)Daily Gratitude(Morning and Evening)

The group will be Private for members of this group only

It is my Intention that it be a sacred, safe, place where your vulnerability, deepest feelings and experiences will be honored and protected and held in privacy and Divine Light. This is the experience that I wish was available to me in the past.

Enrollment limited to Ten (10) people*

Investment: \$200.00

Early Bird Option (4/21- midnight 4/25/16) : \$150.00

****These Sessions will be individualized as possible for each person involved and because of the nature of the healing approach being used enrollment will be limited to ten (10) participants.***

Live Interactive Online EFT Tapping Demonstration

COMMON QUESTIONS ABOUT EFT:

What will happen when I tap, will I feel anything changing?

Sometimes when you tap you will feel a verifiable physical change in your body, usually indicated by a big yawn, is deep breath, a burp, laughter, or a noticeable relaxation in your shoulders, throat, or stomach. Other times people report

feeling “lighter” all over. Mentally, you may notice that an issue you worried about before simply does not concern you anymore.

Are there any negative side effects of EFT?

As for side effects, here are the ones I have encountered:

--a feeling of relaxation after tapping

--tiredness and a need for extra sleep after an intense breakthrough

--excessive yawning or even burping (energy shifts are taking place)

If deep emotions have been tapped on I have felt some emotional “detox”; feeling sad, crying. Tapping on these feelings and any beliefs/thoughts that have come up will help to dissipate those.

EFT is like peeling an onion; layer after layer of feelings, beliefs are brought up and released

Aren't there more meridian points on the body that can be tapped?

Absolutely. You can tap on many other points than the seven shown on the basic diagram.

IMPORTANT FACTS ABOUT EFT

1) EFT Often Works When Nothing Else Will! Try it and see.

2) EFT is a TOOL. A screwdriver works on everything from cars to videocassette recorders. EFT is like that. It is a general tool that can be used to "repair" your emotional system.

3) Training is Required to Master EFT. If you gave me a set of tools and asked me to repair your car, I would say “NO WAY!” To fix a car would require that I know something about applying the tools to an automobile. EFT is a like a tool and YOU are like the mechanic. EFT works IF you know how to apply it, which you learn through training.

4) EFT is a Self-Applied Process. Like exercise or meditation, you get out of EFT what you put into it.

WHERE DID EFT COME FROM?

In the mid 1990's, a man named Gary Craig took elements from other Meridian Energy Therapies and he created a simple healing protocol which he named the "The Emotional Freedom Techniques."

He began teaching those techniques to people in workshops and with video tapes of his seminars. Psychologists, personal coaches, hypnotherapists, massage therapists, chiropractors and others have flocked to EFT in overwhelming numbers. For many professionals it has become their main personal development tool.

The Emotional Freedom Techniques have an interesting history which has been recorded in detail in videos, training manuals, and on Gary Craig's web site. For those who want to know the full history and development of EFT, or to read additional case studies, see Gary's web site, www.emofree.com.

HOW EFT WORKS

THE DISCOVERY STATEMENT :

The basic theory behind the application of EFT is expressed in what Gary Craig calls the "Discovery Statement":

“THE CAUSE OF ALL NEGATIVE EMOTIONS IS A DISRUPTION IN THE BODY’S ENERGY SYSTEM”

In other words, EFT works because it balances the body's energy system and restores the flow of energy to its normal pattern. ***When energy and emotions are allowed to flow normally, the body and the mind can heal themselves.***

HOW TO DO EFT: THE MECHANICS

IMPORTANT NOTE: The description below is a short-cut version of EFT which is effective much of the time. There is much more to the Emotional Freedom Techniques than this short introduction.

THE TWO PARTS OF EFT

EFT has two parts, the **Set Up** and the **Tapping**. The **Set Up** is kind of like setting up the bowling pins (the issue) and the **Tapping** is kind of like knocking down the bowling pins.

When you say the **Set Up phrase you focus on the issue you want to resolve**, bringing it into your awareness, and when you do the **Tapping, you tap on several “energy” points on your body**.

The “energy” points relate to the meridian points from Chinese Medicine and are sometimes called acupuncture points or acupressure points. Some people simply refer to these points as “relaxation” points, because you will often feel very relaxed after you tap on the points a few times.

THE SET UP

For the Set Up part of EFT you identify the issue you want to tap on, and you say a very special phrase while tapping on the side of your hand (SH) with one or more fingers from your other hand. Here is the typical Set Up phrase:

"Even though I have this (name the issue) or I feel ____, I deeply and completely accept myself."

You can adapt the Set Up to fit any situation or issue. In advanced practice, the way you say the Set Up can sometimes make ALL the difference in whether or not the tapping works. Learning to say THE exact Set Up that will help THE exact problem you are working on is a skill which you will develop as you practice EFT.

As a beginner you can use the Standard Set Ups such as:

“Even though I have this back pain, I deeply and completely accept myself.”

“Even though I feel angry at that car that just pulled out in front of me, I deeply and completely accept myself.”

“Even though I am craving for that piece of cake, I deeply and completely accept myself.”

TAPPING THE POINTS

You tap gently on certain points on your body—hard enough to feel it, but not hard enough to hurt yourself.

You will tap between 5 to 10 times on each point with one or two fingers. Then you will go to the next point.

As you tap on the meridian points, you repeat to yourself a “reminder” phrase to keep the issue in your mind.

For example, if you are tapping on a headache, you say “this headache” as you tap. Repeating the reminder phrase keeps you focused on the issue at hand.

A SUMMARY OF THE SET UP AND TAPPING PROCEDURE

1. Identify an issue or problem you want to work on (such as a pain, an unpleasant memory, a food craving, a fear, etc.). Be specific in identifying the issue. For example, you might say “this pain on the lower left side of my back.”

Give that issue an Intensity Rating on a scale from 1—10

(1 = barely noticeable, 5 = moderately annoying, 10 = unbearable).

2. Say the affirmative statement (SET UP) while tapping the (SH) point.

"Even though (name the problem), I deeply and completely accept myself."

Example: "Even though I have this pain on the lower left side of my back , I deeply and completely accept myself."

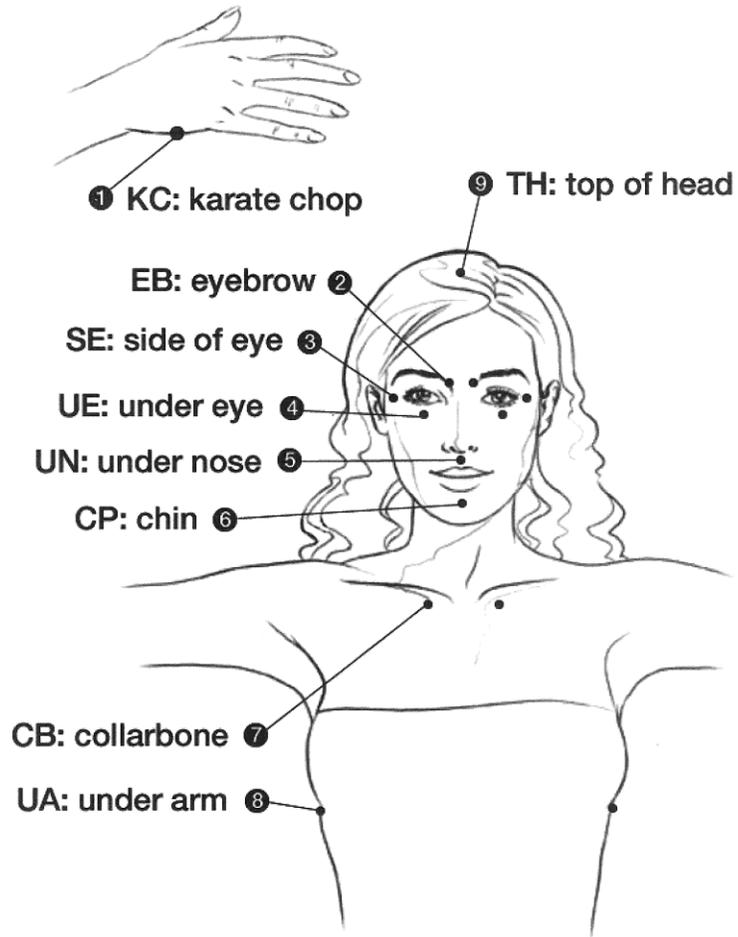
3. Tap 5 - 10 times on each of the following energy points while focusing your mind on the problem you just rated. And keep the issue in mind by saying a "reminder" phrase while you tap.

7 Energy Points: EB, SE, UE, UN, CH, CB, UA

4. Check in with your mind and rate the problem again. Is it still a 10? an 8? a 2? If it is not a zero (0), repeat the EFT sequence.

How to Tap: Basic and Advanced EFT Overview

by Carol Look, LCSW, EFT Master



Meridian Tapping, of which **EFT** is the most popular form, is a tool used to clear emotional conflicts in our minds and in our bodies. It is basically a stress-relief technique that combines modern psychology with some of the practices and principles of ancient Chinese acupuncture.

During an **EFT** or **Meridian Tapping** sequence, we tap with our fingertips on the acupuncture points on our face and body while tuning in to the problem that is bothering us.

Tapping works exceptionally well for emotional stress of any kind – anxiety, fears, guilt, phobias, etc. It is also very successful when applied properly to addictions, success and abundance issues, and any challenge that is emotionally based (and in our lives - just about everything is emotionally based).

Some of the theories around why tapping works on releasing emotional issues concentrate on the energy systems in our bodies, and the belief that emotional issues cause disturbances in those energy fields. Tapping clears these disturbances. There is still a great deal of research being conducted to try to figure out exactly why tapping works so efficiently, but regardless of the research outcomes, the results of tapping are exceptional and undeniable.

Meridian Tapping began with Dr. Roger Callahan, a psychologist from California who developed TFT (Thought Field Therapy). It was and is very effective, but requires the use of specific algorithms to determine which points to tap and in what sequence.

Then Gary Craig, a student of Callahan's, simplified the process into one singular formula, that he called **EFT** (Emotional Freedom Techniques). He realized that it was unnecessary to run separate algorithms for each problem, when most issues were resolved by tapping on the majority of the points, regardless of the order.

So again, what we are doing during a tapping sequence is:

- (1) focusing on the emotional problem
- (2) tapping on the acupuncture points

Key Components of the Tapping System:

- Choose a target - what issue or problem to work on.
- Measure the intensity on a 0 - 10 point scale (SUDS scale)

What Others Have Experienced by Working With Me

"I was really impressed by how you seemed to so quickly come up with phrases for me to repeat that really helped me go deep and experience a deeper understanding of what my struggle is. Those words helped me experience a positive transformation. I have been able to reframe in my mind how I want to share about my business with my friends and family. I no longer feel petrified at the thought of telling people what I do in my work. I would recommend you and your services to anyone who is feeling held back in life or in business by a nagging fear because in just one session you were able to help me identify the root cause and experience an emotional release. Mary Pat creates a safe space to share what you are struggling with and very quickly is able to go deep and access your negative hidden beliefs that are holding you back." J.B, Claremont, California.

"Thank you so much. You truly have a gift. There's something really really comforting in your voice. The words, choice of statements. Such an open loving space allowing my soul to let go of shame and judgment. I felt relief. I really feel a shift. You helped me tremendously . Can I beat this, release this? Now for the first time it's not possible, it's probable." - Q.W., L.A, California

"Mary Pat has extensive training and is an authentic woman of integrity. She is passionate to bring her skills to the world. Call her for a consult. You will not be disappointed!" - K.N.,Marlton, New Jersey

MaryPat is a friend of mine. She and I have been working together as coach/client for almost a year. Mary Pat has embraced the concepts I present in my book

Permission to Mourn: A New Way to Do Grief. If those messages resonate with you and you are ready to step further into your own healing I urge you, highly recommend that you participate in her free Introductory Call this Thursday, April 21st at 7pm.

The program she is offering in May has great power to help you heal. And she is the perfect person to offer it. Tom Zuba, Rockford, Illinois