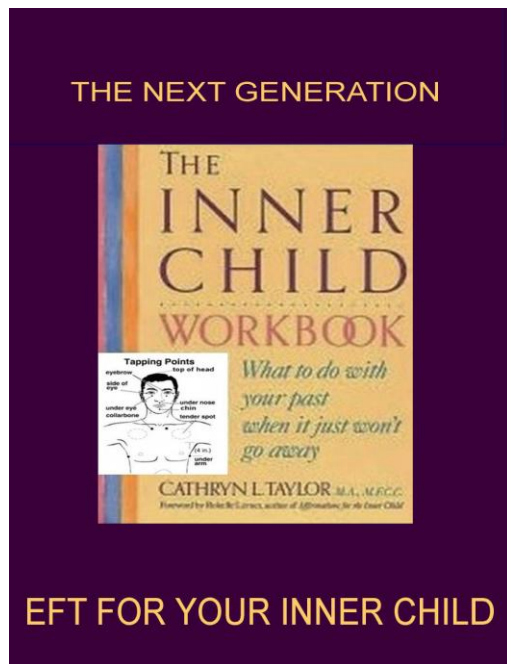


Week Four

"Befriending the Process of Grief"



A Preview of the 4th Week's Downloads!

- At the risk of being redundant we will once again review the basics of the *Five Stages of Grief*.
- Through audio, video and the exercises that follow you will begin to work with the unresolved feelings from each stage
- You will be invited to begin to notice which stage you are experiencing and be inspired to determine *what* and *who* keeps you from your peace.



Welcome Video
(<http://youtu.be/i0wDdYautPE>)

This week you bring it all together!

You begin by working with your co-dependent bargain™ and identifying your cherished saboteur.™ Just in case you want to review the videos on you tube on these two subjects as well as the essential wound those links have been included in this week's email.

The audio and video links and the material included in this week's booklet completes what you need to be prepared to revisit your experience of the seven developmental stages and to look at your wounds through the eyes of each inner child. For irrespective of the age you experienced your essential wound, its impact reverberated throughout every aspect of your being and your response to your world was forever changed. This comprehensive process will assist you in repairing that wound at the core thus empowering you to revise old beliefs, release unexpressed emotions and reinvent who you are so you can begin to attract all you deserve.

You will:

1. Identify your original, *essential wound*
(<http://youtu.be/bDuSZWnrOJw>)
2. Follow its threads of electrical current to your "Post Traumatic Stress Response" which resulted and now circulates throughout your body perpetually recreating that which you most fear.
3. Give form to your *cherished saboteur*™
(<http://youtu.be/IHpgepsrzRk>) who carries your bargain in an attempt to keep you safe.
3. Process his or her unexpressed emotions of grief related to your *co-dependent bargain*™ (<http://youtu.be/QWHkMdQVo9Y>) made in response to your essential wound in the form of fear, abandonment, betrayal, rage and shame.
4. Be guided though meditation to activate and re-program the DNA codes in your cells
5. Begin to take charge of your life in a new way.

A REVIEW OF THE ARTICLE FROM THE FIRST WEEK!

HOW IT ALL BEGINS....

TRAUMATIC EVENT LEADS TO ESSENTIAL WOUND

Psyche experiences trauma – basic assumption about world is shattered

EXPERIENCE SHOCK

Go numb in response to the fear that you cannot cope and you will not survive

DEVELOP POST TRAUMATIC STRESS DISORDER (PTSD)

Develop pattern of knee-jerk emotional response linked to this trauma

EMOTIONS CIRCULATE THROUGH BODY - NEUROPEPTIDES BOMBARD RECEPTORS WITH NEGATIVE VIBRATION

Every cell in body becomes conditioned to expect, repeat and, ultimately crave this experience

ENTER INTO OUR CO-DEPENDENT BARGAIN™

Unconscious agreement made with parent who could make us safe – but didn't - aimed at controlling and managing our terror

DNA BECOMES CODED WITH *FUNCTIONAL* SHAME

Pattern in DNA develops a twist and slight bend –DNA blueprint repeatedly carries shame-based code which supports core belief ...

"It's my fault and therefore I am unworthy."

**PATTERN BECOMES THE STORY OF OUR LIFE – BECOMES THE
DRIVING FORCE OF OUR CHERISHED SABOTEUR™ UNTIL WE
INTERVENE AND GRIEVE THE ORIGINAL WOUND, ALTER THE DNA
AND NEUTRALIZE THE DISTURBANCE IN OUR BODY'S CHEMISTRY
WITH EFT.**

In more detail ... each of us has that climatic moment in our lives when we realized we were not safe. The circumstances may vary but the impact was the same – we became frozen. That moment in time is called the **essential wound**.

In response to our essential wound **we go into shock**. This blocks our feeling loss and abandonment but then ultimately emerges as terror, rage, shame, fear or any other intense emotion. This intensity of feeling evolves into symptoms related to **Post Traumatic Stress Disorder**. The **intense emotions circulate through the body** bombarding our cells with the panic and fear of loss.

When the reality of our loss erupts – the emotions are so great that the only way we can manage them is by trying to change, control or fix something. We begin to believe that what went wrong was our fault and that we are in some way deficient. We do not have the tenacity, at such a young age, to understand the problem might be with our parents or our environment – this consideration would leave us too vulnerable. Instead, it is more comfortable to assume the problem is with us.

We enter into what I call the **co-dependent bargain™**. We make an unconscious agreement with the person we deem could protect us if only we were good enough, perfect enough, quiet enough to warrant them loving us enough to want to keep us safe. We make feeble attempts to be better but, because we do not know what we did wrong, our attempts fail. We experience shame for not being good enough – we assume if we can just figure out how to be good enough then maybe we will deserve to be protected and kept safe.

These frantic attempts are aimed at warding off the anxiety and terror of feeling unsafe. This anxiety creates stress. Our bodies' become use to the electrical impulse of the stress. Our **DNA becomes coded with a shame-based response and we begin to attract that which we most fear**. With time we come to expect it - crave - create it. Anytime we are exposed to a situation which even remotely resembles our essential wound we re-experience the same trauma. Our **cherished saboteur™** protects us and defends us in the same old addictive manner. The cycle continues until we intervene; grieve the original loss and re-program the codes of our twisted DNA with EFT.

NOW IMAGINE THE IMPACT WHEN YOU COMBINE THE PATTERNS OF YOUR PAST WITH THE STRESS YOU EXPERIENCE IN YOUR DAY TO DAY LIFE!

In order to obtain and maintain emotional health we need to be: a) connected to a Higher Source, b) responsive to the needs of our bodies and c) able to establish and maintain a nurturing support system.

Most however, are too consumed with the stresses of every day life to have the energy needed to obtain, let alone sustain, any of the above.

If we are constantly worried about survival we do not have time to pray and meditate so we can experience a connection to God. If we are constantly worried about day to day issues we do not have energy to be concerned about what we put into our bodies -- we do not take the time to exercise. If we are always wrapped up in warding off the next crisis we have little time to participate in relationships in the healthy manner required to build a nurturing support system. Few know how to manage day to day stress because few have mastered the fourth, yet chief, ingredient of emotional well being which is "*knowing how to embrace this process called grief.*"

Most of us will allow ourselves the luxury of grieving a major loss such as the death of a loved one, a divorce or the loss of a job or our home. As you have read grief is a process with which we are involved every minute of our day. Again, we are constantly reacting to one or more of the five stages of grief -- even when we do not identify our reactions as such we are feeling one of the four initial stages of grief: 1) panic and denial; 2) bargaining or an attempt to control; 3) anger and 4) despair. The goal is to return to the fifth stage of grief which again is resolution. It is experienced as a state of serenity and joy. In the moments we do not feel serenity and joy we feel stress. It may emerge as a pure sense of anxiety and panic or a need to control. It may get expressed as anger, despair or frustration. But every feeling experienced by mankind that is not serene and peaceful is a feeling that can be related to one of the other four stages of grief.

Seldom do we recognize this fact however. As has been pointed out, we instead react unconsciously to our day to day stress and do not name the feelings associated with these reactions. We cannot resolve that which are unable to name. This creates even more anxiety and panic. Many of us are perpetually caught in this state of panic and nervousness. And when this

state becomes unmanageable we numb out with maladaptive and addictive behaviors. Consequently, stresses related to daily living never reach resolution. They just continue to accumulate until we reach a breaking point and erupt with emotion or numb ourselves into complete oblivion with our addictions.

So what is the solution? In this day and age is it possible to live life peacefully, non-addictively - with joy and promise? What is it that we most fear? Is it alienation? Childhood wounds? Adult fears of survival?

All of these carry their own weight but ***the underlying cause for our engaging in maladaptive and addictive behaviors is the simple fear that we will not be able to cope.***

Whether it is in the area of career, family, prosperity, love or creativity – we fear that what we have may be taken away and what we want may never manifest. The underlying fear that we will be unable to cope with the loss of dreams, hopes, friends, money, jobs, material possessions unconsciously weighs on us as we are bombarded constantly by the inevitability of such crises. How do we ward off the anxiety of our fears, doubts or resentments? What is the process that can bridge us from seeing the world from the eyes of our human self – our every day adult self who experiences trial and suffering – to viewing the world through the eyes of our Higher Self who can observe the world and its events as opportunities for expansion? It is the process of grief.

Embracing the process of grief is the antidote for our fear that we will be unable to cope.

Most, however, relate to grief as a process that is endured and revered only when there is a major loss - a measurable loss that has a beginning and an end. Grief is actually a natural response we have to the very challenges we each face on a daily basis. But if our grief is not processed and embraced those challenges accumulate, erode our hope, lead to rage and despair and can even manifest as physical ailments or suicidal ideation.

But if we can learn how to grieve even the most minute losses like the momentary loss of self esteem or the loss we feel when a friend does not meet up to our expectations we can successfully deal with our moment to moment feelings and return to a state of serenity. Serenity? Serenity is

not a state of mind that becomes fixed. It is a state of mind that we continuously attain, lose and regain. But how? Through the process of grief.

By being able to deal with and resolve the anxiety that accompanies our daily losses and embrace the momentary anger and disillusionment we are able to return to a state of resolution and trust. And when we feel trust we can stay connected to our source. We can nestle safely in the comfort of the arms of our Higher Power and feel bigger than our fears. But most of us are constantly caught in a battle with our fears and our fears keep us distracted from trusting. We are either in the process of being afraid or in the process of trusting and feeling grace. We cannot be in both places at the same time.

What can we do when we slip from the safety and comfort of trusting our Higher Power into the depths of fear that we will not survive? We can embrace the process of grief.

We are actually already involved in the process of grief on a daily basis. We just do not identify it as such. For instance, one experiences the five stages of grief when confronting the simple loss that accompanies missing a phone call. Picture for a moment those times you have come in to your house with your arms full of groceries. The phone is ringing. You hurriedly drop the bags and rush to the phone. In these days you may check Caller ID and identify that the caller is definitely someone with whom you want to speak, but just as you do this your voice mail kicks on and you have missed the opportunity to receive that long awaited call.

What is your response?

Whether identified as such or not it is most often the first stage of grief. Denial. You may find yourself clicking the receiver as if you can "will" the person back. Then you slip into the second stage of grief bargaining with the dead phone as you hear yourself plea, "Please don't hang up," even though the other party has already done so. This is often followed by an expression of anger or disappointment. "Damn, why did you hang up? Why could I have not gotten here sooner?" For some the response may be even more colorful. But this reaction is quickly absorbed into a despair or sadness that the opportunity has been lost. What happens then? The sadness gives

way to the knowledge that the person will indeed call back. Or you recall that you have that Caller ID and you instantly try to reach the person.

However you come to terms with this incident, resolution does ensue. You have denied the phone call was missed; tried to plea for the truth to be different; felt anger in response to the loss which then gave way to despair followed simply by the resolution that you can either reach them or they will call you back. In a period of about 10 seconds you have experienced the process of grief.

If you want to be equipped with the tools to live your life non-addictively with feeling, then embrace the process of grief. Befriend this process. Use it as a way to work through all of life's challenges and disappointments. Don't deny them – but resolve them by identifying the stages of grief that you experience in response to your daily losses. Graciously move through those stages so you can return to a state of grace and resolution.

If you do not process these feelings they can manifest emotionally in your co-dependent behavior which keeps you stuck in the bargaining stage of grief. You can get locked into the third stage of grief which is anger by becoming edgy or critical, or in the stage of despair which is masked by lethargy and depression and then emerges somatically in illnesses or physical ailments. But if you are willing to actively engage in the process of grief you will have a method by which you can deal with whatever life hands you.

Learn how to breathe through your anxiety, let go and give up your attempts to control the outcomes of situations over which you have no control. Give yourself permission to beat on a pillow, scream in the mirror or throw a tantrum in the safety of your own home as you rid yourself of the energy of your anger. Learn how to befriend the void and emptiness of your despair so that place within you can be cleansed and prepared for you to bring in something new. Find that point of reference within for your serenity and then make that your goal to constantly process whatever keeps you from sustaining that sense of calm and connection.

Part of the human experience is to bump up against glitches in your day to day life. **No matter how good you are** – you are going to have to deal with life's challenges. You are going to get stuck in traffic jams. You are going to get hooked into old family roles or simply have "bad days." But if you can become comfortable with the process of grief you can live fearlessly, with the assurance that you will indeed be able to cope. And if you can cope, you can love and live from your heart. If you can cope you can succeed!

MAKING DEALS TO MANAGE YOUR LOSS THROUGH YOUR CO-DEPENDENT BARGAIN™

Before we get into each of the five stages of grief let's explore the co-dependent bargain a little more thoroughly. Again, the co-dependent bargain™ is the unconscious contract we make in childhood with a parental figure or with God where we agree to do something in exchange for the hope of being taken care of enough to feel safe. The problem is that the other party is either unaware of this agreement or unable or unwilling to live up to this agreement. Consequently, we end up feeling betrayed and full of anger and rage when we have to admit that our bargain did not work. Of course it is decades before we realize this.

As adults we integrate the shame of our perceived childhood failure into our self-talk and it becomes the basis of our internal critic and our projections and judgments onto others. The culprit who perpetuates this self-talk and protects us with mal-adaptive coping mechanisms is our cherished saboteur.

™

So your co-dependent bargain™ would look something like this...

_____ (The parent with whom you are bargaining,

I WILL (the compromise of behavior you were willing to make)

IF ONLY YOU WILL (the hope of what you will get in return)

_____.

Examples:

"Mommy, I will be a good little girl and do everything you ask if only you will love me enough to stop hitting me?"

"Daddy, if I am really perfect and get all good grades then will you love me enough to stop drinking and be able to keep me safe?"

As mentioned above, sometimes the bargain is even made with God – "If I do everything to make Mommy happy then will you help her feel better, and not so sad so she can finally be the mother I need her to be to keep me safe?"

To heal this – your adult self needs process the grief associated with the original terror of abandonment and fear and then design a nurturing statement that counters the compromise... a loving statement this compromising wounded one needs to hear in order to give up the bargain?

Example of adult self speaking to inner child - *Honey, you do not have to do anything other than be yourself. I love you. I will keep you safe and I promise not to ever hurt you.*

The final step to this dissolution is to design an empowering affirmation which sets the new intention. This is what the adult self can then say and believe once this bargain has been dissolved and trust has been restored.)

PROCLAMATION: I, _____, (state your name) AM WORTHY OF LOVE AND AM A TRUE CHILD OF GOD WHO IS SAFE AND PROTECTED AT ALL TIMES...

SO NOW LET'S WEAVE TOGETHER THESE STAGES WITH EFT!

Again, grief is the natural response to any loss, real or imagined, and as you have seen, it usually follows five distinct stages. Keep in mind that although these stages do not always progress sequentially, all of these aspects are present in the process of grief.

STAGE ONE: P A N I C / D E N I A L

DISCUSSION: Our first response to loss is panic. We go into the fight or flight response. We shut down, go into a state of shock (called psychic numbing). We dissociate, go into a dark hole which can be experienced as a lack of affect. There is an emotional component missing. We can even experience a psychological split because we cannot endure the pain.

At this point we have the option to resolve the loss and neutralize the myriad of feelings which it triggers. EFT is a natural and effective method to do this. Other options are to emotionally explode or implode, which discharges the emotions without resolution or to addictively act out which simply covers up the feelings. Either option numbs us out but ultimately results in our progressing into the bargaining, anger and despair stages of grief before ever coming into resolution.

As our addictions progress we lose sight of what the panic was even related to – we simply experience a restlessness which is quieted by our drug or destructive behavior.

In grief related to intimate relationships we lose focus of the other person and we become consumed with the fear of being alone. There is the loss of security and safety coupled with a frantic need to hang on and not let go. It can be experienced as sheer survival.

FOCUS QUESTIONS: To prepare for your EFT sequences respond to the following questions in your journal.

- 1. How did you deal with the **anxiety** regarding the given situation upon which you now want to focus?*

- 2. Did you pour your attention into work?*

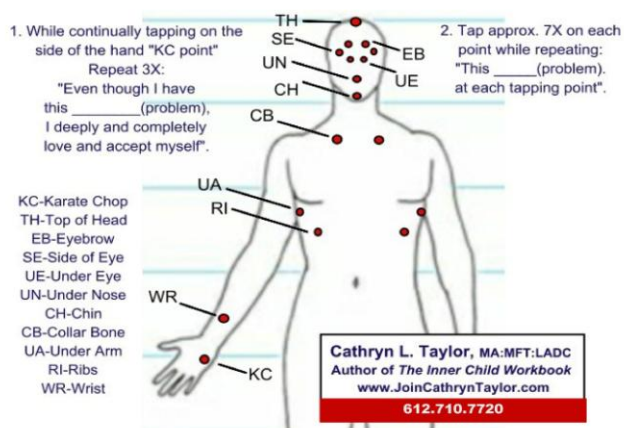
3. *Did you excessively eat, smoke or exercise ... compulsively spend or gamble?*

Bring your focus back to that moment when you did not feel safe – be it recent or in childhood – and notice how you managed the anxiety which accompanied this unsafe experience. Notice where do you feel that anxiety in your body?

SUGGESTED EXERCISE – To further your exploration you might want to draw a picture of your anxiety. Look at this picture when doing your EFT rounds. Make up reminder phrases which match the feelings your picture provokes.

Set up statements for this stage of grief. Tap on your karate point while stating the phrases below. Customize these to fit your needs.

The set up phrase establishes the context of your anxiety and identifies the emotion or state of mind you are trying to attain. It states what you currently feel and what you want to feel with respect to this situation. If you can resolve your loss at this stage there is no need to progress through the other stages of grief. You come to terms with your loss ... neutralize the feelings in response to this loss and can easily move forward with ease.



Using the graphic for reference proceed to state the set up and reminder phrases provided as you tap on each of the end points listed. These are meant to get you started. Please feel free to customize your statements and continue to tap and do rounds until the feelings of anxiety and fear subside.

While tapping on your karate end point state the following:

Even though I felt anxious in this situation and I can feel it in the pit of my stomach or the back of my neck or in the stress I hold in my shoulders, I love myself fully and completely.

Even though I feel great anxiety with respect to the perceived loss, I now choose to work with this fear, release it from my body so I can begin to resolve this grief.

Even though I am experiencing great anxiety about this situation I choose to believe I am in the arms of my Higher Power and, with that support, I choose to begin to let go.

Neutralizing the Negative

Side of the eye: *Really feel anxious ... feel it in my stomach, shoulders or neck...*

Corner of the eye: *Cannot imagine surviving this loss ...*

Under the eye: *Really frightened regarding this loss ...*

Upper lip: *Am afraid I won't survive ...*

Lower lip: *What if I don't survive ...*

Collar bone: *So frightened I won't survive ...*

Under the arm: *Just want this fear to go away ... want it out of my body and soul...*

Chest bone: *So afraid I won't survive ...*

Rib: *This anxiety has been with me for so long...*

Wrist: *Will it even go away?*

Head: *Just want this fear to gone ... out of my body and soul ...*

Moving from the Possibility of Change to Conviction ...

Side of the eye: *Maybe if I bury myself in the arms of my Higher Power ...*

Corner of the eye: *Maybe I can let go and Let God ...*

Under the eye: *Please Higher Power fill this void ...*

Upper lip: *Help me move beyond this gut-wrenching loss and fear ...*

Lower lip: *Just want to feel safe and believe I can cope ...*

Collar bone: *Maybe with help I can survive ...*

Rib: *Maybe I can find the support from above and within*

Wrist: *I can connect with my inner child and then give this anxiety to God*

Under the arm: *I choose now to turn this over ...*

Chest bone: *I choose to surrender to my Higher Power and God ...*

Head: *I am strong enough ... I can survive.*

Keep doing rounds until you can move this anxiety into acceptance and resolution. If you find you just cannot get there and you have already gone into the mode of trying to control, change or fix the situation then proceed to working the bargaining stage of grief.

Companion You Tube Video - The video link that accompanies this stage of grief is self-explanatory

Grief Stage One - Anxiety (5:58)

<http://youtu.be/gxyfc8TQ6yQ>

STAGE TWO: B A R G A I N I N G

DISCUSSION: Just as we did in childhood in order to deal with the rawness of the loss we turn our attention to trying to regain some sense of control by focusing on how we can change or fix the circumstances so we will not have to endure this loss. Even though our attempts fail the activity allows us to discharge some of the energy which gets stuck.

We make deals with our destructive or addictive behavior – convincing ourselves that we can control or manage our out of control behavior. In recovery we can begin to bargain with our program. It is called stinking thinking. We begin to think we can control our use and can become preoccupied with ways we can manage our use. If we do not talk about these thoughts we can be on the way towards relapse.

We carry our co-dependent bargain™ into our love relationships and begin to try to barter with the other person in hopes they will not leave us. We try to

change who we are to accommodate their needs in hopes they will accept us and love enough not to go. In trying to hold onto the other person we lose ourselves and ultimately this comes back to haunt us as well.

FOCUS QUESTIONS: To prepare for your EFT sequences reflect on a recent situation and respond to the following questions in your journal.

1. *How did you try to make this situation better?*
2. *What did you do behaviorally to try to change this situation or ignore this situation to pretend it did not exist?*
3. *How does this attempt mirror what you experienced in childhood? This is your attempt to **bargain** with these circumstances.*
4. *Did it work? If not, did you try something else or did you collapse into your anger or despair?*

SUGGESTED EXERCISE - If it feels useful to do so, see if you can determine who inside feels such a need to change this situation. Who finds your present circumstances so intolerable? Your need to change, fix or control is most likely related to that earlier experience in which your original co-dependent bargain™ was made. If you can bring your focus to that inner child the neutralization process will be much richer and more complete.

Set up statements for this stage of grief. Tap on your karate point while stating the phrases below. Customize these to fit your needs.

Even though I tried but failed to control, fix or change this situation (imagine it in your mind's eye) I love myself fully and completely.

Even though I have put great effort into changing this situation to no avail and have exhausted myself in my attempts, I love myself fully and completely and am willing to tap this need to control away.

Even though I have tried so very hard I now realize it is not my place to alter this situation and I love myself enough to choose instead to detach and let the outcome go.

Use the following samples to begin your neutralization process. Add your own phrases accordingly but continue to tap around the end points saying

your reminder phrase until you have neutralized the negative, introduced the possibility of change and feel conviction with respect to your new stance.

Neutralizing the Negative

Side of the eye: *Really tried so very hard ...*

Corner of the eye: *Am exhausted with my attempts ...*

Under the eye: *Just wish I could let it go ...*

Upper lip: *But fight this need to control and fix ...*

Lower lip: *It is so in my nature to jump in ...*

Collar bone: *Wish I could just let go and let God ...*

Under the arm: *But this need to do something takes over ...*

Chest bone: *And I just don't seem to be able to let it go ...*

Rib: *Feel too much anxiety to let go...*

Wrist: *Hard to give up the hope ...*

Head: *Wish I could relax and let it go ...*

Moving from the Possibility of Change to Conviction ...

Side of the eye: *Maybe I can begin to try something new ...*

Corner of the eye: *Maybe I can tap instead of react ...*

Under the eye: *Maybe what I can change is the way I respond ...*

Upper lip: *Maybe I don't always have to be the one ...*

Lower lip: *I am going to tap until I can let go ...*

Collar bone: *Tap myself through the need to respond ...*

Under the arm: *I can choose to not control ...*

Chest bone: *I can deal with the panic and let it go ...*

Rib: *I have a new way of coping ...*

Wrist: *I really want to respond in a new way ...*

Head: *I feel strong and secure in my ability to let go!*

Keep working with these phrases until the need to control is neutralized and you can get in touch with the original anger of the inner child and the anger the adult often feels in response to all of the time that has been wasted with no result.

Companion You Tube Video - The video link that accompanies this stage of grief is self-explanatory.

Grief Stage Two - Bargaining (8:41)

<http://youtu.be/Zc1DgxOjDv8>

STAGE THREE – ANGER

DISCUSSION - Anger seeps in when the bargaining and denial no longer work. We become angry or agitated at our loss of control. This is often expressed as crankiness or criticalness. We become angry that we have to deal with the loss. We can be angry at the person or the situation. It is usually covert and sometimes even misdirected but its expression enables us to keep one foot on the threshold of the attachment and one foot on the threshold of letting go.

It may be expressed as anger at ourselves for “blowing it,” which is experienced as shame, or as anger projected onto another which is expressed as blame. This criticalness or complaining reduces the tension without ever actually severing the tie to that which we lost. The transition from our blame/shame frame of mind occurs when we can no longer suppress it and our feelings seep out in rage. This rage is raw and unfiltered. It fuels our courage, whether it is willingly or unwillingly, to embrace the depth of grief which accompanies our loss. Sometimes it is done with great volume – by screeching or screaming – because we do not know how to speak it without volume. When we can finally truly embrace our anger the volume diminishes and we speak our truth authentically and with sadness. This expression is the collapse into the fourth stage of grief. The anger has severed the hope that we can alter the reality of the loss and we are finally free to collapse into the sadness and despair.

Once we are in recovery we can experience our anger in the form of irritation. We can be angry because we are different than others, angry because we cannot “control” our use. Sometimes we do not even know the source of the anger. We are just angry. In early recovery some of this anger

can be bio-chemical. But with time it gets attached to the loss we feel with respect to our addiction and the losses we incurred because of our addiction.

In our relationships to others the anger stage is often projected onto the other person or we hold it as shame. Either position prohibits us from taking the steps needed to move into resolution and let go.

FOCUS QUESTIONS: To prepare for your EFT sequences respond to the following questions in your journal.

1. *Later, when you did not feel at risk – did you feel angry regarding this situation?*
2. *Did you feel righteous - vindictive?*
3. *Did you feel like you wanted revenge – like you wanted to pay the person back – get even? Reject them? If so, if it feels safe, allow yourself to revisit that rage and anger now.*

Bring your focus to that rage and anger as you state your set up and then do your tapping. Keep tapping until the energy of this rage shifts. Whatever we need to continue to work with in our session we will.

"Even though I felt/feel rage (anger, revenge, etc.) in this situation (imagine it in your mind's eye) I love myself fully and completely." Continue with tapping around the points saying your reminder phrase until you feel flat)

"Even though I felt righteous and wanted revenge in this situation I know it was my wounded one and I want to be able to respond instead of collapse into the pain."

Even though I felt anger inside but did not dare to express for fear of retaliation, I want to neutralize that feeling so I can speak my truth and let go.

Neutralizing the Negative

Side of the eye: *All of this rage....*

Corner of the eye: *this anger and rage...*

Under the eye: *really uncomfortable with the feelings of anger*

Upper lip: *But felt so violated and betrayed*

Lower lip: *Isn't it wrong to feel this much rage?*

Collar bone: *It's not okay to feel such anger*
Under the arm: *Better stuff it again...*
Chest bone: *But it won't be pushed back down...*
Rib: *So uncomfortable with this rage*
Wrist: *... and yet it won't go away...*
Head: *All of this anger – can't silent that voice – it's too late.*

Moving from the Possibility of Change to Conviction ...

Side of the eye: *So maybe I can tap it away*
Corner of the eye: *Give myself permission to speak my truth...*
Under the eye: *Speak my truth while I tap it away...*
Upper lip: *It sure has not worked to push it down...*
Lower lip: *I need to figure out a new way ...*
Collar bone: *Perhaps if I tap while I vent*
Under the arm: *I will finally be able to speak my truth*
Chest bone: *and invite my inner child to do the same.*
Rib: *Somewhere in time this truth needs to be stated and heard*
Wrist: *If not now, when?*
Head: *If not me then where else can my inner child turn?*

Keep going until you feel some shift in the intensity of the feelings and a gradual ability to relax and collapse in the truth of the loss – the sadness and the despair – first as the adult then as the inner child who can sense the safety and support.

**Companion You-tube Video - The video link
that accompanies this stage of grief is self-explanatory.**

Grief Stage Three - Anger (8:39)
<http://youtu.be/Zc1DgxOjDv8>

**In addition to the You Tube video there is also a companion bundling
the baggage of anger tele-conference which takes you through a
45 minute tapping sequence on resolving the theme of anger.**

STAGE FOUR – DESPAIR – You may have collapsed right into the despair instead of even being free to feel the anger, if so, how did you experience that despair. Keep in mind, despair over this situation might have felt like complete hopelessness – sadness – numbness. Despair is that experience of apathy and of giving up. It can lead to a sense of surrender – but most often it begins with that apathy of complete hopelessness. With this in mind, bring your focus to that experience of despair and do your set up statement and then tap. Keep tapping and adjusting the statement accordingly until you experience a shift.

The appropriate response to loss once the anger has been managed is sadness. This is accompanied by a sense of emptiness. But makes the way for our truth to be acknowledged and contained.... we admit the loss and express the appropriate feelings of sadness. The emptiness provides the opportunity to reclaim the feelings to be able to, once and for all, hold the emotions of the trauma so it is safe for the lost part of self to return.

This emptiness was most often filled with and avoided by our addictive behaviors. But in recovery our task is to learn how to cope with this emptiness without using. Some of the ways we can do this are the same as the ways in which we contain and manage our anger ... breathing, talking and writing ,exercising and using EFT.

"Even though I felt/feel sad, despair, or hopeless in this situation (imagine it in your mind's eye) I love myself fully and completely."

"Even though this sadness is more than I can bare it feels good to finally acknowledge the truth – to be honest with myself so I can begin to heal."

"So even though this truth has been buried for a very long time, it feels so relieving to lance his wound so my inner child and I can begin to heal."

Continue with tapping around the points saying your reminder phrase until you feel flat)

Neutralizing the Negative

Side of the eye: *So much sadness...*

Corner of the eye: *Have run from it for many years...*

Under the eye: *Not sure how to feel ...*

Upper lip: *I have cut off from this truth for so long...*

Lower lip: *The sadness, the despair, the emptiness is so big...*

Collar bone: *Will I ever be able to move beyond it and really heal?*

Under the arm: *I feel so alone, what if I do not survive?*

Chest bone: *I am not sure I can tolerate this much emptiness...*

Rib: *No wonder I did not feel safe.*

Wrist: *This loneliness is almost more than I can bare.*

Head: *What if I don't survive?*

Moving from the Possibility of Change to Conviction ...

Side of the eye: *But I am not alone – not like before.*

Corner of the eye: *I do have a support system ...*

Under the eye: *My inner child and I can survive.*

Upper lip: *I want to draw on all of the resources I have gathered along the way.*

Lower lip: *I have done a lot of work on myself.*

Collar bone: *I have a lot to offer my wounded one from my past.*

Under the arm: *Together we can neutralize the pain, return to safety and heal.*

Chest bone: *I have come a very long way on this journey...*

Rib: *I am not alone...*

Wrist: *My inner child and I can release and let go.*

Head: *It truly is time to let go to let God handle this so we can heal.*

Continue with the tapping on the end points until it is believable that you and your inner child can move in to a state of surrender and peace. When you feel ready to proceed, move into the final stage.

Companion You Tube Video - The video link that accompanies this stage of grief is self-explanatory.

Grief Stage Four - Despair (6:29)

STAGE FIVE – RESOLUTION AND ACCEPTANCE – this is the stage when you resolve the loss and have dealt with the void so you are now ready to replenish with something new – to replace the old picture with a new one – like an Angel coming into the situation and making you feel safe. Once you have that picture – tap it in by doing the following sequence.

This is the stage when peace is made, feelings are contained and the wounded self feels safe enough to return. There is an experience of wholeness, a sense of completion and your trust in self or Higher Power is restored.

In recovery we cycle in and out of this state of mind. It is assisted by learning how to turn it over and to allow God to run the parts of our lives which have become unmanageable.

Now tap on the sore spot then do a sequence anchoring this positive affirmation in. Keep going until you feel the “buzz.” The buzz, according to quantum physicists, signals that the neurons in your brain are firing the picture of this affirmation – supposedly if you hold this for 17 seconds and it takes form – hold it for 68 your DNA begins to replicate the picture and attract its vibrational match...

“Even though I held this belief and experience of not being safe – I now release all cellular memory of this situation and replace it with this new memory of _____ because I love myself and know I am loved by my Higher Source (God, Higher Power, etc.) enough to do so.

Even though it has taken me so long to make peace, I am so grateful I have finally found my way home and release, let go and help my inner child heal.

So even though this has been a long time coming, I have finally arrived at a place where I feel safe enough to release and let God. I can finally bring my inner child home, we can heal in each other’s arms.

Continue with tapping around the points saying your reminder phrase until you feel flat)

Neutralizing the Negative

Side of the eye: *This has taken a very long time.*

Corner of the eye: *Sometimes it felt as though I would never find the strength!*

Under the eye: *So many years have gone by...*

Upper lip: *Wish I could have healed before...*

Lower lip: *... and not wasted so much time.*

Collar bone:

Under the arm: *Really wish I could have found peace at an earlier time.*

Chest bone: *So much wasted time...*

Rib: *... and lost opportunities...*

Wrist: *Wish it had not taken so long.*

Head: *Will I ever make up for all this lost time?*

Moving from the Possibility of Change to Conviction ...

Side of the eye: *But I could not know what I did not know...*

Corner of the eye: *Each delay was valid in its own way...*

Under the eye: *I would not have had the compassion any earlier...*

Upper lip: *and without compassion I could not heal my inner child.*

Lower lip: *I want to focus on the fact that the time has finally come...*

Collar bone: *I could not know what I did not know...*

Under the arm: *I did the best I could with the resources I had at the time.*

Chest bone: *I am just glad the time has finally arrived...*

Rib: *I am able to heal.*

Wrist: *My inner child and I are finally ready to move on.*

Head: *We are ready to unite and let go and get on with our lives!*

There is no you tube link for this stage because in each of the previous four stages the tapping sequences led you into a state of resolution.

Obviously you will want to play with these sequences and use you're your formula for designing your rounds to customize the statements to address your unique needs. But hopefully the material found in this week's material – with the support of the videos and the mp3's, you will begin the work with the developmental stages with the tools needs to gain the trust of your inner child so together you can heal and create the life you deserve.

Next week we will begin with a short review of the concept of the inner child, a further introduction to the seven developmental stages and then begin to work with the tender issues which originated from your experience in infancy. You are doing a great job. As the adult you have gathered the tools needed and the methods will ensure your ability to respond and heal. And I promise to be by your side each step of the way. ☺

To “bag” your experience of this topic, please write each of your negative statements and feelings on this bag, give the bag a name and have in front of you for the Tap-A-Long.

