



EFT and Integration:

Fully Integrating a Session of Tapping with Energy Protocols

Incorporating Energy Healing Methods into EFT Sessions for Improved Efficiency and Effectiveness

With CJ Puotinen

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Presentation Notes, Links, and Resources

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For information about muscle testing....

See *The Emotion Code* by Bradley Nelson, as he describes and demonstrates several methods in his book. You'll also find several video demonstrations at YouTube.com. Simply go to YouTube.com and search for "Bradley Nelson muscle test." You'll also see links to other demonstrations. Take a look at several methods in order to find one that appeals to you.

The Emotion Code™ Chart		
	Column A	Column B
Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

For information about the Emotion Code, see Bradley Nelson's book or visit his website www.discoverhealing.com.

Affirmations

To learn about Affirmations, the simple system of phrasing goals as questions, read *The Book of Affirmations: Discovering the Missing Piece to Abundant Health, Wealth, Love, and Happiness* by Noah St John (Hay House, 2013).

Donna Eden's Hook-Up

Notes from EFT Practitioner and Trainer Dale Teplitz regarding Donna Eden's Hook-Up:

Here is the 11 minute video of Donna Eden doing and explaining the daily energy routine:

<https://www.youtube.com/watch?v=Di5Ua44iuXc>

This is Nicola Barnett leading an Eden Method daily routine. I like this one because there are more valuable exercises and less talking. She adds the homolateral correction which is very valuable for a homolateral energy pattern which is found in so many people with physical and emotional challenges and she does figure 8's which are helpful in promoting beneficial crossover energy patterns. <https://www.youtube.com/watch?v=N8aTJ4U-Az8>

I like this one by Prune Harris. She is a more 'mature' woman doing a very gentle version of the daily energy routine on the beach. <https://www.youtube.com/watch?v=nN2uq78Y2bE> I usually suggest that people do Donna's a few times and then try out the others to see what they prefer.

Flower Essences

Some of our SEE participants have extensive experience combining EFT with flower essences, among them Alicia North at Northstar Botanicals, northstarbotanicals.com. Alicia is a certified Flower Essence Practitioner affiliated with the Flower Essence Society. She would be a good person to consult for information about using flower essences while tapping.

Here are notes from Patricia Kaminski, cofounder of the Flower Essence Society

(Visit the Flower Essence Society website at www.flowersociety.org. This is the research and educational branch of the organization. Visit the Flower Essence Services website at www.fesflowers.com for products. Both websites offer extensive information about flower essences and their applications.)

From Patricia Kaminski, co-founder of FES describing the four products she donated as raffle prizes for our conference:

Five Flower Formula is probably the best known as the single choice for demonstration. I do have to say – although I try to be objective and professional about brand names – that the overwhelming majority of practitioners who test with any kind of system find Five Flower to be more effective energetically. However, the brand name Rescue Remedy is more well known. Please decide as you feel fit.

<https://issuu.com/fesflowers/docs/fff>

<http://store.fesflowers.com/flower-essence-formulas/five-flower-formula/five-flower-formula-1-oz.html>

There are three other formulas which are in very high demand world-wide and have excellent track records, in case you decide to use more than one. Of these the YES (Yarrow Environmental Formula) would be the most important. In many instances for today's health challenges and environmental stressors, its actually more efficacious and suitable than Five Flower.

<https://issuu.com/fesflowers/docs/yes>

<http://store.fesflowers.com/yarrow-environmental-solution-1-oz.html>

The other two are FearLess

<http://store.fesflowers.com/fear-less-1-oz-dosage-spray-bottle.html>

And Post-Trauma Stabilizer

<http://store.fesflowers.com/post-trauma-stabilizer-1-oz-dosage-spray-bottle.html>

Here is an depth article we did on tapping and flower essences with a remarkable doctor in Costa Rica. There are many others on in our network that I know use the technique..

<http://www.flowersociety.org/costa-rica-shelters-1.html>

Aromatherapy

Of the many sources of information about aromatherapy and products such as essential oils, blends, hydrosols (flower waters), and accessories, my favorite is Nature's Gift (www.naturesgift.com). Its founder, Marge Clark, is a perfectionist and I have always admired her approach to education and business. If you search online for EFT tapping and aromatherapy, you'll find several reports about combining essential oils with tapping. They're all interesting!

Do you have questions?

I look forward to hearing from you if you have questions or comments regarding the use of different energy healing techniques in EFT tapping sessions.



CJ Puotinen



SPEAKER

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SpringEnergyEvent.com