

Current Tapping Theme - Anger

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**An excerpt from Nick Ortner's EFT 2011 Online Conference:
Stacey Vornbrock: Anger and Hurt (Use With All Emotions)
www.breakthroughperformance.net**

Emotions, when repeated too often, create a biochemical addiction on a cellular level. The impact of anger on the body is intense: people who have rage, have greater risks of strokes. Anger releases cortisol, creates blood sugar problems, suppresses thyroid function, raises heart rate, raises blood pressure, impedes circulation, the bottom line: anger kills.

How can tapping address this addiction to the chemical of anger? Don't bother tapping a particular anger. Tap constantly on the anger addiction itself.

Note: Wrist to wrist tapping takes care of all finger points.

Clearing Anger On A Cellular Level

Karate Chop Point: Even though my cells are addicted to the chemical of anger, and I can't get enough of this chemical, I totally and completely accept myself. Even though my cells are addicted to the chemical of anger and I have to have my fix of anger on a regular basis, I totally and completely accept myself. Even though my cells are addicted to the chemical of anger, every cell is addicted and my body feels uncomfortable if I don't get a regular fix of anger, and even so, I totally and completely accept myself.

- Eyebrow: Every cell is addicted.
- Side of Eye: My body feels uncomfortable if I don't get angry.
- Under Eye: Every cell craves anger.
- Under Nose: Without anger, I don't feel normal.
- Chin: I have no control from getting angry.
- Collar Bone: I can be feeling great and get angry over the slightest thing.
- Under Arm: That's because my brain has neuro nodes that crave the anger.
- Top of Head: My cells can't live without this anger, but I can choose to interrupt this craving for anger.
- Wrists: My cells can't live without this anger, but I can choose to interrupt this craving for anger.

- Eyebrow: Every time I become angry I satisfy my cellular craving.
 - Side of Eye: Although, I try to interrupt the process, I'm holding the addiction to anger in all my muscles.
 - Under Eye: I'm holding this addiction to anger in all of the tendons.
 - Under Nose: I'm holding this addiction in all of my joints.
 - Chin: I'm holding this addiction to anger in all of my bones.
 - Collar Bone: I'm holding this addiction in my cartilage.
 - Under Arm: I'm holding this addiction to anger in all of my tissues.
 - Top of Head: I'm holding this addiction in all of my nerves.
 - Wrists: I am holding this addiction to anger in all the cells of my body.
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- Eyebrow: I'm holding this addiction to anger in all of my fascia.
 - Side of Eye: I'm holding this addiction in all of the membranes.
 - Under Eye: I'm holding this addiction to anger in all the cells of my skin.: I'm holding this addiction to anger in all the cells of my skin.
 - Under Nose: I'm holding this addiction in the fluids of my body.
 - Chin: I'm holding this addiction to anger in all of the organs of my body: in my spleen ,pancreas, stomach, kidneys, bladder, lungs and in my intestines. Am holding anger in my sexual organs.
 - Collar Bone: I'm holding this addiction in all the cells of my heart.
 - Under Arm: I'm holding this addiction to anger in all of the cells of my liver and gall bladder which is negating my natural propensity to kindness.
 - Top of Head: I'm storing this anger in all the neuro pathways of my brain.
 - Wrists: I am storing this anger in all the neuro pathways of my brain.

- Eyebrow: I'm holding this addiction to anger in every cell of my eye.
- Side of Eye: I'm holding this addiction to anger in every cell of my ears.
- Under Eye: I'm holding this addiction to anger in every cell of my mouth and taste buds.
- Under Nose: I'm holding this addiction to anger in all of the cells of my nose and smell.
- Chin: I'm holding this addiction in the cells of my sense and touch.
- Collar Bone: I'm holding this addiction to anger throughout my entire body, including my energy system.
- Under Arm: I'm holding this addiction in the thought patterns of my mind.
- Top of Head: I'm holding this addiction to anger in all the resistance patterns of my past karma and am forgetting that I attracted these situations in the first place.
- Wrist Chop: The energy pattern of my aura craves anger. Every aspect of my energy body craves anger. I give my body permission to let go. My cell receptors can let go of this craving for anger. I give my body permission to let go of this addiction to anger in all of the cell receptor sites. I am helping my cells let go of this need for anger.

Take a deep breath and exhale slowly...

Anger Signals Need to Take Action

Karate Chop: Even though my anger is trying to tell me to take action, and it is safer to stay angry than take action, I totally and completely accept myself. Even though it is easier to stay angry at this person, than take the action I need to take, I totally and completely accept myself. Even though my anger is trying to tell me to take action, and I keep ignoring it, because I don't want to confront change, I totally and completely accept myself.

- Eyebrow: I keep feeling angry about the same issue.
- Side of Eye: No matter how often I tap, I keep getting angry about this same issue.
- Under Eye: It feels safer to stay angry about this issue.
- Under Nose: I have conversations about letting go of this anger, but I just keep compulsively acting it out.
- Chin: Maybe someone won't like me if I take action on this issue.

- Collar Bone: I'll just stay safe and stay angry.
- Under Arm: I keep feeling angry with the same person.
- Top of Head: Every time I think about this issue, I get angry.
- Eyebrow: It's easier to stay angry.
- Side of Eye: I'm afraid I'll say the wrong thing.
- Under Eye: I'm afraid this person won't like me if I say something.
- Under Nose: It feels easier to stay angry than to do something about this issue.
- Chin: I like being angry.
- Collar Bone: I can always justify myself about this anger.
- Under Arm: I always check out when I act out my anger and I completely forget it later and blame the other.
- Top of Head: It is difficult for me to admit to the degree that anger controls me. I identify with my positive side and often deny the degree to which anger controls me.

Take a deep breath and exhale slowly...

Anger: Three Emotions Hidden Under Anger:

Fear, Hurt & Anger which is self projected onto others

Clearing the Hurt (Behind Anger)

This next rundown can also be used with fear and projected anger by changing the wording appropriately. For hurt:

Karate Chop: Even though I'm really hurt but I don't want to admit it, I totally and completely accept myself. Even though I'm feeling so hurt but I don't want to admit to feeling angry about this, I totally and completely accept myself. Even though my anger is covering up the hurt I'm really feeling, I totally and completely accept myself.

- Eyebrow: Every cell is addicted.
- Side of Eye: My body feels uncomfortable if I don't feel hurt.
- Under Eye: Every cell craves the victim complex.

- Under Nose: Without hurt, I don't feel normal.
 - Chin: I have no control from getting hurt.
 - Collar Bone: I can be feeling great and get hurt over the slightest thing.
 - Under Arm: That's because my brain has neuro nodes that crave the hurt.
 - Top of Head: My cells can't live without this hurt feeling, but I can choose to interrupt this craving to be hurt.
 - Wrists: My cells can't live without this hurt feeling, but I now choose to interrupt this craving to be hurt.
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- Eyebrow: Every time I become hurt I satisfy my cellular craving.
 - Side of Eye: I try to interrupt the process, but I'm holding this addiction to hurt in all the muscles.
 - Under Eye: I'm holding this addiction to hurt in all of the tendons.
 - Under Nose: I'm holding this addiction in all of my joints.
 - Chin: I'm holding this addiction to hurt in all of my bones.
 - Collar Bone: I'm holding this addiction in my cartilage.
 - Under Arm: I'm holding this addiction to hurt in all of my tissues.
 - Top of Head: I'm holding this addiction in all of my nerves.
 - Wrists: I am holding this addiction to hurt in all of my cells.
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- Eyebrow: I'm holding this addiction to hurt in all of my fascia
 - Side of Eye: I'm holding this addiction in all of the membranes.
 - Under Eye: I'm holding this addiction to hurt in all the cells of my skin.
 - Under Nose: I'm holding this addiction in the fluids of my body.
 - Chin: I'm holding this addiction to hurt in all of the organs of my body: in my spleen, pancreas, stomach, kidneys, bladder, lungs and intestines. I am holding this addiction to hurt in my sexual organs.

- Collar Bone: I'm holding this addiction in the cells of my heart.
- Under Arm: I'm holding this addiction to hurt in the cells of my liver and gall bladder.
- Top of Head: I'm storing this hurt in all the neuro pathways of my brain.
- Wrists: I am storing this hurt in all the neuro pathways of my brain.

- Eyebrow: I'm holding this addiction to feeling hurt in every cell of my eye.
- Side of Eye: I'm holding this addiction to feeling hurt in every cell of my ears.
- Under Eye: I'm holding this addiction to feeling hurt in every cell of my mouth and taste buds.
- Under Nose: I'm holding this addiction to feeling hurt in all of the cells of my nose and smell.
- Chin: I'm holding this addiction in the cells of my sense and touch.
- Collar Bone: I'm holding this addiction to feeling hurt throughout my entire body, including my energy system.
- Under Arm: I'm holding this addiction to feeling hurt in the thought patterns of my mind.
- Top of Head: I'm holding this addiction to feeling hurt in all the resistance patterns of my past karma and in the ego's need to keep suffering.
- Wrists: I am holding this addiction to being hurt in all the cells of my body and in their need to reproduce negative thoughts in the brain to release more hurt.

Take a deep breath and exhale slowly.

Easy basic EFT instructions without illustrations:

Although traditional EFT has four steps, currently the short form has only two. You begin after first rating your physical or emotional pain on a scale of 0 -10. Zero is no stress or pain. Ten is maximum pain or stress.

- First, to release our automatic resistance to pain (which actually keeps it going), tap lightly and continuously with the side of the pointer finger on one hand, against the karate chop point which is at the middle of the outer carpal bone above the pinky finger on the other hand, while stating the following:

“Even though I have (.....fill in and describe completely and specifically your physical or emotional pain.....), I totally and completely accept myself. (Repeat 3x)

- Now tap approximately seven times each (do not bother counting while you do it), on the following eight key points on the head and torso for emotional issues, adding the wrist chop and finger points if there is a physical pain or issue. Say the issue over and over as you tap each point seven times, (the actual physical pain or emotional issue which you filled in), in the above statement. Stating the problem out loud helps direct the tapping impulse to the specific point in the energy meridian where the negative emotion is stored.

The Points:

- **Eyebrow:** Tap (7X approx) using two fingers on the inner edge of the eyebrow, right on the edge of the bone near the top of your nose.
- **Side Of Eye:** Tap (7X approx.) using two fingers just outside the bony edge of the eye socket.
- **Under Eye:** Tap (7X approx) using two fingers just under the eye on the bone.
- **Under Nose:** Tap (7X approx) using one finger precisely in the dimple under the nose.
- **Chin:** Tap (7X approx) using one finger precisely in the dimple or center point under your mouth and between your lower lip and chin.
- **Collar Bone:** Tap (7x approx.) using two fingers just in the slight hollow under either the end of the left or right collar bone just in the center of your chest right under your throat.
- **Under Arm:** Tap (7X approx.) using two fingers just four finger tip widths directly under the middle of the arm pit.

- Top Of Head: Tap (7X approx.) using two fingers at the crown chakra (to be precise, measure twelve finger widths from the point between your eye brows up to the top of your head).

For Physical Issues such as breathing, tension or any pain additionally tap the following points:

- The medial inner corner of your thumb nail. (Tap 7X approx.)
- The medial inner corner of your pointer finger nail. (Tap 7X approx.)
- The medial inner corner of your middle finger nail. (Tap 7X approx.)
- The medial inner corner of your pinky finger nail. (Tap 7X approx.)
- Karate Chop point: Tap (7X approx.) on the mid point of the outer carpal bone just above your pinky finger.
- Wrist Chop: Hit the inner wrists gently against each other (7X approx.)

Usually after tapping through one run through (going completely through both steps), the stress is decreased by approximately one half. Then repeat the same sequence after rating the pain once again and give it a number. You should continue tapping until it is decreased to at least a two, one or zero.

A Typical Second Round:

You will now change the phrase slightly in step one. For example: Even though I still have some residual (precisely describe your physical or emotional pain), I totally and completely accept myself. (3X)

In step two, while then tapping the eight points on the head and torso (and adding the wrist chop and finger points in the case of physical pain), say “Remaining (list the emotional or physical) pain” as you tap each point seven times each. Occasionally with EFT, the physical or emotional pain will increase rather than decrease after tapping. This simply means you have “stirred up the pot” regarding the particular issue and some aspect has come up which needs to be tapped separately, describing it as specifically as you can. Begin the sequence again mentioning the specific issue which has now come to mind and once again check the stress rating after you finish tapping. The more specific you are with your description, the quicker the issue or pain clears. Continue once again with a second round until the stress is reduced to a two, one or zero.

Happy Tapping!

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