

Summary Key Points

Meridians are the pathways of the astral (emotional body) and relate to the personality level.

Extraordinary meridians are the deeper reservoirs, the rivers of life or cause, that relate to the causal body (soul body). They relate to character.

EFT taps on meridians mostly, and works primarily (directly) on the emotional body.

The meridians are 'tracks of the soul's story' through lifetimes, and the acupuncture points are where many tracks converge. Acupuncture can have profound effects when used masterfully, because the points are portals that cut across dimensions. Living beyond separation is to dissolve the soul tracks.

Tapping on ordinary meridians can clear emotional imprints and program new patterns at the emotional level, opening a person to reinterpretation, as thought and emotion are intertwined.

Adding tapping on extraordinary meridians can bring in new cause and cause new flows to renew and wash debris from the ordinary meridians. Teaching the smiling Heart process to clients will help sustain shifts.

Extraordinary meridians correspond to the *four faces of God*, and bringing in the insights of these meridians can produce profound shifts. Also, operating from the 3 dantien centers will produce clearing of the extra meridians.

Rapid Eye blinking activates the REM process in an awake state, and adds at least an order of magnitude of clearing to the tapping technique through the meridians.

Adding soul tapping is another level of power that can bring in the spiritual/soul dimension of our reality.

Adding processes to integrate polarities: masculine/feminine (releasing tension from joints), integrate inner and outer (life as mirror, lucid dreamer adding 2nd mirror), above/below (lower 3 chakra clearing and activating Heart consciousness), and back-forward or potential-manifestation (front/back) (surrendered being operating in timelessness through CFHP) will lead a person to more quickly transcend their emotional limiting patterns.

When we operate from the still point of non-duality—being All and having All within, beyond desire...we allow deep reordering. The EHS is programmed to support this, and having clients transmute their stuff in their Gut after clearing is a very powerful process.

IMT-Enhanced Soul Tapping EFT

This section provides a brief description of a process that combines many tools and techniques to enhance the basic method of emotional clearing through the popular EFT tapping routine. Only the bare minimum of explanations of tapping the meridians to achieve emotional clearing and healing is provided, and it is assumed you are very familiar with EFT principles and with EFT and healing by resonance (light and frequency).

The EFT Routine

See tapping routines document for information on the points, associated meridians and themes with those meridians.

The Additions

Eye Blinking

As you are doing the tapping routine, augment the process by continually blinking your eyes and moving them around a bit (so they are not fixed on any focal point). This induces the REM state—a slower alpha brainwave state that allows for deep emotional release. In our REM sleep, we process the events of the day and file them away as well as release whatever can be let go of. With this process, you are in an awake REM state and your mind's files are open on the issue you are releasing on. As you think about the issue and make positive statements that may trigger you to resist, you will feel the negative emotional material that you've stored away start to come up. This emotional energy will start to blink out the eyes. The release statements can help to further support and accelerate the emotional release.

Inducing REM for emotional clearing is the basis of Rapid Eye Technology, a very powerful modality that I've used since 2002 (one of the few modalities that has stuck and has been able to evolve with all that I do). While RET uses a wand moving in specific NLP patterns, I have found the simple addition of eye blinking with EFT to produce *significantly better* results than EFT alone.

Specific sensations in the eyes

The specific energy that clears out the eyes has a distinct sensation depending on its nature. For example, anger will feel like grit, sand, or small chunks in the eyes, grief/sadness causes heaviness in the eyes, stinging and sometimes even a stabbing feeling is related to fear; and dryness indicates resentment. You may find that your eyes are veiled in certain spots, that they are itchy or have a full feeling, that one eye is heavier than the other, that you can barely blink without using all of your face muscles—all this

is within normal experience as you tap out the emotional energy from the past. You will notice that as you persevere with tapping and the statements, the sensation in your eyes will keep changing. Your eyes may clear for a brief moment only to become heavy or gritty once again—this is not because the emotions have come back, but rather you are clearing more layers of emotional energy.

Anger = grit

fear = stinging and could be stabbing pain

resentment = dry eyes

regret, grief, sense of loss, sadness, heavy heart = tiredness, eyes close and may get puffy or teary (client may say they are just tired of blinking, but then eyes pop open and they are not tired of blinking anymore!)

veiled = things don't want to see or were not supposed to see

itchy = buildup to release or irritated

left eye= feminine pole of consciousness; often mother-women issues/nurturing; feminine roles (depends on context)

right eye = masculine pole of consciousness; often father-men issues; masculine roles (depends on context)

A trained Rapid Eye Therapy (RET) therapist would be able to recognize what is clearing and guide you to deeper clearing. But if you are a seasoned EFT'er, then you may have a good intuitive sense of what you are clearing as well. You may also take comfort in the fact that you do not have to know what you are clearing in order to have the clearing occur. The blinking and natural REM state that you enter in the process will take care of that. And by tuning into the issue being transformed every now and then in the tapping process, you will naturally elicit the underlying trapped emotions.

Focusing Release statements According to Energy Clearing From the Eyes

If you can recognize the general sensations of energy in the eyes, you can use specific release statements to match what your eyes are doing. This can help to deepen the release. You may be surprised at what you are clearing, but when you say things out loud, you will notice how they resonate. If you are uncertain, you can try some words out and you will naturally self-correct if they don't feel quite right. Below are short lists of some emotion words/phrases that can match the general sensations, which can be used to clear more deeply while blinking/tapping. You can go through the list of words associated with the emotional energy that your eyes are clearing out, and you will feel deeper release. It is best to add your own words throughout, according to what you are feeling.

Take your cue from the sensation in your eyes, and if that does not tell you anything, then see what you are feeling. When your eyes seem to change, use the positive Soul Tapping/Love statements before moving on to other release statements.

Please understand that this process is a small part of the power in RET; however it is an easy and important addition to EFT that can greatly accelerate and deepen release. I have found it so effective that I have abandoned the tapping altogether and just use the eye blinking. That said, I have the EHS running through the process too. But I noticed much greater clearing before I even created the EHS by adding eye blinking to tapping.

Below are some emotion scripts to give you ideas on how to help a client release on things. Ask the client what they feel in their eyes every so often, and use words based on sensation in eyes,]. Or you can tune in and feel intuitively and say words based that, and/or you can ask your client what they are feeling.

I do this over the phone and so keep it simple. When the client's eyes clear or if we've been at it for some time and I feel guided to move on, then I have the client squeeze eyes tight and open—three times, then close eyes and tune in again.

You can also add the left-right eye movement, and the humming/counting from EFT at this point, before having them close their eyes and tuning in again.

Always good to do a before and after SUDs test on a scale from 0..10.

I typically have a fair bit of exploring before I go into the blinking/clearing part; that way I have a bigger picture and can bring in many elements and cover much more than just what we are tuned into as a starting point.

Abandoned

Alone/deep hurt/rejected /unworthy/worthless/not good enough/ashamed
Lonely/helpless/hopeless/unwanted/afraid to love/love is pain/afraid to trust
Trust makes me vulnerable/longing/needy/humiliated/betrayed/tricked
Don't want to need/don't need you/holding back/resentful/fear of intimacy
Fear of disappointment/fear of being abandoned/expecting hurt/closed heart
Unsupported/no one's there for me/struggle/have to do it alone/weak/
Self-critical/self-loathing/if I were better I'd be loved/have to please to get love
Separate/isolated/don't belong/never fit in/different/odd/ashamed/
Forgotten/discarded/unworthy/ignored/left out/poor me/unhappy

Anger

Angry/mad/pissed off/annoyed/frustrated/disturbed/outraged/fuming/seething/can't
believe it/violated/mistreated/anger turned inward/hurt/diminished/damaged/
Brooding/boiling/passive aggressive/argumentative/
Closed/curt/cold/caustic/defiant/destructive/harsh/stern/abrasive/clenched
Explosive/fierce/enraged/uncontrolled/furious/hostile/hating/indignant/impatient/short/
Irate/aggressive/belligerent/livid/mad/mean/pushy/resentful/vengeful/vindictive/attacking
Agitated/uptight/perturbed/brutal/vicious/violent/wilful/

Apathy

Depressed/what's the point/no energy/down/bleak/despairing/shut down/
Cut-off/suppressed/defeated/dead/it's no use trying/despair/discouraged/desolate/empty
Drained/failure/futile/can't do it/giving up/hopeless/helpless/powerless/indifferent
Invisible/I don't matter/no one cares/it's too late/dismissed/unimportant/loser/lost/
Resigned/too late/failed/too tired/unfeeling/numb/stuck/useless/unfocused/
Confused/overwhelmed/too hard/incapable/powerless/worthless

Fear

Fear/scared/frightened/uneasy/overwhelmed/can't cope/can't handle this/insecure
Anxious/apprehensive/unsure/cautious/doubtful/uneasy/nervous/dread/clammy
Breathless/frightened/paralyzed/frozen/embarrassed/have to get away/
Hesitant/uncertain/inhibited/irrational/nervous/paranoid/don't want to be here/unsafe
Shy/withdrawn/fearful/suspicious/can't trust/tense/threatened/timid/trapped/vulnerable/

Grief

Loss/sad/anguished/hurt/sorrow/heart ache/empty/can't let go/overwhelming pain
Deep grief/pained/despair/lost so much/I'll never recover/the wound is too painful
Stuck/can't on with life/can't move forward/distraught/heartsick/helpless/things won't
ever change/
Inconsolable/heartbroken/longing/loss/melancholy/mourning/poor me
Regret/guilt/remorseful/it's too late/tormented/tortured over the past/unforgivable/doing
penance/suffering

Lust/Craving

Compulsive/impulsive/cravings/demanding/need it now/greedy/frenzy/
Out of control/numb/can't be satisfied/empty/need to fill the hole
Ravenous/voracious/fixated/driven/impatient/never enough/left empty/ashamed/
Self-hating/self-deprecating/caught in cycles/guilt/exhausted
Uncontrollable/uncontrolled urges/overindulgent/never satisfied
Possessive/needy/pushy/selfish/can't control/stuck/wanting/must have/obsessed

Panic

Terrified/overwhelmed/fight or flight/have to get away/no way out/can't cope/
Hysterical/petrified/frozen/claustrophobic/threatened/in danger/life is dangerous/
Unsafe/unprotected/no one's there for me/vulnerable/targeted/exposed/too weak/

Resentment

Begrudging/mistreated/harboured suppressed anger/chip on my shoulder/hard done by
Unfairly treated/can't forget/unforgivable/deep resentment/hating/vengeful thoughts/
Ill willed/hard hearted/don't come near me/isolated/leave me alone/withdrawn
Closed/cold/hardened/nothing to give/shrivelled/rather be alone/mistrustful

Worry

Worry/unease/unsure/incapable/brooding/obsessive/have to do something/

Burdened/responsible/have to fix it/weight on my shoulders/anything can happen
Fear of life/need to control/negatively focused/powerless/overwhelmed/tense/
Obsessive thinking/afraid of my negative thinking/superstitious/irrational/out of control/

Soul Tapping

Soul tapping is a process I learned from Dr. Sha's teachings, which appear in his book *Soul Wisdom*. You invoke the power of the soul of your diseased organ or body part that is in pain, for example, and you tap the area, making sure to open the meridians around the area. While you tap, you send divine light and love to the area. This is a pretty simple, yet quite effective method when combined with faith.

Everything in you is consciousness. Your organs have consciousness, as do your cells. Their consciousness is not as evolved as yours is, in much the same way as yours is not as evolved as the consciousness of your Higher Self. However, that does not preclude the ability to learn from them, because their perspective is different from yours. The human being may be likened to the *cellular level* of God. Your consciousness expands as you extend it to higher aspects of being, as well as to the quantum level.

All qualities of the human personality, such as courage, success, or compassion, are archetypal energies of the Infinite—they are embodied in conscious beings of the angelic realm. John Randolph Price describes these in his book, *The Angels Within Us*. There are 600 archangelic beings, each one holding a certain divine quality or insight to bridge and anchor us into the new creation. Nothing is conceptual...or nothing conceptual is real, and all that is real is embodied consciousness. We may call upon the soul or intelligence of these beings in our healing efforts, and when we do, we layer their activations and produce alchemical changes within us. You don't have to know the details and complexities of the soul world, but know that all consciousness is ensouled and that when you tap into the soul nature of things you are calling upon their intelligence in its pristine, undistorted state. Using soul tapping regularly opens you to a deeper reality; as you recognize this deeper realm of creation, you invite the support of the many beings whose mission it is to support this great transitional period.

The addition to EFT adds depth and opens up healing to receive greater spiritual support. You begin by identifying the mental/emotional part that is in need of transformation. For example, a part of your psyche like the inner child or the inner critic, an intelligence within you such as your wealth consciousness, your inner freedom, your empowerment, a chakra or organ such as the liver or heart, a gland like the thyroid or sexual glands, or a pattern of behavior like clinginess, overeating, etc.

Once you've identified the 'part' that needs transformation, if necessary, find a positive way of perceiving it. For example, the inner critic may be viewed more positively as the inner protector that tries to keep you safe from external criticism; your clinginess may be your desire to feel loved or feel safe, or your overeating may be your desire for emotional stillness out of the negativity.

Soul tapping invites your soul to tap on the part in need of transformation. You acknowledge that your soul can heal it and the tapping focuses the intention more strongly. I add invoking the angelic hosts who are expressing those divine traits and eager to have these express in our DNA. Understand that when you partake in DNA healing, the whole of creation is impacted, and the universe is in your debt. This is the most expedient way to tap into accelerated awakening.

The EHS is being expanded continuously through 2013-14 as I integrate and work with more and more of what is possible. So call in the heavenly realms and ask for the divine archetypes to get involved and open yourself up at the DNA level. You will integrate the shifts increasingly as you commit to *living* them.

The following are the statements made before and during the tapping routine.

“Soul of my [part], you have the power to heal yourself. Do a good job. Thank you.”

The following are some examples:

“Soul of my inner child, you have the power to heal yourself...”

“Soul of my divine empowerment, you have the power to heal yourself....”

“Soul of my divine expression of self, ...”

“Soul of my wealth consciousness, ...”

“Soul of my ability to bond in relationships, ...”

“Soul of my pineal gland/3rd eye, ...”

“Soul of the Creative Word within me, ...”

“Soul of my confidence, ...”

“Soul of my divine Impulse and Intelligence of Courage, ...”

“Soul of my Love of Self, ...”

As you can see, there is great flexibility in how you choose to express whatever you feel is in need of transformation. You must always express things in their positive. For example, if you are clearing insecurity, then 'confidence' or perhaps 'divine security' is appropriate, given the type of insecurity to be transformed. If you are clearing a sense of victimization, then you may use “soul of my divine empowerment” or “soul of my solar plexus chakra/stomach center”, or both. There is no wrong way to express it (so long as you use positive words)—the words will capture the meaning that you intend for them.

While tapping the meridian points, you will be making statements from one of two categories of statements, as described below:

a) Soul Tapping/Love Statements

- 1- Soul tapping healing [part].
- 2- Divine light, divine love to my [part]
- 3- I love you my [part]
- 4- You [part] are a tone in the great symphony of my being—I love you

b) Release statements (negative emotions) as determined by your current emotions or the state of your eyes (see above).

Using one of the above examples, the statements would be “*Soul tapping healing my wealth consciousness*” while you think of reaching a consciousness of infinity, “*divine light, divine love to my wealth consciousness*”, or “*I love you my wealth consciousness*”. “*Wealth consciousness, you are a tone in the great symphony of my being—I love you*”.

And that is basically the addition/modification to EFT.

You start out with positive Soul Tapping/Love statements while you focus on the issue or area you are attempting to transform. As you feel your eyes changing, you can either tune into how you feel at present to get an idea of what you are clearing, or you can go strictly by the sensations of energy in your eyes, as described above. As you feel energy in your eyes, switch to emotional release statements, as appropriate, until you feel your eyes changing again. Then go back to Soul tapping/Love statements before doing more releasing.

Cycle through the EFT routine from top of head to gamut point without stopping, until your eyes feel clear. This often happens quite suddenly. When clear, use the Soul tapping/Love statements for a full tapping cycle to make sure your eyes remain clear throughout.

Inner Mastery Tools Activations

The final enhancement to the EFT process is the activation of several key Inner Mastery Tools, through the EHS. This enhancement further accelerates release and clearing at deep levels of causation. I added specific things to cause automatic activation while tapping the points and doing the “Even though....” set up phrase.

You can simply expand the EHS as a Temple around you and the client, acknowledge angelic support, do the Heart expansion process, become proxy for humanity, and ask that all steps be augmented with EHS/IMT activation and that maximum clearing and anchoring into the new creation be carried out. Additionally, you may place a replicate of your EHS in Head, Heart, and Gut, (and DNA) and ask that you draw in all that is needed to support maximal healing in your client in all three centers.

If you feel your client needs new insights every so often, pause, all on angelic hosts and mentally ask for insights, and feel these coming in as rays of light through the Temple..You can hold the space in silence, or speak the insights as you receive them intuitively. And take it all in deeply within you, in Head, Heart, Gut, and DNA. You can use your imagination on how you want to do this, but let the activation enter all three centers and the DNA level.

If a client is not shifting on something as I would have imagined, then I know that we are not focused on the real issue. Tune in within the Temple, and ask for insight. It is important to rely on inner guidance increasingly, rather than following scripts or protocols of what to clear for certain issues. Formulations of the mind will work less and less in times to come.