



Faith Canter

TAPPING FOR HEALTH



T. 0788 968 1205 **E.** faith@faithcanter.com **W.** www.faithcanter.com
A. 4 Drum Brae Park | Edinburgh | EH12 8TG

Faith Canter

Why haven't other programs, diets or detoxes worked for you and why have you picked up a book about another one? There are a number of reasons. Firstly it's unlikely you were focusing on health, more so, you may have been focusing on weight loss or just wanting to feel a little less toxic after a bit of a blowout. Secondly, most detoxes focus on short term goals, they're quick fixes and are not about long term life-style changes for long and lasting results. Finally, and most importantly, it's unlikely those other detoxes helped you get into the right frame of mind to stick to the program. Not only this, but they probably also failed to get you to continue nourishing yourself way beyond the program and understand that there are many mind based causes to many physical issues you may be struggling with.

It doesn't have to be a battle of wills, you don't need to fight against yourself and you really can achieve everything you set out to achieve during these next few weeks! Start by seeing what may be causing conflict for you when you embark on this or any period of change.

By this I mean that you probably want to improve your health or lose weight, but...

1. You hate healthy food
2. You haven't got time to be healthy
3. Can't live without chocolate
4. You enjoy a few boozy drinks
5. Diets don't work for you
6. You and exercise do not see eye to eye
7. You can't afford to change to new healthy habits
8. You enjoy a nice takeaway a little too often
9. You feel you already don't eat much
10. Everyone in your family is weighty

If your reasons for not getting healthy are like any of the above then you're in the right place!

First things first, let's deal with that pesky mind! We both know it's the mind that's been holding you back really. It's the mind that's telling you that you don't have time, you simply must have that takeaway or that all healthy food sucks! The mind can literally play mind games with us and we let it, not because we are weak, but because we don't understand that it's simply running programs based on our beliefs, weather they're true or not.

What I'd like you to do now is write down all your beliefs around getting fit and healthy. Be REALLY truthful (it's the only way to heal them), even if the truth seems silly or even not relevant, write it all down, get it all out. There's no prizes for being cagey, but you'll find many for being truthful. These could be any of the items in the list above or any of the following:

Faith Canter

1. I'll never lose weight
2. I put the weight on during my pregnancy and everyone knows that it's hard to lose pregnancy weight
3. I'm not well enough to eat healthy
4. I'm too tired to change my routine
5. I'm too stressed to eat better
6. My husband/wife does all the cooking and they won't eat healthy food
7. Yoga, running and exercise is sooooo boring!
8. I'll never be beautiful
9. I don't want to be seen
10. My weight is protecting/supporting me
11. Even when I lose weight it never stays off
12. I'll never get well
13. I'll never have the energy to do this
14. I'll never have enough hours in the day
15. I want this so badly, but I don't want to change my life
16. I don't have the willpower
17. I hate myself, so what's the point
18. Why do I struggle so much with these things when others seem to find them so easy
19. I'll never be satisfied with healthy food
20. No one understands how I feel

Add as many things to your list as you can think of. Don't stop until you have every tiny little belief around being healthy down on your piece(s) of paper. These are what we call limiting beliefs, these are holding you back from the nourishing lifestyle you deserve. You can't simply not think of them and hope that they'll go away... they don't! They will keep niggling at you. They create negative pathways in the brain, that you then reinforce by continually focusing on them or even trying to ignore them. These then create chemical reactions in the body to hinder your progress, to keep you stuck, unhealthy, fat, tired and lacking in whatever you feel is missing to make you happy.

So the first step on this nourishing journey, is to resolve these limiting beliefs and thus throw the shutters wide open to health.

I know you might not want to 'go there', dig deep or be thrown in at the deep end, but I'd put money on the fact that this is the stuff that's been holding you back from health during all the other detoxes, diets or programs that you've tried before. These are the things that underlie your happiness, these are the real reasons you are content just the way you are. It's not your weight, health, job, relationship or home as these come and go throughout your life. It's that uneasiness, that little voice, that's where it all really stems from.

Faith Canter

Pretending not to think about something does not make it go away, it actually causes conflict within the mind and body and this then causes all manner of mental and physical reactions to happen within. It's time to put on your big girl pants (boxers) and give what I am about to tell you a real go. Let's once and for all create the health, harmony and happiness you deserve!

Now that you have your list of limiting beliefs let's start to resolve them. I want to make something very clear here, you don't need fixing or changing, you are (even if you don't believe this just yet) a totally perfect, beautiful human being! We are just going to work on resolving what's holding you back from realizing this and attending your health goals. And the first way we are going to start resolving it, is by something called tapping /emotional freedom technique (EFT). This is an all-time favorite of mine and can be used for so many different things. Anything from day to day stresses and anxieties, phobias and deep seated memories from childhood, from traumas or from things you weren't even aware that your subconscious mind is playing in the background.

Tapping works by verbalizing what you are internalizing, whilst tapping on meridian (acupressure/acupuncture) points throughout the body. This releases blockages, emotions, energy, pain, heartache, stress, you name it! I'm about to explain the technique to you, but I want you to remember the following...

1. Don't get caught up in 'doing it right', just do whatever you can whenever you can. Every little tap, no matter how small really does help!
2. If you can't manage the whole routine, can't remember it, or are too tired for it, just do what you can when you can. Every little tap, no matter how small really does help!
3. If you are not sure what to work on or how, just tap on one of your limiting beliefs and see what happens. Every little tap, no matter how small really does help!
4. If you get upset, anxious or even angry whilst tapping, don't stop, keep going, work with the emotions, where you are feeling them, how, what colour they are or any random thoughts at all that come up, just keep going. Every little tap, no matter how small really does help!
5. If you are thinking about it in your mind then it will be affecting your health in some way or another so tap on it. Every little tap, no matter how small really does help!
6. Saying all the positive affirmations or words in the world won't help if internally you are thinking the opposite, like 'I hate myself, I'm fat, ugly, tired, ill, in pain'. Verbalize your internal thoughts whilst tapping, as this allows you to use these beliefs for healing, rather than repeating them over and over again for no benefit at all. Every little tap, no matter how small really does help!

Faith Canter

7. When you feel your thoughts, tap on those. You don't have to label them, just be with them, tap on them and then let them go. Every little tap, no matter how small really does help!
8. If you are not ready to deal with something then tap on being open and ready to address them next time round. This gives the subconscious permission to work on them in the future. Every little tap, no matter how small really does help!
9. If you feel stressed or anxious about tapping, then tap on the stress and anxiety around tapping and not on the limiting belief itself. There's no point in forcing yourself to tap when you are resisting it, it will be counterproductive and you will be less likely to tap next time. Resolve the conflict around why you don't want to tap first. This might be things like, you don't get it, you don't believe it will work, you feel silly or you don't know if you are doing it right. Whatever the reason, tap on those first. Every little tap, no matter how small really does help!
10. When you realise that you are deep in thought, tap! You will never resolve a problem in the same head space that created it, so speak your truth, tap it out and let it go. At this stage the answer will come, or you simply won't care about whatever the question was. Either way it won't be going around and around in your head, causing stress, anxiety and disharmony. Every little tap, no matter how small really does help!

By now you should get the picture that any tapping helps, you can't tap too much or on the wrong things, the only thing that would be wrong would be to not tap at all! Every little tap, no matter how small really does help!

Resolution through tapping:

1. Which of your limiting beliefs is bothering you the most? Be specific, add as much detail around this belief/event/feeling as possible. Does it feel like a colour? Can you feel it in your body somewhere? Does it make you feel sick to the stomach, tight in the chest, tearful, drained, scared, etc?
2. For the sake of this exercise, let's name your limiting belief 'I'll never be well'. Rate the intensity of your feelings about your chosen belief on a scale of 0-10 (10 being the worst).
3. Next put together a set-up phrase. The set-up phrase focuses the mind on the belief. (If you prefer, and if you find the set-up phrase confusing, you can miss this stage out until you get the hang of the rest of the sequence.)

Faith Canter

Here are some options for the set-up phrase you can use:

Even though I feel I'll never be well. I deeply and completely love and accept myself
Even though I feel I'll never be well. I am willing to seek out harmonious ways to live
Even though I feel I'll never be well. I love and accept my young self
Even though I feel I'll never be well. I honour myself with this nurturing time of healing
Even though I feel I'll never be well. I can choose to be kinder to myself
Even though I feel I'll never be well. I am open to loving and accepting myself
Even though I feel I'll never be well. I can accept that this is just the way I feel right now
Even though I feel I'll never be well. I am open to living more from the heart than the head

Note: If you are really struggling with believing any of the above set-up phrases then you may want to add them to your limiting beliefs list and do some tapping on resolving the conflict you have with believing them. Either way don't get hung up on them.

4. To perform the set-up phase, tap on the karate chop point (see diagram below) and repeat your chosen set-up phrase three times: *Even though I feel I'll never be well, i...*



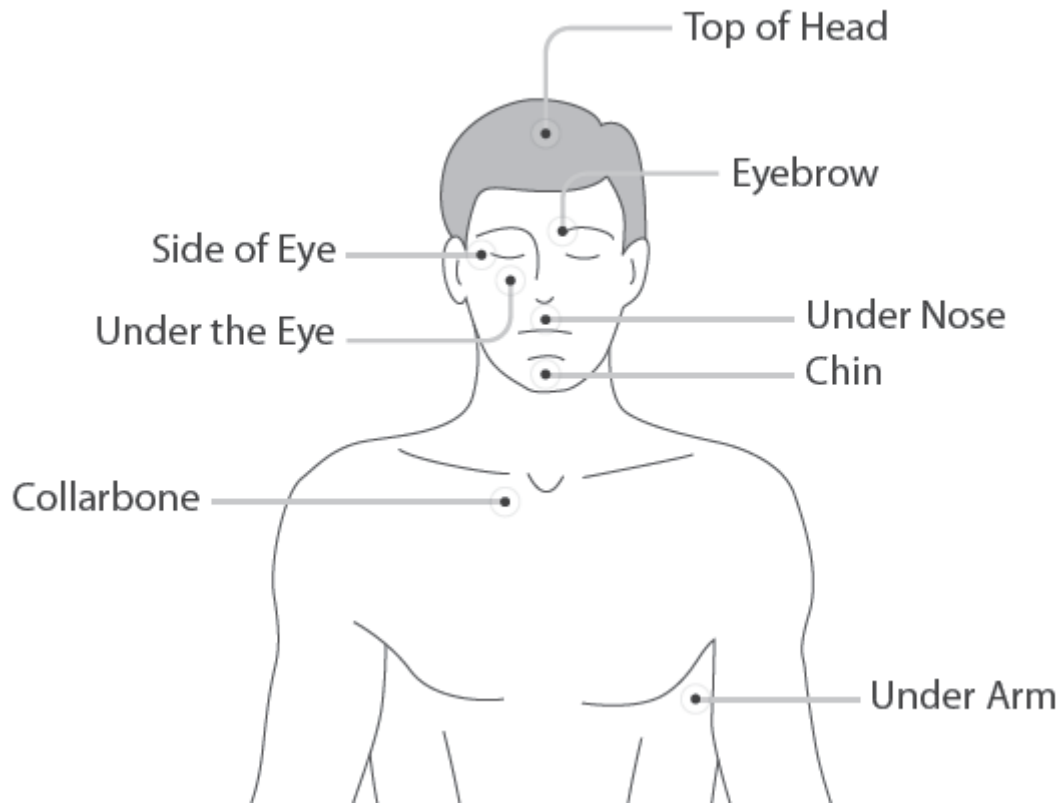
Faith Canter

5. Tap on the below points, roughly ten times (starting with the top of the head and working down) while repeating reminder phrases. Reminder phrases are your limiting beliefs around whatever it is you are working on. This could be how it is affecting you, mentally, physically and spiritually. You could say things like:

I feel like I'll never get well because I've been unwell for so long
I feel like I'll never get well because others haven't
I feel like I'll never get well because I've tried everything
I feel like I'll never get well because my life sucks
I feel like I'll never get well because I don't want to go back to the life I had before
I feel like I'll never get well because I can't deal with my life
I feel like I'll never get well because of the people/stress/places in my life
This feeling feels like it will never end
This feeling feels like a large knot in the tummy
This feeling feels like a big black cloud hanging over me
This feeling feels like pressure
This feeling feels like I am being dragged under
This feeling feels like it's stuck in my throat
This feeling started after...
This feeling reminds me of...
This feeling feels like...
I give myself permission to heal (this one is super important)
I give myself permission to be kinder to myself
I give myself permission to live in health and harmony once more

6. Basically say anything that pops into your mind. No matter how irrelevant it feels, you should tap on it. It's especially important to try and think of the first time you felt like this and work from there, as that's probably the core reason that's holding you back from healing.

Faith Canter



7. After a couple of rounds of tapping, reassess the intensity level of whatever it is you are working on. If the number has dropped then you're on the right track. If it hasn't, then perhaps this isn't the core issue. Try focusing on the first time you ever remember feelings similar to the ones you're focussing on, and give that a go.
8. If it has dropped, but is not down to zero, refocus on your issue and continue tapping, saying things like:

These remaining feelings around not becoming well again are...

These remaining feelings around not becoming well again can go now

These remaining feelings around not becoming well again have my permission to leave now

These remaining feelings around not becoming well again feel like...

These remaining feelings around not becoming well again will not hold me back

I am open to these remaining feelings leaving me now

I am open to healing fully

I am fully healed

9. After another one or two rounds like this see where the intensity of the issue is. If it's dropped again you are on the right track, if it's down to zero then that brilliant! If it's hardly budged at all then you are still not working with the core issue of the problem.

Faith Canter

10. Try another round of tapping if this is the case, using phrases like:

Even though I haven't got to the bottom of this issue I am open to addressing it and know I will find a way to help myself.

I now let go of my attachments to these issues.

These feelings do not serve me; I let go of them now.

I thank my body and/or mind for protecting me, but they can let go of this now.

Even though I find this issue too upsetting to deal with right now, I know I am on the right track and I allow myself to be open and willing to heal.

If you haven't fully resolved your area of concern after using this tapping then don't worry about it, you have put some powerful tools in place and your subconscious mind will be working its magic with them now. Give the tapping another go in a day or two and things will be different. Either way don't give yourself a hard time about it. If you are, then tap on that first as it will hold your healing back.