

Personal Development & Business Training

13th February 2016

EFT Presentation by Tracy Stoves and Vanessa Jean Boscarello Ovens

Resistance to Change

9-Gamut Technique

- Useful if there is resistance to change
- Useful if person is very emotional or overwhelmed
- Useful if the progress is slow
- The combination of eye movements, tapping, humming and counting produces **bilateral stimulation of the brain**
 - Looking right fires the left hemisphere of the brain
 - Looking left fires the right hemisphere of the brain
 - Humming fires the right hemisphere
 - Counting fires the left hemisphere

9-Gamut Procedure

Rub the sore spot

- You can usually find this point on your body because it is sore – but not always. Rub this with some pressure.

Tap or rub the gamut point, with your **hand over your heart** as you do the following steps

- The gamut point is located on the back of either hand between the knuckles at the base of the ring finger and the little finger. It is the third point on the Triple Warmer meridian (the Triple Warmer meridian is an energy pathway that relates to your fear, fight and flight mechanism)

Close eyes

Open eyes

Eyes hard down to the **right**

Eyes hard down to the **left**

Roll eyes in **circle** in one direction

Reverse roll of eyes in the other direction

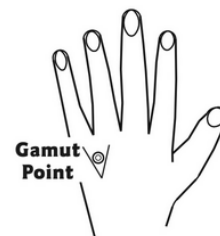
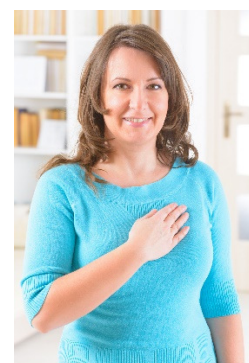
Hum 2 – 3 seconds of a song (e.g. happy birthday)

Count rapidly from 1 to 5

Hum 2 – 3 seconds of a song again

Floor-to-Ceiling Eye Roll

- **Tap the gamut point continuously** while holding your head steady
- Gradually **move eyes from hard down the floor**, rolling slowly upwards (keeping head steady) **to as far up as you can go**
- **Repeat the reminder phrase** while you are doing this



Resistance Statements

Rate your resistance to change on a 0 – 10 scale before you start tapping to gauge your progress.

- “Even though I may have some resistance to change...”
- “Even though I think I may have some resistance to change...”
- “Even though I know I have some resistance to change...”
- “Even though I must have some resistance to change, because, let’s face it, if I wanted to change, I would have done it long ago...”
- “Even though I say I want to change, I really do, I know a part of me is resistant to change, and I completely and deeply acknowledge this part of me.”
- “I am afraid of change...”
- “I don’t like change...”
- “I don’t like not knowing what is going to happen if I change...”
- “Even though I don’t deserve to let go of this issue ...”
- “Even though I should have let go of this a long time ago ...”
- “Even though I have done a lot of work on myself and I shouldn’t have this issue ...”
- “Even though it may not be safe to get over this problem...”
- “Even though my resistance serves me, by keeping me safe and secure...”
- “Even though I don’t want any change, and this is why I have resisted this”
- “Even though I have resisted moving forward, because I don’t believe I am capable/able/educated enough/supported enough/financially able to...”
- “Even though I have had this problem for so long, and I am scared and unsure of who I would be without it...”
- “Even though getting over this problem might feel like I am forgiving someone for something, and I am not ready to forgive them...”
- “Even though I am fearful/anxious that I won’t be able to handle the change...”
- “Even though if believe I will have more responsibility if I change ...”
- “Even though I am worried I won’t be able to hold the change...”

Tap all around protection and safety issues you may feel around change and what that change may mean for you.

After doing some rounds, measure your resistance to change again (0 – 10) and do further tapping on

“Even though I still have some resistance to change....”

“Even though a part of me still wants to resist this change...”

“Even though I have had some reduction in my resistance to change, I acknowledge I still have resistance to work through...”

Start mixing it up with positive and negative statements as you do a round of tapping.

“I still have some resistance to change...”

“I can’t change...”

“Yes I can, I just made some progress...”

“No I can’t, this isn’t working for me...”

“Yes I can, I am already seeing progress...”



References - EFT

Carol Look – EFT Master

<http://www.carollook.com/>

The Tapping Solution

<http://www.thetappingsolution.com/>

Check out the free World Tapping Summit starting 22 February 2016

Gary Craig – EFT Founder

<http://emofree.com/>

Tracy Stoves – Caring for Carers

www.caringforcarers.com.au

EFT Training in Perth

Peter Graham EFT Master <http://www.tap4peace.com.au/>

<http://www.thetappingsolution.com/eft-articles/remember-to-roll-your-eyes-a-deeper-understanding-of-the-gamut-point-procedure/>

Interview with Carol Look talking about the emotional cost of being stuck, how it impacts other parts of our life, and how we can tap for it.

<http://tappinganda.com/2015/02/pod-158-getting-unstuck-w-carol-look/>

Resistance to Change Videos to Tap along to

Clearing Resistance - EFT with Brad Yates

<https://www.youtube.com/watch?v=YJvhIn8PirM> (almost 10 minutes)

Tapping away Resistance with Margaret Lynch

<https://www.youtube.com/watch?v=n5YYOihunDg>

EFT and Resistance to Change with Ted Robinson

<https://www.youtube.com/watch?v=5BNgfagvl7M>

He introduces a technique known as the Floor to Ceiling eye roll (although he calls it Eye Ladder and does it in the opposite way).

Resistance to Change - Great tap along Sequence with Ted Robinson

<https://www.youtube.com/watch?v=HIRPYpR3bnI>

References – Energy Medicine

Donna Eden

<http://innersource.net/em/>

