



## **How to work with Pain/Physical Issues: The Basics**

In Chinese medicine, they believe that stagnant energy or Chi **creates** pain. Stagnant energy creates blockages, which can show up physically, possibly as cancer. Whilst some pain may be necessary as a precaution to causing further damage, the tapping provides an effective way of managing and reducing excess pain. It will not, however, clear pain that is deemed necessary by the unconscious mind.

Pain is often exacerbated by our feelings about it. Maybe you are angry about it, or frustrated, or depressed, or perhaps you feel powerless to change it.

There are three very simple rules for working with pain and physical symptoms with tapping. The main guidelines come in the way one addresses the particular problem.

### **1. Describe the specific location of the symptom**

Where exactly is the symptom? People tend to generalise pain but with EFT again we need to be very specific.

### **2. Describe the quality of the symptom**

Symptoms vary in quality and it is important to get exactly the right words for you. Some suggestions are listed below, but these are by no means exhaustive:

Pain, ache, hurt, ouch, sting, burning, nagging, hot, cold, sore, tender, constant, angry, throbbing, intermittent, pulsating, dull, stabbing.

### **3. Described the intensity of the symptom again on the scale of 0 to 10**

This is the intensity of how it feels right now, not yesterday or how you think it will feel tomorrow. The intensity **NOW!**

A curious thing about pain is that it can move, that pain that was there on the right side of your shoulder, might suddenly move to the lower back or it may move to your left shoulder or to your elbow, pains do move around the body and we call this *Chasing the Pain* and what that means is, you want to chase the pain around the body, checking in each time with the quality, the intensity and the location, just as we have said before, so supposing it moves from your shoulder to your lower back you would change your wording to suit the new symptom:

If you find you're making little or no progress, look at how you feel about the symptom. Maybe it is the result of surgery in which case ask yourself how you feel about the surgery, whether there is any residue of anger, fear or resentment when you remember that procedure. If so, tap to clear that and often the physical discomfort will ease. This is an example of how our emotions can obstruct the healing process and you will need to tap to clear the blocks, again always using the scale of 1 to 10 to monitor your progress.

### **CONSTRICTED BREATHING**

Most of us are aware that anxiety tends to show up in our breathing. Often we hold our breath when we are upset or frightened. It is not unusual to remind a client to breathe during a particularly intense session.

Gary Craig's Constricted Breathing Technique is a wonderful way of working with the accumulated anxieties that we all experience on a daily basis, however trivial, and clearing them from our energy system on an ongoing basis. Using this method you do not need to be aware of what anxieties are there, merely assume that by doing this a couple of times a day you are automatically releasing any residual anxieties from the day (or night) and thus preventing them growing into something more severe such as panic attacks, depression etc.

### **Constricted Breathing Technique:**

Take a couple of deep breaths to stretch out the lungs.

Then take the fullest breath possible for you right now and rate it on a scale of 0 – 10 where 0 is no breath at all and 10 is the fullest breath you can imagine taking.

### **Repeat 3 times while tapping the Karate Chop:**

*Even though I have this constricted breathing I deeply and completely love and accept myself*

<i>Eyebrow:</i>	<i>This constricted breathing</i>
<i>Side of Eye:</i>	<i>This constricted breathing</i>
<i>Under Eye:</i>	<i>Something is blocking my breathing</i>
<i>Under Nose:</i>	<i>Something getting in the way of my fullest breath</i>
<i>Chin:</i>	<i>This constricted breathing</i>
<i>Collar Bone:</i>	<i>This constricted breathing</i>
<i>Under Arm:</i>	<i>This block to my fullest breath</i>
<i>Top of Head:</i>	<i>This constricted breathing</i>