

When nothing else works

EFT TAPPING PRACTICE

Relieving Grief and Loss



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Thank you for downloading this practice!

On the next page you will find a brief summary of what EFT tapping is and how to use this downloadable practice so that you get the most out of the time you spend with yourself.

If you are new to this method, please take a few minutes to read the information shared here to enhance your practice.

You can find the free downloadable practices here: <https://www.oanaratiu.com/en/gift/>

Do you have any questions or comments? Feel free to reach out to me, I am here to support you: <https://www.oanaratiu.com/en/contact/>

Enjoy your practice!

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REMINDER: EFT tapping is a stress-relieving, complementary method that does not replace a healthy lifestyle nor any medical diagnosis and treatment. Everyone can practice EFT tapping assuming own responsibility. Always use your better judgment; if you need a specialist, medical care or mental health support it is not a time to tap, it is a time to ASK FOR THE HELP YOU NEED!

Before you start practicing, make sure you read the Disclaimer >>

<https://www.oanaratiu.com/declaration.pdf>

What is EFT tapping and how does this practice work?

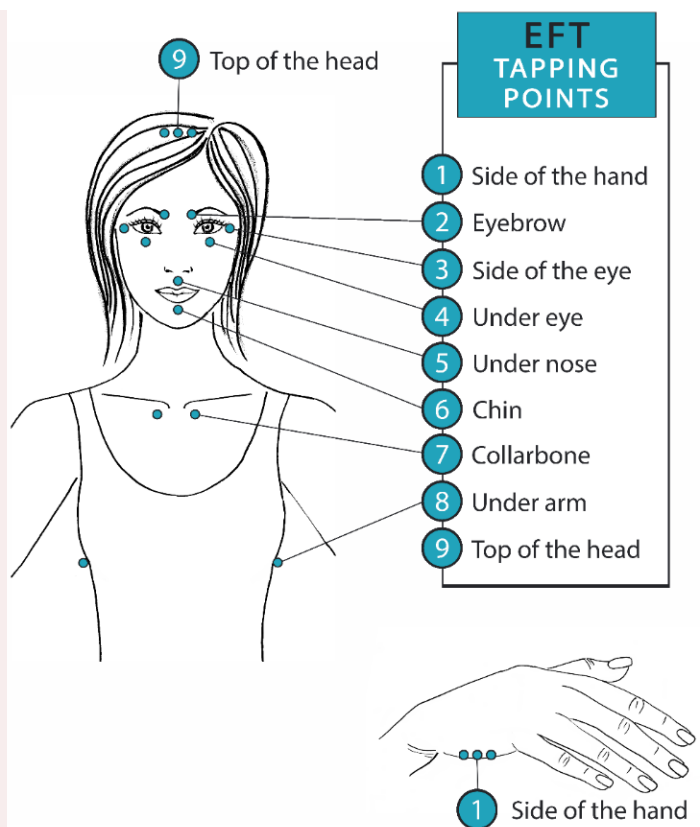
EFT tapping is a stress-relieving, energy-harmonizing, complementary technique, the basics of which are so easy to learn that even doing these practices can contribute to resolving everyday stress in your life and/or reducing the emotional intensity related to a problem. Of course, it is not a miracle method, but it is worth getting to know it in depth as well, as it has great value.

It is important to know that the practice below is worded in a general way so that it can be used in many different situations. You will see that there will be parts that fit your own story, but you may also find parts that are not true for you at all – feel free to replace these parts with your own words.

Try!

Touch the points shown in the picture on yourself, this will help you to memorize them faster. This is very useful, as you will come across them throughout the following pages.

When you do the practice, tap on one point at a time while you read the given sentence, then move on to the next point and sentence.



[Click here for larger picture! >>](#)

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4

PRACTICE DESCRIPTION

BLOG POST RELATED TO THIS PRACTICE

Life after loss

<https://www.oanaratiu.com/en/blog/life-after-loss/>

PRACTICE TIME, ON AVERAGE:

10-15 minutes

RECOMMENDATIONS FOR YOUR PRACTICE:

Use this practice in those days when you feel like your feelings are overwhelming you and no matter what you do, nothing helps you feel calmer.

HOW TO START

Find a place where you can sit comfortably and allow yourself to be with the feelings that may arise. Place your hands one above the other on your heart and take a few deep breaths. Feel your chest rise and fall with each breath, then your belly, the deeper your breath gets. Let yourself get more present in this moment and allow yourself to name your emotions you are having.

Acknowledge that whatever feeling you are experiencing now, it is ok to feel.

It might be helpful to write down the intensity of the feeling you are having, so you can measure the shift after a few rounds of tapping. 0 - being the place where you are neutral to the feeling, you do not feel anything – 10 being “it can’t get any worse or stronger than this”

Please feel free to use this tapping exercise as a template. Name the feelings that are true and coming up for you, go with your own wording. This is important and makes the practice really effective. Using your own wording mirrors how you really feel about a particular situation and that is when change can happen with EFT. Adjust the text to your needs.

Tap on the side of the hand and say out loud or silently to yourself:

Even though I feel so overwhelmed, and in pain right now, I deeply and completely love and accept myself and all my feelings. *(Take a deep breath!)*

Even though I am doing the best I can and I still can't seem to get it together I accept myself and where I am now. *(Take a deep breath!)*

Even though I'm not sure I will ever get over this feeling I am willing to take it day by day and allow myself to heal in my own time. *(Take a deep breath!)*

Tap on the points in your own time:

Eyebrow: all this pain I have inside
 Side of the eye: all this overwhelm and sadness
 Under eye: I can feel it in every cell of my body
 Under nose: it's so strong it hurts
 Chin: I can't seem to get over it, no matter what I do
 Collarbone: this overwhelming feeling that is stuck with me
 Under arm: it is so hard
 Top of the head: I don't know if I will ever feel better, even though I want to

Take a slow, deep breath and keep on tapping!

Eyebrow: this overwhelming feeling
 Side of the eye: I can still feel part of it
 Under eye: I feel it in my heart
 Under nose: this is so painful to live with
 Chin: this loss that I am feeling
 Collarbone: but I choose to respect and allow myself to feel sad when I need to
 Under arm: for as long as I need to be, as I know this is a process
 Top of the head: I completely accept myself and where I am now

Take a slow, deep breath and put your hands on your heart as you take a deep breath, remain in this space for few moments.

What is the intensity of your feeling now, comparing to when you started tapping?
 If you still feel it to some degree, feel free to go on and do some more rounds of tapping until you feel that the intensity is down between 0 and 2. When you feel that, start to do the positive tapping below.

When the intensity is down between 0 and 2, start the positive tapping below.

Eyebrow: maybe I can allow for this pain and sadness to transform
Side of the eye: little by little
Under eye: I allow myself to feel better
Under nose: just as much as it is safe for me today
Chin: I choose to appreciate the process I am in
Collarbone: and to feel calmer now
Under arm: it is ok to feel calmer
Top of the head: I am doing the best I can, and this is enough now

Take a slow, deep breath and keep on tapping!

Eyebrow: I allow myself to feel more at peace
Side of the eye: it is safe and ok to feel a little more at peace today
Under eye: I am doing the best I can at every moment
Under nose: I choose to feel calmer and honor my feelings
Chin: thank you, my heart and my body for allowing healing to take place
just a little more today
Collarbone: with every breath, I feel more at ease
Under arm: and I welcome this feeling of ease and peace
Top of the head: I let myself feel it more and more, with each moment

Take a few deep breaths and be present with the feelings you are experiencing now.

How are you feeling? Do you feel some relief?

Thank you for giving yourself permission to try, and also for sharing your experience with me. I would love to hear about your healing process and how was this experience for you.

You can reach me at: info@oanaratiu.com

Good luck and enjoy tapping!

Love,

Oana