

# Pain relief

EFT TAPPING PRACTICE

Releasing physical pain



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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?

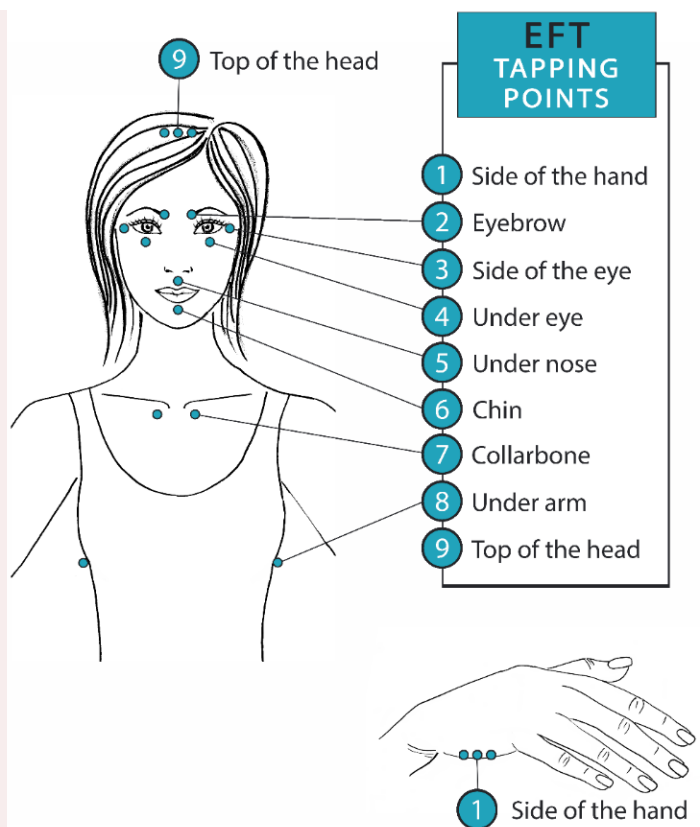
EFT tapping is a stress-relieving, energy-harmonizing, complementary technique, the basics of which are so easy to learn that even doing these practices can contribute to resolving everyday stress in your life and/or reducing the emotional intensity related to a problem. Of course, it is not a miracle 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! >>](#)

## PRACTICE DESCRIPTION

### BLOG POST RELATED TO THIS PRACTICE

This is a single practice, no blog post is related.

### PRACTICE TIME, ON AVERAGE:

10-15 minutes

### RECOMMENDATIONS FOR YOUR PRACTICE:

- If you want to tap on relieving physical pain and the stress around it.
- If you tried many things with no success and you feel frustrated, tired of being in pain,
- If you want to strengthen your confidence in your body's self-healing processes.

**It is important to know that EFT tapping is an additional, stress-relieving method that does not replace a healthy lifestyle, medical diagnosis, and treatments! Everyone can do these practices solely at their own risk.**

#### **NOTE**

The following tapping text starts from a negative state and moves toward the positive. At the beginning of the exercise, we tap on thoughts about the truth, about how we feel right now, so we recognize the existence of negative feelings.

Tapping does not make the negative feelings, thoughts stronger, but weakens and releases them, thus reducing stress and making space for positive thoughts, feelings, and solutions.

### HOW TO START

Take a few deep breaths, release as much tension from your body and mind as you can now.

Turn your attention towards the pain for a moment and write down on a piece of paper - What hurts? Where exactly does it hurt (the more precisely you describe the location of the pain, the better, e.g. the splitting pain that starts in the middle of my forehead and goes to the top of my head)? If this pain had a form, shape, color, sensation, direction, what would it be like?

From 0 (it doesn't hurt at all) - 10 (it can't hurt more than this) how intense is this pain? These are information you can include during the tapping.

Ask and listen to yourself, what feelings and emotions do you have about you having this pain? Write them down and you can use your own words while doing the practice. Replace the feelings given in the example with your own.

Give yourself the time you need to let the pain subside. It may take several rounds of tapping to begin to feel a change, that something is moving, or you may feel it very fast. Be open and curious about yourself and your processes. Of course, if the pain doesn't go away, see a doctor. With this practice, we want to transform the body sensations and emotions that can hold back or slow down improvement.

### Tap on the side of your hand and say out loud or silently

Even though I feel this intense pain and I just don't believe that I can ignore it or even alleviate it myself, I still choose to give myself a chance.

Even though I have this strong belief that other people might be able to do it, but I definitely won't, I still choose to give it a try.

Even though I have no idea how it will work, I choose to support my body's self-healing processes and trust in my body's infinite intelligence.

**Tap on the points**

Eyebrow: I feel this pain so much in the [name the exact location]  
 Side of the eye: here I feel it in the ... [name the exact location]  
 Under eye: this pain is like a [grey black nightmare that just doesn't want to subside]  
 Under nose: and of course, it started to hurt at the worst possible moment  
 Chin: I am frustrated and I really feel this pain  
 Collarbone: this stinging, black pain that I can't deal with  
 Under arm: I feel this pain strongly  
 Top of the head: I don't think I can do anything about it

Eyebrow: I can't help myself  
 Side of the eye: it's frustrating that I can't do anything about it  
 Under eye: I'm hurt and frustrated  
 Under nose: I don't think this would work for me  
 Chin: I don't even know how to help myself  
 Collarbone: I could explode of rage and frustration and pain  
 Under arm: I'm in pain, I'm frustrated and I could explode  
 Top of the head: I don't have time for this, and the truth is that I'm also afraid that I won't succeed in helping myself

*Take a slow, deep breath and keep tapping!*

Eyebrow: but what if I could still do a little for myself and still succeed?  
 Side of the eye: I'm already helping myself by tapping now  
 Under eye: this also relieves some of the stress that may have contributed to this pain  
 Under nose: it is already a proven fact that tapping helps  
 Chin: and at least I do this for myself  
 Collarbone: I am letting go of this pain as much as possible now  
 Under arm: and I choose to calm down, even a little bit  
 Top of the head: if I can't do anything else for myself, I am at least tapping

Eyebrow: I choose myself and my peace now, in this moment  
 Side of the eye: I allow myself to relax a little  
 Under eye: even by doing this, I stand out of the way of my own body's healing processes  
 Under nose: I let go of all feelings  
 Chin: what I know of and what I don't know of

Collarbone: that contributed to the development of this pain  
Under arm: maybe I could take a breather and help myself even with this (take a slow deep breath)  
Top of the head: I allow myself to feel the relief and let go of some of this pain

Eyebrow: actually my body always knows what to do  
Side of the eye: what if I started to trust and work with my body  
Under eye: I can do that  
Under nose: I already do that by letting go of frustration and stress  
Chin: I already do that by stopping for a moment and paying attention to myself

Collarbone: I already cooperate with my body  
Under arm: maybe I've already let go of some of the pain, even if I don't feel it physically yet  
Top of the head: I give myself some time and my body too, I am grateful and I allow it to heal

Take a deep breath, notice what has changed and what do you need now? Listen inwardly and if you have the answer, decide when and in what form you can give that something to yourself.

How are you feeling now? How strong is the pain now (0-10)? Its intensity, location? If necessary and if you have time, repeat the tapping practice.

**If the pain returns, use traditional medical care!**

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](mailto:info@oanaratiu.com)

Good luck and enjoy tapping!

Love,

*Oana*