

Permission to feel

EFT TAPPING PRACTICE



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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!

Oana Ratiu

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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?

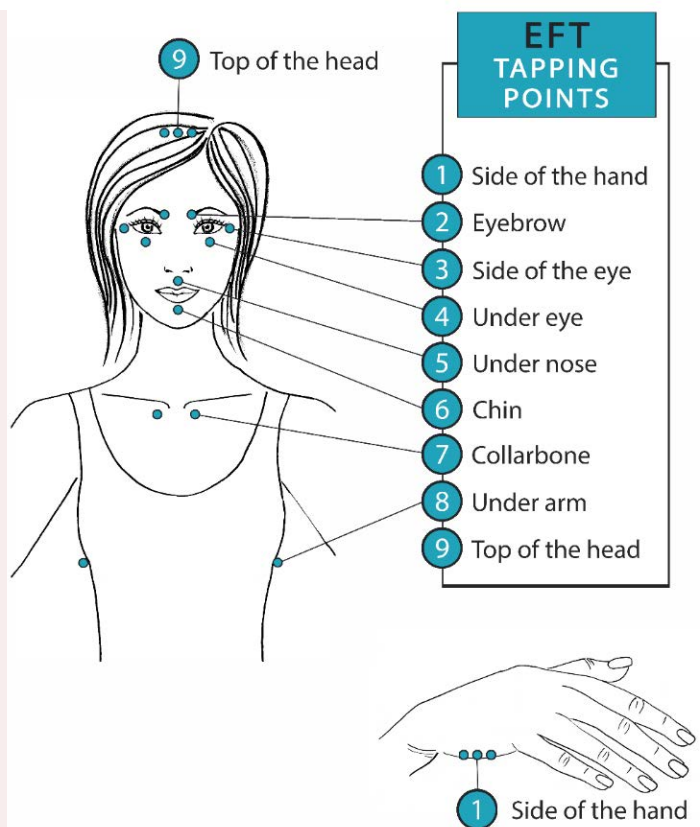
EFT tapping is a stress-relieving, energy-harmonizing, complementary technique, the basics of which are so easy to learn that even doing these practices can contribute to resolving everyday stress in your life and/or reducing the emotional intensity related to a problem. Of course, it is not a miracle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

BLOG POST RELATED TO THIS PRACTICE

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

PRACTICE TIME, ON AVERAGE:

15 minutes

RECOMMENDATIONS FOR YOUR PRACTICE:

- If you want to feel safe when you start feeling your feelings,
- If you are ready to get a taste of the world of emotions,
- If you want to consciously make room for "negative", less pleasant emotions and understand them,
- If you want to transform your relationship with your feelings.

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.

The Guest House

Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

PRACTICE INTRODUCTION

In the course of our lives, we have learned a few strategies to "handle" unwanted emotions. We sweep them under the rug saying "I do not want to talk about it", "I don't even want to think about it", or as soon as we notice the presence of an unpleasant, difficult feeling, we would do everything to divert our attention from it and feel good (it always helps to eat, drink, watch a movie, browse, call someone, etc.). These tactics seem to work for a while, until all of a sudden, out of nowhere, we explode, without understanding "what's wrong"? The only problem is that our system could no longer handle the load, so that one word or that one different look was enough to set us off, to bring everything that had been swept under the rug to the surface.

What if we had other tools to witness our less desired emotions? What if we could see our less positive emotions as messengers? And instead of sweeping them under the carpet, we would open the door for them, turn towards them with curiosity and openness. They do appear for some reason!

What if instead of resisting and rejecting, we tried to turn towards our emotions and practice understanding? (After all, resistance only gives more attention to the given feeling, because we try so hard to suppress it and not take it into account that all our energy goes to it, and in doing so we make even more room for it.) Of course, this does not mean that if we make room for our emotions, we also get stuck in the hamster wheel of a bad emotions... It just means that we turn towards what we feel, acknowledge the reality of what we feel in this moment, give it a name, ask what it wants to show us, and with the next tapping practice reduce its intensity or even transform it.

This practice is the first part of a new series, **“Adventures in the world of emotions”**. With this practice, we start laying the foundation and transform our resistance to experiencing difficult, negative feelings.

HOW TO START

Take 3 deep, slow breaths and for the next few minutes, allow yourself to be with yourself, to turn your attention towards yourself.

Think of a feeling you don't like to feel (e.g. sadness, anger, rage, jealousy, etc.). With your eyes closed, imagine that it has some form, shape, color... Let it appear and place it in a circle in your imagination. This emotion is not active now, it is not part of you, it is a completely separate form... Just look at it and pay attention inward.

What do you feel in your body when you look at this shape? Where do you feel this in your body? What's your first thought about it?

Write them down, and at the end of the tapping, see what shifted in you. Tap until you feel peace about the existence of this feeling.

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

Even though I have a lot of emotions inside me, and a part of me is afraid to feel them and thinks it's safer to stuff them away, to ignore them, I still love and accept myself and how I feel.

Even though I think I have to be strong, that I can't shed light on my emotions because I'm afraid that if I do, it would be unbearable for me and my loved ones, I still decide now to turn a little towards my emotions.

Even though I have emotions (like this one that's in the circle right now) that are scary, I choose to stay present with them and give them space as much as it's safe for me to do so today.

Tap on the points

Eyebrow:	I have so many unwanted feelings, I can't even name them
Side of the eye:	and I've swept them under the rug until now
Under eye:	it's safer to have them under the rug
Under nose:	where no one sees them, often not even me
Chin:	there are so many
Collarbone:	I can't even name them all
Under arm:	because [I have to be strong]
Top of the head:	I hear it so many times and I tell it to myself many times

Eyebrow: I have to be strong and tough
 Side of the eye: for the sake of the children, the family, everyone
 Under eye: but it's tiring that these feelings are inside me, raging
 Under nose: I feel overwhelmed
 Chin: all these feelings that want to come out
 Collarbone: until now I thought it was not safe to feel or release them
 Under arm: there's a part of me that's afraid to feel these feelings
 Top of the head: it's like opening Pandora's box

Take a slow, deep breath and keep tapping!

Eyebrow: but what if I allow myself
 Side of the eye: to make room for some of them
 Under eye: only those that are safe for me now
 Under nose: to take them out from under the rug
 Chin: one by one
 Collarbone: in my own time
 Under arm: I wonder if I would feel lighter
 Top of the head: maybe it's worth a try

Eyebrow: I am brave enough to face my feelings
 Side of the eye: as I know they are only messengers
 Under eye: they come to let me know what is going on deep inside me and around me now
 Under nose: my feelings are messengers and I am open to receiving their message
 Chin: they are here for me and I know when I turn to them
 Collarbone: when I listen to them, they just deliver their message and then they are free to transform
 Under arm: what if I turned to a feeling today?
 Top of the head: what would that feel like?

Breathe slowly and feel in your body what is inside you now. Pay attention to the feeling that is in the circle, and when it feels safe, let it appear within you. For the sake of the example, we chose sadness, you substitute your own emotion for sadness.

Eyebrow: hello [sadness]
 Side of the eye: here is [sadness]
 Under eye: I allow myself to feel you and look at you
 Under nose: I feel it around my heart
 Chin: it looks like a dirty pink dumpling
 Collarbone: it's hard [sadness]
 Under arm: *(breathe in)* here is [sadness]
 Top of the head: *(exhale)* I see you [sadness]

Eyebrow: *(breathe in)* here is [sadness] in my heart
 Side of the eye: *(exhale)* I observe this [sadness] that is here in my heart
 Under eye: this [sadness] in my heart
 Under nose: I have carried this [sadness] for so long
 Chin: I could even ask it: what is it that you want to show me? *(Ask the question and stay with the first thought that comes to mind, replace it in the following lines!)*
 Collarbone: I feel it because...
 Under arm: all this [sadness] came because...
 Top of the head: and also because...

Take a slow, deep breath and keep tapping!

Eyebrow: now I understand why you came, thank you!
 Side of the eye: maybe I can let some of this [sadness] go now
 Under eye: it is safe to let him go from this [sadness]
 Under nose: I allow myself to let some of it go
 Chin: I've been carrying it for so long and now that I've given it space
 Collarbone: now that I understand your message, you can go
 Under arm: I can be so compassionate with myself
 Top of the head: to do this for myself and everyone else around me

Eyebrow: it might even benefit me if I let go of this [sadness] and I might even start to feel a little better
 Side of the eye: who knows, I might even notice the calm that is starting to appear in me
 Under eye: and maybe even joy
 Under nose: maybe even some loving moments that I hadn't noticed until now
 Chin: this [sadness] took up so much space in me

Collarbone: I wonder what I might notice now that I've let go of this old [sadness]?
 Under arm: what else is here for me?
 Top of the head: I allow myself to feel a little better

Take a slow, deep breath and keep tapping!

Eyebrow: safe to feel better
 Side of the eye: I can even notice what works well in my life
 Under eye: I value in my life the...
 Under nose: is in...
 Chin: and even the smell of morning coffee
 Collarbone: also the fresh air that touches my face in the morning
 Under arm: I value myself, my courage
 Top of the head: I appreciate that all feelings have a place in me

Eyebrow: I am able to learn how to understand my feelings and their message, what I can learn from them
 Side of the eye: I value myself, my courage and my perseverance
 Under eye: they could decide differently from now on
 Under nose: from now on I can give myself the gift of considering my feelings
 Chin: I know my inner world more and more
 Collarbone: I could choose differently and learn to understand my feelings
 Under arm: I should do it for my feelings instead of safe and that's it
 Top of the head: I am safe

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

If you want to feel even more peaceful, repeat the tapping.

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