

TAP INTO LOUISE HAY'S WISDOM
ABOUT HEADACHES AND
**IMPROVE YOUR
TAPPING SUCCESS**

a report by



GWENN BONNELL

YOU CAN HEAL YOUR HEADACHE:

What Louise Hay Says About Headaches And How You Can Incorporate Her Wisdom Into Your Tapping To Dissolve Headaches Like Ice In Hot Tea

By Gwenn Bonnell

INTRODUCTION

When I met my husband over 20 years ago, daily headaches were normal for him. I couldn't imagine living that way - if I have a headache my first thought is: "I must have a brain tumor." By changing his diet and drinking more water my husband rarely gets headaches these days.

If you suffer from headaches, and even migraines, you probably have already tried to determine the cause, especially if you have a chronic problem. Diet and dehydration are definitely two common culprits. As are substance sensitivities and allergic reactions. Or you might have a physical reason for the pain in your head.

Whether daily headaches are normal for you, or you rarely experience them, or you are somewhere in between those two extremes, you know how debilitating they can be. If you have not found a remedy for your pain, you might want to explore Louise Hay's explanation about the emotional causes of headaches and migraines. This report will show you how you can incorporate her wisdom into EFT (Emotional Freedom Techniques) tapping sequences, which just might bring you relief faster than you thought possible.

Emotional Freedom Techniques (EFT) is an Energy Psychology process developed by Gary Craig that works with the mind-body energy system to (often totally) eliminate all kinds of emotional, mental, physical and spiritual discomfort.

EFT involves tapping on acupressure points along meridians, or pathways of energy throughout the body, while being tuned in to a specific problem or issue. The theory is that EFT tapping "straightens out" the mind/body energy system, thereby making the energy available we need to heal.

For a quick tapping tutorial, visit the EFT section at www.tapintoheaven.com

LOUISE HAY ON HEADACHES

According to Louise Hay's book, *You Can Heal Your Life*, headaches arise when we invalidate ourselves.

Think about it - do you hear your inner critic harping about what you did wrong whenever you have a headache? Louise says that by forgiving yourself and letting it go the headache will dissolve back into *"the nothingness from whence it came."*

AFFIRMATIONS TO CLEAR HEADACHES

Interestingly, one of the headache-clearing affirmations Louise suggests is extremely similar to the default EFT (Emotional Freedom Techniques) affirmation. If you are familiar with EFT tapping, then you probably use *"I deeply and completely accept myself"* or a similar affirmation in the Setup Statement.: Louise proposes stating *"I love and approve of myself"* as a means to clear headaches.

Another affirmation she suggests is *"I see myself and what I do with the eyes of love."* Either affirmation fits in beautifully with the EFT tapping process.

One of the first pages in *You Can Heal Your Life*, with the heading "Some Points of My Philosophy" says

- Everyone suffers from self-hatred and guilt.
The bottom line for everyone is, "I'm not good enough."
- We must be willing to begin to learn to love ourselves.
- When we really love ourselves, everything in our life works.
- Self-approval and self-acceptance in the now are the key to positive changes.

YOU CAN HEAL YOUR HEADACHES

EFT tapping statements almost create themselves from Louise Hay's suggestions. You will see how you can use Louise Hay's affirmations to boost the effectiveness of your EFT practice, whether you are tapping for headaches or tapping for anything else.

Of course, EFT is often most effective when you focus on a specific target for your tapping.

The next time you get a headache, or if you currently have a headache, ask yourself where and how you have just made yourself wrong?

Perhaps you hear your inner critic telling you what you should have done differently, or you are beating yourself up thinking how you could have reacted instead of the way you did react in a certain situation, or you are afraid of what would happen in certain situations.

All those shoulda-coulda-woulda's is enough to give anyone a headache!

Chances are those shoulda-coulda-woulda thoughts are fueling feelings of guilt, or of disapproval, or of not being good enough.

You want to focus on the one shoulda-coulda-woulda that is most intense for you right now.

TAPPING FOR A "GUILTY" HEADACHE

For example, if you are thinking you should have eaten oatmeal or yogurt with fruit for breakfast instead of that greasy fast food meal, and you are feeling guilty because of your choice, the following tapping sequence may help.

THE SETUP

Karate Chop (KC): Even though I have this headache because I feel so guilty about what I should have eaten for breakfast instead of what I did eat, I forgive myself for making myself wrong.

Plug in what specifically you are feeling guilty about as you tap along, or think about the choice you made as you repeat the following:

Karate Chop (KC): Even though I have this headache because I feel so guilty about what I did, thinking I should have done something else instead of what I did, I forgive myself for making myself wrong.

THE TAPPING SEQUENCE

Top of Head (Crown): This headache

EyeBrow (EB): This guilt

Side of Eye (SE): This guilt about what I should have done

Under Eye (UE): This guilt about what I did

Under Nose (UN): I forgive myself for what I did

Chin (CH): I forgive myself for making myself wrong

CollarBone (CB): I forgive myself for feeling all this guilt

UnderArm (UA): I forgive myself for this headache

THE SETUP

KC: Even though I still feel this guilt, I choose to see myself and what I do with the eyes of love.

Woulda-Coulda-Shoulda

-Shel Silverstein

All the Woulda-Coulda-Shouldas
Layin' in the sun,
Talkin' bout the things
They woulda-coulda-shoulda done...
But those Woulda-Coulda-Shouldas
All ran away and hid
From one little *did*.

EFT SHORTCUT TAPPING CHART

**EFT™ (Emotional Freedom Techniques)
SHORTCUT TAPPING PROCEDURE**

THE SETUP

- 1) Focus on a **SPECIFIC** Issue.
- 2) Rate the **INTENSITY** on a scale of 0 to 10 (10 the most intense)
- 3) Continuously tap on the **KARATE CHOP POINT** while stating:
“Even though I have this problem, I deeply & completely accept myself.”



THE TAPPING SEQUENCE

- 4) Tap about 5X on each point while repeating *“This problem.”*
- 5) Focus on the original issue and re-rate the intensity. If not at a zero, repeat the Setup and the Tapping Sequence.

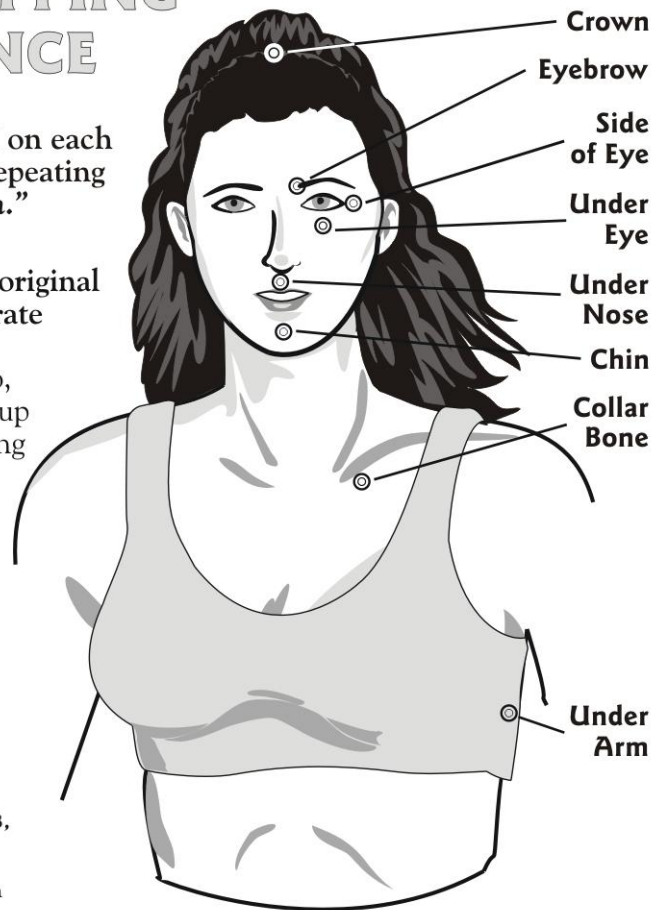


Chart ©Copyright 2003,
Gwenn Bonnell,
All rights reserved
www.tapintoheaven.com
www.EFTslim.com

THE TAPPING SEQUENCE

CR: This remaining guilt

EB: I choose to look past this guilt

SE: And see myself with the eyes of love

UE: Releasing all this guilt

UN: I choose to let go of the guilt

CH: And look at what I do with love

CB: Because love can heal the guilt

UA: I choose to see myself and what I do with the eyes of love

THE SETUP

KC: Even though I still have this problem approving of myself and what I did, I choose to forgive myself and let it go, because I am willing to allow this guilty headache to dissolve back into the nothingness from whence it came.

THE TAPPING SEQUENCE

CR: Approving of myself

EB: Forgiving myself for what I did

SE: It's time to let it go

UE: I don't need it anymore

UN: I learned my lesson

CH: I am willing to allow this guilty headache dissolve into nothingness

CB: It feels good to breathe out and release and let it go

UA: Breathing out and relaxing into approving of who I am.

TAPPING FOR A "COULDA" HEADACHE

Perhaps you were in a situation with a loved one or a business colleague and you are beating yourself up thinking about how you could have reacted instead of how you did react. In doing so, you are invalidating yourself and making it difficult to accept yourself and see anything positive in the situation.

THE SETUP

KC: Even though I have this problem accepting how I reacted in that situation, and it's giving me a headache, I choose to love and approve of myself anyway.

TAPPING SEQUENCE

CR: I can't accept how I reacted

EB: It's giving me such a headache

SE: I can't believe what I said and did

UE: And I have such a headache

UN: I choose to forgive myself for what happened

CH: I choose to forgive anyone else for anything I think they did to cause this headache

CB: Even if I can't love and approve of what I did
 UA: I choose to find a way to love and approve of myself anyway.

THE SETUP

KC: Even though I still have this problem hating what I said and what I did, I choose to accept what happened, learn from the experience, let it go and move on with my life.

CR: I still have a problem with how I reacted
 EB: I hate what I said
 SE: I hate what I did
 UE: I still have a problem accepting what happened
 UN: I can't change the past
 CB: So I choose to accept what happened
 CB: To learn from the experience and absorb the wisdom
 UA: Then to let it go and move on with my life.

THE SETUP

KC: Even though I still keep thinking of what I could have said and done, I choose to recognize that I am continuing to invalidate myself. It happened, I learned my lesson, and I have faith in myself and trust that I see all my experiences through the eyes of love.

TAPPING SEQUENCE

CR: I choose to accept there are many different things I could have said and done
 EB: I forgive myself for not thinking of them in the moment
 SE: I choose to stop invalidating myself
 UE: I accept myself and all my experiences
 UN: I choose to look at the situation through the eyes of love
 CH: I choose to start seeing every experience through the eyes of love as it happens
 CB: Every moment is an opportunity to love myself and share that love
 UA: I have faith and confidence in myself as I learn to choose love in every moment.

TAPPING FOR A "NOT GOOD ENOUGH" HEADACHE

This is self-explanatory – even if you don't have a headache, here's a tapping script for boosting your self-image.

While you may begin by focusing on a current situation, chances are memories of other experiences will flash into your consciousness as you tap. Because there are many events driving those "not good enough" feelings, you will benefit from additional tapping. By using EFT to address – and collapse – aspect after aspect, you are boosting your self-esteem and reprogramming your future reactions to similar triggers.

THE SETUP

KC: Even though I still don't feel good enough, I never feel good enough, and I'm afraid I'll react the same way the next time I'm in a similar situation, I choose to stop criticizing myself.

TAPPING SEQUENCE

CR: This not good enough feeling

EB: This not good enough headache

SE: So many people have criticized me

UE: And I criticize myself

UN: This fear that I won't be able to change

CH: This fear of being criticized no matter what I do

CB: What if I stop criticizing myself?

UA: And start noticing how I stop doing things that need criticizing

THE SETUP

KC: Even though it's such a headache carrying around all these not good enough beliefs, I forgive myself for buying into the criticism that is holding me back from making positive changes in my life.

TAPPING SEQUENCE

CR: This headache

EB: Carrying around all these not-good-enough beliefs

SE: I forgive myself for buying into the criticism

UE: I forgive anyone who might have criticized me

UN: I forgive myself for criticizing myself

CH: It feels good to let go of all these criticisms

CB: I can feel myself relaxing as I release all those not-good-enough beliefs

UA: I am excited to make positive changes in myself and my life

THE SETUP

KC: Even though I still have some of those not good enough feelings, I choose to start recognizing all the positive qualities I already have, and notice every time I react with love for myself and for other people.

TAPPING SEQUENCE

CR: Remaining not good enough feelings

EB: Anytime I feel not good enough

SE: I choose to find a reason to feel good about myself

UE: I choose to start recognizing my positive qualities

UN: And to feel good about myself

CH: I choose to notice how good that feels

CB: And to relax into that good feeling

UA: I am excited to notice every time I react with love for myself and for others.

CONCLUSION

I trust you now have an idea of how to use the affirmations from Louise Hay's *You Can Heal Your Life* in your personal EFT tapping practice.

Remember when addressing headaches, it's useful to notice when you are invalidating yourself because you can use the tapping to change that pattern.

Simply focus on your specific situation, your own thoughts, experiences and beliefs, and incorporate them into the tapping sequences in this report.

For other physical problems, check the list in the back of *You Can Heal Your Life* for affirmations you can plug in to the EFT Setup Statement and Tapping Sequence specific to each problem.

Please keep me informed of your progress, and I'll see you at the Tapping World Summit 2013!

=> If you know anyone who will benefit from this report, please send them to www.tapintoheaven.com/TWS2013

About Gwenn



Gwenn Bonnell was searching for relief from her chronic, burning leg pain when she discovered the magical power of EFT (Emotional Freedom Techniques). The tapping worked – it gave her a life without pain, and it revolutionized her career! Since then, she has taught thousands of people how to tap into the natural healing powers of the body's own energy system to eliminate pain, reduce anxiety and stress, and connect with the joy and bliss we are meant to experience.

A pioneer in the field, Gwenn was one of the first practitioners to combine Energy Psychology and Energy Medicine, establishing a new and remarkable approach to holistic healing.

Based in Ft. Lauderdale, Florida, she has led over 200 workshops and training classes since 1998. Gwenn continues to share her personal expertise, giving people cutting edge information and workable solutions to everyday problems via personal consultations, through print, and on the internet.

Gwenn has been a passionate presenter in the Tapping World Summit since its inception. She invites you to enter the fascinating world of EFT and Energy Medicine. Fasten your seat belt! Catch the excitement and use tapping as a stepping stone to becoming all you can be, having a happier and healthier life and enjoying a more loving experience here on this planet. Visit www.tapintoheaven.com and www.tapawaypain.com for tons of free tips and tactics to boost your success with EFT, Energy Medicine, and more...

You can contact Gwenn by phone at 954.370.1552 or email gwenn@tapintoheaven.com