

Jan Luther, EFT Founding Master

and



The EFT Academy

present

*The Bundling Baggage
Technique*

by Lindsay Kenny, EFT Master

AFTER CLASS HANDOUT



Lindsay Kenny, EFT Master

Lindsay is an EFT Founding Master Practitioner with over 40 years of experience helping people to eliminate barriers, improve their self-esteem and become more effective in life.

She brings thousands of hours of coaching and facilitating experience into her practice and classes.

Lindsay is also the Founder and Director of the National Alliance for Emotional Health and a member of the International Coaching Federation (ICF) and the Association for Applied Meridian Energy Therapies (AAMET).

Steps to Using *The Bundling Baggage Technique*

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1. Gather together the phrases or the messages (or events) you heard over and over as a child and put them in a pile or container.
2. Then give the pile or container a collective name such as: "my pile of crap", "childhood traumas", "my childhood abuse", "alcoholic dad traumas", "negative messages (or lessons) from mom", or "controlling mother baggage", or whatever works for you.
3. Next, give the container an intensity rating from 10 to 0.
4. Do a reversal neutralization on the karate chop point of "not wanting" to get over this "name of the pile" or feelings, abuses, or messages.
Example: "Even though I DON'T want to get over these childhood "issues", I do want to love and accept myself.
5. Tap away the Baggage.

Tapping Sequence for Baggage

1. Do the set up (on the sore spot or the KC point) saying "Even though, after all these years, I'm affected by the "insert your baggage name" from my childhood, I want to love and accept myself today." Repeat 1-3 times.
2. Do 2 rounds on the tapping points using the reminder of "these childhood traumas" (or abuse, beliefs, or whatever) Do a third round venting the issues at each point, such as "dad told me I was worthless, I felt awful, it wasn't fair, it wasn't my fault, I blamed myself, I really tried to be good, I could never please him, I just wanted to be loved and accepted, etc. I call this "stream of consciousness" ranting. Just let the words come out as you tap. Doing this helps to catch any additional aspects of the situation.
3. Reassess your SUDs and repeat steps 4 and 5, adding desire phrases such as; "I want to let this go" or "It's OK now to get over this" or any statement about moving on.
4. When the issue is down to about a 6 or below get in touch with the emotions you had during your childhood, such as anger, resentment, frustration, being scared, terror, hate, frustration, feeling bad about yourself, etc.
5. Then use those emotions as the target for your set-up; "Even though I still have anger and resentment (or whatever feelings) toward mom, there's a part of me that wants to let it go. I want that part of me to win. And I love and accept both parts.
6. Do one round tapping on the points using a reminder of either, "remaining anger, frustration and hurt" or "remaining negative emotions from my childhood" or remaining (name of your baggage.)
7. Do the next round saying "I want to let go of this anger, I want to put those messages behind me, I want to forgive them, NO, I don't!, Yeah, I really do, I need to let this go, for my sake. I want to get over this trauma (or whatever).
8. Use the Choice method when you're at a 3 or below by choosing to eliminate any remaining negative messages, beliefs, abuse or baggage.
9. When you're at a zero, do one or two rounds on some positive statements about yourself that would be the opposite of how you felt as a child.
10. When you really feel you're over the baggage, test yourself by trying to get upset. If you find that there's still a little bit there, tap it away, just as you did the other issues.
11. While going through this process, if a particular event stands out above the others you can stop and deal with it then. Or, continue tapping on the original baggage, then return to the singular event and deal with it separately.