

Done and Dusted

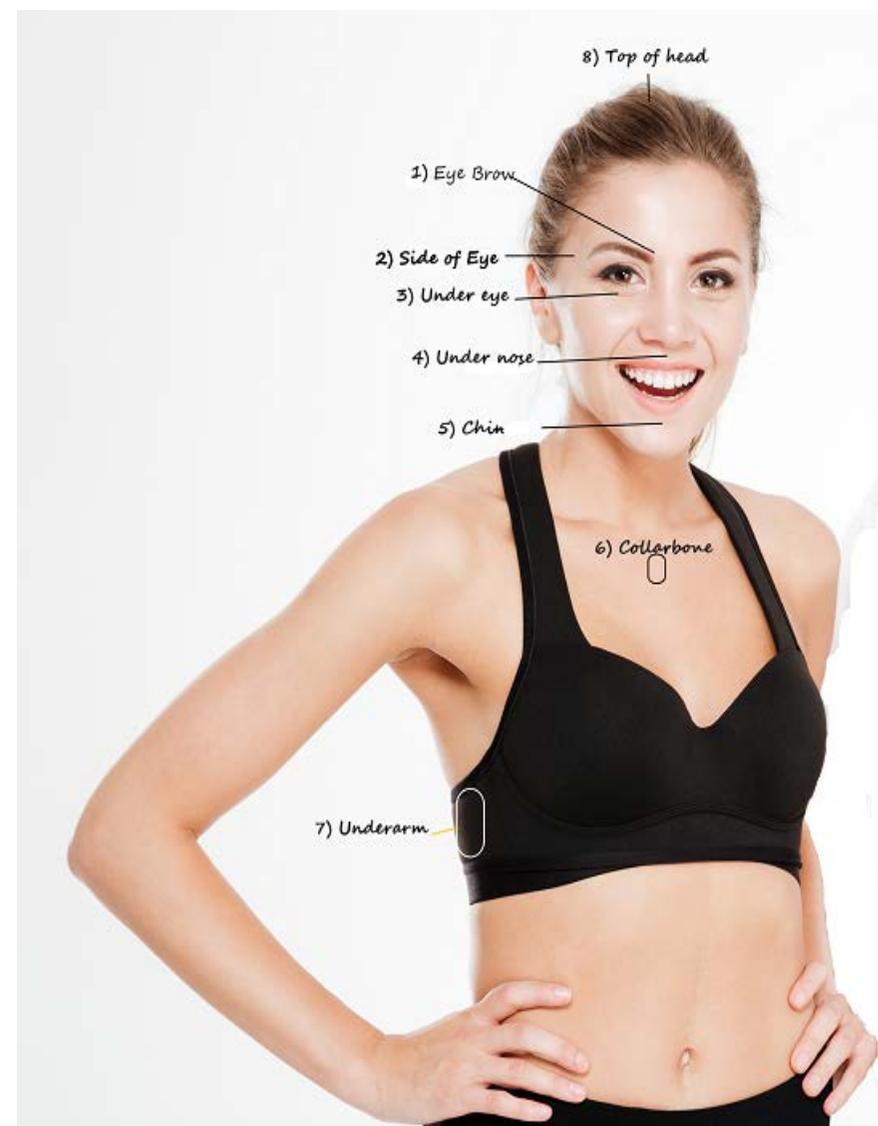
Ok, my friends, you are doing marvelously. You have worked through an entire week of self-discovery and that has been an interesting journey. Its get easier as you learn what your triggers are, how your body responds and what is hidden away. I hope you have started to really look after you, not only on the food and exercise front, but also your thoughts, insights and awareness.

Tapping or EFT Emotional Freedom Technique

Tapping uses acupuncture points to help release the anchored emotions attached to memory, belief or thoughts that come up. By acknowledging the feeling and/or situation that comes up and finishing the statement that you unconditionally love yourself, or forgive yourself, or honour yourself, or even all three, that you unconditionally love, forgive, and honour yourself, no matter what. Allow the associated feelings, thoughts, memories, sayings, or voices to come up as you tap your way around the points. There may not be many at first, or there could be a lot. Either way, it really doesn't matter, and there isn't any wrong way to do this. The power of intent is magical, and often starting the process of working towards self-care opens up the opportunities and lowering of the anxieties around it. The second is the forgiveness mantra.

Holding on to resentment is like drinking poison and expecting the other to die.

Again, this process is about forgiving yourself for your part in actions or thoughts playing out. You have only been doing what you have been programmed to do, and you have been doing a fine job at that. However, you



EFT Tapping Points

now have the opportunity to change the belief or the actions to help you live in a way that is authentic to you and what you choose for you.

The mantra is
I forgive you
I'm sorry
Please forgive me
I love you

It is suggested to really move into the experience by visualising the person/s or situations that come up in memory and feel the feelings that were there at the time. Repeat it until you feel full and lighter and hold your self-image in your mind's eye and repeat it again as many times as you feel it needs to be said directly to yourself.

Some of the things that can occur doing these exercises are as follows:

- Feel of being happier, lighter
- More calmness and peace about past events
- Improved communication or acceptance with those who came up in the event's memory
- Better sleep, easier to choose self-care
- Easier to complete the tasks that are important and be OK to postpone the activities that don't serve you

Allow the feelings to come up and acknowledge them without judgement. They will leave easily the more you see them, thank them, and forgive the situation they were attached to.

The magic of the mantra comes from the energy and intent of the words spoken:

I forgive you – transforms resentment and similar emotions you have towards the person

I'm sorry – ignites compassion for the story generated to keep the belief and associated actions in place

Please forgive me – requests compassion and forgiveness from others or yourself for the situations and the harm experienced over time

I love you – is the healing balm to all involved. How relieving it is to truly feel love and connection with others when you have honestly resolved a conflict or supported them through a difficult situation. To say I love you to someone, including yourself, is the most healing feeling, pouring peace and connection through your entire body. Who doesn't love that feeling?

Another version of this is also very powerful.

I forgive you

I forgive myself for what I created

Free you to be who you are

There is power in acknowledging we make our own situations by our choices and what we attract. There is a fine line, and one that needs to be considered carefully. Is the situation by our doing, or are we facilitating someone else's learning? Either way they are lessons, but my experience has been when we can see that sometimes things are happening to trigger and support another person's lesson we are doing our job and we can be gentle on ourselves. We need to be gentle either way, but I think compassion seems to come easier

when we help others through their stuff. If it is yours, 110% step up and look and heal it, if it isn't then check in and see how you can be present with out rescuing or manipulating the situation to suit you. That, is a lesson in itself.

Detox and Our Emotions

Emotions alter cell function by their chemical nature. By undergoing a physical detox, we change the chemical environment in the cells, tissue, and organs and encourage the release of waste products. This also alters the chemical environment and affinity for the heavy emotions to stay attached to the DNA, cells, mitochondria, etc. A detox enables emotions to come 'free' from the DNA, and one reason why people feel different when they eat well is that their body is undergoing both physical and emotional releases. The simple act of cleaning out the body enables the mind and body to also let go of 'stuff'. This side effect often isn't spoken of but addressed by encouraging people to incorporate meditation, exercise, or other stress management techniques into the treatment protocol. What you do or engage in will be influenced by your personality and what you feel comfortable doing. Whichever method you use to support your emotional healing, it is better to start than not.

In the metaphysical world of mind/body relationships, each organ has its own energy/emotional vibration and hence holds the emotion that matches them: liver – anger and bilious feelings, pancreas – joy, legs – moving forward, and so on. So, when parts of the body are out of balance, we can go in with a general awareness and ask questions more directed to the situations or patterns showing up in your reality.

By the end of this week, I suggest you do a self-care activity, and build the frequency of self-care to a daily event. Small things like stopping for 1 minute to notice the cloud formation, a flower, or a child playing or lovers kissing. Little drops of time out can quickly reframe your mood and bring it up. It may take practice, but practice it and remind yourself in your Life Journal what you felt. It may take some time to get into the hang of this critical aspect of life and self-loving. You will get there. Self-care is essential care and tells yourself

“I know am worth looking after, and doing what is important for me to be me.”

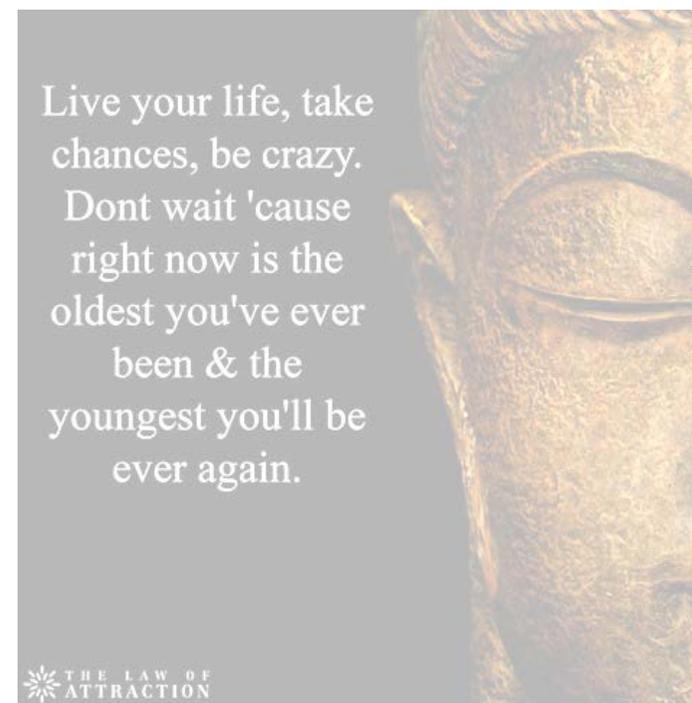
Believe it, you are! Using self-care as rewards also reduces the temptation to 'go of the rails' with food or other possible indulgences. Here are a few suggestions, pick one to do as a big deal, then a few to do during the week.

- ✓ An outdoor activity that you really miss doing – walking for adventure through the park/forest or field. With or without others/pets etc.
- ✓ Going to the movies, or other passive entertainment
- ✓ Catch up with friends that you haven't seen for a while and just allow yourself some time out.

- ✓ Create some you space in your home that is sacred for you to feel relaxed and become refreshed in.
- ✓ Create some sacred time, whether it is five minutes or a couple of hours, the rule is that the time is yours, and others do not have the right to step into it. This is a big challenge, especially parents of small children. Learn to be ok to close the door and just sit; To go outside and relax. Sit on the grass and watch the clouds go by.
- ✓ Turn off your mobile and email for blocks of time so you are not interrupted. People will soon learn the times to call.
- ✓ Book a massage, yoga class or gym

Whatever you choose, go for it. Start in small chunks of time and build up to your desired amount and enforce (gently) that others respect it. It is called self-care and self-respect to put yourself forward a little each day, and a lot on a regular basis. [Selfcare is essential not an option](#)

For more ideas see <http://bit.ly/2M8LmT2>



In Preparation for the coming week

What self-care are you committing to this week? _____

How many times and for you long? _____

Describe how it will feel to do this self-care activity. _____

What is your commitment for focused change this week? _____

What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.

How will you know you are achieving your commitment? _____

How will it feel to complete your committed to activity? _____

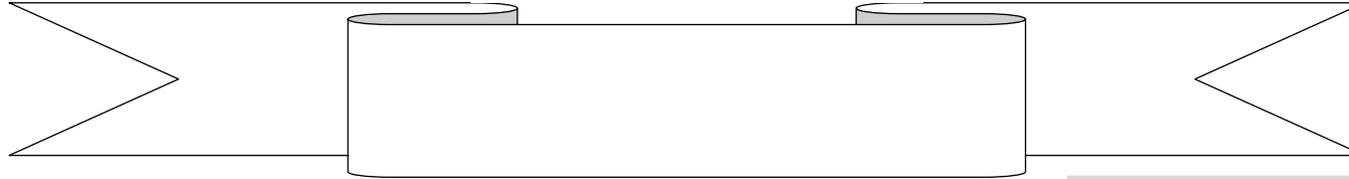
What might it mean in the bigger picture of what you are working towards?

Who do you need to contact to ask for help to action this commitment?

What is the real cost if you don't follow through? _____

What is the cost benefit of following through? _____

Week's Focus



Tasks to complete this week towards your goals

1. _____
2. _____
3. _____
4. _____
5. _____

Important activities to include in this week's planning

1. _____
2. _____
3. _____
4. _____
5. _____

Self Care, reward activity Ideas

- Read for pleasure
- Walk in the garden/park
- Play with children/pets
- Cook favourite meal
- Write in your journal with honesty
- Speak with friends
- Go to a movie
- Buy flowers for the home/office
- Get facial, pedicure or manicure
- Go for a drive to somewhere new
- Be a tourist for a day
- Watch the stars at night
- Watch clouds pass by day
- Continue a forgotten hobby
- Explore a new hobby
- Meditate
- Dance to favourite music
- Test other radio stations
- Refuse to answer the phone or emails between set times.

Meal Ideas – Focus on _____

Shopping List

"Often, we change jobs, friends, and spouses instead of ourselves.

Akbarali H. Hetha

Day 8

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____ Weights
- Strengthening _____ Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories? Tap it out or complete forgiveness exercise.

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"When I was 15, I had lucky underwear. When that failed, I had a lucky hairdo, then a lucky race number, even lucky race days. After 15 years, I've found the secret to success is simple. It's hard work

Margaret Goos,

"Never insult an alligator until after you have crossed the river"
Cordell Hull

Day 9

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____ Weights
- Strengthening _____ Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories? Tap it out or complete forgiveness exercise.

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

In the midst of great joy, do not promise anyone anything. In the midst of great anger, do not answer anyone's letter.
Chinese proverb

"When one is out of touch with oneself, one cannot touch others."

Anne Morrow Lindbergh

Day 10

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____ Weights
- Strengthening _____ Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories? Tap it out or complete forgiveness exercise.

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"There is a time in the life of every problem when it is big enough to see, yet small enough to solve"
Mike Leavitt

"Care about people's approval and you will be their prisoner." ~

Lao Tzu

Day 11

BGL before

Breakfast

BGL 2 hrs after

Morning tea

BGL before

Lunch

BGL 2 hrs after

Afternoon Tea

BGL before

Dinner

BGL 2 hrs after

Snack/supper

Exercise for the day

- Cardio minutes _____ Weights
- Strengthening _____ Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories? Tap it out or complete forgiveness exercise.

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"If you are going to look back on something and laugh about it, you might as well laugh about it now."

Marie Osmond

"Honesty is owning your dreams"
Edward Car

Day 12

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

"The only reason we don't open our hearts and minds to other people is that they trigger confusion in us that we don't feel brave enough or sane enough to deal with. To the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else's eyes." Ane Pema Chodron

Exercise for the day

- Cardio minutes _____ Weights
- Strengthening _____ Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories? Tap it out or complete forgiveness exercise.

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"We are always complaining that our days are few, and acting as though there would be no end to them"
Seneca

Day 13

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

"The primary danger of the TV screen lays not so much in the behaviour it produces as in the behaviour it prevents"
Urie Bronfenbrenner

Exercise for the day

- Cardio minutes _____ Weights
- Strengthening _____ Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories? Tap it out or complete forgiveness exercise.

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"Most people are willing pay more to be amused than to be educated"
Robert C. Savage

Day 14

BGL before _____
Breakfast _____

BGL 2 hrs after _____
Morning tea _____

BGL before _____
Lunch _____

BGL 2 hrs after _____
Afternoon Tea _____

BGL before _____
Dinner _____

BGL 2 hrs after _____
Snack/supper _____

Exercise for the day

- Cardio minutes _____ Weights
- Strengthening _____ Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories? Tap it out or complete forgiveness exercise.

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"The opportunities of man are limited only by his imagination. But so few have imagination that there are ten thousand fiddlers to one composer"
Charles F. Kettering