
Module 97 – Pillar Seven: Mind Over Matter

Healing Your Health Story With EFT



Is your story an open book or would you like some help in uncovering it and healing it?

This module is written by my sister Christine Wheeler a Certified EFT Practitioner.

In module 42, my sister Christine Wheeler gave us all a taste of EFT. Well, it's almost the end of the second year of Future Health *Now!* and it's time for a repeat engagement! She's going to help you put into practice all the great things you're learned about!

Christine is a writer and one of a very few Certified EFT practitioners in the world. She was the editor of Gary Craig's EFT Newsletter and has had a tremendous amount of experience practicing EFT both in her office and through telephone consultations.

Christine has a [How To Do EFT](#) page on her site that you can share with friends and family. (See the URL under References.) And just like I did in Module 42, I'm turning this module over to Christine who can help you *Heal Your Health Story with EFT*.

I'll hand over the writing to Christine now...

Congratulations to all you members of Future Health *Now!* on your near completion of this amazing program. I'm sure it's helped you make significant changes in your life and your health. I value my membership in this program because it's made a big difference in my life.

What a great accomplishment to undertake a wellness program of this magnitude. Perhaps you have found healing insight to help you deal with physical and emotional health challenges. You may also have a new, keener sense of awareness of your personal wellbeing.

While you may have healed aspects of health conditions you may have had and gained a new sense of wellness, have you healed your **story** about your condition, illness, or health challenges that first brought you to Future Health *Now*?

What Do I Mean by Story?

Your **story** is what you keep telling yourself and others about the things that are going on in your life. Your story is your calling card to the world, and to the Universe. Your story represents the energy you carry through your life when you talk about or think about certain events, experiences and issues in your life.

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Given that you've come to Future Health *Now!* to gain information and insight about your personal health, this module will focus on your **health story**. However, the information can be applied to any story that you carry in any area of your life.

What's Your Health Story?

Let's for a moment consider the health issues and challenges that you were facing when you first enlisted for Future Health *Now!* Imagine the stories you were telling yourself and others about your state of wellness **at that time**. Here are some suggestions:

- I am sick and tired of feeling sick and tired.
- No matter what I do, I never feel better.
- Nobody believes that I'm sick.
- Doctors don't listen to me.
- I'm nearly at the end of my rope.
- I knew I'd end up with this illness.
- I'm just like my mother/father/sister/brother/relative who had this illness.
- I'll never get past this.

What were some of the stories you told back then? I know these are just one-liners, but you get the feel for the story they represent. You can print out these pages and jot down a few ideas on the lines below of what story you were telling and carrying around in your energy system back then.

Having trouble identifying the old stories you might have been telling? That's ok. In fact it is probably a good sign, meaning that those old stories are no longer stuck in your energy system.

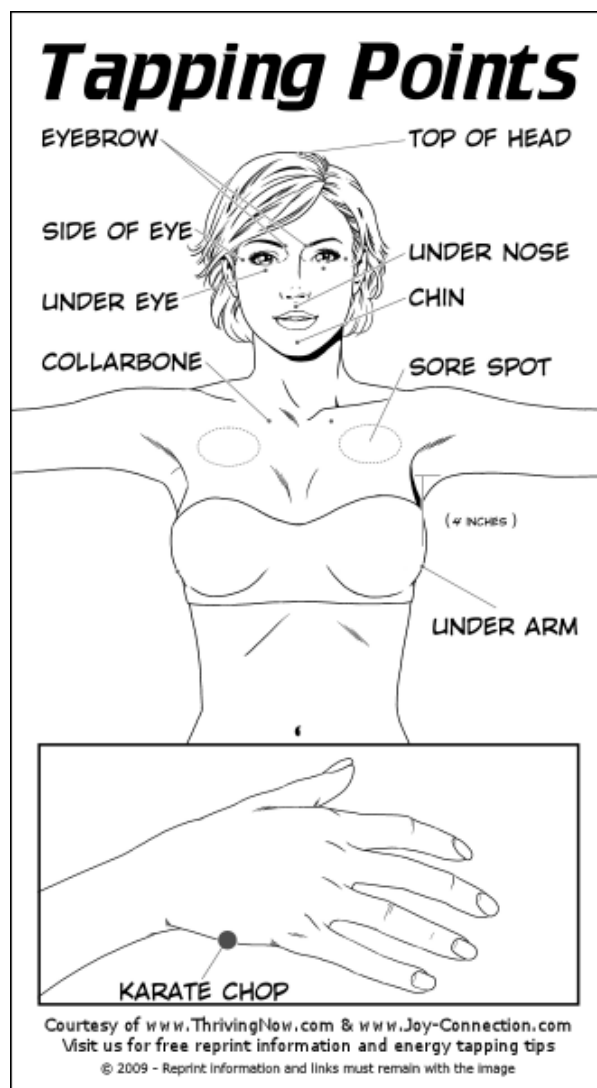
But if you are still telling any of the old stories on your list, you may be keeping the energy of illness and un-wellness active in your energy system. For example, if two years ago you were living with Chronic Fatigue Syndrome and have gone through 95 Future Health *Now!* modules and incorporated changes into your life then you will be feeling better. You're more energetic, and have more vitality in your life, yet if you're still telling yourself and people you meet that you have CFS then you are **telling an old story**.

You are still identifying yourself as a person who is sick. Your whole system would like it better if you told a new story that reflects the wellness that you've attained in the past two years.

So let's do some EFT tapping on these old stuck stories that represent an old energy and belief pattern about your health.

EFT Point Review

If you're not familiar with EFT, please review Module 42. I'll give you the points diagram again on the next page so you can print it out and have it in front of you for easy reference.



- **Top of Head:** Use the tips of your fingers to tap lightly on the top of your head.
- **Eyebrow:** The point at the beginning of the eyebrow near the bridge of the nose.
- **Side of Eye:** The point is on the bone at the side of the eye.
- **Under Eye:** The point is on the bone under the eye, in line with the pupil.
- **Under Nose:** The point is midway between the bottom of the nose and top of the lip.
- **Chin:** The point is midway between the lower lip and the chin where there is a dent.
- **Collarbone:** The point is about one inch down and over towards the outside of where a man would tie his tie.
- **Under Arm:** The point is about four inches below the armpit.
- **Karate Chop:** The point is on the fleshy side of either hand where you would karate chop something.

- **Sore Spot:** This is a point that you can use instead of the karate chop point. Skip this point for now.

EFT Practice Session

Even if the following statements don't fit for you 100 percent, just tap along with all three sets and you will still receive the benefits of tapping.

1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though I am sick and tired of feeling sick and tired, I deeply and completely accept myself.

2. Tap through all the EFT points while repeating the reminder phrase *I am sick and tired of feeling sick and tired.*

~~

1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though no matter what I do, I never feel better, I deeply and completely accept myself.

2. Tap through all the EFT points while repeating the reminder phrase *no matter what I do, I never feel better.*

~~

1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though I knew I'd end up with this illness, I deeply and completely accept myself.

2. Tap through all the EFT points while repeating the reminder phrase *I knew I'd end up with this illness.*

Continue tapping this way for any of the old stories that you are still telling about your health.

Look at Your Current Stories

Some of you may already be very conscious and aware of the way you think and speak when you're discussing your health. You may already be choosing very positive words, attitudes and thoughts.

Or, you may be consciously or unconsciously keeping the energy of old stories alive. Here are some examples of things I hear from clients regularly. Note that these statements read like

statements of fact. What we know about the subconscious is that it doesn't know fact from fiction. So if you keep telling these kind of stories, your subconscious will keep making it real.

- Every December, I get a bad case of bronchitis.
- I'm just waiting for a heart attack to happen.
- Everyone in my family is overweight so I can't change that.
- I'm just waiting for the cancer to come back.
- My father died at 60, so I'm just waiting for the same fate.
- I always pick up every bug that's going around.
- I never get through a vacation without getting sick.

As you read these statements, do any of them sound like stories you're telling yourself? Now you may not actively be saying these words out loud to someone else, **but they have the same effect even if you are thinking them.** In fact, these statements are thoughts you keep thinking which turn them into beliefs. If you believe that you will get sick every vacation, your subconscious will do whatever it can to make that happen for you.

How do you get rid of the thoughts you keep thinking, and the negative beliefs that you are hanging on to about your health and wellness? Tapping with EFT.

What negative thoughts and beliefs are you thinking presently?

Now I want you to make a list of the beliefs you have right now about your health and wellness and the negative thoughts you keep thinking. It is important to write down the first thoughts that come to your mind. I'll start you off with a couple of prompts.

I always...

I never...

I am someone who...

Other thoughts and beliefs about my health

Now we can take any of the statements from above and make tapping statements to clear them with EFT. Change the statements below to reflect your own situation.

1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though every December, I get a bad case of bronchitis, I deeply and completely accept myself.

2. Tap through all the EFT points while repeating the reminder phrase *every December, I get a bad case of bronchitis*

~~

1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though everyone in my family is overweight so I can't change that, I deeply and completely accept myself.

2. Tap through all the EFT points while repeating the reminder phrase *I can't change that I'm overweight.*

~~

1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though I'm just waiting for a heart attack to happen, I deeply and completely accept myself.

2. Tap through all the EFT points while repeating the reminder phrase *I'm just waiting for a heart attack to happen.*

Now tap on the beliefs and thoughts and stories that you've written on your list.

As you tap on the negative stories and thoughts that you keep telling and thinking, you are neutralizing their truth in your energy system and subconscious. Many clients defend their thoughts with, “**But what I'm saying is just a fact!** I DO get bronchitis every December!”

Yes, I get that it has happened every year for the past five years, but thinking about it as a fact feels very discouraging. Thinking about it as a fact and telling the story to friends who want you to plan a December holiday is limiting you and your life. One of my clients, Betsy, was

invited on an all expense paid holiday to her dream destination. She had plenty of notice to arrange her work and family calendar so that she could go.

However, her first inclination was to say no. Why? Because according to the “facts” of her story, she always gets bronchitis in December. We did a couple of rounds of tapping and uncovered more parts to Betsy’s story. Tap along with the phrases below.

Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though every December, I get a bad case of bronchitis, I deeply and completely accept myself.

Tap through all the EFT points while repeating the reminder phrase *every December, I get a bad case of bronchitis*

We did a few rounds of tapping on this and then I asked Betsy what happened the first year she got bronchitis; what was going on in her life. She said that the first year she was so sick that another family member hosted Christmas so she didn’t have to lift a finger. She said it was a relief.

This is what we did for our next round of EFT tapping:

Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though my bronchitis got me out of being responsible for Christmas, I deeply and completely accept myself.

Tap through all the EFT points while repeating the reminder phrase *bronchitis got me out of Christmas.*

Some light bulbs were going off for Betsy as we tapped. The second year she had bronchitis, she was away from her stressful job for two of the busiest weeks of that year.

Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though bronchitis got me out of working during the year-end hell, I deeply and completely accept myself.

Tap through all the EFT points while repeating the reminder phrase *bronchitis got me out of year-end at work.*

Betsy was totally getting it now; so we changed the tapping phrase to include a positive outcome.

Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though every December, I get a bad case of bronchitis, I'd rather take a break from responsibilities in a healthy way

Tap through all the EFT points while repeating the reminder phrase *I don't have to get sick to take a break.*

After working through this story together, I instructed Betsy to change the story she tells people, and herself about bronchitis. It had become firmly entrenched in her family as others took responsibility for the Christmas holiday because, "Betsy always gets sick." She liked the idea of imagining this dream vacation instead and she spent several minutes a day looking at pictures of her destination. Shortly after our session, Betsy agreed to go on the vacation and had a wonderful healthy time.

Family Stories about Our Health?

Naturally there are several sources for information about health that reach us every day, all our lives. But it isn't so much the information itself, but how you feel about the information.

Take a few moments and think about the health stories that run through your family. Perhaps your parents and their siblings had the same illness and the expectation in your family is that you'll also be susceptible. Typically, doctors will ask about your family health history and may indicate that you have a higher risk for a certain kind of cancer, or heart disease, or diabetes.

I'm a member of Future Health Now! and it's a beautiful program that gives you a distinct health advantage. But despite having great self-care practices, many healthy folks still tell the family story about how all the men have heart attacks, or strokes, and all the women have had some kind of cancer.

Whether or not it is spoken, the insinuation is that they got it and you will too. How does it feel when you think that you are susceptible to that illness or disease? Really take a moment here and notice how your body feels when you carry the belief that you are likely to get that illness?

Now, quickly take a deep breath and think the opposite thought. How does it feel in your body to remember all the great care you are taking of yourself? Think about all of the lifestyle changes you've made over the past two years of this program. Imagine how your cells feel with this fresh food, water and attention.

What feels better? Everybody will agree that it feels better to think of the positive things you are doing for your health. Thoughts about inevitably inheriting a life threatening disease robs your energy, undermines your vitality and stresses your body. Let's do EFT tapping to dispel the negative impact of the unresourceful thoughts about your future health.

Please change the phrasing to reflect your circumstances. Notice as we tap, I change some of the phrasing to reflect a more positive outlook.

1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though both my parents died of cancer and I'm afraid I will too, I deeply and completely accept myself.

2. Tap through all the EFT points while repeating the reminder phrase *I'm afraid of dying of cancer too.*

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1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though my doctor says I am at high risk for developing _____, I deeply and completely accept myself.

2. Tap through all the EFT points while repeating the reminder phrase *I'm at high risk for developing _____.*

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1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though I have a family history of _____, I deeply and completely accept myself.

2. Tap through all the EFT points while repeating the reminder phrase *I have a family history of _____.*

~~

1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

Even though I have a family history of _____, I would rather have a healthy future.

2. Tap through all the EFT points while repeating the reminder phrase *I'd rather have a healthy future.*

~~

1. Tap the side of your hand (Karate Chop point) while repeating this phrase three times:

*Even though I have a family history of _____, I recognize that it is **history** and I would rather have a healthy future.*

2. Tap through all the EFT points while repeating the reminder phrase *That illness is history, I'd rather have a healthy future.*

This kind of EFT tapping can be done for any issue that you are facing, not just your stories. I suggest reviewing EFT in Module 42 and set aside a few minutes every day to do EFT for something that is bothering you. Be persistent. The number one mistake that newcomers make is giving up too quickly. Some aches, pains, or emotional hurts can be alleviated with mere minutes of tapping. Others may require hours of tapping. Remember that it took a long time for an

emotional or physical issue to become problematic. Although people can experience dramatic results, persistence is the key.

Back to Carolyn...

Until Next Week

As we all know, your attitude is every bit as important as the action steps you take to improve your health. So, with this EFT module Christine has given you a fantastic way to create the best attitude possible for achieving your future health.

Christine is a Certified EFT Practitioner and co-author of *IBS for Dummies* and *IBS Cookbook for Dummies* with me. She's also ghostwritten several other health books that she can never tell you about! She's been a freelance researcher and writer for 15 years, specializing in alternative, natural medicine and healing techniques. She has a busy private EFT Practice in Vancouver, BC and has telephone clients all over the world. You can visit Christine's website at www.christinewheeler.com.

And with this module as well as all the others, remember, if you don't think you can do EVERYTHING that I outline in the *Future Health Now!* don't worry. I don't expect you to! Even if you just do 20% you'll probably see 80% of the results you are looking for.

Coming Up In Module 98

Next week's module is a departure from my normal presentation of "just the facts." And it isn't just Mind over Matter, it's Spirit over Mind and Matter. I'll say no more and leave you in suspense until then.

If you have any questions about this module email me at help@drcarolyndean.com



References:

<http://christinewheeler.com/howtodoeftfull.html>

Disclaimer: The entire contents of this document are based upon the opinions of Dr. Carolyn Dean – unless otherwise noted. This document is not intended to replace a one-on-one relationship with a qualified health professional and is not intended as medical advice. It is a sharing of information from the 40+ years of research and experience of Dr. Dean. Dr. Dean encourages you to make your own health care decisions based upon your own research and in partnership with a qualified health care professional.

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