

## **Lupus Pain/Fibromyalgia EFT Tapping Protocol by Larry Burk**

To use this audio effectively please review my [Unlearn Your Pain with EFT blog](#), [EFT 9 minute tapping video](#) and [EFT tapping handout](#) all posted in the Links section at the bottom right of my homepage at [larryburk.com](http://larryburk.com) under Coaching.

Emotional trauma may be a cause of painful lupus flares or fibromyalgia. If you can identify an upsetting event that occurred just before the pain started EFT tapping is an effective way of releasing the stuck emotion and restoring your health and well-being.

Start by saying “I have a painful emotion stuck in my body,” and make an assessment of the degree of symptoms from 0 to 10 with 10 being the worst pain ever and 0 being no pain at all.

Find the Sore Spot on your chest by pressing with both thumbs below the collarbones in between the ribs and pick which ever side is most tender. While pressing deeply on the Sore Spot repeat the following affirmation three times.

Even though I have a painful emotion stuck in my body I deeply and completely accept myself.

Next take a deep breath in of your favorite healing color and breathe out a dark nasty color that represents your pain.

Using your middle finger tap through the following four sequences of 9 acupuncture points tapping about as many times as it takes to say the individual phrases at each point illustrated on the handout and video. Start on the left side for the face points, but you may cross over to the opposite side for the chest points if that is more comfortable for you. For this first sequence just repeat the same phrase at each point.

**Eyebrow point:** Painful emotion stuck in my body.

Side of eye point: Painful emotion stuck in my body.

Under eye point: Painful emotion stuck in my body.

Under nose point: Painful emotion stuck in my body.

Chin point: Painful emotion stuck in my body.

Collar bone point: Painful emotion stuck in my body.

Under arm point: Painful emotion stuck in my body.

Below breast point: Painful emotion stuck in my body.

Top of head point: Painful emotion stuck in my body.

Do the color breathing again, and then switch to tapping on the right side of the face.

Eyebrow point: Painful emotion stuck in my body.

Side of eye point: I had an upsetting event just before my pain flared.

Under eye point: That painful emotion got stuck in my body.

Under nose point: It hasn't been safe to express it.

Chin point: I hurt all over.

Collar bone point: I'm frustrated by my brain fog.

Under arm point: I can't sleep due to the pain.

Below breast point: Nothing seems to help.

Top of head point: Painful emotion stuck in my body.

Do the color breathing again, and then switch to tapping on the left side of the face.

Eyebrow: Painful emotion stuck in my body.

Side of eye: It is gone, I'm healed!

Under eye: That sounds like bullshit!

Under nose: Maybe it feels a little better.

Chin: I still have a lot of painful emotions.

Collar bone: What if I let go of it?

Under arm: I doubt I could do that.

Below breast: What if I could?

Top of head: My body might start to heal.

Do the color breathing again, and then switch to tapping on the right side of the face.

Eyebrow: I want emotional freedom now.

Side of eye: I am letting go of the past.

Under eye: It is safe to express my emotions.

Under nose: My body is starting to heal.

Chin: My mind is clear.

Collar bone: I can sleep comfortably.

Under arm: I'll keep tapping until I am fully healed.

Below breast: I'm going to have fun doing it.

Top of head: I'm curious about what is going to happen.

Stop tapping and do the color breathing again, this time with your eyes closed breathing deeper and faster than before for the next minute.

When you feel the color moving through your body and out your fingers and toes start to shake your arms and legs controlling the speed of energy movement by the rate of your breathing.

Shake until you have let go of whatever you need to release and allow your breathing to return to normal.

Scan your body for any dark colored spots where you have pain. Allow an image to emerge from that spot representing the emotion that is stuck there. Imagine having a magic wand that will allow you to transform that image into a more comfortable one. Do that now.

Go in your mind to a favorite place in nature such a vacation spot and use all of your senses to imagine being there. Look down at your feet and pick up an object off the ground that can serve as a healing tool to allow you to recycle anything you want to let go of now. Release it back to the earth to be turned into compost.

Invite a healing guide to visit you like an ancestor, a spirit animal, or an angel. Ask if they have any words of wisdom for you.

Now go in a time machine back into your past to revisit a positive memory of doing a fun activity prior to your symptoms when you felt healthy. What color reminds you of that feeling? Imagine that someone took a picture of you doing it and put that color in a frame around it. Breathe the color into your body and put the picture up on your past memory wall.

You can now become a Hollywood script writer and go forward in time to just before your pain began. Rewrite any emotional trauma that occurred to trigger the symptoms to make it turn out different with a better outcome.

Go forward into the future when your body is fully healed. How soon will that happen? Give an estimated time. Notice how it feels to have comfort in your body and a clear mind. Assign a color to that feeling and put it in a frame around a picture of your future self. Breathe that

color into your body, stretch, open your eyes and return from your imagery journey.

Say “Painful emotion stuck in my body,” and check to see if the symptoms have changed in any way. Assess your degree of pain and see if it is different than before the tapping. As homework keep doing the tapping protocol as often as you need to until your body is fully healed.

Reference:

[Brattberg, B. \(2008\). Self-administered EFT \(Emotional Freedom Techniques\) in individuals with fibromyalgia: a randomized trial. Integrative Medicine: A Clinician's Journal, 7\(4\), 30-35.](#)

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