

Sinusitis/Post Nasal Drip EFT Tapping Protocol by Larry Burk

To use this audio effectively please review my [EFT for Grief and Sinusitis 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 under Coaching.

Unresolved grief may be a cause of sinusitis and post nasal drip as metaphor for inner crying. If you can identify an upsetting emotional loss that occurred just before the symptoms started EFT tapping is an effective way of releasing the stuck emotion and restoring the health of your sinuses.

Start by saying “I have grief trapped in my sinuses,” and make an assessment of the degree of symptoms from 0 to 10 with 10 being the worst ever and 0 being none 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 grief trapped in my sinuses 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 sinus drainage.

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: Grief trapped in my sinuses.

Side of eye point: Grief trapped in my sinuses.

Under eye point: Grief trapped in my sinuses.

Under nose point: Grief trapped in my sinuses.

Chin point: Grief trapped in my sinuses.

Collar bone point: Grief trapped in my sinuses.

Under arm point: Grief trapped in my sinuses.

Below breast point: Grief trapped in my sinuses.

Top of head point: Grief trapped in my sinuses.

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

Eyebrow point: Grief trapped in my sinuses.

Side of eye point: I had an upsetting event just before my symptoms started.

Under eye point: That grief got stuck in my sinuses.

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

Chin point: The mucosal lining of my sinuses is inflamed.

Collar bone point: I'm frustrated by my sinus drainage.

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

Below breast point: Nothing seems to help.

Top of head point: Grief trapped in my sinuses.

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

Eyebrow: Grief trapped in my sinuses.

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 inner crying.

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 sinuses 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 sinuses are starting to heal.

Chin: My throat 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 sinuses for any dark colored spots where you have drainage or pressure. 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, an angel or someone you lost. 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 loss 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 sinus symptoms began. Rewrite any emotional loss that occurred to trigger the symptoms to make it turn out different with a better outcome.

Go forward into the future when your sinuses are completely healed. How soon will that happen? Give an estimated time. Notice how it feels to have comfort in your sinuses and a clear throat. 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 “Grief trapped in my sinuses” again and check to see if the symptoms have changed in any way. Assess your degree of symptoms 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 sinuses are fully healed.

Reference:

[Suh, J. D., Wu, W. A., Taw, M. B., Nguyen, C., & Wang, M. B. \(2012\). Treatment of recalcitrant chronic rhinosinusitis with integrative East-West medicine: A pilot study. *Archives of Otolaryngology and Head and Neck Surgery*. 138\(3\):294-300.](#)

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