

ARTICLES FOR SELF HELP, SELF AWARENESS & SELF FULFILLMENT

by [Ranjana Appoo](#)

Part 1: Keeping it Simple

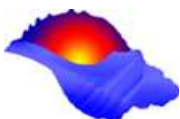
Useful Suggestions for enhancing your Personal Peace Procedure

If you are a serious Meridian Therapy practitioner then you know the importance of the Personal Peace Procedure. You know how important SELF HELP is on the journey of Healing whether for your clients or for yourSELF. It helps us keep that one foot in front of the other and advance in the surety of one step at a time. I love sharing SELF help tips with my clients and keeping them simple is probably the most enjoyable part of the process. I love coming up with new SELF help ideas that I first always always always always (yes you get the message now) try on myself and then in the Free monthly Support Group and then with my clients.

What I plan to share over the next coming months is a series of SELF HELP (Homework) that have been most successful and loved by our clients. When you first share SELF HELP (Homework)- KEEPING IT SIMPLE IS VITAL.

1. Give your client no more than one phrase that they love (love playing with).
2. Make sure that your client has a huge say in coming up with the phrase.
3. Go through the process and merits of using the SELF HELP (Homework) with your clients
4. Ask them to keep you posted on a weekly or fortnightly basis
5. When you next see them change the SELF HELP (Homework) even if it is just a little bit – Variety is definitely the spice of life
6. Making your client responsible and encouraging their independence will help them *Respond with Ability* to whatever comes their way.
7. Having Love, Forgiveness or Gratitude in the phrase works really well as SELF HELP
8. Make sure that you are also using a SELF help process, living your talk makes you 100% congruent and therefore a great role model.

There are many more tips, but these will give you a great head start and will help your client practice SELF HELP (Homework) on a daily basis.



One of the common phrases that I have used very successfully as SELF HELP (Homework) is:

Admittedly _____ (fill in the blank) _____ I can't help but love myself

or

Admittedly _____ wouldn't it be wonderful if I can't help but love myself.

Below are a few examples:

Admittedly I am flawed and not the most beautiful being on this planet I can't help but love myself.

Admittedly I get stressed and flustered and peeved I can't help but love myself.

Admittedly i feel guilty for so much in my life wouldn't it be wonderful if I can't help but love myself.

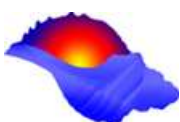
Admittedly i made a mistake wouldn't it be wonderful if I can't help but love myself.

The “admitting” is great, it works like a truth or dare game (it reflects one of the foundational principles of EFT – saying it like it is) and the “I can’t help but love myself”, seems to always bring a smile to the surface. Try it and let me know. If you want to discuss this further or want more information, feel free to join our free Monthly Support group, book in for one of our Mentoring and Exploration Days.

Warm wishes,

Ranjana Appoo

Co- Creator of [LiberatingTouch](#) and [The Emotional Toothbrush Series](#)



Part 2: Make it Inspiring

“The search for contentment is not merely a self-preserving and self-benefitting act, but also a generous gift to the world. Clearing out all your misery gets you out of the way. You cease being an obstacle, not only to yourself but anyone else. Only then you are free to serve and enjoy other people” Elizabeth Gilbert from Eat, Pray, Love

For me, practising SELF help is not just about healing pain but about finding the deep contentment of knowing who we are and our intimate yet divine connection to the world around us. I see SELF help as synonymous with SELF Knowledge. To KNOW mySELF is to HELP mySELF and vice versa. A favourite Self Help tool of mine is using INSPIRING phrases, quotes, sentences for 28 days or more. Below I have shared 3 of my favourite quotes, and each time I used one of these for a month I made a huge shift.

My clients always report astonishing results after this one simple easy to follow exercise. I remember one client who booked sessions with me on a monthly basis, diligently practised SELF help especially the “I love myself” one below. She reported dramatic changes in the month, the most startling being that she forgave someone that she never believed she could.

Every time i see a client one of the first things I do is check what they are doing for SELF help. My reasoning behind this is if they are not doing this then the chances of them depending on me for change and help are quite high and I really do not want to encourage that. It is important for me that the client is empowered and in charge of their own healing process. So I make this very clear to them. Providing SELF help tools is a great step in that direction.

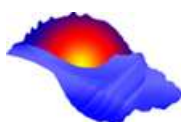
So without further ado here are 3 favourite SELF help inspirational tapping Sequences, simply tap or imagine tapping on the points as you say these words. Try any one of them for a month and notice if it makes a difference.

This First one was written by [Ruth Fox](#) ,

I acknowledge the possibility by Ruth Fox

Karate Chop: I acknowledge the possibility

Eyebrow: that the apparently impossible



Side of Eye: may become possible

Under Eye: in ways that I cannot imagine right now

Under nose: and I acknowledge that it may happen

Chin: in unexpected ways

Collarbone: and that it could come about much more quickly than I ever thought it could

Underarm: and that it could just surprise me

Top of Head: and bring me incredible excitement, peace and joy when I see it unfolding.

The next one is well known for being read by Nelson Mandela, it is from Marianne Williamson's, Return to Love

Our Greatest Fear is not that we are inadequate. (Eye Brow)

Our deepest fear is that we are powerful beyond measure. (Side Eye)

It is our light not our darkness that most frightens us. (Under Eye)

We ask ourselves, "Who am I to be brilliant, gorgeous, talented, and fabulous?" (Under nose)

Actually, who are you not to be? (Chin)

You are a child of God. (Collar bone)

Your playing small doesn't serve the world. (Under arm)

There is nothing enlightened about shrinking so that other people won't feel insecure around you. (Head)

We were born to make manifest the glory of God within us. (Eye Brow)

It is not just in some of us, (Side of Eye) it is in every one, (Under Eye)

And as we let our own light shine, (Under Nose)

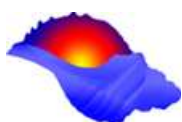
We unconsciously give other people (Chin)

Permission to do the same (Collarbone)

As we are liberated from our own fear, (Under arm)

Our presence automatically liberates others. (Head)

The last one is, I Love Myself Just the Way I Am, A Song of Affirmation by Jai Josefs. It is an incredibly empowering tapping sequence. When I began tapping with this, the results were phenomenal. I felt lighter, kinder and so much more at peace with everything in a very dynamic way. The feeling has never gone away.

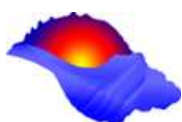


*Eye: I love myself the way I am,
Side of Eye: there's nothing I need to change
Under Eye: I'll always be the perfect me
Under Nose: there's nothing to rearrange
Chin point: I'm beautiful and capable
Collarbone: of being the best me I can
Under Arm: And I love myself
Top of Head: Just the way I am*

*Eye: I love you the way you are,
Side of Eye: there's nothing you need to do
Under Eye: When I feel the love inside of me
Under Nose: It's easy to love you
Chin point: Behind your fears, your rage and tears
Collarbone: I see your shining star
Under Arm: And I love you
Top of Head: Just the way you are*

*Eye: I love the world the way it is,
Side of Eye: and I can clearly see
Under Eye: that all the things I judge are done
Under Nose: by people just like me
Chin point: So till the birth of peace on Earth
Collarbone: that only love can bring
Under Arm: I will help it grow
Top of Head: By Loving Everything*

*Eye: I love myself the way I am,
Side of Eye: and still I want to grow
Under Eye: For change inside can only come
Under Nose: when deep inside I know
Chin point: I'm beautiful and capable
Collarbone: of being the best me I can
Under Arm: And I love myself
Top of Head: Just the way I am*



Hope this Inspires you ☺

Ranjana Appoo

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Co- Creator of [LiberatingTouch](#) and [The Emotional Toothbrush Series](#)

Part 3: Forgiveness Especially Self Forgiveness

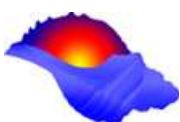
Carl Jung, the noted psychoanalyst, once wrote, *"That I feed the poor, forgive an insult, and love my enemy — these are great virtues. But what if I should discover that the poorest of the beggars and most impudent of offenders are all within me, and that I stand in need of the alms of my own kindness — that I, myself, am the enemy who must be loved. What then?"*

Forgiveness is realizing that what you thought happened, didn't. Byron Katie

Many EFT Practitioners have embarked on a self acceptance project on some stage of their journey, (if you have not then this is something that is truly magnificent to embark on) the most notable being Steve Wells' well written account of his 30 day Self Acceptance Project available at www.eftuniverse.com . I too was inspired to undertake a similar project of self acceptance for 30 days and experienced a big shift in my confidence levels. Later, I undertook a 40 Day Forgiveness Project (in 2006).

I now encourage my clients, trainees and anyone interested in radical change to undertake such a project. But first let's be clear about forgiveness. This act of forgiveness is interpreted by each person to suit their needs. For me, forgiveness is FOR – GIVING – LOVE, FOR – GIVING – TRUTH, FOR – GIVING – FREEDOM.

This was a very simple project and yet so profound. The how-to of this project is easy. Whenever you have any thought, idea, issue that shows up in your awareness as something that you may want to heal, simply say to yourself, *"Even though this is showing up or I have this habit or this is happening, I forgive myself."*



Once we find compassion for ourselves, it is easier to find compassion for others. Anne Truitt wrote, *"It takes kindness to forgive oneself for one's life." Forgive oneself requires the same compassion, understanding and insight we might apply to forgiving others. We come to recognize that we are perfect but not yet perfected — that we make mistakes and continue to learn as we stumble towards the light."*

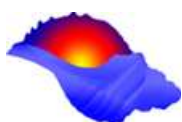
It does not matter if you do this self help 30 times or more or less in a day, it does not matter when, the only thing that matters is repeating; *I forgive myself*, over and over for however many days you choose to do this. The first thing that happened for me was my level of Self awareness increased exponentially. Every time I noted any kind of self talk that was negative (backbiting) that put me down or anybody else down, I simply repeated, *I forgive myself* or *I forgive myself unconditionally*, I wouldn't go into any depth with my thoughts or feelings, I rarely checked my suds. Sometimes, the same issues surfaced over and over, I simply tapped with *I forgive myself* or *I forgive myself unconditionally*, over and over for 40 days. This project profoundly impacted my life. I remember at the end of my forgiveness project thinking, judgements come and go I no longer need to be attached to them, i could be free from the stories that held them in place now. I learnt that forgiveness returns us to a place of truth and liberates us from toxic emotions and draining attachments. It is the ultimate mind-body-soul detox.

Below are 3 quotes on forgiveness from 'A Course in Miracles'

"Those who forgive are thus releasing themselves from illusions, while those who withhold forgiveness are binding themselves to them. As you condemn only yourself, so do you forgive only yourself. "

"The unforgiven have no mercy to bestow upon another. That is why your sole responsibility must be to take forgiveness for yourself. The miracle that you receive, you give."

"As I look about, I condemn the world I look upon. I call this seeing. I hold the past against everyone and everything, making them my enemies. When I have forgiven myself and remembered Who I AM, I will bless everyone and everything I see. There will be no past, and therefore no enemies. And I will look with love on all that I failed to see before."



We choose our own realities. I don't think I really understood that until I came to a point in my "evolution" where I heard myself think/ say I am finally ready to let go of the past, of all the past. And perhaps the future can take care of itself...this was a turning point in my consciousness.

Fear is the greatest hurdle to self acceptance, love and freedom. The symptoms of fear are anger, hate, sadness, envy, and betrayal. When the fear is too great the reasoning mind begins to fail. To heal the disease of fear is to heal the wounds of emotional pain, take the poison out. The easy way to do this is forgiveness. Forgiveness is a profound way to heal. Releasing the judge and the victim, we end the cycle of self rejection and self acceptance begins, and so the experience of self love starts to grow.

So to the question, how do I forgive myself? Simply by saying the words, holding the EFT points, until there is only understanding, compassion and kindness, then of course we learn there is nothing to forgive.

Hope this stirs the fire of compassion in your life 😊

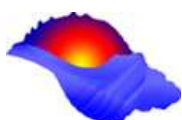
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Ps. If you are interested there is a Forgiveness audio protocol available on the www.emotionalhealthcentre.com website, link below, if you would like the written script do email Ranjana at emotionalhealthcentre@googlemail.com .

<http://www.emotionalhealthcentre.com/Design/Assets/audio/ET%207%20Forgiveness.mp3>



Part 4: When you feel you can't...Find Balance and how much You Can

Those who do not have the power over the story that dominates their lives, power to retell it, rethink it, deconstruct it, joke about it, and change it as times change, truly are powerless, because they cannot think new thoughts. Salman Rushdie

Everyone has multiple talents and everyone can sing. If you don't acknowledge your ability to sing because you think you can't, it will not diminish the singer within you.

One of the common issues that comes up with clients and in workshops is the statement:

I CANNOT...

It often seems like an unobtrusive statement, and most people accept this as normal and rarely challenge or trace the origins of this belief system.

Depending on the situation, this general sweeping statement **can** (;-)) be disempowering and it denies what we are truly capable of. Sometimes it is said as a defensive measure, as protection, sometimes it is a conditioned way of thinking passed down by parents, social mores and so on. What I have noticed is that the statement in itself is not the problem. It is the emotional tag of incapacity, incapability, inability and all the corresponding emotions that go along with these labels that are the problem.

I cannot relax...

I cannot sleep...

I can't draw...

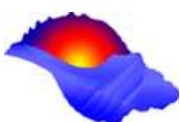
I can't sing...

I can't write...

I can't cope...

I can't love myself...

I can't stand up for myself...



I can't afford...

I can't....

How many "I cannots" do you have in your repertoire? But more importantly how disempowered are you when you give voice to this? Do you say to yourself, "I cannot **until** I..."

Success and Confidence Coaches teach us how to find positive reframes and positive language when meeting our *cannots*, for example:

Instead of I cannot relax...I am learning to relax...

Instead of I cannot sleep...I can rest...

Instead of I can't draw...I can doodle and squiggle with style...Etc.

This is very useful. But for some this works only as a temporary measure, despite flicking oneself with a plastic band or using other aids to remind ourselves of our potential and authenticity, the energy of "I cannot" *can stay* with us like a shadow. One of the ways I help my clients release this pattern is to sneak their "I cannot" gremlins into the light with LiberatingTouch.

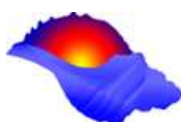
As I mentioned earlier, the words of "I cannot" are not in themselves the problem. Sometimes we genuinely cannot. For example at this present moment in time, I cannot run 100 metres in under 10 seconds!! Mr. Bolt can and I love that he can and I can get the thrill of watching him. So for me not being able to run like lightning has no charge, in fact it reminds me of what I can do and this is balance.

Through experience I discover that **balance and honesty** are the keys to transformation, equanimity and self actualisation. Balance and honesty helps



us find that **we can**. We have been taught to focus on what we cannot for so long, that it has become our reality and this is an imbalanced belief. It is a partial picture. Imagine you are holding the scales in your hands, in one side lies the words I cannot, in the other I can, which one is heavier?

Another discovery I made was that the energy of "cannot" tends to stem from conditioning, probably stored messages in the



subconscious mind, while “can” seems to come from possibility, openness and dare i say it from the heart... It is so much easier to “can” when love is involved.

For example, try these phrases and notice where they seem to originate from for you, which of these phrases seems loaded with “history”. This level of recognition requires awareness and honesty because sometimes we are quick to defend our stories and pull away from facing them.

I cannot give this up,

I cannot accept this flaw

I cannot cope

Now try:

I can give this up

I can accept this flaw

I can cope

The best way I know how to transform the heaviness of the “cannot” energy, is to throw the mind into disarray, not to give it linear connections or linear reframes. But to make our minds think of something else unrelated to “the story of cannot” and so bring in an unconnected element and change the balance of power that “cannot” has in our lives to “can”. By doing this we remind ourselves that *I cannot* and *I can* are simply stories that we have identified with and become attached to.

So here is the Self help I prescribe for this:

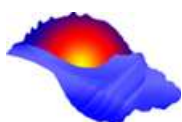
Step 1: Make a list of at least 10 “I cannot....”for eg.

I cannot keep up with all my emails

I cannot make time for...

I cannot live without...

I cannot relax



Step 2: Now a make a list of 10 things that you can do that have nothing to do with what you cannot for eg.

I can tickle my toes

I can arch my eyebrows

I can enjoy chocolate

I can love my.... (cat)

Step 3: Then randomly mix and match the phrases

*I cannot keep up with all my emails **and** I can tickle my toes*

*I cannot make time for myself **and** I can arch my eyebrows*

More eggs.

*I cannot afford a holiday **and** I can brush my teeth*

*I cannot tell others my talents **and** I can drink water*

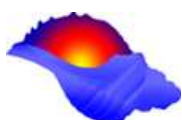
Step 4: For the next 7 to 10 days, keep this mix and match list in a place where you will notice it, you can either tap with it or as in LiberatingTouch you can hold any sequence of the energy balancing locations while saying the phrases. Notice what happens. Do this a few times and you may even enjoy it. My clients love it and somewhere along the line it opens the door to laughter and who knows what will happen when our whole being resonates with *I can laugh, I can cry, I can laugh...* for me when I can laugh, i am effortlessly grateful.

I leave with you with a very special intention that many of you know:

*God, grant me the serenity
to accept the things I cannot change;
the courage to change the things I can;
and the wisdom to know the difference.*

Gratitude,

Ranjana Appoo, Co Creator of LiberatingTouch, The Art of Letting Go, for more information go to www.emotionalhealthcentre.com



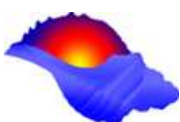
Part 5: Resistance, the Energy of Resistance, the Need for Resistance and Weight

We all have infinite gifts of wisdom and joy, imagine spending your life unwrapping them, everyday opening a “present” of discovery, innate serenity, a sweet embrace of precious knowing... imagine feeling that you are truly worthy, deserving and blessed... imagine knowing every time resistance shows up you can be present with it in complete awareness and experience the lightness of being all that you are.

Cherry blossoms, warm (ish) sunny days and calls from clients who want to look and feel good in a swimming costume has got me writing this.

Sometimes working with body projects is similar to working with “Resistance to Acceptance, Healing and/or Change”. I have found that working with the energy of resistance opens many doors. Some of my clients have even put on body weight when processing “Weighty issues” before their weight stabilised and then started dissolving, releasing and clearing. What I found was that there can be very strong resistances, and anchors in the body and mind that hold onto the “weight” or “project” almost in fear of death. The notion of resistance is not new to energy psychology. Most if not all Energy Therapy practitioners know that resistance can show up in many many ways.

I like to give my clients who want to work with any project the following Liberating Sequence between our preliminary sessions, to help unravel (soften) the resistance that can show up as a wall along the way. I also ask all my EFT Level 3 students to use this process for a week or so as it helps them meet resistance in themselves and their clients with deep compassion and understanding. The results as always speak for themselves. The most noticeable result is the awareness (the aha) of resistance, and the understanding of hidden fears that creates the need for resistance. I have discovered that the reason resistance “works” so well is that most of the time we seem to be unconscious of it and our lack of awareness keeps resistance in place. I know I always feel **lighter** after using this. 😊 You can play with this once a day for 7 to 10 days.



Setup Phrase to be repeated while stimulating the back of the head or by gently stimulating the thymus area

*“Even though I feel stuck, heavy, blocked and unhappy with my body (life), I am **willing** to release the pattern with me – whatever it may be, that is creating this condition. I deeply and completely accept all of me”*

1st Round of Touch or percussive stimulation with the Reminder Phrase:

I feel (fill in the blank with your words)

2nd Round of Touch or percussive stimulation with the Reminder Phrase:

*I am **willing** to release the pattern with me – whatever it may be, that is creating this condition*

Next Setup Phrase to be repeated while stimulating the back of the head or by gently stimulating the thymus area or by bilateral tapping

Even though my body (mind) is resisting me, I am resisting feeling good, and my thoughts about my body (my life) hurts, I am willing to release the Need for the Resistance I deeply and completely accept all of me

1st Round of Touch or percussive stimulation with the Reminder Phrase:

This Resistance, this energy of resistance

2nd Round of Touch or percussive stimulation with the Reminder Phrase:

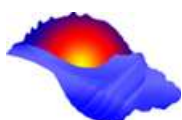
*I am **willing** to release the need for the resistance*

3rd Round of Touch or percussive stimulation with the Reminder Phrase:

I open my heart to all my resistance; I choose to understand this pattern within me, exhaling conflict and confusion I inhale lightness, healing and peace

At some stage, in this journey to better physical health, we can touch (tap) on,

“I open myself to all the ways I may have created this, and I am willing to release the pattern in my consciousness that is responsible for this condition. I



now choose to use my power consciously. I deeply and completely accept all of me.”

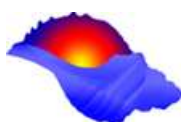
When I meet resistance with loving awareness it feels like i open a door of possibility. I invite you to get to know resistance and its many guises. For me resistance is now a gift, it is simply energy, an experience of attachment to a story of fear simply waiting to come into the light.

Once resistance is brought into your awareness it is easier to heal the reasons that keep the body too fat, too thin, heavy, weighty, inflexible etc. and your ability to live life with openness can grow.

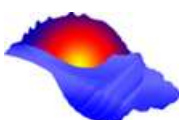
Below is a list of the common issues I have encountered with Weight Projects. Hope it is useful.

If you find more reasons can you please email me at emotionalhealthcentre@googlemail.com so that I can add it to this list. I always remind my clients that all body projects or weight projects did not appear overnight, it was a gradual process and the body appreciates our respect and support while it finds graceful balance and harmony.

1. Protection. Our body hangs onto weight when it thinks we need protection from something or someone. It might store fat to keep us safe from threats or intimidation
2. Habit. Sometimes we just have a habit of feeling we are fat and our body just settles into this image.
3. Ancestral Starvation memories, this can show up as feelings of uneasiness when the fridge or larder is empty.
4. Comfort. Sometimes our bodies' need the comfort the extra padding brings.
5. Hiding, for some this is a great place to hide, behind a wall of fat.
6. Organ trauma. We store trauma in our organs and extra cushioning sometimes make them feel safer.



7. FEAR, Afraid of what will happen if you are slim? The consequences, unwanted attention ...disastrous consequences, death... Fear of what others may say or think
8. Memories of hunger in the cells that have been caused by dieting experiences or trauma. The body requires reassurance that there is no actual danger or famine.
9. Childhood deprivation (Love, food, nurturing) this can be the root of many weight issues
10. Food allergies. We seem to crave the very thing that is fattening or unhealthy for us.
11. Storing Fear, Guilt, Shame, Anger, Anxiety, Resentment, Sadness, Hurt, Betrayal, Unhappiness and other feelings of conflict that feel painful as weighty accumulation
12. Some carry the weight to feel Grounded, to be grounded in the Physical.
13. Need to be "Cuddly", "Loveable" (Be Mother)
14. Belief systems about "fat" people (for e.g. ugly, greedy), belief systems about thin people (for e.g. wiry, strict, unloving)
15. Denial. This is incredibly common, facing and owning the body and mind's present condition can be very painful and stressful
16. Taking on other people's burdens and not letting go, this can pile up as accumulation; this tends to happen because of guilt about loving oneself
17. Unable to express, accumulation shows up here as undigested hurt, all the unexpressed, repressed (suppressed) emotion can turn into weight
18. Hormonal imbalance and issues around sexuality
19. The most common reason I encounter is "Fat / Heavy" thinking and a lack of SELF love



20. Arguing with reality, conflict can keep unwanted accumulation stuck, “*what you resist persists*” which takes us right back to the start of this article.

Hope this lightens your load 😊

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