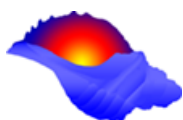


## A Few Reasons Why our Body Holds onto Fat,

And they are all Tappable!

1. Protection. Our body hangs onto fat when it thinks we need protection from something or someone. 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 settled down into this image.
3. Ancestral Starvation memories
4. Comfort. Sometimes our bodies' need the comfort the extra padding brings.
5. Hiding, What 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...disastrous consequences, death... Fear of what others may say or think
8. Body thinks famine is coming. This can be caused by dieting or memories of hunger in the cells and must be healed to reassure your body there is no actual 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.
11. Stuffing down, Fear, Guilt, Shame, Anger, Anxiety, Resentment and Hurt and other feelings of conflict that feels painful
12. 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, Belief Systems about Thin People

If you find more can you please email me so I can add it to the list. I always remind my clients that the weight did not appear overnight, it was a gradual process and the body appreciates our respect and support while it releases the weight.



## Weight as Resistance

Sometimes working with Weight Projects is very similar to working with “Resistance to Acceptance, Healing and/or Change”. I have found that working with the energy of resistance opens many doors. An example of this is that some of my clients including myself put on weight when tapping with “Weighty issues” before it stabilised and then started releasing and clearing. What I found was that there were very strong resistances, and anchors in the body and the mind that were holding onto the weight almost in fear of death.

I like to give my clients who want to work with weight projects, the following Tapping between our preliminary sessions, it helps clear the way:

### Setup Phrase

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

1<sup>st</sup> Round of Tapping with the Reminder Phrase:

*I feel (fill in the blank)*

2<sup>nd</sup> Round of Tapping 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

*Even though my body is resisting me, I am resisting feeling good, and my thoughts about my body hurts, I am willing to release the Need for the Resistance I deeply and completely accept the real me*

1<sup>st</sup> Round of Tapping with the Reminder Phrase:

*This Resistance*

2<sup>nd</sup> Round of Tapping with the Reminder Phrase:

*I am **willing** to release the Need for the Resistance*

3<sup>rd</sup> Round of Tapping with the Reminder Phrase:

*I surrender my Resistance; I release this pattern within me, in letting go I find lightness, healing and peace*

Then at some stage, in the EFT journey to experiencing physical health, we will tap on,

*“I now realise I 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 the real me.”*

