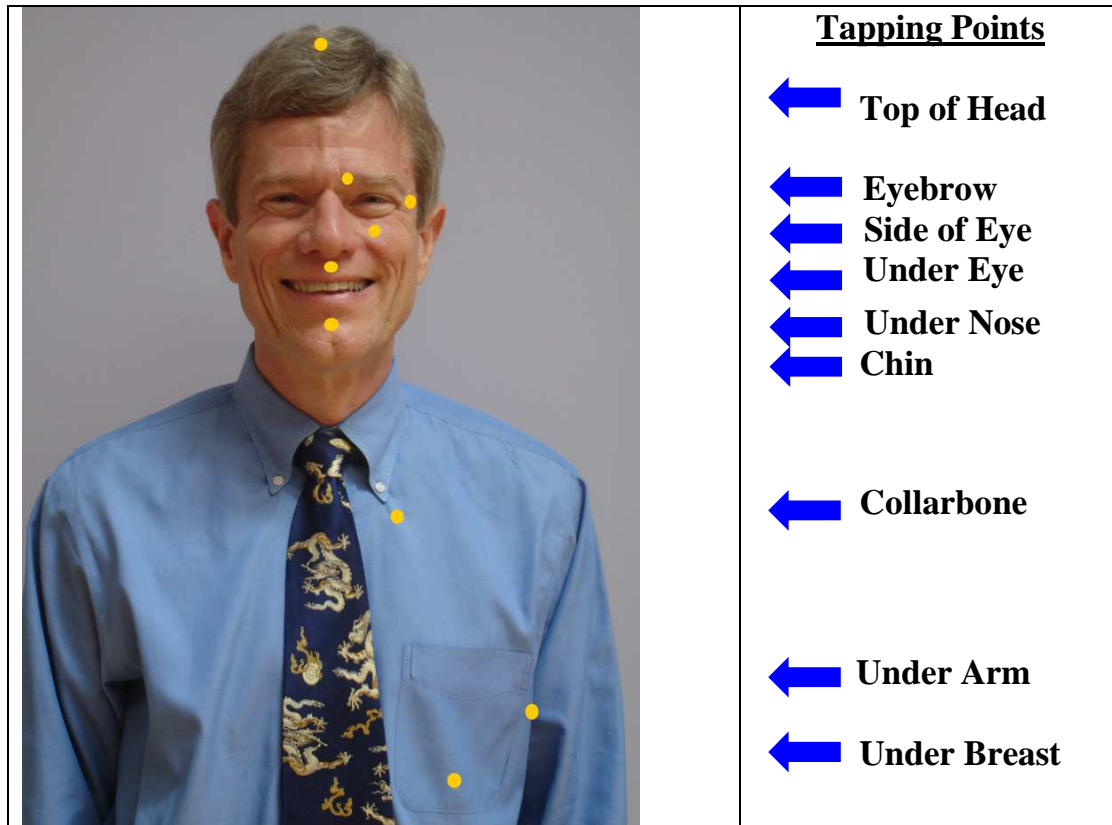


EDANVIR Tapping derived from EFT, www.eftuniverse.com, www.emofree.com
7 Steps: Energize, Desensitize, Awfulize, Neutralize, Visualize, Internalize, Revitalize



Start with Self-Acceptance Statement to ENERGIZE emotional issue for tapping.

Select short Reminder Phrase describing upsetting event, symptom, belief or feeling.
Score Subjective Units of Distress (SUD) from 0 to 10 when saying Reminder Phrase.
Rub Sore Spot between anterior upper ribs and repeat Self-Acceptance Statement 3 times.
“Even though I have this (Reminder Phrase), I deeply and completely accept myself.”

Do 4 Tapping Sequences using middle finger to tap 7 times on each acupoint.

- 1) Tap each point on left side while repeating Reminder Phrase to **DESENSITIZE** it.
- 2) Tap each point on right side and **AWFULIZE** about aspects of Reminder Phrase.
- 3) Tap each point on left side alternating negative and positive phrases to **NEUTRALIZE**.
- 4) Tap each point on the right side using all positive phrases and **VISUALIZE** your goals.

INTERNALIZE healing by hyperventilating with eyes closed until inwardly focused.
REVITALIZE yourself by shaking your arms and legs until the energy dissipates.

Rescore SUD afterwards by repeating original Reminder Phrase.

Repeat until 0 SUD, laugh or get bored, and then tap again for different aspects of issue.
Be persistent, be specific, and add more emotionally charged language to your phrases.
Use Emphatic EDANVIR for faster results by tapping when screaming or crying.

Larry Burk, MD, CEHP, www.larryburk.com, Let Magic Happen dream tapping coach
www.letmagichappen.com/blog/entry/utilize_the_entire_edanvir_tapping_protocol_for_eft
www.letmagichappen.com/blog/entry/interpreting_dreams_in_multiple_dimensions

The Personal Peace Procedure: Top Ten Tapping List of Worst Events in Your Life

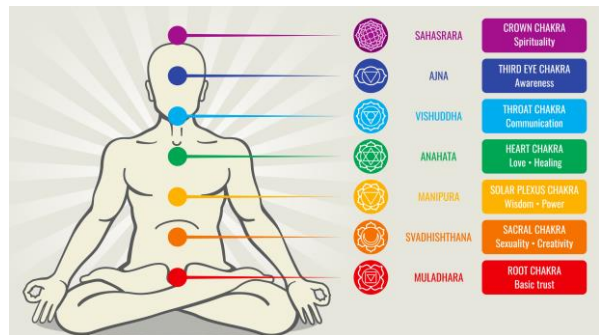
Year of Trauma	Tapping Phrase (include emotional word, location in body)	SUDS before (0-10)	SUDS after (0-10)

EFT handout/9 minute tapping video, www.letmagichappen.com/docs/Burk.EDANVIR.tapping.pdf

[www.letmagichappen.com/blog/entry/utilize the entire edanvir tapping protocol for eft](http://www.letmagichappen.com/blog/entry/utilize_the_entire_edanvir_tapping_protocol_for_eft)

Transforming Symptoms of the Lower 4 Chakras in Physical Illnesses

Larry Burk, MD, CEHP
Durham, NC, USA
Let Magic Happen Coaching
www.larryburk.com



Advance Integrative Therapy (AIT)

- Asha Clinton 2007 ACEP Conference Workshop
- Introduction to chakra energy psychology
- Hands placed over energy centers while processing trauma sentences
- Educational module in CHEP training in 2009

Shadow Issues of the Lower Four Chakras

- Debbie Ford - *The Shadow Effect*
- Anodea Judith - *Eastern Body, Western Mind: Psychology & the Chakra System as a Path to the Self*
- 1st Fear, 2nd Guilt (Anger), 3rd Shame, 4th Grief
- Margaret Lynch Raniere - *Unblocked*

Chakra Imbalances with Psychological References



CDC – ACE Study

- Survey 17,000 Kaiser Permanente patients
- Abuse, Neglect and Household Dysfunction
- Number of Adverse Childhood Experiences (ACE Score)
- 0 = 36%, 1 = 26%, 2 = 16%, 3 = 10%
- > 4 = 12 %
- the risk for chronic health problems increases in a strong and graded fashion

Cumulative childhood stress and autoimmune diseases in adults

- Dube, Fairweather, Pearson, Felitti, Anda & Croft. *Psychosomatic Medicine*. 2009;71(2):243-50.
- 64% reported at least one ACE.
- First hospitalizations for any autoimmune disease increased with increasing number of ACEs ($p < .05$).
- Compared with persons with no ACEs, persons with ≥ 2 ACEs were at 100% increased risk for rheumatic diseases ($p < .05$).

Caroline Myss: *Anatomy of the Spirit*

- The idea that biography becomes biology implies that we participate to some degree in the creation of illness.
- We must not abuse this truth by blaming ourselves or any patients for becoming ill.
- Illnesses develop as a consequence of behavioral patterns and attitudes that we do not realize are biologically toxic until they have already become so.

Gabor Mate, MD - *When the Body Says No: Understanding the Stress-Disease Connection*

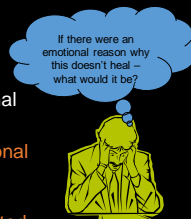
- When we have been prevented from learning how to say no, our bodies may end up saying it for us.
- While all of us dread being blamed, we all would wish to be more *responsible* – that is, to have the ability to *respond* with awareness to the circumstances of our lives rather than just reacting.

Five Element/Emotions: Yin/Yang Organs, and Tissue Correspondences

- Water/Fear: Kidneys/Bladder & Bones
- Wood/Anger: Liver/Gall Bladder & Sinews
- Fire/Joy: Heart/Small Intestine & Vessels
- Earth/Worry: Spleen/Stomach & Muscles
- Metal/Grief: Lung/Large Intestine & Skin

Connectedness

- › Physical problems usually have emotional components.
- › Resolve the emotional issues and often the physical symptom is decreased or eliminated.



Duke Lupus Clinic Protocol

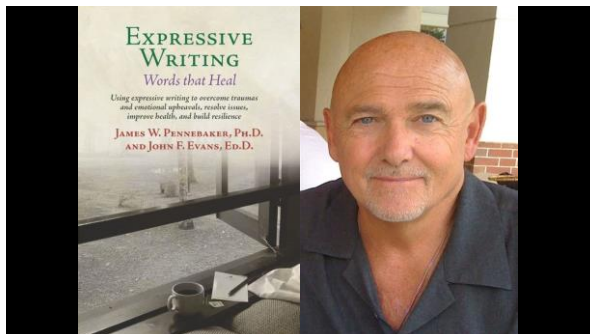
- Half hour intervention May & June 2019
- 5 minutes of instruction in each method
- Meditation
- Expressive Writing
- Emotional Freedom Techniques (EFT)
- Self-Hypnosis

Effect of Mindfulness-Based Stress Reduction in Rheumatoid Arthritis Patients

- Pradhan et al. *Arthritis & Rheumatism*. 2007;57(7):1134–1142
- 63 patients randomized to 8-week course and 4-month maintenance program, or to a waitlist control group. At 6 months, there was significant improvement in psychological distress and well-being ($P = 0.04$ and $P = 0.03$, respectively).

Benefit finding and expressive writing in adults with lupus or rheumatoid arthritis

- Danoff-Burg et al. *Psychology and Health*. 2006;21(5):651–665.
- 75 adults with lupus or RA were randomly assigned to 4-session writing interventions: benefit finding (BF), standard expressive writing (EW), or a control group.
- At 3 months, fatigue was lower in the BF and EW groups than in the control group. BF appeared effective in reducing pain levels for participants with high trait anxiety, whereas EW appeared effective for participants with low trait anxiety.



Energy Therapies like

EFT

are often called
acupuncture for emotions.

The end points of Meridians are
used to help balance the body's
energy system.

Self-administered EFT in Individuals With Fibromyalgia: A Randomized Trial

- Brattberg. *Integrative Medicine*. 2008;7(4):30-35.
- 86 women, diagnosed with fibromyalgia were randomly assigned to a treatment group or a wait-listed group. An 8-week EFT treatment program was administered via the Internet.
- Pain, stress and tension decreased in the intervention group. In the wait-listed group there was no decrease at all ($P=.02$).

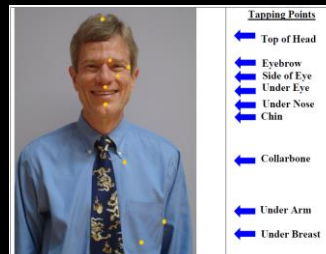
EFT Computer Metaphor

- An emotional shock is installed in the meridians as a malware program that is downloaded into the limbic system with the reminder phrase as the file name.
- Repeating the phrase runs the program triggering an energetic flashback, and tapping uninstalls it like hitting the delete key.
- When the file is saved again and the memory is reconsolidated the emotional charge is removed resulting in emotional freedom.
- David Feinstein, How Energy Psychology Changes Deep Emotional Learnings, *The Neuropsychotherapist* (2015).

EFT Self-Acceptance Statement

- “Even though I have this _____, I deeply and completely accept myself.”
- Fill in blank with reminder phrase regarding upsetting event and emotion.
- Rub Sore Spot on upper chest between ribs and repeat statement 3 times
- Or tap on Karate Chop Point at base of little finger

EDANVIR Tapping (EFT)



EFT Protocol Summary

- Say reminder phrase and assess Subjective Units of Distress Score from 0 to 10 (SUDS)
- Start with self-acceptance statement, then begin tapping sequences
- Repeat reminder phrase and tap on each acupoint 7 times
- Repeat sequence 4 times, alternating sides, reevaluate SUDS at end
- Add positive phrases every other point 3rd sequence, then all points 4th sequence
- Tap until 0 SUDS, laugh or get bored, repeat for different aspects
- Add more emotionally charged emphatic language to reminder phrases, be persistent and be specific

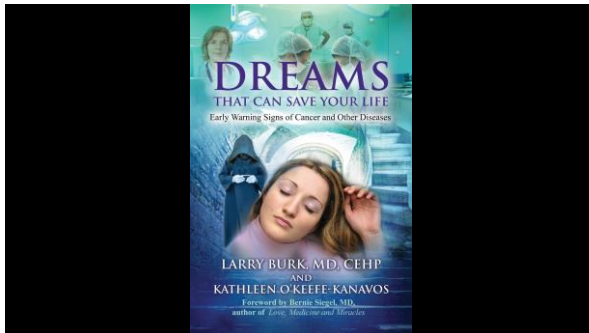
EDANVIR Tapping Protocol

- Energize
 - Desensitize
 - Awfulize
 - Neutralize
 - Visualize
 - Internalize
 - Revitalize
- Rub sore spot set up
 Tap negative reminder phrase
 Tap exaggerated negative
 Tap negative/positive
 Tap all positive
 Color breathwork
 Shaking arms and legs

Imagery after EDANVIR Tapping

- Preferred safe place in nature
- Healing object release ritual
- Spirit guide, animal, angel or ancestor
- Time travel back to positive experience
- Travel forward to rewrite negative script
- Future visualization of positive outcome

Developmental Age of Emotions in the Chakras	Fear: 1 st Chakra Infancy	Anger: 2 nd Chakra Toddler	Shame: 3 rd Chakra Preschool	Grief: 4 th Chakra Grade School
Symptoms as Metaphors	Autoimmune Diseases	Chronic Pain Syndromes	Obesity and Diabetes	Lung and Sinus Diseases
Meditation Mantra	I'm safe	I'm free	I'm enough	I'm grateful
Expressive Writing	Inflammation	Pain	Eating Disorders	Heart Issues
EFT Tapping	On Fear	On Anger	On Shame	On Grief
Hypnosis	For Safety	For Freedom	For Self-Esteem	For Gratitude
Dreamwork	Self-Defense	Violent Anger	Sugar Cravings	ADCs



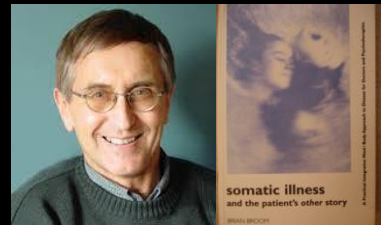
First Chakra characteristics

- Development = 2nd trimester to 12 months
- Identity = physical
- Purpose = foundation
- Orientation = self-preservation
- Demon = fear
- Basic rights = to be here and have
- Issues = roots, grounding, trust, boundaries

Somatic Metaphors: Brian Broom, MD NZ Clinical Immunologist/Psychiatrist

- Symbolic Diseases and "Mindbody" Co-emergence. A Challenge for Psychoneuroimmunology. *Explore: The Journal of Science and Healing* Volume 8, Issue 1, Pages 16-25, January 2012
- *Meaning-Full Disease: How Personal Experience and Meanings Cause and Maintain Physical Illness*. Karnac Books; ebook (2007)

A practical integrative mind/body approach to disease for doctors and psychotherapists



Symbolic Rheumatoid Arthritis

- A woman developed very aggressive rheumatoid arthritis complicated by gold therapy-induced bone marrow failure.
- The disease arose in a context of a very enmeshed marital relationship and social context, about which she used the following language: "in a bind" "I can't get moving," "captured," "tethered, enslaved," and, indeed, "crippled" by living in a small back-water town.
- Therapy addressing these issues has led to an enduring remission (12 years thus far).

Psoriatic Arthritis/Obesity

- 55-year old woman with bilateral Achilles tendinitis due to psoriatic arthritis.
- Diagnosed 18 years ago and treated with biological response modifiers/TNF inhibitors.
- Gained 80 pounds with alcohol and sugar cravings.
- Frustrated with husband throughout marriage.
- Afraid he makes unwise hiring decisions in business.

Self-Defense Dreams

- Killing a man in self-defense and burying him.
- Digging the dead man back up. Excavating carefully.
- Gigantic female trying to kill me and mine. Physically holding her down with all my strength.
- EFT: **A big part of me is afraid of moving forward.**
- Marriage breakthrough and decreased cravings.

Urticaria after Car Accident

- College student with hives for 2 weeks
- Resolved on meds, but too drowsy to study
- Hives came back immediately off meds
- EFT: **Scary, thought-I-was-going-to-die accident**
- Tapped on all other car accidents
- Hives gone, never to return, able to study



Tomato Sauce Anaphylaxis

- Tongue swelling and turns red like a tomato
- Carries EpiPen due to anaphylaxis
- **Used to like all kinds of tomato-based food**
- In high school was bullied in cafeteria
- Tomato sauce all over his shirt like blood
- EFT successful in eliminating allergy
- Freaked friends out by eating cocktail sauce



• Photo credit: Brett Jordan on Unsplash

Multiple Sclerosis Self-Healing

- Academic physical therapist Terry Lynch juggling career, young children and long commute starts to lose vision in one eye due to optic neuritis.
- Diagnosed with multiple sclerosis, an autoimmune disease characterized by a fearful immune system.
- **Discovered Louise Hay's book and "sees" that her life is out of balance and full of stress.**
- Explored energy techniques and used EFT and EmoTrance to heal herself.



Lupus with Childhood Safety Issues

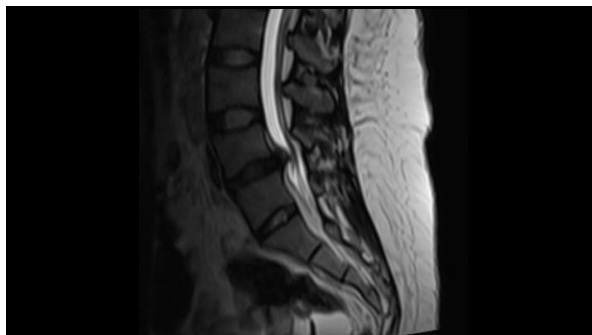
- Nurse with severe muscle pain and nephritis diagnosed with lupus on methotrexate.
- Dysfunctional childhood with depressed mother who stayed in bed all day.
- **Imagery of mother grabbing her legs with vice grip and not letting go.**
- EFT and imagery for worry of never being safe resulted in clinical improvement.

Second Chakra characteristics

- Development = 6 months to 2 years
- Identity = emotional
- Purpose = movement and connections
- Orientation = self-gratification
- **Demon = anger (guilt)**
- Basic rights = to feel and have pleasure
- Issues = sexuality, desire, need

The reign of pain lies mainly in the brain: Emerging concepts in neuropsychology

Howard Schubiner, MD
 Director, Mind Body Medicine Program
 Providence Hospital, Southfield, MI
 Clinical Professor, WSU/MSU
www.unlearnyourpain.com
 Emotional Awareness and Expression
 Therapy for Fibromyalgia, PAIN 2017



Prevalence of degenerative spine imaging findings in asymptomatic patients, n=3300

Imaging Finding	Age (yr)						
	20	30	40	50	60	70	80
Disk degeneration	37%	52%	68%	80%	88%	93%	96%
Disk bulge	30%	40%	50%	60%	69%	77%	84%
Disk protrusion	29%	31%	33%	36%	38%	40%	43%
Annular fissure	19%	20%	22%	23%	25%	27%	29%
Facet degeneration	4%	9%	18%	32%	50%	69%	83%
Spondylolisthesis	3%	5%	8%	14%	23%	35%	50%

Brinjiki W, et. al. *Am J Neuroradiol*. 2015, 36:811-6.

David
Hanscom
MD

BAC
IN
CONTROL

A surgeon's roadmap
out of chronic pain

"A sophisticated yet simple approach to understanding
and healing chronic pain" GABOR MATE
 The Revolutionary, Scientifically-Proven Approach to
 Heal Chronic Pain

THE
WAY OUT

Alan Gordon
 Founder and Director of the Pain Psychology Center
 with Alon Ziv

43 year old with Low Back Pain

- 5 years of pain prior to lumbar fusion in 2014.
- Complications from spinal surgery with persistent pain.
- On methadone, gabapentin, and soma medications.
- EFT: **Angry that surgeon butchered me.**
- Watched Dr. John Sarno movie: *All The Rage*
- Read *Back In Control* and *The Way Out* books
- "I'm feeling better than I have in years! So. Damn. Good."

54 year old pharmacist

- No relief from shoulder joint injection in 6 months
- Physical therapy extremely painful
- Constipation due to Bextra
- **Angry that best friend abandoned her**
- Resolved with EFT and acupuncture
- Acu-bodywork with shaking/breathwork
- Described as turning point in her life

51 year old political activist

- Gradual onset of right shoulder pain - 2006
- No precipitating injury, just mild exercises
- Increasing stiffness/limited range of motion
- **Progressively intensifying political anger**
- Past life therapy revisited the Middle Ages
- Acupuncture, massage and emphatic EFT
- Improved in 3 months, normal in 6 months

Frozen Shoulder Anger Dreams

- 60-year old woman executive director of non-profit.
- Left shoulder pain for 3 months with anger dream about lecturing a family member while driving and getting pulled over by police.
- Dreams of conflict and reconciliation reaching out to former board member who resigned.
- **Needs to raise millions to move to new building.**

EFT for Abundance Challenges

- EFT: Left shoulder resents carrying this heavy burden.
- Started abundance exercise of carrying \$100 bill.
- Next day got surprise offer of \$500K instead of 50K.
- Then got a long shot government grant of \$500K.
- **Left shoulder pain improved with fund-raising success.**
- Retired recently with successful leadership transition.

Interstitial Cystitis (IC)

- Woman with frequent, burning urination
- Abuse, cystoscopy, bed wetting as a child
- Still financially dependent on family
- **EFT: My bladder is terrified that I'm failing to survive on my own**
- Traumatic angry dreams, then healing dreams
- Bladder vastly improved without flareups

Healing Dream for IC

- *See babysitter in carriage that runs away into pasture*
- *Spring into action jumping onto carriage to slow horses down*
- *Earth opens up like a mountain of mud*
- *Fear that dark characters are going to come out*
- ***Go in with whips in both hands ready to protect my family***
- *Realize they are not a threat, scare them away*
- *Feel like Orlando Bloom protecting a woman I'm in love with*

Third Chakra characteristics

- Development = 18 months to 4 years
- Identity = ego
- Purpose = transformation
- Orientation = self-definition
- **Demon = shame**
- Basic rights = to act and be an individual
- Issues = autonomy, power, self-esteem

Tapping for Weight Management Online Program

“Developed by Dr. Peta Stapleton, world-leading tapping for weight management researcher and trainer, and Glenn Mackintosh, Australia's leading weight management psychologist.

A deep understanding of tapping and the most up-to-date evidence-based understanding of the complexity of weight management challenges.”



Chocolate Cravings

- 50-year-old overweight woman with LBP complained that she craved chocolate so much that she had to have a large candy bar every evening to calm her nerves.
- EFT: *Even though I crave chocolate when I am anxious*
- After tapping she returned a month later to report that her box of candy bars had not been touched since the last visit, and she had lost 10 pounds.

Coca-Cola Cravings

- EFT seminar for health professionals
- Cravings tapping before lunch
- Buy desired junk food after lunch
- One participant bought a can of Coke
- *Tapping followed by mindful eating process*
- Didn't like the taste; just wanted to chug it down.



• Unsplash photo credit: Aryan Dhiman

Deadly Sweet Dreams of Diabetes

- Dream Doctor: A white male doctor of modern medicine approaches me to discuss certain patient conditions and diagnoses. He is seeking information about diseases and their symbolic relationships. - January 2013
- *Corn Skeletons Dream*: I am standing at the edge of a cornfield, looking at rows upon rows of golden corn stalks. As I stand there, the stalks begin to dry out. Then the stalks turn into blackened skeletons.
- Maria Mars' dream sketch:

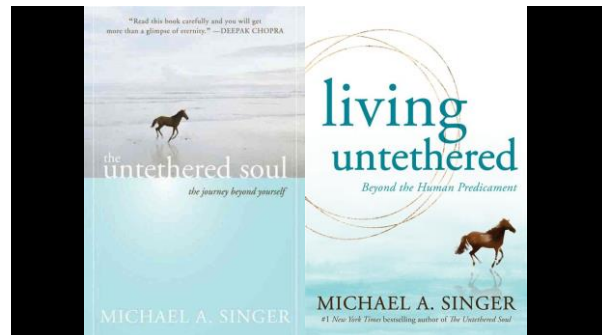


Syrupy Sweet Apples Dream

- Some girlfriends come over for a visit and a chat. I look for munchies in the kitchen cupboard, and find a stash of flavored rice crackers. I put them into a bowl, and they turn into candy.
- I then find tiny green apples in the cupboard, and I am about to put them out when I notice they are now covered in a thick red syrup. *I try to rinse the syrup off the apples, but the apple skins adopt the reddish hue of the syrup, and they still taste so much sweeter than their sour or tart flavor.*

Fourth Chakra characteristics

- Development = 4 years to 7 years
- Identity = social
- Purpose = love and balance
- Orientation = acceptance of self and others
- **Demon = grief**
- Basic rights = to love and be loved
- Issues = relationship, intimacy, devotion



HeartMath Inner Balance Sensor & App



Supraventricular Tachycardia

- Middle aged TV show host who has episodes of intermittent tachycardia for 1 year.
- He gets joy from creativity on show, but has fear of being unprepared each day. Sad about son's mental health issues.
- EFT allows authentic conversation from the heart with son, going with the flow at work. Powerful healing dream of a hero's journey.
- Significantly improved without drug therapy or cardiac ablation.

Postnasal Drip and Grief

- Perverse Wind Invasion due to cold, drafty movie theater
- Treated with raw ginger tea, hot bath, and Echinacea
- No symptoms the next day, but had nagging postnasal drip
- Looked up in Louise Hay's *Heal Your Body: Inner Crying*
- Not me! EFT unsuccessful and coughed all night long
- Chest pain 2 nights later due to coughing, final surrender
- Tapping on No !@#& Idea why postnasal drip persists
- At 2 AM flashback to movie: *Shall We Dance?*

Pneumonia/Sinusitis: ADC Dream

- Psychotherapist with pneumonia/sinusitis
- Husband died 9 months earlier
- Multiple courses of antibiotics & sinus surgery scheduled
- Grief resolved with EFT and imagery
- Dreamwork with after-death communication
- Followed up with acupuncture, grateful to cancel the surgery
- Healthy relief on anniversary of husband's death

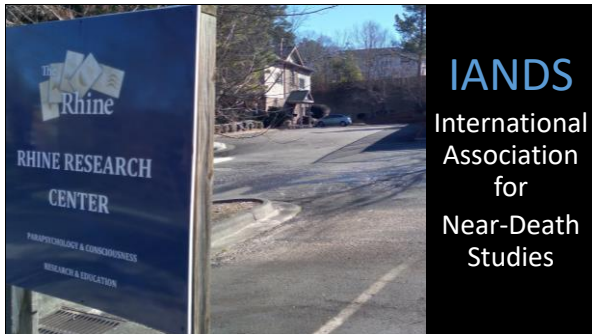
Chronic left sinusitis on CT scan



The Spiritual Alphabet Soup of Death & Dying

DukeTEDx2022 CENSORED!

NOTE FROM TED: This talk only represents the speaker's personal views and understanding of near death experiences. **Several claims in this talk lack legitimate scientific support.** We've flagged this talk because it falls outside the content guidelines TED gives TEDx organizers.



IANDS
International Association for Near-Death Studies

Shane & Mom



Mother's Day Weekend 2016

*Closer to the Light
Embraced by the Light
Transformed by the Light
Saved by the Light*

Melvin Morse, MD

Childhood Near-Death Experiences

American Journal of Diseases of Children (1986)

NDE Transformation

Altered Beliefs, Attitudes, and Behaviors Following Near-Death Experiences (1998)

Journal of Humanistic Psychology

Spiritual Alphabet Soup

NDE: Near-Death Experience

NDA: Nearing-Death Awareness

SDE: Shared-Death Experience

ADC: After-Death Communication

Traits of Transformation

Lack of fear of death
Sense of altruistic purpose
Enhanced intuitive awareness
Electromagnetic phenomena

Electromagnetic Phenomena Reported by Near-Death Experiencers

Journal of Near-Death Studies (2015)

Christopher Kerr, MD

End-of-Life Dreams and Visions: A Longitudinal Study of Hospice Patients' Experiences (2014)

Journal of Palliative Medicine

Dad's Rolling Mill Dream



Shared Death Experiences:

A Little-Known Type of End-of-Life Phenomena Reported by Caregivers and Loved Ones (2021)

American Journal of Hospice and Palliative Medicine

Little Betsy's Going Home



The Phenomenology and Impact of Hallucinations Concerning the Deceased

British Journal of Psychiatry Open
(2021)



The Impact of Near-Death Experiences on Persons Who Have Not Had Them

Reduced fear of death
Increase in spirituality

Journal of Near-Death Studies (1996)

Let Magic Happen Coaching

- Free 20-minute phone or Zoom call consults
- Evaluate whether your health issue might benefit from EFT, hypnosis and dreamwork
- Schedule for 80-minute Zoom coaching session
- [Sign up for my newsletter mailing list](#)
- Receive top 10 mind-body-spirit self-healing techniques from Let Magic Happen appendix