



Higher Transmissions

THE LOVE MACHINE

*Free 5-Day
Experience
Day Four*



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Day Four Worksheet

The Highest Forms of Love

Today we are going to melt away any barriers around the highest forms of love.

Barriers to receiving love both from yourself and others lie firmly in the emotional realm. As a registered EFT (Emotional Freedom Technique) aka Tapping practitioner, we are going to use tapping to help melt away some of these boundaries.

We'll come to that in a few minutes, first let's reflect on shifting into the growth focus.

Yesterday's task feeds directly into this one by allowing you to identify what you want to forgive ourselves for and what you are grateful for regarding our past experiences.

By taking this learning focus you are able to shift your mind towards growth rather than contraction.



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The Highest Forms of Love

It also starts to release you from any negative views of self that had come about during that time.

Let's turn these aspects into something workable now. I'd like you to create a 'declaration' regarding what you deserve, expect and will accept when it comes to love. This can be focused in any aspect or multiple aspects.

Either way it helps to be specific so maybe for starters focus either on work, intimate relationships, family relationships or friendships.

*A declaration is different from an affirmation as consider the POWER behind declaring who and what you ARE!
Affirmations are great, I love them, but what if you DECLARED yourself to the universe in the here and now?*

I think that would be cool.



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I do DECLARE!

So in your declaration, consider the following:

- *Short, succinct*
- *In the present tense*
- *You already 'have' what you want*
- *You have the utmost certainty that nothing will stand in your way*
- *There is no worry, confusion if it will/wont happen, It IS HAPPENING*
- *Use strong language not negative, speculative or meandering language*
- *It will stir powerful positive emotion within you*

Here are some examples:

I AM the embodiment of the HIGHEST love, my life is attuned to the frequency of love.

With each breath I represent the highest truth, power and understanding in all my deeds.

My intentions are guided by the highest power and for the highest good of all.



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Tap Out!

Now as promised we will be going through the basic EFT protocol AKA 'Clinical EFT'

This is the EFT you see most commonly in YouTube videos, IG lives, TikTok etc. It is a very simple sequence HOWEVER! As always, the devil is in the details so let's make sure we are 'on target' with the points and make sure we are following the sequence correctly.

With EFT we are working with the meridian system which has been known to eastern medicine for a very, very long time and was also identified as the Primo Vascular System by researchers in Seoul University.

Read about it here.

(I like to point back to the science where possible as I approach everything from a sceptic's view!)

Anyway! Let's not get too bogged down and turn our attention to the basic EFT sequence.

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Tap Out!

We always start our tapping rounds with 'The Setup phrase', the setup phrase 9/10 times follows this format:

'Even Though (insert belief), I deeply and completely love and accept myself'

The 'focus' is what you are working on IE memory, feeling, experience and so forth. When you are working with a practitioner you can give this a codename if it is very private or you can be as open as you like. It does not matter as long as you feel comfortable and able to be open.

The tapping point during setup is on the 'side of hand', use your dominant hand to tap. I like to use three fingers and tap gently. This is a therapy so don't slap yourself about like a seal slapping its flipper at feeding time!

Below is the 'side of hand' point for the setup, remember you say the phrase 3 times and tap softly!



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Tap Out!



Tap here during the setup process.

Remember to be gentle with your tapping as this is a therapy not BDSM!

Next we are into the 'round'. The first three tapping points are around the eyes, you can use your dominant hand or both hands. Sometimes during a longer session I will swap hands, all of this is ok.



**Point One:
Above the
eyebrow/by the
third eye**



**Point Two:
At the corner of
the eye socket**

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Tap Out!



Point Three:
**Underneath the
Eye**



Point Four:
**The dimple under
the nose**



Point Five:
**The dimple under
the bottom lip**

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Tap Out!



Point Six:
The collarbone points. Go to the U-Shaped indent at centre, then move 3 inches out on the underside of the collarbone



Point Seven:
Under the arm (this would sit on the 'bra-wire')



Point Eight:
The 'crown' as all meridians run up to the head. We close the sequence here!
(Note my hand shape)

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Tap Out!

Ok so now you are familiar with the basic sequence, it's important to look at how we set up the tapping session.

If we were in session together, I would guide you through the questioning process think on your beliefs, where we were putting 'shape' on your memories and emotions.

It's the practitioner's responsibility to guide you through the set up, discussion and various techniques that are associated with EFT.

It is important that during a round is that you ALWAYS KEEP TAPPING! There will be temptation to stop, don't!

We are going to focus mainly on 'story telling' & 'belief pigmentation' (how you see the world through the lens of memory aka beliefs).

As we are associating beliefs with stories, giving shape to them and allowing the sensation to be a 'snapshot', you can take the most significant or 'workable' part of this experience and base your tapping story around it.



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Tap Out!

Belief pigmentation - approaches beliefs as if they colour your view of the world (they do!) This allows you to recognise the emotional filter that is placed on your perspective of self and the world.

If you can think visually, we can create a vivid picture to work with.

Associating memories, beliefs, emotions and colours can allow us to think more abstractly and creatively when exploring our 'stories'.

Don't worry if it takes a bit of practice!

It's also important to give your 'focus' a score out of 10, 10 being the worst possible discomfort and 1 being not at all. You are scoring this based on the NOW not 'at the time'.

When you have finished the round of tapping you can check your score again as the aim of an EFT session is to reduce the score of your 'focus' as you move towards Emotional Freedom.

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Tap Out!

However! Be aware that there may be fluctuation in this process as new 'aspects' might present themselves as you are working through the 'focus'. That is ok, that is normal, do not be deterred as this is like peeling the layers of an onion sometimes, although ideally with minimal tears!

Tapping is a very powerful tool for clearing beliefs and what I would like you to focus on before tonight's live is getting used to the tapping points, sequence.

If you have experience with tapping feel free to get a head start otherwise we will be doing a deep dive on the live!

Alright, I'll see you over in the group and share your experiences and/or questions on today's thread!