

Mapping the Seven Levels of Healing

Start by identifying a single issue to address.

As you continue to focus on the issue, write down what is happening on each level, clear with EFT or SK, then review each level after the clearing is complete.

1. Physical Sensations: “What do you feel physically?”

Before: _____

After: _____

2. Emotions: “What do you feel Emotionally?” Note: when focusing on a physical problem ask “Focus on the physical sensations and ask yourself what emotions are behind them?”

Before: _____

After: _____

3. Beliefs: “How do you feel about your possibilities in the world?”

Before: _____

After: _____

4. Judgments: “When you focus on these beliefs, how do you feel about yourself?”

Before: _____

After: _____

5. Expression and Creativity: “How do you feel about your expression?”

Before: _____

After: _____

6. Vision: “Imagine your problem as a landscape. What does this landscape look like?”

Before: _____

After: _____

7. Knowledge and Wholeness: “How do you feel about your inner knowing?”

Before: _____

After: _____

Notes:

Mapping the Four Levels of Healing

Start by identifying a single issue to address.

As you continue to focus on the issue, write down what is happening on each level, clear with EFT or SK, then review each level after the clearing is complete.

1. Physical Sensations: **“What do you feel physically?”**

Before:

After:

2. Emotions: **“What do you feel Emotionally?”** Note: when focusing on a physical problem ask “Focus on the physical sensations and ask yourself what emotions are behind them?”

Before:

After:

3. Beliefs: **“How do you feel about your possibilities in the world?”**

Before:

After:

4. Judgments: **“When you focus on these beliefs, how do you feel about yourself?”**

Before:

After:

Notes:

Common Body/Mind Connections

There is generally a lesson to learn from each of the experiences of our lives. This is also true with physical conditions, which often reflect psychological imbalances. The following descriptions of relationships between physical symptoms and psychological imbalances just scratch the surface of possible meanings. They are provided as examples of possible relationships. Accurate meanings in specific cases often require further delving into the person's specific nature and background.

As a note, another consideration is energy toxins. Some physical conditions may exist solely as a result of toxins in our food, in substances we put on our bodies, or in our environment. This area may also require further investigation, particularly with chronic conditions.

SIDES OF THE BODY

Right Side of Body: Masculine energy

Left Side of Body: Feminine energy

PARTS OF THE BODY

Head: Way we think about ourselves

Ears: Ability to hear

Eyes: Capacity to see life clearly

Face: Self-image, self-expression

Mouth, Jaw, Tongue: Speech, taking in ideas

Neck: Creative Expression, flexibility of attitudes

Shoulders: Responsibility

Torso: Unconscious feelings

Heart: Expression of one's potential or capacity

Breasts (women): Nurturing, love, mothering

Stomach: Ability to digest and assimilate

Liver: Suppressed emotions - anger, hostility

Kidneys: Ability to flow with life, anxiety

Colon: Elimination, willingness to let go

Bladder: Processing emotions

Genitals: Sexuality, experiencing pleasure

Hands/ Arms: Ability to grasp and embrace life

Legs/Thighs: Moving forward in life, progress

Feet and Ankles: Balance, stability, being grounded

SYSTEMS OF THE BODY Note that meanings of systems are also connect to the affected area of the body

Bones: Foundation

Muscles: Ability to move and express

Joints: Flexibility and ease of movement

Skin: Self-image, individuality

Blood: Nourishment of life running through us,
related to heart & love

Glands: Integrating and balancing one's experiences

Nerves: Stress

Immune System: Strength, vitality and enthusiasm

Lymph System: Ability to flow with life

DYSFUNCTIONAL PATTERNS

Pain and Illness: Show that we are out of harmony with life's flow, with the soul's journey

Allergies: Overreaction to substance, related to fear

Cancer: Repressed emotions, especially anger, hostility and anxiety

Chronic Fatigue: Reaction to prolonged period of stress

Poor Circulation: Detachment from others, heart closed

Colds: Stress, time to stop and slow down

Diabetes: Bitterness, compensated for by sweets

Epilepsy: Getting in touch with deep-seated frustrations

Heart Disease: Holding back feelings, related to love

Hypoglycemia: Stress related

Psoriasis: Fear of being touched, dissatisfaction with body

Varicose Veins: Holding back emotions, inability to circulate ideas

PSYCHOLOGICAL SYMPTOMS

Depression: Suppression of life's experiences

Insomnia: Dependence on power and control, inability to let go

Accidents, Injuries: Indicate that an abrupt change is needed in one's life