

## **Checking For Psycho-Energetic Reversals**

**STATEMENTS:** (Muscle Test while thinking about the issue related to this problem. If weak have them tap on the specific areas noted below.)

### **Intention:**

"I **want** to be *completely* over this problem" (Tap: KC or rub NLR)

**Affirmation:** *"Even if I am not sure I want to be completely over this problem, I deeply and completely love, honor and accept myself."* (Repeat: 3x out loud)

### **Future:**

"I **will** be completely over this problem" (Tap: KC or UL)

**Affirmation:** *"Even if I will never get over this problem, I deeply and completely love, honor and accept myself."* (Repeat: 3x out loud)

### **Deserving:**

"I **deserve** to be *completely* over this problem" (Tap: KC or UL)

**Affirmation:** *"Even if I don't deserve to be completely over this problem, I deeply and completely love, honor and accept myself."* (Repeat: 3x out loud)

### **Desire:**

"I **desire** to be completely over this problem" (Tap: KC or UL)

**Affirmation:** *"Even if I don't desire to be completely over this problem, I deeply and completely love, honor and accept myself."* (Repeat: 3x out loud)

### **Safety – Self:**

"It is **safe for me** to get over this problem" (Tap: KC or rub NLR)

**Affirmation:** *"Even if it's not safe for me to get over this problem, I deeply and completely love, honor and accept myself."* (Repeat: 3x out loud)

### **Safety – Others:**

"It is **safe for others**, for me to get over this problem" (Tap: KC or rub NLR)

**Affirmation:** *"Even if it's not safe for (person's name, or) others for me to be over this problem, I deeply and completely love, honor and accept myself."* (Repeat: 3x out loud)

### **Permission:**

“I will **allow** myself to get over this problem” (Tap: KC, UN or rub NLR)

**Affirmation:** *“Even if I will not allow myself to get over this problem, I deeply and completely love, honor and accept myself.”* (Repeat: 3x out loud)

### **Motivation:**

“I will **do** what is necessary to get over this problem” (Tap: KC, UN or rub NLR)

**Affirmation:** *“Even if I will not do what is necessary to get over this problem, I deeply and completely love, honor and accept myself.”* (Repeat: 3x out loud)

### **Possibility:**

“It is **possible** to get over this problem” (Tap: KC, UN, CB or rub NLR)

**Affirmation:** *“Even if I don’t believe it is possible for me to get over this problem I deeply and completely love, honor and accept myself.”* (Repeat: 3x out loud)

### **Benefit – Self:**

“Getting *completely* over this problem will be **good for me**” (Tap: KC, UN or rub NLR)

**Affirmation:** *“Even if it’s not good for me to get over this problem, I deeply and completely love, honor and accept myself.”* (Repeat: 3x out loud)

### **Benefit – Others:**

“Getting *completely* over this problem will be **good for others**” (Tap: KC, UN or rub NLR)

**Affirmation:** *“Even if it’s not good for (person’s name, or) others for me to get over this problem, I deeply and completely love, honor and accept myself.”*  
(Repeat: 3x out loud)

### **Deprivation:**

“I will **not feel deprived** if I get *completely* over this problem” (Tap: KC, UN or rub NLR)

**Affirmation:** *“Even if I will (might) be deprived if I get over this problem, I deeply and completely love, honor and accept myself.”* (Repeat: 3x out loud)

### **Abbreviated Tapping points:**

NLR – Neuro Lymphatic Reflex

KC – Karate Chop point

UL – Under Lip

UN – Under Nose

CB – Collar Bone

## **Psycho-Energetic Reversal – Questions:**

After you've gone through the first five statements (*It's safe for others for me to get over this issue*); tell your client that you will be asking two generic questions. They don't need to repeat it, but just be strong when you muscle test them. Let them know that their conscious mind may not understand the questions but their subconscious mind does, and you'll explain it afterwards.

### **1) “Are there any secondary gains (benefits) causing you to hold onto this issue?”**

Muscle Test (MT) – they should be weak. If they are strong, have them do the Karate Chop tapping with the statement:

*“Even though there are secondary gains causing me to hold onto this issue, I deeply and completely love, honor and accept myself.”* (MT again, asking the same question above. They should test weak.)

**Explanation:** Are you gleaning any benefit from holding onto the issue? If they muscle tested weak, tell them that the muscle testing indicated a NO response, and that was the correct answer.

### **2) “Are there any other psycho-energetic reversals currently affecting the issue?”**

Muscle Test (MT) – they should be weak. If they are strong continue reading from the psycho-energetic reversals list until you find them weak on another statement, then correct it.

Repeat this question above until you get a weak MT to that question.

**Explanation:** This is where your intension says *Yes, I want to get over this issue, but your body's energy system says No Way – and you end up going nowhere fast.* By tapping you correct the imbalance thereby allowing for the energy system to go with the same harmony and flow of your intension.