

arOmaTap by Alexandria Brighton

We all have things we want to change about our life, maybe to make more money, to get healthier or to find a new relationship. Some want to lose weight and we all know how difficult and usually unsuccessful that can be. So why is changing a challenging part of your life so difficult?

The answer can be found in the makeup of your mind. Our mind is divided into two parts, our conscious and the deeper subconscious area. While the conscious mind is responsible for rational conscious thought and processes ideas sequentially, using language. The other part, the subconscious, is emotional and processes ideas simultaneously, using pictures.

The subconscious mind is far more powerful and is estimated to control 95 percent of our thoughts and the actions that we take each day. Our subconscious is motivated by survival keeping us safe from danger, real or perceived. Leading us to pleasurable experiences and keeping us from negative experiences. Herein lies the problem, the emotional subconscious experiences fear, anger, sadness, anxiety and a host of other negative emotions when you begin to pursue new goals. This is just how the brain is wired, just the thought of the new change can bring up all the fears and negative limiting beliefs we have about change.

Our subconscious is designed to protect us from danger. The mind does not distinguish between what is physically dangerous to our survival and what just “feels” emotionally dangerous, like rejection or failure.

When something threatens our emotional belief system it can cause real trauma that can also result in physical conditions such as accidents, panic attacks and serious illness. Because of this perceived danger, you never take the actions necessary to achieve your desired goals.

The reason why so many have tried and failed to achieve success is that the subconscious is averse to the actions that need to be taken.

New scientific discoveries have helped to explain why tapping works. It has discovered that the brain does not become fixed at age 18 as previously thought, but rather, it is able to change at any age. New neural connections can be formed and the brain has shown it can literally rehabilitate itself.

This amazing process can be used to our benefit, but sadly, most often we use it to our detriment. If we experience a trauma or some event that generates a negative emotion, we create a neural pathway that supports re-triggering the negative emotion. (If you believe people are mean and dangerous, you will look for evidence to support this belief and ignore evidence to the contrary.) We also create pathways that support limiting beliefs or disempowering belief that we may have created in the moment of a trauma. This process of creating pathways is so fast, in fact, Nobel Prize winner Eric Kandel says we can double the neural connections for a given thought pattern in one hour!

Conditions like phobias and PTSD exist because the brain creates feedback loops that builds and reinforces neural pathways. In order to transform yourself and your life, you must interrupt the feedback loop that is creating and keeping these patterns in place.

Simply understanding your fears and limiting beliefs, however, usually does not give you the ability to overcome them.

When you recall an experience that made you angry, fearful, or upset you continue to think about it. Even if you try to ignore it, you're building more and more neural pathways of stress and upset. The fact that this process gets stronger over time makes it even more essential that we interrupt the process of creating these negatively based neural connections, because any negative emotion or limiting belief will only get worse over time, not better.

The Tapping Solution

Tapping has been proven to successfully interrupt this process. Tapping sends signals to the brain to react with calm, not fear or upset. It has proven to dramatically reduce cortisol levels. This in turn reduces stress.

Regardless of whether it's a disturbing thought or memory, or an action you are about to take, tapping helps to neutralize the upset you feel.

Tapping was developed by drawing on traditions from psychology, kinesiology, acupuncture, and more. Pioneers in these fields include Roger Callahan, John Diamond, George Goodheart, Francine Shapiro, Patricia Carrington, and Gary Craig.

The advantages of Tapping are numerous

- It's simple enough that anyone can do it, even children!
- It's non-invasive.
- It requires no special equipment or location.
- It's much faster than most other techniques.
- It's flexible enough to adapt to any situation or issue.
- You can do tapping by yourself
- Tapping will work even if you are skeptical.

Note: If you are tapping for yourself by yourself on deep trauma, abuse, or other serious issue, we suggest you work with someone experiences in tapping.

Emotional Freedom Through *arOmaTap*

What is *arOmaTap*

In order for the tapping to be most effective, we want to tap on certain bio-electrically sensitive points. These are some of the same acupuncture points that have been used for 5,000 years, which are called acupoints.

In Traditional Chinese Medicine they have identified 14 main meridians that come to the surface of the body and therefore can be directly worked with by the healer or the physician. It's important to note that there are potentially hundreds and maybe even thousands of these meridians running throughout the body, and the same can be said of the acupuncture points.

However, it is not necessary to study and understand all of these points and meridians because it has been found that working with the main ones has an overall effect on this extensive network.

arOmaTap is a simple method that involves tapping and stimulating acupoints around the head and upper torso using the *arOmaTap* rollerball oils containing pure high frequency blends while bringing to mind and voice the issue or problem of concern.

Many healers and physicians work with the meridians and acupuncture points, with great results. What the healer or physician working with the meridians is attempting to do in a treatment is to stimulate and encourage the smooth flow of life force energy throughout the body, which also triggers the body's own healing mechanism.

When the Life Force Energy is flowing smoothly, all organs and bodily systems are nourished and are able to function at optimal levels.

According to TCM, it is understood and believed that when the energy is flowing smoothly through the organs and systems it naturally calms and steadies the energies of the mind. When both mind and body are calm and steady, the spiritual body opens (also known as the shen or heart) and can work through us effortlessly, guiding us through the process of self-realization.

Therefore, the *arOmaTap* coach is not looking to heal the body; they are only initiating a change or a shift in the body's own Life Force Energy, triggering the person's own healing mechanism. Therefore, the healer is but a catalyst in the healing process.

With *arOmaTap* we can become our own healers by working directly with the chakras, meridians and acupuncture points.

ArOmaTap Blends

When we *arOmaTap* using the *arOmaTap* blends on the acupuncture points, it triggers a rush of vibrational frequency, programmed Life Force Energy, throughout the chakras and meridians. What makes *arOmaTap* unique compared to standard EFT and acupuncture or other energy medicine techniques is that it has a conscious mental/emotional component **supported by an aromatic blend with the ability to release and transform the frequencies of the issues being addressed.**

When we bring up a particular emotion, feeling or stressful thought, the energy running throughout our meridians shift to reflect that state. Often traumatic experiences cause our meridians to go into an unbalanced or stressed state and as a direct consequence we feel emotionally stressed. The energy in the meridian shifts

into an unbalanced or stressed state and then that shift of energy gives rise to unpleasant emotions, stressful feelings and negative thinking.

Once the stressful state occurs in the meridians due to a traumatic event, the meridians can easily become programmed to that state, and when the thought of the traumatic event is brought up, the meridians return to the programmed state.

That's why when we think of a past trauma, we instantly re-live that same feeling.

Talking about it without addressing the underlying energetic imbalance in the meridians is often unfruitful and very slow going. However, if we address the energetic imbalance in the meridians that is related to the traumatic event as soon as possible, the emotional intensity of the stressed state dissolves and all associated unpleasant feelings, emotions and negative thoughts tend to disappear.

How does this happen? Firstly, we bring to mind a past traumatic event and we will quickly feel the unpleasant energetic state that follows. We then want to acknowledge the unpleasantness. We don't want to avoid or suppress it because this doesn't resolve the issue. We will then use some focused words and sentences, along with the appropriate *ArOmaTap* blend while we *arOmaTap* on the acupuncture points.

What we find is that after following this procedure over a number of minutes, the intensity of stress around the thoughts of the past traumatic event dissipates dramatically. In some cases, all emotional intensity around the event dissolves completely, right then and there.

When we *arOmaTap* on the acupuncture points while holding the trauma in mind, we are stimulating and re-programming the meridian system to restore energetic balance, therefore bringing it out of its unbalanced, stressful state whenever the trauma is brought to the surface of the mind.

After a series of sessions working with the *arOmaTap* technique, the person brings to mind the previous traumatic event, and there remains little to no emotional intensity or stress around that event.

It may sound like a lot to take in if you are new to this idea or way of looking at the meridian energetic system. Simply try the *arOmaTap* tapping technique out for yourself because at the end of the day, we are more interested in results.

***arOmaTap* How to Proceed**

The procedure is very simple, you are going to be tapping and applying a designated *arOmaTap* blend to acupoints of the body's major energy flows, which are called meridians in Traditional Chinese medicine. This is how we disrupt the negative feedback loop and allow for correction and balance to occur.

- 1.** Recall an experience in your life where you felt discomfort. A time when something happened to you which was out of your control and left you feeling hurt or unsure of yourself.
- 2.** What are your feelings about this situation now? Are you angry, enraged, sad, grieving? Are you willing to tell yourself more about how you feel regarding this situation? Be willing to not hold back any of your feelings no matter how dark or scary they may seem. Just experience them as they feel today. Now rate the discomfort intensity of the situation on a scale of 0 to 10 with 0 being no emotional discomfort to 10 being extreme emotional discomfort (SUD rating, subjective unit of discomfort).
- 3.** We are now going to use *arOmaTap* to withdraw the energy you have invested in them by interrupting the feedback loop with essential oil vibrational frequency and acupoint stimulation, thus allowing you to take your power back.
- 4. The Setup:** We use the Setup to make sure your energy system is properly oriented before attempting to remove the disruptions. Your energy system is subject to a form of electrical interference which can block the balancing effect of the *arOmaTap* procedures. The interfering blockage takes the form of a polarity reversal within your energy system. This is different from the energy disruptions that cause your negative emotions. This polarity reversal has an official name. It is called Psychological Reversal, and it represents a discovery with wide-ranging application in all areas of healing and personal performance. It is the reason why some diseases are chronic and respond very poorly to

conventional treatments. It is the same reason why some people have a difficult time losing weight or giving up addictive substances.

Psychological Reversal is caused by self-defeating, negative thinking that often occurs subconsciously and thus outside your awareness. On average it will be present about 40 Percent of the time – and thus hinder the *arOmaTap* procedure. Psychological Reversal does not create any feeling within you, so you won't know if it is present or not. When Psychological Reversal is present, it will stop any attempt at healing, including *arOmaTap*. Therefore, it must be corrected if the AromaTap EFT procedure is going to work.

We will correct for the Psychological Reversal even though it may not be present. It will only take 8 to 10 seconds to do and, if it isn't present, no harm is done. If it is present, however, a major impediment to your success will be out of the way.

The Setup consists of two parts:

1. saying an affirmation three times and
2. simultaneously correcting for Psychological Reversal.

The Setup Affirmation

The correction for PR includes a neutralizing affirmation.

Even though I have this _____, I deeply and completely accept myself.

Ex; Even though I have this fear of public speaking, I deeply and completely accept myself.

Even though I have this anger towards my dad, I deeply and completely accept myself.

If it feels right to you, you can also say:

Even though I have anger towards my dad, I deeply and completely **love** and accept myself.

If neither one of those feels right due to the amount of self-dislike you carry, You can say:

Even though I have this anger towards my dad, I am open to a new perspective.

For children, we need to word the affirmation in words they understand.

For example: Even though I lost my new jacket at school, I'm okay.

Even though I lost my library book and I am mad at myself, I am still an awesome kid.

This is only a brief example and the possible issues that can be addressed are endless.

All of these affirmations are correct, because they acknowledge the issue and create self-acceptance.

Things you need to know and understand about the affirmation.

- It doesn't matter whether you believe it or not. Just say it.
- It is better to say it with feeling and emphasis, but saying it routinely will usually do the job.
- It is best to say it out loud, but if you are in a social setting and it would feel awkward, you can whisper it to yourself.

Correcting the Psychological Reversal with AromaTap EFT

Now that you have your setup affirmation we will proceed to the essential oil selection and begin the Tapping.

For Psychological Reversal we are going to use the AromaTap EFT roller blend **Transform**. It has a frequency that helps us to make and accept change while lowering the subconscious resistance to change. This helps to move past the Psychological Reversal issue if it is present.

We are going to *arOmaTap* on the area of the side of the hand known as the ‘karate chop’ point. It is found halfway between where the little finger attaches and where the wrist begins (see Point Chart). You will tap with the index finger and middle finger, or you can use all four fingers which will cover most of the side of the hand. Gently roll a small amount of the Transform across the fingertips. You do not need a large amount, just enough to very lightly wet the fingertips. If you apply too heavily dab your fingers on a paper towel before tapping.

Solidly tap the side of the opposite hand with your fingertips while repeating your setup affirmation three times. Most people prefer to tap with their dominate hand but either will work.

When you are done, you are going to apply your next arOmaTap blend to the index and middle fingers only. Again make sure to apply lightly as we will be tapping around the eye area. When you are ready, begin at the top of the head (TH) and repeat the reminder phrase from your setup affirmation, (following our example; anger at my dad) while you tap the point 5 to 7 times. Don’t worry if you tap a few more or a little less times. Move to the next point the inside of the eyebrow (EB) point and repeat the reminder phrase again while tapping. Continue on down the body following the chart ending at the under arm (UA) point. This constitutes one round. When you finish the round you will again evaluate and note your SUD level while you think about the situation. It usually will have reduced to a 4 or less, although, it may go up. You may need to repeat the round 1 or more times to lower the SUD level to 2 or less. Ultimately, we are aiming for a 0.

If you need to repeat another round, you can adjust your setup affirmation to:

Even though I still have some _____ I deeply and completely accept myself. This acknowledges that some of the discomfort is no longer present but that some also exists.

AromaTap EFT Collections

AromaTap EFT for Healthy Sexuality Collection

Sesso Dolce for Her

Sesso Dolce for Him

Lubriessence

Root – Terra

Sacral – Rainforest

Solar Plexus – Lavender, vera

Heart – Unconditional Love

Throat – Passion

Third-Eye – Clary Sage

Crown – Shaman Blend

Aromatap EFT for Business Success Collection

Gratitude

Transform

Reality Check

Root – Be Capable

Sacral – Be Bold

Solar Plexus – Be Determined

Heart – Be Prepared

Throat – Be Worthy

Third-Eye – Be Intuitive

Crown – Be Wise

AromaTap EFT Release and Restore Collection

Each would be used on each chakra 1 thru 7 according to what is needed.

Dispel Fear - Courage

Dispel Anger - Empathy

Dispel Poverty Consciousness - Prosper

Dispel Bad Relationships – Unconditional Love

Dispel Self-Sabotage – Independent Self

AromaTap EFT for Pain Relief Collection

Lavender Ice for Adults

Lavender Ice for Kids and Elderly

Trauma Relief

Align

Osteo

Sensory

Flexable

Connect

Circulate

Clear

AromaTap EFT for Liver Detox Collection

Lemon

Peppermint

HepaDetox

AromaTap EFT Personal Clearing Collection

Mind - Sweet Orange

Body – Tea Tree

Spirit – Protector