

Enchanted Fairy Taps

Written & Illustrated by Adel Rawlinson



*A child's metaphorical guide to EFT**

**Emotional Freedom Techniques*

Note to grown ups:

EFT (Emotional Freedom Techniques) is a form of psychological acupressure that involves light tapping on meridian points combined with verbalising an identified problem or emotion. This can bring about relief of psychological stress and physiological pain by restoring balance to the body's energy system.

To date, EFT has yielded exceptional results in the treatment of psychological and physical problems. They are not, however meant to replace appropriate medical or mental health treatment. If you use these techniques on yourself or others you must agree to take full responsibility in doing so. Due to its amazing results, EFT is one of the fastest growing therapies and is being used by therapists, doctors, psychiatrists worldwide. I have not experienced nor have I heard of any adverse side effects when applying these techniques.

EFT is safe, non-invasive and perfect for children due to its ease of application.

For information on how to use this book please turn to the back page.

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Leon was daydreaming in class about what he was going to do when he got home. It had been a long day and he couldn't wait for the bell to ring...



And then it came... "FANTASTIC!" he thought as he hurried towards the door with his excited classmates.

As Leon headed out, Jack a boy who was bigger than most of the other boys, tripped Leon up and pushed him to the ground!

“Ha, ha you fell over!” Jack laughed as he pointed at Leon.



Leon could hear the chuckles of the children
as he raced to get to his feet.

He was soooo embarrassed and upset.
He just wanted to get out of there as fast as he could!

He raced to meet Ella so that they could walk home together through the woods. As they walked Ella noticed a beautiful, colourful flower at the side of the path.

“That flower is so lovely, I bet it smells as good as it looks!”
Ella beamed as she bent down to smell the wonderful flower.

You’ll never guess what happened next....?



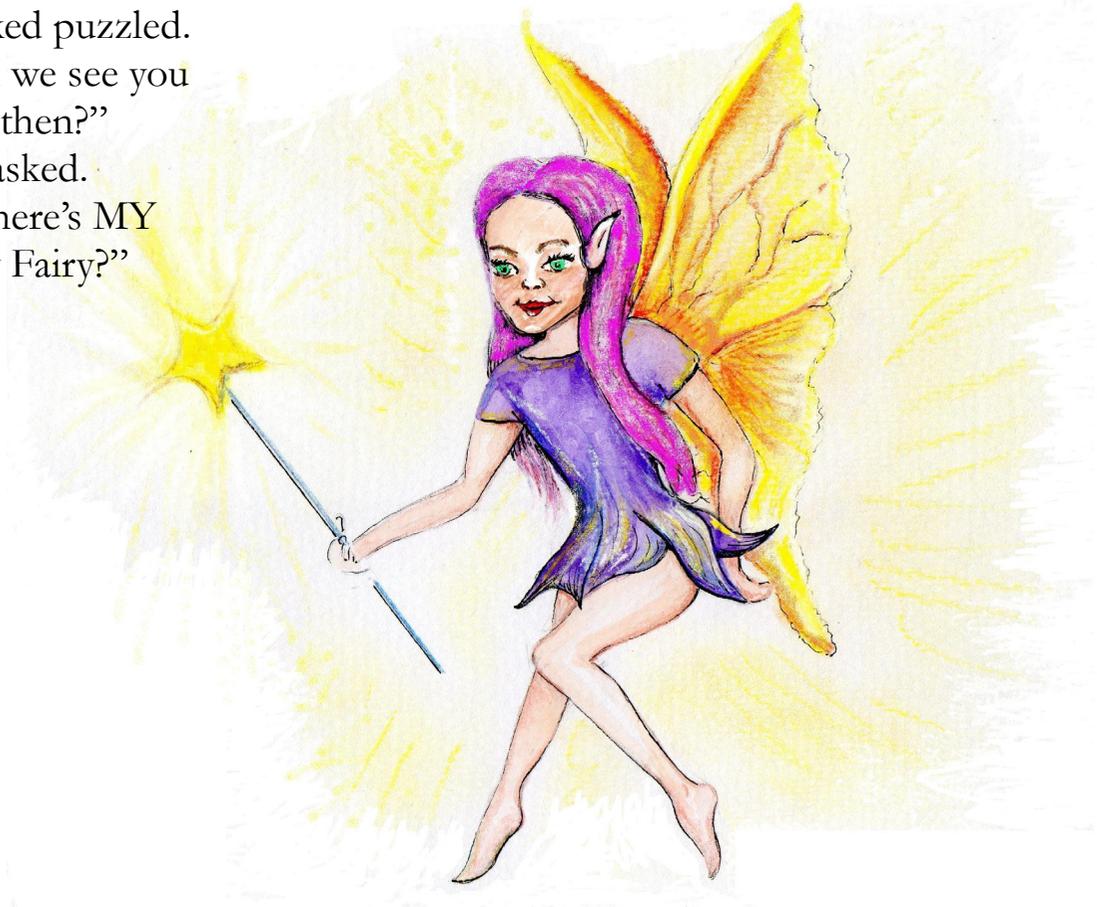
As Ella sniffed the wonderfully sweet scent of the flower a beautiful fairy appeared as if by magic! She was hovering around Ella and tapping on her gently with her tiny magic fairy wand.

“Who are you?” asked a bewildered Ella.



“I am an enchanted Tappy Fairy from the far away land of HappyTappy. Everyone has a Tappy Fairy with them always, but we are usually invisible to humans!”

Leon looked puzzled.
“Why can we see you now then?”
he asked.
“and where’s MY Tappy Fairy?”



“You can see me because Ella sniffed the magical HappyTappy flower.
If *you* sniff the flower, yours will appear too!”
said the tiny fairy as she continued about her tapping.

With that Leon bent down and he too sniffed the magical scent of the HappyTappy flower. In a puff of smoke *his* fairy appeared.

“Pleased to meet you!” he said in a marvellously tiny, squeaky voice.
“My name is Patrix Jollybop and I see you have already met my good friend Merrilee Snugcozy?”



Leon and Ella were amazed by the Tappy Fairies. They were so tiny and cute fluttering around them like magical butterflies. Both of them were holding special magic wands and had large yellow wings.

Although they couldn't feel it they were flying busily around them, tapping on Leon and Ella with their tiny magic wands. Leon and Ella were puzzled.



“Why are you tapping on us?” Leon asked politely.

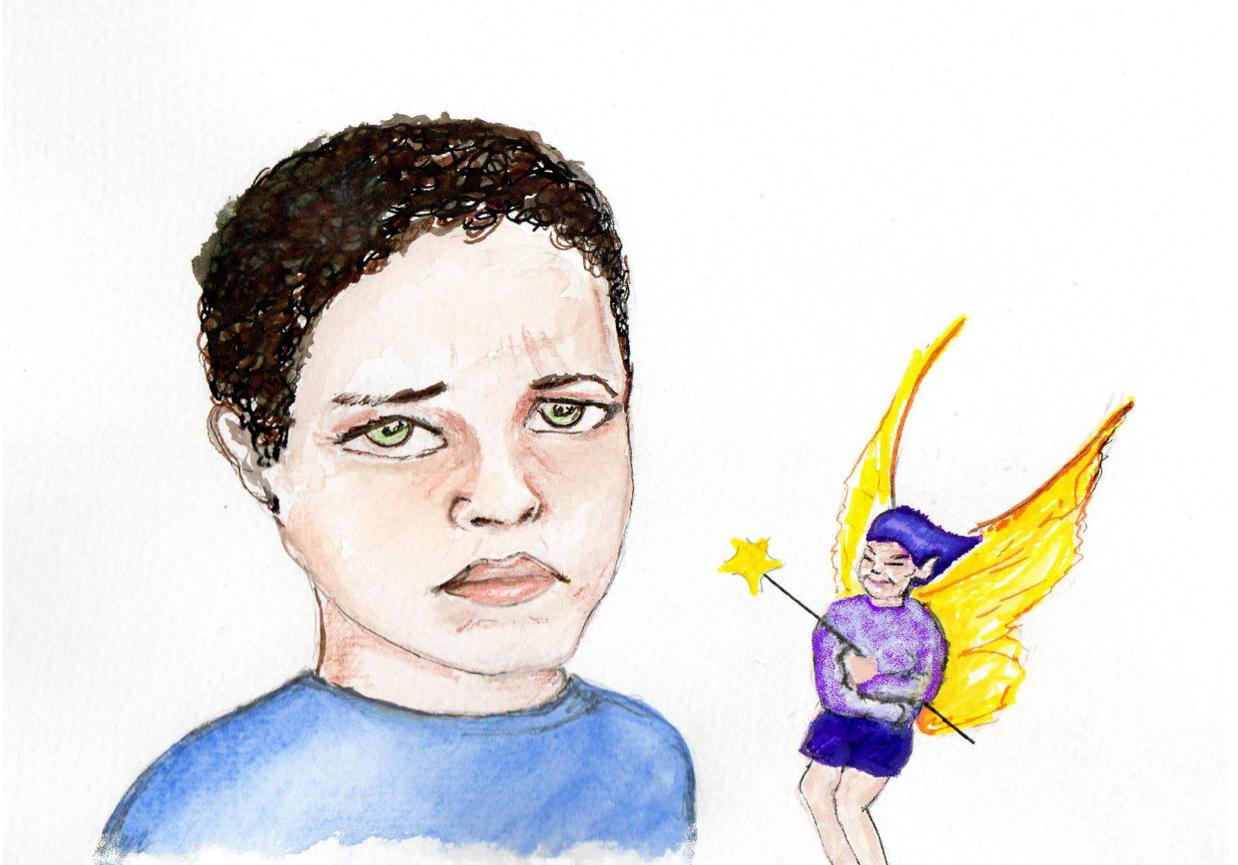


“We tap on you with our wands to keep you safe and happy. We tap away all your anger, sadness, troubles, fears and pains with our magical HappyTappy wands.” said Patrix Jollybop.

“Were you on holiday earlier when Jack pushed me over at school and everyone laughed at me?”

Leon asked gloomily.

“Because I felt REALLY sad then!”



Patrux Jollybob & Merrilee Snugcozy chuckled.

“No, we never, ever leave you” Patrux said. “Never EVER!”

“When you are really sad or upset that is when we are hugging you to let you know that it will all be OK again soon. We can’t do this *and* tap at the same time, it is impossible we are too small!”

Ella looked sad “I wish that you could tap on us with your wands *and* hug us at the same time, we’d feel better more quickly and wouldn’t feel sad for so long”

The HappyTappy fairies looked at each other.
“Maybe there’s a way, but we would need your help.” they said.



“We will help you –
tell us what you need
us to do!”
said the excited
children.

“You need to tap
where we show you,
like we do. But as
you don’t have magic
wands like us, you
have to say a magic
spell instead.” said
Merrilee.

Leon & Ella were *so* excited – how wonderful that they were going to learn a spell that they can use anytime they feel down, to make themselves feel better!
They felt so lucky!

“Firstly” said Patrix “you need to think about what has happened and how you feel about it... like when Jack pushed you over earlier. How do you feel about that?” asked Patrix



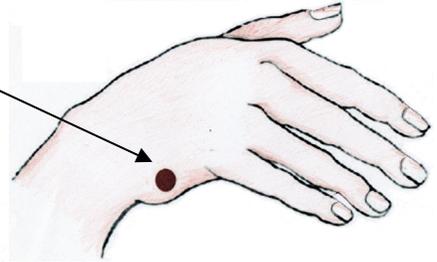
“*Really* sad!” said Leon gloomily.

“And how much sadness do you feel now?”

“This much!” Leon said with his hands out stretched.

“Wow, that’s a lot of sadness!” said Patrix. “So, we need to do the HappyTappy spell to make the sadness go away, and it goes like this...”

Tap on here your karate chop point with your fingers and say this HappyTappy spell...



“Even though I feel sad because
Jack
pushed me over ...
I *know* I’m a good kid!”

“Even though I feel sad because
Jack
pushed me over ...
I *know* I’m a good kid!”

“Even though I feel sad because
Jack
pushed me over ...
I *know* I’m a good kid!”

“Now tap several times on all these tappy points gently with your fingers reminding yourself of the spell, like this ...

“I feel sad...”

top of head

“I feel sad....”

Beginning of eyebrow

“I feel sad....”

Outer Eye

“I feel sad....”

Under the Eye

“I feel sad....”

Under the Nose

“I feel sad....”

Between Chin & Lip

“I feel sad....”

Just below Collar Bone

“I feel sad....”

Under the arm,



...and then take a deep breath....
and breathe out the sadness”

“Tell me now, how sad are you?” Patrix asked curiously.

“Well it doesn’t seem to matter as much now, maybe this much”
Leon brings his hands closer together.

“OK, we’ll do it again, until you feel *much* better, but this time you say...



Even though I am *still*
feeling a bit sad because
Jack pushed me over....”
(tapping on karate point)

And while you tap on
all the tappy points you
say...

“I still feel sad...
I still feel a bit sad...”
I still feel a bit sad...”
etc...

Or whatever words
come into your mind...

Leon does the HappyTappy spell again...

“Even though I still feel sad because Jack pushed me over – I *know* I’m a good Kid! ...still feeling sad, still feeling a bit sad...”

“How are you now?” Merilee asked excitedly

“I feel fine now, it really doesn’t bother me anymore – Wow, that’s great, I am going to use this all the time now!” Leon beamed.



Ella was thinking quietly about all the times when she too might use the HappyTappy spell. “I really don’t like maths, I find it hard and I really dread the lesson, can I use the spell then?” she asked.

“Yes of course, you can use it on *anything*, you just change the words of the HappyTappy spell. You would say something like,



4 x 3 + 12
x 30 =
????????



“Even though I find maths hard and I don’t like it, I am a good kid”

And then tap on all the points and say..

“I’m dreading maths.

“I find it difficult”

“I don’t want to do it”

Or whichever words fit best for how you feel!”

“Cool, I think we are going to have some fun with this!” Ella beamed.

“Yeh,” Leon agreed “and perhaps I might even teach it to Jack, ‘cause he has a lot of anger needing to be tapped out of him!”

The four of them chuckled as they made their way home.



How to use this book

EFT is a powerful yet gentle technique used to balance the body's energy system to allow the body to resume its own NATURAL ability to heal.

Common childhood issues for which EFT can prove helpful;

bed wetting

fear ie; of the dark

anger/upset

school issues/learning difficulties

physical problems ie, asthma/ grazed knee

upset following parents splitting

grief

confidence

basically, try it on anything..

Instructions

Read the book with your child encouraging them to 'tap along'

Discuss times when they too might have needed to use the HappyTappy spell

Involve them in learning it

Discuss the day's events and how they feel and suggest the HappyTappy spell to help

Repeat each night before bed time.

Helpful hints...

Whilst it is important to change the words of the 'spell' to correspond to the issue you are helping your child with, the basic structure of the technique and tapping points remain the same.

Example: If your child is scared of the dark because he/she thinks there is a

"big, furry, green monster in the closet", the set up statement would be;

"Even though I am scared there's a big furry, green monster in the closet, I am a good kid"

LISTEN TO THE WORDS YOUR CHILD USES, FEED THEM BACK AND CHECK WITH THE CHILD THAT THE WORDS ARE OK BEFORE PROCEEDING.

About the Author / Illustrator

Adel Rawlinson is a Master Practitioner of Hypnotherapy and Advanced EFT Practitioner based in Manchester, UK. For more information about the EFT products she has available as well as the workshops and one to one sessions, please visit her web site:

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