

W O N D E R
T W I N N I N G
ENERGY MEDICINE
by i am well
and
angel whispers

AN INTRODUCTION TO

Self-Compassion in the Midst of Loss

Devotion and EFT
(Emotional Freedom Techniques)

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**ACKNOWLEDGING YOUR
SUFFERING, WITHOUT
JUDGEMENT, ALLOWS YOU TO
BEGIN GIVING YOURSELF THE
CARE AND LOVE YOU NEED.**

- THE WONDER-TWINS

DISCUSSION TOPICS



Self-Compassion



Tapping (EFT)



Let's Tap



3 Components of Self- Compassion

- KRISTIN NEFF



Self-kindness vs. Self-judgement

Caring about ourselves and being willing to take wise action to alleviate our suffering.



Common Humanity vs. Isolation

Recognizing all humans are in the same boat even though details differ. All humans face grief and loss. This separates self-compassion from self-pity. Self-compassion recognizes that suffering and personal inadequacy is part of the shared human experience.



Mindfulness

The ability to relate our experience with a sense of balance and a clear, calm mind - even when the rug has been pulled from under us. We cannot ignore our pain and feel compassion at the same time.

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**INSTEAD OF MERCILESSLY JUDGING AND
CRITICIZING YOURSELF FOR VARIOUS
INADEQUACIES OR SHORTCOMINGS,
SELF-COMPASSION MEANS YOU ARE KIND
AND UNDERSTANDING WHEN
CONFRONTED WITH PERSONAL FAILINGS
- AFTER ALL, WHO EVER SAID YOU WERE
SUPPOSED TO BE PERFECT?**

- KRISTIN NEFF

Practicing Self-Compassion



We have to allow ourselves to be slow learners when it comes to practicing self-compassion.



If we ever feel overwhelmed by difficult emotions, the most self-compassionate response may be to pull back temporarily – focus on the breath, the sensation of the soles of our feet on the ground, or engage in ordinary, behavioral acts of self-care such as having a cup of tea or walking the dog.



When we reinforce the habit of self-compassion – giving ourselves what we need in the moment – we plant seeds that will eventually blossom and grow.



**Where is God
in my grief?**

1 Corinthians 10:13

...and God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.



Where is God in my grief?

Psalm 119: 145-148

145 I call with all my heart; answer me,
Lord, and I will obey your decrees.

146 I call out to you; save me
and I will keep your statutes.

147 I rise before dawn and cry for help;
I have put my hope in your word.

148 My eyes stay open through the
watches of the night, that I may meditate on
your promises.



**Where is God
in my grief?**

Romans 8: 28

28 And we know that in all things
God works for the good of those
who love him, who have been called
according to his purpose.

WHAT IS TAPPING

EMOTIONAL FREEDOM TECHNIQUES

EFT is a powerful holistic healing technique based on Chinese medicine and modern psychology.

PROVEN TO EFFECTIVELY RESOLVE:

stress
anxiety
phobias
emotional disorders
chronic pain
addiction
weight control
limiting beliefs and more!

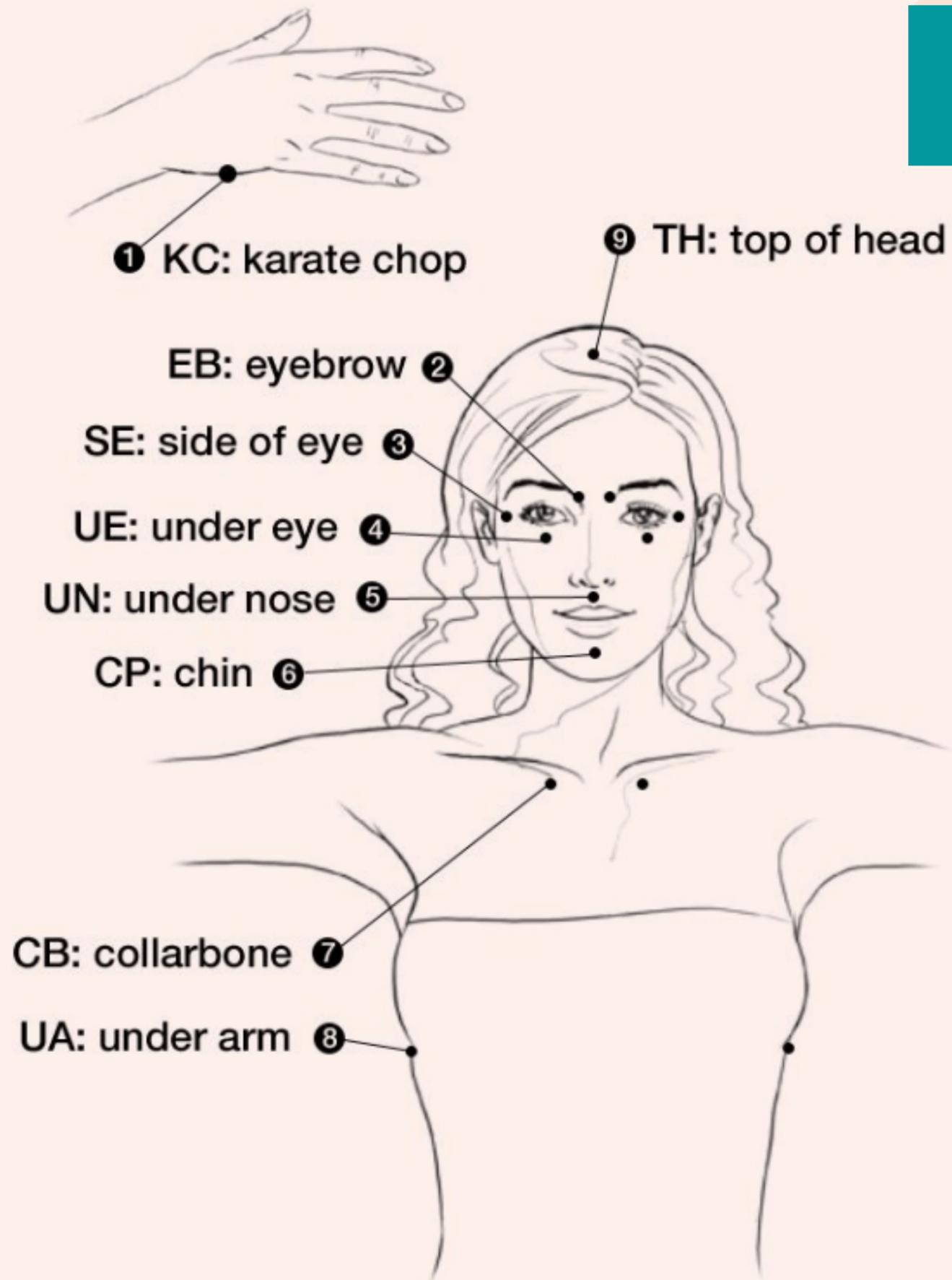
TAPPING ON THE SPECIFIC POINTS HELPS:

calm the nervous system
rewire the brain to respond in healthier ways
restore the body's balance of energy

CALMS SIGNALS SENT TO THE BRAIN

reminds the brain you are not in immediate danger and keeps blood flow to the frontal cortex or "thinking brain"

TAPPING POINTS



GETTING STARTED

Tapping focuses on the negative because that is really just your present moment truth.

1) **Focus on your most pressing issue (MPI)**

Measure the intensity – Where do you feel it in your body? Give it a number 0-10. 0 no pain/feeling – 10 intense pain/feeling

2) **Craft your setup statement**

“Even though I (MPI), I accept myself and how I feel”.

“Even though I (MPI), it’s ok to show my self some compassion”.

“Even though I (MPI), I accept and forgive myself”.

“Even though I (MPI), I am open to looking at it differently.

3) **Choose a reminder phrase** – emotions and thoughts

4) **Tap through the points**

5) **Check in with yourself** – did your level of intensity shift and/or change?

6) **Test yourself**



Working Through Feelings of Grief

KC (3X): Even though grief is messy, enormously painful and it doesn't follow a linear path, I acknowledge how I feel and it's ok to offer myself compassion.

Eyebrow: I feel so sad.

Side of Eye: Everyone thinks I should be able to get past this pain.

Under Eye: I want to be able to get past this terrible pain.

Under Nose: It is hijacking my life.

Under Mouth: Yes, grief is painful and I'm stuck in it.

Collarbone: My body feels like it will never stop aching.

Under Arm: I will be in this pain forever.

Top of Head: I will never be happy again.

Working Through Feelings of Grief

Eyebrow: What is wrong with me?

Side of Eye: I want to be happy, but then I get mad at myself for the moments I feel happy.

Under Eye: How can I be laughing or smiling?

Under Nose: Part of me knows it's ok to feel happiness.

Under Mouth: But another part of me feels it's so wrong.

Collarbone: If I'm happy, it must mean I don't care anymore.

Under Arm: And I do care! All. The. Time.

Top of Head: Grief is exhausting.

Working Through Feelings of Grief

Eyebrow: I'm frustrated with myself for being this way.

Side of Eye: I am used to being in problem solving mode.

Under Eye: I'm not able to solve the problem this time!

Under Nose: This isn't fair! I don't want to be going through this!

Under Mouth: I am so upset and anxious.

Collarbone: My heart will forever be broken.

Under Arm: I will never be the same again.

Top of Head: I acknowledge I have been through so much.

Working Through Feelings of Grief

Eyebrow: I acknowledge that the world as I know it has changed.

Side of Eye: I give myself permission to be imperfect.

Under Eye: I may not respond how I intend to.

Under Nose: I may not be able to meet everyone's needs right now.

Under Mouth: But, I can feel safe in this moment and trust that God will support me and meet my needs.

Collarbone: I need to treat myself as I would treat a friend who is grieving.

Under Arm: There is no correct way to grieve.

Top of Head: I can grieve however I need to grieve.

Working Through Feelings of Grief

Eyebrow: I am doing the best I can.

Side of Eye: I love the part of me that is trying to move forward.

Under Eye: I love the part of me that is stuck in grief.

Under Nose: I love all of me in this moment.

Under Mouth: I give myself permission to fall apart and cry and yell and whatever else I need to do to acknowledge all of my emotions.

Collarbone: It is safe to feel all of my emotions.

Under Arm: It is safe to witness my own suffering and fully accept it.

Top of Head: Feeling safe to express my grief now.

Working Through Feelings of Grief

Eyebrow: I am not alone in my grief. This is part of the human condition.

Side of Eye: I appreciate the people who are trying to help me move forward.

Under Eye: I wish people would leave me alone.

Under Nose: I want everyone to just go away.

Under Mouth: I don't know what I want.

Collarbone: I wish everyone would wrap me in their love.

Under Arm: I am grateful for the love and support of family and friends.

Top of Head: Offering myself forgiveness, kindness and compassion.

Tapping in Prayer

KC (3X): Even though life's tragic events lock us up in a personal cage of despair, I am open to allowing God to work through me and heal my heart.

Eyebrow: Oh Lord,

Side of Eye: When bad things happen or I have an unanswered prayer,

Under Eye: and my mind so easily travels to the negative side of things,

Under Nose: I want to deeply trust and love you.

Under Mouth: I completely trust and expect you to be with me no matter what happens.

Collarbone: When my prayers are not answered in my timing or in my way of thinking,

Under Arm: I deeply trust and love you Lord.

Top of Head: And I know that you love me unconditionally.

**Additional
Information**

Websites:

www.iamwellreiki.com

www.angelwhispers.org

www.thetappingsolution.com

www.eftuniverse.com

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