



## **Loving Kindness Meditation with EFT**

May I be free of suffering.  
May I know the joy of my own true nature.  
May I be happy.  
May I be at peace.

EFT is well known for its stress release and relaxation benefits. Accordingly, it should be of no surprise that it enhances and deepens meditation. In the “old days” it sometimes took years of work to rid ourselves of chronic anger, judging mind, and a host of other hindrances to our well being.

Enter EFT – stage left.....

My experience of EFT is that when you add EFT to anything, you increase the original power of whatever else you were doing by ten fold – if not a hundred fold. The path to self-empowerment becomes much easier, much faster and more complete with EFT.

For example, years ago, Ondrea Levine suggested I do Loving Kindness Meditation for myself for 30 days. It was a great idea and I finally embraced it and actually did it several years later! It just seemed so big to take it on for a whole long month that I put off actually doing it as long as I could.

Adding EFT, the process does not seem so daunting. The same meditation goes much further toward creating peace and awareness within. I suggest your practice time can only be one week instead of one month. If, after the week, you want to continue, that is fine, however, a week can make a huge difference in most people’s lives.

It is simply a fact that EFT makes it much easier to approach and enter powerful healing states than anything else I know.

I like to offer practices that clients might actually do rather than have people not do them because they sound overwhelming and just too difficult. Helping people move toward success instead of feeling stuck in failure makes me very happy.

If you tell someone to do a practice for a month and they only do it for two weeks, they might feel they have failed. With EFT, meditations and visualization practices can become so powerful; we can affect change in a much shorter period of time. Basically, it’s easier to feel good about yourself when you add EFT to whatever else you are doing.

A Loving Kindness Meditation with EFT is now a part of my schedule for at least a week (sometimes two weeks) every year. It is so easy to get carried away with our busy everyday lives and forget even the best of intentions that I write it in my diary the beginning of each year so that I don’t forget.



## Loving Kindness Meditation.

For this exercise use Continual Tapping. That means you repeat each of the statements below at each tapping point as follows: Karate chop point, top of head, eyebrow, side of eye, under eye, under nose, chin, collarbone and under arm. That completes one round of continual tapping.

You can say the following out loud or very quietly in your mind.

May I be free of suffering.  
(say once at each tapping point for one round)

May I know the joy of my own true nature.  
(say once at each tapping point for one round)

May I be happy.  
(say once at each tapping point for one round)

May I be at peace.  
(say once at each tapping point for one round)

Some years ago, my mother and a friend both died within a week of each other. I could not bounce back like I wanted to. I had no energy. I cancelled a few appointments with clients because I felt I could not be intuitive or “there” for them. As a friend said, “You are out of it” – whatever “it” is. After a few weeks of attempting to cope, I went into retreat for a week. I stayed home, didn’t answer the phone or see anyone, and didn’t allow myself to work.

In that silence, I found myself drawn, once again, to Loving Kindness Meditation. This time I did EFT and the Loving Kindness Meditation together, several times a day.

After my week’s retreat – just seven days – I did not recognize myself. The results were astounding. I had more energy, was more creative, walked around singing – you’ve got the idea. Somehow I had been given trust in the process. I was and am still very grateful.

Needless to say, I recommend combining EFT and meditation practices to anyone, anytime, anywhere

There are many more Gentle Awareness Techniques that, combined with EFT, become much more powerful. You can find some of them on my website <http://www.maggieadkins.com.au>

As with any EFT, it is always good to keep an EFT journal of what may come up during tapping. There are times that an insight is gained or something important may be remembered and it is appropriate to write it down and come back to it later when you can give it the time and energy it deserves. There



are important EFT techniques for being specific in order to truly release old traumas and events in your life. Remember: "For results that are terrific, it's best to be specific."

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