

SHEKINAH BIRTHING CO.

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TRANSCRIPT: EFT FOR 9/11 MEMORIES

NOTE: This transcript is not completely word-for-word with the audio, but it should be close enough to make it useful, nonetheless.

Hello. My name is Eileen Sullivan, and in this audio, we'll be tapping on 9/11 memories. Yesterday (April 27, 2009), a jet flew over Manhattan and around the Statue of Liberty for a photo opportunity for the government, and it triggered a lot of people. Offices were evacuated, and many people were very frightened. I would like to help you use some EFT to release some of those memories and fears that may have been triggered.

If you are not familiar with EFT, you can download a Tapping Points sheet with the locations of all the points we'll be using from www.areyoutapping.com. That's www.a-r-e-y-o-u-t-a-p-p-i-n-g.com. Make sure you have plenty of water to drink, before and after tapping. EFT works best when we're well-hydrated.

Tap on the Karate Chop spot on the side of your hand and repeat after me:

"Even though I still have these painful memories from 9/11, I deeply and completely accept myself." (repeat 3x)

Now move to the tapping points and again, repeat after me:

ToH Painful memories from 9/11
EB Painful memories from 9/11
SE Painful memories from 9/11
UE Painful memories from 9/11
UN Difficult memories from 9/11
CH Difficult memories from 9/11
CB Painful memories from 9/11
UA Painful memories from 9/11

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TRANSCRIPT: EFT FOR 9/11 MEMORIES (continued)

“Even though that plane reminded me of 9/11 and it really scared me, I deeply and completely accept myself.” (repeat 3x)

ToH That plane reminded me of 9/11
EB That scared me
SE That plane reminded me of 9/11
UE It really scared me
UN That plane reminded me of 9/11
CH It really scared me
CB That plane reminded me of 9/11
UA It really scared me

“Even though I was afraid it was all happening again, like a repeating nightmare, I deeply and completely accept myself.” (repeat 3x)

ToH I was afraid it was all happening again
EB I was afraid it was all happening again
SE I was afraid it was all happening again
UE I was afraid it was all happening again
UN I was afraid it was all happening again
CH I was terrified it was all happening again
CB I was terrified that it was all happening again
UA I was afraid it was all happening again

Go back to the Top of the Head and continue

ToH It was like some repeating nightmare
EB It was like my worst nightmare all over again
SE It was like a repeating nightmare
UE It brought back all those painful memories
UN It was like my worst nightmare all over again
CH It was like a repeating nightmare
CB Repeating nightmare

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UA Repeating nightmare

TRANSCRIPT: EFT FOR 9/11 MEMORIES (continued)

“Even though the people that allowed this are inconsiderate and ignorant to think it would be okay, I love and accept myself and I forgive myself for being triggered by it.” (repeat 3x)

ToH Whoever allowed this was inconsiderate and ignorant
EB It wasn't okay
SE They should've known it would upset a lot of people
UE They should've known it would frighten a lot of people
UN They should've known that it would bring back the pain of 9/11
CH Those people are inconsiderate
CB Those people are thoughtless
UA This was not okay

Go back to the ToH and continue

ToH I forgive myself for being triggered
EB I forgive myself for being triggered
SE I forgive myself for thinking about all those bad memories again
UE I forgive myself for being afraid all over again
UN I forgive myself for being terrified again
CH I forgive myself for being triggered by those idiots
CB I forgive myself for being triggered
UA I forgive myself for being triggered

“Even though it was a dumb thing to do and they could've been a lot smarter about it—haven't they ever heard of PhotoShop?!—I love and accept myself and I'm okay now.” (repeat 3x)

ToH It was a dumb thing to do
EB They could've photo-shopped that picture together
SE That would've been a lot better
UE That would've been a lot less scary and traumatic
UN It was a dumb thing to do
CH They scared a lot of people
CB They upset a lot of people

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UA It was a dumb thing to do

TRANSCRIPT: EFT FOR 9/11 MEMORIES (continued)

Go back to the ToH and continue

ToH I'm okay now

EB We're okay now

SE It was just a dumb photo op

UE We're okay

UN I'm okay

CH It was just a photo op

CB It triggered me but I'm safe now

UA It was scary but I'm safe

"Even though it was a false alarm, and there was no good reason for it, people took precautions to keep themselves safe, and that's a good thing." (repeat 3x)

ToH It was a false alarm

EB It was a false alarm

SE It was a false alarm

UE There was no good reason for it, but

UN It was a false alarm

CH False alarm

CB False alarm

UA False alarm

Go back to the ToH and continue

ToH People did take precautions

EB That's a good thing

SE We won't be caught off-guard again

UE People took precautions

UN That's a good thing

CH We won't be caught off-guard again

CB People did the right thing to protect themselves

UA That's a good thing

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TRANSCRIPT: EFT FOR 9/11 MEMORIES (continued)

“Even though my memories of 9/11 will never go away, I choose to release some of that fear and pain now.” (repeat 3x)

ToH My memories of 9/11 are painful
EB I choose to release some of that pain now
SE My memories of 9/11 are frightening
UE I choose to release some of that fear now
UN My memories of 9/11 will never go away
CH I can release some pain and fear now
CB My memories of 9/11 are forever
UA I can be free of that fear and pain now

Go back to the ToH and continue

ToH I can be free of that fear and pain now
EB I can be free of that fear and pain now
SE I can be free of that fear and pain now
UE I can be free of that fear and pain now
UN I can be free of that fear and pain now
CH I can release that fear and pain now
CB I can be free of that fear and pain now
UA I can be free of that fear and pain now

I hope this will help you to release any tension and fear that may have come up for you when you saw the video or experienced the fly-over.

My name is Eileen Sullivan and this has been “EFT for 9/11 Memories.” Until next time... are you tapping?