



# Identifying and Neutralizing Reversals

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# Identifying and Neutralizing



**More Important Than You Can Imagine!**



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**This e-book is based on the assumption that you know the basics of Meridian Tapping Techniques. If you do not, please read about it at [www.LKCoaching.com](http://www.LKCoaching.com).**

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# Identifying and Neutralizing



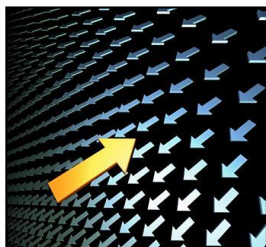
**Meridian Tapping is an extraordinary tool that works on thousands of issues and can be self-applied by almost anyone. Even beginners can often produce an 80% success rate or more. However, newbies and even old-timers are often perplexed when the intensity of their issue isn't going down. This ebook describes the most common reason why that occurs.**

**More than any other single element,  
Reversals can impact the results of Tapping.**

Identifying and neutralizing Reversals before you start tapping is one of the most effective ways to quickly resolve issues. In fact, **if Reversals are unrecognized or ignored, they can stop Meridian Tapping Techniques in its tracks.**

I break Reversals down into two basic categories: **General Polarity** and **Secondary Benefit Syndrome.**

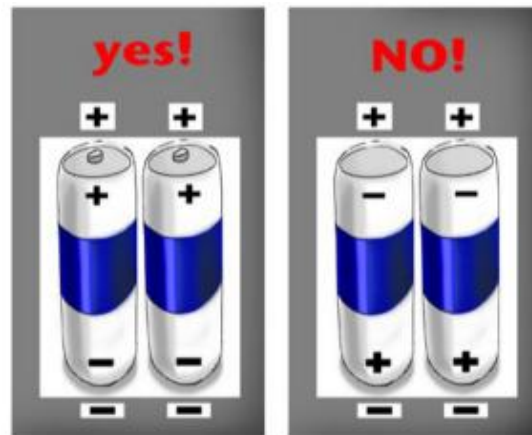
## **GENERAL POLARITY REVERSALS – or GPR**



A **General Polarity Reversal** simply means that **the electricity or energy in the body is "agitated" or "going in the wrong direction."** Therefore, *polarity is reversed.*

A simple way to look at our body's energy field is to think of batteries in a tape recorder, flashlight or other battery-operated device. The batteries that run the gadget must be installed with the positive and negative poles seated in the correct direction. If not, the device simply won't work. It's much the same way in our energy system.

Since your body has its own "electrical system," your "batteries" need to be positioned correctly for you to function properly. If your polarity, or direction of flow, is scrambled up, you have a General Polarity Reversal or GPR. While GPR is not common, it does happen, and it is unlikely Tapping will work until the Reversal is corrected.



**You know those days when you just feel off?** Your timing is out of whack, you're dropping your keys or pens, bumping into doorframes, fumbling for words or phrases, falling off curbs, and so on? **Chances are your Polarity has become reversed, literally causing you to be out of balance.**

Think of the experiment in grade school where you used a magnet to attract tiny particles of metal on a piece of paper. The positive end of the magnet pulled the particles toward it, lining them up neatly, all going the same direction. The negative end of the magnet, when directed toward the metal shavings, caused the particles to repel, scattering them into all different directions. In a sense, that's what happens to our body's energy when a negative force, like those listed below, is introduced into the system.

### **Here are some common causes of General Polarity Reversals (GPRs):**

- ▶ **Negativity** – chronic negative thoughts or negative behavior
- ▶ **Electrical Force Fields** – being around electrical devices for long periods of time (cell phones, computers, MP3 players, TVs etc.,) can scramble the body's energy system

- ▶ **Addictions** – addictive personalities or addictive substances in the body
- ▶ **Drugs** – prescription or illegal, including alcohol or tobacco
- ▶ **Chronic Pain** – can cause a disruption in your entire energy system, which can put your body in a ‘spin’
- ▶ **Toxins** – substances (chemicals, paint, solvents, etc.), allergies (food, perfume, dust) and sensitivities (pollution, noise, light)
- ▶ **Dehydration** – water is a primary conductor of electricity so if you are dehydrated, the energy moving through your system can be greatly impeded.

The good news is, just like the Secondary Benefit Syndrome (SBS), General Polarity Reversals (GPRs) are easy to correct, especially when you discover the cause.

## Ways to Remedy General Polarity Reversals

- ▶ **Rectify the Cause.** If you’re dehydrated, drink more water. Remove yourself from electrical fields; do what you can to eliminate the cause of the Reversal.
- ▶ **Just Tap!** A simple, effective way to fix the most common GPR problems is to perform this simple procedure: Bump your hands together at the Karate Chop Points. You don’t even have to say anything. Tapping for 15 to 20 seconds will generally rebalance your meridians and fix a simple “general” Reversal.

Also, performing the standard set-up procedure (rubbing the Sore Spots or tapping on the Karate Chop Point while saying the Set-up Statement) will fix some types of GPRs. Addictions or toxin-related GPRs, however, are not usually eliminated just by tapping; the irritating substance needs to be eliminated from the body, in most cases, to allow MTT to work.

## SECONDARY BENEFIT SYNDROME REVERSALS



The second type of Reversal, and by far the most common, I call the **Secondary Benefit Syndrome** or **SBS**. The **SBS** is simply “**a subconscious resistance to change.**” This type of reversal occurs when the Subconscious Mind perceives that it is better or safer to keep an issue – like

negative emotions, chronic pain, extra weight, phobias, a bad habit – than to eliminate it.

Consciously, you might want to change, but your subconscious, which is far more powerful, is overriding your conscious choice. It's one of the reasons you find yourself saying "Why can't I just let this go?" or "Why do I keep self-sabotaging myself?" or "Why can't I lose this weight?"

As the movie *What the \*#@!# Do We Know* demonstrates, our bodies can actually become addicted to negative emotions or issues. Over time the subconscious becomes reluctant to let go of these emotions. While negative emotions may be uncomfortable to your Conscious Mind, they may feel *natural* or *familiar* to the Subconscious Mind.

I get hundreds of emails a week from strangers lamenting, "Tapping isn't working for me." They've read the many wonderful stories about MTT's one-minute miracles, yet they aren't getting the results they want.

## The Secondary Benefit Syndrome type of Reversal is most likely the reason why Tapping appears to not work.

**Note:** "Reversals" as I describe and use them, are different from the Psychological Reversals as described in other manuals or DVDs. The remedy, or neutralization, is also quite different.

**SBS is not a conscious choice**, yet many people initially balk when you tell them that subconsciously they don't want to get rid of their problem or issue. Naturally, most people don't consciously want to stay emotionally upset or in physical pain, but the subconscious is a powerful entity, usually exhibiting dominance over our conscious desires.

**For someone who has carried around a trauma, chronic pain, anxiety, phobia or other issue for many years, the emotion becomes a part of his or her identity.**

How often have you heard phrases like "He's an angry young man..." or "She's just such an anxious person..."? Or how many times have you said,

"Why can't just I get over this \_\_\_\_\_?" Overcoming or losing that "identity" can be very threatening to the non-rational subconscious mind.

For instance, the subconscious might be thinking: **"If I get over this issue..."**

*...it might be scary..."*

*...I may not know who I am anymore..."*

*...I won't have an excuse anymore for ..."*

*...it may not be safe..."*

*...I won't get the attention or sympathy I get now..."*

*...I won't know how to act as a functional, non-victim person..."*

*...I'll feel afraid if I let go of this..."*

For example, if someone has been trying to lose weight for a long time and hasn't been successful, they are almost certainly reversed on it. Consciously, they want to lose weight, but their dominant, stubborn subconscious may be saying: *"Wait a minute here. If I lose weight my clothes won't fit and I'll be deprived of the foods I love. And what if I lose that 40 pounds and I still don't get that promotion I need; or the guy I'm lusting after; or the friends I want? Maybe if I lose that weight I'll be so attractive to men that I'll be abused or harassed again. Or what if I get skinny and my life still sucks?"*

Once again, remember, this is the subconscious mind wielding control over what we consciously want. It is very difficult, under most circumstances, to consciously override the more powerful subconscious mind. If you doubt that, I highly recommend the audio book, *The Biology of Belief* by Bruce H. Lipton, PhD. It's a powerful documentary about why we are the way we are, the power of perception and the Subconscious Mind.

**As long as the subconscious is unwilling to let go of a problem, it's very difficult, if not impossible, to resolve the issue.**

A good clue as to whether or not a person has a SBS Reversal is if their SUD (Subjective Unit of Distress) level or "charge" remains the same after a couple of rounds of tapping. The intensity or SUD level is a way to gauge the emotional charge of an issue on a scale of 0-10.

- ▶ If you've had a problem for over a month, you're likely Reversed on it.
- ▶ If it's a highly charged issue, such as fear, anger, grief or guilt, you're likely Reversed on it.
- ▶ If there's something you want to accomplish and just can't seem to get there, you're likely Reversed on that.
- ▶ If you consistently do something you know you don't want to do, such as smoking, drinking, gambling or Internet porn, then you're likely Reversed on letting it go.

When I hear someone say, "I've had this \_\_\_\_\_ for years and have tried everything," the phrase "They're Reversed!" immediately comes to mind.

There are **several other reasons** why an issue can be difficult to resolve (not being specific or not correctly identifying the core issue, for instance.) However, the most common impediment by far, is the wicked Reversal!

## **RESOLVING SBS – The Good News!**

Gratefully, **it's very easy to correct or neutralize the Secondary Benefit Syndrome.** It's so easy that some people find it hard to believe.

Here's how: Simply **tap the Karate Chop Points at the bases of both little fingers together, while saying a reversal phrase (about three times)** such as:

Even though... I don't want to get over this anger (or trauma, chronic pain, grief, etc.) ...I deeply and completely accept myself.

Say an affirmation after every negative set up statement.

Even though...  
 ...It may not be safe to get over my (issue)...  
 ...I may not deserve to get over (this issue)...  
 ...I won't know how to act if I get well...  
 ...I won't have an excuse for my life being messed up...



...I don't want to forgive the people that ruined my life...  
...I don't know how to be 'normal'...  
...I'm afraid I'll lose my identity...  
...For whatever reason, I don't want to overcome this problem...

I almost always use at least the first and last of these phrases, which usually catch everything in between. "Not deserving" to get over something is also a biggie; just pick three or four and say them three times while bumping the Karate Chop Points together.

**Please note that the wording is very different from a Setup Statement**, which usually begins as *Even though I have this (issue or problem)...* The Reversal neutralization begins with *Even though I don't want to let go of...*, **the opposite of what your conscious might think is true.**

Doing this is simply **addressing your subconscious resistance** to change, thus neutralizing it. We don't know exactly why this works, only that it does!

You will know that the Reversal neutralization worked when you start tapping again and the intensity number starts going down. Reversals can be huge stumbling blocks, but they are easily remedied so don't let them stand in your way.

**Remember, fixing a Reversal does not fix the issue. It only eliminates the impediment to fixing the issue. You still need to tap as usual after correcting a Reversal.**

Just as a footnote, in addition to Secondary Benefit Syndrome, there can also be a conscious resistance to letting go of a problem.

For example, "Marie" had chronic back pain but she was afraid that if she become able-bodied again, more will be expected of her, she would lose her blue handicapped plaque, her disability income, cease receiving special attention and so on. Please don't think I believe everyone feels this way or

that I would judge anyone for it. I only mention it because I have seen it happen many times. **It's not a Reversal**; it's a "Secondary Gain" issue.

I'll ask someone, **"Do you WANT to let go of this problem?"** and once in awhile someone will admit that they don't actually want to get over it. It's usually because there is some payoff for remaining the way they are: attention, excuses, medical benefits, or other compensations might be lost if they are healed. **These are not Reversals, they are conscious choices.**

Again, Reversals are only one stumbling block to a successful session, but it is often the one that causes people to say, "I tried Tapping, but it just didn't work for me." I hate it when that happens.

Good Luck and Good Tapping!

Lindsay Kenny



**Lindsay Kenny** is a Meridian Tapping Techniques Life Coach from the San Francisco Bay Area. She has telephone clients worldwide, conducts MTT teleclasses, web casts and live workshops in basic and intermediate MTT and a special Ultimate Practitioners Workshop (Level 3). She also holds Weight Loss Clinics and Progressive Emotional Release Intensives, including those for aspiring practitioners. Lindsay additionally offer virtual classes such as teleclasses (via telephone conferencing) and Web-classes, via live video fees from the internet.

She began tapping in 2000, then became one of the first of only 28 EFT Masters, worldwide. She has continued to develop her own tapping techniques (called Progressive Emotional Release) to add to the Meridian Tapping Techniques body of knowledge.

For more information please read Lindsay's Frequently Asked Questions (the FAQs page) at [www.LKCoaching.com](http://www.LKCoaching.com). She can be reached at <mailto:LKCoaching-info@yahoo.com> or 415-507-0889.

Lindsay Kenny's eBooks, audios, videos and other downloads can be found on the Products page of her website, and include:

- *12 Tips* – to make tapping more effective
- *Bundling Baggage* – how to quickly release similar, repetitive, negative events (thoughts or beliefs)
- *Clearing Clutter* – how to find out why you hang onto things and how to change that behavior
- *Ultimate Truth Statement* – how to deal with intangible issues, such as procrastination, negative thinking, weight issues, or how to work toward a specific goal; being a great parent, becoming an accomplished speaker, eliminating phobias, etc.
- *Reversals* – neutralizing resistance to healing

