

EFT – Support for *your* voice

(Imogen Ingram)

Thank you for joining me in this practice to support your true voice. .

If you'd like to jump straight into the tapping, scroll down to Round 1, below.

EFT is a wonderful mechanism for becoming more aware of what's going on in the body. It's also an invitation into a form of *call and response* which is so embedded in our human experience throughout time. When you hear my own voice making a statement of affirmation or asking a question, you receive the sound and frequency of that intention. By pairing that with touch and felt sensation, you can enhance your nervous system's capacity to release tension, trauma, and fear and open to experiencing new beliefs and ideas in the body, not just the mind.

In this script, if there are phrases or words you don't relate to or don't resonate with, it is *more than okay* for you to replace it with terminology or phrases that are a more true reflection for you.

I will guide you through this practice with a number of touch points on the body.

- Tapping on the side of the hand (phrasing will be something like, even though I am unsure about x, I love and accept myself anyway)
- Then tapping the top of the head, the touch point above the eyebrows, and just under the eyes.
- Then tapping under the nose, on the chin, then onto the chest around the collarbone.
- The next two points might be new to you - just under the armpits, and the final one is on the solar plexus.

This will be the series and sequence of movements.

Round one of this script will be introducing a space to be with and feel into your body, recognizing there are ways doubt comes up, or we feel restriction in the body.

The second round is an invitation to think about what becomes possible for you as you use your voice, and allow that updraft of vocal expression to be shared and witnessed.

Before you begin, take a moment to really settle in your seat. Become aware of your breathing. You might like to lower your gaze and become aware of your feet on the floor. Take a moment to ground in. Remember that every moment that we give attention to

ourselves, to our core ideas, and to the expression of ourselves in this world, we open the door for another woman to do the same.

Round 1 (2:26)

Side of hand: *Even though I'm not always clear on my ideas. I love and accept myself. Even though I have doubts and I'm not always confident, I love and accept myself. And even though I feel elements of discomfort in being seen and heard for who I really am, I love and accept myself.*

Top of head: *I don't know yet what's possible for my voice.*

Above eyebrows: *At times, I feel afraid to try. I feel afraid to be heard.*

Under eyes: *At times, I feel so free.*

Under the nose: *Being seen as a leader feels overwhelming for me.*

Chin: *Standing up and having my say doesn't always feel great.*

Collarbone: *When an opportunity comes my way to speak my mind or share an idea, I find myself standing back. I don't want to put up my hand.*

Armpits: *What if people judge me for who I am and my true expression?*

Solar plexus: *Who am I when I really use my voice,*

Side of hand: *Even though I doubt myself in being able to take up space, I love and accept myself anyway. Even though I'm not clear on my message. I love and accept myself anyway, Even though there's a wide open space and I don't know how to take the first step. I love and accept myself anyway.*

Inviting you to take a breath in, eyes remaining closed, allowing some of that phrasing and the sensations you felt in the process to move through you now.

If you want to pause the recording, you can do that now in order to:

- Journal any reflections you may have
- Replay that first round and allow your intention to be felt
- Simply notice the recognition in your own body where you maybe step back or hold back when it comes to using your voice

Really allow yourself to immerse in this space.

The more we allow ourselves space for this, the more we hear the authentic expression of what's going for us in and going on in our body for us, the more we get to be with that, become aware as feelings arise. and have acceptance around that so that we can bring compassion to the parts of us that don't wanna be seen and heard.

Round 2 (7:44)

Side of the hand: *When I use my voice, I see incredible doors open, and I love and accept myself. When I use my voice, I don't always receive the response that I desire, and I love and accept myself anyway. When I use my voice, I put sound to an idea. And that feels good. And I love and accept myself.*

Top of the head: *What if the limitations I put on my ability to speak are just ideas?*

Eyebrows: *What if those limitations can change?*

Under eyes: *I'm curious about what could become possible for me*

Nose: *...when I use my voice with clarity,*

Chin: *...and when I use my voice with confidence.*

Collarbone: *I'm aware of the sound, the reverberation, and the sensation of my voice right now in my body.*

Armpits: *I love the frequency of sound and I love the echo, and I love the feel of my body moving with the sound of my voice.*

Solar plexus: *My voice has power.*

Top of head: *My voice is an instrument.*

Above eyebrows: *My voice is a healing balm.*

Under eyes: *First for me,*

Nose: *Then for others*

Chin: *I want to listen. I want to listen and be in the flow of this voice that's inside of me.*

Collarbone: *I invite the feeling of my inner voice to be expressed outwardly. I invite the feeling of my inner voice to be expressed outwardly.*

Armpits: *There is so much room for my voice to be heard and felt with.*

Solar plexus: *I say yes to my voice.*

Side of hand: *There's power and presence in my voice, and I love and accept myself. There's purpose and intent coming through my voice, and I love and accept myself. What is open to me for my voice - I'm going to listen and learn, and I love and accept the pathway that is opening for me with my voice.*

I invite you to take a breath, feel your feet on the floor. Feel the presence and the resonance of your voice. The sensation of having spoken aloud, what you desire and what you know is possible for you. I invite you to bring this practice into your daily world. Create a mantra, create a spoken word expression of what's living inside of you, learn it,

Speak it, feel it and allow that freedom and that flow of your voice to create a space of creativity and invitation for others to connect with you.