

The Bundling Baggage Technique

The bundling baggage technique is the tapping exercise you are/have been guided through when clearing your repetitive negative experiences from childhood. It's a powerful exercise that allows you to bundle a whole bunch of repetitive negative experiences together and get rid of them in one fell swoop.

We use this technique to get rid of serial events, traumas and abuses. By serial I am talking about traumas, abuses or events that you have experienced repetitively.

With the bundling baggage technique we can get rid of a whole bunch of S.E.E.'s together.

Say that for example have been teased for about 3 years of your life. Within that 3 year there were five S.E.E.'s that were really horrible. And there were also things that were said to you over and over (you're ugly, you suck, loser, etc.).

Normally we would have to treat every single S.E.E. separately and do some work on the things that were said to you over and over. This would result in you getting rid of the negative emotions and limiting beliefs from your 3 years of getting bullied.

However, we *often* (not always, sometimes we're dealing with a key S.E.E. and it needs to be neutralised individually) can get similar results with much less effort using the Bundling Baggage Technique.

With it we bundle every S.E.E., all the things that were said to you, the negative emotions and limiting beliefs together and then systematically tap away the whole bundle.

This can lead to great results.

By using this bundling baggage technique you won't have to treat every single S.E.E. separately, but you can now bundle a whole bunch of them together and "tap it away"!

NOTE: this is not an absolute substitute for clearing S.E.E.'s. There are some key S.E.E.'s you will need to thoroughly treat. Which ones you are guided through in the system.

Bundling Baggage Exercise:

In this exercise we're going to bundle a whole string of related S.E.E.'s together from a specific period in your life. This period can be between a few days to a few years.

You might for example have been to a summer camp were bullied for the whole duration of it. Lots of S.E.E.'s, and/or phrases in one period. That can be made into a bundle, named, and then "tapped away".

Another example might be all the times you were rejected by (wo)men. This is a period over a big period of your life which also potentially includes many S.E.E.'s and or phrases in one period. This can in the same way be made into a bundle, given a name and "tapped away".

NOTE: The bundling baggage exercise is not a complete replacement for clearing S.E.E.'s, but when there are a lot of similar, repetitive experiences it's a helpful technique to bundle them all together. However, some S.E.E.'s might stand out as particularly painful which need to be treated separately.

It's important when bundling baggage, that it's all related, similar S.E.E.'s and/or phrases. If it's related, similar S.E.E.'s and or phrases we can bundle them together.

Once you have a bundle that you want to get rid of you first give the bundle a name (i.e "My School Bullying") and then we'll systematically tap all the negative emotions and the limiting beliefs away using the Bundling Baggage video.

Examples of bundle names:

- My Summer camp traumas
- Fights with mom
- My failures and disappointments
- My social failures
- My Outsider traumas
- My school bullying
- (Wo)men's rejections
- Visits to Uncle Tom
- Centre of attention traumas
- Dad's verbal abuse
- My gym class nightmares
- Etc

What I'm going to ask you to do in a second, is to create a list of all the phrases, negative messages, abuses or traumas (S.E.E.'s) you've experienced repetitively during some difficult period in your life.

After you have created your list I'm also going to ask you to come up with a few (maximum of 3) negative limiting beliefs you have picked up during this time.

You will then -in your mind- bundle them all together and give a short name to your bundle that represents that period (ex. “summer camp traumas”).

Then you will rate how emotionally intense this bundle with all the repetitive events, abuses, traumas has impacted you during that period. All of it together.

So I’m going to ask you how you felt back then with the feelings of all the S.E.E.’s combined -usually this is a 9 or 10 out of 10 in emotional intensity-.

And once you’re done with that you’ll go to video “Bundling Baggage” and follow along and neutralise all the negative emotions and negative limiting beliefs you picked up during those repetitive events, abuses, phrases.

Action Steps:

1. Create a list of all the phrases, negative messages, abuses or traumas (S.E.E.'s) you've experienced repetitively during a period in your life (remember, this can be a long period of many, many years as well).

Now write down the phrases/negative messages and abuses or traumas that you experienced repetitively during that period (no need to get into detail on them -in fact, it's better that you don't- we're just writing this down to get a sense of how it was for you).

Example:

- They teased me relentlessly
- They constantly made fun of my ears
- I became red in the face when they teased me
- They would take their ears and make big ears to mock me
- They would mock me when other people arrived
- They would set up other people to tease me as well
- "Dumbo Dumbo"
- "Fly away zzzzzzzzzzzzz"
- "Flappie"
- "If you lie your ears grow"

What you're trying to do is to just give a little summary of how it was for you during that period (writing down only the negatives). You're doing this by writing down the negative messages/phrases you heard repetitively and the abuses or traumas you experienced repetitively.

It's like you're telling a friend about the bad period, and you write down what you would say to him/her about how bad it was.

Writing these things down gives you an overall sense of how you felt at the time.

NOTE: These repetitive phrases/negative messages, abuses or traumas don't have to be horrible traumatic things, it can be as "simple" as non-verbal messages. Like an exasperated sigh (which signals 'gosh, can't you do anything right'?!), an eye roll or just being ignored.

2. Now that you've made this list with phrases/negative messages and/or a abuses or traumas, look at your list and then ask yourself:

- "What was the message/limiting belief(s) that I was getting from all of that?"
- "What caused my -name bundle- to believe about myself?"

Then write down the answer(s) and add it to your list. By asking yourself that question you're trying to figure out how all those negative messages/phrases and/or abuses/traumas made you feel about yourself and/or what it made you believe about yourself, others, and the world.

Examples of messages/limiting beliefs:

- I'm unlovable
- There's something wrong with me
- People don't like me
- The world is a dangerous place
- I'm insignificant
- People are mean
- People must think well of me
- I'm not capable
- I'm a bad person
- Something bad will happen
- I'm unforgivable
- People are out to get me
- Something must change for me to be OK
- I'm hopeless
- Life is hopeless
- I must be in control
- People will take advantage of me
- People are too sensitive
- I'm helpless
- I must be perfect to be loved
- I'm not good enough
- Etc.

NOTE: The above are just some example beliefs. The list of possible negative limiting beliefs is endless. Ask yourself the question I suggested above (What was the message/limiting belief(s) that I was getting from all of that?) and go with what comes to mind first.

Example:

- They teased me relentlessly
- They constantly made fun of my ears

- I became red in the face when they teased me
- They would take their ears and make big ears to mock me
- They would mock me when other people arrived
- They would set up other people to tease me as well
- “Dumbo Dumbo”
- “Fly away zzzzzzzzzzzz”
- “Flappie”
- “If you lie your ears grow”

What was the negative message/limiting belief(s) I was getting from all of that?

I picked up the negative messages/beliefs that “there’s something wrong with me”, that “people out to get me” and that “I must be perfect to be accepted”.

3. Write down a general phrase or statement that symbolises your bad period. No need to be specific. Just a phrase that represents the bundle of all of that negative stuff.

Examples:

- My Summer camp traumas
- Fights with mom
- My Outsider traumas
- My middle school bullying
- (Wo)men's rejections
- Visits to Uncle Tom
- Dad's verbal abuse
- My gym class nightmares
- Etc

Example name of my bundle: "My Middle School Bullying"

4. Now that you have named your bundle, give a 0-10 (10 being the highest intensity, 0 being no intensity at all) rating on how painful, hurtful and traumatic this was for you during that period.

This is not how you feel about it now -though you can still feel very intense thinking about it now-, but we're giving it an intensity as to how you felt at the time. If you don't know, just make a guess, they're almost always right on target. For most people this is a 10 out of 10 intensity.

So then you end up with a written list of phrases/negative messages, abuses or traumas that you've experienced repetitively during a period, the limiting belief(s) you learned from it (I'm not OK etc.) a collective name for that bundle and an intensity rating on how you felt during that period.

It will look something like this:

They teased me relentlessly
They constantly made fun of my ears
I became red in the face when they teased me
They would take their ears and make big ears to mock me
They would mock me when other people arrived
They would set up other people to tease me as well
"Dumbo Dumbo"
"Fly away zzzzzzzzzzzz"
"Flappie"
"If you lie your ears grow"

I picked up the negative messages/beliefs that "there's something wrong with me", that "People are out to get me" and that "I must be perfect to be accepted".

Name of the Bundle: "My Middle School Bullying"

Intensity: 10 out of 10.

NOTE: I highly recommend writing all of this down on paper. There's something that happens in the brain when you write things down on paper. Yes, you can type, writing is better.

This is all the writing you have to do in this article. Once you have completed this, read through the examples below of what to expect when you will be going over the accompanying video "Bundling Baggage".

I have created an example script below so you know what to expect when you'll be going over the "Bundling Baggage" video where I'll be gently going to guide you in eliminating your baggage. I suggest you read this over so that you have a good idea what to say, how to do it and what to think about.

And you will also find the answer to some common questions and you'll figure out that it's close to impossible to make any mistakes.

NOTE: A few things you want to bundle for sure. If you've been bullied over a longer period, then that would be a great bundle (pay attention to whether there are any big S.E.E.'s that stand out that were really, really bad. You want to treat these separately).

If you've been rejected by the opposite sex many times, then this would be a great bundle (same advice, if one or two S.E.E.'s stand out here, treat these separately).

When making a bundle you don't have to remember every single time you "failed socially", "got rejected" or "got bullied". You'll automatically do things right if you follow the steps to creating your bundle.

Video Steps:

STEP #I. In the video we are first going to start out with tapping to clear any possible subconscious resistance to letting go of your bundle:

Even though I don't want to let go of my -name of bundle-...

STEP #II. Then I will instruct you to tap on your karate chop point (KC) and repeat a set-up phrase out loud:

Even though, after all these years, I'm still affected by my -name of bundle-, I want to love and accept who I am now

STEP #III. Then we tap one full round saying your bundle name on every tapping point:

*Eyebrow (EB) -name of bundle-
Side of Eye (SE) -name of bundle-
Under the Eye (UE) -name of bundle-
Etc*

STEP #IV. Then we do 3 full rounds where I am silent and you will be saying (in no particular order) your phrases/negative messages, abuses or traumas and limiting identity beliefs you wrote down, interspersing them with things that come to mind:

*EB They teased me relentlessly
SE And I couldn't do anything about it
UE They constantly made fun of my ears
UN It was so bad that I wanted to get my ears fixed
CH "Dumbo Dumbo"
CB They would constantly say that
UA "Fly away zzzzzzzzzzzz"
LP It pisses me off when I think about it
WR It made me believe that "I must be perfect to be accepted"
TH and that "there's something wrong with me"*

*EB I was really struggling
SE I became red in the face when they teased me
UE They would take their ears and make big ears to mock me
UN "Fly away zzzzzzzzzzzz"
CH "Flappie"
CB "If you lie your ears grow"
UA I believed that "people are out to get me"*

LP My life sucked!
WR I hated XYZ
TH They would mock me when other people arrived

EB I had a tough time
SE It was so difficult for me
UE They would set up other people to tease me as well
UN They would set up other people to tease me as well
CH I felt very small and insecure
CB I wanted to prove myself real bad
UA I really picked up that "I must be perfect to be accepted"
LP "I must be perfect to be accepted"
WR They teased me relentlessly
TH I really believed that "there's something wrong with me"

NOTE: Don't worry about doing this wrong, it's pretty much impossible. You can just say whatever is on your list and whatever else comes to mind. You're just venting your feelings and thoughts out loud (yes, you can do this in your mind too, or you can whisper, as long as you tune into it).

What you're doing at this stage is you're just venting your feelings and thoughts about how you felt back then and what you experienced.

We go for 3 full rounds, which is 30 tapping points. If you have already said everything you wanted to say and there is still more tapping to do, simply repeat things you've already mentioned before and continue to say something at each of the tapping points for 3 complete rounds.

All these phrases/negative messages, abuses or trauma and limiting identity beliefs are all together causing a general feeling which is what we are "tapping away".

Also, you don't have to say every single thing that ever happened to you. 3 rounds of phrases and venting is more than enough for your subconscious to pick up what it is that we're working on. By doing 3 rounds your subconscious gets the point and generalises and automatically knows you're working on healing your bundle.

I've randomly put this list together. There's no right or wrong way of doing this. As long as you are mentioning the things that happened during your bad period (the phrases/negative messages, abuses and/or traumas and the limiting identity beliefs) and you vent your feelings then you're doing it right.

Saying these things causes you to tune into the overall feeling that you had. By doing this you are tapping away the overall intensity (and with it the negative emotions and limiting beliefs).

STEP #V. Then I will instruct you to tap on your karate chop point (KC) again and repeat a set-up phrase out loud:

Even though I'm still affected by my -name of bundle-, a part of me really wants to let this go...

STEP #VI. Then we tap one full round saying -name of bundle- with "remaining" in front of it. So you will say "Remaining -name of bundle-" on every tapping point (doesn't have to be proper English...):

*EB Remaining -name of bundle-
SE Remaining -name of bundle-
UE Remaining -name of bundle-
Etc*

STEP #VII. Then we do another round where we say sentences about our -name of bundle- and intersperse this with saying phrases with our desire to get over it:

*EB all of this remaining -name of bundle-
SE I really want to let it go
UE My remaining fears and limiting beliefs from -name of bundle-
U(I want to get over it
CH all the pain and negativity from -name of bundle-
CB I want to put it behind me now
UA this remaining -name of bundle-
LP I'm ready to let it go now
WR no, I'm not!
TH yes, I am! I really want to let it go!*

STEP #VIII. Here I'm going to ask you to get in touch with the actual emotions you were feeling back then such as shame, embarrassment, frustration, fear, anxiety, anger, depression etc... And then I will do a set-up phrase where I leave room open for you (I will be silent) to say out loud the negative emotions that you were experiencing back then (and possibly still are experiencing now):

Even though I'm still holding onto this fear, shame and embarrassment from my -name of bundle-, there's a part of me that wants to let that go and I accept and respect myself completely

Even though I still have anger and frustration due to -name of bundle-, there's a part of me that wants to let that go and I accept and love myself unconditionally

Even though I still have all these negative emotions from my -name of bundle-, there's a part of me that wants to let that go and I deeply and completely accept all of me now.

STEP #IX. Then we will do one round of tapping saying "remaining X emotion" at each point:

EB remaining fear
SE remaining anger
UE remaining frustration
U(remaining shame
CH remaining embarrassment
CB remaining fear
UA remaining anger
LP remaining frustration
WR remaining shame
TH remaining embarrassment

And we follow this with another round of saying the same but now with our desire to get over it:

EB remaining anger and frustration
SE I want to let it go now
UE remaining fear
UN I want to release it
CH remaining shame and embarrassment
CB I want to completely annihilate it
UA I want to put all of those negative emotions behind me now
LP I want to let it go completely now
WR All of the negative emotions from my -name of bundle-
TH I give myself permission to let it go now

STEP #X. Then I will instruct you to tap on your karate chop point (KC) again and repeat a set-up phrase out loud:

Even though there's a small part of me holding on to my -name of bundle-, there's a much more powerful part of me that is ready to let it go. I CHOOSE to let that part of me win. I now choose to eliminate all of my -name of bundle-.

Next we do one full round where we at each tapping point say "Remaining -name of bundle-“ :

EB Remaining -name of bundle-
SE Remaining -name of bundle-
UE Remaining -name of bundle-
Etc

After that, we do a second round where we say a phrase at each tapping point where we choose to let go/ eliminate/overcome our Remaining -name of bundle- and the emotions and limiting beliefs attached to it.

EB I choose to let go these negative emotions
SE I choose to eliminate all of my -name of bundle-

UE I choose to forgive others and I choose to forgive myself
U(I choose to let this go
CH I choose to put all of this shame and embarrassment behind me now
CB I choose to annihilate all of this -name of bundle-
UA I choose to get over this anger, fear and frustration
LP I choose to eliminate this -name of bundle- and all the limiting beliefs I got from it at the cellular and molecular levels of my body
WR I give myself permission to let it all go now
TH I choose to begin my new, refreshed identity right now

And after that we do a third round where we alternate between the remaining negative and the positive that we now choose:

EB Any remaining -name of bundle-
SE I choose to eliminate it now
UE Any remaining anger, fear and frustration
U(Any remaining shame and embarrassment
CH I choose to bury it in a deep, dark hole
CB I choose to annihilate all of this pain from my -name of bundle-
UA Any remaining negative emotions
LP I choose to eliminate all of that at the cellular and molecular levels
WR Any shred of fears and limiting beliefs
TH I choose to eliminate it forever, right now. I choose peace

BONUS: Here we'll do a bonus round of tapping saying only positive things about ourselves:

EB I am a nice person
SE I am worthy
UE I am more than enough
U(And I love knowing that
CH I am equal to everyone
CB Of course I am
UA I'm a good listener
LP I have a good sense of humor
WR I am intelligent and articulate
TH I'm a survivor

And we end with me being silent while tapping over all the points and you fill in some positive things (you want to be true) about yourself.