

# The Olivia Protocol

## Introduction

I have been battling with stress, anxiety and other emotional issues as well as an unending list of obscure and/or rare medical issues for some time. Life has rarely been easy for me and I felt very alone and needy. In 2001 I was introduced to Nurambudripad's Allergy Elimination Technique (NAET) to remove a number of food sensitivities that had been developing at an alarming rate.

After discovering NAET, it didn't take long for me to discover Emotional Freedom Technique (EFT) another tapping technique, as a method of helping me to deal with my emotional issues. It is simple to use, and I had some excellent results using it over the next few years.

in 2005 I became involved with Grant Connolly in his development of his Z-Point Protocol, a method of disconnecting yourself from emotional connections that cause distress. I felt remarkably well, completely disconnected from the past, and very excited for the future...just in time for our Annus Horribilus. Most of my closest family members became seriously ill or seriously incapacitated in one way or another, so by the time I was diagnosed with Uterine Cancer, there was no one left standing to look after me, and I too fell over.

Throughout this period, I used Z-Point Protocol almost constantly, many times a day, but I just got worse and worse and was in tears almost constantly. Eventually I developed Post Traumatic Stress Disorder (PTSD) after an extremely painful recovery from my fourth surgery in 2 years, and Somatization Disorder, where my body gave up on trying to handle the stress and started converting it into rather spectacular physical symptoms such as seizures. None of my trusted protocols seemed to work, and I became very disillusioned with them all.

Several years later I revisited EFT and discovered that it actually did work for me after all. The problem with Z-Point Process was that it had disconnected me at the subconscious level from my issues, which is the major cause of Somatization Disorder, whereas EFT reconnected me back to my issues and allowed me to heal from them.

There was still something missing...EFT didn't appear strong enough to work against such a strongly ingrained condition as Somatization Disorder appeared to be, so I started experimenting with adding extra words into the standard EFF statements. This is where this new Protocol has come from. It's what worked for me when I was at my worst, and I have since made a remarkable recovery from the Somatization Disorder. Unfortunately it is extremely rare to recover from what essentially becomes a hard-wiring issue and i will still have symptoms from time to time for the rest of my life.

# The TABing Points

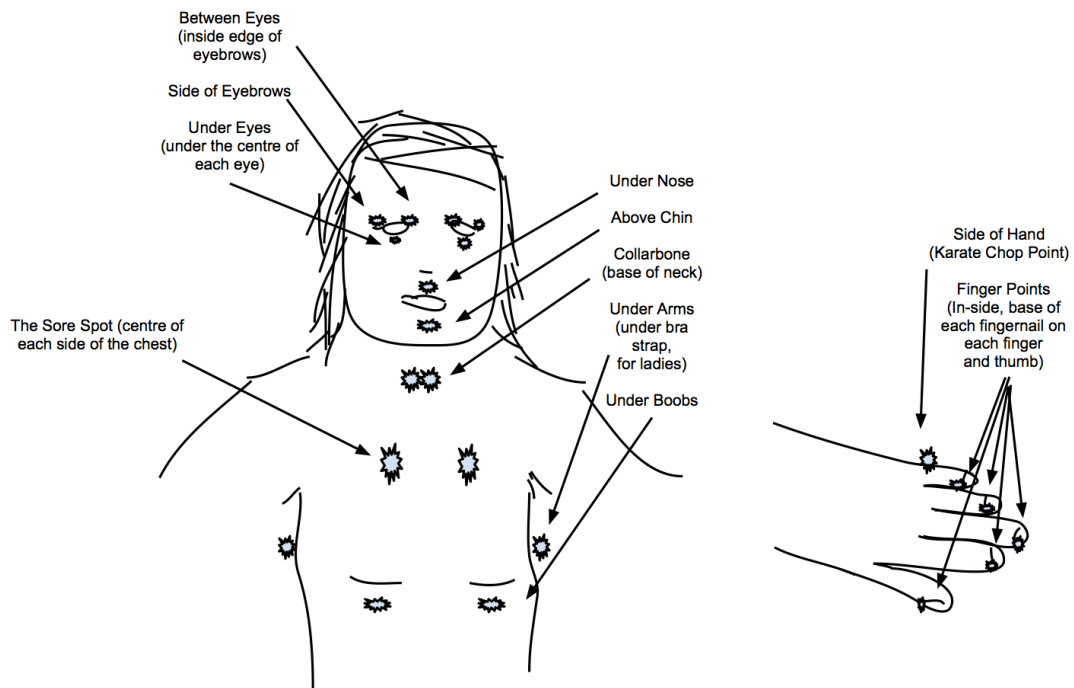
The Olivia Protocol uses the EFT tapping points to give the statements additional strength. TABing means to 'Touch And Breathe'. Touch each of the acupressure points in the charts below, starting with the Sore Spot, and hold the point while you take a deep breath. This allows the body to shift the energy it has stored in relation to the issue you are working on.

You can tell when you have the right point because at least half the points for each issue will be tender when you press on them. Up to half of the points won't be tender for a particular point, but when you work on a variety of issues over time, you will get to learn where the tender points are, so you will gradually learn to find the points quickly.

Just to complicate things, the Sore Spot in the centre of each side of the chest area can move around, anywhere from the sternum right out to almost the edge of the arms, and from almost up to the shoulders, right down into the top of the boobs area. Don't stress about this - just follow your fingers until you find the tender point.

You can also tell when this process is working when the deep breath is followed by a yawn. Yawning is not a sign of being tired but a good indicator that the process is working, so don't stop when you start yawning (as some people do).

It is a good idea to start with TABing (Touch And Breathe) each individual point one at a time, however once you become more comfortable with the protocol, you can hold two or more points at the same time for each round of saying the statements.



# The Olivia Protocol Statements

To start the protocol, think about what issue you want to work on. If something has just happened that has stirred up too much emotion or that you want to change your reaction to, think about it. Otherwise, think about 'everything that has happened today'. This is particularly useful for clearing the day and allowing you to fall asleep calmly and peacefully.

Hold a TABing point, and say the following statements, slowly and carefully. After each statement, pause and take a deep breath (and yawn if you can!). Focus on letting go of all the stored up energy inside your body, letting it out with each slow deep breath that you take.

1. **'Everything that has happened today', or 'This problem I have with (name it).'**

**'It has happened. It is finished, complete. It is over now.**

**I can let it go now and move forward again.'**

(Pause and take a deep breath while continuing to hold that point(s). Wait until all the tension has gone out of that TABing point.)

*Depending on the situation, the specific words that you say may not make much sense, so you can vary the words a little bit, but keep the intention that you are letting go your reactions to whatever has happened. The point in time when it happened has passed. It might continue to occur in the future, it might still be occurring, but some parts of it have stopped and can be let go of...so say as much of the statement as you can, and let your body work out any anomalies.*

2. **'I thank you.**

**I love you.**

**I respect you.'**

3. **'And I forgive you.**

**And God, The Universe, everyone, and myself.'**

Pause between each entity and take a slow deep breath as you allow the forgiveness towards each to have it's effect.

*Use I personally prefer to say 'And the Heavenly Father, Jesus, everyone, and myself' but you can say whatever labels you feel comfortable with for the ultimate Source, God, Universal Energy, or whatever you want to say that means something to you.*

4. **'I ask forgiveness from**

**God, The Universe, everyone, and myself'**

*(or 'The Heavenly Father, Jesus, everyone, and myself', or whatever other words you want to say).*

5. **'I deeply and completely love and accept myself, and it's all over now. I have let it go.**

**Thank you, thank you, thank you.'**

That's it, for that TABing point. Now move to the next point or group of points and repeat the statements again. Repeat until you have said these statements for all TABing points on both sides of your body.

# Acknowledgements

Firstly, I have to thank Gary Craig for giving us his wonderful EFT protocol. Emotional Freedom Technique is recognised the world over for its effectiveness in releasing emotional stress from the body, and for allowing healing of emotional wounds to occur. His pioneering Energy Therapy has been tried and tested the world over for every imaginable kind of emotional issue, including the horrible wounds suffered by war veterans with their PTSD, and within jails to help convicts rehabilitate and move forward from their crimes.

The last statement is based on the EFT statements, and the TABing points are the same as the Tapping points used in EFT.

TAB, Touch and Breathe, is officially recognised as an EFT variation developed by Dr John Diepold. I'm not sure when he first started experimenting with it, but I started experimenting with it early in 2001 and wrote about it in an EFT support group around that time, without any knowledge of what he was doing. I found that tapping vigorously, as recommended by Gary Craig, set off my already over-stimulated Autonomic Nervous System, which kind of defeated the purpose for which I was using it. I found that touching each point firmly, and holding it while breathing slowly and deeply had a much more calming effect on my body, and have used this instead of tapping ever since.

Many people have helped me over the past 12 years since I first discovered EFT, and I have learned so much about so many different protocols, both in classes that have given me certificates, from reading many books and even more websites, and from interacting with so many people in Yahoo's online support groups. I have made many wonderful friends over the years, and to you, I thank you for what you have taught me.

This protocol uses the concept of Forgiveness, Thanks and Love. This originally comes from Ho'oponopono and was shown to me by Dayawanti Anandandi D'Sa. She added Respect to this list. She also inspired me to reach out and help others in a more formal way, and to set up my business Communigetics...communicating with your inner self and then healing it using Energy Therapies.

I want to thank all the people in the Yahoo and Facebook online support groups for Somatoform Disorders who have inspired me with their courage and determination. Many of these people suffer from Conversion Disorder, similar to the Somatization Disorder that I suffer from. Perhaps because of my background in using EFT and other Energy Therapies, and perhaps because I have a much wider set of symptoms than sufferers of CD usually have, I have been able to explore the process that precedes each episode of a symptom more easily than CD sufferers who often appear to have their symptoms occurring so frequently that they all blur into one long period of suffering.

I am inspired by you, I respect you, and I thank you for what you have taught me. I dedicate The Olivia Protocol to you, my Somatoform friends.

*(Olivia is the name my step-granddaughter has given me because she is too young to say my full name. Thank you, little one, for my new name.)*