

# MAGIC BUTTONS BEARS



## **MAGIC BUTTONS BEARS PERFECT FOR 'BEING' YOUR ADDICTION.**

**By Linda Wood**

**Inventor and Hand-sewer of Magic Buttons Bears**

**AAMET Cert. Trainer, EFT Practitioner, Reiki Master**

*"For me it is a delight to watch Linda working with the Bears. You can never predict where the session will go and it's always surprising what emerges so gently and gracefully for healing. Major emotional issues which if confronted head on would be overwhelming are handled with humour and an easy respect as therapist, client and bear work cooperatively together. "*

Gwyneth Moss, EFT Master

Hold Magic and focus on his eyes, as you put your addiction into him while you tap for how you feel about your addiction. Notice that very special energy that is working through this very special/unique bear. Pick out a bear that seems to 'speak' to you.

**Allow Magic to BE your Disease, your spouse that you are angry with, the boss who made you redundant, the Mother who didn't love you enough, the partner who left you, and so much more.**

Let me give you an example of how I've used Magic Buttons as a client's Addiction with amazing results.

My client had been going through Cancer treatment while using EFT to handle all that goes with such a severe trauma. After we'd cleared many other things, she eventually wanted to work on her addiction to cigarettes.

**Magic became her cigarette addiction.**

**PHASE I:** She tapped and told her addiction how she felt about it.

**KARATE CHOP:** Even though you, Magic, are the cigarette that I can't live without, yet you are literally killing me, I want to love and accept myself.

Even though I'm so angry at you, cigarette, because you have such a hold on me, I want to love and accept myself enough to be able to give up my need for you.

Even though I can't give you up and you are literally killing me, I want to love and accept myself enough to be able to release my need for you.

**TOP OF HEAD:** I am so angry that you have such a hold over me.

**EYEBROW:** You are literally killing me, eating me alive yet I cannot give you up.

**SIDE OF EYE:** How can you have so much power over me.

**UNDER EYE:** You are not only ruining my life, you are literally taking it.

**UNDER NOSE:** I've had to go through hell because of you.

**CHIN:** I've had parts of my body cut out and have had to fill my body with dangerous chemicals because of you, yet I still cannot give up my need for you.

**COLLARBONE:** I've been to hell and back with chemotherapy, radiotherapy, poisonous pills...the lot, yet you still won't release your hold on me.

**UNDER ARM:** How can I let you go easily and willingly?

**WRIST:** What if I never let you go?

**Phase II:** She tapped and gave herself permission to be 'okay' even if she kept the addiction.

**KARATE CHOP:** Even if I never can give you up I want to love and accept all parts of me anyway, including the part of me that cannot release you.

Even if I never ever let you go until you get the best of me, I want to love me anyway.

Even if I continue to let you control me instead of me having the choice to say 'no' to you, I accept all parts of me, including my need for you.

**TOP OF HEAD:** What if I never am able to let you go?

**EYEBROW:** What if I struggle with you until the end?

**UNDER EYE:** What if it's already too late to stop smoking you now?

**UNDER NOSE:** Why didn't the doctors tell me I 'had' to give you up?

**CHIN:** If they'd told me I 'had' to, maybe I could have done it.

**COLLARBONE:** When did you take over control of my life?

**UNDER ARM:** When did I lose my power to you?

**WRIST:** What do you help me do that I can't do in a healthier way?

**Phase III:** She began to take tiny little steps to shifting the brain towards thinking about letting this addiction go. (small steps)

**KARATE:** Even though I really need you, I would like to 'begin' to 'think' about being 'willing' to release the need for you. (x 3)

**CLEARING POINTS:** Follow through with things like: I'm beginning to think about being willing to release the need for you. I want to begin to think about it.

#### **Phase IV:**

Can then go into things like: Is it safe to give you up? What was going on in my life when you and I first got attached to each other?

What do I recognize happening in my body now when I really need you? What feelings do you help me deal with? What exactly do you do for me now?

As you are tapping and asking these questions and focusing on Magic, who is your addiction, let your mind go on 'google' and see what this brings up. Keep FLOWING with it. The more you focus on Magic, as your Addiction, the more layers you will get to.

#### **This is just one of Many ways that you can use the wonderful Healing Tool of Magic Buttons Bear.**

The CLIENT worked on the above, for only about 30 minutes of her session. By the time she came in for her next appointment, she had cut out all cigarettes for nine hours of her day while she was at work and going to and from work. This was done easily with no resistance and no willpower. She simply no longer thought about smoking during those hours.

We had also previously used Magic to BE her cancer and she tapped on Magic while she told her 'cancer' exactly how she felt about discovering it, being told the 'bad' news (that it had gone into the lymph glands) what the doctors had said, etc.

For more information, please contact me and I'll be glad to help you discover new ways to use your Magic Healing Tool of Magic Buttons Bear. [dialacoach@hotmail.com](mailto:dialacoach@hotmail.com) [www.tappingtoheal.com](http://www.tappingtoheal.com)

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