

TAP & LET GO

live without trauma

TAP & LET GO

live without trauma

Jeannette van Uffelen



While every precaution has been taken in the preparation of this book, the publisher assumes no responsibility for errors or omissions, or for damages resulting from the use of the information contained herein.

All rights reserved. You may quote and copy from this book, as the good news may be shared. However, we do appreciate that you mention the source, including the details below. This book is intended as a reference book, not a medical manual. The information provided serves as an aid to making considered decisions about one's own well-being. It cannot be used as a substitute for any medical manual. The author is not liable for any adverse effects resulting from use of this book.

TAP & LET GO - live without trauma
Written by Jeannette van Uffelen

Eerste editie in het Nederlands: oktober 2022
Eerste editie in het Engels, TAP & LET GO: mei 2024
Second edition in Dutch: juli 2024
Second edition in English: juli 2024

Translated by Dominique Pickerill
Cover photo by CJ Kale
Photo author by Litô Kampiotti
Audiobook by Marina Malthouse
Published by YIP Books

ISBN: 978-94-65120-36-2

Copyright © 2024 Jeannette van Uffelen

<https://tapandletgo.com>
<https://jeannettevanuffelen.com>
<https://books2read.com/Jeannette-van-Uffelen>

*

IKE

The World Is What You Think It Is
Huna (Hawaii)

For my daughter and my mother.

My daughter is my strongest driver to let go. Every day again and again. What you don't release you take with you and you pass it on. To her I only want to pass on the best of the best. That's why I learnt to let go. And with her I learn how to do that and I see that I can.

My mother is my training ground. She inspires me to let go of beliefs and habits, which I don't need anymore. She has carried me and deep inside I've always known that her love is limitless.

INHOUD

Preface by Kim Jewell	1
Introduction	5
Notes on the second edition	11
1. If you hold on, you're going to die	13
2. There's a reason for everything	25
3. Survivors are tough	35
4. Faith, hope and love	57
5. Fooled	75
6. Enlightenment	91
7. The search and the landing	105
8. Solution	123
9. As long as my heart keeps beating	139
10. How about you?	147
Epilogue	157
Book tips	159
About the author	161
Bonusmaterial	162
Reviews on the first edition	169
Attachment: for tapping on the road	171

Preface by Kim Jewell

It seems surreal to be writing these words of introduction to this book on a topic that has been unbeknownst to me, the driving force of most of my very existence.

It's for that very reason, I feel honoured to firstly be alive and able to write these words of encouragement for anyone else that is navigating their way through the unravelling of trauma in any form, after finding my own way through and out of a lifetime of trauma with very little help from the professional community.

Secondly, because most people believe that trauma is something to be endured rather than understood and released as we gain the wisdom and insights it has to offer us. Once we can change the way we approach it, we are able to understand that it had something to offer us that inevitably directs us to a higher understanding of who we are and what we have to offer the world.

Finally, because this topic is so misunderstood and treated as a life sentence, rather than an opportunity to turn and see the incredible amount of strength and empowerment that each of us hold within ourselves when given the right environment to release the aspects of the experiences that our mind has deemed dangerous.

Jeannette is one of the most authentic and honest people I have ever met. We met years ago when we were both volunteering at a long-term substance abuse centre in Hawaii. From the moment we met, I knew I had met someone who was as dedicated to healing trauma as I am.

The thing that stood out to me was her ability to bring fun to a situation that was otherwise considered very serious.

She can be as blunt as a kick in the teeth, but that is part of what I love and respect about her. You never have to guess what Jeannette is thinking. I've never had to sit back and wonder about how she feels about me, someone else or a situation.

What you see is what you get and that is such rarity in a world that is full of double talk, self-serving and ambiguity. At the same time, Jeannette's love for life and the enjoyment of each moment is present in every area of her work, allowing her to bring that lightness to some very serious and heavy topics.

I have worked with countless other practitioners over those years, Jeannette is what I call the real deal.

That's all to say, I have also spent a lifetime of watching people, looking for authenticity, honesty, and shared values. Jeannette is someone that I trust to go to when I want an honest answer. She is the person that will tell me the truth whether I like it or not and make it humorous at the same time.

My experience has been that there are many practitioners out there that know the theory of what we are working with, but very few walk their talk. Very few have had their boots in the trenches, and as much as they want to help, can quite go all the way with their clients.

That is what I would want for anyone entering this journey of self-discovery to have, a guide that has already travelled the trek and knows the twists and turns that show up along the way. That has first-hand knowledge on how to not only navigate the journey, but how to successfully get to the other side and have it been an experience that uplifts you.

I take Jeannette seriously, because I have seen and experienced her work firsthand. I have seen clients that have

suffered with a lifetime of trauma walk away from a session with a lightness that they have not ever experienced before. Jeannette's ability to understand how the mind processes trauma and codes those events is crucial to creating the change that you are looking for. She questions nearly everything. She thinks and processes from principles first.

For Jeannette, this is not just a job, this is her passion. She has a light approach to heavy subjects and makes getting rid of stuff very easy. Her number one talent is taking difficult things and breaking them down to a more simple and easy understanding way. She has taken a lifetime of work and broken it down into simple concepts that you are able to apply firsthand and create change in your life. She thinks holistically and long term. Most important, she doesn't take herself too seriously.

This book will give you a good taste of what living from a place of freedom really looks and feels like. So, pay attention, what you are holding here is a way out of the pain and frustration that has kept you stuck up until this point. Follow her advice... but only if it holds up after scrutiny and testing in your own life. Consider everything... try it out, don't take it as gospel, check it out and see how it holds up in your own experience. Jeannette would want you to challenge her, if you bring your A-game and actually put to practise the principles she is sharing here.

Jeannette has changed countless lives for the better and if you approach the following pages with an open mind and a level of high curiosity, put the pen to paper, she might just empower you to change yours.

Kim Jewell
Behavioral Specialist
Trauma & Anxiety Expert
Queensland, Australië

Bonusmaterial

In this book you'll find bonus material.

- It helps you deepen your knowledge about this subject.
- It gives you more insight of what it can mean to you.
- It gives you tips to put into practice.

All the bonus material is free. Pay attention to it. There's a reason I made it. Some instructions work better with a video or a picture.

Everybody who holds this book in hand can see the bonusmaterial or download it from the website tapandletgo.com.

Some instructions work better with a video or a photo. On some pages, you only get in by entering your name and e-mail address, but you only have to do that once.

Introduction

Trauma is a word that may sound heavy to you, but it is just a Greek word (τραύμα) and it means 'wound'. And just as every child scrapes a knee when it learns to walk, what the Greeks call physical trauma, every human being acquires emotional trauma. In the first years of their life. And that is fixable. The sooner the better.

Unfortunately we're not taught this. On the contrary, we try to hide it and to forget it as soon as possible. But when you don't clean a small wound it starts to fester. The same goes for what we call psycho-trauma. Psyche (ψυχή) is the Greek word for inner. The almond paste, inside the Christmas bread, the Greeks also call psyche.

Solving psycho-trauma is also a matter of cleaning up. Because before you know it you're given a diagnosis and drugs. Or you start using drugs or booze by yourself to not feel what you feel any longer. But this detour will cost you years of your life and a lot of money. There is a faster way. You can get rid of it!

Who is this book for?

This book is not for those who want to get the solution from outside. It is for everyone who has already tried that and didn't find it there. You may ask for help, but the real answer to your questions is inside you. And when you want to find it, you will. It's not even that difficult and when you love yourself just a little, it is also good fun.

There's a little courage needed for this, so if you don't have that, I suggest you close this book right now. A little bit of

courage to once more face what you still remember of your miserable story (trauma). It takes a very short time and the result is worth the effort. A burden will drop off you literally and figuratively. Instead of letting this simmer beneath the surface for another eternity, you learn to relax and release it. Get rid of your rubbish, roots and all.

Why would you listen to me?

I discovered at an early age that being antisocial has great benefits. I was not such a friendly child. I was very sweet, but I didn't believe that all the adults around me deserved my handshake or for me to be kind to them. Sometimes that was awkward, especially for the adults, but this way I could stay true to my inner voice. Deep down inside me I didn't care what people thought of me and so I kept myself safe. I wasn't able to keep this up all my life. But the more I recover that power the easier my life becomes.

For more than 40 years I've been helping people to release learnt misconceptions about themselves. And from doing this work a method has evolved that works well. It contains a selection of favourite techniques I've learnt to apply which, in combination with my style and skills, appears to be effective. In recent years, I've helped people from all over the world with this method. I teach them to relax and release trauma from the past and to listen to their own voice. This year I will be 63 and because I will not be around forever, I aim to share in this book just how I do it so you can learn it too.

Over the past three years I have recorded my sessions, to get an idea of what I do exactly and how I obtain such good results. People experienced great relief and often asked me: How do you know that? What do you do exactly? And often, after a session, I was unable to answer that. But even so, I

knew that I was able to and had to explain it. Every session is different, but the procedure is basically the same. I don't want people to depend on me. I want to help more people and I want it to be easy.

What do you get in this book?

We zijn geneigd om altijd maar meer te willen leren. Zeker als je gelooft dat je niet goed genoeg bent. En dat je nog niet genoeg weet. Hoppa! Doe nog maar een cursus, een training, een therapie. Niks mis mee. Ik heb het jaren gedaan en veel geleerd. Maar uiteindelijk is wat ik in mijzelf vind toch het aller interessantst. En ook nog eens vrij uniek. Als je werkelijk gaat uiten wat in jou is, word je pas echt origineel. Dus het eerste wat we te doen hebben, steeds weer, is lekker loslaten. Niet nog meer opscheppen en naar binnen werken. Eerst zien wat er al is. En dat ga je pas zien als je dat wat te veel is, er af gooit. Dit boek gaat over HOE je dat kunt doen. We are inclined to always want to learn more, especially when we believe that we're not good enough or that we don't know enough. Go on then! Do one more course, another training, another therapy. Nothing wrong with that. I did it for years and learnt a lot. But in the end, what I find most interesting is what I find in myself. And it's also rather unique. When you really start expressing what's inside you, you become truly original. So the first thing we have to do, again and again, is relax and release it all. Stop overloading yourself. Notice what's already there and get rid of what's not useful. This book is about HOW you can do that.

Words like 'trauma' and 'hypnosis' have been scaring the hell out of people for years. I guess that's not surprising, but it's a shame. To end this misplaced fear and confusion, I've asked the help of 4 specialists. Each of them will explain a part of the terminology in their own words. With all four I've

had a good conversation and processed their words and advice in this book. I will introduce them to you briefly in chapter 1.

I will describe the first example from my practice in chapter 2 about Maria and her fear of flying and how its cause appears to have nothing to do with flying at all. Just one session was needed to understand this and to relax and release it all. And so she was able to fly to her heart's desire. She wanted to be at home everywhere. In chapter 2 I will invite you to take the first step to find out what it is you need to let go of.

In the 3rd chapter I share the story of Jules, who was heavily depressed for years. As an actor and director, he was awarded some famous prizes. But he was still living in the world of the child that was not seen. This prevented him from realising how he moved people and how much he was loved. You will also read about how we stay afloat by drowning out our pain with judgments.

Religion is discussed in chapter 4 in Sigrid's story. Religious or not, we all believe in something. Besides God or our country, we either believe in ourselves or we don't. We are told exactly who and what we are. And when we grow up, we start questioning everything. This chapter is also about acceptance of ourselves. About taking responsibility, about love for ourselves and for who and what we are.

Chapter 5 tells the story of Jente. Albeit with the best intentions, Jente was forced to eat when she was admitted to a specialist clinic even though initially, her anorexia had nothing to do with eating. I'll write about diagnoses that don't achieve anything and allow people to suffer for years. Once more, I'll be asking my less popular questions about our history. Asking questions over and over again takes you

further, rather than blindly accepting all those platitudes. Relax and release all the stories you were told.

In chapter 6 you read how Abel moved from darkness to light in just a few sessions. He started to recognise his own worth, got moving, built his nest and fulfilled his deepest wish. And you also read how I was given a helping hand to release an awful lot of stuff in one go. And how liberating it is to give in to pain and effort before letting it all go.

Antonio's quest is explained in chapter 7. He wanted to escape, but didn't dare to leave the house. Like me and many others, he was a trauma survivor. A successful violinist. But after years of touring the world, he found himself totally stuck. He was back living with his parents just trying to survive. Acknowledging his emotions as well as a different perspective enabled him to go out in the world again.

In chapter 8, I tell you how you can make a radical decision in a single moment. I'll tell you how my sister realised what she had to release, the moment she held her first grandson in her arms. She took off her 'survival suit' of 30 kilos of excess weight and once again became who she really was. 'Grandma fun' says her little grandson. About how we create new experiences by releasing old stories, anger, fear, sadness and pain.

Finally, in chapter 9, I describe my hardest episode of letting go. The story of my stepfather. Once, I wished for him to just slowly rot away. Miraculously enough, that really happened. But I did not see any of it. Fortunately. And it doesn't make any difference to my life. Safety is found within yourself. That's what I've learnt, thanks to him as well. And that has helped me a lot. Count your blessings. It's good for your heart.

Chapter 10 is dedicated to the procedure. How do you do it? Step-by-step you gather what you need in order to do the TAP and LET it GO. Don't miss out the bonuses with links to videos and additional information on my website.

Tips on how to use this book

You can just read it, of course, but at the end of every chapter there are some questions for the reader. It means that while reading the book, you can prepare for the process that I explain in the final chapter. This is one of my ways to tap and let go. It is not sacred and it is constantly evolving. Take advantage of it!

- Buy yourself a lovely notebook and pen. I can assure you that writing by hand has a better outcome than typing on a screen.
- No need for technology when you embark on this type of self-examination.
- Sit down in a comfortable place, where you won't be disturbed.
- Take 5 minutes to answer each question. Set a timer and do nothing else in those few minutes.
- Write as fast as you can and do not pay attention to punctuation or spelling. As long as you understand what it says, it's good enough.

Now that you know what to expect, I'd say: Go for it!
Have fun!

*

KALA

There Are No Limits
Huna (Hawaii)

Notes on the second edition

On October 21 in 2022, I presented the first edition of this book to a selected group of people at a beautiful location in The Hague. I wrote it in one month (July '22) and spent a second month (August '22) polishing, layout, making the cover, finding a publisher and setting up the website. From day one, I invited 10 people to read along.

All the stories were already in my mind. It was a matter of taking some time and sitting down for this attempt to make a difficult topic like 'trauma' accessible to anyone, who wants to solve it. I am driven by the belief that we can get rid of trauma if we pay a little more attention to the solution instead of running away from it.

Videos of the book launch can be seen on the website lekkerloslaten.nl/photos-boeklancering/ Only in Dutch.

That afternoon, the first books went over the shelves like hot cakes. It was a lovely party and I was relieved that the stories from my practice were now going out into the world.

Half of my clients don't read Dutch, so it had to be translated. This was done in the first months of 2024.

I am very grateful to the publisher for his enthusiasm and help with the first printing. But for the English translation, I chose a different form of self-publishing, with the help of a Canadian/American company.

Now I have more influence regarding rights, PR, costs and soon everything will be automated. The e-book is now for

sale worldwide, in both Dutch and English, and I can make changes and updates online, whenever I want.

I have not changed much in the text, but I have updated the cover, in collaboration with an extraordinary photographer in Hawaii, whose work I have admired for years.

Since June 2023, I have been travelling. I felt a great need to take a radical move towards nature. For over a year now, I have been taking care of houses and animals in Europe. Horse, pony, dog, cats and chickens in Italy, 21 wild horses in Slovenia, 2 pigs and 3 cats in the Dutch Green Heart and about 50 chickens in Ireland are some examples.

I have put myself in motion. I walk every day, with or without a dog, I'm writing my next book and I work mainly online.

Do you like to be informed in my plans, ideas and offers? Then sign up for my updates at jeannettevanuffelen.com.

Happy reading!
Jeannette van Uffelen
The Hague, July 2024