

•Knight with a Heart•

Power of Tapping.

*Tap your problems away with
your fingers and heart!*

The Mighty Dragon destroyed the town,
The Knight with the Sword went to hunt him down.
The Girl with a Pen started to write:
Tap your problems away with your fingers and heart!

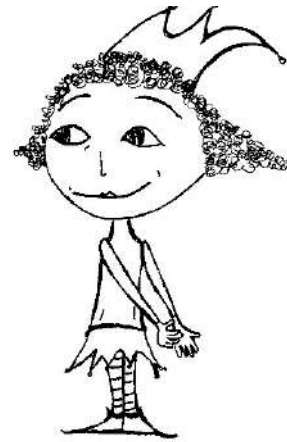


"Where is my sword?" shouted the Knight,
"I need it right now for my new fight.
I am angry as should I be,
Bring me my sword or trouble there will be!"



When the Girl with the Pen saw the furious Knight,
She grasped the side of her other hand and held it tight.
This helped her to remain calm
And confront the Knight on his furious tone.

"Hey big Knight, you don't need to scream,
I can hear you loud and clear.
Just tell me, I want to know,
Why are you angry and shouting so?"



"I needed my weapon, that's what I say.
How else can I fight Mighty Dragon the Great?
I can't find my sword, and angry I am,
And I will be angry till the end of the day!"

The Girl with the Pen gave him a beautiful smile,
And sang him a song instead of a reply.



"Knight with the Sword, oh my dear friend,
It is normal to feel angry and mad.
It is emotion; it's just how you feel,
Here's what you can do to start to feel free:

Three times repeat each sentence I say,
And lightly tap with your fingers on the side of your
other hand."



Three times the Knight said while tapping his hand:

"Even though I feel anger because I can't find my sword,
I am still a good Knight, from my head to my toes."

"Now tell me more about the problem that's on your mind
And tap along the points at least 2 times."

Top of the Head: I needed my weapon

Eyebrow: That's what I say

Side of the Eye: Or else how can I fight

Under the Eye: Mighty Dragon the Great?

Under the Nose: I can't find my sword

Chin: And angry I am

Collarbone: And I will be angry

Under the Arm: Till the end of
the day!



Top of the Head: I still feel anger

Eyebrow: I can't find my sword

Side of the Eye: But I am a good Knight

Under the Eye: From my head to my toes

Under the Nose: I still feel anger

Chin: Not as strong as before

Collarbone: I am a good Knight

Under the Arm: From my head to my toes



When he finished
tapping, the Knight
took a deep breath,

And as he exhaled, he had no problems left.

He felt relaxed, from his head to his toes,

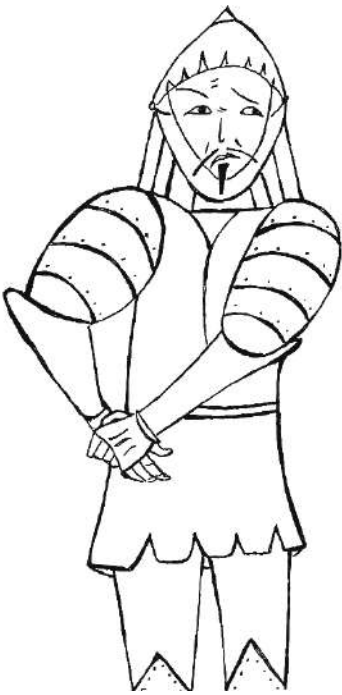
And so relaxed he was, that he found his sword.

The Knight with a Sword mounted his horse,
And rode off to fight the enemy, the worst,
But as he drew closer he felt the ugly Dragon's breath,
And became overwhelmed with fear; he thought
'I don't have a chance!'



"It's normal to feel fear, It's emotion; it's just how I feel.
Three times I will repeat the sentence I say,
As I lightly tap the side of my hand."

Three times the Knight said while tapping his hand:



"Though I am overwhelmed with fear 'cause
I don't have a chance,
I am still a good Knight, from my head to
my toes."

He followed the next points and said what
was on his mind,

He just kept up and tapped along, speaking
out loud.

Top of the Head: I was ready to fight

Eyebrow: Against the worst enemy

Side of the Eye: But when I got closer

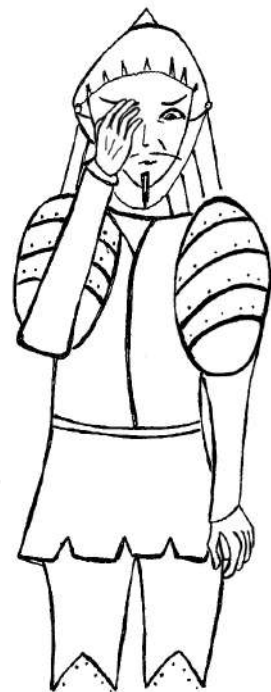
Under the Eye: And felt the dragon's breath

Under the Nose: I was overwhelmed with fear

Chin: I thought I didn't have a chance

Collarbone: Even though I am overwhelmed with
fear

Under the Arm: I am still a good Knight,
from my head to my toes



Top of the Head: Even though I am overwhelmed with fear

Eyebrow: With only a small chance to survive

Side of the Eye: I am a good Knight

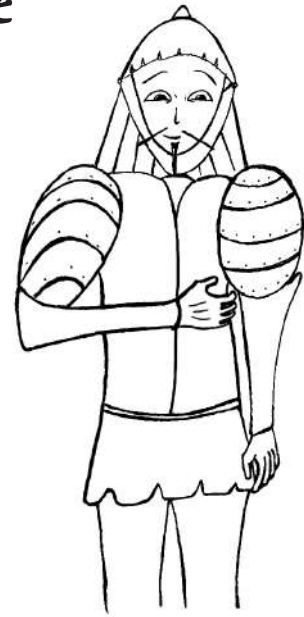
Under the Eye: From my head to my toes

Under the Nose: I still feel fear

Chin: Not as strong as before

Collarbone: I am a good Knight

Under the Arm: From my head to my toes



When he finished tapping, the Knight took a deep breath,

As he exhaled, he had no problems left.

He felt relaxed, from his head to his toes,

He found peace in his heart and he spurred his horse.



While riding the Knight was happy on his horse.
He whistled and smiled and talked with a rose.
From nowhere a sudden thought came to his mind:
The strongest weapon above all is unconditional love.



When he reached the Dragon, he held the side of his hand tight,
Which made him calm, and a much stronger knight.
A sudden thought gave him some more advice: *Replace your
sword with your heart.*
In that moment, he became a Knight with a Heart.

As huge as a mountain the Dragon appeared,
He looked very nasty, malicious and mean.
He roared out loudly with all of his might:
"FIGHT ME YOU FOOL, IT'S THE END OF YOUR LIFE!"



"Hey Mighty Dragon, you don't need to scream,
I can hear you loud and clear.
Just tell me, I want to know,
Why are you angry and want to fight so?"

When the Knight asked in friendship, you could see the change
Fleet over the dangerous Dragon's face.
He changed his story, he started to moan,
Singing a completely different tune:

"When I was small, I always felt alone,
I had no one to talk and walk and laugh with.
I don't want to fight; I just wanted to be loved,
The truth is, my dear Knight,
I am the saddest and loneliest of all!"



The Knight with a Heart gave him a beautiful smile,
And sang him a song instead of a reply:

"Mighty Dragon, my dear big friend,
It's normal to feel lonely and sad.
It's emotion, it's just how you feel,
Here's what you can do to start to
feel free:

Three times repeat each sentence I say,
And lightly tap the side of your hand."



Three times the Dragon said while tapping his hand:
"Even though I am the saddest and loneliest of all,
I am still a good Dragon, from my head to my toes."

"Now follow the next points and say what's on your mind,
Just keep up and tap along with me, give it a try."

Top of the Head: When I was small

Eyebrow: I always felt alone

Side of the Eye: I had no one to talk or walk or laugh with

Under the Eye: I don't want to fight

Under the Nose: I just want to be loved

Chin: Even though I am saddest and loneliest of all

Collarbone: I am still a good Dragon

Under the Arm: From my head to my toes!



Top of the Head: Even though I feel lonely and sad

Eyebrow: Like no one ever has before

Side of Eye: I am still a good Dragon

Under the Eye: From my head to my toes

Under the Nose: Even though I feel lonely and sad

Chin: Not as strong as before

Collarbone: I am still a good Dragon

Under the Arm: From my head to my toes!

When he finished tapping, the Dragon took a deep breath,

As he exhaled, he had no problems left.

He felt relaxed, from his head to his toes,

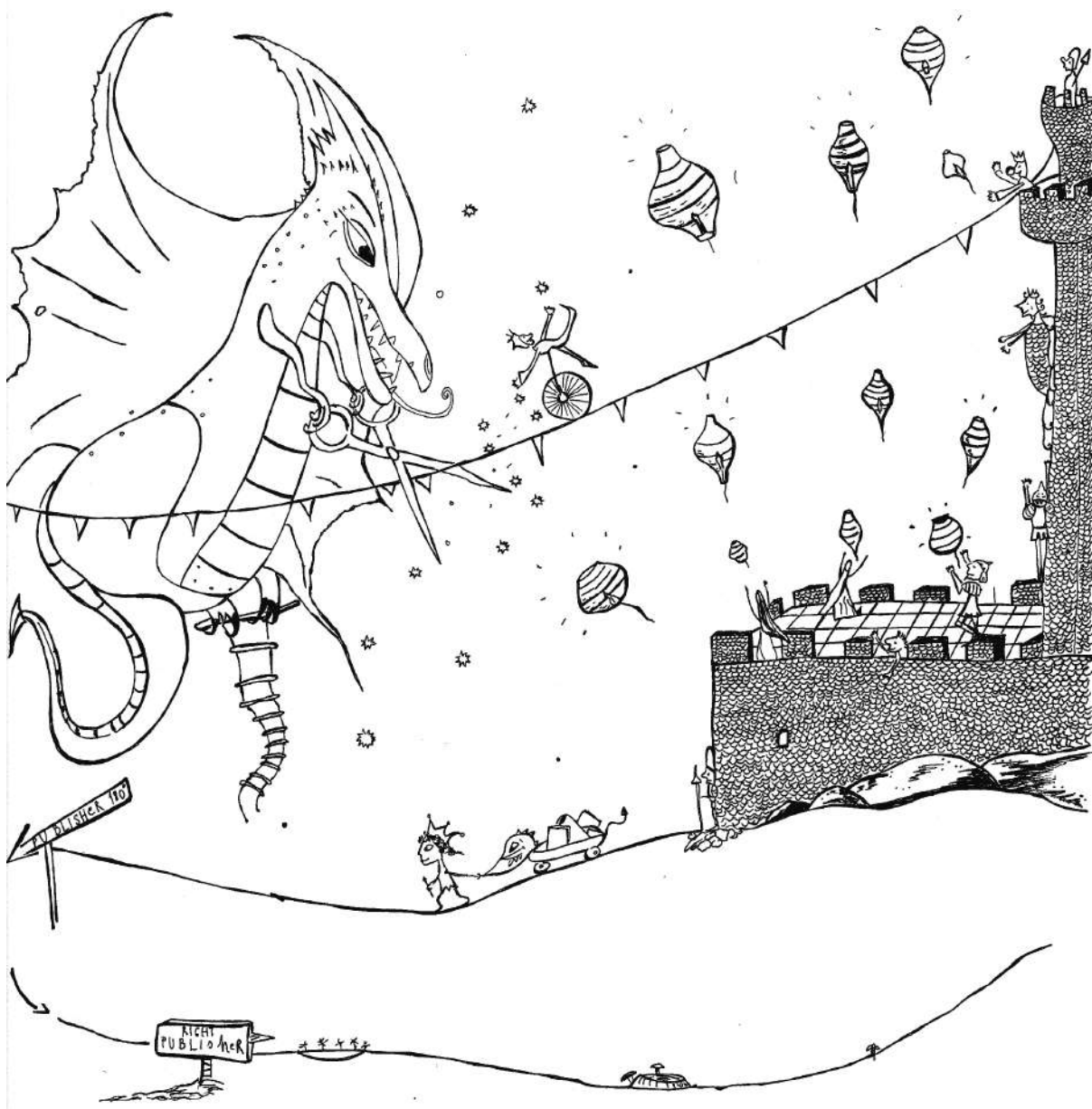
He found love in himself and the sadness was gone.



Now our story is almost at an end,
I hope you learned something that can be of help.
When bad emotions come, just appear,
You can tap them out, and make them all clear.

And how the story ends, allow me to tell:

The Dragon the Builder helped the city rebuild,
The Knight with the Heart started to heal the sick,
The Girl with the Pen wrote it all down:
Tap your problems away with your fingers and heart!





About the author and this story

When feeling anger, fear, sadness or loneliness, Ognjen usually taps. If he is in a crowd, he grasps the side of his other hand and holds it tight. Especially in stressful situation, he practices conscious breathing, taking deep and relaxing breaths.

At other times in such situations he starts to sing, dance, jump, paint, write, or do anything else that comes to mind. He is cheerful and loves storytelling.

Once, after telling the story "Wizard Wish" by Brad Yates, the children in the audience wanted more storytelling involving a knight and a dragon as extra characters. In that second this story was born.

To date, Ognjen has published three books in English: *Snail the Carpenter*, *Forests for People* and *The Boy Who Loved Boats*.



About the illustrator

"I paint therefore I am!" Born in Zagreb 1976, finished some schools, the life one I still attend. Making puppets and their small dresses, I paint pictures and picture books, I tell stories and in one of them I wash dishes. I'm a member of HZSU, ULUPUH and am free, almost like a bird!

About Emotional Freedom Technique (EFT, tapping)

The girl, the knight and the dragon in this story all use EFT to feel better. EFT is a modern technique for stress relief and it can be used for the dismissal of negative emotions, negative beliefs or physical pain. EFT is a complex technique with very simple basics. To use EFT's full potential practitioners have to receive an in-depth education along with a few years of practice. With basic knowledge you won't be able to take out the main roots of your problem, but I am certain that you can make your life a lot easier. You can use it whenever you want, but I suggest you use it especially in the moments when you are overwhelmed with emotions or are experiencing some physical pain.

Here are the EFT basics.

1. Name your problem. Be specific when describing it.

I am sad that dad yelled at me

I am stupid because I can't learn to ride my bike

The back part of my head hurts me

Try to be as specific as you can.

2. Acknowledge and accept your problem while tapping on the Karate Chop Point

While gently tapping with the index and middle finger on the other hand, repeat the following three times:

Even though I _____ (name the problem), I love and accept myself.

There is no universal statement to say. You have to find the words that are more suitable to you with main ingredients: naming your problem, accepting it, and accepting that you are okay even though you have them. So, you can say:

Even though I have _____ (name the problem)...

... I am a good boy/girl

... I am a great kid from my head to my toes

... I am a great kid and my parents love me

Or whatever suits you made from positive words.

3. Repeat a Reminder Phrase that keeps you tuned into the problem you are working on while tapping other points for 2 rounds

While gently tapping other points say what is on your mind concerning a problem you have.

The Reminder Phrase keeps you targeted on the problem. You should tap 5-7 times per point and then continue to the next one.

1. Top of the Head
2. Eyebrow
3. Side of the Eye
4. Under the Eye
5. Under the Nose
6. Chin
7. Collarbone
8. Under the Arm

Even though I

(name the problem),
I love and accept
myself.



The Reminder Phrase
keeps you targeted
on the problem. You
should tap 5-7
times per point and
then continue to the
next one.

When you are finished take a deep breath and slowly
exhale. See the difference. Do you feel better? Repeat the
procedure as needed.

To recap:

1. Name your problem. Be as specific as you can.
2. Acknowledge and accept your problem while tapping on the Karate Chop Point
3. Repeat a Reminder Phrase while tapping other points
4. Repeat if necessary

That all folks! Now you are ready to use EFT like the characters in this story. At this moment you might have some questions, so I've prepared a few answers.

Q&A

What hand should I use for tapping?

You can tap with both hands or just one.

While tapping, should I talk out loud or to myself?

It is better to talk out loud.

I am not sure of where to tap.

Don't worry about being exact. Tapping the general area will get the job done.

Can I spend more time tapping around some points than others?

Sure, if you feel some points are more helpful to you, then tap them until you no longer feel the need to do so.

When doing EFT I heard you have to rate your distress on a scale of 1-10. You didn't mention this.

You are right, when doing EFT the first thing is to name subjective units of disorder on a scale of 1-10 where 1 represent the least intense and 10 the most. However, this isn't a manual and the characters in the story didn't do it either, so I didn't find it important to mention it - until now.

I have glasses and they give me problems with tapping around the eye.

Take off your glasses.

I don't believe EFT to work.

No problem. You don't have believe in EFT to get results.

Why is EFT not working for me?

There can be many different reasons as to why it is not working. Remember, you know only basic EFT. Be sure to do it correctly. If it is not working, try to find some other way.

Extra tips:

Explore, read more about EFT, and take EFT courses. You will probably notice a slight difference in how to practice EFT among different authors. Find what best suits you.

Drink water when you do tapping, as it can help processing problems.

While tapping sometimes you might start to yawn or belch. No worry; it is just the way the body releases what needs to be released.

Each time you hear some bad news, do tapping. I also tap when watching sad or scary movies. If you can't tap because you are with other people you can just massage points, press any point or hold the other side of your hand - like the Girl and the Knight in the story.

Sometimes I just do tapping on points where I feel pleasant without naming problems.

With personal hygiene we automatically think about the body, yet frequently forget emotions. EFT is great soap for emotions. So each morning, after or before brushing teeth, you can tap. Just make 2 round and say how you feel, or greet yourself with: Good morning, I love you etc. You can do it at any time of the day, and it's especially recommended before going to sleep. Just keep doing it and you will see a difference.

The more often you use EFT, the more effective you will find it to be in calming yourself.

About you

Dear reader, I hoped you enjoyed this book. I enjoyed writing it but now I am curious - have you ever felt anger or fear like the Knight did?

Or have you experienced sadness or loneliness like the Dragon?

I don't know about you, but I sure have. And not just once. When I understood that it is normal to feel different emotions, it made my life much easier.

Now I am aware that I am not my emotions, I am just someone who feels it, and I love and accept myself with them. I've used EFT a bunch of times in my life, and it's helped me a lot.

There are many things we can do to feel better when we have problems, and tapping is just one of them.

I hope you find the way that suits you best.

I would very much like it if you could share your experience

of this book. Also, feel free to share how you deal with your emotions or how is EFT working for you. You can do it via email: ognjen.livada@gmail.com. If you have any questions, please feel free to ask.

Thank you and all the best.

Love,
Ognjen



·OgNjeN LiVaDA·

Text



·MARgARETA PERŠIĆ·

Illustrations

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