

Emotional Freedom Technique - (EFT)

What is EFT?

Simply stated, EFT is an emotional version of acupuncture. Instead of using needles, however, you stimulate well established energy meridian points on your body by tapping them with your fingertips. Thus the process is easy for you to memorize and is portable so you can do it anywhere. It launches off the EFT Discovery Statement which says...

"The cause of all negative emotions is a disruption in the body's energy system."

This common sense approach draws its power from (1) time-honored Eastern discoveries that have been around for over 5,000 years and (2) Albert Einstein, who told us back in the 1920 that everything (including our bodies), is composed of energy. These ideas have been largely ignored by Western Healing Practices and that is why EFT often works where nothing else will. It's not that EFT is so stunning. Rather, it is because conventional healing methods have simply overlooked the obvious. You will see that clearly as you allow EFT to bring freedom into your life where you thought none was possible.

EFT is a way of bringing ourselves back into balance. It involves tapping on a series of acupuncture points located along energy meridians within the body.

What Does it Do?

Imagine experiencing emotional distress - anger, sadness, fear, anxiety - but finding rapid relief in minutes - that's what EFT does.

Is it a New Age Process?

EFT is a new approach to utilizing the truth of ancient knowledge. It is based on the meridian system which was realized in China about 5000 years ago and on which acupuncture is based. Both Chinese Medicine and acupuncture state that energy flows along meridians of the body and when the energy becomes blocked, and then people become sick. Negative emotions or distress cause the energies to become blocked and EFT unblocks it - it is really that simple!

Why Is It Important?

1. It is non-invasive! (No one has to do something to you.)
2. It is easy to learn! (My friend teaches her life coaching clients on the phone.)
3. It is empowering! (You are in control at all times)
4. It is powerful! (It works!)
5. It can be done anywhere and anytime!

Who Discovered It?

We are indebted to those who discovered the energy meridians. Roger Callahan took this discovery and came up with a distinct tapping sequence for various emotional distresses - migraine, phobia, anxiety - and Gary Craig built on Callahan's work and simplified it into one tapping sequence for all emotions.

ALL TAPPING YOU DO IS GOOD FOR YOU.

Any tapping you do stimulates the meridians, relaxes you, calms you and makes you feel a little better, even if you get totally the wrong opening affirmation and the original problem has not yet shifted.

Just try again with a different start up phrase, or think about what the truth about the problem might be.

EFT designed by Gary Craig

The Process

EFT works best if you can identify an emotion. It works on physical symptoms also but if you can identify the emotion it is more focused. You need to have the disruption in place in the energy system when you do the tapping. If you don't feel the emotion you can call it up. All that matters is that you know what you are identifying so when you describe it you send a clear message to your unconscious mind about what you intend to clear.

Affirmation Statement

We use an affirmation statement: **"Even though I have this (name the feeling), I deeply and completely accept myself."** (You are accepting yourself despite the fact that you have this problem).

The Tapping

1. You can tap on the points on either side of the body.
2. You need to tap hard enough to send energy through the meridian but the tapping should not be painful.
3. The tapping points are acupuncture points so they are generally more sensitive and tender to the touch.
4. Use your index and middle finger and tap with a medium pressure about seven times on each of the following points while repeating the reminder phrase.
5. You may need to do a number of cycles to clear the energy disruption.

Location of Points for the Short Sequence

Eyebrow: The inside edge of the eyebrow, above the inside corner of the eye.

Side of the Eye: Next to the outside of the eye on the temple.

Under the Eye: Just below the middle of the eye, near the edge of the bone.

Under the Nose: In the indentation just between the middle of the nose and the middle of the upper lip.

Chin: On the middle of the chin, just below the crease.

Collarbone: A tender area close to the end of the collar bone, next to the u-shaped indentation below the neck, just under the bone.

Under the Arm: The tender area on the side of the chest about four inches below the armpit.

Crown of the Head: This point is just below the crown of the head.

Thumb: all finger points are on the side of the finger, in line with the nail bed.

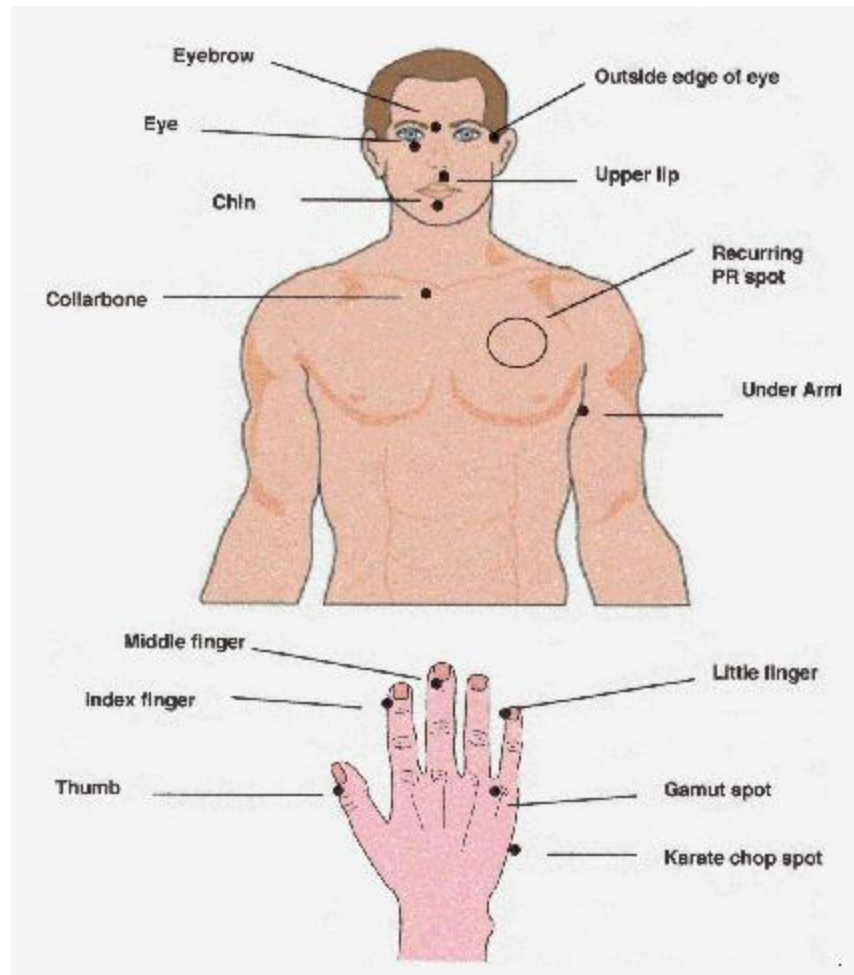
Index Finger

Middle Finger

Little Finger

Karate Chop Point: on the side of your hand, roughly in line with your life line.

Gamut Point: just behind and between the knuckles of your ring and little finger.



Tapping Chart

Take a moment now to find and touch each point in turn. You may notice that some feel slightly different from others, or you may not. When you get to work on various issues, you will feel that some of the points "feel" differently when you tap them, and you will notice that the shift or release will occur with one or more points, depending on the reason for using the technique at the time.

For practice, tap all the points from the Eyebrow to the Karate Chop point now just to get the feel of doing it.

Contacting The Problem

To direct the releasing effects of the tapping to the required area, we focus the mind on the problem by using a statement of the problem: "I am afraid of heights."

Preferably, this is spoken out loud to engage as much of the neurology as possible and to contact the problem as directly as possible.

In a moment, take a little time to think about a problem that you have a pain, a fear, an illness or perhaps a phobia, something that always makes you depressed when you think about it, just generally any negative emotion you are happy to release now and forever. Choose a statement that rings true to you, choosing words that make sense to you and you alone.

The more forthright, direct and truthful you can be, the more profound a change you will experience.

The Set Up

Now that we've named the problem, we can start with the Set Up.

For the opening statement, we use the following routine: Find the sore spot on either side of your chest; rub it round gently and say:

"Even though I (insert problem statement), I deeply and profoundly accept myself."

For example, if you decided your problem was "My back is killing me", you would say as your Set Up Statement:

"Even though my back is killing me, I deeply and profoundly accept myself."

Repeat this three times, rubbing the Sore Spot continuously as you do so, and please do endeavor to put some meaning and energy into the **"I deeply and profoundly accept myself"** part.

The Round

Following the Set Up, we now tap all the points, starting from the top (Eyebrow) and ending up with the Karate Chop Point on the hand.

As you tap each point, repeat a shortened version of the Set Up Statement which is called the reminder phrase; so if your set up statement was, "Even though I hate and despise my boss, I deeply and profoundly accept myself",

... you say the reminder (shortened version) phrase: **"I hate and despise my boss"** ...on each point at the same time as you tap.

The 9 Gamut

This is the middle part in what is sometimes called the EFT sandwich: Following tapping all the points about 7 times from the top of the eyebrow to the karate chop point; you tap continuously on the Gamut point, and then do the following:

~ Move your eyes from the floor to the ceiling without moving your head and back again.

~ Move your eyes from left to right and back again.

~ Move your eyes in a big circle and back again.

~ Hum - "Happy Birthday To You" (or another tune or just a scale) for about one bar.

~ Count - one two three four five - then Hum again.

~ Take a deep breath in and out.

As you do these (at first slightly unusual) things*, repeat the statement in between as best you can to keep yourself focused on the problem in hand.

Then, repeat the Round one more time, tapping all the points from the eyebrow to the karate chop point. Take a deep breath and allow yourself a moment to reflect on how you feel now.

The eye movements are linked to various brain functions and the reason for the humming-counting-humming maneuver is to switch between hemispheres quite quickly; both are designed to "wake up" your neurology so the tapping can go to work on the problem.

Subsequent Treatment Rounds

If the original set up statement was something along the lines of, "Even though I have this problem" and you have tapped a first round on "this problem", and upon checking with yourself, this problem is not as severe anymore but still noticeable, change the startup affirmation to: "Even though there is still some of this problem remaining"

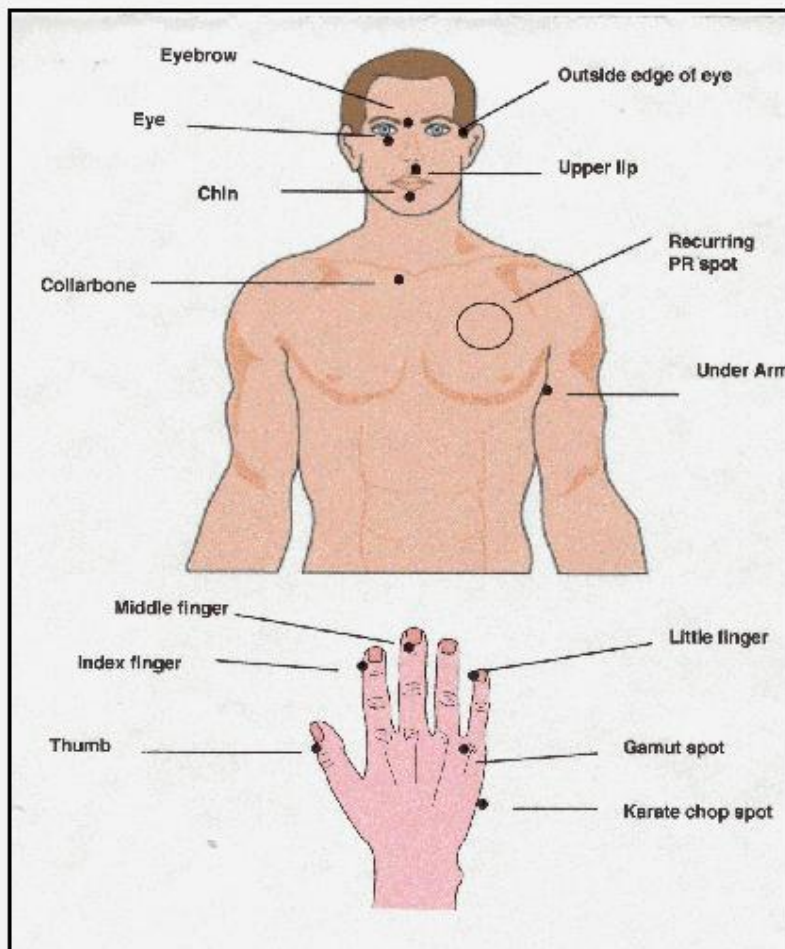
Emotional Freedom Technique (EFT) For Clearing Trapped Energy

Check intensity 0 to 10

0) THE SET UP Say 3 times rubbing the Recurring PR spot ("Sore Spot")
Even though I have this _____, I deeply and completely love and accept myself

1) THE SEQUENCE

- EB (Eyebrow)
- SE (Side of Eye)
- UE (Under Eye)
- UN (Under Nose)
- CH (Chin)
- CB (Collar Bone)
- UA (Under Arm)
- TH (Thumb)
- IF (Index Finger)
- MF (Middle Finger)
- BF (Baby Finger)
- KC (Karate Chop)



2) 9 GAMUT (Tap Gamut spot)

1. Eyes Closed
2. Eyes Open
3. Eyes down right
4. Eyes down left
5. Roll eyes right
6. Roll eyes left
7. Hum 2 seconds
8. Count 1 to 7 rapidly
9. Hum 2 seconds

3) THE SEQUENCE (Again)

Check intensity 0 to 10. Partial relief — repeat procedure

START AT THE SETUP AGAIN Say 3 times rubbing the Recurring PR Spot ("Sore Spot")
Even though I *still* have some of this *remaining* _____, I deeply and completely love and accept myself.

1) THE SEQUENCE 2) 9 GAMUT; 3) THE SEQUENCE