

EFT - EMOTIONAL FREEDOM TECHNIQUES

EFT stands for Emotional Freedom Techniques. It is a method for rapidly releasing unpleasant emotions and even physical discomforts.

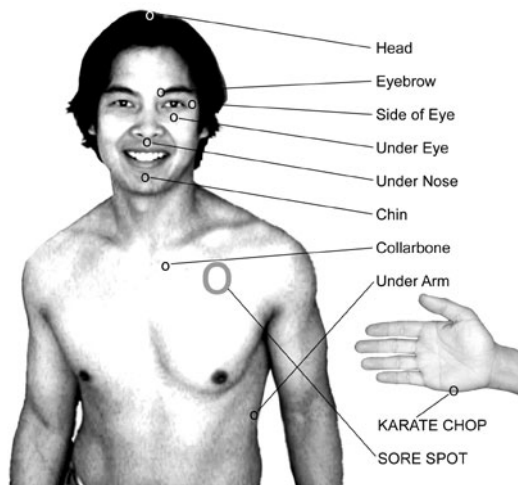


Photo courtesy of Jeanette and Jake Lesada

THE PRIMARY STATEMENT:

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

The ABCDEFG of EFT

A: Awareness – of a specific situation that is causing emotional intensity (Set a level of from 0-10 before starting)

B: Balancing – Repeat aloud three times this affirmation:

"Even though I have this (anger, frustration, fear, etc.), I deeply and completely accept myself", while continuously tapping either the Karate Chop point on either hand or massaging the Sore Spot. Children can say, "Even though...(issue)...I'm a super kid!".

C: Clearing – Tap about seven to ten times with two fingers on each of the following energy points (see picture) while repeating the Reminder Phrase at each point.

D: Deep Breath and Do it again! – Persist until the intensity level goes from negative ten to zero. You can then also go from zero to positive ten by saying, "I choose (the quality)" as you tap the same points.

E: Examine – Check to make sure if the issue has reduced or is really at zero.

F: Funny – For faster results, make EFT funny. Introduce humor by seeing the situation in a non-serious way whenever possible. Have fun with EFT!

G: Gratitude – Be grateful for every small improvement and you will go far with EFT.



EFT: A BRIEF SUMMARY

Memorize The ABCDEFG of EFT. Use it on any emotional or physical problem by customizing it to your needs with an appropriate affirmation and reminder phrase. Be persistent until all aspects of the problem have been resolved. Try it on everything!

WHEN EFT DOESN'T WORK

Check:

1. Did you drink enough water in the day? No? Drink some now!
2. Be super specific in step A
3. Do step B more emphatically
4. Notice shifting “aspects” while doing step C
5. Don't forget step D!
6. Approach the physical through emotional, “What would you guess is causing this?”
Approach the emotional through the physical, “How does it feel in the body?”

TRY IT ON EVERYTHING!

1. Physical issues, emotional issues, past traumas, guilt's, addictions, phobias, habits, beliefs, career goals, spiritual blocks etc. We are only limited by our imagination!
2. Argument tapping: Tap on different perspectives on alternate points.
3. Your Point: The one point that works best for you. This is a shortcut for you.
4. Positive Tapping: Go from negative ten to positive ten by saying “I now choose...”
5. Tapping on others: Take permission and make sure you have cut your nails ☺
6. Tapping for other: Tap on yourself for others. This works because we are all connected and love and healing knows no boundary of time and space.
7. Touch and Breathe: In public places just touch and breathe on each point or imagine you are tapping the points. This also works well.
8. Insomnia: *Imagine* tapping while saying, “I just can't sleep!”
9. Gratitude Tapping: Start and end your day by tapping on all that you are grateful for in life.
10. Matrix Re-imprinting: Tap on yourself while imagine tapping on a younger or older you who is in a stressful situation. This can be incredibly powerful.

Visit the EFT website www.eftuniverse.com and download the free EFT manual.

Also search for “EFT “ and “Brad Yates” on YouTube for many videos.