

Silvia Hartmann's
Adventures In EFT
Foreword by Gary Craigs

Special E-Book Edition – Version 4.2 - DEMO

**This 30 Page (of 155) Demonstration Version of
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for



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FOREWORD BY

GARY CRAIG, FOUNDER OF EFT



You and I should send Silvia Hartmann a basket filled with gratitude for bringing EFT to life on these pages.

Using her engaging writing style, she describes this remarkable healing technique in compelling terms for both everyday citizens and those in the healing professions.

She blends her extensive knowledge of other fields with EFT to bring you a book that is useful, entertaining and practical.

We are on the ground floor of a Healing High-Rise and EFT is lighting the way. It represents a paradigm shift in the healing field which requires fresh thinking if we are to use it to its fullest extent.

Who would have thought that this simple procedure of tapping on various energy meridian points would allow healing where everything else had failed? Who would have thought that years of healing sessions for specific traumas, phobias, anger, guilt and grief could be reduced to a few minutes? Who would have thought that reducing one's emotional load so easily would often have profound effects on physical ailments such as pain, headaches and breathing problems?

I've been doing these procedures since 1991 on behalf of hundreds of people. Through my videotape series and seminars I have trained thousands of EFT practitioners throughout the world (including Silvia) who are performing these miracles daily.

However, we haven't reached perfection yet and we don't get 100% results. Nonetheless, EFT works remarkably well most of the time and is creating profound effects around the globe.

Silvia's masterful work is your opportunity to learn about it.

Gary Craig

P.S. If you would like to learn even more about EFT, please visit our extensive web site at <http://www.emofree.com>

SILVIA HARTMANN'S ADVENTURES IN EFT



Welcome To EFT!

In the autumn of 1998, three little letters kept cropping up all over my hypnotherapy related Internet groups - EFT.

Apparently, this stood for Emotional Freedom Techniques and people were simply raving about it.

It got so bad that the moderators forbade mention of the technique because discussions on its use were monopolising lists that were originally set up for hypnotherapists, neuro-linguists and personal development strategies in general.

I knew some of the people who were so excited and enthusiastic about this new thing and couldn't help but wonder what on earth could be so amazing. Eventually, I visited the website www.emofree.com and that same night, I phoned the States and ordered a copy of the basic course - 11 videos, 4 audio tapes and a thick manual.

When it arrived, I sat down with a cup of coffee, as open a mind as I could consciously manage, and when the example treatments began, I tapped along to learn what it felt like and to familiarise myself with the points and the procedure.

An hour later, I had accessed a severely repressed traumatic time - the death of my father.

I had touched the intense pain I had been carrying for a long seven years, I had been absolutely horrified by the realisation that time had not even begun to heal this at all, and

I had released the pain through the tapping, reaching a state of brilliance and clarity; a state of awareness; a release so profound that I cannot convey what this was like or how it subsequently affected me to you in mere words.

I knew then that all I had heard about this technique was true.

It was as profound and powerful as they had said it was.

This really, truly worked.

Since that moment, my life has not been the same again.

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As a therapist, since then I have been able to literally make the lame walk and the blind see. I have had more thank you letters in the past year than I got in 15 years before.

As a teacher, I have been able to allow my students to learn at a level they never thought possible.

As an individual, I have gained a profoundly new elegance of life. I have discovered new skills and abilities I never thought I possessed, and those I already used, have become supercharged.

As a mother, I have been able to calm my children, to support them in a way that was previously unimaginable, and to help them permanently overcome perceived limitations and moments of loss of faith.

What more can I say?

I sincerely hope that this book will be the starting point of your journey of discovery of self through this most wonderful of mind/body healing tools.

God Bless EFT.

Silvia Hartmann

August 1999

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WELCOME TO ADVENTURES, VERSION 4.2 - THE SPECIAL E-BOOK EDITION.



It has now been four years since I first discovered EFT, and nearly three years since the original introduction above was written.

This is the Fourth Edition of Adventures, a special version designed, expanded and especially formatted for electronic transmission which has enabled us to go beyond the limitations of The Hard and spread the word around the World about EFT and the new Meridian Energy Therapies at an entirely unprecedented rate, touching one person at a time who then pass it along to their friends, family, clients.

After four years of virtually “living with” EFT, I still use it when the need arises, and so do my friends, famous therapists in their own rights, who started out on this true adventure around the same time.

I’m still amazed sometimes just how effective it is and how much you can do with it. I’m amazed at what we have learned, not just about our own lives, personalities, choices but also about how memory, mind and emotion really work.

There are many meridian energy based therapies now, and every week there are new ideas, new protocols, new additions, new discoveries – it is truly extraordinary to be here and watch the development of this whole new field of mind, body healing and to be so lucky and privileged to be a part of it, to help shape it and to contribute to it.

But at the end of the day, as individuals, when we’re in a panic or it all gets too much – yes, it still happens! – we turn to basic EFT, time and time again, because it is simply so very reliable, so easy to use and incredibly helpful in more ways than you can imagine just yet.

EFT has absolutely become a part of our lives, a trusted and helpful companion that will stand by our side if only we remember to call on it.

I have learned a lot in the past four years and many of these things are written down elsewhere.

Adventures in EFT is always going to be about EFT and not about anything else.

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EFT is an incredible tool with incredible flexibility built in and I am glad that I studied it as deeply as I did, because the more I used it, the more uses for it did I find and the more impressed with the basic protocol I became.

If you are a “newbie” or if you are an old experienced hand at METs by now, it doesn’t matter.

To return to the basics and to learn the basics properly is the greatest gift you can give yourself, whether it be in typing, playing the piano or in using Meridian Energy Therapies.

This is a truly great technique – make it your own in every way and I’ll promise you, it will deliver much, much more than you ever thought possible.

With my best wishes to you and all those you share this with,

Silvia Hartmann

March 2002

PART I - LEARNING EFT

How To Use This Book

In Part I, I'm going to walk you through the basic technique of EFT.

It is extremely simple, and extremely easy to learn.

Its effects are also extreme - you should have a profound response if you follow the instructions carefully. If you do not, I would suggest that you allow yourself to seek out an EFT workshop, a practitioner or buy the basic EFT Practitioner's video tape set. Only a few in a hundred people fail to get results with EFT if it is applied properly, perhaps even less than that. Chances are that with a little bit of extra help you too will be able to access the tremendous resources on offer, some of which I discuss in Part III. I have grouped the ideas for EFT application alphabetically, but you can read them as though they were chapters which follow one another.

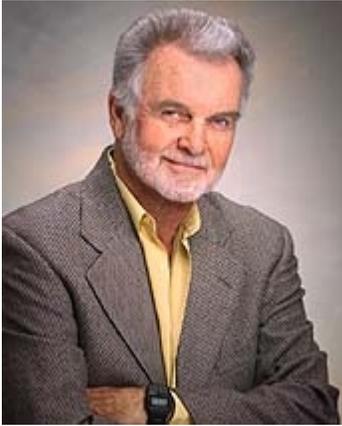
In Part IV, you will find a number of “EFT extensions” – strategies designed to support the basic EFT process and to make it even more flexible.

In Part V, I have given a short explanation of terms used in EFT and their meanings so you can look them up at any time during the reading of this book.

In Part VI, you will find some of the currently available resources and "further learning" possibilities you can explore at your leisure.

Let us start now with a very brief ...

1. History of EFT



The principles behind EFT were discovered by Dr Roger Callahan, a clinical psychologist of over 40 years experience, who had made it his life's work to find ways to cure people of unfounded fears, phobias, and anxieties, because he himself had suffered from these since childhood.

Like any true explorer, he left no stone unturned, and finally came across some techniques, which proved to have startling repercussions.

In the much told story, he had a client named Mary who suffered from a severe phobia of water - she couldn't look at any bodies of water and found bathing highly traumatic, even if there was only a couple of inches of water in the tub. He had been working with her for 18 months, using absolutely anything and everything standard psychology and even non-standard psychology, such as hypnosis, had to offer, but she still remained afraid to death of water.

During one session, he asked her to tap under the eye, which is an important acupuncture/acupressure/meridian point, and the fear just disappeared - instantaneously. It has never returned, and the treatment took place 16 years ago.

Dr Callahan called his discovery Thought Field Therapy, on the grounds that thoughts related to the energy field in the body, and that changing this energy field by tapping on the meridian points could release negative emotions rapidly and easily.

He refined and researched his method, and today TFT and its descendants are the subject of serious scientific study and have already gained wide-spread acceptance.

TFT treatments are based on what is called **algorithms** - specific sequences of tapping points to relieve specific problems.

One of Dr Callahan's students, Gary Craig, a Stanford Engineer, came up with the brilliant idea to just tap all the points for every presenting problem - there are, after all, only 13 of them, so whichever point or points were the correct ones, they would always be covered by default. This is an engineering technique used when a fault cannot be found – everything is replaced and the concept is known as “total redundancy”.

He thereby managed to create a technique that EVERYONE can learn to use very easily and very quickly, and which does not require special diagnostic training, therapy training, or even any knowledge of the body's energy system whatever.

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Gary Craig called his streamlined version "EFT - Emotional Freedom Technique".

I will take this opportunity to express my tremendous admiration for Dr Callahan who has given the world a legacy to be proud of; and my tremendous gratitude to Gary Craig, who has made this technique accessible to every man and every woman in the street.

If you are interested in learning more about the thinking, the science and advanced therapeutical applications behind EFT, I cannot recommend too highly that you should engage in the trainings available in the field. At the end of this book, there are recommendations for further learnings, trainings, courses and books.

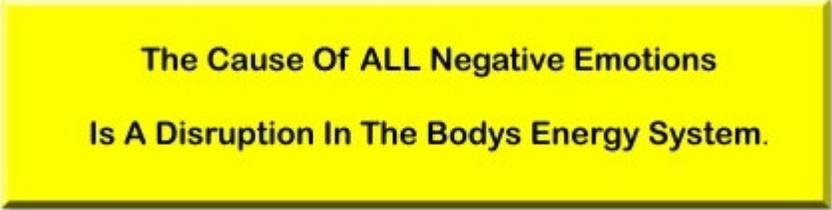
Here, we are only concerned with talking about the basic technique and all the wonderful things you can do with EFT, so let's now press on and find out what EFT is all about, and how it works.

2. How EFT Works

EFT rests on a theory that is called:

"The Discovery Statement"

This is very important and central to the understanding of EFT, so here is the Discovery Statement:



**The Cause Of ALL Negative Emotions
Is A Disruption In The Bodys Energy System.**

It used to be held in psychotherapy that a negative emotion was caused by a negative or traumatic memory or event.

Every time, this memory was accessed or "lit up" as a result of a thought or an environmental reminder of some kind, the negative emotion was experienced:

"Memory => Negative Emotion"

in a simple

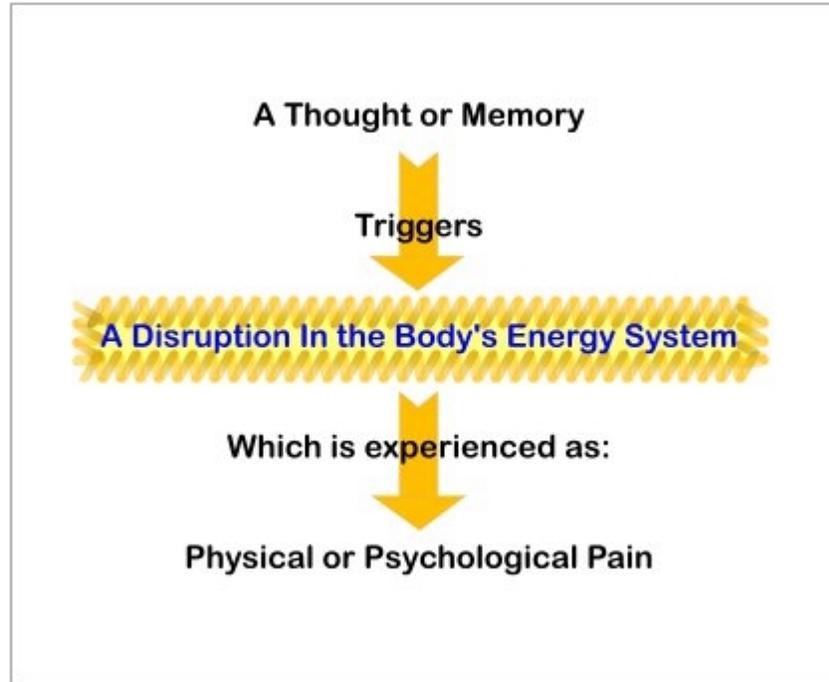
"Cause => Effect"

relationship.

Dr Callahan, on the other hand, discovered that there was a step in between the memory/thought and the negative emotion, and this was **a disruption in the smooth flowing of the energy through the meridian system.**

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So instead of the memory or thought causing the negative emotion, according to the discovery statement, the process is more like this:



Thereby, instead of trying to undo the thoughts or memories in some way, which has been attempted by millions in therapy for many years and with highly unpredictable results, the energy based therapies directly intervene in the intermediate step - when the disruption in the energy system has been calmed and relieved, the person experiences no further pain or negative emotions from the original memory or thought.

As you will see, this simple yet profound discovery doesn't only make perfect sense, it has also proven itself in practice - there are thousands of therapists like myself all across the world, daily relieving clients of all kinds of long standing problems using variations on this idea, successfully, predictably, time and time again.

Theory and conscious understanding is all good and well, but you don't really begin to appreciate the truth of how amazing and wonderful EFT is - until you have experienced it for yourself.

In a moment, we're going to learn how to do basic EFT, and you can pick any limitation, fear, traumatic memory that bothers you and try it out for yourself.

3. The Technique And How To Use It

a. Points & Tapping

EFT uses 14 major meridian points, which are generally at the start or the end of a major body meridian. Here they are:



0 = The Sore Spot - On your chest where you would pin a medal or a brooch. Gently push with your fingertips to find an area that feels tender, rather than sore.

1 = Start Of The Eyebrow - Where the bone behind your eyebrow turns into the bridge of your nose.

2 = Corner Of The Eye - On the bone in the corner of your eye.

3 = Under The Eye - On the bone just below your eye, in line with your pupil if you look straight ahead.

4 = Under The Nose - Between your nose and your upper lip

5 = Under The Mouth - In the indentation between your chin and your lower lip

6 = Collarbone - In the angle formed by your collarbone and the breastbone

7 = Under Arm - in line with a man's nipples on the side of the body

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

9 = Index Finger, 10 = Middle Finger, 11 = Little Finger

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

13 = Gamut Point - just behind and between the knuckles of your ring and little finger.

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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.

In EFT, these points are stimulated by tapping on them.

Try now tapping the point under your eye, with your index or index and middle fingers, quite rapidly about seven to nine times or as many times as it takes for you to take a normal breath in and out. The strength of tapping should be comfortable, but you should be able to feel a resonance from the tapping spreading out across a reasonable part of that side of your face.

I have noticed that different people have different speeds of tapping. We generally show a tapping speed in line with the rhythm of "Jingle Bells". In spite of this, some people develop a kind of woodpecker action after a while, and others tap quite slowly. I would suggest that what feels right to you probably is right for you. *See also Rhythm & Percussion In Tapping Treatments in the Addendum.*

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

b. Contacting The Problem

In my opinion, the one thing that makes the biggest difference in the effectiveness of using EFT is the user's ability to contact the problem.

We have so many thoughts, all of which are linked to our body via our general neurology; so many memories; so many stored experiences. These stored experiences all have the patterns of how the meridians were flowing at the time stored with them, too; and certain thought patterns direct how the meridians are functioning from second to second in a dynamic, interlinked system.

To direct 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.

It is important to note at this point that the statement is NOT to be confused with an affirmation (see also EFT & Affirmations in the A-Z of EFT).

Oftentimes, it is only a small part of the unconscious mind that holds certain fears, angers, sadnesses and griefs - the person KNOWS on the conscious level that they are a child of the universe, for example, but there are parts of them which don't agree and think they're a bad person. It is those parts that require the healing and balancing that EFT has to offer, and these are spoken to directly by allowing them for once the honest truth of the matter - the opening statement is like the key that unlocks the dungeon they've been hiding in for so long.

Here are a couple of stories to illustrate this point.

I gave a demonstration of EFT for a Weight Watchers group. One lady there tried it with the opening statement of, "I'm not as thin as I would like to be" and said that she really felt nothing when she tapped.

I asked her gently to think for a moment if that was really what she thought when she looked in the mirror, and she shook her head and whispered, "No, I think I'm a fat pig."

When she tapped using that statement, the shift was extreme and the release visible to all and joyful in its intensity. She has since told me that this moment constituted a true turning point in her life.

Another lady who was pregnant and afraid of giving birth, used the statement, "I am apprehensive of the forthcoming event." Again, nothing happened.

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I asked her to go within and try and find a better description that would ring more true to her and she came up with, "I'm scared to death of giving birth".

Tapping on this provided her with the release she so desperately needed, cured her backache and headache on the spot, and allowed her to continue forward with her pregnancy without further problems.

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.**

Statements for Physical Ailments & Pain

Opening statements for physical ailments can be created in many ways.

If there is a physical symptom connected with your illness, you probably have already a way you describe it routinely to others; use this for your opening statement.

- I've got that tightness in my neck again;
- My back's killing me;
- That churning in my stomach;
- This ringing in my ears, etc.

You can just **name your illness** - my hay fever, my psoriasis, my allergy, this darned migraine.

A very powerful help for physical illness is to **focus on your feelings about** the illness, too:

- I hate this back ache;
- This (condition) is killing me;
- This (condition) is destroying my life;
- This (condition) is driving me to desperation; etc.

Remember the main important part of the directional opening statements is that you know what you're talking about, and that what you're saying makes perfect sense to you.

c. The Set Up

Now that we've named the problem, we can start with the **Set Up** which consists of

- rubbing (stimulating) the sore spot
- and making the first opening statement

which directs the treatment to the right place in your mind/body totality.

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 endeavour to put some meaning and energy into the "I deeply and profoundly accept myself" part.

You don't have to say those exact words. You could say:

- I love myself,
- I deeply and completely accept myself;
- God loves me;
- I am willing to heal now;

... or any variation that carries this kind of meaning for you; you can also leave the acceptance statement out altogether if it makes you feel unhappy or uncomfortable and simply do the Set Up with stimulating the Sore Sport and stating the nature of the problem.

I have known a few clients who could not bring a statement of acceptance of themselves over their lips at all and we began the sessions with tapping for "Even though I don't accept myself at all, I deeply and profoundly accept myself!"

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When working with young children, you can use a version that makes sense to their age group, such as "Even though (problem),

- I'm a great kid;
- I really like myself;
- My mummy loves me totally;
- I'm always OK;

... or any variation that has a positive meaning, is acceptable and makes sense.

d. 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 love and 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 reason for repeating the reminder statement is that we can get distracted very easily; by repeating the statement on each point we stop ourselves from thinking about lunch, the next appointment or how the weather has changed and make sure the tapping goes directly to the problem you're working on.

Once you know where the points are, the round of tapping (excluding the set up) should take no more than about 2 minutes, unless you feel a strong urge to stay longer on one particular point which can sometimes happen.

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e. 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, trying to keep the tracking smooth, 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
- 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, making a note of what has changed.

* Note: The eye movements are linked to various brain functions and the reason for the humming-counting-humming manoeuvre 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.

It is for this reason that more advanced users sometimes do without the 9 Gamut part as it isn't always necessary to "wake up the brain" to get the changes; to begin with, I recommend you do it every time until you are completely familiar with the technique and have acquired a "feel" for when it is necessary and when it isn't.

If you leave out the 9 Gamut treatment, remember to tap the Gamut point by itself because it is a very important part of your meridian system.

f. Testing Your Changes

A great way to ascertain from yourself or others just how you feel is to put a number on it. The technical term is taking a SUDs Level or SUDs Scale reading, which stands for Subjective Units of Disturbance.

What that means is you ask yourself:

On a scale of 10 to 0, 10 being the highest imaginable pain/ upset/ distress/ fear/ sadness/ discomfort, and 0 being completely calm, pain free, tranquil, relaxed and happy, how would you rate what you are experiencing at this moment?

This works for emotions as well as for physical sensations and even for beliefs which might be a problem:

On a scale of ten to zero:

- how depressed are you right now?
- how painful is your leg?
- how bad is your fear of heights?
- how distressing is this memory?
- how much do you hate this person?

Before you begin tapping for any subject or problem, take the time to take a SUDS rating and make a mental note of it. Then, when you have completed a Sandwich treatment, ask the question again to find how much has changed. It's a good way to be able to assess how well the treatment has worked and if you need to repeat the treatment.

Sometimes, the problem can go from as high as 10 to as low as 0 in a single Sandwich treatment.

More often though, you start with 8 or 9, and after a round of tapping, the severity is reduced to a 4 or a 5.

This means that the treatment is beginning to work but there's more to be done.

Testing is a **very important** part of the EFT technique overall; see also Testing in the A-Z, Part 2.

g. Subsequent Treatment Rounds

If the original set up statement was something along the lines of, "Even though I have this problem", 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 Opening Statement to:

"Even though there is still some of this problem remaining",

or

"Even though I still have some of this problem".

When you're down to a rating of "Oh its a tiny little bit now" which would be a 2, 1 or a half on the subjective rating scale, a third round can be done with the opening statement of,

**"I want to completely overcome this problem now
and I fully and completely accept myself".**

And that's it!

EFT is as simple as that.

There's no need for you to worry about getting it wrong, or getting the wrong statement.

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.

One thing I have found particularly helpful is to ask your friends what they think you should say!

This will crop up again in various other sections, but it really has been my experience that our own neurology blindsides us sometimes, and especially on issues we have been working on for many years. The one thing you're probably not thinking of and which would make the "bull's eye" opening statement is the one thing which is blatantly obvious to everyone else.

This is not a character defect, but simply a fact of life.

So relax, enjoy and here's a short Trouble Shooting section on the most commonly asked questions:

h. Frequently Asked Questions

I'm not sure I have found the exact right points?

Don't worry about that. As you tap, the vibrations spread out through your skin and bones and can be felt for quite a distance. As long as you're roughly in the right area, it will work. To try this for yourself, tap the Under Eye point now and notice how far and wide you can feel the reverberations.

I can't find the Sore Spot?

If you can't find the Sore Spot, and this can sometimes happen according to the type of problem you're working on, just place your whole flat hand over the general area, much the same gesture as though you were taking an oath of allegiance.

Wait until you can feel the warmth of your hand on your skin through your clothes, and rub the whole hand round instead.

This, by the way, can also be very soothing in and of itself in a moment of crisis.

I'm really unsure what to say for the opening statement?

A whole EFT Sandwich takes only about 4 minutes altogether. So it's not a matter of life or death to get a good resonant statement first time round.

If you're very pressed for time, you could get a piece of paper and brain storm some variations first, then pick the ones that "feel" the most intense when you read them out aloud. Also, speaking is not actually always necessary to contact a problem. Wait until you have read the sections on memory, emotions and substances, there are many more ideas of how you can contact the problem successfully.

Do I always have to do the whole Sandwich?

No, not necessarily. After the first round, and before you get to the 9 Gamut treatment, you can stop and take a SUDs level reading.

If there has been a lot of relief to the problem, you can go right away to starting again with the "Even though there is still some of this problem remaining" version; if it's really low, you can go straight to "I want to overcome this problem completely".

However, for the first week or so of using EFT I would advise you to do the full Sandwich for every problem, just to make sure you really get the hang of it.

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Which side of the face/body should I tap with which hand?

The bilateral meridians run in tandem so changes in one affects changes in another.

Therefore you can please yourself and tap as comes most naturally or is the most comfortable with either hand on either side.

I've missed a point!

Relax. The main thing is, did you get a good noticeable shift? That's all that matters. It only takes a few goes and you are completely familiar with the procedure.

How hard/fast should I tap?

You should tap with light, short movements that resonate just like you would tap on a drum to make it ring out.

Don't tap too hard – it should not hurt in any way, but you should be able to feel it clearly and also feel the resonance in your body.

As to speed, try different speeds and rhythms to find something that feels right for the problem you are currently working on. *See also Rhythm & Percussion in the Addendum.*

Nothing's happening! I'm doing it all wrong!

Please, be calm! This is a gentle and very easy treatment procedure.

It is very forgiving to inaccuracies and truly foolproof.

If you have read the instructions and looked on the chart to the locations of the points, chances are you ARE doing it right. If the Earth didn't move for you on your first attempt, try a different opening statement, or a different subject or topic. Play with it. Experiment.

Allow yourself time to experience how the treatment affected you right after you did it, a few hours after that, the next day and so on. Share it with a friend and try it on each other. Read the rest of the book, there are many, many more ideas and suggestions to come.

But most of all, "Keep At It!".

I find it difficult/impossible to contact any emotions at all.

This is a problem you share with about 15% of the population, so it's not that uncommon. Think about the problem and do the tapping anyway. Be persistent. Also, read the section on "Fail Safes" in Part V very carefully. If still nothing happens, have a session with an experienced practitioner to "unlock your system".

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I've tapped on something small and now I've unlocked a whole hornet's nest of terrible feelings and memories!

If you are truly overwhelmed by negative emotions, you need to speak with a Meridian Therapist.

What can help tremendously in moments of overwhelm on your own is to tap without any opening statements to let the relaxation go where it is most needed, or to do very general statements such as, "Even though I can't cope ...", "Even though I'm overwhelmed ..." etc. and to leave any specific or serious traumas until you can speak with a practitioner.

How often can I use EFT?

If you are someone who is very anxious to make many changes fast, or you have an obsessional streak to your character, **take it easy** with the frequency of EFT treatments.

I refer to working on any one particular issue to its conclusion as “a session” – this may take a single round, sometimes it takes many rounds as the deep reasons for the problem begin to unfold. Personally, I would say that two “sessions” per day are more than enough when you are working on very serious issues, such as traumatic war-, rape- or abuse memories.

You can use EFT much more often than that for simply eliminating cravings or pains that come along frequently. If you are working on one particular issue that is very important to you, you can tap for this up to five times a day; and of course, in emergency situations you can always use EFT again as and when you have to. You can also use EFT as a general relaxation and de-stressing method by tapping a round first thing in the morning or last thing at night, without making a particular Opening Statement and just for the re-balancing effect.

When you begin to use EFT, you will note the difference between a “session” of tapping and “general tapping” to alleviate something, reduce something or relax; if you have had a real breakthrough “session” with EFT on a major topic, I would highly recommend that you give yourself and all your systems a time to come into balance with the new order of being before starting on the next issue.

The Safety Note Repeated:

Emotional Freedom Techniques are a wonderful self help tool BUT: EFT is powerful and makes changes to your body and to your thoughts. We therefore recommend strongly that anyone suffering from diagnosed psychiatric disorders, takes psychoactive medication or is under ongoing treatment with a counsellor, psychologist, psychiatrist, outpatient department **should ALWAYS consult with their care providers** before starting any new form of treatment, including EFT Emotional Freedom Techniques. **If in any doubt, stop and seek advice from your care provider or an experienced MET (meridian energy therapies) professional.**

i. Side Effects

EFT is in my opinion and experience completely safe. There are some physical things that happen frequently when you start to apply EFT routinely. You might or might not experience some, any, all or none of these; here is a list of physical effects I have observed:

- **Sleepiness**

I have noted that many people vibrate with tension as a matter of course and regardless of whether they are working, playing or resting. I used to be amongst them!

When fears especially are addressed with EFT, this anxiety leaves and the person in question starts to relax in ways they might not have experienced for many years.

One of the first symptoms of this is an unusual amount of yawning during or after the treatment, and a desire to sleep. One of my telephone clients would virtually fall asleep in the middle of the session and I had to shout at her to wake her up enough to finish the treatment! This only lasts for a period of a week or two, until the body has recovered and become used to the new levels of working freely and without the added stressed out anxiety.

- **Tearing Of The Eyes**

Not to be confused with crying triggered by high emotion, this tearing of the eyes is a symptom directly linked to increased levels of certain naturally occurring brain chemicals (which have been noted to be present during states of enhanced brain activity and enlightenment experiences).

I note this particular symptom with much joy when it appears in myself or in my clients; it's a physical sign that some very profound deep level shifts are taking place.

- **"Dreamy" Feeling**

Many clients report a feeling of haziness around their thinking for a minute or two just after a treatment round; after a "heavy session", it can last for longer.

This is a sign that there's a lot of activity going on within their minds and bodies as new neurological pathways are being created and old ones are being re-routed. Until normal functioning is re-established, one should rest and not undertake any challenging activities. Drinking water and gentle exercise can help speed the process but it is a natural occurrence that takes its own course and is a necessary part of the healing that is taking place.

- **"Body Noises"**

As the body relaxes during tapping, you might find various body noises such as a grumbling stomach, burping etc. It only happens sometimes, but once again, greet these obvious signs of relaxation and relief with joy - whatever you're doing, it's having a highly beneficial effect on your system.

I can't repeat this enough – “tapping” is good for you.

It's always relaxing and calming, so even if you don't have at this present time a problem you need help with, start doing a round or two at a convenient time a day for nothing much in particular, and a round before you go to bed.

Make a note of what benefits it brings to you, and when the time comes and you find you wish to apply it on a real problem, you're practised and ready to reap the rewards.

j. Long Term Tapping

I often hear that people say,

"When I first used it, my (hay fever/migraine/pain/fear of public speaking/height phobia/desire for heroin/etc) just went away. But two days later, it came back ..."

Some people then go on to proclaim that the treatment didn't work.

This really makes my head spin. That's like saying, "I got this plate, I washed it up, and then was clean again. But today I've eaten off it and now it's dirty once more - and I have concluded that washing up doesn't work!"

If you can tap any problem away, that really does mean that the treatment has worked.

If it comes back, I would suggest that it might be that it would be wise to repeat the treatment to get the benefit again.

Repeat Treatments

Repeat treatments are necessary when:

- **The root cause hasn't yet been found and eliminated.**

In some cases, it really is necessary to find a sympathetic practitioner to help discover what needs to be done to overcome the problem once and for all.

With very deep issues and especially, issues of self identity (i.e. if this problem was resolved, the person in question feels they wouldn't be the same person anymore at all), get some outside assistance. In these cases, two heads are simply much better than one, plus having someone walk beside you for moral support is useful in any circumstance.

In other cases, it is possible that by varying the opening statements and continued tapping, you will get to the root cause eventually all by yourself.

- **There are undiscovered ASPECTS to the problem.**

Let's say, there's this man who wants to use EFT to overcome his money problems. So he taps away on all kinds of things that could be connected, and it's getting much better but is still not completely resolved. Then one day, he visits his parents and realises with a flash of insight that if he were successful, he would somehow make all his father's hard work seem like such a waste of time.

"Being disloyal" to the father was the one aspect he had overlooked, it had never occurred to him.

Another and far more simple example is that of the woman who is afraid of spiders. She taps for it and feels ok, then goes to the pet shop to view a real life spider.

There is no fear - until the spider starts scurrying around in the cage, at which point the fear returns.

What happened there was that she had cured the fear of "still spiders" - but there had been another undiscovered aspect, i.e. the fear of "running spiders" which was a different proposition altogether.

When she tapped on that fear, the whole spider problem resolved itself and she could hold the spider in her hand and have it walk up her arm.

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- **The Force Of Habit**

If a problem has existed for a very long time, it's just become habitual. The tapping re-aligns the meridians to flow freely and positively, but they may bounce back if there's stress or other environmental influences into the old and more familiar pattern.

All you need to do in this case is to repeat the treatment for a few days until your meridians have become used to the new order of things.

- **Environmental Toxins**

In a very few cases, there are some environmental toxins present that may influence how effectively the treatments last. This is very rare however, and the above three reasons are far more likely to be causing the need for repeated applications.

Look on the bright side. How many repeat applications of aspirin have you applied to yourself in the course of your life? And did you ever demand for just one moment that one application would cure you of headaches forever?

I just thought I put the efficiency of EFT into perspective by this example. Of course we expect of the treatment that it cure the problem once and for all, because it usually does.

If your symptoms come creeping back, tap some more; the best advice is, "Keep At It!".

That's it for this brief excerpt from Silvia Hartmann's acclaimed, best selling Adventures In EFT.

If you would like to find out more, learn more, be more inspired and to read beyond these 31 pages into the next 122 pages of "Adventures In EFT", please visit <http://starfields.org> to order right away.

Silvia Hartmann's

"Adventures In EFT"

The ESSENTIAL A-Z Field Guide To Emotional Freedom Techniques TM

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About The Author

Silvia Hartmann is a systems modeller with a special interest in systemic relationships and interactions, internationally reknown workshop presenter, trainer and author.

She is a licensed trainer and director with The Association For Meridian Therapies, contributing editor to Emofree list and the founder and moderator of the MET Group, the oldest established meridian therapies/energy therapies discussion group.

Other Energy Psychology contributions include:

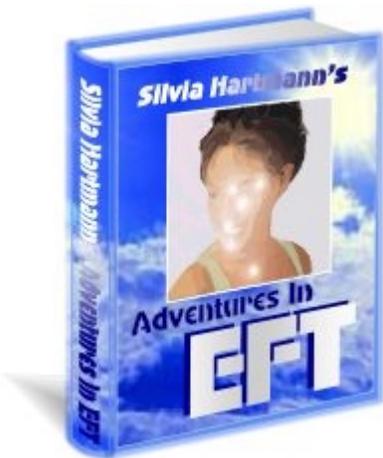
- PowerFields 2001
- Guiding Stars
- EFT & NLP
- Certification Trainings Designs For The AMT

Following her exhaustive EFT research, Silvia went on to create EmoTrance TM – a totally new system of using emotional energies to increase vitality, immune system functioning and joy of life.

This is “Energy Dancing” beyond simply removing symptoms with EFT – if EFT has helped you with pressing problems and you are ready to take a step beyond into what ELSE there could be for you, be sure to visit <http://emotrance.com>

For details of Silvia’s work, publications and trainings and to be alerted to new publications and updates, please visit the catalogue site <http://starfields.org>

For a wider view of her work beyond Energy Therapies, please visit <http://sidereus.org>



If you’d like to complete your learning from the full 155 pages of this outstanding E-Book, be sure to order:

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