



## **EFT - (Emotional Freedom Technique)**

***An amazing healing technique that's easy to learn and has profound effects***

### **THE ROOTS OF EFT**

EFT has its origins way back over 5000 years ago, in the Ancient Chinese Shoalin and Taoist monasteries, where the subtle energies and meridians that travel throughout the body were first mapped.

Also crucial to the development of EFT are Dr George Goodheart, the founder of Applied Kinesiology and Dr Roger Callahan, the founder of TFT (Thought Field Therapy).

It was in the early 90's that one of Dr Callahan's former students, the charismatic Gary Craig, simplified the complicated TFT algorithms and made the process universally applicable for all mental, emotional and physical issues.

Gary Craig is a Stanford Engineer, Master NLP practitioner and self improvement expert.

### **WHAT IS EFT?**

EFT is an emotional healing technique which is also capable of dramatically relieving many physical symptoms. It is based on a revolutionary new discovery that violates most of the beliefs within conventional psychology. It contends that –

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

With remarkable consistency (50-90% depending on experience) EFT relieves symptoms by a seemingly strange (but scientific) routine.

EFT works by tapping with the fingertips on various body locations. This tapping serves to balance energy meridians which become disrupted when the client thinks about or becomes involved in an emotionally disturbing circumstance. The actual memory stays the same, but the charge is gone. Typically, this result is lasting. Cognition often changes in a healthy direction as a natural consequence of the healing.

### **PSYCHOLOGICAL REVERSAL**

A very important understanding within EFT is the concept of Psychological Reversal, or PR for short. PR is caused by fear and/or trauma and blocks ALL forms of treatment, both allopathic (modern medicine) and holistic (alternative medicine).

PR is characterized by a reversed energy flow through the meridians which can be seen metaphorically as 'having batteries in backwards'.



PR results in negative self sabotaging behaviour which can manifest in just one issue, or many areas of a persons life. PR is frequently found in chronic conditions, depression and addictions. Reasons for this reversal include historic events, decision, beliefs, stress, polarity switching and energy toxins.

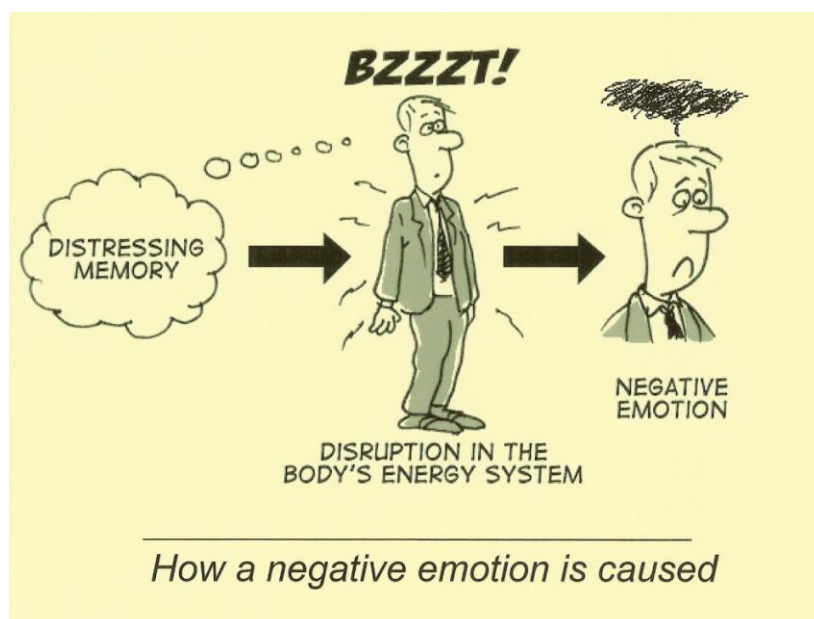
Some of the beliefs causing PR include issues of deservedness, safety, motivation, permission and benefits in not getting over the issue.

PR correction is built into the EFT protocol by tapping on the karate chop point.

## **WHEN TO USE EFT**

EFT has been found to be effective in a variety of issues including:

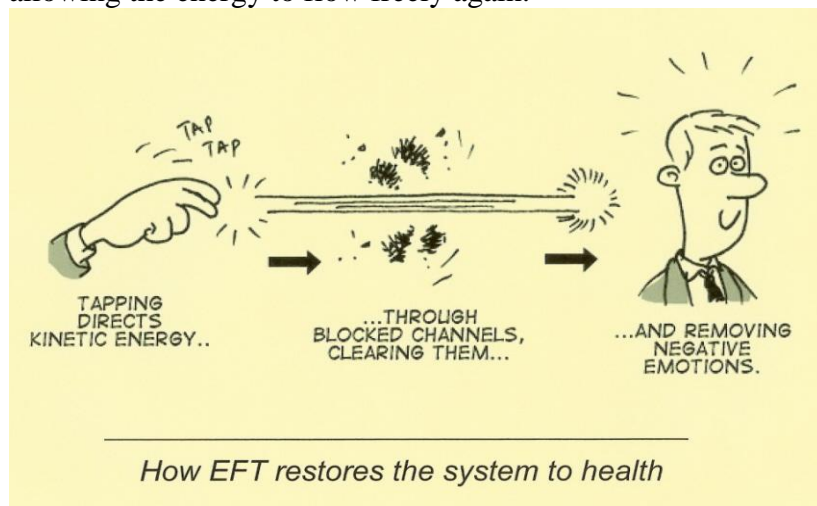
- Addictive Cravings (food, cigarettes, alcohol, drugs)
- Allergies
- Anxiety and panic attacks
- Anger
- Compulsions and obsessions
- Depression and sadness
- Dyslexia
- Enhancing self-image
- Fears and phobias
- Grief and loss
- Guilt
- Insomnia
- Negative Memories
- Pain and symptom management
- Physical healing
- Enhancing peak performance (sports, public speaking)
- Post traumatic stress disorder
- Sexual abuse issues, etc.
- Relief of pain, e.g. migraine, arthritis etc.



## **HOW DOES EFT WORK?**

EFT is a meridian energy therapy – just like acupuncture, it works directly on the meridian system in the body. But instead of needles, you stimulate the major meridian lines by tapping on them. By analogy, think of the meridians as rivers. Upsets in emotional or physical health lead to the equivalent of blockages or overflows in the rivers.

EFT is a mind/body healing technique because it combines the physical effects of meridian treatments with the mental effects of focussing on the pain or problem at the same time. Tapping on the meridian points sends kinetic energy down the energy system clearing the blockages allowing the energy to flow freely again.



## **THE PROCESS**

The Basic Recipe is the standard, basic procedure that is employed to treat any emotional/physical disturbance. Once learnt, each round of the Basic Recipe should take under a minute or two to perform. The Basic Recipe comprises:

1. The Set Up.
2. The Sequence.
3. Adjustments for subsequent rounds.

Let's look at these in more detail.

1. The Set Up: This sets the stage for EFT to do its work. In this stage you will tap the Karate Chop Point, while saying your Set Up Phrase out loud three times. The Set Up Phrase is as accurate a description of your issue as possible, in the following format:

“Even though I (*insert problem here*), I deeply and completely accept myself”.

Examples of Set Up Phrases might be:

- “Even though my back aches, I deeply and completely accept myself”
- “Even though I get angry at work, I deeply and completely accept myself”
- “Even though there's pain in my jaw, I deeply and completely accept myself”
- “Even though I have a fear of heights, I deeply and completely accept myself”

2. The Sequence: While continuing to hold the problem in mind, you'll tap 7 times or so in succession on each of the meridian points. To assist you in keeping the problem in mind, you'll repeat at each point a shortened version of your Set Up Statement called the Reminder Phrase. Reminder Phrases of the examples above might be:

- “This backache”

- “This irritability at work”
- “This jaw pain”
- “This fear of heights”

3. Adjustment Rounds. In some cases, you may get complete relief of your distress from just this single round! However, if the upset is still felt to some degree, simply repeat the Basic Recipe, with adjustments as follows:

Substitute the Set Up Phrases you used with this one:

- “Even though I still have some of the (*insert problem*), I deeply and completely accept myself”

For example, “Even though I still have some of this fear of heights, I deeply and completely accept myself”

And substitute the Reminder Phrase for this one:

- “This remaining (*insert problem*)”.

For example: “This remaining fear of heights”

Now we will go on to examine the actual Points that you will be tapping on. However there’s one more concept to learn before proceeding to the actual points.

### **SCALING THE PROBLEM**

At the beginning of an EFT session, take a rating of the intensity of distress you feel on a subjective scale of 0 – 10. Thus a strong upset might produce a rating of 8 or 9, while a relatively milder distress might be a 3. At the end of a round of the Basic Recipe, scale the problem again. Has it reduced?

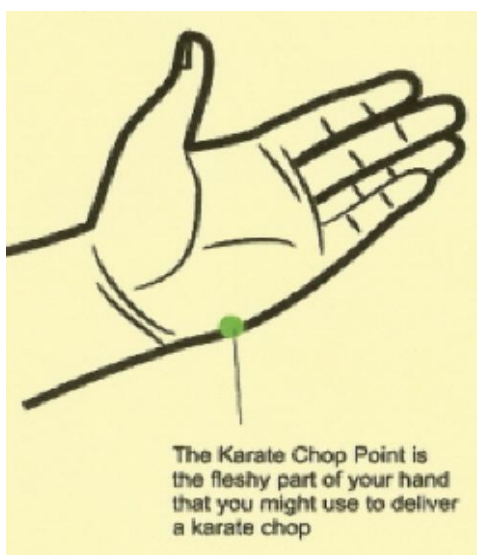
Your goal is to have it down to a 1 or 0 which would indicate complete freedom from the distress you started out with. Having your distress drop from a 7 or 8 to a 0 in a couple of rounds of EFT is an amazing experience – and one that happens more often than you’d expect!

### **LET’S GET TAPPING!**

Now you’re ready to learn the Points to tap on. The following pages will show you exactly how to perform the Basic Recipe. It is best to practice with a real problem, as EFT is really experiential in nature and no amount of explanation can take the place of actual doing.

First, rate your distress on a scale of 0 – 10.

Here is the Point for Psychological Reversal. Better known as the ‘Karate Chop Point’.

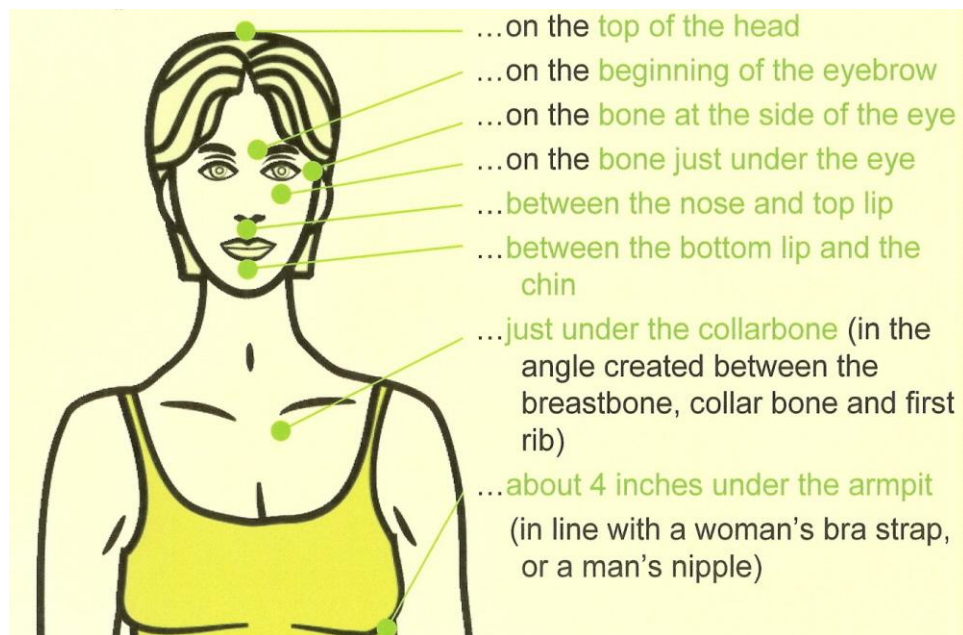


The Set Up: Repeat your Set Up Phrase 3 times while tapping on the Karate Chop Point.

Saying: “Even though (*insert problem here*), I deeply and completely accept myself”.

The Sequence: Now tap 7 – 8 times or so on the following points while repeating the Reminder Phrase. You may tap on either side of the body or both sides at once.

“This (*problem*)”



After a round or two of tapping rate your distress level on a scale of 0 – 10 and see if it has gone down. Remember you are trying to reach a 1 or 0. If you are still higher than that on the scale then go to the Adjustment Round as follows:

“Even though I still have some of this (*insert problem*), I deeply and completely accept myself”.

And the Reminder Phrase is:

“This remaining (*insert problem*)”

Keep checking your distress on the scale of 0 – 10 and repeat the Adjustment Round.

### **ISSUES ARE LIKE PUZZLES**

It is important to be as specific as possible with the Set Up statement. For example,  
“Even though I have this stabbing pain on the top of my left shoulder”, rather than,  
“Even though I am in pain”.

A problem may have different aspects attached to it that surface in the course of treatment. In such cases, it is important to persist in rooting out all these aspects – much like peeling back the layers of an onion – and tap on them until the issue is completely resolved. In such cases working with an experienced EFT practitioner is often useful.

Some parts of the problem are essential to putting it all together, we call these core issues.

When several pieces of an issue have been treated – the whole issue may be resolved, we call this the generalization effect.



Issues can be made up of several aspects – in many cases, collapsing just a few of these aspects can resolve the entire problem.

### **WHEN EFT DOESN'T SEEM TO BE WORKING**

- Try being more specific with the Set Up statement.
- Be more emphatic with the Set Up statement – shout it rather than mumble!
- Try doing EFT in a different location – in the shower or outside in a clean environment.
- Be persistent, often the treatment needs to be repeated several times a day over a period of time.
- Drink lots of water (dehydration affects results).
- Check for negative beliefs and self sabotage.
- Avoid energy toxins (reactive foods, inhalants and chemicals).
- Make an appointment with a qualified therapist.

### **EFT SESSIONS OVER THE PHONE**

Another wonderful advantage of EFT is that sessions can be conducted over the telephone with a therapist. Here are some of the advantages over seeing a therapist in person:

- If you are in the middle of an emotional crisis the problem, and its aspects, are front and centre and can be dealt with on the spot.
- It is cheaper than taking the time and travel expense to visit a practitioner.
- You can work with a practitioner anywhere in the world and work with whoever you want.

### **EFT FAQs**

- Does it matter which hand I use? *No.*
- Can I switch hands and sides while tapping? *Yes.*
- Can I tap with both hands together? *Yes.*
- How many taps on each spot? *7 is most common, but more is better.*
- Does it matter how many fingers I tap with? *Two fingers on most points is ideal, but use 4 fingers on the top of the head and under the arm to cover a larger area.*
- Is the Set Up essential? *Not always, but it is safer to include it.*
- Will EFT take away natural healthy responses to situations? *No.*
- How long does the effect of the treatments last? *Usually forever but if new aspects appear, simply repeat the treatment.*
- Do I have to believe in the treatment for it to work? *Absolutely not.*
- Do I use the same process for every issue? *Yes.*
- What about intense long term problems? *They can be corrected just as quickly.*

- Do people need to understand the problem? *No not necessarily.*
- Why does EFT work on physical problems? *Most, if not all, physical issues have emotional contributors to them.*
- Can EFT help with sports performance? *Yes and other performance issues like writers block and musical performance.*

## **TIPS TO REMEMBER**

- Memorize the Basic Recipe. Customize it to your problem with an appropriate Set Up Phrase and Reminder Phrase. Do as many rounds as it takes to clear out the problem. If necessary be persistent – some issues may take longer.
- Try to be as specific as possible while naming the problem.
- Stubborn problems usually have different aspects attached to them. Break down each problem into its aspects and clear them one by one.
- You may not have to treat each aspect! Often just attending to a few of them leads to complete relief from the problem – like a few released logs will suddenly clear a logjam.
- Relief is usually permanent but should the problem return – just tap on it again.
- You can even tap for someone else (proxy tapping) e.g. small children – use the format “Even though X (insert problem), s/he deeply and completely accepts her/himself”. This one will really amaze you..!

## **TRY IT ON EVERYTHING!**

EFT is a tool that can help you in many, many areas of your life. Each person’s situation is unique and many are finding uses for EFT that was not thought of before. You are encouraged to experiment! Even if you don’t think EFT is applicable for your particular need – give it a try. You might be pleasantly surprised!

As we say in EFT: **TRY IT ON EVERYTHING!!**

I hope that this manual has given you a good start with this amazing technique and that you have many successes with it.

If you feel that you need that extra help and guidance with your issues I will be more than happy to help.

Please don’t hesitate to give me a call or email me with your questions or to arrange an appointment for a healing session.

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For more information please view my website at [www.energy4healing.co.uk](http://www.energy4healing.co.uk) and look at the link to the main EFT site which has many stories to help you understand it more.

Disclaimer: I understand that Emotional Freedom Techniques are not intended to diagnose, prescribe or treat any disease, physical or mental. They are also not intended as a substitute for regular medical or psychiatric care. This manual does not advocate the discontinuation of any prescribed medication or medical or psychological care.