

EFT: Emotional Freedom Techniques

What is the Emotional Freedom Techniques? The Emotional Freedom Technique is the psychological acupressure technique taken from Traditional Chinese Medicine meridian alignment technique. It is a wonderful tool that can help balance emotional health.

EFT can help:

- Remove stuck emotions
- Promote balance within the emotional body
- Curve food cravings
- Reduce or eliminate pain
- Implement positive goals

As mentioned above, EFT is a process of activating the TCM meridian without the use of needles. It uses as simple tapping with the fingertips, which provides an input of kinetic energy onto specific meridians on the head and chest while you think about your specific problem – whether it is a traumatic event, an addiction, pain, etc. – and voice positive affirmations. This combination of tapping the energy meridians and voicing positive affirmation works to clear the stuck emotion from your body's bioenergy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease. Some people are initially wary of these principles that EFT is based on – the electromagnetic energy that flows through the body and regulates our health is only recently becoming recognized in the West. Others are initially taken aback by (and sometimes amused by) the EFT tapping and affirmation methodology, whose basics you will learn.

How to EFT Tap

The tapping locations and technique, and the positive affirmations. The basic EFT sequence is straightforward and generally takes clients only a few minutes to learn. With some practice, you will be performing each round in under a minute. As we discover the tapping areas, remember that while it is important to tap the correct area, you do not need to worry about being absolutely precise, as tapping the general area is sufficient.

The first thing to understand is that you will be tapping with your fingers. There are a number of acupuncture meridians on your fingertips, and when you tap with your fingertips you are also likely using not only the meridians you are tapping on, but also the ones on your fingers.

Traditional EFT has you tapping with the fingertips of your index finger and middle finger and with only one hand. Either hand works just as well. Most of the tapping points exist on either side of the body, so it doesn't matter which side you use, nor does it matter if you switch sides during the tapping; you can tap under your right eye and, later in the tapping, under your left arm. You can use both hands or only one hand, one, two or three fingers.

All methods work. Be mindful to use your finger tips, watch out for long nails and jewelry. If you have long nails, you can use your finger pads. Tap rather strongly, but do not hurt yourself! If you decide to use both hands, I recommend slightly alternating the tapping so that each hand is slightly out of phase with the other and you are not tapping with both hands simultaneously. This provides a kinaesthetic variant of the alternating eye movement work that is done in EMDR and may have some slight additional benefit.

When you tap on the points outlined below, you will tap about five to seven times. The actual number is not critical, but ideally should be about the length of time it takes for one full breath. There is probably a distinct benefit for tapping through one complete respiration cycle. Please notice that these tapping points proceed down the body. That is, each tapping point is below the one before it. That should make it a snap to memorize. A few trips through it and it should be yours forever. However, unlike TFT, the sequence is not critical. You can tap the points in any order and sequence, just so long as all the points are covered. It just is easier to go from top to bottom to make sure you remember to do them all. Remove Your Glasses and Watch Prior to Tapping. Glasses and watches can mechanically and electromagnetically interfere with EF, it is advisable to remove them prior to tapping. Finding the Right Tapping Points: The tapping points are described below in the photo. They are presented below in the exact order in which they should be tapped, from the top of the body to bottom.

Using EFT's Affirmation Statements

Tune into the issue. Now that you understand how to actually perform the mechanical tapping and where you need to tap, you will next need to know what to say while you are tapping. The traditional EFT phrase uses the following setup:

"Even though I have this _____, I deeply and completely accept myself."

You can also substitute this as the second part of the phrase:

"I deeply and completely love and accept myself."

The blank above is filled in with a brief description of the addiction, food craving, negative emotion or other problem you want to address.

Examples Using the Traditional EFT Phrasing While these examples represent a range of problems, keep in mind there really is no limit to the types of issues you can confront with EFT:

"Even though I have this fear of public speaking, I deeply and completely accept myself."

"Even though I have this headache, I deeply and completely accept myself."

"Even though I have this anger towards my father, I deeply and completely accept myself."

"Even though I have this war memory, I deeply and completely accept myself."

"Even though I have this stiffness in my neck, I deeply and completely accept myself."

"Even though I have these nightmares, I deeply and completely accept myself."

"Even though I have this craving for alcohol, I deeply and completely accept myself."

"Even though I have this fear of snakes, I deeply and completely accept myself."

"Even though I have this depression, I deeply and completely accept myself."

Other EFT Phrase Options

You can also try these other phrase variations. All of these affirmations are correct because they follow the same general format; they acknowledge the problem and create self-acceptance despite the existence of the problem. That is what's necessary for the affirmation to be effective. You can use any of them, but I suggest you use the recommended one above because it is easy to memorize and has a good track record at getting the job done.

"I accept myself even though I have this_____."

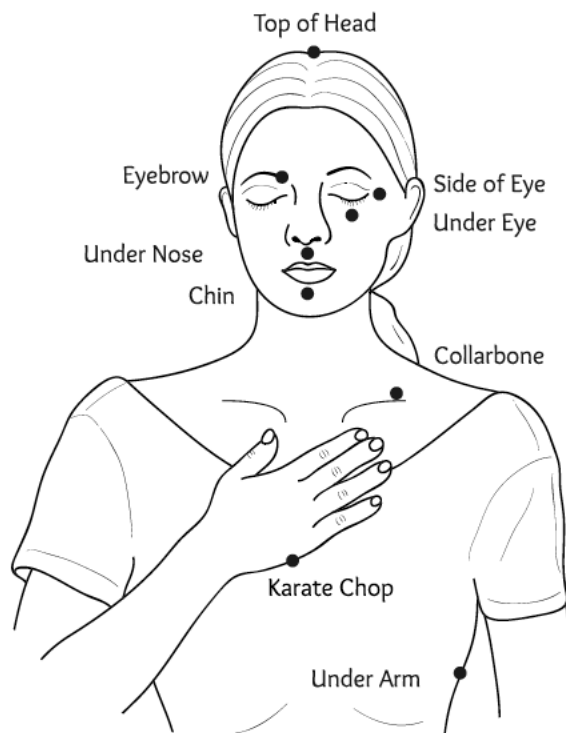
Or: "Even though I have this _____, I deeply and profoundly accept myself."

OR: "I love and accept myself even though I have this_____."

Interesting Points About the Affirmation Statements It doesn't matter whether you believe the affirmation or not... just say it. It is better to say it with feeling and emphasis, but saying it routinely will usually do the job. It is best to say it out loud, but if you are in a social situation where you prefer to mutter it under your breath... or do it silently... then go ahead. It will still likely be effective.

To add to the effectiveness of the affirmation, include simultaneous tapping on one of the acupuncture meridian points. Tuning in is seemingly a very simple process. You merely think about the problem while applying the tapping. That's it... at least in theory. "The cause of all negative emotions is a disruption in the body's energy system." Negative emotions come about because you are tuned in to

certain thoughts or circumstances, which in turn, cause your energy system to disrupt. Otherwise, you function normally. One's fear of heights is not present, for example, while one is reading the comic section of the Sunday newspaper and therefore not tuned in to the problem. Tuning in to a problem can be done by simply thinking about it. In fact, tuning in means thinking about it. Thinking about the problem will bring about the energy disruptions involved which then... and only then... can be balanced by applying The Basic Recipe. Without tuning in to the problem, thereby creating those energy



EFT Tapping Points