

# Introduction to EFT

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**Emotional Freedom Techniques** (EFT) is a unique form of the ancient practice of acupressure that uses the Chinese meridian system (also used for acupuncture) to relieve psychological stress and physiological pain. EFT re-balances the energy system with a tapping procedure along energy meridians which stimulates designated meridian endpoints on the face and body. Restoring the balance of the energy system neutralizes emotional conflicts at their source, which then allows the body and mind to resume their natural healing abilities. In addition to relieving psychological stress and physiological pain, one of the bi-products of re-balancing body energy fields is an increase in the body's energy vibration frequency.

Brought to the public eye by Gary Craig, a personal performance coach in California, EFT belongs to a new class of treatments referred to as Energy Psychology. Gary has dedicated his work and life to teaching people how to overcome emotional and physical blocks to success and has been emotionally, spiritually and financially generous with his discoveries. EFT is one of the most effective, efficient and gentle treatment techniques I have come across since joining the mental health field nearly fifteen years ago.

As Gary neatly summarized in a recent article on his web site, all scientists agree that the body is an "energy configuration" made up of positive and negative electrical charges in the form of atoms, the basic "building blocks of all matter." Einstein informed modern scientists that all matter lies somewhere on the same energy continuum. This was captured in his famous Theory of Relativity which states  $E=MC^2$ . If we view the human body as an energy configuration rather than separate organs, parts and equations of chemicals, we will understand why and how EFT works.

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



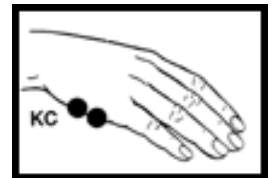
Please be sure to keep your body well hydrated, drink lots of water. EFT & other energy therapies work with the electricity of your body, & water conducts electricity.

## The Basic Recipe for EFT

**STEP 1: Choose a problem to work on.** \_\_\_\_\_

**STEP 2: Rate your anxiety or discomfort.** Decide how much it bothers you on a **scale of 0-10** (where 0=no distress and 10=highest level of discomfort) when you think about it right now. (How anxious are you? How uncomfortable do you feel?) rate from 0-10 \_\_\_\_\_.

**STEP 3: Perform the Set-Up as follows: The Set-Up:** While tapping on the Karate Chop Point (KC), name your problem you have chosen to work on, followed by an affirmation of yourself. You are speaking of what is already alive in you, you are NOT adding energy to it. The affirmation neutralizes any counter intentions you have that may be blocking the good that you want in your life instead of the problem, or the healing you are intending. Below are a number of choices and examples of possible Affirmation Statements:



"**Even though I have this anxiety about \_\_\_\_\_, I deeply and completely accept myself.**"  
Or "**Even though I'm afraid to quit \_\_\_\_\_, I deeply and completely accept myself.**" Or "**Even though I have this strong craving for \_\_\_\_\_ I completely love, accept and forgive myself.**"

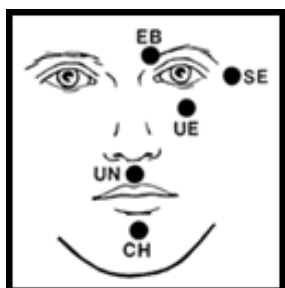
**So while you are tapping on this Karate Chop Point, state the problem & your affirmation out loud 3 times.** You are simply stating **what is already alive in you**, no matter how unconscious it may be, you are calling it up to transmute it, not to kill it, you are not giving it more energy. This portion of the treatment prepares and properly orients the energy system before attempting to remove its disruptions. It removes any electrical interference (polarity reversal or psychological reversal) which can block the balancing effect of these tapping procedures. Polarity reversals don't cause feelings like the energy disruptions which cause negative emotions, so most often you don't know your polarity is off. Once these psychological reversals or polarity reversals are corrected, EFT works to correct the energy disruptions in the body and allow it to heal & transform.

After you have completed this step, choose an easy, short **Reminder Phrase** that would represent the problem you want to work on, such as "*this anxiety problem*" or "*my chocolate cravings.*"

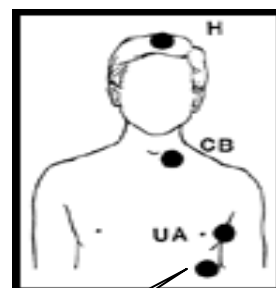
**STEP 4: TAP the stress-relief POINTS as shown below.**

**As you tap** on each point in sequence, **state your Reminder Phrase**, such as "my anxiety about my audition" or "my craving for a cigarette."

1. EYEBROW (EB)
2. SIDE OF EYE (SE)
3. UNDER EYE (UE)
4. UNDER NOSE (UN)
5. CHIN (CH)



6. COLLARBONE (CB)
7. UNDERARM- 4" DOWN (UA)
8. UNDER BREAST (UB)
9. TOP OF HEAD (H)



UB

**STEP 5: Rate your anxiety or stress again.**

Take a deep breath in and think about the same problem again, and rate how uncomfortable you feel about it now on the 0-10 point scale (remember, "10" means you really feel awful about it, while "0" means it doesn't bother you at all). \_\_\_\_\_

**STEP 6: Perform the Set-Up again.**

Now you are ready to do a few more rounds of tapping on the issue if there is still some discomfort associated with it. For example, suppose you rated your anxiety about your audition next week as a "6" on the 0-10 point scale, and after the first round of EFT, your anxiety dropped to a "3." You can continue tapping until you feel no anxiety whatsoever. Revise your Affirmation Statement to reflect the fact that you have indeed taken care of some of the anxiety, but there is still more to work on.

Examples of your **revised Affirmation Statements** would be: "***Even though I still have some remaining \_\_\_\_\_, I deeply and completely accept myself.***" Or "***Even though I still have some cravings for \_\_\_\_\_, I deeply and completely accept myself.***"

**STEP 7: TAP the 9 stress-relief POINTS again.** Go back to STEP # 4 and tap on all of the points while using a revised Reminder Phrase such as "remaining cravings" or "remaining anxiety."

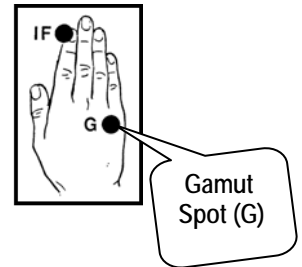
**STEP 8: Measure your anxiety or stress level on 0-10 scale.** \_\_\_\_\_

**STEP 9: Repeat Steps #5-#9 until the rating of the distress rating is down to a 1 or 2.**

### **STEP 10: The Gamut Procedure ("The Brain Balancer")**

**Optional** but useful **if the 0-10 rating is not going down after a few rounds.** Originally, the basic recipe of Gary Craig's treatment used a procedure called the "Gamut." Many clients like the feel of it and think it is a good tool to synthesize their treatment and it seems to be **helpful for more chronic issues**, The steps are simple and are listed below. **Feel free to use them at the end of any of your tapping rounds, I tend to use them each time at the end** You must be tapping the Gamut Point continuously (see "G" in diagram to the right) while you complete these steps:

1. Close your eyes-Open your eyes and look up, not moving your head.
2. With your head straight, look down to your right, look up and down to the left
3. With your head straight, roll your eyes counter clockwise, then clockwise
4. Hum a few bars of any song you like
5. Count out loud from 1 to 5
6. Hum again
7. Go back to Step # 5 and repeat a new treatment round.



This step may seem even more weird than the rest, but it serves a great purpose. It is a lot like EMDR in that it is stimulating both the right and left hemispheres of the brain while tapping the meridian to move the energy & integrate the issue . Often chronic conditions or trauma will be tucked away in one part of the brain so as to forget it or protect it, yet it is still alive! *Feelings buried alive never die!*

The following is an adapted article by **Carol Look (www.attractingabundance.com )** and example of **The CHOICES positive insertion** technique to follow the basic recipe (check out her website and archive of newsletters).

***What if it has always been easier than you thought (and were taught) and you could change right now?*** Remember that the desire to "fix" yourself or others comes from an assumption that the situation is broken and actually needs serious fixing. You know how I say that everything has a signature vibration... a feeling or a mood attached to it. Well the idea and notion of "fixing" does too...and the vibration is a negative one, with a focus on what's wrong and broken. ***This idea of "brokenness or powerlessness" is ultimately the energy that lowers your vibration!***

If you approach your life from the angle that nothing needs to be "fixed" you will improve your vibration and find that bothersome situations change anyway. You will no longer exude that vibration of *"It's broken and it's up to me to fix it or I am powerless to do so"* and will instead start vibrating with *"Nothing's broken, I don't need to jump into action, and I can relax..."* Wouldn't it be a relief to release the fix-it mode and start attracting more abundance with ease and passion?

I know that some of us have made problem solving and fixing into an Olympic skill, and we aren't sure who we will be without this remarkable talent. But I invite you to give it up, stop fixing, even for a short period of time and watch your life improve as you replace fixing with finding reasons to feel better.

The **EFT** setup phrases below will help you release the fixing habit and help you notice and improve your vibration so your body and mind will be open to receiving the abundance you deserve.

## 1. EFT SETUP PHRASES:

The **EFT SETUP Phrases** for this topic are as follows: While tapping the **karate chop spot** on either hand, repeat these phrases out loud, (or change the words to fit your exact situation).

**"Even though I have this habit of trying to fix what's wrong, I deeply and completely love and accept myself anyway."**

**"Even though I want to hurry up and fix the problems in my life, I deeply and completely accept who I am and how I feel."**

**"Even though I don't know what to do instead of fixing, I choose to accept who I am and how I feel."**

**\*\*\*Now for the phrases that focus on the problem\*\*\***

**Eyebrow(EB):** "I always focus on what needs to be fixed."

**Side of Eye(SE):** "I thought this was how I could be successful."

**Under Eye(UE):** "But I'm tired of fixing, and it's not working that well."

**Under Nose (UN):** "I have this habit of looking at what's wrong."

**Chin (CH):** "I'm not sure how to change this habit."

**Collarbone (CB):** "I always notice what needs to be fixed."

**Under breast(UB):** I am sick of always noticing what is wrong

**Under Arm(UA):** "Maybe nothing needs to be fixed..."

**Head (H):** "I am willing to learn how to raise my vibration instead of fixing."

**\*\*\*Now for the Positive focus on the solution or positive insertion \*\*\***

**Eyebrow (EB):** "I want to stop fixing and start feeling better."

**Side of Eye(SE):** "**I choose** to look for ways to feel better first."

**Under Eye (UE):** "**I intend** to start feeling better about my life."

**Under Nose(UN):** "My life doesn't need to be fixed!"

**Chin (CH):** "**I don't have to feel** wrong , broken or powerless"

**Collarbone(CB):** "I feel lighter already."

**Under breast(UB):** I choose to be free of looking at what is wrong

**Under Arm(UA):** "I'm giving up my fixing behavior."

**Head(H):** "**I love** finding ways to feel better right now."

Keep tapping, and enjoy the results of replacing your fixing behavior with higher feelings and vibrations in your life.

For the **Positive Focus** other beginning phrases that are also great are:

<i>What if...</i>	<i>I wonder what it would be like if...</i>	<i>I feel inspired to</i>
<i>I am noticing ...</i>	<i>What if I find a creative way to...</i>	<i>I look forward to...</i>
<i>Maybe I could.....</i>	<i>What if I surprise myself by...</i>	<i>What if it is easy to....</i>
<i>I'm ready now to...</i>	<i>It is up to me to choose.....</i>	<i>What if it is fun to...</i>
<i>I'm willing to.....</i>	<i>I appreciate the.....</i>	<i>I'm beginning to.....</i>
<i>I'll bet...</i>	<i>I choose to tap into the Spirit of Pure Potentiality to...</i>	<i>I love the idea of..</i>

You could also use these adjectives: Comfortable, Satisfying, Delightful, Ingenious, Brilliant, Creative, Safe, Infinite possibilities, or Unexpected.

You can also alternate with the counter beliefs (or counter intentions ) to alter them more subtly (some times you have to sneak up on them or the ego that is driving them) while acknowledging them, to wrap them up in the process of change and re-framing.

Examples:

**Eyebrow (EB):** "I choose to look for ways to feel better first."  
**Side of Eye(SE):** Maybe I am not strong enough **(this is an counter intention example)**  
**Under Eye (UE):** "I intend to start feeling better about my life."  
**Under Nose(UN):** "But I have been doing this for a long time" **(this is an counter intention example)**  
**Chin (CH):** "I don't have to feel wrong or broken."  
**Collarbone(CB):** "What if I fail ." **(this is an counter intention example)**  
**Under Arm(UA):** "I'm giving up my fixing behavior."  
**Head(H):** "I love finding ways to feel better right now."

### THE UNIQUE CHARACTERISTICS OF THE VARIOUS TREATMENT POINTS

**Meridian Points** Emotions or symptoms related to these points (also the holding place for related "stuck" energy)

**Side of hand(SH)** "Karate Chop" -the little finger side of hand: sadness, Psychological Reversals

**Eyebrow (EB):** Trauma, Frustration, Restlessness

**Side of Eye(SE):** Rage

**Under Eye (UE):** Anxiety, Nervousness, Phobias, **Craving** (this is the stomach meridian point)

**Under Nose(UN):** Embarrassment, Deep Psychological Reversals (counter beliefs), Visionary point

**Chin (CH):** Under bottom lip(UBL)-Shame, or psychological reversals (counter beliefs).

**Collarbone(CB):** Anxiety, Insecurity,

**Under Breast (UB):**Feelings of Unhappiness

**Under Arm(UA):** Anxiety, Nervousness, **Cravings**, Self-Esteem

**Head(H):** Both the creative and the logical sides of the brain, spiritual receptivity (crown chakra)

**Additional points** you can use: for fingers, the side of the nail/finger is tapped closest to the thumb

**Little Fingernail (LF):** Anger

**Middle Fingernail (MF):** Jealousy and **addictive cravings**

**Index Fingernail( IF):** Guilt and Shame

**Thumbnail (T):** Intolerance or Arrogance

**Back of Hand (BH):** Gamut spot (G)-Chronic conditions, pain, depression, loneliness

**Forehead (F):** Trauma, Anxiety, Addiction, Depression (above and between eyebrows)

**Chest (CH):** increasing Immune System Functioning

**Sore Spot (SS):** for Massive Psychological reversals - midpoint of collarbone down toward the breast, the location can vary- it is usually sore or painful- it is a neurolymphatic reflex point, not actually a not a meridian point- **rub briskly clockwise** instead of tapping.

Adapted from the writings of Gary Craig ([www.emofree.com](http://www.emofree.com)), Dr. Fred P. Gallo ([www.energypsych.com](http://www.energypsych.com)) & Dr. Carol Look ([www.carollook.com](http://www.carollook.com)).

## Energy Psychology Resources:

Just a few of the myriad of resources out there on this topic

### Links:

Tons of videos of EFT in practice type "EFT tapping" in the browser  
[www.utube.com](http://www.utube.com)

The Website where all of Gary Craig's information moved to (previously [www.emofree.com](http://www.emofree.com)) free starter packages and tutorials. Great browser to search topics and see how practitioners used language in treating specific issues- fascinating stories of reduction of the charge and rapid healing.  
[www.eftuniverse.com](http://www.eftuniverse.com)

Association for Comprehensive Energy Psychology (ACEP)- is an international nonprofit organization 501(c)3 of mental health professionals and allied energy health practitioners practicing Energy Psychology.  
[www.energypsych.org](http://www.energypsych.org)

Brad Yates another EFT master with lots of great materials and enthusiasm  
[www.bradyates.net/](http://www.bradyates.net/)

Lorretta Sparks, LMFT, DCEP, EFT Master  
[www.Energypsychotherapy.com](http://www.Energypsychotherapy.com) -

Carol Look, EFT Master  
<http://www.thrivingnow.com/carol-look/>

Meridian Tapping Techniques- covers a variety of different meridian tapping techniques  
<http://www.meridiantappingtechniques.com>

Pat Carrington's EFT Master website and newsletter  
[www.masteringeft.com](http://www.masteringeft.com)

[www.Energypsychotherapy.com](http://www.Energypsychotherapy.com) -Lorretta Sparks, LMFT, DCEP, EFT Master

### Books:

EFT Universe has many books now on various topics  
[www.eftuniverse.com](http://www.eftuniverse.com)

*The Promise Of Energy Psychology: Revolutionary Tools For Dramatic Personal Change.*  
David Feinstein, Donna Eden, & Gary Craig. (2005). New York: Penquin.

*Energy Psychology in Psychotherapy-* [Fred P. Gallo](#) PhD. (he actually has seven books on this topic as of 2010)

*Personal Peace Procedure* -by Loretta Sparks, LMFT, DCEP, EFT Master