

# EFT (Emotional Freedom Techniques) Introduction Manual

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*Emotional Freedom Techniques* (EFT) is part of an evolving new discipline of treatment techniques and protocols referred to as Energy Therapy. While still considered experimental, therapists, nurses, physicians, psychologists and lay people worldwide, use these techniques successfully. To date, Energy Therapy Techniques have yielded exceptional results in the treatment of psychological and physical problems. They are NOT, however, meant to replace appropriate medical treatment or mental health therapy. We did not experience any adverse side effects when applying these techniques when the treatment protocols and suggestions were followed. This does not mean that you or your clients will not experience or perceive any side effects. If you use these techniques, download the audios mentioned, and/or try the Sequences on yourself or others, you agree to take full responsibility for your own well-being, and you advise your clients to do the same. Before beginning any new health regimen, i.e. diet, exercise, yoga, martial arts, meditation or *Emotional Freedom Techniques*, check with your doctor or primary care physician.

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### About Eddie and Ranjana Appoo – AAMET Accredited Trainers

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Eddie is an intuitive *LiberatingTouch*®, Jin Shin Jyutsu, and EFT Practitioner and Trainer. A self-taught musician, he has the innate ability to sense disharmony and restore balance with astute insight. His many years of experience working with clients have helped him understand that each person has a unique story as well as potential. By unravelling the meaning in these stories, he brings clarity and empowers his clients. He is dedicated to being contented and sharing happiness.

### About AAMET

AAMET International (Association for the Advancement of Meridian Energy Techniques) is a registered not for profit professional association, with clearly defined aims and objectives. They are committed to maintaining strong codes of ethics and practice and to establish itself as the lead training provider of Emotional Freedom Techniques.





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# Origins, Background and Efficacy

## Introduction

Emotional Freedom Techniques (EFT) is a psychotherapeutic tool that is claimed to be able to relieve many psychological conditions, including depression, anxiety, PTSD, stress, addictions and phobias. The basic EFT technique involves holding a disturbing memory or emotion in mental focus while simultaneously using the fingers to tap on a series of 12 specific points on the body; these points correspond to meridians used in Chinese medicine. The theory behind EFT is that negative emotions are caused by disturbances in the body's 'energy field,' and that **tapping on the meridians while thinking of a negative emotion (issue) alters the body's energy field, restoring it to 'balance.'**

Emotional Freedom Techniques or EFT has been fast gaining popularity through many TV shows as well as receiving much positive press in magazines such as Zest, Hello, Daily Mail and even in the Times and Telegraph. It has been described as 'psychological acupuncture, but without the needles' and is quick and easy to learn. This workshop will take you through the background, philosophy, practice and uses of EFT.

## The History of EFT - origins and background

The origins of EFT may be as old as the human race. As far as we know people have always been comforting themselves through using their hands. However, **the technique known as EFT has an identifiable 'family tree'**. The systematic use of our natural tendency to hold or stimulate areas on our bodies in order to soothe and heal ourselves was integrated in ancient Asian medicine. For e.g. **Acupuncture uses needles on specific areas on the body located on 'energy meridians' or energy pathways, to help the body return to harmony.**

In the twentieth century, Dr. George Goodheart, a well-known chiropractor, founded a branch of chiropractic based on a precise method of testing the body for information about its own needs. **The method, known as 'muscle testing' and the practice which he developed, Applied Kinesiology, is today used worldwide and has many facets, not all of which are relevant to the development of EFT, but are nevertheless extremely interesting in their own right.** To learn more about Applied Kinesiology and its relationship to energy





psychology, see the book, 'Energy Psychology' by Dr. Fred Gallo (CRC Press, 2,000)

Dr. Goodheart then learned about acupuncture in 1962 from reading an interesting book written by the president of the Acupuncture Society in Britain. He was intrigued with the possibilities and soon introduced acupuncture into Applied Kinesiology and, substituting for the use of needles, he found that he could obtain the same results by applying pressure to acupoints as well as 'percussing' or tapping on them, an advance which made this acupuncture-derived method accessible to many more people.

Building on the work of Goodheart, in the 1970's an Australian psychiatrist, John Diamond, M.D., took this discovery a step further by creating a treatment he termed 'Behavioral Kinesiology'. It was a derivative of Goodheart's method, which used affirmations (positive self-statements or thoughts) among other techniques, and the contacting of selected acupuncture points, to treat emotional problems. This promising development was to foreshadow the creation of the 'meridian-based therapies', in the forefront of which we find EFT.

Also branching out from Applied Kinesiology, in the 1980's, an American psychologist, Dr. Roger Callahan, refined the use of the tapping procedure for emotional problems. He combined the tapping with focus on the problem at hand; this process became known as Thought Field Therapy (TFT). Callahan asserted that if a person is focusing on a specific fear while they tap on a specific area (following a protocol), that fear can be removed permanently.

His new treatment had come into being because Dr. Callahan, in an effort to find better answers to some of the problems his patients faced, had studied Acupuncture and Kinesiology. However, it was an unexpected occurrence which led to his discovery that later led to the development of EFT.

Callahan had been working for two years with 'Mary', a patient of his who had such a strong fear of water that she could not even get into a bathtub without experiencing severe anxiety. Although he had tried many anxiety reduction techniques with her, progress had been slow and discouraging. Mary could



not even approach the swimming pool on the grounds of his office, or allow water to contact her body, without experiencing panic.

One day, while they were working with this fear in his office, Mary indicated that the fearful feeling was located in her stomach. There happens to be an acupuncture point located directly under the eye, which in traditional acupuncture, is linked to the stomach meridian, and accordingly Dr. Callahan asked her to tap on that point.

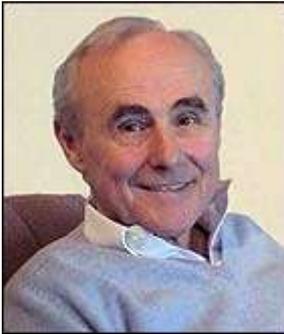
Mary agreed to tap under her eye. As she did this a totally unexpected thing happened. Instead of merely experiencing relief from the stomach symptoms, she called out in surprise that her fear of water was suddenly gone! Callahan **didn't take this too seriously at first because it seemed unlikely, but when he saw her get up and run towards the swimming pool, he followed.** When she reached it she began to splash water on her face. At this point he became somewhat alarmed because he knew Mary couldn't swim, he ran after her to make sure she didn't fall into the pool. It turned out, however, that strange as this might seem, the process of tapping under her eyes while she was talking about her fear of water, had led to the elimination of her fear on a permanent basis. **This discovery of Callahan's led to TFT (Thought Field Therapy) which was later refined by his student Gary Craig into the tapping method we now know as EFT.**

EFT was developed by Gary Craig<sup>1</sup> around the early 90's, although continues to be refined by many people to this day. It is one of the many forms of METs (Meridian Energy Techniques) now available, and perhaps one of the easiest to learn. While Callahan developed the concept and structure, Craig had the vision to refine it and make it accessible to everyone. He also, along with many other therapists working in this field, began to realise the broader possibilities for EFT.

Over 70 years ago Einstein brought us his famous equation  $E=mc^2$ . Simply stated this means that everything (including our bodies) is composed of energy. Although this is widely accepted, it has gone unnoticed by the psychotherapy profession. This is true even though *energy related procedures* have now been clinically demonstrated thousands of times to dramatically reduce the sting of traumatic memories, grief, anger, phobias and almost any emotional ailment you can name. Further, it is usually rapid, long lasting and relatively gentle.



## Gary Craig, Developer of EFT writes,



*'I have been intensely interested in personal improvement via psychology since my age 13. That was when I recognized that the quality of my thoughts was mirrored in the quality of my life. Since then I have been self-taught in this field, seeking only those procedures that, in my opinion, produced results. EFT is my latest finding, the core of which I learned from Dr. Roger Callahan. I also have high regard for Neuro Linguistic Programming (NLP) in which I am a Certified Master Practitioner.'*

*'I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will.'*

Gary Craig is neither a psychologist nor a licensed therapist. He is a Stanford engineer graduate who later became a dedicated student of A Course in Miracles. He approaches his work with a decidedly spiritual perspective. However, there is no specific spiritual teaching connected to EFT.

**Ranjana's personal experience:** *'I have been using EFT since 1999 as a self-help tool and began practicing EFT professionally since 2003. In my own personal experience EFT has helped me overcome addictive behaviour patterns and helped me manage anxiety and stress with calm. It has helped bring to my awareness experiences that have been holding me back. It has dramatically changed the way I live my life.*

*In my practice I have witnessed hay fever symptoms vanish for good, infertility challenges shift, self-doubt and confusion be replaced by self-respect and self-confidence, physical pain diminish, chronic conditions become manageable, anxiety dramatically reduce, trauma heal and recurrent episodes of pain shift. EFT is a valuable tool that also complements any therapy. However I must point out that I believe that good nutrition; clean drinking water, movement and relaxation are vital for good health.'*



## Research

There have been many articles published online regarding EFT's efficacy from anecdotal reports to randomized clinical trials. Recently a variety of scientific journals have published articles on effectiveness of EFT.

A similar technique to EFT is Eye Movement Desensitisation and Reprogramming (EMDR) which has been designated as evidence-based treatment. The latest clinical trial (published in the Journal of Nervous and Mental Disease [2011]) compared EMDR v EFT for Post-Traumatic Stress proved EFT was as effective as EMDR. It must be borne in mind that there is limited scientific evidence and differing theories as to how EFT works. **However, this doesn't deter some** medical/mental health professionals and complementary therapists from using EFT in their practice. Some of the reasons EFT is so widely used are:

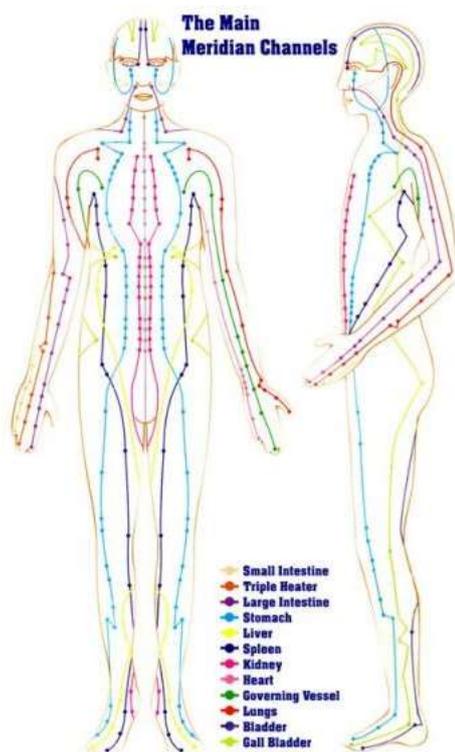
- Does not require drugs or equipment.
- Is usually rapid, long lasting, and gentle.
- Can be easily self-administered.
- Can be applied at anytime, anywhere.
- **You don't have to believe in EFT for it to work.**

There is a wealth of research available at: <https://aametinternational.org/discover-eft/eft-science-research/>



## What is EFT?

Emotional Freedom Techniques (EFT) has been described as being similar to gentle investigative talk therapy with an added body component. Everyone can do it for themselves, and once you learn EFT, it's yours forever. Emotional Freedom Techniques, or EFT, are psychological acupressure techniques that many doctors, healthcare and wellbeing professionals use in their practice to optimise emotional health. Professionals that include Candace Pert, Bruce Lipton, Debbie Ford, Dr. Phill Mollon, Deepak Chopra and many many more freely speak of EFT's benefits. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, it is more difficult to achieve your body's ideal healing and immune protective powers if stress or emotional barriers stand in your way.



EFT is very easy to learn, and can help you:

- Transform Negative Emotions
- Reduce Food Cravings
- Reduce Pain
- Heal Trauma
- Manage Stress effortlessly
- Implement Positive Goals
- Detach from Limitations
- Develop Self Confidence

EFT has also been described as 'psychological acupuncture', it utilises the meridian system from traditional acupuncture to treat physical and emotional ailments without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head, chest and fingers while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. This combination of tapping the energy meridians and voicing the issue works to clear the 'short-circuit' - the emotional block -- from your body's bio energy system, thus restoring your mind and body's balance, which is essential for optimal health and healing.



As people experience EFT, they often report a profound easing of stress-producing emotions like anxiety and fear, anger and frustration, sadness, and even addictive cravings. EFT involves a simple process of tapping on stress-relief points; actually acupuncture points, on the body as we talk about your issue. In this workshop you will learn to **do the tapping yourself** and 'tap away' the negative emotional charge.

You may be aware that certain situations (people) upset you more than others. It's as if we have 'negative emotional wiring' programmed into us from prior experiences that act like stress **triggers**. EFT **helps us 'rewire' the emotional patterns** within us so that we are no longer disempowered or distressed by these triggers. EFT literally gives us 'emotional freedom' to feel different, lighter, less burdened by the past, less susceptible to reactivity.

EFT works in a complementary way with other therapies. For instance, someone who is processing issues with a talk therapist would benefit from the direct, body-centred emotional clearing offered by EFT individual sessions. EFT is also great for group work. You can often achieve your goals in a group setting with substantial savings. Another advantage of EFT is that sessions can be very successfully done over the phone or via video conferencing. You can experience this healing work in the convenience of your home and phone sessions can be more easily scheduled than office visits, especially if you live at a distance from your chosen EFT therapist.

## The EFT Discovery Statement

The essence behind EFT is what Gary Craig refers to as the 'Discovery Statement.' The Discovery Statement is as follows:

### The Cause of ALL Negative Emotions is a Disruption in the Body's Energy System

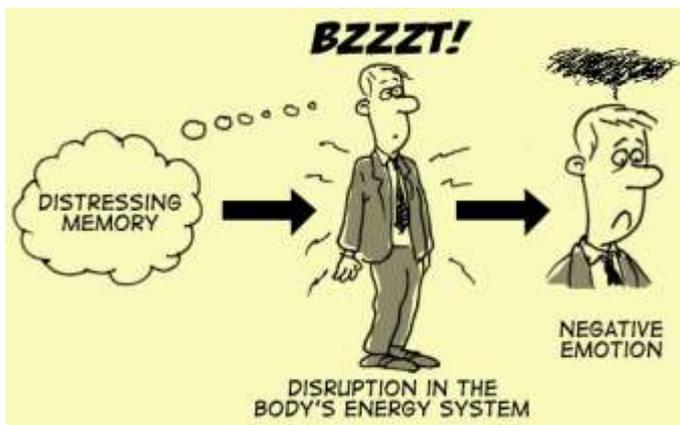
Let's put this in terms of Mary's water phobia as dealt with by Callahan. When she was experiencing her fear, the energy flowing through her stomach meridian was disrupted. That energy imbalance is what was causing her emotional intensity. Tapping under her eyes sent pulses through the meridian and fixed the disruption. It balanced it out.





Once the energy meridian was balanced the emotional intensity.... the fear.... went away. In EFT unwanted emotions are caused by energy disruptions. Now, let's examine the discovery statement in more detail. First, notice what it does not say. It does not say that a negative emotion is caused by the memory of a past traumatic experience. This is important to recognize because it is easy to presume that one has to face traumatic memories to heal negative emotions, when

actually negative emotions and their corresponding beliefs can shift once the energetic system has been balanced.



The underlying idea here is that you aren't 'mentally blocked'. Rather you are 'energy blocked'. This refreshing way of viewing the human system suggests that an important factor in emotional problems can be found in the disruption of the subtle energies that are known to circulate throughout our bodies.

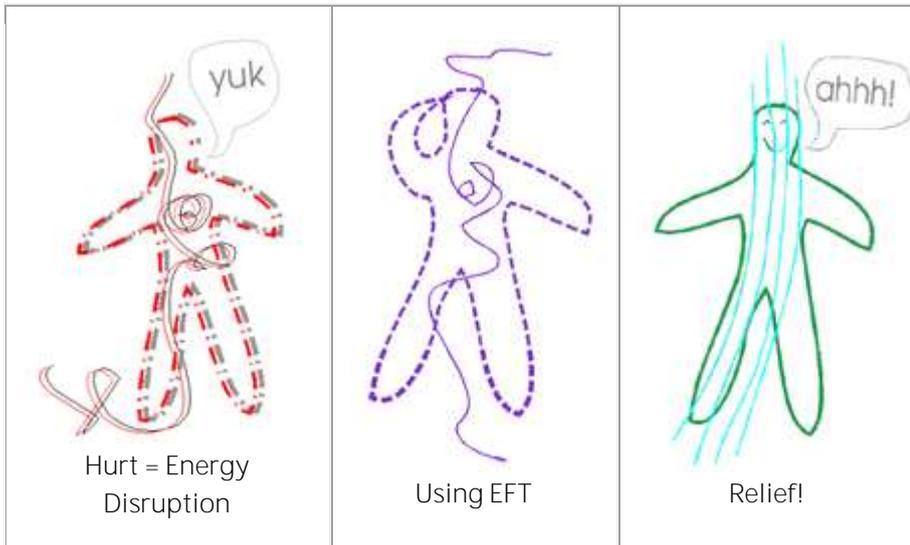
As Gary Craig neatly summarized in an article on his web site, *all scientists agree that the body is an 'energy configuration' made up of positive and negative electrical charges in the form of atoms, the basic 'building blocks of all matter.'* Einstein informed modern scientists that all matter lies somewhere on the same energy continuum. 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. Therefore clear the energy pathways of disruption and we experience harmony.

### How does EFT work?

You balance your energy system while you are tuned in to the problem and thereby eliminate negative emotion (stress). Clear the energetic disruption, the stress (trauma) emotion clears and then memories can heal, beliefs can shift. This has a massive knock on effect. By freeing energy that has been locked away we regain energy for creating positive change. EFT gives us the opportunity to heal from a place of peace. The negative emotional charge we

carry, deny, or reject prevents healing. This charge is held energetically as a zzzzzt. The tapping clears the zzzzzt and allows us recognise that we are safe, capable and we have the power to choose our responses in the present.

I am partial to Angela Treat Lyon's<sup>ii</sup> description of this. She writes, *'Here's what happens. When we experience life's shocks, traumas and injuries, whether*



*physical, emotional or mental - or all three - our body's energy system goes out of whack. We've incurred a shock, minor or major. Watch what happens when you kick a TV or a radio! According to its own sensitivity, it will now have a crack or a dent in its side, and the wiring is now askew.*

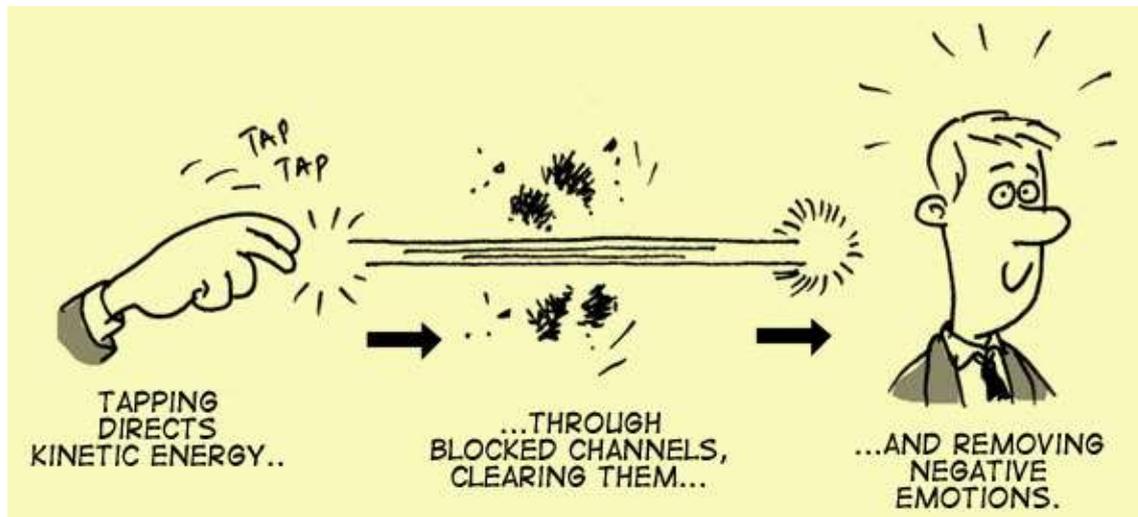
*What happens to us? We also get dents, bruises, breaks and ruptures - in our bodies, minds and feelings. Our 'wires' - the lines of natural energy that flow through our bodies, just as electricity flows through the earth - get crossed. Our wiring gets out of whack. We sustain energetic disruptions that run so deep we aren't even aware of them. We develop what are called limiting beliefs: 'Oh, I hate swimming! The ocean is bad for you!' For instance, at the age of three, a little girl might have been dunked by a wave and mama didn't come get her fast enough, so she built up a belief: 'I'm afraid of the ocean.' It turns into a phobia of water.*

*Or try this one: The office manager says, 'I'm a failure. Everything I do turns into do-do.' Whew! Is his wiring out or what? Someone probably told him in kindergarten that he was colouring wrong or that he was stupid or.... Can you see how that would hurt a little kid? What do you suppose happens to his 'wiring?'*

## Rewiring Your System

When you use the simple EFT tapping steps, you literally stimulate and change the 'wiring' in your body's energy system. You change its ability to function properly - just as you'd rewire that radio so it works right again. It's a little

more complex than that, of course! The theory is that as you are treating at the energetic body it can balance and bring harmony to the mental-emotional and physical body.



## Let's Begin

### Creating a space to use EFT with yourself and others

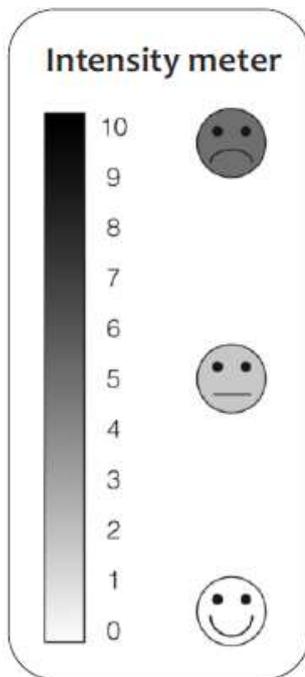
The first step before working with oneself or others is to create a safe space that is non-judgemental, accepting and understanding. Whether you are using EFT on yourself or with others the same rules apply. From now whether you are self-applying EFT or working with others we will use the term client to refer to the person receiving the treatment and practitioner to the person facilitating the treatment. The same applies when you are self-administering EFT as we recommend you take on both roles. Consider, what kind of environment you would like to create for yourself when you receive a treatment?

### The Basic Process

#### Awareness and Intensity

Identify (tune into) the problem, be specific, notice any physical/emotional/mental stress, tension, suffering or pain. Problems are like puzzles and puzzles have a lot of pieces. The first step is to think about your problem and then pick the piece that you want to work on. When the piece of

the problem is fixed you pick another piece until all the negative feelings are gone. (Be specific)



You might find closing your eyes and tuning in to the issue helpful. Take a measurement on a scale of 0-10 to gauge the intensity of the problem. You can ask, 'What number would you give this problem on a scale of 1 to 10 where 10 is a very big problem and 1 is not big at all'. If you are tuning in to an emotion, ask 'On a scale of 1 to 10 how intense is the feeling where 10 is very intense and 1 is not at all'. Alternatively, for physical tension, ask 'On a scale of 1 to 10 what number would you give this tension where 10 is very high and 1 is not high at all'.

This value is known as either the 'intensity level' or SUDs (Subjective Units of Distress) level. In EFT we look to reducing this level to 0. It is not always possible as sometimes there will be other underlying problems and aspects that will need to be worked on. This is particularly true in the case of physical pain where there are often many emotional aspects that need to be addressed. We will look at this in more detail soon.

### Create the Setup Statement (phrase)

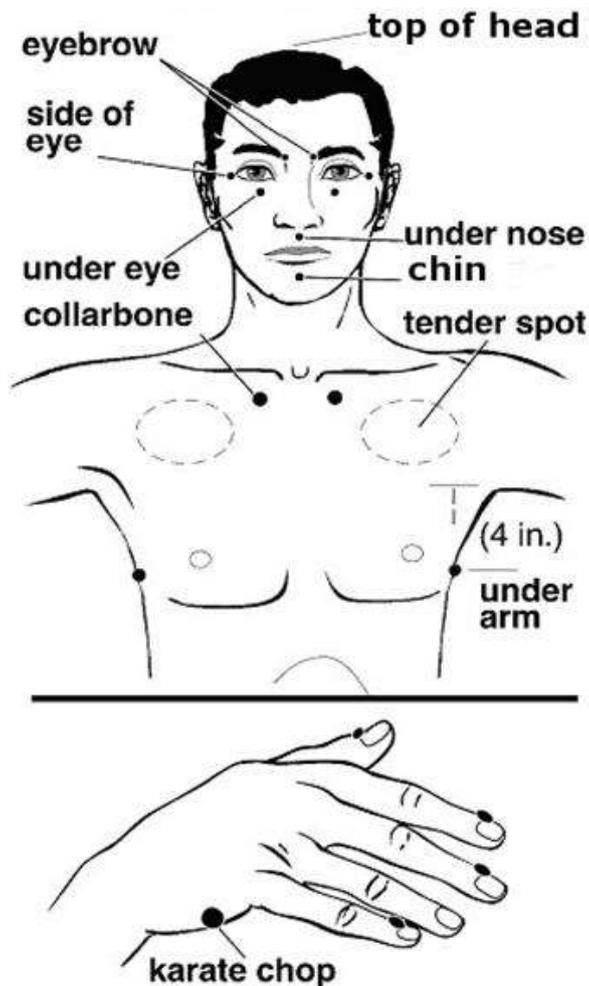
The basic formula for this is *'Even though I have this (problem/issue) I deeply and completely accept myself.'*

So for example if you had a headache you would say: *'Even though I have this headache I deeply and completely accept myself'*

The key to an effective Setup phrase is to be as specific as possible. While you can work on more general issues they take much longer. Focusing on an exact time/event/emotion and naming anyone involved will help you get quicker and more effective results. With time you will learn to develop Setups that target the problem very quickly. When working on physical pain try to name its location and describe its feeling, e.g. 'this throbbing pain just behind my left eye'. The positive affirmation used at the end of the Setup phrase helps neutralise the negative effects of the issue, making it easy to resolve/transform.

### The Tapping Sequence and the Reminder Phrase

Start by repeating the Setup phrase 3 times (later once will be enough) while rubbing the Sore Spot or the Karate Chop point. Then repeat the Reminder phrase while tapping with 2 or 3 fingers about 7 times on each of the other



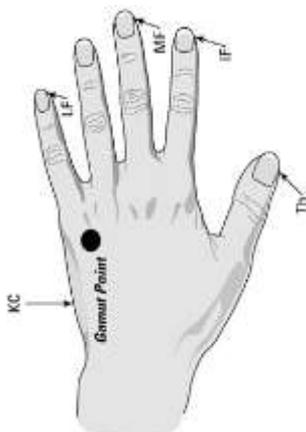
points. The Reminder phrase is a shortened version of the Setup phrase used to help you remain focused on the problem and prevent the mind from wandering. So in the example of a headache the Reminder phrase would simply be 'this headache'. In a more complicated Setup with a long description such as, 'this sharp shooting pain up the side of my left leg whenever I try to bend over', you can either repeat the whole phrase, or abbreviate it. Simply shortening it to 'sharp shooting pain' will still work for most people; the important point is to remain focused on where you feel the pain.

Start at tapping at the Top of the Head point and work down Eyebrow, Side of eye, Under eye, Under nose, Chin, Collar bone, Under Arm, Thumb, Index Finger, Middle Finger, Baby Finger, finishing at the karate chop point, missing out the sore spots and the gamut point. Tapping should be firm but not too hard as to hurt or cause injury. It can be done on either side of the body, as points are bilateral.

Use whichever side feels most comfortable or swap from side to side.

### The 9 Gamut Procedure

This is perhaps one of the strangest parts of EFT. It is basically a brain balancing exercise, which has the added effect of cutting through mental or emotional conflict. There are 9 stages to the sequence that are all carried out while tapping the gamut point and trying to remain focused on the problem, they are:



- Shut Eyes, Open Eyes
- Look hard down right, then hard down left
- Roll eyes around clockwise, and then counter clockwise
- Hum a tune for 5 seconds
- Count to 5
- Again hum for 5 seconds



The 9 Gamut acts as a brain balancer. You may have an understanding of the function of the left and right hemispheres of the brain. Lay people know that one side is creative and the other side more logical and rational. This knowledge can often be a very effective bridge in explaining how EFT and particularly the 9 Gamut Procedure work. The gamut procedure also meshes very well with the NLP eye accessing cues explanation on information processing. In addition to this, clients who come for therapy, especially professional health care workers frequently know of the effectiveness of EMDR.

## Do the Tapping Sequence with the Reminder Phrase Again

### Measuring and Testing Intensity (SUD's)

Tune in again to the issue and notice any remaining intensity. Let's say you are using this Sequence for some problem (fear, headache, anger, etc.). Sometimes the problem will simply vanish after just one round while, at other times, one round provides only partial relief. When only partial relief is obtained, you will need to do one or more additional rounds. Repeat the steps again to clear other pieces of the puzzle and any remaining upset. Persist lovingly, and let the core issue surface.

**Measuring and Testing are both critical for knowing where you've started, when you're done or how much is left to do.** Measuring helps the client tune into their issue (before the tapping), and reveals how Intensity Levels may rise even as the client tunes in to the issue/problem/event (i.e. Sometimes it gets worse before it gets better). There are different ways/types of measuring emotional intensity for example with colour, temperature, sound, texture and so on. Changes in emotional intensity can be expressed in many ways for example, yawning, physical, relaxation, and sighing. Once a client expresses relief you need to test your work, tune in, use real experience or by imagining the challenging situation. Testing reveals whether the work is done or not.

### Adjustments for Subsequent Rounds

Subsequent rounds now need to be adjusted for best results. Since the subconscious mind tends to be very literal, the subsequent rounds need to address the fact that you are working on the *remaining problem*. Accordingly, the affirmation contained within the Setup needs to be adjusted, as does the Reminder phrase. Here's an adjusted format for The Setup:





*Even though I still have some of this \_\_\_\_\_, I deeply and completely accept myself.* Please note the emphasized words (*still & some*) and how they change the thrust of the statement towards the *remainder* of the problem. It should be easy to make this adjustment and, after a little experience, you will fall into it quite naturally.

## Summarising A Session

Start by identifying the problem. Note your intensity level and then create a Setup statement and choose the Reminder phrase. Do the tapping sequence followed by the 9 gamut procedure and complete this with another round of tapping using the Reminder phrase. Once you have done a round, stop, close your eyes and re-evaluate the problem. If there is still some excess emotion or tension do another round. This time though change the Setup phrase to start with, *'Even though I have this remaining ..... So for the example of the headache it would become: 'Even though I have this remaining headache, I deeply and completely accept myself'*

Keep measuring, testing and repeating rounds until the problem has resolved.

## The Condensed (shortened) EFT Sequence

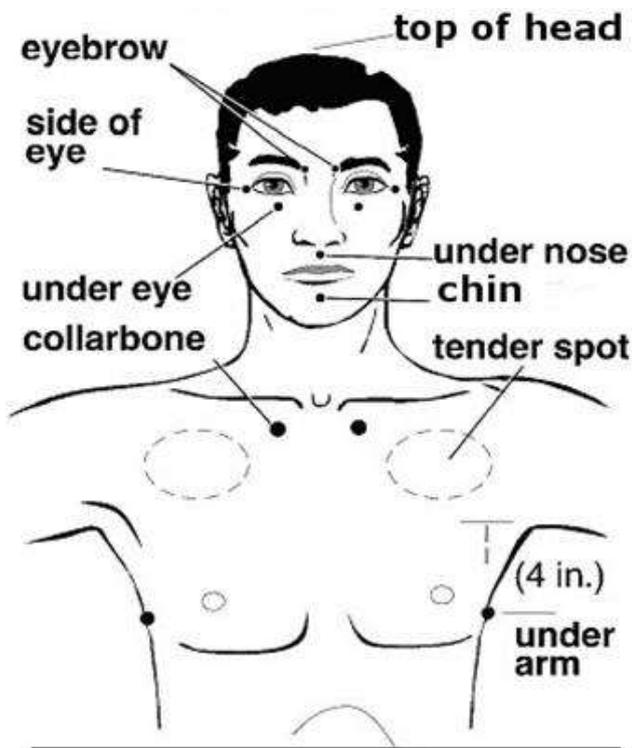
Most EFT therapists use a shortened version of the original EFT Sequence. We will explore these. You can leave out the 9 gamut procedure, using it only when a client gets stuck. Leaving out the points on the fingers also seems to be fine. In most cases going straight to the karate chop point after doing the face and body works just as well as the full sequence, another 20 seconds saved. Some practitioners prefer to keep the finger points in for effectiveness, and it takes so little time. Our advice is experiment and see what works for you. Trust your intuition.

You can use the karate chop point instead of the sore spot (tender spot) for the Setup phrase at the beginning of each round, check what works for you. If you are experiencing intense emotions (crisis emotion or an emotional hijack) the Setup and Reminder phrases can be dropped. Simply tap on the meridian points until you feel calm. The purpose of the Setup and the Reminder phrase is to help you to tune-in. When you are experiencing or noticing an intense emotional response then you are already tuned in and do not need to articulate the issue.



## THE BASIC (Short form) EFT SEQUENCE

1. Awareness: Tune into the problem, be specific notice any physical/emotional mental stress, tension, suffering or pain. Note your Emotional Stress Intensity.

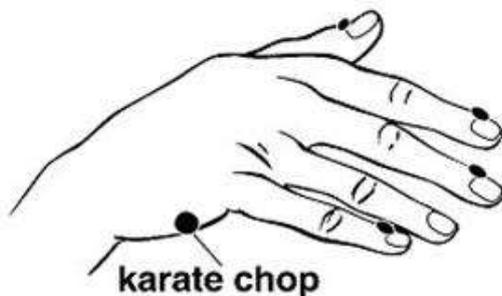


2. Compose the Setup phrase

The Setup...Repeat your chosen Setup phrase 3 times for e.g., 'Even though I have this \_\_\_\_\_ for e.g. hideous headache... (This will become your Reminder phrase) \_\_\_\_ I deeply and completely accept myself.' while continuously tapping the Karate Chop point or rubbing the Tender Spot

3. The Sequence using the *Reminder phrase*

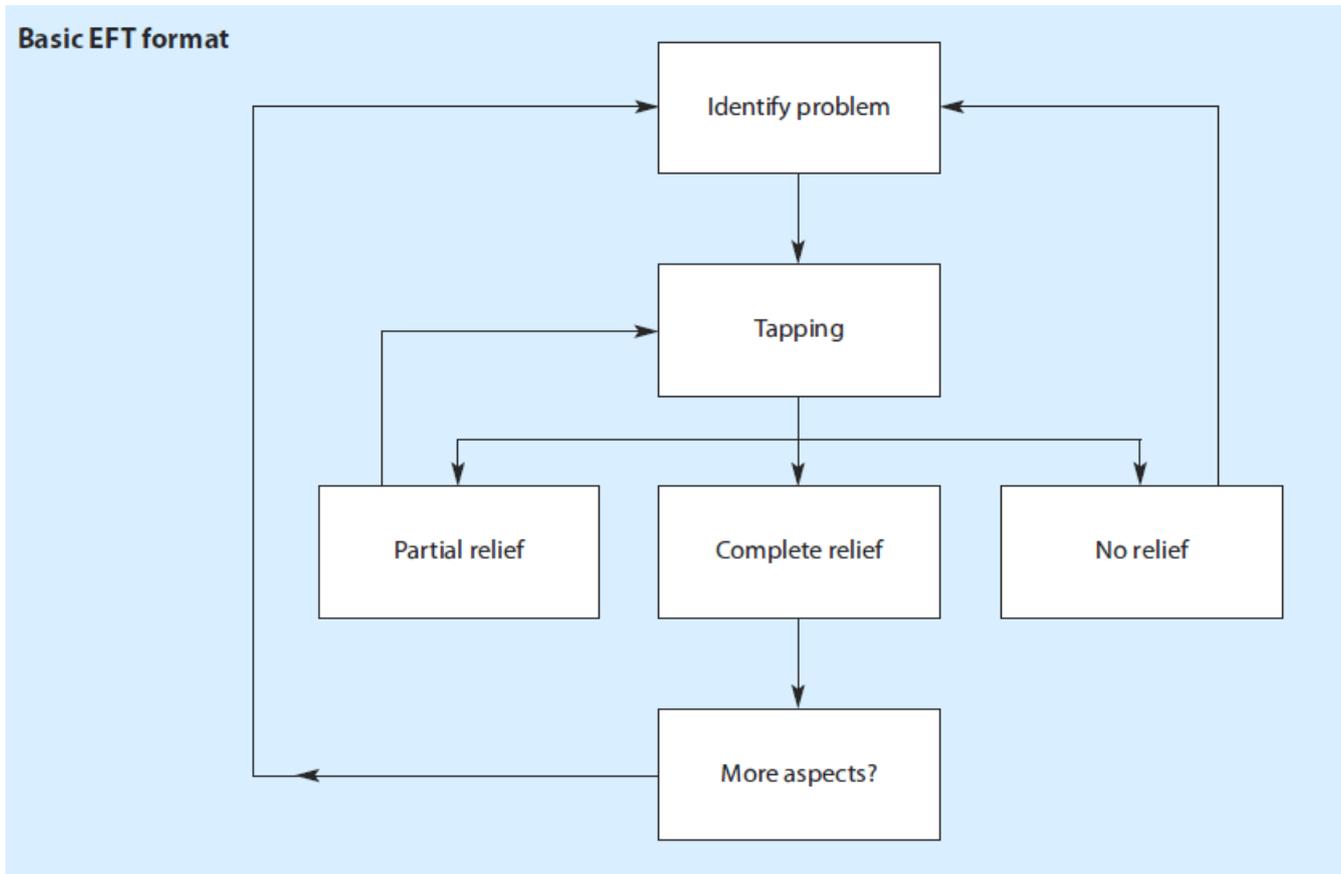
After completing the Setup Tap about 7 times on each of the following energy points while repeating the *Reminder phrase* at each point.



Top of the head  
 Eyebrow  
 Side of eye  
 Under eye  
 Under nose  
 Chin  
 Collar bone  
 Under Arm  
 Thumb  
 Index Finger  
 Middle Finger  
 Baby Finger  
 Karate Chop point

4. Measure and Test: Tune in again to the issue and notice any remaining intensity and proceed to tap yourself FREE. Drink water, breathe and test your results.

Note: In subsequent rounds The Setup affirmation and the Reminder phrase are adjusted to reflect the fact that you are addressing the remaining problem.



### If You Get Stuck

Sometimes you might not seem to be making any progress. If this is the case then you might try one of the following to help:

- Try a different Setup phrase.
- Make sure you are being as specific as possible.
- Drink a glass of water, this helps move things and may give insight.
- Move around, some gentle exercise may help shift whatever is stuck.
- Book a session with a AAMET qualified EFT Practitioner

### Things to Remember: EFT

- EFT does not remove common sense
- Does not replace rational trepidation or other normal emotions.... it merely removes the excess
- Does not make you an emotional robot
- Does not replace correct medical supervision



## You May Experience...

During an EFT session, any or all of the following sensations may be experienced – all which are perfectly normal and natural:

- Desire to yawn, burp or sneeze
- Tingling sensation
- Tightness in parts of the body
- Emotional (sad, angry etc.)
- Feeling hot or cold
- Feeling light headed/spaced out
- Shaking
- Coughing
- Abreaction (Intensely emotional)

## Getting it Right

While EFT is relatively easy to do, it is still important to learn this from someone who is trained in EFT. There are many refinements you can learn and pitfalls that you can avoid by attending an AAMET accredited training. We recommend attending a class near you as soon as possible. Go to [www.aamet.org](http://www.aamet.org) for more information.

## In Closing here are some Helpful Tips for Basic EFT

- Remember to do the Setup first and repeat the Reminder phrase as you go through the points
- Be Specific
- Watch for Aspects
- Allow the Core issue to surface
- Persist lovingly... Be kind and gentle
- Hydrate regularly





## Frequently Asked Questions:

(Q) Why tap on the negative?

(A) An essential component of the EFT Set up is to accept that you have a problem. The Set up **helps us accept our truth (even if we don't like it) and, by doing so, enables us to take the first step to resolving it.** Using a positive before dealing with the major parts of the negative issue is like ignoring the roots of the problem - much like pulling a weed out and leaving the **roots doesn't get rid of the weed.** Using the EFT Set up on what you really feel while still accepting yourself anyway allows you to address and resolve the problem.

(Q) Are there any contraindications to using EFT?

(A) No. EFT is safe, easy to apply, and non-invasive. To date, minimal side effects have been reported other than occasional temporary fatigue. However, this does not mean that you will not experience adverse side effects. If you intend to use these techniques, you must agree to take full responsibility for the results and for your physical and emotional well-being. You may wish to consult a trained EFT practitioner for professional application of these techniques.

(Q) What prevents EFT from working?

(A) Occasionally, the targeted issue is approached too globally which results in ineffective relief. In rare cases, energy toxins such as perfumes or certain foods produce an allergic **reaction in an individual's energy system and retard, or temporarily reverse** therapy. Skilled EFT practitioners will spot this block and be able to treat the client effectively. While not perfect, EFT has an extraordinarily high success rate of 85%, even when used by beginners.

(Q) Can I help myself?

(A) Absolutely, and with a likelihood of a high success rate. If you are motivated, emotionally stable and use good judgment in the problems you address with EFT, you should have good success. It is important however, to know your limits. Sometimes it is difficult to be both patient and doctor. Many people consult EFT practitioners for the objectivity and experience necessary for healing.

(Q) Suppose my illness has lasted decades or is an inherited condition?

(A) EFT seems to alleviate symptoms regardless of duration, aetiology, or family history. The duration of the condition does not seem to affect the outcome or length of therapy needed.

(Q) How long do the effects of EFT last for?





(A) It is difficult to predict this outcome in each individual case, however, long-lasting results are routine when using EFT properly and aiming it at the right targets. If the practitioner successfully treats the core of the problem, permanent relief is the norm.

(Q) Can EFT be used for children?

(A) Yes, usually with superb results. Since children are less critical than adults, they have less of a need to understand the inner working of the energy system, and can therefore allow the EFT process to unfold more naturally. It is very safe and effective with children.

To Learn EFT, you are welcome to join one of our classes

Please be sure to keep your body well hydrated. Emotional Freedom Techniques and other energy therapies work with the electricity of your body, and water conducts electricity.

Important Note: This manual has been compiled from a variety of sources. We thank Gary Craig (the father of EFT) for this awesome tool. We would also like to thank all the EFT Masters and AAMET International members who have contributed so much to this field.

While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. Further, Ranjana and Eddie Appoo are not licensed healthcare professionals and offer EFT as spiritual explorers/healers and as self-help guides. Where appropriate qualified physicians should be consulted. Ranjana and Eddie are accredited AAMET Master Trainers.

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<sup>i</sup> This workshop represents the views of the presenters and is in line with the requirements for teaching EFT as laid down by the AAMET for the training of EFT practitioners. We feel this workshop will generate extraordinary benefits for all attendees. However, EFT is a very flexible process and thus this workshop represents the views of the presenter(s). We encourage all our trainees to study the **Gary Craig's** original comprehensive training available at [www.emofree.com](http://www.emofree.com)

<sup>ii</sup> Angela Treat Lyon is an EFT Coach and Artist, her book Change your mind with EFT is full of tips and ideas <http://www.eftbooks.com/eft-books-audios/learn-how-to-do-eft/change-your-mind-with-eft-the-basics/>

<sup>iii</sup> \*See S. Porges, D. Wallin, R. Scaer, P. Levine, B. Rothschild, Van der Kolk, etc. Read Robert **Scaer's** Dissociation Capsule article: <http://www.traumasoma.com/excerpt1.html>

For more information about The Emotional Health Centre Activities  
Go to [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

