

# The Emotional Toothbrush Series



**Energetic tools For Freedom, Peace and Joy in Daily Living**

**For manifesting rapid change and positive effortless transformation**

**For Healing the Mind and Freeing the Heart**

This series has been inspired for healing the mind and freeing the heart. I thank all my clients and trainees for sharing their desires, dreams and ideas with me. I hope these series meet all your expectations and helps you to tap into your truth and bliss.

**The Emotional Toothbrush Series has been created specifically for those who already have some experience with EFT or Meridian Tapping Techniques. They are compiled on the assumption that you have a working knowledge of EFT. If you are new to EFT, we highly recommend joining an EFT International accredited EFT Level 1 workshop near you. More information is on our website [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com) .**

**If you are a newcomer to these Techniques, you will still benefit from these MP3s. Newcomers will need to need to read this Emotional Toothbrush Guide and read the free EFT introductory Guide from [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com) as well. It is very IMPORTANT that you read the disclaimer and both Guides before using the audios. Hope you enjoy using these.**

**Before Downloading or using any of the Emotional Toothbrush Protocols you must read the disclaimer. By downloading or reading the Emotional Toothbrush Protocols you have agreed to the guidelines and have accepted full responsibility for using them.**

#### **Disclaimer and Release Agreement**

The Emotional Toothbrush Series utilises EFT (Emotional Freedom Techniques). EFT is a member of a new class of techniques and protocols referred to as Energy Therapy. While still considered experimental, these techniques are being used by therapists, nurses, physicians, psychiatrists and lay people worldwide. To date, EFT and other Energy Therapy Techniques have yielded exceptional results as a stress management tool for psychological and physical problems. They are NOT, however, meant to replace appropriate medical treatment or mental health therapy. Personally, I have not experienced any adverse side effects when applying these techniques when the protocols and suggestions were followed. This does not mean, however, that you or your clients will not experience or perceive negative side effects. If you use these techniques, download the audios and or try the tapping protocols on yourself or others, **you must agree to take full responsibility for your own well-being, and you are required to advise your clients to do the same.** Before beginning any new regimen (diet, exercise, stretching, yoga, martial arts, or EFT) check with your primary care physician.

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*We feel this audio series will generate extraordinary benefits for all. However, EFT is a very flexible process and thus this audio series represents the views of the presenter.*

## **About the Author, Ranjana Appoo**

Creator of the Emotional Toothbrush Audio Series:

Ranjana Appoo is a LiberatingTouch®, EFT (Emotional Freedom Techniques) and Jin Shin Jyutsu practitioner. She regularly works with clients in the areas of stress, body image, limiting beliefs, anxieties, learning disabilities, pain management, addictions, trauma, chronic health projects, infertility, relationship issues and with parents and children.

There is a very special place in her practice that is dedicated to the journey of Self-Realisation, and to the path of freedom, truth and joy. She is dedicated to healing the mind (the end of suffering) and illuminating the heart. Her Bliss is Living in Truth and sharing this.

Ranjana works with clients from all over the world one-on-one and in groups. She also trains practitioners in the Art of EFT.

She is trained in Fine Arts (MA from University College London), and has lectured in Malaysia and Birmingham. Later she also trained in Emotional Freedom Techniques and Jin Shin Jyutsu. Ranjana also succeeded in overcoming chronic health challenges and so dedicated herself since 1995 to the study of nutrition, health research and complementary therapies. Together with her husband Eddie, they have developed a dynamic process of blending EFT with explorations in subtle energy, Jin Shin Jyutsu and Investigations into the way the mind stores suffering and the Transformative Power of Love which they describe as **LiberatingTouch®**.

Ranjana was born in Singapore, has travelled extensively. She continues to write and paint. She can be contacted at [emotionalhealthcentre@googlemail.com](mailto:emotionalhealthcentre@googlemail.com)

*\*Although Ranjana and Eddie now focus their energies on developing and practising LiberatingTouch®, Ranjana created the Emotional Toothbrush for anyone interested in health and spiritual regeneration using EFT. There is absolutely no requirement to learn LiberatingTouch® or any of the EFT refinements to use this. Reading the EFT Introductory Guide on the EFT page at [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com) and this Guide is sufficient to download and benefit from the Audios.*

# The Emotional Toothbrush Guide

## Introducing the Emotional Toothbrush series

Hi,

Welcome to the Emotional Toothbrush Series.

**The Emotional Toothbrush series is to make practicing Emotional Freedom Techniques (EFT) fun and easy. To get insights and AHA's between sessions and to support your Personal Peace Procedure and accompany you on your journey to Freedom and Joy.**

I use LiberatingTouch® (before which I used EFT) every day of my life to assist me in creating a life of infinite gratitude and joy. I compare my daily practice of LiberatingTouch® to brushing my teeth. I brush my teeth every day—just like you do. I do this to prevent cavities and ensure good dental health. I don't wait until I go to the dentist to find out if I have cavities or other dental problems to start brushing. I brush every day because I want to create healthy teeth. Similarly, I use LiberatingTouch® every day to release negative thoughts, limitations and feelings. I also use LiberatingTouch® to assist me in creating a life of unconditional love, deep peace and abundant grace. **The Emotional Toothbrush Series utilises EFT and has been created so that you too can discover that you have at your fingertips the ability to heal, transform and regenerate any area of your life.**

**Quite simply EFT (Emotional Freedom Techniques) or Meridian Tapping Techniques**, entails tuning into whatever is creating disharmony or distress in your life, getting to the core of it through awareness and inquiry while at the same time tapping on various locations on the face, chest and fingers thus balancing the body's energetic field and healing mental and emotional resistance, blocks and suffering. I use EFT and other Energy Techniques to heal the mind, end suffering and so free the heart. (The Real Artistry of EFT and Energy Psychology comes from experience and practice)

The basis of EFT is, *the Cause of all Negative Emotions is a Disruption in the Body's Energy System*. Balance the energy system and what was stressful and debilitating shifts, harmonises and heals. This has its roots in the Ancient Eastern healing paradigm, which is now being scientifically proven especially in the field of quantum physics and epigenetics.

You can utilise this interactive audio series as your own personal systematic form of balancing. Use this series for harmonising the body's energy system, and so clearing the channels and pathways of negative emotions, fears and limiting beliefs on your journey to freedom and peace.

At this point, I would like to share that in my belief system, EFT is not a healing power. EFT is a tool that facilitates a change. As humans, we are masters of keeping ourselves stuck and actually preventing healing and grace from manifesting. What we're doing with the EFT process is facilitating a clearing, an opening, a shift in our energy, to allow Divine Healing Grace (which is not outside us but that which is our true reality) to have an effect on us. I utilise **EFT as a tool to detach me from anything** that prevents me from being loving towards myself and others.

**Detachment** or Renunciation can also be thought of as non-attachment. Non-attachment is when the mind and the senses become unaffected by the objects of the world, by events and situations and remain rooted in a deep confidence, trust and equanimity. The mind covers the true Self; therefore, the mind can be described as a veil. It is a veil of ignorance, for it hides the true Self and keeps us unaware of its magnificent Presence within us. But, the mind, itself, is tied down by the senses, by trauma, beliefs, pain, judgements, memories and so on. The mind is the focal point, the central hub from which all worldly activities emerge. I have learnt that cultivating non-attachment is key to being able to penetrate this focal point and obtain a vision of the immortal, divine self that is beyond. Having struggled for years and years with feeling unable to breakthrough compulsive behaviour, fearful beliefs and overwhelm, discovering EFT, a tool that helped me do this has been life changing.

What I love about EFT and other Energy Techniques is that they are powerful self-help tools, especially if used persistently. My mother calls it **Effective Freedom Techniques**. I encourage all my clients to learn it and all my trainees to be adept self-helpers. In my busy practice some of the most common questions I get are; where do I begin with my self-help? What is the best set up phrase? Do I need to get to the core issue to heal? How can I find out where I am stuck? I really don't know why this is happening how can I change? Why do I still get anxious? For so many of my clients life is hectic, full of wanted and unwanted surprises, time is precious and they want to spend the minimum of time and get good results. So, I started putting together these 10 minute or so tapping sequences that my clients could utilise anywhere anytime. Also, the more I use EFT the more I understand that it is not the words that are important but the ability to tune in to our emotions (E-motions - energy in motion) **and to be aware** of how belief systems, trauma, conditioning impact us. Persistence and patience with EFT yields extraordinary results.

**This is our contribution to you for a really GOOD life. Thank you in advance for honouring this work and remunerating us.**

Having practiced with many many clients, having shared a few thousand hours of sessions, and facilitated workshops for a few years, I now finally feel comfortable sharing these tapping protocols which utilise in part the wonderful EFT concept of Borrowing Benefits.

Borrowing Benefits allows someone with little or no experience in EFT to tap along while someone else who is undergoing EFT (e.g. in a session, seminar, group or video) and experience profound benefits. This is true even though the issues being tapped on appear to be widely different. Although we will not be tapping along with someone undergoing an EFT session, we will be tapping along after having tuned in to our own issue and experience benefits by following the recorded tapping sequence.

I conduct telephone sessions with clients all across the world. I usually assign between-session 'homework' of listening to or reading and tapping with a customized tapping sequence. No extra work, no thinking or analysis is required. What could be easier than just mimicking words and following the tapping directions from an email or an audio mp3.

Nearly 100% of the time, clients who use this method, tell me they enjoy this and benefit from this. They land on new insights, and they feel as if they have been given the advantage of another session free of charge. Many clients report that new aspects surface; deeper layers emerge and are then cleared.

Clients also often ask what they should do when in a public setting where using EFT would seem socially awkward. I suggest that they use a basic visualization technique by closing their eyes and imagine that they are using EFT. I recommend that they BORROW me during this exercise by pretending to 'see' me tapping with them, 'hear' me making suggestions of what to say, and to 'feel' me (or themselves) tapping their EFT points. Many of them also 'borrow' me when they feel stuck and lack the confidence to come up with the right set-up phrases in the privacy of their living rooms. This works consistently well.

On a more personal note on borrowing, I thank all of you from whom I have borrowed strength, compassion, wisdom and Love throughout these years. I am often asked, 'How did you know? *'Where do you get the energy from? Are you psychic / clairvoyant? What happened, I feel so different now?'* I do not have explanations or answers. What I do know is that I have never been alone, am not alone. I feel the presence of my Beloved everywhere in every action and breath and in you.

Many of you have no idea how generous you have been. Your strength, your stories, your perseverance and your willingness to embrace vulnerability through risk and self-revelation have all been of deep value to me as a practitioner, friend, seeker and lover of life. Thank you.

**Before we begin Newcomers don't forget to read the EFT Introductory Guide on the EFT page at [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)**

**First**, I would like to take you through a step that has helped many of my clients to relax, feel safe and open to healing. You may want to do this a few more times, I suggest doing this before listening to the audios. Place your left hand at the base of your skull cradling the back of your head and your right hand on your forehead. Inhale and exhale, breathe gently and then hold the thought, **"I deserve, love, peace, happiness and healing even if I don't always believe it"**. Inhale and exhale, slide your left hand down to the base of your neck and place your right hand on your heart area, inhale and exhale, breathe gently and then hold the thought, **"I allow love, peace, happiness, and healing into my body, mind and life now"**

And now we begin,

### **1. The First Step: Tuning in and becoming Aware of your Intensity**

**Step A is really about Awareness.** While listening to the audio series, you will be asked to tune in to an emotion or belief, to check in with your body and mind about how intensely you feel. Do you feel stuck? Does it feel painful, stressful, tense, tight? Does it make you feel sad or annoyed? How long have you had it, when you think of being free from this how does that feel? What is the associated colour to that feeling? If there was a sound that expressed that feeling what would it be? Does that feeling/belief make you feel cold? Hot? What other sensations, images are associated with that thought/feeling? Do have a memory that is coming up? What is your emotional intensity about it? Then you will be asked to rate it as an intensity level. 0 means, there is no intensity or charge to this and 10 means, this issue is very intense and has a strong emotional charge.

**As this step is so important to EFT working well, let's discuss this a little further by introducing the idea of an awareness gauge**

The Awareness Gauge -

An emotional (feelings) vibration test to cultivate Awareness of perceived reality and change

**Awareness: The first important step of EFT (Emotional Freedom Techniques) and all Meridian Tapping Techniques and also the one we keep returning to in sessions and self help. Awareness is a vital skill in the use of EFT. It is the ability to tune in with honesty to our emotions and to be able gauge our intensity, vibration and feelings. When using the Emotional Toothbrush Series, you will be asked to tune in to your emotions, feelings, memories, beliefs and how you experience them in your body. Does a thought make your throat clench, or your stomach flip, your chest tighten and so on? This awakening awareness will greatly enhance the results of EFT, sometimes you may have to consciously give yourself permission to become aware.** Developing awareness is about listening to the inner and outer verbal, emotional and physical dialogue intently. It is about expanding your perception to listen to more than the story, words, emotions, movement, physical signs. **Awareness is the ART of tuning IN.** To awaken the process of awareness takes only a few minutes every day and as this ability grows, it takes seconds and then it happen instantly. Joining an EFT workshop will help you experience and develop this skill of focusing with awareness.

The following Table will help you begin the process of tuning in and give you a scale to gauge your progress as your vibration shift and lightens. You can you return to this questionnaire periodically to test the efficacy of the Emotional toothbrush series. It is a rudimentary and basic questionnaire which may be of use.

The way to use this questionnaire is to read the statements and then rate your intensity or level of truth next to the statement as a 0 to 10 scale. 0 is this does not apply to me and does not resonate or affect me and 10 means this is completely true for me and affects me strongly. 10 means it feels intensely true for me.

	Statement to Test	Intensity/ Truth Scale Rate 0 to 10
For Eg.	I am Unhappy	5
For Eg.	I am Happy	8

**This “awareness test” is not about judging where you are at, but getting a chance to know yourself and where you are on your journey and to give you a sense of possibility.** I find it very useful to know that I am constantly changing and am not fixed in any emotional state. Also, the more aware I become of my present thinking and emotions the easier it is to think things I have never thought before, and to feel things I never felt before, so I find myself doing things different than I ever did before AND I get different results that I ever got before. You can utilize this questionnaire before you start using the Emotional Toothbrush audio series and a month later use it again and see if there has been any change in any of these. This is a good way to test the results.

Nancy Gnecco, LPC, EFT Master, writes, in her article 3 Keys to EFT Mastery, “*Testing our results is one of the primary skills taught in all the EFT instructional videos and one that tends to be most under-used. Traditional psychotherapy seeks to have the client gain insights into their problems, symptoms or behaviours. Traditional therapists were not taught to test their results; because once we got the person calmed down, we didn’t want to trigger them again. I remember being taught*

*in Polarity Therapy never to allow the client to talk about distressing issues after the session; because once we have the energies balanced, we don't want the person going back into thoughts that could disrupt them again. The truth is that **if we have truly balanced the energies, nothing that we do or say will be able to bring back the distress.** The ability to bring back the distress is evidence that the issue has not been balanced energetically.*

*With EFT we are constantly testing to let ourselves, the practitioners, and the clients know where we are. By testing we mean that we monitor the level of intensity during a session, and we deliberately try to have the person get upset again once we believe we have collapsed the issue to an intensity of zero.*

*During a session we want to monitor the level of intensity, so we ask for an initial rating on a scale of 0 to 10 with 0 being no intensity at all and 10 being the worst it can be. After each round of EFT we ask the client to check the intensity. "If your anxiety was an 8 when we started, what is the level of intensity now?" If it is not zero, we know we have more work to do, so we complete another round of EFT on the remaining intensity. "If it started at an 8, and went to a 3, where is it now?" If the client reports that it is zero, or that they can't find it, we want to know if we have truly collapsed the issue, so we ask the client to literally try to get the intensity back up. If the client can, we have more work to do; if not we want to move to a different level of testing just to be sure that the person truly has emotional freedom on the issue.*

In the May 26, 2006 issue of the EFT Insights Newsletter Gary Craig gives a **"Helpful Hint:** One key trait of EFT Masters is the tendency to test their work before assuming they are done. For example, have the height phobic look off the top of the tallest building in town ... or ... have the trauma victim repeat a graphic sentence like, *"There was blood all over the place and I can still hear those constant screams"* ... or ... ask the headache sufferer to shake his or her head ... and so on. If any of these tests show residual problems, then you have more to do. This is important to know. Otherwise, your work is incomplete and your client has been short changed."

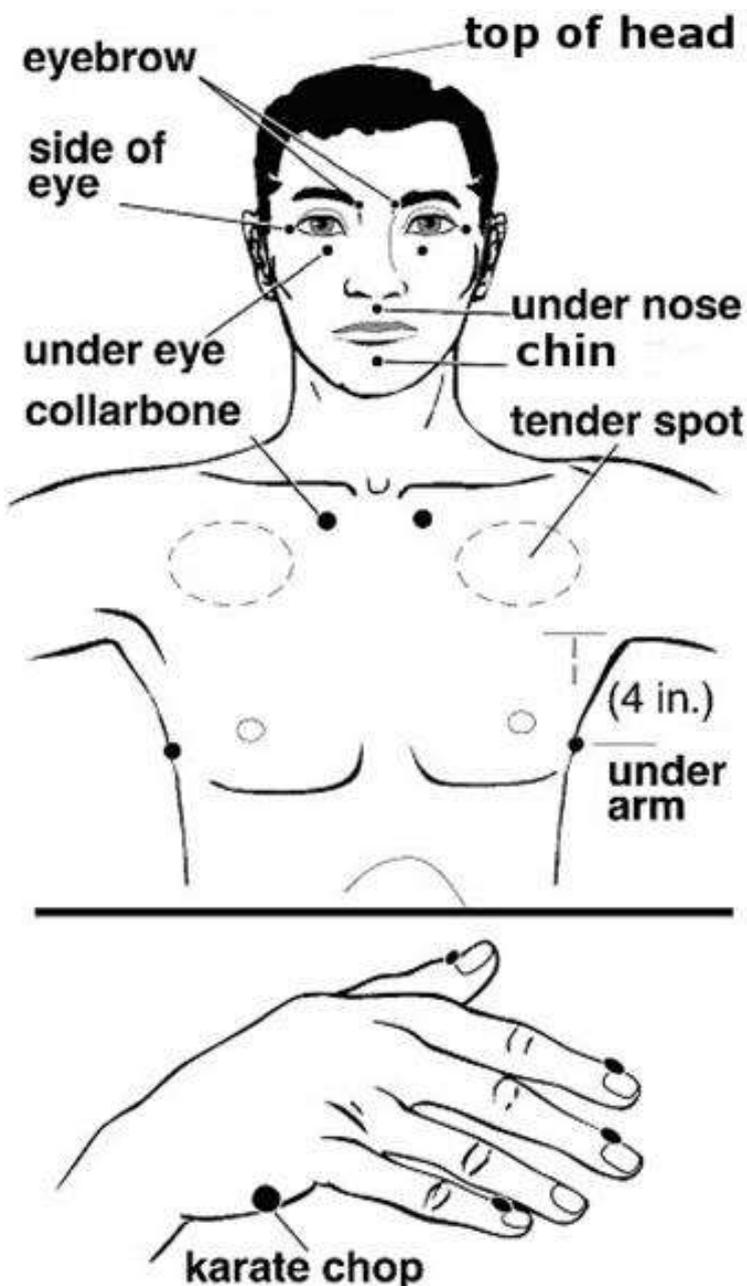
The Table below is really a global feelings / emotional vibration test to cultivate Awareness of perceived reality and change. I have compiled it more as a basic guide to test the results of tapping on a daily basis and of using EFT as an Emotional Toothbrush. Hope it helps.

	Statement to Test	Intensity/ Truth Scale Or Validity of Cognition – VOC scale Rate 0 to 10
1.	I get stressed / anxious easily	
	I rarely feel stressed or anxious	
	I am calm and confident	
2.	I am in pain most of the time	
	I manage my pain well and get relief fast	
	I feel fit and healthy, I feel really good in my body	
3.	I feel ugly, I don't like looking in the mirror	
	I am comfortable with my body and am working towards feeling fit and flexible	
	I love my body and feel good when I see my reflection	
4.	My life is a mess, Nothing helps and I feel lost and alone. I am unhappy	
	My life is full, I feel OK, I do my best to be positive	
	I love my life, I love waking up in the morning filled with Joy and Laughter, Happiness is my life	
5.	I am not wealthy, I never have enough, I am just scraping by (barely)	
	I am content with what I have (just) I make do with what I have	
	I am Wealthy, My life is blessed with abundance and prosperity, I love sharing my wealth	
6.	The world is scary and unfriendly, I am afraid especially of others judgments	
	I am comfortable with people and learn from my mistakes. The world is safe	
	I love the world and my place in it. I feel free and enjoy expressing my Truth	
7.	I don't believe in anything, I've been let down, Nothing good ever happens	
	I believe in God/a Higher Power/ Love, Presence, my higher SELF, good things sometimes happen to me	
	I experience God/ Truth/ Love/ Consciousness, Presence, SELF confidence all the time, I am filled with Love, Bliss and Truth	

## 2. The next step: Listen to the Audio, tap along and begin the process of balancing

Once you've tuned in, let go of that feeling, belief, thought, memory and tap along with the audio. We are now going to experience the benefits of tapping. All this requires of us is to follow the tapping sequence. To do the tapping sequence you will first need to know the Tapping points. The Tapping points are as follows:

**At the start of every tapping session we will use either the Karate Chop (now known as the side of hand) point or the Tender spot.** Tapping the Side of hand or Karate Chop Point helps balance and setup your energy system to make it receptive for clearing disruption and negative and stagnant emotions. This point is used as the setup point for resolving Psychological Reversal - More about that in the **free** EFT introductory Guide **which you have read**. It is located on the outside of the hand, it was named the karate chop point by Gary Craig. You can see in the picture below, where it is located.



You may also hear me mention **the Tender Spot**, or Sore Spot, a tender spot 2-3 inches down and across from top of sternum as illustrated.

**The Other Points are:**

- 1) **eyebrow:** The eyebrow point is located as close to the inside end of the eyebrow as possible.
- 2) **Side of eye:** This point is as far forward on the side of your head without poking your eyeball.
- 3) **Under eye:** Located directly below the pupil on the cheek bone. This point might be a little tender because a sinus canal is under it. If it is tender, tap lighter
- 4) **Under nose:** Located directly between the nose and upper lip.
- 5) **Chin:** This point is the dip between your lower lip and our chin.
- 6) **Collarbone:** It is right where the collarbone and the sternum meet. The easiest way to get this point is to look at the palm of your hand. Make a letter "L" with your thumb and index finger (with your hand open). Place your thumb on one collarbone and our index finger on the other. With your thumb resting on one collarbone and your fingers on the other tap.

7) **Under arm:** It is located about 4 to 6 inches under the arm along the side of your body. It is about where your bra strap would be, if you are wearing a bra. The nice thing about this spot is it is a little tender. It will feel a little bit like a burse. If you poke around the general area, you will know it when you find it. Use all four fingers when tapping here.

8) **Top of the Head:** Tap on the highest point on the crown of your head (Crown chakra area). This is where they place the device to measure how tall you are at the doctor's office. Tap with the fingers circling that entire area.

9) The Hand points are: **Thumb**, the edge point at the base of the thumb nail. **Index Finger**, the edge point at the base of the index finger nail. **Middle Finger**, the edge point at the base of the nail. **Little Finger**, the edge point at the base of the nail. We are going to use the **Front of the Wrist and the Back of the Wrist**, to keep this process simple and effective. The **Front of the Wrist and the Back of the Wrist points** will stimulate all the energy pathways in our hand.

Now that you know the points, I am going to introduce you the idea of

### Using Intentional Tapping, Think Tap or Imagine Tapping

Basically, while listening to the MP3's, you can repeat the words aloud or you can imagine them echo inside you. There will be a silent gap between the phrases for you to repeat the words or to adapt the words to suit you. Also, you can either tap on the points mentioned (shown in the diagram below) or you can imagine that you are tapping on them. When I am in public and I need to feel clear and free from an emotional fog or charge, I simply either touch the points for one complete breath -an inhalation and exhalation- or simply hold on my finger points discreetly (as we do in LiberatingTouch®). But most times I now imagine that the points are lighting up as I focus on them and as I "Think Tap", the tapping points get brighter and more vibrant with light. I encourage you to experiment with your imagination. And let it develop as you listen to these Emotional Toothbrush MP3's.

### **When it comes to tapping, touching, holding you cannot do it wrong**

You can use your index and middle finger, or all your fingers for the tapping. Tap with a pressure that feels comfortable to you. You can use either hands or one, you can do either or both sides of the body, or you can simply imagine you are tapping on yourself or that you are being tapped on. Sometimes you may want to tap softly at other times you may enjoy a firmer pressure. Sometimes you might want to tap slowly at other times you may want to tap fast. Sometimes you may want to simply hold the area mentioned. While listening to these MP3's, you choose, the rhythm and pressure, the images and the visuals, and let the minutes unravel the layers and the sweetness of freedom to surface gently.

Each Audio after asking you to tune into to your emotions will take you through a tapping process. At first you will be asked to repeat either out loud or mentally 3 setup phrases which have 2 parts to them, one part tuning directly into either the resistance to healing or the problem itself and the second part will be an affirmation or positive statement while tapping or "think tapping" on the Side of hand (karate chop) point or tender spot. After this you will be guided through a tapping process on all the rest of the points while saying negative and positive reminder phrases.

As I am often asked why tap or hold the acupoints and repeat negative phrases, I would like to briefly address this here. In my experience I have become very aware that the "negative" phrases in EFT

- a. allow the subconscious conditioning -resistance to be addressed,
- b. bring awareness to the issue
- c. allow unexpected solutions to present itself
- d. make the unconscious conscious and therefore give us choice and power...this naturally takes us to a place where we gravitate towards positive transformation.

You may notice that while tapping or "think tapping" you get more images, memories, colours, sensations, pay attention these are all ways for your emotional and energetic body to make itself "heard". They are ways for you to access your inner wisdom.

### **3. The Last Step: Test your Results by tuning in again and checking your Intensity**

Tune in again to the issue that bothered you at the start, notice any remaining intensity, charge, confusion, discomfort, lightness, shifts, changes. Now you can either listen to the audio again and either physically or imaginatively tap along or come back to it another time. **We advise you to use the same audio once a day for 7 to 10 days.**

Initially, in my practice, I found that very few clients were doing the Self Help we had agreed upon. As I started to investigate this, generally the response was as simple as, "I forgot" or "I do not have the time"... In response to this, I started to not only give self-help but discuss creative ways when they could be doing the self help (e.g. sitting in the car before walking in to work, right before bed, while taking a morning walk, in the loo etc.). And also one of the reasons for the creation of these MP3's is to make it easy for you. You can listen to them on the train, while washing the dishes, while cleaning the house and so on, basically while doing activities that do not require your full undivided attention. **Please do not listen to them while driving! It is a good idea to stay focused on the road.**

By the 7<sup>th</sup> day check in and test the results by tuning to an area in your life that would have been affected by stress in relation to the issue you have been working in. Has your response changed? Do you feel more empowered, happier, more relaxed, connected to your centre after trying the tapping.

If you get stuck with any of this, require further explanation, or would like to discuss your healing journey and have more personal support, I would be happy to book you a one hour EFT telephone session and give you a discount of 20%. When you call or email us quote: Emotional Toothbrush

Do ENJOY DRINKING WATER before and after these tapping protocols. ***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.***

**To quickly recap: Here are the steps of the Emotional Toothbrush Series in a nutshell:**

- 1. The First Step: Tuning in and becoming Aware of your Intensity**
- 2. The Next step. Listen to the Audio, Tap along, begin the process of Balancing**
- 3. The Last Step: Test your Results by tuning in again and checking your Intensity**

## Ways of using these MP3's

EFT While Brushing Your Teeth and listening to these MP3's

While physical tapping is possible under the shower, you may need to just imagine tapping on the various EFT spots and think, rather than say out loud, your phrases when you are combining EFT with other cleansing rituals such as tooth brushing. You may even decide not to imagine the tapping itself but just think the phrases to yourself in coordination with the brushing – this itself can be very beneficial. Using “Intentional or Imagining EFT” while brushing your teeth can be very satisfying. This combination of physical and emotional cleansing can give you an amazingly refreshed feeling afterwards. It is a natural and easy way of incorporating EFT into a daily routine that you know you will DO because you always have.

There may be a number of other cleansing rituals that you can effectively combine with EFT. Several people have told me that they do EFT mentally while washing the dishes and that this has an excellent effect upon them. It is possible for them to repeat the words out loud if they are alone, and they report a satisfying sense of completion when combining EFT with the cleaning of the dishes, and as an added bonus, it makes the dish washing easier and pleasanter for them

What you are doing when you link EFT to a cleansing activity that is already a part of your everyday life is to establish a natural link between external physical cleansing and internal emotional cleansing. Once established, like any other habit, this can work strongly to your advantage. I suggest you explore the possibility of using EFT in this manner. You may be pleasantly surprised, as I was, at how this can enrich your life and leave you feeling lighter and refreshed in spirit.

### How long do the results last?

That depends.

I have seen Emotional Freedom Techniques (EFT) provide relief for 5 minutes, 5 hours, 5 days, 5 months, and forever. No two problems are alike. A cut finger and a torn muscle are going to heal in different ways at different rates, just like your partner saying horrible things about you is not going to have the same impact as a total stranger saying the same thing. The amount of healing that is provided by EFT is in direct proportion to how much of the problem we can tune into at any given time. Some issues have many aspects to them. At this moment we might only be aware of one or two of these aspects. This is where we can do work at this time. At a later date we might find other aspects of the same issue.

This does not mean that EFT didn't work. It just means there is still more work to do. Also, it is important to remember if it has taken a lifetime to build a problem, and at times it is unlikely to go away with a round or two of tapping. *EFT is a great tool for providing temporary relief. Every time we create relief in the moment, we are making progress on the issue as a whole and how it will affect us in the future.* An analogy I use a lot is of weeding the yard. We can cut the heads off dandelions and the yard will look good, but they will grow back. If we also get the leaves, they will still grow back, but it will take much more time. But if we get the roots they will never grow back. Sometimes when we do work on an issue, we get the heads, sometimes the leaves, and sometimes the roots. This will determine how long the progress sticks.

**In my experience those that have benefited the most are those who use EFT regularly.**

**Here are 4 simple signs that show you that a session with an EFT Artist (Practitioner) might be required: (To find the best one for you, go to [www.aamet.org](http://www.aamet.org) , call the one you are drawn to and ask them for a preliminary chat and ask them if they have experience with your issue)**

1. Feeling stuck at an issue or condition or a past event

No matter how much tapping you have done on yourself, eBooks you have read or workshops you've attended the issue or condition remains. This is a great time to get a practitioner.

2. You aren't reaching a goal you've set for you

Perhaps you've had great success in your business life but you feel lack in your love life. Or you've been stuck in a job for years you hate and no matter how much you try you find yourself feeling there is no way out. It can even be a secret desire or wish that's never been given focus: writing a book, speaking in public, learning a second language or starting your first business.

3. You aren't sure if you are doing EFT correctly

I've had many a person email me sharing that after downloading a free ebook or attending an hours workshop they lament "I'm not sure if I'm doing EFT right." An EFT lesson with a skilled practitioner, who has taught others, can greatly assist your confidence and results.

4. You want to feel supported in your EFT Journey

Sometimes it really helps to have that extra support. An objective and focused EFT practitioner can help you have greater insights.

Now that you have read this and the EFT Introductory Guide, **agreed to and accepted the Disclaimer** without further ado here goes. I recommend the Emotional Toothbrush Audio 1- "Resistance to Change"- this is a good place to start. From there choose the one you are drawn to.

**The Emotional Toothbrush Audio Series - MP3 files available at [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com) are:**

Resistance to Change (10 Mb)

Clearing Resistance (9.5 Mb)

Sleep (11 Mb)

Anxiety (19.5 Mb)

Struggling with fear (10.7 Mb)

Stress (Not enough time) (9.38 Mb)

Forgiveness (9.12 Mb)

Raising my vibrations (12.24 Mb)

Reclaiming Happiness (12.29 Mb)

Suggested use for these sequences is once a day for 7 to 10 days. You can use more than 1 audio track, but we feel that focussing on 1 of these audio tracks is plenty.

As these audios address issues that are not specific but are more global in nature persistence is really important. The best results with EFT come from getting specific and getting to the core issue/s. Having said that many of my clients have had great results from these sequences

All Audio Links are available on the [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com) Resources page  
It is free to download, simply press the play button

*May this audio journey be one of insight, inspiration and openness to a world of possibility. May your heart be free and your spirits soar.*