

EFT – The Emotional Freedom Technique

EFT was created by Gary Craig. If you desire a complete and in depth explanation of EFT please visit Gary's website: <http://www.emofree.com> Briefly the technique helps to free blocked and negative energy in your body. You do this for yourself by "tapping" on energy points that lie upon the meridians of your energetic body. Sometimes this procedure is referred to as "Emotional Acupuncture". I will be more than happy to share more with you about this powerful technique so feel free to contact me at tony@thepelusperspective.com.

Here I have synthesized the process into a set of easy to follow instructions. I invite you to use this process to reduce and eliminate the debilitating effect of negative emotions in your life. I have utilized this modified version of the technique for years and get powerful relief each time I employ it. My clients and many others report success as well. It is my sincere hope and desire that you too will experience the positive effects of this simple technique when the time is right.

1. The first step is to identify the emotion or thought you want to work on; be as specific as you can.
2. Next close your eyes and allow yourself to connect deeply with the thought or emotion. Now check in and see how activated you have become on a scale from 1 to 10 with 1 meaning there is no charge at all and 10 representing the most intense charge you have ever experienced.
3. Now begin tapping by striking the Karate Chop (KC) point of one hand on the side of your other hand. I am a lefty so I tap the KC point of my left hand on the side of my right had. I strike the right hand on the side at the knuckle where my index finger meets the palm.



As you are tapping, say out loud, "Even though I have/am (name your thought or emotion here)...I deeply and completely love and accept myself." Repeat this statement 3 times, while still tapping.

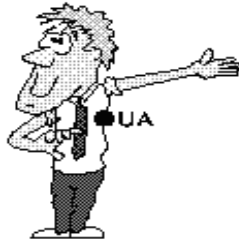
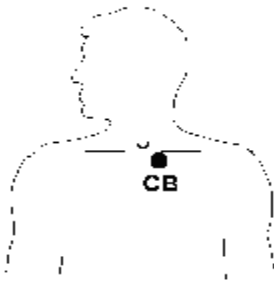
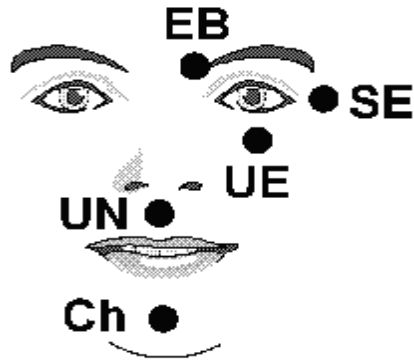
This is called the Set-Up statement.

Ex: "Even though I am anxious because I have to deliver this presentation, I deeply and completely love and accept myself."

4. Next, using the index and second finger of either hand, tap on each of the points illustrated below, 7-10 times, tapping with enough pressure to feel the tapping, but not so hard that it hurts. While you are tapping you will say a reminder phrase that comes from the Set-Up Statement.

Ex: "Even though I am Anxious".

Repeat the reminder phrase at each tapping point (See diagram below):



EB = Above the beginning of the **EyeBrow**

SE = **S**ide of the **E**ye

UE = **U**nder the **E**ye

UN = **U**nder the **N**ose

Ch = **C**hin

CB = Beginning of the **C**ollar**B**one

UA = **U**nder the **A**rm (use a closed fist here)

5. After completing this phase of the process once again strike the KC point of one hand on the side of the other. Do this 3 times while repeating the entire Set-Up phrase. "Even though I have/am (name your thought or emotion here)...I deeply and completely love and accept myself."

Ex: "Even though I am anxious because I have to deliver this presentation, I deeply and completely love and accept myself."

KC = Karate Chop

6. Now take a deep breath and tune back into your issue. Give it another rating - did it drop? Some people will drop significantly with their first round, others may notice only just 1 point.

7. If need be Start again with the same Set-Up statement, but this time say, "Even though I still have some of (your issue here) remaining, I deeply and completely love and accept myself."

Ex: Even though I still have some anxiety because I have to deliver this presentation, I deeply and completely love and accept myself."

8. Tap on each of the tapping points saying your reminder phrase with "remaining" in front. Ex: "Remaining Anxiety"

9. When you complete the process for the second time take another deep breath and re-rate how you are feeling. You can get your rating down to zero with continued use of this procedure.

10. However, if you find that your issue isn't changing in rating, look for what is underlying it. For example, even though you feel anxiety about delivering the presentation, perhaps the negative emotion is really about feeling like nobody understands you, or that you feel incompetent.

EFT IN A NUTSHELL

Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Set-Up affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on and again and if you would like to talk with me about this tool please get in touch with me at tony@thepelusiperspective.com.

Thank you and Be Well,

Tony