

Emotional Freedom Technique



Emotional Freedom Technique is a great tool to:

- Eliminate negative emotions, feelings, moods and states
- Release fears and phobias
- Break Bad habits
- Eliminate pain

What is EFT?

EFT or Emotional Freedom Technique is a therapy technique based on the techniques of acupuncture or acupressure. It uses the same basic energy meridians in the body to eliminate physical, emotional and mental issues.

With EFT we balance the energy system of the body to relieve our issues.

EFT states that the cause of all negative emotions is a disruption of the body's energy system. An argument with a relative or whatever that causes you to feel a negative emotion has caused a disruption in your body's energy system.

To balance this system, all we have to do is “tune into” the energy of the problem, and then balance that disruption by tapping on energy meridians in the body.

How do you tune into the energy of the problem? You put yourself in that situation.

Emotional Freedom Technique

The Basic Recipe.

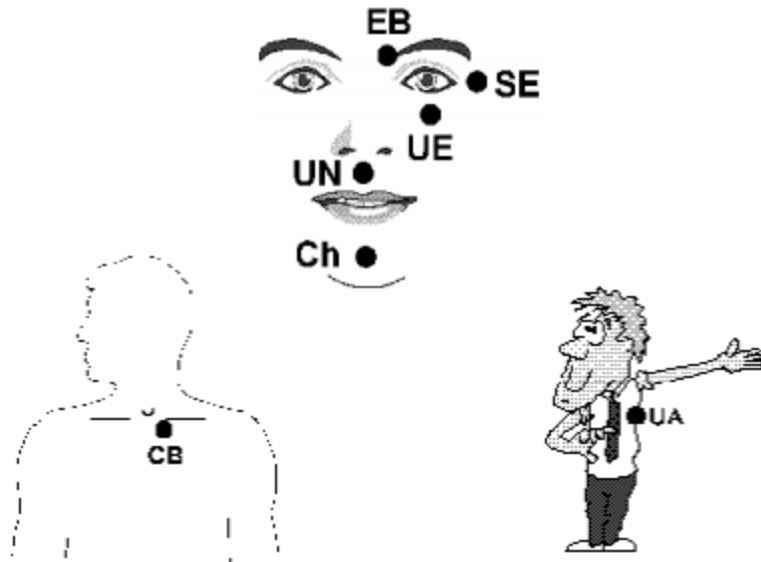
The recipe consists of just three rounds:

- The Setup
- The Sequence
- The Suggestions

The key to EFT is not necessarily technique, but persistence.

Note: Before you start the process, get a gauge of the problem on a scale from zero to ten.

- Eyebrow (EB)
- Side of the Eye (SE)
- Under the Eye (UE)
- Under Nose (UN)
- Chin (CH)
- Collar Bone (CB)
- Under Arm (UA)
- Top of Head (TH)



1) The Setup

The Setup is vital to the whole process and prepares the energy system so that the rest of The Basic Recipe can do its job.

The Setup is designed to make sure your energy system is properly oriented before attempting to remove its disruptions and corrects “Psychological Reversal,” or a “polarity reversal” of the energy system.

Psychological reversal is a reversal of the energy system in the body. Just as putting batteries in a remote control backwards will not work, your own energy system will not work property if its polarity is reversed.

It begins with an affirmation:

“Even though I have this (problem), I deeply and completely accept myself.”
To perform the setup, repeat this phrase three times while tapping the karate chop point on the side of either hand.



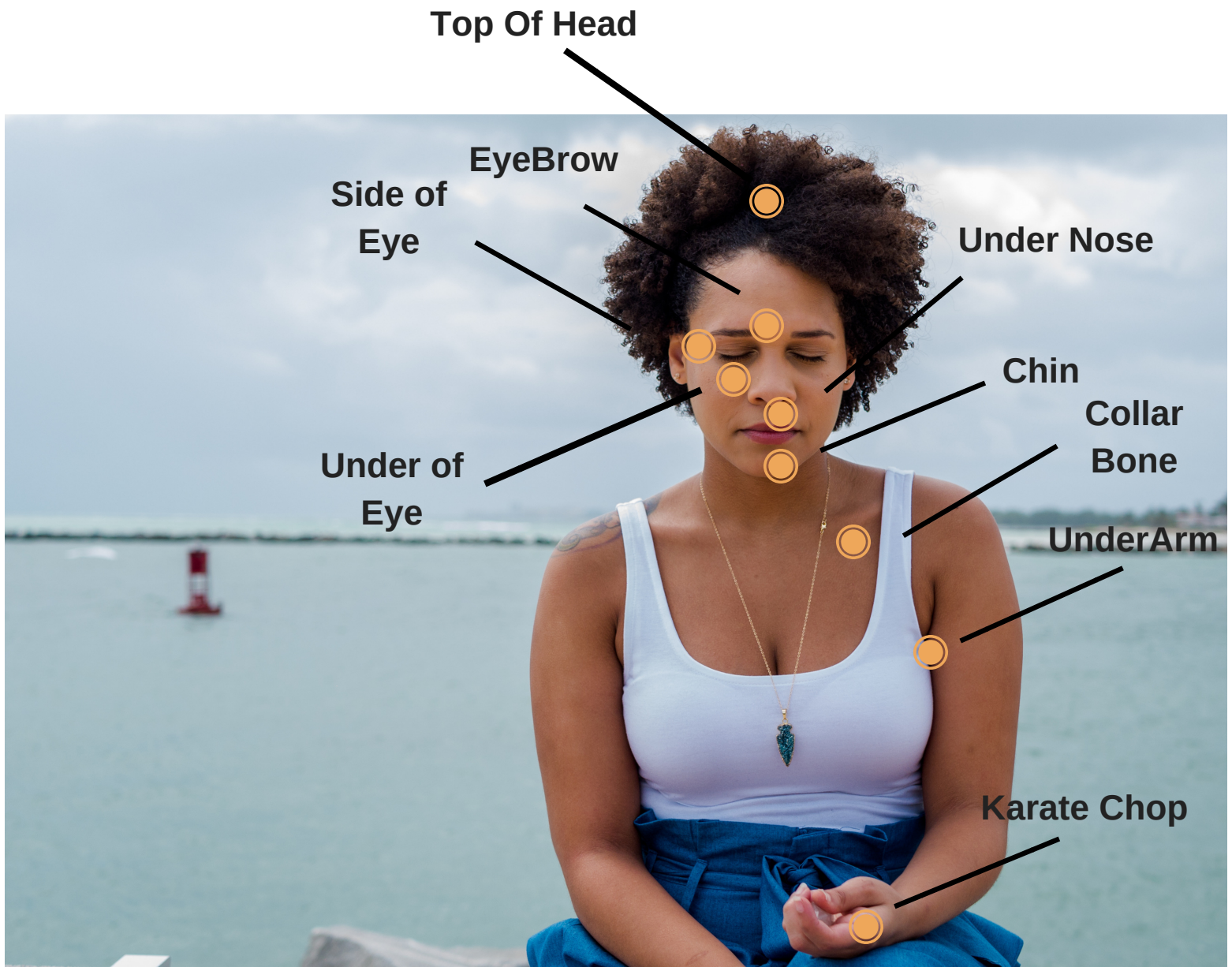
2) The Sequence

The EFT sequence is a highly-optimized version of the TFT tapping points. Rather than doing hours of muscle testing to discover where to tap, just tap them all – it only takes a minute! The points are:

- Eyebrow (EB)
- Side of the Eye (SE)
- Under the Eye (UE)
- Under Nose (UN)
- Chin (CH)
- Collar Bone (CB)
- Under Arm (UA)
- Top of Head (TH)

Each time you tap the point, tap it seven to ten times, each time repeating the name of the problem that you specified in The Setup. For instance, “this headache, this headache, this headache.”

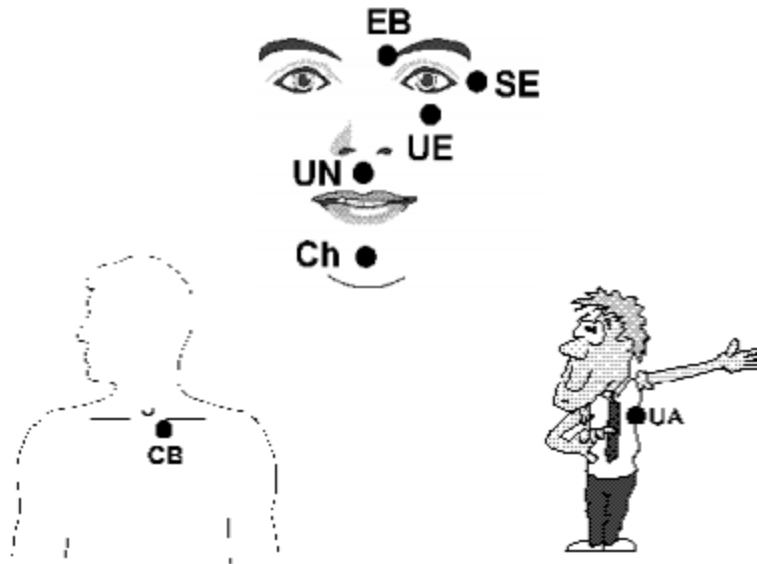
2) The Sequence



3) The Suggestions

This part of the recipe is just like the last, except that rather than repeating the problem, you repeat positive suggestions for each point. Again, the points are:

- Eyebrow (EB)
- Side of the Eye (SE)
- Under the Eye (UE)
- Under Nose (UN)
- Chin (CH)
- Collar Bone (CB)
- Under Arm (UA)
- Top of Head (TH)



Each time you tap the point, tap it seven to ten times, each time giving positive suggestions. For instance, “my head feels wonderful, I am calm and rested, I go through the day in control of my feelings, etc.”

Subsequent Rounds

In many cases, EFT will eliminate a pain, emotion or fear with one or two rounds. If repeated rounds don't completely eliminate the problem there are two tactics you can take.

Focus on the Remaining Problem

Run the basic recipe again, this time focusing specifically on the remaining problem.

The Setup: “Even though I still have some of this (problem), I deeply and completely accept myself.”

The Sequence: “This remaining (problem).”

Focus on Aspects

For each problem, there can be many different aspects. For instance, someone with a water phobia may not be able to get within 100 feet of a pool. After you tap on the problem, they may be able to get 10 feet from the pool before having the response. Tap on that problem as another aspect. Then, they may be able to only go in up to their knees. Tap on that as an aspect, until the entire phobia is gone.

As always, the keys are patience and persistence.