

Emotional Freedom Techniques:

Disclaimer:

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, Heather Step is not a licensed health professional and offers EFT as an educator and lay counsellor. Please consult qualified health practitioners regarding your use of EFT.

You can find a longer version of this on Gary Craig's site:

www.emofree.com

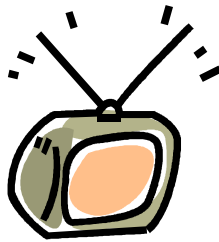
This is my summary.

Another good site where I got the picture of the points is Rebecca Marina

www.celebrationhealing.com

What is EFT?

Emotional Freedom Techniques believes that emotional problems are because of a disruption to the body's energy system. They "unblock" the system by tapping on energy points. It's much like rebooting a computer after something has gone wrong. You are unbalanced and your energies need to be re-aligned.



Think about your television. When it functions properly, you have a clear screen with a good picture. If you kick it hard enough, it would be damaged and... snowstorms would ensue! We also have an electrical snowstorm inside us when our energies have been disrupted.

How do we fix the TV? If we replace every part, there are bound to be results. Similarly, we tap every energy point, knowing that we are bound to hit the spot (or spots), that really needs help.

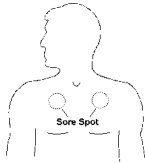
The Basic Recipe:

1. The Setup:

We need to make sure your energy system is properly orientated e.g. batteries must be correctly installed – your positive pole must be the right way up!



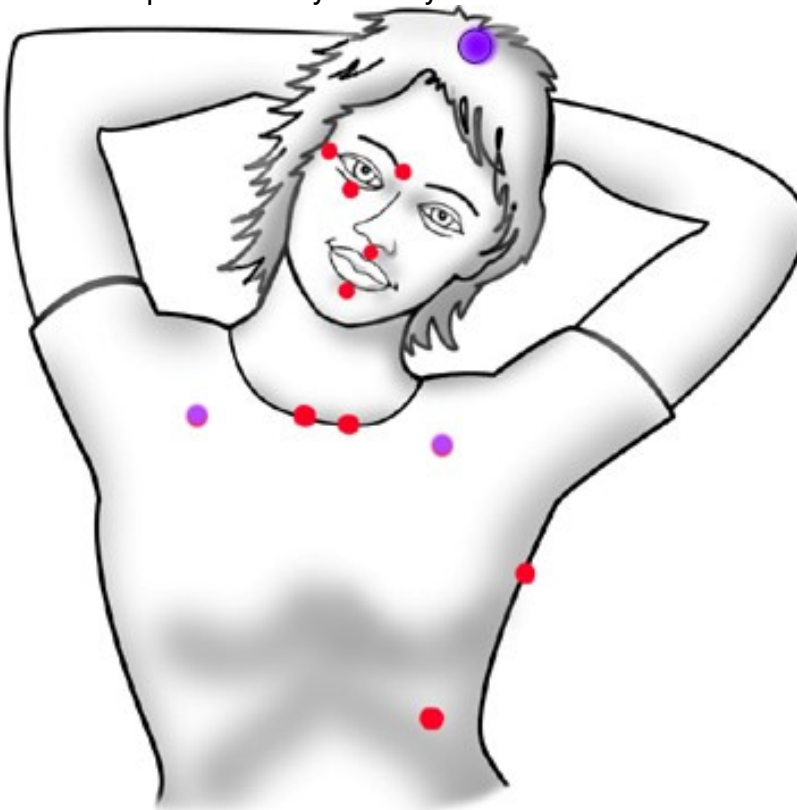
- a) You repeat a positive affirmation 3 times while you..
“Even though...(e.g. I am afraid)..... I deeply and completely accept myself”
- b) Rub the sore spot (upper left or right chest) (more effective)



Or tap the Karate Chop

2. The Sequence:

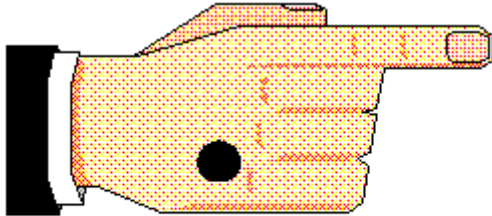
Tap 7 times each with your index and middle finger on these points, while saying a reminder phrase (e.g. “afraid”)
Go from the top and work your way down.



3. The 9 Gamut Procedure

(Can be used between two sequences or eliminated altogether for a shortcut)

This procedure is rather bizarre but it connects eye movements, humming (right brain) and counting (left brain) with the brain.



Gamut point

While tapping the Gamut point, do the following:

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. Roll eyes in a circle as though your nose was at the centre of a clock and you were trying to see all the numbers in order.
6. Same as #5 only reverse the direction in which you roll your eyes.
7. Hum 2 seconds of a song (suggest Happy Birthday).
8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song again

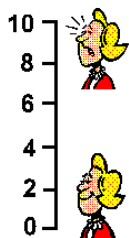
4. The Sequence again.

Subsequent rounds:

Even though I still...(e.g have a fear of snakes)..., I deeply and completely accept myself.

Keep going until your intensity goes down. You can measure your intensity on a scale of 1-10. The more specific you are, the better your results.

Intensity Meter



If still no results:

Aspects:

A new portion of the problem: i.e. you need to be more specific.



Psychological Reversal:

You self-sabotage / block yourself. Negative thinking. Resistance to treatment. Your energy system works against you. Your batteries are in backwards!

Put your arm out straight. You make statements. If your arm muscle is strong, you agree with the statement. If its weak, easily pushed down, you disagree with it.



Solution: The Setup.

Collarbone Breathing:

Place two fingers of your right hand on your right Collarbone Point. With two fingers of your left hand, tap the Gamut Point continuously while you perform the following 5 breathing exercises:

- **Breathe half way in and hold it for 7 taps.
- **Breathe all the way in and hold it for 7 taps.
- **Breathe half way out and hold it for 7 taps.
- **Breathe all the way out and hold it for 7 taps.
- **Breathe normally for 7 taps.

Place the two fingers of your right hand on your *left* Collarbone Point and, while continuously tapping the Gamut Point, do the 5 breathing exercises. Bend the fingers of your right hand so that the second joint or "knuckles" are prominent. Then place them on your right Collarbone Point and tap the Gamut Point continuously while doing the 5 breathing exercises. Repeat this by placing the right knuckles on the left Collarbone Point. You are now half way done. You complete the Collarbone Breathing Exercise by repeating the entire procedure using the fingertips and knuckles of the *left* hand. You will be tapping the Gamut Point, of course, with the fingertips of the *right* hand.



Energy Toxins:

An energy toxin can irritate your energy system.

This can be anything from perfume, coffee, wheat, refined sugar, cellphone masts and of course pollution. You may need to move, have a bath or not overdo certain foods.

And when in doubt... Even though my soap causes an allergy...I deeply and completely accept myself!

Thank you to Gary Craig for his site from where this info comes

(www.emofree.com) and Rebecca Marina (www.celebrationhealing.com)