

An introduction to

EFT

(Emotional Freedom Technique)
A meridian-energy therapy

Natural Therapies



Total Wellbeing

With Eileen Strong, AMT Cap (EFT)



www.eileenstrongcoaching.com

Welcome

E.F.T. is a true mind/body healing technique which simultaneously combines the physical effects of meridian energy treatments with the power of mental focus. It provides a way to tap into your body's own natural healing system, often resulting in profound changes that can improve your emotional, mental and physical health.

I hope you will find these notes useful as a reminder of the basic EFT procedure, and that they will encourage and assist you to start developing your own EFT skills.

Remember, there are thousands of people worldwide who are practicing EFT amongst other meridian energy tapping techniques, whether professionally or for home/personal use. I specialise in teaching clients how to use EFT for Pain Relief, but have also had great success in using EFT to help people overcome:

Lack of self confidence	Anxiety attacks	Weight issues	
Fears and phobias	Addictions	Issues of Grief	Low self esteem
Improving sports or on-stage performance	Overcoming blocks & barriers	Stress	

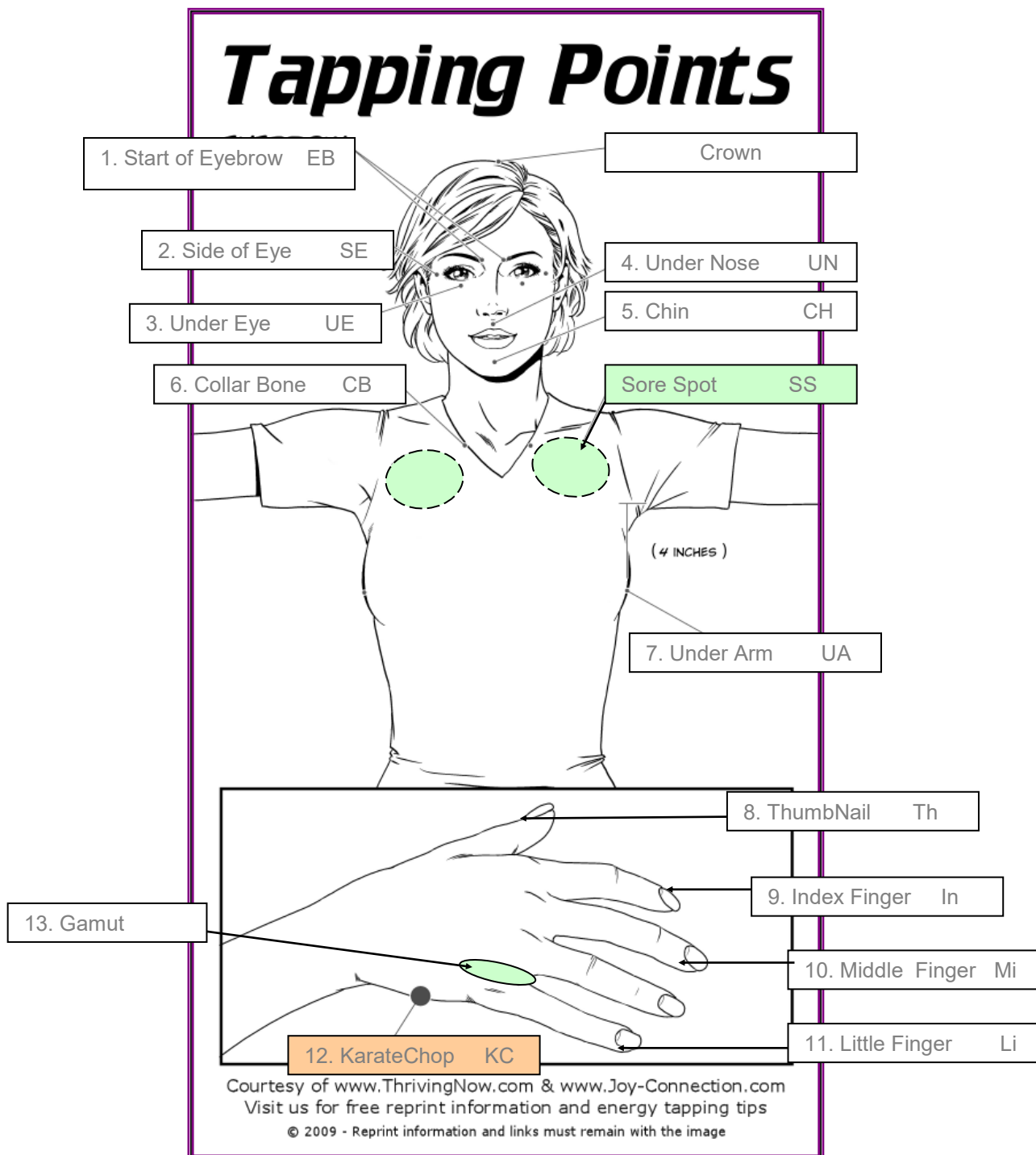
You can achieve all this with the basic technique alone, but don't worry too much if you seem to get a little "stuck" from time to time. Some issues can be very complex or deeply rooted, so do ask for assistance from an expert to help along the way. This will help you discover more advanced energy therapy techniques that you can then use to develop your knowledge and skills even further.

Having already had the privilege of working with you to help you find your own way forward in life on some level, please do not hesitate to contact me again in the future.

Remember, you can use EFT to enhance all areas of your life. It could be one of the greatest gifts you will ever give to yourself!

**"Think what you have always thought,
And you will get what you have always got."**

The Meridian End Points



The Basic Method

1. Focus your mind on the problem and measure it

Use a statement to define it, as truthfully and closely as possible, and saying it out loud.

e.g. “I’ve got to do a presentation at work and I’m petrified”
 “I am so unhappy about my weight”
 “I can feel that pain in my shoulder again”
 “I keep getting these cravings”

“Tune in” to the intensity of the emotion or pain that you feel (anger, fear, sadness, grief, the craving etc) Now measure the level of intensity using a scale of 0 to 10, with 10 being maximum disturbance/discomfort.

We will measure again after treatment to indicate the level of improvement.

2. Create your “Set Up Statement”

This is repeated 3 times whilst rubbing the Sore Spot OR tapping the Karate Chop point.

The structure of the statement is:

“Even though (**insert the problem statement**) I deeply and profoundly accept myself”

You don’t have to use these exact words but your Set Up Statement will sound something like:

“Even though **I am so unhappy about my weight**, I love myself”
“Even though **I can feel that pain in my shoulder again**, I am willing to heal now”
“Even though **I keep getting these cravings** I accept myself”

3. The Round using the Reminder Phrase

Now we give ourselves a **reminder phase** about the Set Up Statement which we repeat as we tap on each point.

How do we tap? Lightly, say 7 or 8 times on one point, with 1 or 2 finger tips

So if our Set Up Statement was “Even though I am so unhappy about my weight, I love myself” the Reminder Phrase might be “**unhappy about my weight**”

If our Set Up Statement was “Even though I just don’t know what to do about it, I accept myself” the Reminder Phrase might be “**I just don’t know**”

Or for “Even though I keep getting these cravings, I accept myself” the Reminder Phrase might be “**these cravings**”

The Reminder Phrase is spoken at each point as you tap. This helps to keep our minds focused whilst we are carrying out the treatment.

An Introduction to EFT

So now you tap around the points on the picture, saying your reminder phrase at each one:

- | | | |
|------|--------------------------|------|
| (1) | Start of Eyebrow | (EB) |
| (2) | Side of Eye | (SE) |
| (3) | Under Eye | (UE) |
| (4) | Under Nose | (UN) |
| (5) | Chin | (CH) |
| (6) | Beginning of Collar Bone | (CB) |
| (7) | Under Arm | (UA) |
| (8) | Thumb | (Th) |
| (9) | Index finger | (In) |
| (10) | Middle finger | (Mi) |
| (11) | Little finger | (Li) |
| (12) | Karate Chop | (KC) |

This is one full Round of tapping. Then ...

4 Focus your mind on the problem and measure it

“Tune in” to the intensity of the emotion or pain that you feel (anger, fear, sadness, grief, etc) and notice any changes.

Now measure the level of intensity using a scale of 1 to 10, with 10 being maximum disturbance/discomfort.

Quite often, the rating will go from 9 or 10 down to 4 or 5 in one Round. However, we are aiming to get this down to Zero to fully resolve the issue.

If you have not noticed any changes, try again but consider whether you need to adjust your opening set up statement slightly to make it more accurate or more specific.

5. Subsequent Rounds

Re-phrase the set up statement to acknowledge what still needs clearing:

“Even though I have this remaining bit of fear ... I accept myself”

Or

“Even though there is this remaining 2 out of 10 pain, I allow myself to heal”

When you are down to a 1 or 2, you can still do another Round with a new opening statement of

“I allow myself to completely overcome this feeling/pain and I totally accept myself”

Did you know ...

EFT is one of many meridian energy therapy techniques that make use of the 14 major energy pathways that run throughout the body. These energy pathways (meridians) have been at the heart of eastern medicine systems for over 4000 years.

Some more common physical therapies which incorporate the meridian energy system are Acupuncture, Acupressure, Shiatsu, and Kinesiology.

E.F.T was developed in 1995 by Gary Craig, US, following some groundbreaking work published by psychologist Roger Calahan in Applied Kinesiology and Thought Field Therapy. There are many other innovations in the field of Meridian Energy Therapy. These include TAT (Tapas Acupressure Treatment), BSFF (Be Set Free Fast), TAB (Touch and Breathe), MTT (Meridian Tapping Techniques) and more.

“Energy Tapping” is a generic name for this approach to self empowerment and there are many more derivatives, which are often encompassed under the umbrella of “vibrational technologies” or “vibrational healing”.

Whatever it is, if it works for you, do it!

Finally, a word of caution

Any persons suffering from Epilepsy or psychiatric disorders, or receiving treatment from a counsellor, psychologist, psychiatrist, etc .. should ALWAYS consult with their care provider before starting ANY new form of treatment, including EFT.

**“Whether you believe you can do a
thing or not, you are right”**

Henry Ford