

What is the Emotional Freedom Technique ?



What Is EFT - Emotional Freedom Technique?

EFT stands for “Emotional Freedom Techniques.” This is an extremely effective self-help method known as “tapping” or “meridian tapping” that is used by hundreds of thousands of people all over the world.

Emotional Freedom Techniques are beneficial for releasing negative thoughts, and behaviors which have become stored in our bodies on a cellular level.

Dr. George Goodheart is one of the forefathers of developing tapping methods that are often referred to as “emotional acupuncture.” A well-known American chiropractor, he founded a branch of chiropractic in the USA, based on a specific method of testing the body for information regarding its’ own individual needs.

A person’s emotional well-being is completely interlinked with their overall health and physical state. Our mental health plays a significant role in our healing ability and our physical health.

Psychological acupuncture delivered with EFT is an excellent way to overcome emotional barriers that can make you feel “stuck” or in a rut in certain aspects of your life.

EFT Beginnings

The origins of EFT or tapping are said to have been developed in ancient Chinese medicine as acupuncture was being discovered. Acupuncture is a healing method that utilizes energy pathways in the body known as energy meridians. Acupuncture is mainly used to treat physical ailments and not typically psychological issues, such as with EFT.

The practice is based on the same energy meridians that have been utilized in traditional acupuncture; however, no needles are involved. You simply use your fingertips to gently tap on their meridians in order to generate kinetic energy into these particular meridians on mainly the head and the chest area.

While tapping on these points, you think about a certain problem in your life you wish to overcome; possibly an addiction, a chronic pain or a traumatic event. While holding that image in your mind, you can voice positive affirmations while tapping in order to clear the blockage.

The purpose of voicing positive affirmations and tapping on your energy meridians is to restore your body and mind’s balance by short circuiting the emotional blockage from your body’s bioenergy system. Once the blockage is released and balance is attained, it is possible for physical and emotional problems to heal and optimum health to reign.

How and Where to Tap

There are 2 key points to utilizing EFT: the tapping technique and locations, and the positive affirmations. There is a sequence to follow in tapping and once you get the hang of it, usually after only a few minutes, you will be able to do the sequence automatically and focus more on your affirmations.

There are 9 Tapping Points on the body:

1. Karate Chop (KC)
2. Top of Head (TH)
3. Eyebrow (EB)
4. Side of the Eye (SE)
5. Under the Eye (UE)
6. Under the Nose (UN)
7. Chin (Ch)
8. Collar Bone (CB)
9. Under the Arm (UA)

Accepting and Understanding

Many people are skeptical when they first discover EFT and tapping.

Being aware of the electromagnetic energy that constantly flows through our body and regulates our health has recently been recognized in our Western culture and is gaining popularity.

It is common for people to be initially amused by the methodology of EFT, but once they try tapping and feel the benefits, their amusement often changes to belief.

Are you familiar with EFT affirmation and tapping? If not, why not give it a try!

Note: The founder of EFT is Gary Graig. He founded EFT after working with Dr. Roger Callahan, a Psychologist who founded Thought Field Therapy.

What Are The Benefits of EFT?

EFT has many benefits besides being a healing technique. It is also safe, simple and easy to do and there is no special equipment required. The wonderful thing is that many individuals can do treatment sessions on their own in the comfort of their own home.

EFT has been successfully used to treat a myriad of conditions. Tapping has been used to help with PTSD (or Post Traumatic Stress Disorder), to quitting smoking, emotional fears and stressors and many other issues. There are a variety of videos on YouTube that can enable you to learn the how-to's and hear people's successes and the benefits they have received from using this technique.

Of course, if you are dealing with a significant trauma or a difficult situation, you may benefit from working alongside a trained medical practitioner. Thanks to how successful EFT is there are numerous practitioners employing EFT all over the globe. Many will work with you over the phone or via Skype, making it super flexible to keep a schedule with them and work through your issues together.

Calming Your Mind

Tapping is an effective tool for soothing or calming your body physically or your mind mentally or emotionally. It is very liberating to be able to rely on yourself and not someone else for calming yourself down. Being responsible for how you are feeling and thinking as opposed to waiting for someone else to change their behavior, attitude or mood so that you can feel better is very empowering.

Releasing Negative Factors

EFT is an excellent tool in your arsenal for preventing disease. Not only does it improve the energy flow within the body and stimulate the energy meridians in the process, but it helps to completely ground your body's electrical energy system by fully connecting you to your physical body.

Since negative energy that is trapped in the body thrives on worry, anxiety, tension and stress, it is vitally important for us all to release that negativity in order to live a healthier life.

Being in a chronically unhealthy state has been clinically proven to lead to illnesses including: back pain, irritable bowel syndrome, Crohn's disease, TMJ, depression, ulcers, chronic stress disorder, colitis, tension headaches, fibromyalgia, migraines, ulcers and tension headaches among other issues.

Living with constant negative energy can have extremely detrimental effects on your overall health. In order to heal it is necessary to release negativity and surround yourself with healthy and positive people and environments.

One of the great benefits of this therapy is that anyone is capable of learning the techniques of EFT tapping, and passing on that learning to their family and their kids! In only a few minutes EFT and once they grasp the concept they are on their way to healing. Another wonderful attribute is that this is a totally portable treatment. You can do it at home or simply excuse yourself and go to the bathroom to 'tap' if and when you are out in public.

Some people have mastered the skill of "Mental Tapping" where they do EFT by imagining they are tapping on their energy meridians and only using their mind. This technique is often used just as you are falling asleep or first thing in the morning upon waking; especially during times when you are too relaxed or too tired to physically lift up your arm.

If you start tapping, you too will reap the benefits!

EFT Traditional Tapping Technique

It only takes a few minutes to learn the basic EFT sequence. It is straightforward and once you memorize it, it is easy to repeat. After obtaining very little practice, you will be performing every round in less than a minute.

The great thing about tapping is that it is fairly flexible. If for example, you don't tap exactly on the meridian points, the benefits will still present themselves. You may often experience times when you are unable to complete the entire tapping sequence due to a lack of privacy.

During these times, EFT can be modified by simply tapping on the karate chop point or the collar bone and stating your positive affirmations.

Some people find it beneficial to tap their fingertips together since a variety of meridian points is located within them. Many people have success grounding and centering themselves by lightly tapping their fingers on their upper thigh just above their knee. This can be a great option if you need to do some tapping while at your desk or when you are discussing stressful topics over the phone.

Getting Started

Your fingertips are your tapping tool. There is a variety of acupuncture meridians located in your fingertips, therefore you are not only activating the meridians you are tapping on; you are also using the ones in your fingers at the same time.

Since the majority of tapping points exist on either side of the body, it does not matter if you switch sides while you are working through the tapping sequence.

Originally, EFT had you tapping with your index and middle finger and only using one hand. Either hand works as well as the other. It is ok to switch sides during tapping. If you start tapping under your right arm for example, and end up under your left arm later on, it is ok.

Some people believe it is better to use all of your fingers and both hands. This technique covers more surface area, thus enabling you to access more of your acupuncture points. Other people have obtained great success with the traditional method of one hand, two fingers.

It is important to be comfortable and choose what works best for you in order to achieve the greatest results.

Basic Method

Try to consciously use your fingertips as opposed to your finger pads, as the tips have more meridian points. Of course, if you have long fingernails, take care not to hurt yourself! Prior to beginning, it is a good idea to remove any bracelets, your glasses and your watch as these can interfere with some of your tapping places.

Starting at the top of your head, tap each meridian point 5 to 7 times. The actual number is not crucial to the success of the session but instead, should approximately be the length of time it takes for one full breath.

Work your way through the meridian points.

Each point lies below the previous point, making it super easy to remember if you start at the top and work your way down. It is not necessary to work on the points in any specific order as long as you remember to tap each one.

If you choose to use both hands it is recommended to alternate the tapping so that each hand is slightly out of phase with the other hand, as opposed to tapping with both hands at the same time.

What Techniques Are Used in EFT?

There are a few different ways people choose to execute the Emotional Freedom Technique. The best thing to do is to experiment on your own and see which method produces the best results for you. The nice thing is you can customize a tapping regime that works for you and make it personal.

Positive Affirmations

In order to stimulate your mind and body to re-focus faster and work through your deep-seated emotional and physical issues, many people find adding their verbal positive affirmations to their tapping sequence helps to ground them and focus their energy. It is a way to express your self-love, patience and forgiveness with yourself while you are working through the healing process.

At first it may seem or feel funny to speak to yourself as you are tapping, however, studies show that verbalizing our intentions helps to manifest results faster. (Think of how actors and actresses go over their “lines” repeatedly out loud to help memorize as opposed to simply reading the lines in their heads).

The thought process behind stating the positive affirmations is that you hold the problem in your mind while tapping and verbally acknowledge the issue, and follow-up with saying “I deeply love and accept myself”, or “I completely and profoundly love and accept myself.” For example, someone who is trying to overcome a smoking addiction could say something along the lines of “Even though I have this craving for cigarettes, I deeply love and accept myself.”

The Choices Technique

This empowering method to unblock negative energy was made popular by Dr. Patricia Carrington. For many people, especially those with deep self-esteem issues, saying the last part of the phrase “I deeply love and accept myself,” can be difficult. There are times when the traditional saying does not fit well with the affirmation you are using as, for instance if your issue was only minor.

Making the subtle change to the last half of the sentence can make all the difference. With this method, you would change the affirmation to something similar to: “Even though I have this craving for cigarettes, I choose to live a healthier, happier lifestyle.” This method empowers people to choose to make a positive change in their life and bring in a variety of positives while you are acknowledging the negative behavior pattern you are working through.

Be as specific as possible with your wording when you are developing your affirmations. Use lots of positive adjectives customize your intentions to be exactly what you want. It doesn’t

actually matter if you believe in your affirmation at first, just say it and get the words going while you are tapping. This may feel like you are lying to yourself at first, but be patient. State your affirmations with enthusiasm and power. It is ok to “Fake It Till You Make It” in the beginning.

Be patient and kind with yourself. Often you are dealing with issues and emotions that you have been harboring for many years. It can be a very emotional process as you are releasing this negative energy. Understand that you are learning a new life-changing tool and this takes some time for some people to incorporate into their comfort zone.

Where Do You Find the Right Tapping Points?

The tapping points are situated in specific locations on your body and correspond to meridian energy points.

Karate Chop Point

The Karate Chop Point is the hand point. It is typically utilized for the simple tapping techniques in EFT, the setup statement part of the affirmation as well as psychological reversals. The (KC) is found on the soft and fleshy portion of the non-dominant hand, between the wrist and the base of the little finger (outside edge of the hand). It is aptly named as it refers to the part of the hand that would karate chop a block of wood.

Some of the emotional releases associated with the karate chop include worry and obsessive behaviors. Stimulating this point is helpful in overcoming these feelings.

Top of Head

The set of points at the top of the head were actually added at EFT conference years ago. They have become widely accepted and are regularly used nowadays. Since a variety of meridians meet at the top of the skull, this is considered a vital energy center. It is also in the area of the Crown Chakra or the 7th Chakra, which is known to be a spiritual energy center.

Some individuals believe that stimulating this area awakens the entire energy system and encourages the mind and body to pay attention to what we are specifically about to address. This point is extremely sensitive and it is important to be extremely gentle when tapping at this location.

Releases for the top of the head include: lack of focus, inner critic and redundant thinking. This location allows for: wisdom, clarity, spiritual connection, focus, spiritual discernment and intuition.

Eyebrow

The eyebrow point is found on the dominant side at the start of the eyebrow, above the bridge of your nose. It helps you to heal feelings of deep sadness and inner hurts.

Side of The Eye

This point is found on the dominant side at the end of the eyebrow towards the edge of your temple. It is helpful in releasing anger emotions and for providing clarity of thought.

Under The Eye

This point is located directly under the pupil on the eye socket bone. Tap here if you are feeling worried and anxious. This is your calming point.

Under The Nose

This point is found between the nose and the lip. To help with feelings of guilt and shame, tap here to overcome your feeling and find self-acceptance.

Chin

This tapping point is found between the chin and the lower lip, just under the bottom lip. Releases include feelings of embarrassment, uncertainty and shame and like the under nose point, allows self-acceptance.

Collarbone

This point is found just under the protruding bone of the collarbone or clavicle and helps release anxiety and stress.

Under The Arm

Found approximately 6 inches below the armpit; for woman this is in the bra strap region. Emotional releases include poor self-esteem and hopelessness.

Start tapping today for allowing more self-worth into your life.

Using Emotional Freedom Technique in Public

Many people who are into the habit of tapping may find it difficult to do so in public. It can seem embarrassing to be stating affirmations to yourself while tapping on your meridian points. More than likely, you will get a lot of strange looks and raised eyebrows. If you don't want to stand out in a crowd there are a few things you can do.

Take some time to practice using and perfecting the technique in the comfort of your own home. You will eventually be able to tap only using 2 fingers of one hand while softly saying the affirmation silently or under your breath. This will enable you to be able to practice EFT in practically any setting. If anyone witnesses your tapping, they will simply think you are only thinking quietly to yourself.

Tap Prior to Leaving Your Home

Many problems people tap to alleviate are issues that occur in public, such as social anxiety, dealing with sensitivities or perfume headaches. Therefore it is wise to have a way to discreetly tap while surrounded by people.

If you are heading out for your day and you realize that you may have an issue come up that is provoked by being in a public situation, take some time before leaving the house to tap while focusing on all the situations that might bring up the anxiety. Doing a few rounds of EFT at home ahead of time can often help reduce the emotion, if it does end up happening, to a more manageable level.

Once you get to the point where you can imagine yourself being in the situation such as speaking in front of a crowd and it does not resonate an emotional response, there is a great chance that when you do go out the emotion may not occur at all or it will be at a minute level.

Tap On Your Way to the Event

Let's hypothesize that you are on your way to your best friend's wedding and you have to give a public speech. During the days leading up to the event, you have been tapping and imagining you delivering an excellent reception speech. More than likely you have tried to think through the numerous aspects of public speaking that may provoke fear and applied tapping to them; similar to applying tapping to emotionally intense speaking events of the past. Some people have discovered success starting their day with tapping in bed before getting up or tapping in the shower.

You can tap as you are getting ready for the event and while travelling to the event. You can use red lights as an opportune time to tap while stopped. Be sure to keep focused on driving and if you have at least one hand on the steering wheel you can also tap on certain points while you

are driving. Some individuals prefer to tap on the karate chop point while driving because it is one simple motion.

Excuse Yourself to the Washroom for Privacy

You may find in the middle of your outing that something arises and you feel the need to tap. Politely excuse yourself from the group you are with and make a quick dash to the bathroom. Getting a few rounds of tapping in prior to your speech will be sufficient enough to reduce your anxiety and help you maintain an enjoyable evening.

Just because you are in public doesn't mean you can't benefit from using tapping techniques.

Using EFT Tapping Affirmations

Stating our intentions out loud can help us focus on what our priority is and enable us to achieve our goals faster. Many people get stuck on the fact that EFT teachers recommend starting first with the “negative” or the thing that is bothering you. Some teachers refer to this instead, as simply stating the truth. In that particular moment, you are experiencing some kind of pain, discomfort or issue.

It is important to state this truth or negative at first to let your body and mind know that you are working to eliminate this issue or blockage.

Once you have identified your truth and stated it out loud while tapping through your meridian points, it is time to implement your positive affirmations. For example, if you were dealing with some form of physical pain you may say something like: “Even though I have this lower back pain, I deeply love and accept myself.” This could be a potential set up statement.

Next, as you are working through your meridian points for the first time, you would isolate the pain issue and as you go through your tapping sequence you could say something like, “This pain”, (tap 3 times on first point) “this terrible pain”, (say this as you move to the next point) “this pain that hinders me from completing my activities”, (keep moving through each meridian point while stating your pain sentences) “this awful pain, this cumbersome pain”, finishing with “I deeply love and accept myself” as you tap on the top of your head.

Some people refer to this part of the tapping as a venting time, where you can acknowledge and release all of your frustration, anger and annoyance with what you are tapping on. There is no magic vocabulary here. Keep in mind that you are ahead of the game simply by verbally acknowledging your issue. This will help you to release the negative energy stored in your cells.

Often we do not want to verbalize anything negative, for fear of attracting more of the same. With tapping however, it is an important part of the equation and the rest of the time you are actually saying positive affirmations.

Once you have gone through each point, recognizing the pain you wish to release it is time to move onto the affirmations. Prior to starting the tapping process and while you are stating your truth, give your pain (or issue) a number from 1-10 (low to high) on the severity of it.

Now it is time to keep going through your sequences automatically but change what you say to yourself to be a positive affirmation.

For example, “I am grateful that my body has the ability to heal itself, I am so happy and grateful that I am taking time to acknowledge my feelings, I am so in tune with my body and its

signals, I release this pain, I am happy, healthy and safe. Thank you for my healthy, happy cells, tissues and organs.”

At the end of your tapping, tune in with your body and mind and see what on a scale from 1-10 you would rate the issue now. Keep working through it until you have let it go.

Figure out what comes easy to you to say. The more you practice, the better you will become. This portion of the tapping sequence is the ‘positive’ ranting. Visualize your positive end result as you go through this part of the sequence.

EFT for Chronic Pain Relief

For those dealing with chronic pain resulting from either an illness or an accident, it can feel very debilitating and limiting. The constant ache can leave you feeling depressed and uncomfortable more often than you feel energized and well.

Instead of relying on painkillers that may leave you feeling drowsy and less than capable of driving safely; Emotional Freedom Technique, also known as EFT or Tapping can bring you relief.

For some people, stiffness and chronic pain is robbing their quality of life. Using EFT to help relax and release stress and tension from your body and from deep within your muscles can help you to relieve some discomfort and pain.

EFT works in stimulating specific acupressure points on energy meridians in our bodies by gently tapping in certain spots. The premise is that this technique helps to stimulate the energy flow through your body and can help with releasing from where you are storing pain or discomfort.

As with many unconventional or alternative treatments, tapping has not been medically proven per se, but millions of people all over the globe swear by it. Since it costs nothing but a little time and energy, and has no real associated risks, it can prove extremely beneficial for those dealing with chronic pain issues. Being able to enjoy potential benefits without any associated surgery or drug therapy is definitely a bonus!

A wonderful thing about Emotional Freedom Techniques is that they are akin to psychotherapy and considered to be a form of knowledge therapy. Therefore, anyone who wants to educate themselves on the practice can.

The treatment can either be self-administered or you can make an appointment with an EFT expert. Many of them work over the phone or via Skype and you don't necessarily need to make a clinical appointment or visit them in their home or office to receive the benefits.

Self-treatment of back pain or muscular or body pain only requires the basic knowledge of the techniques. This is a very economical and empowering way to help work through pain. Tapping participants find problematic feelings and thoughts that are in their minds and develop and recite positive affirmations in response to these emotional blockages.

As they are working through the set-up statement discerning the issue to be worked on and the subsequent affirmations, they gently tap on certain acupuncture or acupressure points.

EFT for Back Pain

EFT has grown in popularity with people suffering with chronic back pain. Numerous health professionals who treat people with back pain are now offering it as part of their services.

Many alternative therapists are using this technique too. Massage Therapists and Reiki Masters among others are adding EFT to their repertoire.

If a self-directed approach is more your style; taking some time to view online videos can be a great way to tap alongside a professional. This is ideal for fitting it into your schedule and customizing a routine around your day. Once you do a few online videos, you will have the hang of it.

Some people have eliminated their chronic pain issues altogether. Be as specific as you can with your affirmations and you will start feeling better sooner!

EFT for Post Traumatic Stress Disorder

PTSD stands for Post-Traumatic Stress Disorder and is a psychological affliction that is truly a burden for those suffering with this disorder. The issue is that by reliving traumatic stress over and over can eventually rob the person of inner tranquility and peace of mind. This constant stress wears on the body and can cause physical damage.

Sometimes traumatic stress can stem from negative emotional experiences that occurred during childhood. It may present itself in adults as a result of an assault or some kind of traumatic experience. Many people associate PTSD with returned soldiers and war veterans, due to the stress and anguish they have endured, resulting in traumatic stress.

What Are the Symptoms of PTSD?

Some of the most common symptoms of Post-traumatic Stress Disorder include: nightmares, jumpiness, flashbacks, guilt, digestive disorders, insomnia, rage, grief, and being easily triggered by events. Depression, suffering from panic attacks and anxiety are also frequently experienced by sufferers, along with feeling unsafe and isolated.

EFT can be extremely helpful if you or anyone you know has any of these symptoms. Many scientific studies have been conducted on traumatized groups such as war veterans and Tapping has been shown to eliminate or reduce PTSD, sometimes in only a few short lessons.

Those dealing with post-traumatic stress not only experience immediate relief; they also report that the positive effects are maintained long after treatment has taken place.

PTSD is a stress disorder that as stated, is frequently associated with war veterans; however, the term actually applies to any chronic anxiety that individuals experience after living through or witnessing a dangerous event, according to the National Institute of Mental Health.

Today this covers a vast spectrum of situations, everything from natural disasters to car accidents to shootings in public places. Being able to find a safe, healthy and drug-free way to cope is immeasurable to those suffering from PTSD and their family members.

Recent studies published in the Journal of Nervous and Mental Disease show that EFT can be excellent for addressing Post-Traumatic Stress Disorder. A controlled trial was set up utilizing veterans suffering with PTSD. They were split into 2 groups: one received traditional therapy alone, while the other group received the same therapy, along with 6 sessions of EFT coaching.

Approximately 90% of those veterans who used EFT no longer exhibited PTSD symptoms by the end of the study. Only 4% of those in the other group claimed to have received any significant relief from the disorder.

The amazing point to make with EFT is that once you have learned how to tap, which only takes a few minutes of repetition, you will be able to use this self-directed therapy tool to address any manner of personal issues. Many experts recommend when dealing with an issue as serious as PTSD that it may be wise to begin with a practitioner.

It is common for those using EFT to have many deep emotions surface during the process. It is important to be prepared to deal with these emotions as they are being released, to be kind to yourself in the process and to allow yourself to let go of the burdens you have been harboring.

Studies show more promising results with EFT as opposed to the traditional methods of medication, group therapy, computerized desensitization programs and talk therapy with many patients.

Experts agree that time does not heal PTSD. EFT can possibly provide the answer that many are seeking.

EFT Is For Anyone, Anytime, Anywhere

Once you learn how to do “Tapping” or utilizing the Emotional Freedom Techniques, you will have the ability to transform your life!

It is truly freeing to know that you can take control of any issues that are negatively impacting you. By gently stimulating these ancient acupuncture or acupressure points with your own hands, you can enable some deep changes to take place. Letting go of past, present or future fears, while re-affirming your love and acceptance of yourself is very empowering.

Some people incorporate daily tapping. Some people find it helpful to do it before getting out of bed in the morning, to set up their positive day and determine what personal issues they are working to overcome.

Other individuals simply take a moment to tap as things come up through the day and kind of “play it by ear.” Other people find it great to do before or after or during their shower or “bathroom time” when they are sure to be alone.

Privacy and Imaginary Tapping

Privacy is an issue for some people. They may feel self-conscious about talking to themselves and trying to tap with other people around. Studies have shown that simply imagining you are physically tapping can be as effective for many people. This is great news if you wish to tap at your desk during work and do not have the luxury of a private office. This also means that paraplegics and others with limits to their hands and arms can still successfully do EFT.

Lightly Rubbing or Touching the Points

Some people find it great to simply touch or rub the points when anxiety comes up out of the blue or while they are in a public place. It can be much more discreet to lightly rub or touch on some of the points, especially the karate chop point, and not draw much attention to yourself.

Many people report that a few light rubs on certain points provides an instant calming effect and takes the edge off of their anxiety. Experiment during your complete tapping sessions so that you have a backup plan if the need arises.

Finding Your Favorite Point

Once you have been tapping for some time, you may determine that you have a favorite point that provides an extensive shift for you. Whether it is the side of the eye or your collarbone, instead of doing a full sequence of tapping, you can simply tap your favorite point a few times in order to produce a huge shift in intensity.

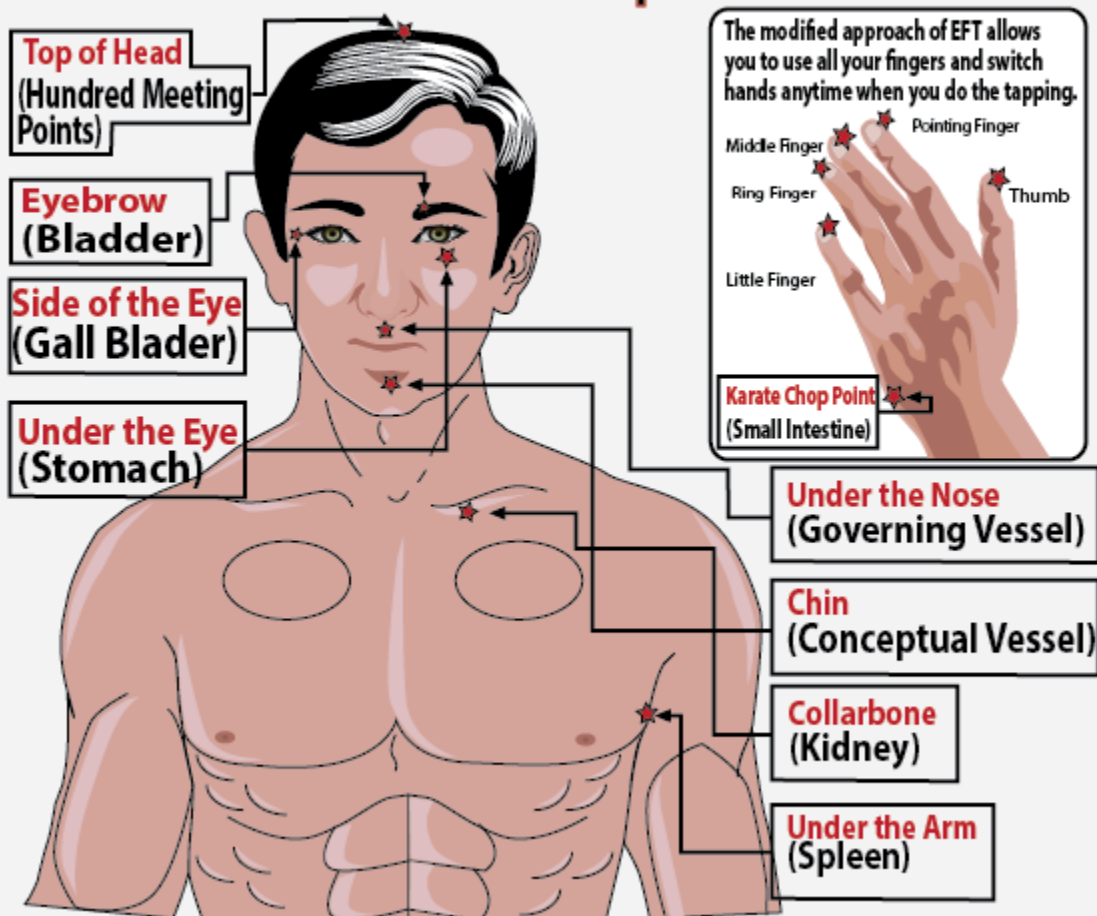
This can be very handy if you are in a rush or use tapping for performing or speaking in front of large crowds of people. When you are out in public, just lightly rub on your favorite point in a non-obtrusive way.

Finger Points

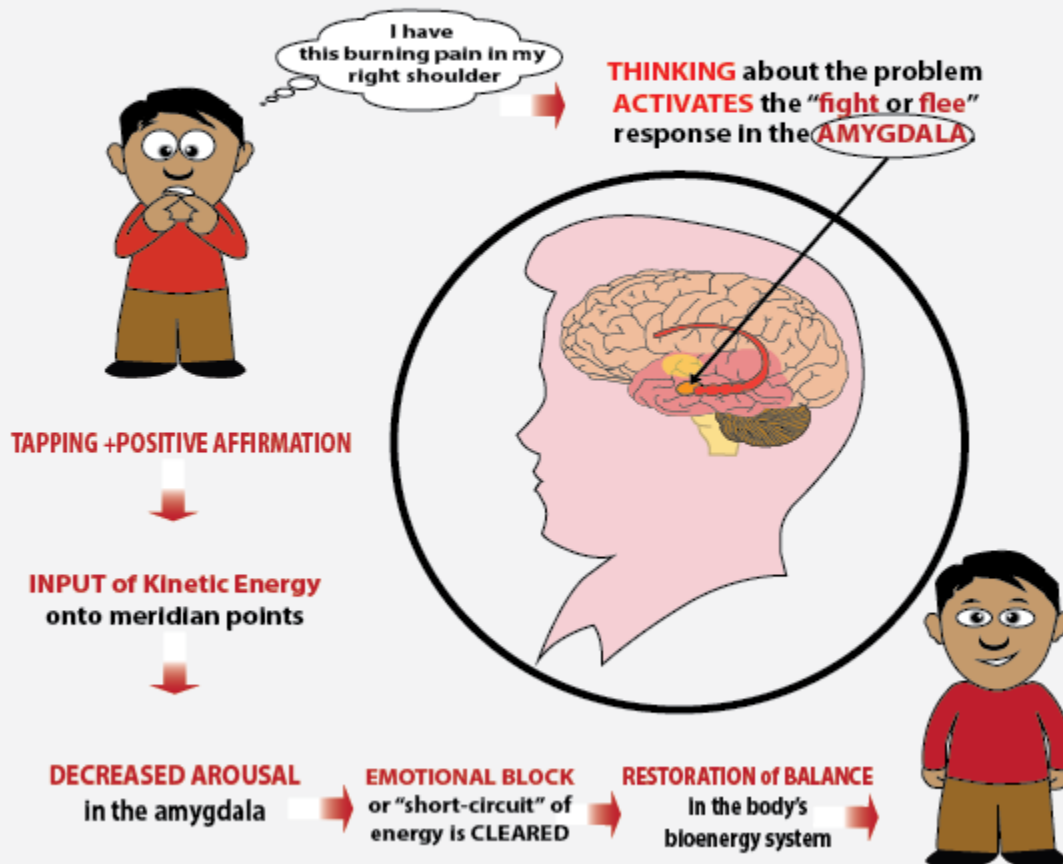
It may be helpful to use the thumb of the same hand to tap on the finger points of that hand. Dr. David Lake first introduced this method as “Continual Tapping.” It can easily be completed without drawing any attention to you.

Some people choose to do it behind their back or under the table if they want to ensure not being noticed. The nice thing about this method is that even if someone sees you doing it, they most likely won't pay much attention.

Emotional Freedom Technique Meridian Points



How EFT Tapping Works



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