

**An E-Book of short articles on the Emotional Freedom
Technique. Brought to you by Dominick L. Flarey, Ph.D, RN,
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The Emotional Freedom Technique

You can think of the Emotional Freedom Techniques (EFT, or tapping) as a getting back to basics way of healing yourself. Many people are tired of the idea that you can simply throw medication at a problem to heal it. It seems that every medication your doctor prescribes has some side effect that needs to be treated with more medication.

Natural healing methods like EFT are making a comeback because a lot of people are also concerned about the pharmaceutical/health professionals' relationship. Doctors and other health care providers are often times given kickbacks and other benefits for suggesting a particular medicine over another. This means that in some cases, the doctor's pocketbook is taking precedence over providing the best possible care.

EFT is one of several natural healing techniques that is far less invasive than traditional medical treatment. It is extremely effective, requires no shots, doctors or medicine, you can perform it on yourself anywhere at just about any time, and the results for some have been absolutely astounding.

Defining EFT

Emotional Freedom Techniques work on the following premise:

*When your body's natural energy system is disrupted,
blocked or imbalanced, your emotional state is disturbed.
This can lead to mental and physical problems as well as emotional
issues, because when your emotional state is unhealthy, your body's
ability to heal itself is reduced.*

Tapping resets the natural flow of energy in your body, restoring your immune system and emotions to healthy states. In this way, EFT is a natural healing tool that is globally recognized as an effective treatment for emotional, physical and performance issues.

EFT allows you to tune into the cause of a particular physical, emotional or mental problem in your life. Then, through stimulation of the meridian points where energy flows through your body, physically tapping at those points restores your life force energy to a healthy and natural state.

Remarkably, this self-healing technique can correct a host of poor health

conditions. Thousands of years ago Chinese spiritualists discovered that the human body functions because of a powerful energy which flows through all living things. When you don't understand why you are feeling grumpy, tired, weak or sick, it is because your energy has been disturbed or blocked.

Tapping is a simple physical process. You lightly tap your fingertip on different parts of your body, and over time, you signal your mind and body that this process is balancing your energy flow. EFT has been proven as an effective healing technique for mental and physical health issues which have not responded positively to other alternative and traditional treatment methods.

EFT Can Bring Positive Change in Your Life

More and more people are claiming that Emotional Freedom Techniques (EFT) has the power to change lives in powerful and positive ways. Many people have stopped relying on the healthcare system and psychologists to solve their ills, and have begun to take responsibility for their own emotional and physical health. More people are turning to energy therapies because they provide effective relief that is simple to apply.

Because it is versatile, powerful, effective and most of all, simple, EFT is one of the best of the energy therapies, and is gaining a lot of attention. One of its most intriguing attributes is that it is so versatile, because it can profoundly address so many physical and emotional problems. It can even be used in business situations for addressing general problem-solving. It works by changing the energy systems flowing through the body as it utilizes the focus of the mind toward addressing the issue at hand.

We know that how we think has a direct connection to our well-being. When we engage in negative thinking or allow ourselves to dwell in the low energies of anger, fear, doubt, hate, etc., that kind of thinking affects our body chemistry in subtle and not-so-subtle ways and affects the normal flow of energy throughout the body. Disruptions of energy flow to the body's overall energy system, if allowed to continue for long periods of time, lead to physical and/or emotional ailments. Alternatively, thinking positive thoughts raises the general energy levels of the body and allows the free flowing of healing energy within the body.

How does EFT work? Without the use of needles as in acupuncture, EFT uses a similar form of tapping on the energy systems of the body at various meridian points of the head, face and body. At the same time as we are tapping on the meridian points, we say aloud a phrase that is an affirmation relating to the issue being addressed. The simple process of tapping at the meridian points starts a releasing of the negativity, allowing the energy to flow freely once more.

Amazingly, the process takes effect very quickly. It only takes one minute to go through one round of tapping. One round involves tapping on each of the various points in the sequence. Depending on how deeply ingrained the symptoms are, we usually allow about three to five rounds of tapping and saying affirmations at the same time. It only takes this short amount of time for you to feel a definite raising of energy levels. If combined with some breathing techniques, the effect can even be more powerful, especially for issues of anxiety or phobias.

EFT can be an excellent tool in working with children. Since children inherently have fewer inhibitions than adults, they readily take to EFT's offbeat process and the creativity that EFT affords. You will find they tend to bring humor into the picture, and humor always seems to make the healing process go easier and

more rapid. It is always good to adopt a more lighthearted approach when using EFT. It helps not to take yourself and your issues too seriously. Laughter can facilitate the healing process by defusing old issues.

With its marvelous versatility, after mastering the basics, it is useful for letting go of all sorts of negative emotions. You will be able to get relief from physical symptoms and make positive changes in just about all areas of your life. It can be used to increase the speed of attaining goals, such as manifesting more money, implementing a healthier lifestyle, and making improvements in your relationships, among many other uses.

For rapid life improvement in so many different areas, don't pass EFT by. You could be passing up great potential for enriching your life in areas you have scarcely imagined.

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<http://www.essentiallifefskills.net/emotionalfreedomtechnique.html>

How Can EFT Help You?

Some of the benefits you receive from EFT tapping are hinted at by its very name. Emotional Freedom Techniques was so named because tapping can free you from negative emotions, thoughts and feelings. EFT has also been used for physical health issues that have not responded to traditional treatments. Listed below are just a few of the recorded benefits this complementary and alternative healing practice delivers.

Stress and Anxiety relief

External and internal sources can cause stress in your life. Sometimes you don't know why you are anxious. You can't spot the stressor that is causing such a disturbance in your life. Stress has been directly connected to higher levels of heart problems, obesity and other indicators of poor health. Stress-relief is one of the most widely recognized benefits of EFT.

Control over Addictions

Are you addicted alcohol? Do you find it impossible to stop smoking, even though you know it's destroying your body and killing you? Do you crave food, or suffer from some other unhealthy addiction? If so, you should consider EFT tapping. Unhealthy addictions are almost always a sign of some internal emotional or spiritual problem. The emotional freedom you get from tapping benefits you in a number of ways, notably by returning your control over addictive behavior.

Pain relief

EFT works very well for emotional and spiritual release. Interestingly, it has also been used for pain relief, and as a way to help people cope with pain. In some cases, chronic back pain that has been around for years disappears quickly after a few EFT tapping sessions. In other cases, pain that was debilitating, sometimes leading to immobility, had a much lesser impact on a person's life when tapping was applied.

Attaining success and wealth

Your emotional state dictates everything in your life. When your energy is not flowing properly, you think bad thoughts, have negative emotions, and can't see the path to success, wealth and abundance. EFT tapping returns you to the "you" that was meant to be. You reach a naturally healthy state where any type of block in your life, holding you back from success, wealth or any other desired goal, is removed.

Healing trauma

Trauma happens for a number of reasons. You may have experienced a life of trauma because of a childhood abuse or some other bad experience. Physical trauma, after a car accident for example, is also very difficult to deal with. When you lose a loved one, this emotional and spiritual trauma can be absolutely devastating. EFT allows you to reach closure with any type of physical or mental trauma that is negatively impacting your life.

Change Your Mind with EFT

What we are really talking about here is a step-by-step plan for implementing lasting behavioral change on a neurological and biological level, with the help of EFT.

Bruce Ecker, author of *Unlocking the Emotional Brain: Eliminating Symptoms at Their Roots Using Memory Reconsolidation*, has developed a method for unlocking the brain's processes for deep change. Behavior can change because of the brain's ability to absorb new data and use that data to modify old information that is coupled with conscious and subconscious decisions based upon old interpretations and memories, much of which may have been distorted and/or filtered as it was originally taken in.

These kinds of results--of permanent behavioral change--can be achieved through many therapeutic approaches, and EFT stands out as one that is very well-suited for the task.

What types of behaviors would we like to change? Many of us would like to break negative habits, like smoking or over-eating. Or break into a new habit such as establishing an exercise routine. There are also emotional patterns we would like to modify, such as feeling anxiety in social situations, getting control over sudden, angry outbursts, and the multitude of fears that plague us in so many different situations.

To make real, lasting changes requires three crucial ingredients:

1. The complete cessation of symptoms; the issue disappears.
2. There is no reactivation of the pattern; it is not easily set off by situations that used to trigger it.
3. There is permanent extinction. The initiating memory is still intact, but it no longer has any power over you to affect your feelings or decisions you make about yourself.

As we grow up, we learn lessons about how to be in the world, based on our experiences. Some of these enhance our lives, some limit us. Maybe you were belittled by a teacher in math class, and concluded that you are not good at math. These experiences are fraught with emotion, and emotions attached to a memory are stored in a different section of the brain than the purely neutral sequential details of the actual episode, quite a few of which may be forgotten. Memory and emotional learning are stored uniquely. This is where we acquire our beliefs about ourselves and decisions we continuously make that become our behavior patterns--many of which we want to change or modify.

Ecker's Formula for creating change therapeutically involves three preparation steps, and here is how they would be performed using EFT:

1. Identification of the symptom. Establish the problem that is to be changed.
2. Retrieval of the pattern that was set up. Recall the earliest remembered experience that caused the pattern to be formed. This helps bring to the surface emotional (and maybe unconscious) facets. Using EFT, this would only be done after good rapport has been established with a client.
3. Look for a contradictory experience. This is a crucial element--it must be some experience that engendered just the opposite result, to counteract the negative or painful one that was recalled in the previous step.

Now we begin the Memory Reconsolidation process:

1. The client brings back to awareness the original event and associated feelings while using EFT tapping.
2. Elicit the contradictory experience side-by-side with the original activating event. Client envisions some resolving situation that cancels out the painful feelings that led to creating the compensatory (unwanted) behavior. This is a key element.
3. Practice ongoing repetitions of Step 2 until the new feelings associate with the memory and become the predominant perception of the original situation.

The final step is to check for the eradication of the painful emotions, or test to verify that the emotional intensity is insignificant and evokes no negative response, which is a mandatory ingredient of EFT.

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EFT and Your Memory

Can EFT help you improve your memory? Here are two cases that seem to suggest it can. The first case involves an RN who is a certified EFT coach. She claims she's always had difficulties remembering certain things, like adding to a shopping list, remembering to make personal phone calls, and locating items she had put away but could not remember where. After becoming an EFT practitioner, and being admonished to try EFT on "everything," she decided to try tapping for these small issues of memory lapse.

So if she saw something that should go on her shopping list but didn't have the list handy, she would tap each point, saying something like, "I choose to remember to put (whatever the item was) on my list." The next time she had the list in her hand, she was able to write the item(s) down. Before going to the store, she would tap with, "I choose to recall everything I need to get while I'm at the store." She states she has not yet come home and found that she had forgotten anything, but advises that you be specific and name the item(s) that you want to remember to get.

One of the best uses of EFT for memory might be finding items you've misplaced. This can be of great help if you ever move and pack up lots of boxes without labeling them adequately. Here, too, the EFT coach will tap on the points with the phrase, "I choose to remember where I put (item X). The item's location seems to magically come to mind. She's always been able to find the item within a few moments, or she'll remember discarding it.

The second case is from a licensed professional counselor who is also a board certified neurotherapist. He has had the problem of forgetfulness all his life. He has gotten some help with neurofeedback sessions but he still gets very frustrated at times. He has implemented habits which help him keep track of items, such as always putting his wallet, keys and glasses in the same place at night so that he knows exactly where to find them in the morning.

Nevertheless, one morning he panicked when he was rushing around getting ready for work and realized his wallet was not where he usually put it. He began to think of all the what ifs that might occur if he didn't have his wallet with his driver's license and credit cards, etc. He became more frantic and kept looking and looking throughout the house, checking everywhere he had been the night before. Two times he checked the jacket and pants pockets of the clothes he had worn the day before. No wallet. Now his mind was racing with thoughts of the hassles of having to call all the credit card companies to cancel and reissue new cards and get a new driver's license. These thoughts left him extremely upset and frustrated.

Suddenly he thought of tapping. He repeated several times, while tapping, "Even though I know I've been careless with my wallet, I would still like to remember where it is and I am a worthwhile person." An image of the closet flashed before his mind. He started to reject it because he had already checked his suit pockets twice--but then another flash appeared and suddenly he remembered he had worn a *different* pair of pants, not the pants from the suit! He rushed to his closet and felt into the pocket of the pants he had worn the day before--and sure enough, there was his wallet. And he was able to get to work on time.

His initial emotional response could have set his whole day off course. Tapping allowed him to calm his anxiety and frustration, stop beating himself up for forgetting to place his wallet in its usual place the night before, and allowed his mind to relax so that his subconscious could access the information he needed in a timely manner.

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EFT for Insomnia

Using EFT for insomnia is gaining more appeal with people, because they are finding it very useful in helping them fall asleep.

It is always important to look at underlying issues that may be causing your insomnia. It must be kept in mind that a cause always exists; it could be emotional, physical, or both. To get permanent relief, working on the cause while using EFT will be of great benefit in overcoming insomnia.

Start by analyzing what might be causing your insomnia. What thoughts circle around in your head while you are awake at night? Is there a theme that keeps playing out? Perhaps you have some particular worry that persists in invading your thoughts and you feel that you must reach an answer right away.

Here is a suggestion to get started: Think about the responsibilities that are weighing heavily on your mind while you lie awake at night. You can come up with a variation on this phrase: "Even though I feel the burden of responsibility for (here you will fill in with some words that speak to whatever issue is on your mind) . . . "I choose to be aware that I will be better able to resolve this after I get a good night's sleep."

Keep in mind that you are not avoiding any issues in using statements such as these. This technique allows you to put the issues aside till a better time, when you can deal with them with clear thinking after a good night's sleep. Tossing and turning, fretting and worrying over issues that you cannot solve in the middle of the night is counter-productive.

When you are using EFT specifically to fall asleep, instead of actually tapping on the points, you can do a mental tapping that is, envision yourself tapping at the points in your imagination rather than doing physical tapping. Mental tapping with EFT avoids the physical activity which can keep you awake and works just as well. This will allow you to drift off.

If you experience great anxiety because you think you must solve a problem immediately, it is recommended to keep a pen and pad handy by your night table. When thoughts obsessively intrude and you can't seem to shut them off, write down a sentence or two that will remind you in the morning of what had you so worried during the night. Then you can tap with EFT specifically on the anxiety.

Anger is another emotion that can rob your sleep time. If it is anger that is interfering with your sleep, tap on the anger itself. You must be completely honest and get to all the resentment and anyone who is the source of your irritation. You

can use a phrase such as, "Even though I'm so angry at (here you would fill in the situation or the person's name), I can choose to be relaxed and calm in this moment."

This works really well since it is likely that your anger caused you much irritation and perhaps you felt threatened in some way. The affirmation can dissipate the feeling of being threatened and give you peace so you can sleep.

Another good phrase is this: "Even though I can't sleep, I can choose to be pleasantly drowsy..." A direct suggestion of sleep might lead to subconscious resistance, but this affirmation lets the suggestion slip in quietly (through the "back door") and does not arouse subconscious resistance. Becoming pleasantly drowsy can allow you to slip off to sleep.

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How Can Tapping Help PTSD Sufferers?

EFT Tapping can be of great benefit to veterans or anyone suffering from PTSD, and it is easy to learn, can be performed virtually anywhere and doesn't require any tools or devices. It also does not bring on any side effects and costs nothing if self-administered. It takes mere minutes to learn. Most amazingly, some veterans suffering from even severe PTSD experience relief in days instead of years of conventional talk therapy and drugs, which often furnish very little, if any, progress.

Tapping can bring on recovery from a host of PTSD symptoms, including sleep disturbances and night terrors, mood swings, emotional issues, pain, substance abuse and violent outbursts, to name a few.

One case study focuses on a Vietnam vet named Jon, who for over thirty years was battling severe bouts of PTSD. Jon was able to undergo a transformation that was quite profound, with tapping sessions performed by Nick Ortner, author of *The Tapping Solution: A Revolutionary System for Stress-Free Living*. Jon participated in a four-day Tapping retreat.

Before the retreat, Jon suffered from diabetes and chronic back pain that was a result of Agent Orange exposure. He had also had three mini-strokes, and he was an emotional wreck. His family life was falling apart. He was racked with guilt over the many Vietnamese he had killed during the war. He became irritable and grouchy; never laughed or smiled. His kids avoided him because of his moods and his unpredictable reactions to ordinary noises within the home.

He would spend weeks and sometimes months over in Vietnam helping the Vietnamese, away from his family, hoping to assuage his guilt over the lives he took there during the war, but no amount of volunteer time helped him reduce his guilt. He also had a phobia of rats brought on from encounters with them in Vietnam.

After his treatment with Tapping at the retreat, he had an amazing recovery, at last liberated from the emotional and physical symptoms of PTSD that had imprisoned him since his 1968 stint in Vietnam. He felt free of the long-time guilt he had been saddled with for so many years. He started to enjoy his home life and his moods lightened, much to his family's delight. He still returned to Vietnam to volunteer, but for much shorter time periods. His back pain, which had aggravated him for fifteen years, disappeared. Even his rat phobia vanished.

Literally thousands of veterans suffering from PTSD have recovered with the use of Tapping, and Jon's story is just one of them. The Veterans Stress Project is a drug-free program offered to all veterans, providing EFT (Emotional Freedom Techniques) coaching. There are on-going clinical trials in which the trial

volunteers are given six sessions of EFT free of charge, with excellent and lasting results. The success of this program is evidence that healing is possible without drugs for PTSD victims that have been suffering for many years.

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Can Using EFT Create More Money, Success and Abundance in Your Life?

Is there a trick to creating more abundance in one's life? Many have asserted that money is a form of energy--nothing more--and that the concept of abundance is associated with a particular vibration of energy. People have claimed that using EFT combined with thoughts of love and gratitude and the concepts taught in books about attracting abundance can really bring about the desired results.

It's about transforming limiting beliefs and feelings of undeservedness, being willing to step outside one's comfort zone, keeping careful reign over feelings (focusing on the positive ones) and being open to prosperity consciousness. When you can change your thought vibrations away from worrying about the future and about not having enough money, to the higher energy levels of gratitude and acceptance--this will open the door for letting in abundance.

To a large degree, people operate within certain comfort zones. A comfort zone can have the effect of putting a ceiling on whether you are able to progress to a higher level of monetary success, based on subconscious beliefs that may have been taught to you at an early age. One example is noticing whether your income earnings are staying at a relatively same level year after year. If so, this is likely evidence that a comfort zone is in play, affecting your ability to increase your financial earnings.

If you are self-employed and a practitioner in a mental health field, you know there are lots of variables affecting your income: The amount of time you allot for vacationing, your clients' vacations, illness (yours and your clients'), the amount of referrals you get, the various days of the week that a holiday may fall on, and, of course, the economy, both locally and nationally. If you see that despite all the variables, your income level remains very close to the same amount year after year, you are probably caught in your comfort zone. But take heart! Using EFT can enable you to break through this, once you work on overcoming your resistance, and you may observe that even without raising your fees or doing anything different with your advertising, you can increase your income even in an economic downturn!

There are some common limiting beliefs. One is if you were taught that if you perform really well, you are showing off or taking the spotlight away from another sibling or even out-doing what your parents were able to achieve, and this may have been seen as *verboden* in your family. Another limiting belief is that wealthy people are bad or greedy or shallow and ruthless. Perhaps these subconsciously ingrained beliefs cause you to fear disapproval from a parent that may have taught you these values. Such beliefs about what it means to be wealthy can be revealed and treated with EFT.

If desire to be financially successful arouses feelings of guilt; if you feel that your success may take away from others, or that there is a limited supply of money to go around, these thoughts will limit your ability to increase your wealth. You will subconsciously sabotage your progress and find ways to ignore or reject opportunities. Again, working with EFT can change those thoughts and put you on the road to increasing your success.

Some of us think we don't have enough time or love or money, etc. This form of prosperity consciousness will block the flow of financial abundance. You will only receive what your conscious or unconscious belief is allowing. This, too, with the help of EFT, can be expanded to the certainty that there is plenty to go around.

It is vital to promote feelings of abundance. Even if your bank account is not where you want it to be, you can at least appreciate and bask in the richness and abundance of nature, the wealth of friends and/or loving individuals in your life, even the amount of compassion you are able to exude. Let go of poverty feelings and opt for feelings of abundance in whatever form feels doable to you. Pay attention to and be grateful for what you DO have in your life, instead of what's missing. This changes the vibration you emanate outward to align with Source energy, which will reflect the same vibration--of abundance--back to you. The affirmations of EFT performed while tapping the acupoints will greatly assist you in achieving all of the results you want, and help to abolish those insidious fears and doubts!

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<http://www.eftuniverse.com/personal-performance/using-eft-for-money-abundance-success>

Can EFT Treat Anxiety?

Many people claim to get relief from anxiety and stress using Emotional Freedom Techniques (tapping), although energy flowing along meridians and pressure points has never actually been scientifically proven. Affirmations of self-acceptance, which are repeated in the EFT process, are certainly positive and help build healthy beliefs about yourself. And since there is no risk in speaking positive affirmations while tapping on certain body parts in succession that has ever been reported, at the very least it probably will boost your confidence and state of mind. So is there validity in using EFT to treat anxiety? You decide for yourself as you read on.

You might have something causing you anxiety, something painful or a pressing situation in your life, and as you talk about that issue while tapping on the various points along the meridians, your amygdala in your brain, which is responsible for initiating the fight-or-flight response, gets the message that it is safe to be in a state of calm, that all is well at the moment.

Now let's examine a case study: Alexa is a 22-year-old woman who lives in New York and has landed her dream job in the fashion industry. Everything was going quite well for her until she experienced a serious health setback in her final semester of college. She became infected with a bacteria strain that put her in a coma lasting five days. Since her immune system is now compromised, she is easily prone to infections and sickness, and her level of fear and anxiety has her seriously considering walking away from her job to return home to Florida where her family, friends and support system are.

Alexa is having great difficulty coming to peaceful terms with her past and states that she doesn't know who she is anymore.

Alexa works with Gabrielle Bernstein, a life coach trained in EFT. Ms. Bernstein has Alexa repeat some EFT phrases, such as "Even though I don't know who I am anymore, I deeply and completely love and accept myself. I'm scared to face the world, " etc. As Ms. Bernstein progresses on, while continuing to tap on the sequence of points, she moves to offering a different tack, having Alexa speak about being a survivor and that she can opt for new diets, new ways of living, and with her health it is possible to achieve her dreams and be fully supported.

They both take a deep breath at the end and Bernstein inquiries about Alexa's anxiety level on a scale of zero to ten, where zero is no anxiety and ten is the highest level of anxiety. Where previously, Alexa rated her anxiety at a level of *nine*, she now states that it is at *four*.

Alexa is still advised to continue doing the tapping technique on her own at home, because there is a great deal of trauma within her as a result of her illness

that still needs to be purged or resolved. Both feel they have made good progress with this first session, and that tapping can heal Alexa's anxiety and trauma.

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Your Tapping Practice Daily

Just about any skill that you want to learn to do takes regular practice. We understand that and don't question it. For our emotional health, it's the same way. Even small practices that are done routinely over a long period of time add up and give us a good outcome--the outcome we are hoping for.

What does it mean to get into the routine of a practice? It means doing that routine on a regular basis, ideally at the same time every day, and sticking to it, no matter what the resistance or distractions or whatever else comes up to get us off track. We make the commitment because we get the results we desire. It is a way of fighting against complacency, against habitual old and outdated emotions, attitudes and beliefs, and old behaviors that do not serve us in the long run.

There are lots of practices you can find to do that are of great benefit and that will improve your life. Meditation is one, of course, but one of the best, and sadly, probably passed over too frequently, is getting into a Tapping practice, a regular routine of tapping. Anytime you perform a round of tapping will be of benefit, but it is best if you use tapping on a consistent basis. Unfortunately, like so many things that are good for us, when we are not in the habit of doing them, when an emergency occurs and the practice is needed the most, we forget about using it. We just don't think of it.

Of course it's a good idea to tap whenever a situation arises, but it is even better to set your intention and make it something you do regularly. A daily practice is best, and more frequently when you are ill. You decide what time of day is most convenient for you. Some people prefer early in the morning; for others, in the evening or just before bed works best. You also decide how long the duration should be for you. It is best to choose a time and duration that will be easy to keep up with on a continual basis, so you can succeed with your intention.

A good plan is to set up a chart showing the days of the week that you are committed to your practice. Again, daily is best for the most progress, but choose whatever is realistic for you. Check off each session after completing it. If you fail to do this, you can end up skipping several days before you even realize you've fallen off the program. Seeing those empty boxes not checked off will serve as your reminder to stay with it.

There can still be resistance, even if you have your intention set, you love the idea, and you are fully aware of the benefits. Even the most ardent tappers still succumb to occasional missed sessions because they didn't have the time or forgot or couldn't think of what to tap on. It is crucial when this happens not to go beating yourself up!

Understand that the part that has failed to keep up with the practice is the part that needs the most love and support. Some part of you may be harboring

feelings of unworthiness or wanting to punish yourself by not doing the nurturing thing. Tapping is a way to give self-love. By tapping, we are giving care and nurturing to ourselves, tending to our emotional health and well-being, and honoring ourselves. At these times, instead of judging yourself, bring the message of love.

What is it we all want? To feel loved and accepted, to know we are loving and accepting individuals. We all seek happiness, fulfillment and peace. By committing to a regular practice of tapping, you will bring to yourself that continuous stream of acceptance and love. The deep, profoundly transformative healing that your soul yearns for will be yours.

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Summary - Tapping Out of Emotional Pain

Introduction

Brief History of EFT Development

This section is self-explanatory. A very basic history of Emotional Freedom Techniques (EFT), and its founder, Gary Craig, is discussed.

Unresolved Emotional Issues Are at the Heart of Every Malady

The discovery of invisible energy channels (meridians) by the Chinese 5,000 years ago is covered here. This is the basis for EFT and other alternative healing practices. As you cannot see electric energy flowing through your television set and other consumer electronics, this internal life force energy and all living things cannot be seen. However, it can be accessed and manipulated for incredible health benefits.

What Is the Premise of EFT?

EFT works on a simple idea – emotional issues can block you from attaining physical, spiritual and mental goals. This is true whether you are looking to lose weight, improve your relationship with someone else, attain wealth and success, or become a more spiritual person. EFT clears those blockages which are holding you back from health and wellness in all areas of your life.

Can EFT Work Without Delving into Underlying Emotional Issues?

EFT does not work without stating and thinking about your discovery statement – "The cause of all negative emotions is a disruption in the body's energy system." However, unlike traditional psychotherapy, EFT tapping can be effective for addressing negative issues without having to relive painful past events.

What Makes Tapping So Effective?

How Do the Tapping Points Correspond with EFT?

EFT "connects" the energy points in your fingers with important energy meridians in your torso and head. The 3 energy channels accessible through your fingertips (Central, Right Main, and Left Main Channels) have been there since before you were born, and by tapping on specific meridians with your fingertips, you send bursts of energy that clear any blocks or imbalances.

By What Mechanism Does EFT Work at an Emotional Level?

Massive amounts of information, stimulus, input and data affect your emotions on a daily

basis. EFT keeps your emotional state healthy.

How Can EFT Help to Process All That Information?

While tapping you focus your attention inward. This helps dig up subconscious emotions which have been hiding below the surface. Instead of staying hidden and disrupting your energy flow, they are recognized and dealt with.

How Are Trauma-Induced Energy Disruptions Cleared Through EFT?

Trauma causes massive blasts of energy inside you. Tapping and speaking affirmation statements ensures that those huge bursts of energy do not create a traffic jam at your meridians.

How Can EFT Unblock Emotions?

Your setup statement start your EFT session. You acknowledge that a problem exists. However, instead of reacting to the problem, you accept yourself as who and what you are with this issue in your life currently. As you begin tapping, you talk about your feelings associated with that physical, spiritual or emotional issue.

Dormant emotions that lie hidden and are not dealt with can cause severe health problems. EFT helps bring those emotions to the surface where they can be dealt with, while also restoring your life force energy to a natural and healthy state.

How Effective Is EFT For Dealing with Painful Trauma?

Your emotions are warehouses of energy. Extreme emotions, love and hate for example, are attached to large amounts of positive and negative energy. Trauma blocks positive energy and creates negative energy. Since EFT tapping clears your internal energy paths, this promotes the flow of positive energy once again.

The Science and Research Behind EFT Tapping

The Fight-or-Flight Response

Occasional stress is a necessary and positive response to possibly dangerous stimulus. Your body recognizes what may be a threat (poor performance at work, not enough food to eat, someone following a little too closely down a dark, poorly lit street at night), and your fight or flight response kicks in.

All of your physiological processes, your blood pressure, blood sugar level, heart rate and mental acuity, switch into high gear. This was necessary for the survival of our cave-dwelling ancestors. Today, it usually creates unnecessary stress, which needs to be dealt with.

The Role of the Brain's Amygdala

The amygdala exists in the limbic system, is an almond-shaped part of the center of your brain. Its role is to deal with your emotions and long-term memory. It is where the memory of negative experiences are stored.

What Happens When EFT Calms the Body's Alarm System?

EFT lowers the production of cortisol, a stress hormone, and sends a calming, soothing signal throughout your body. The amygdala receives a signal that "all is well", and a stressful response is not triggered.

What Is the Mechanism That Makes Tapping Work?

EFT literally “taps into” your electro-chemical energy system, which is at the root of all your physical and mental processes.

Research Defeats Skepticism

The respected Harvard Medical School, and other noteworthy research facilities and health care authorities, have produced plenty of clinical data which unequivocally prove EFT works to boost mental and physical health.

Impressive Statistics from the Research of Dr.Church

Dr. Dawson Church showed EFT reducing cortisol levels (a stress hormone) by 24% to 50% in test subjects.

What EFT Has Done for PTSD Sufferers

EFT returns a positive and balanced emotional state. Post-traumatic Stress Disorder (PTSD) sufferers in at least one study showed an average 63% drop in PTSD symptoms after just 6 rounds of tapping.

How You Get Physical Relief Through the Emotional Door

All Dis-Ease Has One Root Cause

Think of the word disease as dis-ease. Disease is the opposite of ease. When you are at ease, you experience harmony and tranquility, peace of mind, and health and wellness. Dis-ease is the opposite of those emotional states, and has its roots in some emotional issue.

The Simplified Solution

A re-balancing of proper energy flow removes the negatively charged energy that creates poor mental and physical health.

Emotional Issues Directly Affect the Chemistry of the Body

Have you ever heard the saying that stress can kill? This is just one example of how emotional problems negatively affect your biochemistry, and can produce physical health issues.

How to Do EFT Tapping

Start by Focusing on Some Negative Emotion

For EFT tapping to be effective, you must focus on some negative emotion or situation you want to resolve.

Tap into Your Meridian Channels

Physically tap your energy meridians while thinking about the issue you want to clear up.

The Advantages of Tapping Versus Acupuncture

Acupuncture can be scary for many. The idea of sticking needles into your body is downright frightening to some. EFT gives you the same energy blockage-clearing benefits of acupuncture, without the needles.

The Tapping Sequence

This section covers the actual tapping sequence – top of the head, eyebrow, side of the eyes, under the eyes, under the nose and above the upper lip, between the lower lip and chin, collarbone, under your armpit on the side of your body, and the wrists.

Affirmations

Why Should You Do Affirmations?

Affirmations create positive energy. This helps unblock your disrupted energy channels.

When Should Affirmations Be Done?

You should speak affirmations upon rising in the morning, and before sleeping at night. These affirmations are also a part of your EFT self talk.

Working with a Mirror

Staring intently at yourself in a mirror while tapping helps you connect deeper with your subconscious mind.

Is Your Mind Sending You Negative Messages?

If you noticed negative thoughts and emotions while tapping, this could be your body's natural response to your energy manipulation efforts. These negative messages are a sign that your tapping is working.

Conclusion: 5 Points to Keep in Mind as You Experience and Practice EFT

Focusing Inward on the Issue

Your focus during EFT should be inward, on a very specific issue, problem or emotion.

When Reframing Occurs

When you begin to move energy around throughout your body, new perspectives will appear. These can deliver valuable insights you have not seen before, so be ready to recognize them.

The Importance of Body Hydration

Water conducts electricity very well. Your body must be properly hydrated before, during and after your EFT sessions so that your efforts deliver the greatest results.

Your Responsibility

Your personal health and wellness is your responsibility, and you have a duty to yourself to accept that responsibility.

BOOK REVIEW

Emotional Freedom Technique (EFT) Through The Chakras Book Review

Introduction

Michael Hetherington earned his Bachelor of Health Sciences degree from Charles Sturt University, in Bathurst, New South Wales. He is a Licensed Acupuncturist, receiving his Advanced level of certification from the Australian Institute of Applied Sciences. Continuing his focus on healing, Hetherington became certified as a Level 2 yoga teacher at the Byron Yoga Centre, also in New South Wales. He has 500+ hours of yoga teaching under his belt, as well as a Diploma in Chinese Remedial Massage (Tui Na).

Besides authoring Emotional Freedom Technique (EFT) Through The Chakras, the versatile and widely educated naturopath and alternative medicine devotee has written 37 other books, including the following:

- The Art of Self Muscle Testing
- The Art of Self Adjusting
- Cranial Relaxation Technique – a Simple Technique to Calm the Mind, Nourish the Eyes and Balance the Nervous System
- Developing Your Intuition
- How to Do Restorative Yoga
- You Can Ask the Universe Anything
- Getting Grounded
- 15 Sure Signs That You Are on the Right Path
- The Complete Book of Oriental Yoga
- Losing Weight Without Dieting

Suffering from painful migraine headaches in his early 20s, as well as chronic lower back pain, Hetherington was frequently depressed. He had always had an attraction and interest in Eastern philosophy. It was this way of thinking that led him to learn about yoga, Oriental medicine and remedial massage at a young age. By practicing meditation, relaxation and yoga, he eventually overcame his chronic pains and depression. He is a practitioner, believer and teacher in EFT and chakra energy psychology, and enjoys drinking tea, reading, and spending time in nature.

The Idea

The idea of wheels of energy (chakras, usually 7 in number) located along a vertical line in your body is nothing new. The chakra system is thought to be developed developed between 1,500 and 500 BC in India. It is believed that the chakras are an integral part of your subtle body. They are not physical body parts which can be identified, and are rather meeting points of energy channels. Your life force and vital energy moves through these channels.

EFT (Emotional Freedom Technique) is a phrase used to identify an alternative healing method that involves tapping at particular points on your body to balance your energy flow. It is based on Neurolinguistic Programming (NLP), energy medicine, Thought Field Therapy (TFT) and acupuncture. By lightly and repetitively tapping your fingertips on certain energy meridians, you unblock blocked energy, and the result is health and well-being.

Traditional EFT centers around tapping energy meridians located on your face, the outside of your chest and the top of your head. Your chakras are located and aligned in a vertical line, running up your spine and through the top of your head. The idea behind Hetherington's Emotional Freedom Technique (EFT) Through The Chakras is to use EFT tapping techniques along your chakra system to receive a much deeper healing experience than is realized using either of these systems separately.

How the Book Is Laid Out

This book is available in paperback and as an Amazon Kindle digital download. This review covers the 2d Edition of the 66 page Kindle book, which has been expanded and updated.

After a typical **Table of Contents** you come to an **Introduction**. It is here that you learn there are 3 basic levels, or dimensions, of the human body – the physical, the mental/emotional, and the spiritual. When your life force energy becomes imbalanced, you suffer from poor health in one or more of your 3 human dimensions. Through an EFT application to your 7 chakras, health is restored.

In the 1st chapter, titled **What Is EFT**, this relatively New Age alternative healing technique is defined:

"EFT is a simple method that involves tapping and stimulating acupuncture points around the head and upper torso with your fingertips, while bringing to mind and voicing an issue or problem of concern."

By stimulating these pools of energy you distribute your life force energy properly throughout your body. These acupuncture points are called "meridians" in ancient Chinese medicine, and "nadis" by the yogas of India.

You learn that since modern medicine has not identified the exact, anatomical locations of these energy meridians, many scientists and doctors consider energy healing as ineffective, inconclusive, and some even call the practice "snake oil" medicine. However, significant and respected modern institutions of medicine are turning to EFT and other energy healing methods as complementary therapies.

Chapter 2 is titled **How Often Should I Practice**. It explains when and why EFT should be performed, and how frequently, for the most benefits. You are also introduced to your 7 chakras, their locations, and the physical, mental and spiritual parts of your body they are related to.

Chapter 3 gets you started with **The Method** that combines EFT tapping with your chakra system. This includes the setup, where you accept your current state of being. You move to a positive re-framing, where you use affirmations of "being" statements rather than "thinking" statements. You are then taught the exact tapping sequence, and tapping locations on your body, that lead to overall health and wellness.

In chapters 4 through 6 you get a more in-depth review of your chakras, how EFT tapping can balance your energy, tips on the technique, and **Other Methods to Support the Chakras** (such as yoga).

These chapters include the following information concerning each of your chakras:

- The chakra name and physical location on your body
- The emotions that each chakra support or influence
- The general and specific muscle groups related to each chakra

- Current truths to acknowledge and accept
- A setup statement (that you can customize for your own experience)
- Affirmation statements
- Positive re-framing advice, new empowering truths

The 7 chakras identified by most Ayurvedic and Indian energy healing methods are:

- The Crown Chakra
- Third Eye Chakra
- Throat Chakra
- Heart Chakra
- Solar Plexus Chakra
- Sacral Chakra
- Base Chakra

The book closes with a short **Conclusion**, followed by a list of other books and resources offered by the author.

Who Benefits from Emotional Freedom Technique (EFT) Through The Chakras?

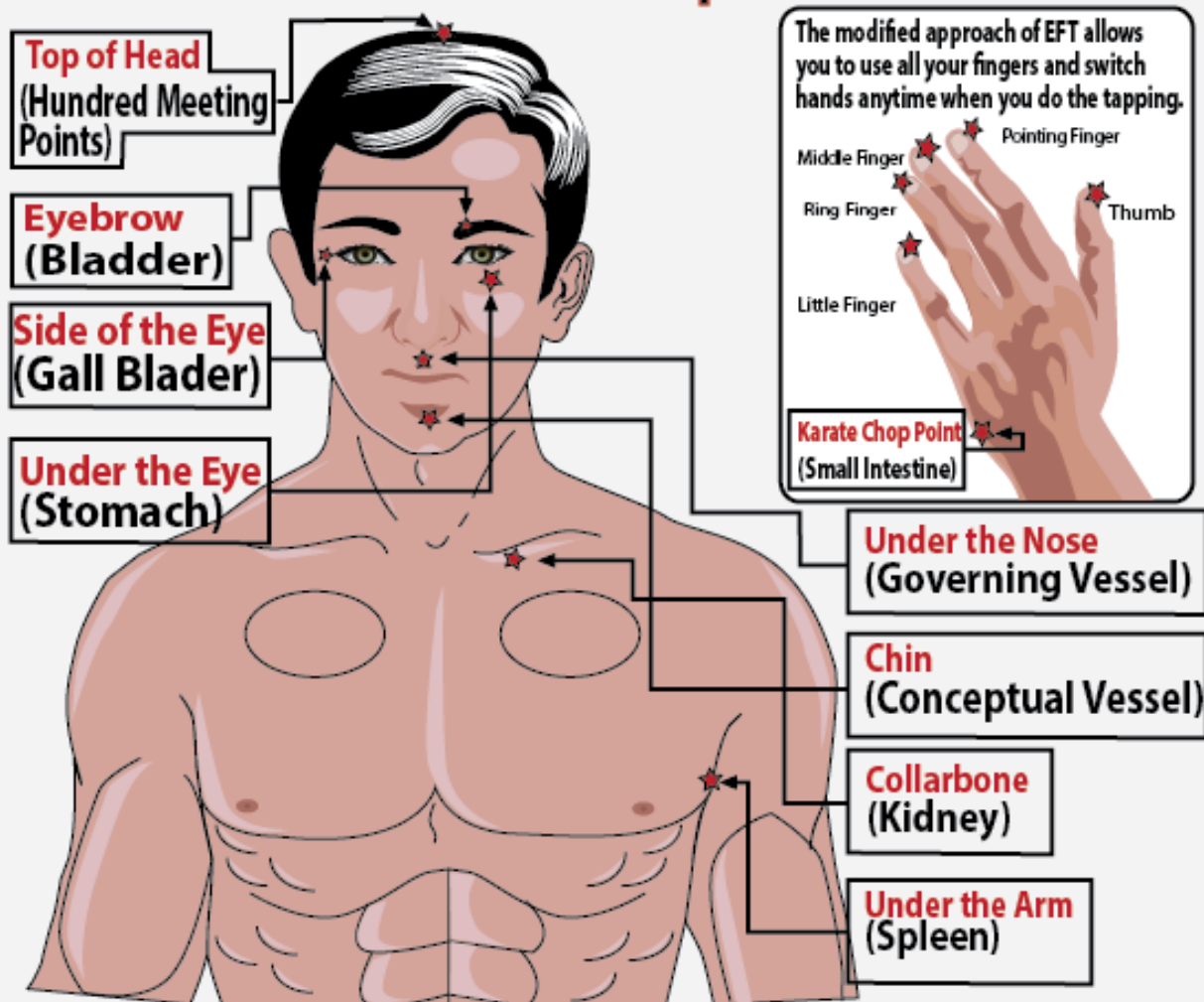
Does feeling *"out of sorts"*, *"out of sync"*, *"out of whack"*, *"out of touch"* or *"incomplete"* sound familiar? Are you constantly sick? Do you suffer from chronic pain? Do you have a hard time keeping your emotions in check? Is there some physical, emotional, spiritual or mental health problem you have tried and tried to heal, to no avail? If you have answered yes to any of the above questions, then Emotional Freedom Technique (EFT) Through The Chakras may have what you have been looking for.

The book combines two effective alternative healing techniques. Both of these Complementary Alternative Medicinal (CAM) approaches are sometimes prescribed by traditional doctors and health care providers as part of a treatment program for physical and mental health issues. The author, a knowledgeable practitioner and teacher of alternative healing methods, shows you how to use a simple tapping technique on your chakra system to balance your emotions and energy.

This has been effective for alleviating health problems of the body and mind. It also balances your mind/body/spirit connection, and allows

you to become the "you" that you were intended to be. Young and old have benefited from EFT and chakra work. Whether you have mental or physical issues, spiritual or emotional problems, this inexpensive guide to balancing your life force energy teaches simple self-treatment and self-healing.

Emotional Freedom Technique Meridian Points



**This E-Book on the Emotional Freedom Technique is brought
to you by:**

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