

Emotional Freedom Technique (EFT)

A quick start guide

From AnyFutureYouWant.com

Please note: This is only a brief introduction. For full background info & many resources, please go to the World Center for EFT at <http://emofree.com>

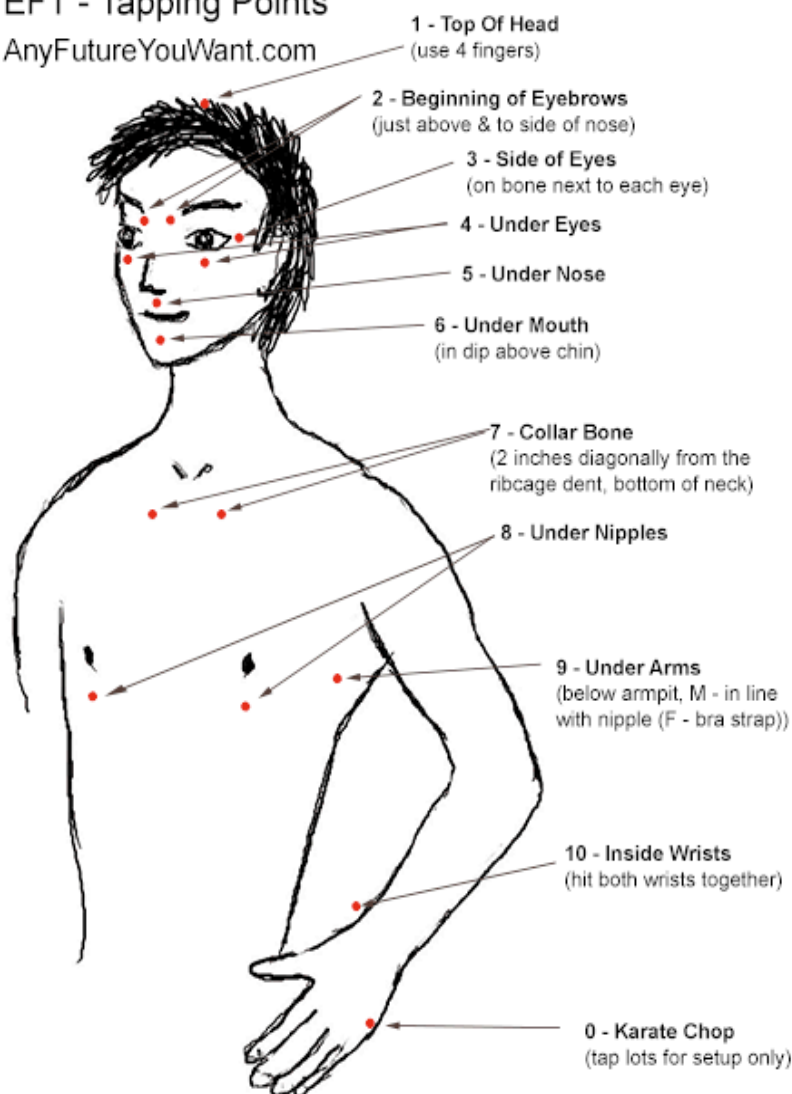
Background

EFT works on the basis that all negative emotions are caused by disruptions in the body's energy system. Tapping breaks up those disruptions, allowing the body and mind to quickly heal itself.

Process

EFT - Tapping Points

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1. While tapping the karate chop or collarbone points (0 or 7), say 3 times *"Even though I 'X' I deeply & completely love and accept myself"* (where X is your problem)

2. Note how strong the problem feels, on a scale from 0-10 (0 is nothing, 10 is worst ever).

3. Tapping 5-10 times on each point, both sides of the body at once, loop from points 1-10 as many times as you like. At each point say 'X' (where 'X' is your problem). Whatever happens **Keep Tapping.**

4. Take a deep breath and let it all go

5. Measure how strong the problem feels now (0-10) & if needed, loop through again.

How EFT Works

By raising a strong reaction in yourself, you "tune yourself" (like a tuning fork) into the problem you're trying to resolve.

By continuing to tap around the energy (meridian) points, you smooth out the internal energy flow surrounding this particular issue. Your body can then heal itself without impediment.

You will feel the initial reaction subside, often very quickly.

Once you have done that, you can then start working your way towards a positive, replacement belief. (eg from "I'm angry at John because of blah" to "I choose to accept John the way he is" , or even "I love John" etc)

Tips

- Always drink lots of water while doing EFT.
- Try to be very specific. If a problem has many aspects, it's better to tackle each aspect one at a time. This way you will see progress. It's also easier to tune into specific sub-problems.
- Be persistent. It may take several goes to really clear out a deep-rooted problem.
- It's quite common that your reaction to the initial setup will be strong: discomfort, anger, tension, or even tears. This is often surprising. It's perfectly normal, and will quickly pass. Just keep tapping. Always keep tapping.
- Doing EFT is like peeling an onion. It can raise uncomfortable feelings you may not be aware you had. Make a note when each of these occurs, and just tap each away, one at a time.
- If you're not comfortable saying negative things about yourself, say positive things. That's fine too. If you don't believe what you're saying, you will feel that disagreement rise to the surface, and you can then tap that away.
- Say whatever comes into your head. It's simplest, and still effective to just say a brief description at each point, but if you feel like free associating around the problem, that works excellently too.
- Some good starter phrases are: "*Even though 'X', I deeply and completely love and accept myself anyway.*" and "*Even though 'X', I deeply and completely love and forgive myself, without judgement.*" Where 'X' is whatever you're working on.

Warnings

EFT is not a replacement for existing treatments. This document does not represent medical advice.

If you're already energy aware you may notice that EFT seems to disrupt your existing energy flows. This is very normal. Just tap through anything that comes up, and you will feel things settle back, clearer and sharper than before. Power increases the emptier you are.

An Example

Here is an example (and a good place to start). These words are mine, but if you feel that other words would work better for you, that's 100% fine. Go with your instinct.

Setup (while tapping Karate Chop point. Say each as many times as you like):

- Even though I'm afraid of change, I deeply and completely love and accept myself anyway.
- I'm happy where I am.
- I don't need change in my life.

Negative phrases (loop through points 1-8, saying one phrase at each point):

- I'm afraid of change.
- I hate change.
- I like being stuck in one place.
- I'm happy with my life the way it is.

(If one of these phrases seems to strongly resonate with you, feel free to keep saying it for as long as you like. You're aiming to build up, and then tap through that reaction)

Questioning/Neutral phrases (when you feel strong emotion has peaked & fallen away again, continuing tapping around the points with the following phrases):

- Am I really happy?
- Even though I feel a bit silly tapping like this, I'll give it a try anyway
- Maybe I'd be happier if I did change
- Change is growth, isn't growth good?

Positive phrases (keep tapping around, continue for as long as you like):

- Change gives me the chance to improve. I want to improve, so I want to change
- Change leads to success
- I enjoy change
- I want to change!

Take a deep breath

Where To Go From Here

You can experience incredible growth by making a list of every negative thought or emotion you experience and tapping through each in turn. To start with, it may feel like you'll be tapping forever, but you'll soon realise that problems are going away and not coming back.

Experiment. Have fun.

Tap on anything and everything. It's free, and takes very little time at all.

Feel free to share this document with anyone you like (although I ask that you don't remove the copyright information). I just want as many people as possible to benefit from EFT like I have.

If you have any questions, or want to share your successes, please email me si@anyfutureyouwant.com, or visit us at <http://AnyFutureYouWant.com>