

Emotional Freedom Technique

EFT, has been around for a few decades and has been fine-tuned since its chance encounter by a psychologist learning about acupuncture, meridian lines and energy flow through the body. Fortunately, it is a simple and easy way to help the body release a whole range of attachments within its energy and DNA fields. Trapped memories, limiting beliefs, idealisations, emotions, to name a few that are triggering a negative change, and attracting situations to play out in life. For more information on this, see the eBook *What the Mind Sees, the body feels, creates and attracts*. This is so very real, and demonstrated within the labs of Quantum Physics, Biology and Psychology. The power of changing our body at the core, and with a simple technique will at least support your body and beliefs make changes easier.

I agree, it may seem a bit out there, and I was sceptical at first too, however, after looking into the research, observing other's success and testing it on myself, I am a convert. This does not in any way, take away from the need to have your health concerns investigated by qualified practitioners, what this technique can do is support the body to heal and work with treatments required. Where conditions have a significant emotional component with it the, EFT, and a variety of other energy modalities are powerful in supporting the body to heal. This is what we want a body letting go of limiting beliefs, ideologies etc. To function fully, we need to be as free from energy blockages as possible. How do we achieve this? By looking after our mind, body and Chi. Reclaim ME! Is all about supporting the body to receive the nutrients that are best of your body, learning what works for you, and, letting go of the limited, damaging beliefs which we have accumulated over our life to date.

The process

Emotional Freedom Technique is one of our go-to tools in Reclaim ME! to clear negative beliefs and health blocks.

EFT, otherwise known as “tapping” is a simple pattern interrupter to stop negative thoughts spiralling out of control; helping them to be released and let go with the least amount of pain and memory. It’s easy, pain-free and really works. Celebrities do it. Pro athletes do it, and now you’re going to learn it too!

You simply tap on different points on your face and body while you repeat a mantra. Sounds weird? Try it and see!

There are two basic components to the process – script creating and tapping it through. For script creation, it is a very simple recipe. In this example, let’s use previous unhealthy food

choices

1. **Identify the problem** you want to focus on. It can be poor food choices in general, or it can be a specific food item or the challenge of knowing which foods to choose.
2. **Consider the problem or situation.** How do you feel about it right now? Rate the intensity level of your anxiety, with zero being the lowest level of anxiety and ten being the highest.
3. **Compose your set up statement.** Your set up statement should acknowledge the problem you want to deal with, then follow it with an unconditional affirmation of yourself as a person.

For example:

“Even though I feel this upset by choosing unhealthy foods in the past, I deeply and completely accept myself.”

“Even though I’m disappointed when I eat foods that don’t support my health, I deeply and completely accept myself.”

“Even though I’m feeling frustrated by my health, I deeply and completely accept myself.”

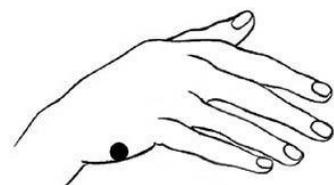
“Even though I worry about _____ I deeply Love and completely accept myself.”

“Even though I’m worried about how I’m going to get my health back on track, I deeply and completely accept myself.”

“Even though I’m having trouble understanding what is needed, I deeply and completely accept myself.”

1. Perform the set up.

With four fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb. Repeat the set-up statement three times aloud, while simultaneously tapping the Karate Chop point.



Now take a deep breath!

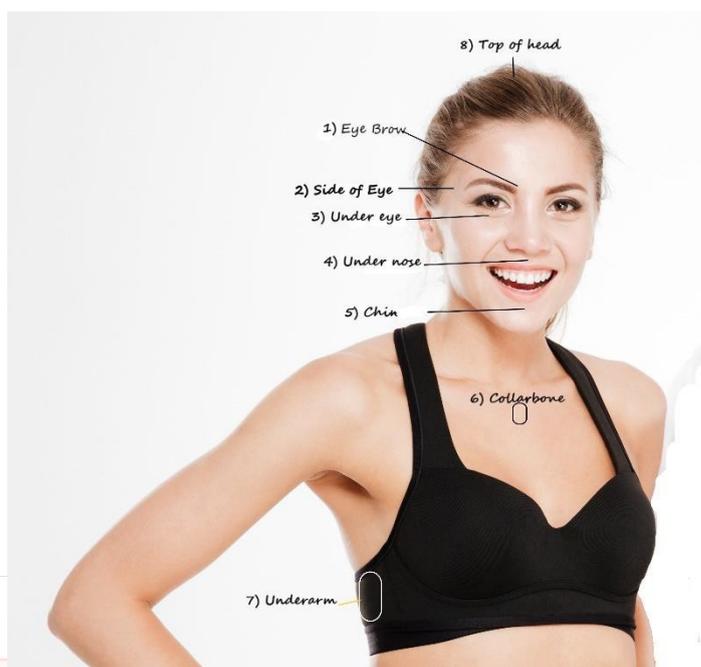
Get ready to begin tapping! Here are some tips to help you achieve the right technique.

When tapping through the points. You should use a firm but gentle pressure, as if you were drumming on the side of your desk or testing a melon for ripeness.

- You can use all four fingers, or just the first two (the index and middle fingers). Four fingers are generally used on the top of the head, the collarbone, under the arm... wider areas. On sensitive areas, like around the eyes, you can use just two.
- Tap with your fingertips, not your fingernails. The sound will be round and mellow.
- The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the loop.

Now, tap 5-7 times each on the remaining eight points in the following sequence:

- 1) Inner eyebrow
- 2) Outer eyebrow
- 3) Under eye
- 4) Under nose
- 5) Chin
- 6) Collar bone
- 7) Under arm
- 8) Top of head



When ever you have a thought or emotion, or memory that triggers a bit or a lot of a downer, this process can be used. You don't need to get it right each time, and like most things, listen to your intuition. What is it you need to be focusing on, what are the triggers or associated aspects of the story being

recalled. Where in the body is it being felt etc. Like all things, you will become more comfortable and familiar with the process. Remember, to start the statement of what it has been, and with I completely love/forgive/honour/respect myself. It is part of the forgiveness process, and healing.

You have resistance to either experimenting with EFT or even believing it might work for you too. This is Fear talking, the fear of going into the pain to heal it, when it's easier to avoid it. It can all seem comfortable and safe too, because you are familiar with the situation, the feelings etc., even though it's causing you to suffer and you particularly want to be feeling what you are feeling. The dichotomy of life.

If you make the choice to let go of the emotions, beliefs and pain around the various things that have happened to you over the years, this is likely to be a level of fear of releasing a part of whom we think we are, and our conditioning that we've come to think of as who we are, or identify with being. For instance, if we start working on our punctuality or following through, not only are you likely to feel different, but you may want to do different things in this time, and where would that lead to? How would you use this time, what would others think of the new behaviours and attitude? What happens when?!!

Our identity (our ego) is only doing what it has been designed and programmed to do – Keep things safe, and often it does this by keeping things exactly as they are. And that's okay! That's just what egos do. We as adults benefit when we can work with ego, and see it as part of part of nature, just as the wind blows, the grass grows, and egos try to remain as they are.

So, what to do? Here's the secret: *Meet yourself where you are, and here's how:*

When you find yourself in the predicament of being in pain, knowing that EFT will help (even though a part of you thinks it won't), enter into that pain with your tapping fingers; just begin there....

Start tapping the at the karate chop spot on the side of your hand, and say to your sweet, hurting, frightened self:

"Even though I don't want to tap on this issue, I'm doing the best I can, and I deserve love."

"Even though I know tapping on this issue won't help, so there's no reason to bother even trying, I deeply and completely love and accept myself."

Then when you feel you set up enough "Even though I completely love myself statements" move around the tapping points from 1 to 8.

Just keep tapping on statements like these until you feel comfortable moving more deeply into the issue. You'll know when it's time to get more specific, to tap on the heart of the matter, because you'll want to do it—your resistance to tapping on it will be gone.

Until then, just work around the edges of your pain, tapping away whatever layers of doubt and resistance you may have.

The tapping will release the inner barriers you have to healing the issue, and then, once those have been tapped away, the tapping will release the issue itself. How great is it that you can use tapping to release your resistance to tapping?

Making it more effective, and complete

EFT is much more effective when we can dive into the deeper aspects of the surface emotions. Allowing yourself to work through the memory and the emotions attached to that incident is more powerful because it is releasing the core or starter issue. Here's how to find the root causes of issues, including limiting or painful beliefs.

- Always assume thoughts, feelings, or beliefs you're using as tapping statements have roots underneath them. They don't always have roots, but they usually do, so **it's a good idea to assume they do**, and then if they don't, you can be pleasantly surprised.

Look for roots by asking yourself questions about the statement or issue you're working with.

For Example

- Why do I feel this way about _____?
- When was first time I felt this way?
- If there was a reason, I believed this, what would it be?

Then write down your answers, and if any of them have an emotional charge to them, then you'll know you've just found some roots to the statement or issue you're working on.

Another term for this is **aspects**, as in different aspects of a particular issue. Some issues have many aspects, and some have just a few.

When healing with EFT, it's always a good idea to be as thorough as possible, and **keep an eye out for new or hidden aspects**.

However, keep in mind that though all root causes of issues can consider to be aspects of that issue, not all aspects of an issue are root causes.

This is an important distinction to make because if we tap on **the surface level** of an issue or belief like, "It's not safe to be free from pain" without tapping on the root first, we likely won't be able to release it because the root will hold the issue in place.

So in this example, before tapping on "It's not safe to be free from pain" it was uncovered why the belief was there in the first place. In this case, the pain represented punishment for contributing to the situation in the first place. This is what gets tapped on **first**, and then the **surface of the issue**, which was the belief itself.

An exception to this approach would be that sometimes you may not know why you have a particular issue or fear or belief, even if you ask yourself the questions I suggested before. The mind may of blocked the memory for a reason. In this case, start tapping on the statement and, in most cases, you'll start to get a sense of what the root is, and then you can just follow the insights where they lead you, tapping as you go.

It is invaluable to listen to the thoughts, feelings, and memories that come to you as you're tapping, even if they don't make sense, or don't seem on the surface be related. These are valuable clues being delivered up to you by your subconscious mind. By following the thread of what comes up you will find the roots you're looking for and tap them out.

Wishful thinking...

Generally speaking, people know what they need to heal. They know, for example, that they're grieving the loss of a loved one, or that they're traumatized by an accident they were involved in; however, we may not know how to find and heal the many aspects of their grief or trauma, or they are hidden from conscious recall for protection, or it all seems too and just as often, we don't even know that these aspects are there, so they quit tapping on an issue when there's still quite a lot of healing to do. When our health directly affected by an incident that doesn't seem associated, it can be even more confusing, and hurtful.

When you find at a dead end, or in void of enquiry, ask yourself "What do you wish had happened back then", or, "What do you wish was happening now?" then use your answers as tapping statements.

I call this working with wishes and wants, and while it may seem deceptively simple, this style of question and dreaming contains gems of healing power.

Wishful thinking helps us to look for the *unmet needs and desires* that are **always** a part of painful experiences, and are usually above huge amounts of sadness, loneliness, fear, anger, and even trauma.

For example, wherever she went in life, whether it be to work, the store, a friend's house, a gathering, and even her own home, she felt unwelcomed, and not fitting in.

That alone is powerful, which led to an even deeper healing opportunity, when the wish she had about her childhood was identified:

“I wish my parents

- Would take time to spend it with me, and look after me;
- My parents were happy to see me, and look after me. Show me they loved me as much as they loved everything else”

This may sound like a simple enough wish, but because of the particular circumstances that led to this woman not having anyone at home to make her feel welcome when she was growing up, underneath this wish was a deep pit of grief, sorrow, longing for love, loneliness, rejection, and despair, which she realized she had been feeling, to one degree or another, **every day of her life.**

When this statement was tapped

“Even though in the past, I wished my parents would have taken the time to spend it with me and look after me, I completely love and accept myself.”

Even though in the past, I wished my parents were happy to see me, and look after me I completely love and forgive myself.”

“Even though in the past, I wished my parents showed me they loved me as much as they loved everything else, I completely love and forgive myself.”

Because as a child, this woman had some very basic needs not being met:

- To feel **loved**
- To feel **welcome** in her own home
- To feel **valued**

By tapping out that wish statement healed a tremendous amount of the pain that was caused by these basic needs not being met, including grief, sorrow, longing for love, loneliness, rejection, and despair.

The most interesting part about this is that **she thought she had already healed** most of that childhood pain. It wasn't until she identified that wish was she able to uncover and heal a lot more childhood pain which she knew was there, but hadn't worked out how to heal it yet. It was affecting her every single day in the way of feeling unloved, unwelcome, and devalued; consciously and unconsciously.

How to Use the Wish Statement Tapping Tool

- 1) Pick an event or a period in your life that was difficult and/or painful for you.

- 2) Then ask yourself, “What do I wish had happened instead of what actually did happen?” You could do this with a trauma, a loss, or any other experience that caused you stress or pain.

Here are some examples:

- I wish we hadn’t gotten into that car accident.
- I wish my parents had had a happy marriage and not gotten divorced.
- I wish my brother was still alive.

And it could be a wish about a current situation, too. For example: I wish my husband paid more attention to me,” or “I wish I had had a child before it was too late.”

Write down whatever your wish is, and then give it a number between 0 and 10, which gauges the emotional charge you experience when you think about it.

Now all you have to do is tap it out. As you’re tapping, *write down whatever additional thoughts and feelings come to you* about this situation, and tap them out, too. Follow the thread, and it will lead you to the various aspects of your issue that lie beneath your wish statement.

The Wish statement is being like a trap door which leads to an entire room of additional aspects to be healed, which may not otherwise be found.

There are lots of ways to help you find hidden pain to tap and release it. These include tapping scripts, worksheets, journaling. Even watching a TV show, movie, reading a book or in conversation with others can trigger a reaction, a feeling that you want to push away from or one of being similar to. All these subtle messages are there to support your decision and commitment to heal. You have set the intention, now the sub-conscious will serve you in this intent.

Recap

The basic recipe of EFT is:

1. Where in your body do you feel the emotional issue most strongly?
2. Determine the distress level in that place in your body on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0
3. The Setup: Repeat this statement three times, while continuously tapping the Karate Chop point on the side of the hand

“Even though I have _____ (name the problem), I deeply and completely accept myself.”
4. The Tapping Sequence: Tap about 7 times on each of the energy points in these 2 diagrams, while repeating a brief phrase that reminds you of the problem.
5. Determine your distress level again on a scale of 0 to 10 again. If it’s still high, say:

“Even though I have some remaining _____ (problem), I deeply and completely accept myself.”
6. Repeat from Step 1 till your distress level is as close to 0 as possible.

You have the 3 keys to getting life-changing results with tapping. They are:

1. Overcoming **resistance** to tapping by **meeting yourself where you are**
2. Identifying and tapping out the **root cause(s) of the issue** you’re working on
3. Tapping on wishes and wants to **uncover and identify** hidden aspects of the issue you’re working on

Summarised from the works of [Heather Ambler](#);

[The Tapping Solution](#);

[EFT Universe](#);

[Peta Stapleton](#)