

EFT - But HOW???

EFT (Emotional Freedom Technique) was designed and developed by Gary Craig, a Stanford Engineer, from Dr. Roger Callahan's Thought Field Therapy or TFT.

EFT is based on a discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except needles aren't necessary. Instead, you stimulate well-established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorise and is portable so you can do it anywhere. It launches off the EFT Discovery Statement, which says...

"The cause of all negative emotions is a disruption in the body's energy system."

And because our physical pains and diseases are so obviously connected with our emotions the following statement has also proven to be true...

"Our unresolved negative emotions are major contributors to most physical pains and diseases."

This common sense approach draws its power from:

- Time-honoured Eastern discoveries that have been around for over 5,000 years and
- Albert Einstein, who told us back in the 1920's that everything (including our bodies) is composed of energy. These ideas have been largely ignored by Western Healing Practices and that is why EFT often works where nothing else will. As you will clearly see, conventional healing methods have overlooked the obvious.

Over 5000 years ago the Chinese discovered that, just as our blood flows through our veins, the energy in our body flows along a system called the meridians. There are some key points along the meridian system where the flow of the energy is more 'accessible'. These key points, or **specific natural comfort points** were studied and documented and it was discovered that by stimulating these points that people would experience great health benefits. This is how the practice of Acupuncture and Acupressure was developed.

EFT is sometimes also referred to as 'emotional acupuncture', minus the needles, of course, where using your own fingers; you tap on certain points of the face and upper body where your energy flows along the energy meridian system. Let me try to make this simple for you... as an analogy, if you imagine the meridian system of your body as a system of train tracks running through your entire body carrying information from your brain to the rest of your body.

If you can recall ever being told sad news, you will recall getting a sudden thudding feeling of heaviness in your stomach and a lump in your throat and a tingly feeling in your tear ducts, well, all these physical reactions to this news are as a result of the energy messages (emotions) from your brain being delivered by little trains travelling along your meridian train tracks, throughout your entire body, causing you to react in a physical way.

Notice how you get 'butterflies' in your stomach when you are having worrying thoughts? Notice how you get tight shoulders and/or a ball in your stomach when you become angry or distressed for some reason?

All these physical reactions are a result of EMOTIONS ... Energy in MOTION = EMOTION travelling through your body.

So WHY do we TAP?

Sticking with the same analogy, lets just say, can you imagine what would happen if the brain sent too many trains along the system, each carrying bad feelings and emotions, and there were that many that the trains all stopped in the wrong stations or some broke down on the tracks, there would be a massive interference in the flow of the whole system and there would be a build up of bad feelings and emotions all with no where to go causing blockages and a jam. This is where our emotions begin to cause illness and disease, because there is dis-ease in the body's flow of energy.

To get to the point - if we tap on the ends of the meridian lines, we send a short electrical pulse along the line, this has as a clearing effect and works by moving any trapped and stuck feelings and emotions... (or trains... if your still with me on that), allowing the energy to flow again. This can work on new emotions and even memories and emotions that go back to our childhood.

Need an example?

If you remember something sad, your brain puts an emotion of sadness on a train and sends it through your body so that you feel an instant loss of appetite, the tears come from your eyes and your stomach may churn. If whilst feeling these things we tap on the meridian points, we can remove the trains carrying the feelings and eliminate the sad emotions that come with the memory, leaving us able to think and talk about the memory but without the need to cry or feel physically bad. It also saves us from developing a build up of emotion that may turn into illness.

Phew!!

Actually the truth is that it's not important to know how it all works; the important thing to remember is that it does! After all, I couldn't tell you how my cars engine works to get me to work every day, I just know it does!

How do you use EFT during a session?

During a session we may use EFT to eliminate any unwanted feelings and emotions that are affecting your life and causing your issue. This method is very effective in dealing with childhood memories that may be affecting your adult way of life.

We would also use EFT to eliminate the negative beliefs that may cause you to have low self-esteem or lack of confidence. It is also amazing at helping you to let go of feelings like guilt, anger, sadness, jealousy and worry, to name a few. We would also apply EFT when making positive changes to the future, such as goal setting and attracting abundance or improving personal performance.

During a session you will also learn all about EFT and how to do it yourself, so you can continue to experience its benefits even after your session is done.

How

During EFT, evaluate the extent of your problem by rating it on a scale of 0 to 10 (where 10 represents maximum intensity and 0 represents no intensity). This provides a benchmark against which to measure your progress. You might start at a 6 for instance, and then go to a 3, then down to a 1 and finally to 0 as you apply rounds of tapping.

You should always measure the intensity as it exists *now* as you think about it, and not as you think it would be in the actual situation.

Example

Here's an example of how it works. Let's say you have a fear of spiders that you would like to put behind you. If there is no spider present to cause you any emotional intensity, then close your eyes and imagine seeing a spider or imagine a past time when a spider scared you. Assess your intensity on a scale of 0 to 10 as it exists *now* while you think about it. If you imagine it at 7 for example, then you have a benchmark against which to measure your progress.

Now do a round of tapping and imagine the spider again. If you get no trace of your previous emotional intensity, then you have finished. If on the other hand you go to say, a 4, then you need to perform subsequent rounds until you reach 0.

Exception

The exception to this is when some new aspect of the problem comes up in the real situation that wasn't there when you were just thinking about it. For example, you may have been thinking about a stationary spider. If movement is an important aspect of your fear and it was absent from your thinking when the original rounds of tapping were done, then that part of your fear will arise when you see a moving spider. This is a reasonably common occurrence and it doesn't mean that EFT didn't work. It simply means that there is more tapping to do. So, continue tapping using the *moving spider* aspect until your emotional response goes to 0.

Once you know the method and where and when to tap you will be able to use EFT for the rest of your life.

EFT is fast becoming one of the leading techniques used by physicians, clinicians, counsellors and therapists. The concept has also spread worldwide and is used in the Royal Marines, Cancer Centres, Prisons and areas of the NHS and is currently being introduced in to schools.

Many people have been sceptical at first, and that's understandable, but after they had tried it themselves, they discovered the miracle that is EFT! "the wonder drug, without the drug!" EFT is so simple that even a child can learn to use it effectively.

EFT WORKS!!

It has produced beautiful, lasting, powerful changes in many people's lives.