

Tap your Troubles Away - using EFT

Emotional Freedom Techniques

These pages are based on Gary Craig's wonderful work.

There are some aspects which are better handled by methods other than EFT - such as possession and attachments, and the lowering of a persons life force due to geopathic energies (Curry Lines and Noxious Water veins - crossings of these are extremely potent).

For help with geopathic energies see my book 'Sleep Well, Be Healthy' - available in printed form or as a .pdf download. See the website of the Holistic Intuition Society <http://www.in2it.ca> for more details.

You may find that the 'Distant Healing Manual' (a free download) will help in the removal of attachments and possessing entities, as well as mentioning some matters about Healing that are not well known - including the effect of a displaced Assemblage Point and the ways to make corrections.

Included in this paper:

- 1.A shortened version of Gary's basic tapping procedure.p.2
- 2.Try it on everything ! Comments by Gary Craig p.12
- 3.Modified EFT - Suggestions by Carol Look and others p.35

When you have understood the simple basic principles (and used them !) then you may be interested in the additional tapping suggestions on our website:

More on Tapping: <http://www.in2it.ca/MoreTapping.pdf>

Co-ordinating your Total Being so that all of 'You' work together for your overall benefit - and some points that may help in using EFT.

Healing Cancer & Serious Diseases: <http://www.in2it.ca/Cancer.pdf>

Also covers a way to persuade the body's systems to accept transplants and so prevent rejection of organs.

Ladies Only - Pregnancy Problems: <http://www.in2it.ca/LadiesOnly.pdf>

Ending unwanted pregnancies and overcoming many problems in ladies who have become pregnant but the baby has not been born alive or died young.

I hope that you find this paper useful to you in your Healing work.

For those of you who would like me to help you more, you can telephone or email me to discuss your needs - but I would prefer that you work on yourselves without my help.

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1. Emotional Freedom Techniques

*Where Astonishing Emotional Relief
Leads to Profound Physical Healings*

Applies to all issues, including...

Pain Relief Fears & Phobias Relationship Issues
Anger Blood Pressure Respiratory Problems
Addictions Weight Loss Children's Issues
Anxiety Trauma Women's Issues
Depression School, Sports, & Sexual Performance Issues
Allergies Serious Diseases (from migraines to cancer)

"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools as it is for me." Eric Robins, MD

Gary Craig, the Founder and Developer of EFT, writes about the free manual - which can be downloaded from <http://www.emofree.com>

"This manual is a starting point - an introduction - to EFT. It is a companion to our more extensive video based EFT Course and is NOT intended to be complete training.

Study this manual and diligently apply the concepts herein to yourself and you will likely get immediate, and often profound, results.

This is the promise of EFT and one you should realize quite easily upon proper application. You will also find occasions where you stub your toe and will scratch your head while asking: "Why doesn't it work in this case ?" or "Why does it work on everyone else but not me ?" or "Why does it seem to be permanent in some cases and only temporary in others ?", etc.

These questions are all answerable but the answers are not found in a manual such as this. They come from experience and more detailed training.

That's why diligent students should go beyond this manual and get our affordable DVDs at <https://www.emofree.com/store/store.aspx>.

An aspiring surgeon can only learn so much from a book but, after that, s/he needs to observe the process in action by those who have mastered it. There is an art to delivering EFT that is profusely illustrated in our DVDs. Those who wish to develop this art will need this additional training.

EFT was originally designed to overhaul the psychotherapy profession. Fortunately, that goal has been reached as EFT has dramatically reduced therapy time from months or years down to minutes or hours.

Along the way, we kept noticing that profound physical healings were also taking place. Vision improved, headaches disappeared, cancer pains and symptoms subsided and so on. The reason for this, we found, is that EFT addresses causes that Western Healing Practices have largely ignored.

Medicine, for example, pays very little attention to disruptions in the body's energy meridians nor does it give much weight to emotional causes. These causes, of course, are the centerpieces of EFT.

Thus it is no wonder that EFT produces benefits where the medical profession has thrown up its hands.

The reason is simply because we are taking aim at causes that others have largely disregarded.

This EFT Manual was written before I realized the profound and widespread nature of the physical healings. Accordingly, it stresses the emotional healings and doesn't cover the physical healings in nearly as dramatic a fashion as they actually occur.

Because it has proven to be such an effective teaching manual, however, I have decided to leave it as is rather than modify it to emphasize physical healings.

It is the emotional and energetic causes that we need to understand and those are profusely illustrated in these pages."

An Even More Brief Introduction to EFT

This has been extracted from Gary's manual, with his kind permission, to give you an idea of what EFT involves - and how you can immediately get experience in helping yourself.

The Basic Recipe

Like baking a cake, each ingredient must be performed precisely as described, and they must be introduced in the proper order. Otherwise - no result

The Basic Recipe is very simple and easy to do. Once memorized, each round of it can be performed in about 1 minute. It will take some practice, of course, but after a few tries the whole process becomes familiar and you can bake that emotional freedom cake in your sleep.

You will then be well on your way to mastery of EFT and all the rewards it provides. Various shortcuts are available and described in the manual and in the videos.

The Basic Recipe consists of four ingredients, two of which are identical. They are:

1. The Setup
2. The Sequence
3. The 9 Gamut Procedure
4. The Sequence

The Setup

This routine is vital to the whole process and prepares the energy system so that the rest of the Basic Recipe can do its job.

Your energy system is like a set of subtle electric circuits. It can be subject to a form of interference which can block the balancing effect of these tapping procedures.

When present, this interfering blockage must be removed or the Basic Recipe will not work - this removal is the job of The Setup.

Technically speaking, this interfering blockage takes the form of a polarity reversal within your energy system. This is not the same thing as the energy disruptions which cause your negative emotions; it is similar to putting the negative and positive terminals of a battery the wrong way round in a radio or other device - not that you stop working, but some parts do not work properly.

This polarity reversal has an official name. It is called 'Psychological Reversal' and represents a fascinating discovery with wide ranging applications to all areas of healing, and to personal performance.

It is the reason why some diseases are chronic and respond very poorly to conventional treatments. It is also the reason why some people have such a difficult time losing weight or giving up an addictive substance.

It is, quite literally, the cause of self sabotage. An entire course could be dedicated to its uses ! For now, however, we need only know some foundational things about Psychological Reversal that apply to EFT - and more importantly, how to correct it.

Psychological Reversal is caused by self defeating, negative thinking which often occurs subconsciously and thus outside of your awareness.

On average, it will be present (and thus hinder EFT) about 40% of the time. Some people have very little of it (this is rare) while others are beset by it most of the time (this also is rare). Most people fall somewhere in between these two extremes. It doesn't create any feelings within you, so you won't know if it is present or not.

When it is present it will stop any attempt at healing, including EFT, dead in its tracks. Therefore, it must be corrected if the rest of the Basic Recipe is going to work.

It only takes 8 or 10 seconds to do and, if it isn't present, no harm is done. If it is present, however, a major impediment to your success will be out of the way.

There are two parts to the Setup:

- 1.You repeat an affirmation 3 times while you...
- 2.Rub the 'Sore Spot' or, alternatively, tap the 'Karate Chop Point' (these will be explained shortly).

The Affirmation

Since the cause of Psychological Reversal involves negative thinking it should come as no surprise that the correction for it includes a neutralizing affirmation. Such is the case and here it is:

*"Even though I have this _____
I deeply and completely accept myself."*

The blank is filled with a brief description of the problem you want to address. Here are some examples:

*"Even though I have this fear of public speaking,
I deeply and completely accept myself"*

"Even though I have this headache, I deeply . . ."

"Even though I have this anger towards my father, I deeply . . ."

"Even though I have this war memory, I deeply . . ."

"Even though I have this stiffness in my neck, I deeply . . ."

"Even though I have these nightmares, I deeply . . ."

"Even though I have this craving for alcohol, I deeply . . ."

"Even though I have this fear of snakes, I deeply . . ."

*"Even though I have this depression,
I deeply and completely accept myself"*

This is only a partial list, of course, because the possible issues that are addressable by EFT are endless. You use affirmations like...

"I accept myself even though I have this . . ."

"Even though I have this . . . ,

I deeply and profoundly accept myself"

"I love and accept myself even though I have this . . ."

All of these affirmations are correct because they follow the same general format - they acknowledge the problem and create self acceptance despite the existence of the problem.

That is what is necessary for the affirmation to be effective.

You can use any of them but the recommended one is excellent - it is easily memorizable and has a good track record of doing the job.

Now here are some interesting points about the affirmation:

- It doesn't matter whether you believe the affirmation or not -just say it.
- It is better to say it with feeling and emphasis, but saying it routinely will usually do the job.
- It is best to say it out loud, but if you are in a social situation where you prefer to mutter it under your breath, or do silently - then go ahead. It will probably be effective.

To add to the effectiveness of the affirmation, the Setup also includes the simultaneous rubbing of a 'Sore Spot' or tapping on the 'Karate Chop Point'. They are described next.

The Sore Spot

There are two Sore Spots and it doesn't matter which one you use. They are located in the upper left and right portions of the chest and you find them as follows:

Go to the base of the throat about where a man would knot his tie. Poke around in this area and you will find a U shaped notch at the top of your sternum (breastbone).

From the top of that notch go down 3 inches toward your navel and then sideways 3 inches to your left (or right).

You should now be in the upper left (or right) portion of your chest. If you press vigorously in that area (within a 2 inch radius) you will find a 'Sore Spot'. This is the place you will need to rub while saying the affirmation.

This spot is sore when you rub it vigorously because lymphatic congestion occurs there. When you rub it, you are dispersing that congestion. Fortunately, after a few episodes the congestion is all dispersed and the soreness goes away. Then you can rub it with no discomfort whatsoever.

You are unlikely to have massive, intense pain by rubbing this Sore Spot. It is certainly bearable and should not cause any undue discomfort.

If it does hurt, then lighten up your pressure a little.

Also, if you've had some kind of operation in that area of the chest (or if there's any medical reason whatsoever why you shouldn't be probing around in that specific area) then switch to the other side. Both sides are equally effective.

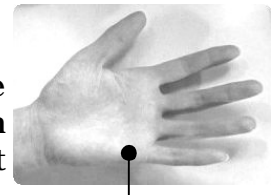
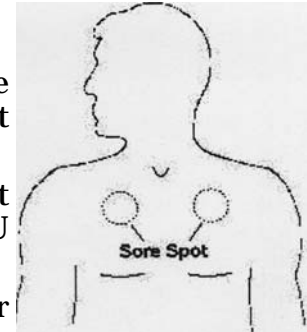
In any case, if there is any doubt, consult your health practitioner before proceeding, or tap the 'Karate Chop Point' instead.

The Karate Chop Point - KC

The Karate Chop Point (abbreviated KC) is located at the center of the fleshy part of the outside of either hand between the top of the wrist and the base of the baby finger - the part of your hand you would use to deliver a karate chop.

Instead of rubbing it as you would the Sore Spot, you vigorously ^{KC} tap the Karate Chop Point with the fingertips of the index finger and middle finger of the other hand.

While you could use the Karate Chop Point of either hand, it is usually most convenient to tap the Karate Chop Point of the non-dominant hand with the two fingertips of the dominant hand.



If you are right handed, for example, you would tap the Karate Chop Point on the left hand with the fingertips of the right hand.

Should you use the Sore Spot or the Karate Chop Point ?

After years of experience with both of these methods, it has been determined that rubbing the Sore Spot is more effective than tapping the Karate Chop Point.

It doesn't have a commanding lead by any means - but it is preferred.

Because The Setup is so important in clearing the way for the rest of the Basic Recipe to work, I urge you to use the Sore Spot rather than the Karate Chop Point. It puts the odds a little more in your favor.

However, the Karate Chop Point is perfectly useful and will clear out any interfering blockage in the vast majority of cases.

So feel free to use it if the Sore Spot is inappropriate for any reason.

Stepping Through It

Now that you understand the parts to The Setup, performing it is easy. You create a word or short phrase to fill in the blank in the affirmation and then simply repeat the affirmation 3 times while continuously rubbing the Sore Spot or tapping the Karate Chop Point. Do this with emphasis for best results.

That's it. After a few practice rounds, you should be able to perform The Setup in 8 seconds or so.

Now, with The Setup properly performed, you are ready for the next ingredient in the Basic Recipe - The Sequence.

The Sequence

The Sequence is very simple in concept. It involves tapping on the end points of the major energy meridians in the body and is the method by which the energy system is balanced out.

You can tap with either hand but it is usually more convenient to do so with your dominant hand (right hand if you are right handed).

Tap with the fingertips of your index finger and middle finger. This covers a little larger area than just tapping with one fingertip and allows you to cover the tapping points more easily.

Tap solidly but never so hard as to hurt or bruise yourself.

Tap about 7 (5 to 9, for example) times on each of the tapping points. About 7 times is needed because you will be repeating a 'reminder phrase' (covered later) while tapping and it will be difficult to count at the same time.

Most of the tapping points exist on either side of the body. It doesn't matter which side you use nor does it matter if you switch sides during The Sequence. For example, you can tap under your right eye and, later in The Sequence, tap under your left arm.

The Points

Each energy meridian has two end points. For the purposes of The Basic Recipe, you need only tap on one end to balance out any disruptions that may exist in it.

These end points are near the surface of the body and are thus more readily accessed than other points along the meridians that may be more deeply buried.

What follows are instructions on how to locate the end points of those meridians that are important to The Basic Recipe. Taken together, and done in the order presented, they form The Sequence.

1. Eye Brow - EB

At the beginning of the eyebrow, just above and to one side of the nose.

2. Side of the Eye - SE

On the bone bordering the outside corner of the eye.

3. Under the Eye - UE

On the bone under an eye about 1 inch below your pupil.

4. Under the Nose - UN

On the small area between the bottom of your nose and the top of your upper lip.

5. Chin - Ch

Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough.

6. Collar Bone - CB

The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie), then from the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch towards the side of the body.

7. Under the Arm - UA

At a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit.

8. Below Nipple - BN

For men, one inch below the nipple. For ladies, where the underskin of the breast meets the chest wall.

9. Thumb -Th

On the outside edge of your thumb at a point even with the base of the thumbnail.

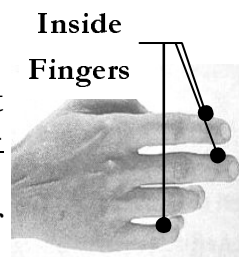
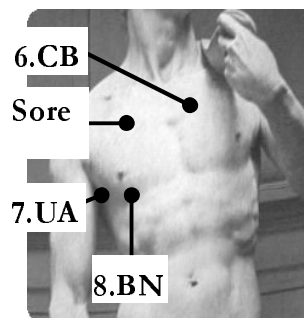
10. Index Finger - IF

On the side of your index finger (the side facing your thumb) at a point even with the base of the fingernail. **11. Middle Finger - MF**

On the side of your middle finger (the side closest to your thumb) at a point even with the base of the fingernail.

12. Baby Finger. - BF

On the inside of your baby finger (the side closest to your thumb) at a point even with the base of the fingernail.



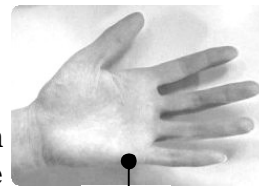
9.Th (not shown)
10.IF, 11.MF,
12.BF shown.

13. Karate Chop Point - KC

This has been described under the section on The Setup.

Order of Tapping

Note that these tapping points proceed down the body - each tapping point is below the one before it. That should make the order of tapping a snap to memorize.



13.KC

The 9 Gamut Procedure

The purpose of the 9 Gamut Procedure is to 'fine tune' the brain and it does so via some eye movements and some humming and counting.

Through connecting nerves, certain parts of the brain are stimulated when the eyes are moved.

Likewise the right side of the brain (the creative side) is engaged when you hum a song and the left side (the digital side) is engaged when you count.

The 9 Gamut Procedure is a 10 second process wherein 9 of these 'brain stimulating' actions are performed while continuously tapping on one of the body's energy points - the Gamut Point.

It has been found, after years of experience, that this routine can add efficiency to EFT and hastens your progress towards emotional freedom - especially when sandwiched between 2 trips through The Sequence.

One way to help memorize the Basic Recipe is to look at it as though it was a ham sandwich.

The Setup is the preparation for the ham sandwich - and the sandwich itself consists of two slices of bread (The Sequence) with the ham, or middle portion, as the 9 Gamut Procedure.

It looks like this:

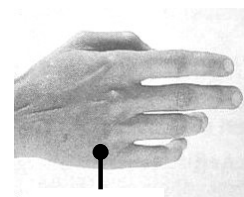
The Setup

The Ham Sandwich:

The Sequence (Bread)

9 Gamut (Ham)

The Sequence (Bread)



Gamut

To do the 9 Gamut Procedure, you must first locate the Gamut Point. It is on the back of either hand and is 1/2 inch behind the midpoint between the knuckles at the base of the ring finger and the little finger.

If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle whose other sides converge to a point (apex) in the direction of the wrist, then the Gamut Point would be located at the apex of the triangle.

The 9 Gamut Actions

Next, you must perform 9 different actions while tapping the Gamut point continuously. These are:

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. Roll eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order.
6. Same as #5 only reverse the direction in which you roll your eyes.
7. Hum 2 seconds of a song (suggest Happy Birthday).
8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song again.

Note that these 9 actions are presented in a certain order and I suggest that you memorize them in the order given. However, you can mix the order up if you wish so long as you do all 9 of them - AND you perform 7, 8 and 9 as a unit.

That is, you hum 2 seconds of a song, then count, then hum the song again, in that order.

Years of experience have proven this to be most important.

Also, note that for some people humming Happy Birthday causes resistance because it brings up memories of unhappy birthdays.

In this case, you can either use EFT on those unhappy memories and resolve them - or you can side-step this issue for now by humming some other song.

The Sequence (again)

The fourth, and last, ingredient in the Basic Recipe is an identical repeat trip through The Sequence.

The Reminder Phrase

Once memorized, the Basic Recipe becomes a lifetime friend. It can be applied to an almost endless list of emotional and physical problems and provides relief from most of them.

However, there's one more concept we need to develop before we can apply the Basic Recipe to a given problem. It's called the Reminder Phrase.

When a football quarterback throws a pass he aims it at a particular receiver. He doesn't just throw the ball in the air and hope someone will catch it.

Likewise, the Basic Recipe needs to be aimed at a specific problem. Otherwise, it will bounce around aimlessly with little or no effect.

You 'aim' the Basic Recipe by applying it while 'tuned in' to the problem from which you want relief. This tells your system which problem needs to be the receiver.

You may remember the discovery statement: ***"The cause of all negative emotions is a disruption in the body's energy system."***

Negative emotions come about because you are tuned into certain thoughts or circumstances which, in turn, cause your energy system to disrupt. Otherwise, you function normally.

One's fear of heights is not present, for example, while one is reading the comic section of the Sunday newspaper - and therefore not tuned in to the problem.

Tuning in to a problem can be done by simply thinking about it. In fact, tuning in means thinking about it !

Thinking about the problem will bring about the energy disruptions involved which then - and only then - can be balanced by applying the Basic Recipe.

Without tuning in to the problem, and thereby creating those energy disruptions, the Basic Recipe does nothing.

To tune in merely think about the problem while applying the Basic Recipe. That's it - at least in theory !

However, you may find it a bit difficult to consciously think about the problem while you are tapping, humming, counting, etc.

That's why we introduce a Reminder Phrase that you can repeat continually while you are performing the Basic Recipe.

The Reminder Phrase is simply a word or short phrase that describes the problem and that you repeat out loud each time you tap one of the points in The Sequence.

In this way you continually 'remind' your system about the problem you are working on.

The best Reminder Phrase to use is usually identical to what you choose for the affirmation you use in The Setup.

For example, if you are working on a fear of public speaking, The Setup affirmation would go like this:

*"Even though I have this **fear of public speaking**.
I deeply and completely accept myself"*

Within this affirmation, the underlined words fear of public speaking are ideal candidates for use as the Reminder Phrase - you could change this to something similar, such as public speaking fear or just public speaking instead of the somewhat longer version above.

Subsequent Round Adjustments

Let's say you are using the Basic Recipe for some problem - fear, headache, anger, etc.

Sometimes the problem will simply vanish after just one round while, at other times, one round provides only partial relief.

When only partial relief is obtained, you will need to do one or more additional rounds - and these subsequent rounds need to be adjusted slightly for best results.

One of the main reasons why the first round doesn't always completely eliminate a problem is because of the re-emergence of Psychological Reversal - that interfering blockage that The Setup is designed to correct.

This time, Psychological Reversal shows up in a somewhat different form ! Instead of blocking your progress altogether it now blocks any remaining progress !

You have already made some headway but become stopped part way toward complete relief because Psychological Reversal enters in a manner that keeps you from getting any better.

Since the subconscious mind tends to be very literal, the subsequent rounds of the Basic Recipe need to address the fact that you are working on the remaining problem.

Accordingly, the affirmation contained within The Setup needs to be adjusted - as does the Reminder Phrase. Here's the adjusted format for The Setup affirmation:

*“Even though I **still** have **some** [of the problem]
I deeply and completely accept myself.”*

Please note the emphasized words (still & some) and how they change the thrust of the affirmation toward the remainder of the problem.

It should be easy to make adjustments like this and, after a little experience, you will fall into it quite naturally.

Try it on everything ! Comments by Gary Craig
Extracted from the EFT Complete Library Set of DVDs.

Some of our beliefs need help--especially if we are to truly understand ... and effectively use ... the wide reaching versatility of EFT.

We have been conditioned to believe that each of our ailments requires a specific remedy. Thus we take aspirin for headaches and antihistamines for allergies. We also see specialists such as podiatrists, psychiatrists, urologists and gynecologists. Further, in emotional healing we consider fear, guilt, grief and trauma to be separate problems requiring separate techniques.

These aren't "bad beliefs," by the way. To the contrary, some of these specific remedies have been quite useful in our quest to obtain healing relief. However, with the emergence of EFT, our belief systems now have a new challenge, namely, that there has never before been such a..."**one-approach-addresses-everything-technique.**"

To most, it is a completely foreign idea to use the same technique for a headache that you use for a height phobia. That is precisely what we do with EFT. . And we usually get results.

We use the same approach for trauma of every description. We use it for the fear of public speaking and for grief over the loss of a loved one. We use it for stress, anxiety, addictive cravings, stuttering and depression. We've had success with almost every physical ailment including pain, lactose intolerance, allergies, and everything from serious diseases to TMJ to infertility to PMS. We use it to enhance sports & music performance as well as relationships. We use it to give educational freedom to those with learning disabilities as well as to relieve nightmares and Post Traumatic Stress Disorder for victims of rape, accidents, abuse and war.

Unfortunately, many people use EFT to relieve just one ailment and completely miss its use for all the others. This tutorial urges an opening of the mind in this regard. Why limit EFT to 1% of its capabilities ?

There is, of course, an "art of delivery" that separates the beginning EFT'er from the master. However, even the novice can apply the basics and achieve high percentage results. Mastery, fortunately, is a choice and is achievable by anyone. You need only pursue it.

Try it on everything also assumes common sense. It would be inappropriate, for example, to drink a gallon of gasoline to see if you can "tap it away." Similarly, untrained people should not go where they don't belong and thus try EFT on severely emotionally disturbed people.

The importance of being specific

This tutorial should be read several times. It is that important.

Why? Because it addresses one of the most common errors made by newcomers to EFT. Once this is corrected, your results will have much greater consistency and many of your "difficult cases" will melt away quite easily

The problem is that most clients tend to see their issues through "global glasses."

That is, they describe their issues using broad labels which, to them, seem very specific. Examples might be...

"I just don't feel very good about myself."

"My father always abused me."

"My mother never gave me the love I should have had."

"I don't do very well with relationships."

"I'm easily rejected."

Each of these...and countless more like them...are like emotional forests made up of specific trees (negative events) which contribute to the overall problem. Using EFT on the globally stated problem is like trying to chop down an entire forest with one swing of the axe. If you address the global problem in this way, you will probably make some progress each time you swing. However, compared to the enormity of the forest, the progress is not likely to be noticed and thus the client will probably claim "no result"...or...you might erroneously consider them hopelessly Psychologically Reversed...or...you might erroneously conclude that they are beset with energy toxins...or...you might give up and think EFT "doesn't work" or...or...or.

Instead of using EFT on an issue like, *"Even though I'm easily rejected....."* it is best to break down the globally stated problem into specific events such as....

"Even though my 3rd grade teacher embarrassed me in front of the class....."

"Even though I felt so left out when my father didn't attend my high school graduation...."

"Even though my high school sweetheart said, 'I've grown tired of you'...."

"Even though I was sent to my room for the whole day on Thanksgiving at age 8...."

"Even though Mom told me 'you'll never get married unless you are thin like your sister'...."

These are the TRUE CONTRIBUTORS to the *"I'm easily rejected"* issue. They represent the FOUNDATION of the problem. The feeling of rejection is but the symptom of these underlying specific causes. Stated differently, if we didn't have these specific causes, how could we possibly feel rejection? The answer is 'we couldn't' because there would be no prior experience by which to measure a current "rejection."

So....we need to neutralize these causes by using EFT on individual trees. When we do, several benefits occur....

1. The client can easily recognize whenever EFT has eliminated a negative tree from their forest. They may start with an intensity of 7-10 for a given event and end with an intensity of 0. This is clearly noticeable and thus substantially improves the client's (and your) confidence in the method.

2. Each tree that is removed thins out the forest. This allows the client to walk through the forest with more ease instead of consistently bumping into yet another "rejection tree." The sting of rejection becomes less and less.

3. An important GENERALIZATION EFFECT occurs. The various "rejection trees" tend to have some common themes among them so that removing one tree has an effect on the remaining ones. Often, we can remove 5 or 10 trees and then watch the whole forest fall.

I cannot overemphasize the importance of being specific. It often spells the difference between dramatic success and apparent failure.

Aspects

On many occasions, you need only apply one or two rounds of EFT to a specific event in order for its emotional intensity to vanish forever. These are our "one minute wonders" and, fortunately, they occur with delightful frequency. Many lives have been instantly shifted in positive directions because of this feature.

Sometimes, however, even after you have made professional efforts to tap on specific events, the client still reports the problem as "no better." Why would this be? Why does the process work so easily in most cases but appear to bog down in others? There are a few possibilities here (the others will be covered later) but one of the most common causes is that the client, without realizing it, is "shifting to different aspects".

Some issues, it turns out, have many pieces--or aspects--to them. These are actually separate issues. However, clients don't usually make this distinction unless you point it out to them. Suppose, for example, a client wants help with their frightful memories regarding an automobile accident. You can apply EFT, of course, to "this accident" and you are likely to make good progress. If you don't, however, you can ask for more specifics (aspects) with a question like... *"What about the accident bothers you the most?"*

Let's suppose the client says, *"Oh, the headlights, the headlights, I can still see them coming at me!"* You can then tap on *"the headlights"* or *"my fear of the headlights"* or any other verbiage that seems to fit. After the client's reaction to the headlights has been EFT'd to zero, you can then ask...

"What else about the accident bothers you?"

At this point the client may bring up other aspects such as, *"The screams in the car"* or *"My anger at the other driver"* or *"My anger at the doctors,"* etc. The list can be quite long. Usually, though, it contains only one or two aspects.

Tap on these other aspects until the client can no longer find anything bothersome about the accident.

As a test, ask them to "run the movie" of the accident in their mind in vivid detail. This will bring up any trailing aspects for tapping. Eventually, the client should have no charge on the accident. It will just be an unfortunate event in their life--and that's all.

One mistake that is often made along the way, however, is to tap on "the headlights" and then ask a much too global question such as, *"How do you feel about the accident now?"* That question doesn't ask for any new aspects. It just asks for an overall feeling. In fact, if there are any other aspects (such as *"the screams in the car"*) the client will report *"no progress"* because they still have intensity. Remember, the client doesn't distinguish between the aspects. To them, it's all one big problem.

You have to make the distinction by first recognizing that aspects exist (that's just simply experience) and, second, asking the right questions to bring them to the surface.

Aspects can happen with almost any emotional issue--examples might be....

- A war trauma can have aspects such as the sight of blood, the look in a comrade's eyes before they die, the sound of a hand grenade, etc.
- A rape experience can have aspects such as the smell of the assailant's breath, the impact of a fist, the penetration, etc.
- A fear of public speaking can have aspects such as the sight of a microphone, the onlooking eyes of the audience, a memory of being ridiculed as a child, etc.

Another thing to recognize is that an aspect can also be an emotion. Thus, some clients report that the anger they had regarding a given event has shifted to sadness. Pick up on these clues. These different emotional aspects are taking you deeper into the problem. They are opportunities for greater healing and present you with great possibilities for mastering your craft.

The "Tell the Story Technique":

I have great respect for beginners who have become "mechanical tappers" because they provide a valuable service for themselves and those with whom they come in contact. However, there is much more to learn and thus a rich experience awaits those who choose to graduate from the mechanics.

One of the tools I use for Mastery is called the "Tell the Story Technique." I've been using it for years and it is an important tool for being thorough.

The idea is very simple. Just have the client narrate a SPECIFIC EVENT (about a trauma, grief, anger, etc.) and stop to tap whenever they get to emotionally intense parts of it. Each of the stopping points represents another aspect of the issue that, on occasion, will take you to even deeper issues. Conceptually, this is about as easy as it gets..it has a tendency to bring up important aspects that would otherwise take sophisticated detective work to locate.

There are a few guidelines to enhance the process and I list them below....

1. After describing the "Tell the Story Technique" to the client, and before actually doing it, ask them how they feel now about the mere thought of telling the story. Often you will get some substantial intensity at this stage and, if so, it is worthwhile to do a few global type rounds of EFT to take the edge off.

- "Even though I'm nervous about telling the story....."*
- "Even though I'm afraid what might happen when I tell this story...."*
- "Even though I don't like this whole thing....."*
- "Even though just starting the story gives me the jitters...."*

2. When the client feels comfortable about starting the story (perhaps an intensity level of 0-3), ask them to begin at a time when there is nothing to be concerned about. An example might be having lunch with a friend just before having a car accident.

This tends to ease the client into the experience.

3. Instruct the client to STOP THE MOMENT THEY FEEL ANY INTENSITY WHATSOEVER. This is critical to the success of this procedure.

Most clients are conditioned by conventional techniques to "be courageous" and to "feel the feelings" and to "be brave and gut through it." Thus, they are likely to go right by an important tapping point without telling you. The CLIENT NEEDS TO UNDERSTAND THAT IF THEY DON'T STOP, THEY HAVE MISSED A HEALING OPPORTUNITY. Hit this one hard. Emphasize it. Raise your voice a bit to punctuate it. Insist on it. Remind them that we are looking for minimal pain here and that they get no points for bravery.

4. Have the client repeat the story while doing EFT until they can tell it nonchalantly--like it was a shopping trip.

5. Then ask the client to close their eyes and VIVIDLY IMAGINE the whole event and ask them to TRY TO GET THEMSELVES UPSET by exaggerating the sights, sounds and feelings. Chances are they will get through it fine but, if they don't, then you will have uncovered an important aspect or underlying cause. Use EFT for whatever comes up until they cannot get upset about the issue by either imagining it or talking about it.

6. The ultimate test, of course, will be to physically visit the offending scene/person again and see if anything else arises. If there are any remnants left, they will show up during the "real deal."

This "Tell the Story Technique" has several benefits....

1. It is easy to perform and, because the client talks a lot during the process, it often parallels what clients consider "real therapy." Thus the perception of EFT's "weirdness" is minimized.

2. The "story" provides a built in procedure for finding aspects.

3. It can be used either as a primary technique or as a way to test your results.

4. It allows the issue to unfold as gently as possible.

5. The client gives you solid information along the way that allows you to know how you are progressing.

The Movie Technique: a Tool for being Specific

In an earlier Tutorial I emphasized the importance of addressing specific events rather than global issues. This can often spell the difference between apparent failure and dramatic success. Even though the concept is easy to understand, some newcomers have difficulty putting it into practice.

Fortunately, there is a tool that greatly simplifies this important task. I call it the "Movie Technique" and it is demonstrated many times in the EFT - Beyond the Basics DVD set.

Simply stated, if the client can make a mental movie of the event then it is automatically a specific event. A movie has a specific beginning and a specific end in time. It has a specific plot and specific characters. It has specific words & specific actions and generates specific feelings. If the client can't make a specific movie of their problem then the problem is too globally stated.

Here's an example. Suppose the client states their problem as "*My father always abused me.*" This is too global, of course, because that abuse is likely comprised of numerous specific instances (events) of abuse. If you ask the client to make a specific movie of this abuse, YOU FORCE THEM IN THE DIRECTION OF A SPECIFIC EVENT.

Sometimes the client will make a vague generalization of the issue instead of a specific movie, so you will need to guide them in the proper direction.

To give you some guidelines for stepping through this Movie Technique, I submit the following procedures that I have refined over time.....

- First, ask the client, *"If it was a movie, how long would it last ?"* Typically, they give me an answer that can be measured in minutes. This reflects, of course, a specific event. If they say, *"several hours"* or *"several days,"* then you can usually assume they are still being too global.
- Next, ask the client, *"What would the title be ?"* This also tends to force specificity. In most cases, they will give you a specific title such as, *"Fight in the Kitchen"* or *"My accident in Mom's car."* If they give you a more general title, be sure to check out how specific they are being.
- Next, ask them to run the movie in their mind and evaluate the intensity they are having NOW (as they imagine it) on a scale of 0-10. Alternatively, you can ask them to GUESS what their intensity would be IF they vividly imagined it. I usually find their guesses to be reasonably accurate AND guessing tends to save the clients some emotional pain.
- Next, do several rounds of EFT on *"this _____ movie."* At the end of each round check out the 0-10 intensity. Typically, it will come down to low numbers or to zero. You may be done with this specific movie at this stage but continue with the procedures below to thoroughly test the completeness of your work.
- Next, ask them to go through the movie in their mind, starting with a low-intensity segment, BUT STOP WHENEVER THEY FEEL ANY INTENSITY. You will usually need to emphasize the importance of stopping because most clients are conditioned to believe that, in order to be rid of their problem, they must be brave and feel the pain while going through it. This is now ancient thinking. With EFT, these stopping points provide opportunities for tapping.
- Next, use EFT on each stopping point until there is no more intensity on that segment (aspect) of the movie.
- Have them run through the movie in their mind again, beginning to end, tapping on intense aspects as they come up, until the movie no longer has a charge on it.
- Finally, when the intensity seems to be resolved, ask the client to go through the movie one last time, but exaggerate the sights, sounds, colors, etc and really TRY to get upset about it. If they find some more intensity, then keep repeating the steps above until it is gone. When they can no longer get upset, your work is done.

Properly done, this procedure should neatly remove a negative tree from the client's emotional forest. Then you can remove another tree...and then another...and then another...until 5 or 10 of them have been thoroughly uprooted. Since most of these trees have some commonality among them, there is usually a "generalization effect" that spreads throughout the whole forest, thereby toppling the rest of the trees. Thus, the client's problem of *"My father always abused me,"* even though it may have several hundred specific events (trees) contributing to it, is often handled after 5 or 10 specific events have been neutralized.

The Movie Technique is similar to the Tell the Story Technique, and they are both fantastic tools for being specific and thorough in your work. The Movie Technique has the added advantage of helping you address events that the client can't or would prefer not to discuss out loud. On the other hand, the Tell the Story Technique will present opportunities for you to ask specific questions to help your client get to the less obvious aspects. As you refine your skills, you may develop a preference for one or the other, or you may choose to combine elements of each, depending on the individual session.

The Constricted Breathing Technique

This useful technique has the following advantages...

- It can help you find important emotional issues. This is because emotional issues often curtail our ability to breathe deeply.
- It can demonstrate to a skeptic or a new audience the validity of EFT. This is because most people have constricted breathing and it is eye opening to experience it improving with EFT.

This is how you do it...

- Inhale 2 or 3 maximum deep breaths. Take your time and don't hyperventilate. This step will stretch out your lungs so that any EFT improvement in your breathing cannot be attributed to a normal "stretching effect" of your lungs.
- Once you have stretched your lungs as far as they will go then take another deep breath. This time assess the deepness of your breath on a 0-10 scale where 10 is your estimate of your maximum capacity. Numbers typically vary from 3 to 9 on this. The occasional person who rates their breath at a 10 (they are usually wrong) may find that, after EFT, they will go to a 12 or 15.
- Then do several rounds of EFT with Setup phrases such as "*Even though I have constricted breathing...*", "*Even though I can only fill my lungs to an 8...*" and so on. In between each round, ask the client to take another deep breath and assess the 0-10 deepness. In the vast majority of cases it will keep improving.
- During the process ask probing questions such as: "What does your constricted breath remind you of?", "When in your past did you feel constricted or smothered?", "If there was an emotional reason for your constricted breath, what might it be?" Often, they will give a big clue as to an important emotional issue.

The Tearless Trauma Technique

Note: Since first introducing this technique to the public, it has been used with great success by many. However, the term "Tearless" does not mean that no one ever has tears or discomfort. Indeed, some people respond with tears or other forms of distress at the mere mention of their issue. Thus, please interpret The Tearless Trauma Technique as a method where distress can usually be minimized or eliminated.

The Tearless Trauma Technique was developed in a group setting with impressive results, and although it continues to be effective for groups, it is presented here as another alternative for minimizing pain in individual sessions.

Here are the steps:

1. Ask the client to identify a specific traumatic incident from their past. Ask that it be at least 3 years ago to minimize any complications from the dynamics of a current event. An example might be, "the time my father punched me when I was 12." By contrast, the phrase "my father abused me" would be too broad because, chances are, the abuse took place over many, many incidents. Please note that you may need to instruct the client to stay on their original issue because many of them will shift to other issues as they resolve the original one.

2. Ask the client to GUESS at what their emotional intensity would be (on a 0-10 scale) IF they were to vividly imagine the incident, and make note of their guess. Instruct them NOT to actually imagine it (although some will close their eyes and do this anyway). This GUESS is a surprisingly useful estimate...and...it serves to minimize emotional pain.

3. Have the client develop a phrase to use for the EFT process such as "this father-punch emotion" and then proceed with a round of tapping.

4. After this round of tapping, ask them to GUESS again and compare that guess to the original one. Typically, it will be a noticeably smaller number.

5. Perform more rounds of EFT and keep checking in with new intensity guesses. In my experience, a total of 3 or 4 rounds will bring just about everyone down to GUESSES of 0 to 3.

6. Once the client is down to an acceptably low GUESS, then perform another round of tapping and, after this round, ask them to vividly imagine the incident. Notice that this is the first time you are asking them to do this. All previous times have been relatively painless GUESSES. In my experience, just about everyone goes to zero but if not, continue with the Movie Technique or Tell the Story Technique to address the remaining aspects.

I urge everyone who works with trauma to try this. Try it on groups. Try it on individuals. Try it on war veterans, rape victims and torture victims. Try it wherever trauma is involved, especially with those who are afraid of the intensity they usually feel when discussing or "getting into" their incident.

The energy based therapies have been very impressive in their ability to handle negative emotions. That is indelibly clear to practitioners using these procedures. I think the above technique, properly mastered, adds a useful component to the "art of delivery."

For those interested in using this technique with groups, here are some details. In one of the groups, there were 25 attendees that identified a traumatic incident from which they wanted relief. About 80% of them estimated their initial intensity to be 8-10 and, in less than 20 minutes...**twenty of them went to zero**...three went to a 1...one went to a 2...one went to a 3.

And remember, I did this in a public setting with 25 people at a time (it could be done for over 100 just as easily) and I didn't know any of the details about the incidents being worked on (except for the lady who went to a 3). During the break I worked with the lady who went to a 3 (from an original 10, incidentally) for about 5 minutes and brought her down still further.

There was little or no emotional pain evident in the session. That's why I refer to it as The Tearless Trauma Technique.

I know that minimizing emotional pain is criticized by some members of the healing community. In my experience, however, I don't see why pain is at all necessary (but would welcome a debate on this). I say this because I have taken care of a mountain of traumatic incidents (some of them VERY severe) and, after the healing, the clients just have no interest in spending time on insights or the "why" of their past incidents.

To the contrary, there is a visible and obvious cognition change that shows up in the way they talk about the once troublesome incident. The client seems done with the issue because the resolution that is so highly valued by the more intense techniques seems to take place within the EFT session with minimal pain. To me, this is profound and tempts me to rename the process as "Peace without Pain." As long as I get the resolution without the pain, then I don't see the need for the pain. Again, I value anyone's input to the contrary. We are into truth here, not territory.

Steve Wells reports on the Tearless Trauma Technique

Hi Gary,

I just spent the weekend presenting a personal development seminar incorporating EFT and other Energy Therapy techniques. I tried out the Tearless Trauma Technique and it worked just as you have described.

16 people were in attendance and all of them were 8, 9, or 10 when guessing the intensity of the trauma initially. 11 went to zero or near zero after 4 rounds of tapping when asked to vividly re-imagine the traumatic incident. The others were all at 4-5, and 2 more rounds took care of most of this. I offered to help one woman whose 0-10 intensity level remained at a 4 during the break but she came up and told me she really saw how she could get beyond this herself and wanted to do so as she felt empowered by the technique.

Most of the participants were absolutely astounded when they tried to re-access the feelings and weren't able to. The most outstanding result however was by one gentleman who reported that an incredible feeling of sadness he'd been experiencing almost his whole life regarding his father was absolutely gone and he was now experiencing a feeling of complete peace. You should have seen the way his face shone. This guy had previously had a taste of EFT in another seminar I was running. He came to this one because after he used EFT to deal with his constant anger and anxiety, his wife said it was like getting a new husband. Needless to say, she was VERY happy for him to come and do more. I think now his own mother wouldn't recognise him.

To echo your words from last years "Ultimate Therapist" Seminar Gary: "God I love this job!"

Love and best wishes,

Steve Wells

The Personal Peace Procedure

The Personal Peace Procedure that I'm about to unfold for you is not just a way to "feel a little more peaceful". Properly understood, this technique should be the healing centerpiece for every person on earth. Every physician, therapist, spiritual counselor and personal performance coach in the world should be using it as a leading tool for helping others (and themselves).

In essence, the Personal Peace Procedure involves making a list of every bothersome SPECIFIC EVENT in one's life and systematically EFT'ing their impacts out of existence. By diligently doing this we can pull out every negative tree from our emotional forests and thus eliminate major causes of our emotional and physical ailments. This, of course, propels each individual toward personal peace which, in turn, contributes mightily toward world peace.

It may be used:

1. As "homework" between sessions with a physician or therapist. This is certain to accelerate and deepen the healing process.
2. As a daily procedure to clear out a lifetime of accumulated emotional debris. This will enhance self-image, reduce self-doubt and provide a profound sense of freedom.
3. As a means to eliminate a major contributor (if not the sole cause) of a serious disease. Somewhere within one's specific events are those angers, fears and traumas that are manifesting as disease. By addressing them all, you will likely cover those responsible for the disease.
4. As a useful substitute for finding core issues. If you neutralize all the specific issues you will have automatically included core issues.
5. As a means for consistent relaxation.
6. To become an example to others as to what is possible.

This simple concept should shift the entire healing field. I can state it in a sentence...

MOST OF OUR EMOTIONAL AND PHYSICAL PROBLEMS ARE CAUSED (OR CONTRIBUTED TO) BY OUR UNRESOLVED SPECIFIC EVENTS, THE VAST MAJORITY OF WHICH CAN BE EASILY HANDLED BY EFT.

That sentence, if adopted by every healing practitioner and patient, would likely (1) dramatically increase our healing rates while (2) precipitously dropping our costs. Please note that this idea completely ignores chemical causes such as those propounded by the medical model. That's because I have repeatedly seen improvements in clients where drugs and other chemical solutions have failed miserably. This is not to say, however, that drugs, proper nutrition and the like don't have their place. Indeed they do. They can often be vital. In my experience, however, our unresolved specific events are nearer the foundational cause for illness than anything else. Thus they deserve our primary attention..

How obvious! Experienced EFT'ers are well aware of EFT's ability to cleanly wipe the negative specific events off of our mental walls. This is the area wherein our highest success ratios appear. To date, however, we have focused our efforts on those negative specific events that underlie a given ailment such as a phobia, headache or traumatic incident. This is good...very good...and we should continue doing so. On the other hand, why not use EFT on ALL the other specific events that are behind our more generalized (but VERY important) issues such as (to name a few)....

- Self-image
- Anxiety

- Depression
- Persistent insomnia
- Addictions
- Compulsions
- Feelings of abandonment

As you eliminate the emotional baggage from your specific events you will, of course, have less and less internal conflict for your system to deal with. Less internal conflict translates into a higher level of personal peace and less emotional and physical suffering. For many, this procedure will likely result in the complete cessation of lifelong issues that other methods have not touched.

The same applies to physical ailments as well. I'm talking here about everything from headaches, breathing difficulties and digestive disorders to AIDS, MS and Cancer. It is becoming more widely accepted that our physical maladies are caused (or contributed to) by unresolved angers, traumas, guilt, grief and the like. I have had many discussions with physicians in recent years and more and more of them echo emotional strife as a major cause of serious diseases. Until now, however, there hasn't been an effective way to eliminate these health bandits. We can mask them with drugs, of course, but true cures have been hard to find. Fortunately, EFT and its many cousins now provide easy and elegant tools that will aid the serious health practitioner in killing the root causes of disease...instead of the patient.

What I share here is NOT a substitute for quality EFT training NOR is it a substitute for quality help from a masterful EFT practitioner. Rather, it is a tool that, properly applied, is capable of wide ranging relief (quality training or quality assistance will add to its effectiveness). Its simplicity and far reaching effectiveness give it candidacy as a mandatory method for anyone seeking help for even the most difficult of problems. I know that's a bold statement but I've been at this for over a decade now and have seen so many impressive results over such a wide variety of issues that this statement is easy, if not essential, to make.

The method here is simple (I'm assuming you already know how to apply EFT).....

1. Make a list of every bothersome specific event you can remember. If you don't find at least 50 you are either going at this half-heartedly or you have been living on some other planet. Many people will find hundreds.
2. While making your list you may find that some events don't seem to cause you any current discomfort. That's OK. List them anyway. The mere fact that you remember them suggests a need for resolution.
3. Give each specific event a title....as though it was a mini-movie. Examples: Dad hit me in the kitchen--I stole Suzie's sandwich--I almost slipped and fell into the Grand Canyon--My third grade class ridiculed me when I gave that speech--Mom locked me in a closet for 2 days--Mrs. Adams told me I was stupid.

4. When the list is complete, pick out the biggest redwoods in your negative forest and apply EFT to each of them until you either laugh about it or "can't think about it any more." Be sure to notice any aspects that may come up and consider them separate trees in your negative forest. Apply EFT to them accordingly. Be sure to keep after each event until it is resolved.

If you cannot get a 0-10 intensity level on a particular movie then assume you are repressing it and apply 10 full rounds of EFT on it from every angle you can think of. This gives you a high possibility for resolving it.

After the big redwoods have been removed, go to the next biggest trees.

5. Do at least one movie (specific event) per day...preferably three...for 3 months. It only takes minutes per day. At this rate you will have resolved 90 to 270 specific events in 3 months. Then notice how your body feels better. Note, too, how your "threshold for getting upset" is much lower. Note how your relationships are better and how many of your therapy type issues just don't seem to be there any more. Revisit some of those specific events and notice how those previously intense incidences have faded into nothingness. Note any improvements in your blood pressure, pulse and breathing ability.

I ask you to consciously notice these things because, unless you do, the quality healing you will have undergone will seem so subtle that you may not notice it.

You may even dismiss it saying, "Oh well, it was never much of a problem anyway." This happens repeatedly with EFT and thus I bring it to your awareness.

6. If you are taking medications, you may feel the need to discontinue them. Please do so ONLY under a qualified physicians advice.

It is my hope that the Personal Peace Procedure becomes a worldwide routine. A few minutes per day will make a monumental difference in school performance, relationships, health and our quality of life. But these are meaningless words unless others (you) put the idea into practice. I prefaced this article with a quote from my good friend, Howard Wight. I repeat it again below for emphasis... *"If you are ultimately going to do something important that will make a real difference...do it now"*

How to apply EFT in-depth to yourself

Steve Wells from Australia provides this simple but powerful method for getting the most out of EFT while applying it to yourself.

He calls the process "Journaling" and, in essence, it involves writing down all those extra aspects, beliefs and thoughts that show up during the EFT process. Each such item represents a new avenue for personal EFT exploration and, unless captured in writing, tends to be forgotten. Writing down (and addressing) this daisy chain of events allows a more in-depth EFT experience.

This concept does not need to be limited to those wanting to apply EFT to themselves. It offers a similar in-depth experience when healing practitioners ask their clients to do this. The client can Journal during the session or as homework between sessions. Either way, new perspectives, core issues and the like are likely to surface. Very helpful indeed. Steve gives details:

I have found it quite productive to do a journaling process with EFT whilst sitting in front of my computer. I begin by typing out a description of the challenge, problem, negative thought, negative belief or behaviour that I want to work on. Then I do a round or two of EFT on that problem. As more thoughts and feelings come up, I type these onto the screen.

I can type quite quickly and as I work through various aspects it is very helpful to see - as well as feel - the shifts that occur literally in front of my eyes. Whether the aspects that come up are feelings, memories, thoughts or belief statements, I type them onto the screen and then include them in a new tapping sequence.

As I type I find I gain greater clarity and conscious understanding of my issues and I find that the subsequent tapping rounds I do are more focused and therefore more productive. Whilst I have found that typing onto the screen works for me because I can do so very rapidly, those who write faster than typing, or who prefer to write, could complete notes in a paper journal as they tapped through the various aspects.

I find the best feature regarding this approach occurs at the end of the tapping session. When I go back over the stuff I have typed onto the screen I get to see just how far I have moved from where I began.

Often I am amazed at just how much ground I have covered, and also gratified to find that the issues or aspects I started with no longer bother me anymore.

I have found that in regular tapping sessions, my natural tendency is to just move onto the next aspect that comes up. As the previous aspects drop naturally from my consciousness it is easy to forget that I was pretty upset when I first sat down to tap. Many times I haven't realised the full benefit of my regular tapping sessions until long "after the fact" when I confront a situation that would otherwise have upset me and find it doesn't any longer. I'm sure this situation is familiar to many who do the tapping on a regular basis.

The journaling process overcomes these challenges, and not only assists you in clarifying aspects as you go but also allows you to realise and celebrate the changes you have made immediately after you make them. I find this immediate feedback on results to be a very gratifying element of the approach and I recommend it to everyone who wants to go further in their tapping sessions.

Steve Wells

Finding core Issues

When EFT "doesn't work," it is usually NOT because it doesn't work.

Instead, the real reason for not seeing results is because the practitioner has not applied EFT properly. Perhaps the practitioner has not been specific enough or maybe emerging aspects are masking otherwise valid healing work. We have covered these possibilities earlier in this tutorial.

There is another important element of sophistication that we need to explore ... namely ... the discovery of Core Issues. Sometimes a client's "presenting problem" is nothing more than a symptom of a Core Issue--a much deeper, much more important underlying problem. Once the Core Issue is discovered, it can usually be broken down into specific events and handled routinely.

There are many live examples of Core Issues throughout the various EFT training tapes. For example, the case of Nate's "fear of heights" on the [From EFT to the Palace of Possibilities](#) DVD set. Nate comes up on stage with other height phobics and makes only modest headway. After some detective work, however, it was discovered that the real Core Issue was the sense of ridicule he felt when he was teased and prodded to make a parachute jump from a helicopter (while in the armed services). Once we took care of that Core Issue, his fear of heights vanished. In addition, his eyesight improved and his elevated blood pressure dropped dramatically (without taking his medication).

Finding Core Issues is an art and it requires experience to do it expertly. Fortunately, there are some common sense questions that can help you get to Core Issues quickly. Here are some of them....

- *"What does this issue remind you of ?"*
- *"When was the first time you can remember feeling the same kind of feeling ?"*
- *"If there was a deeper emotion underlying this problem, what might it be ?"*
- *"If you could live your life over again, what person or event would you prefer to skip ?"*

Please be aware, however, that a favorite answer clients like to give to these questions is, *"I don't know."* When you hear this, be persistent. You can say, *"Well, just guess for me."* Their guesses are usually right on target.

When physical issues resist healing.

One of the most obvious conclusions you will get from consistent use of EFT is that there is an undeniable link between physical ailments and unresolved emotional issues. Our [EFT Insights Newsletter](#) is loaded with true case histories whereby physical pain fades while emotional issues are being addressed.

Often, we can apply EFT to a physical problem (e.g. "this headache") and watch it disappear in moments. Sometimes, however, the physical problem doesn't budge ... or ... it fades for a while and "comes back." This is usually evidence that there is an unresolved emotional issue behind it that needs to be neutralized. Once this is done, the physical pain is likely to be relieved.

I have a favorite question for playing detective in this regard. Once I have isolated a physical ailment that is resisting healing, I ask....

"If there was an emotional contributor to this pain, what would it be ?"

If the client draws a blank then just ask them to guess. Their guess will usually take you in useful directions.

A classic example involves a lady who had constricted breathing in one nostril due to an accident. Regular tapping for *"this breathing problem"* did nothing for her. However, after I got to the emotional contributors, the whole thing cleared up--and her eyesight improved as well:

A nose is a nose is a nose. So why accolades to Lori for bringing hers ? To the outside observer, it was just a regular nose pleasantly affixed to a smiling face and a bubbling personality. But to Lori it was a source of constant discomfort. She fell and broke it 7 or 8 years ago and has had several surgeries on it since. Despite many efforts at correcting it, one of her nasal passageways remained partially blocked. She ranked the discomfort at 7.

During the EFT training I asked each person in the audience to identify a physical discomfort. One person chose a hip pain while others chose shoulder pains, headaches and the like. Lori, of course, chose her nose. After the first round of EFT, I went around the room asking people to rank their discomforts before and after the tapping. While many reported noticeable relief, Lori reported none. The 7 was still a 7.

After another round more people reported relief--but not Lori. The 7 was still a 7. At this point, newcomers to EFT might conclude, "Oh, it doesn't work in this case." That's easy to assume, of course, because she was at a standstill while almost everyone else was reporting good results. Further, there was physical damage to her nose that not even surgery could correct. So, why not just leave it be and go on to other things ?

Well, I've been here many times and, if I had given up, many people would have never achieved their eventual relief. There are countless examples of how persistence with EFT and playing detective provide results where other techniques completely failed. So, since tapping directly on Lori's nose problem "wasn't working," I asked her about emotional issues that might be contributing to her breathing discomfort. One of my favorite questions here is....

"If there was an emotional contributor to this issue, what would it be ?"

She said there was some anger surrounding the original accident so we tapped on that anger as well as forgiveness. She then reported noticeable relief--but only by a point or two.

Now please notice something. Even though we didn't get one of our "one minute wonders" and even though EFT for her nose issue was not as rapidly effective as for other people, SOMETHING IMPORTANT HAD HAPPENED. Please recall that the problem was still there despite her previous surgeries. Nor did tapping directly for the physical issue bring any relief. But when we addressed possible emotional drivers to the problem, we made noticeable headway. We pried open the lid with this approach. It was never that EFT "didn't work." It was that we hadn't found the proper avenue yet.

Lori's relief at this stage was noticeable, but not dramatic. This is obvious evidence that more progress is possible and that persistence is called for. But sometimes we are too quick to dismiss such "minor" results as "not very good" and conclude, "that's all we can do."

Instead, we are just getting started--the gates have opened and it's time to roll up our sleeves. There is more to do. More avenues to pursue.

As it turns out, I knew I was going to have the whole audience do a few rounds on "constricted breathing" as the next demonstration, so I let Lori be for the moment. Shortly, though, the session commenced on constricted breathing and, after a couple of rounds, I asked Lori to take a deep breath. The change was obvious to everyone as she reported a clearing of the nose passage and a sense of "draining."

The original 7 had dropped to a 2 AND she was delighted to report that HER EYESIGHT HAD GAINED NOTICEABLE CLARITY.

On each of the next two mornings she reported that her breathing improvement was holding and she continued to point out the improvement in her eyesight. There was more to do, of course, because we were not down to a zero. However, my purpose at these trainings is to demonstrate EFT and teach its fine points. I don't usually have time to carry every issue through to completion. She said there was still some minor pressure on the wall of the right side of her nose, so I suggested to Lori that, after the training, she be very specific with the remaining physical discomfort. A good candidate for this specificity would be....

"Even though I still have some of this minor pressure on the wall of the right side of my nose....."

Yesterday (3 weeks later) I called Lori for a follow-up. I thought we might clean up any left over aspects and bring the nose issue to zero. As it turns out, she went to zero on her own.

Complete relief.

She consented to having the conversation recorded and, after some recounting about how our original sessions went, the conversation unfolded as follows (revised for readability)

Lori:and then after we did the tapping I kept noticing more release and more release so that I could breathe easier and easier and easier. In fact, I even mentioned to you then that my eyesight... I see much better for some reason.

GC: *It's still better?*

Lori: *Yeah, it's still better. In fact I used to have problems with my contact lenses and I just don't have those problems any more, which just amazes me.*

GC: *Well, me too. I've been doing this for a long time, Lori, and my jaw still drops from time to time and I'm not sure if I even know the reason why...we just have our theories. But what I want to ask you is....how do you know your eyesight is better? What tells you that?*

Lori: *Well, the clarity in which I see things. I think before, when I would look out through my contacts, things would be clear but not "sharp clear." And it would always be a bothersome thing. I think contact wearers would commonly describe it as if you had makeup or something in your eye. And, after we did the tapping, it was just as if I would blink and I would see everything clear. I don't know if it was related to my breathing and my nose--because your ears, nose and throat are all attached--but with breathing more clearly my vision just seemed sharper--much more comfortable. I immediately see the difference.*

GC: *Well, it could also be that as you breathe better you get more oxygen in your system.*

Lori: *Yeah, that could explain it, too.*

GC: *By what percentage would you say your eyesight is improved? 5%, 10% 30%? What would you say?*

Lori: *I would say the "comfortability" is improved by about 75%.*

GC: *Comfortability?*

Lori: *Yeah, feeling more comfortable with my contacts. On clarity of vision I would say it's improved by 30% at least.*

GC: *Oh really. OK. And that has held with you throughout this ?*

Lori: *Yes. Since that day I went for the training. Yes.*

GC: *Getting back to your nose for a moment. You said that at the end of the workshop you were left with a "2" and, if I recall it right, you said it had to do with one side of your nose impinging upon the rest....*

Lori: *Yes. It was like my right nostril seemed to be restricting the air flowing. Every time I breathed I could feel that happening. But since the tapping I don't even have an awareness of it because it's not happening any more.*

GC: *Well, you went from a 7 to a 2 and the 2 was the side of your nose impinging on things ?*

Lori: *Right.*

GC: *Are you now to a zero or are you still a 2 ?*

Lori: *I'm now to a zero.*

GC: *You're to a zero ? So, it totally cleared up ?*

Lori: *Yes.*

GC: *To me, this whole thing is remarkable.*

Lori: *Oh, it is !*

GC: *As you can imagine, I've been on the other end of the telephone for lots of these stories.*

Lori: *Oh, I would bet.*

GC: *They still amaze me. Now, getting back to your nose, when did it go to zero and, question #2 did you do more tapping to get it to zero ?*

Lori: *Yes, I did more tapping to get it to zero. I probably didn't apply the tapping again for a week after the training. And then I just started to tap again for anything having to do with my nose. I think what you showed me was to get more finely detailed as I was working to improve it. So I would get even more descriptive and more descriptive.*

GC: *Such as?*

Lori: *Instead of just saying, "I accept myself fully and completely even though my nose is blocked up....", I went down to, "my right nostril which is closest to my air opening that's on the right wall that seems to be difficult--the top side inside my nose, not the bottom...", you know, like that. And then, a week after that--probably a total of two weeks since the training--it went down to a zero and I haven't had to tap on that particular thing since.*

GC: *Did you notice as you were zeroing in on very specific things that you were getting relief at the moment or was it sort of a delayed reaction ?*

Lori: *It was delayed. It was almost like at the time I wasn't too sure how it was going to come out. But then I noticed that--probably a day or two after tapping--that I wasn't feeling it again.*

Borrowing Benefits

Stay with me on this one. This procedure has the potential to....

1. Allow many people to achieve substantial emotional freedom IN THEIR LIVING ROOMS without having to become an expert in the fine points of EFT.
2. Dramatically accelerate the deep (core issue) work that can be done in groups.

It's not perfect. Not everyone will get dramatic results and oftentimes people will need professional guidance to maximize the process. But, in my experience, most people should benefit in a big way. It's also easy ... very easy ... to do. In fact, many people can get solid results without knowing a thing about EFT. I wish I had thought of this before.

While I will be developing the idea below with some personal experiences, let me state up front that it involves tapping along while someone else is undergoing EFT. Interestingly, if you keep your own issue "in the background" while tapping for someone, you will likely resolve your issue **EVEN THOUGH YOU ARE TAPPING FOR SOMEONE ELSE'S PROBLEM**. You will, in effect, be creating your own parallels and "Borrowing Benefits" from someone else.

Here's how I came across the idea....

A few months ago I had the occasion to demonstrate EFT to a group of 15 newbies. I asked for a volunteer to work with me in front of the group and "Laura" agreed to explore a highly personal, very severe abusive issue from her childhood.

Interestingly, this diverse group had nothing in common with each other. They were strangers from all over the U.S. who had gathered together as part of a large conference to explore personal improvement. My demonstration was a small subset of this larger conference.

Since I didn't have much time (about 30 minutes) and since I wanted to give them as much personal exposure to the EFT procedures as possible, I thought I would try an experiment. I asked each of the audience members to tune into a specific event in their past that was still bothersome to them. I asked for the most intense one they could find and then had them rate the current intensity on a 0-10 point scale. They ranged from 7 to 10.

I then had each of them make a mental movie of this event and write down titles to their movies as well as their 0-10 intensity ratings. This whole process only took a few minutes and allowed everyone to "tune in" to an issue they could tap on.

Then, while working with Laura, I asked the audience to tap along with us **AS THOUGH THEY WERE TAPPING FOR LAURA'S ISSUE**. They were to say the exact same words and to tap in the exact same places **JUST AS THOUGH THEY WERE LAURA**. My speculation was that each person would make some headway on their own issue because I had primed them to have "in the background" awareness of it. I was hoping their systems would draw useful parallels from my session with Laura.

The results both puzzled and surprised me. After delving (for 20 minutes) into many aspects of Laura's issue **THAT WERE SEEMINGLY PERSONAL AND UNIQUE TO HER**, we finally achieved emotional freedom on her specific event.

As a test, I asked her to go outside the room where she could be by herself and literally try to get upset. When she came back in, she was all smiles and could not bring up any trace of her previous tears, anger, etc. We had successfully collapsed the charge on her intense issue--including all the aspects.

Out of curiosity, I asked each audience member to tune back into their original specific events. To my delight, all of them...and I mean ALL of them...reported 0's and 1's on their previously intense issues (remember--they were originally ranked from 7 to 10).

How could this be ? After all, THEY WERE PRESUMABLY TAPPING FOR SOMEONE ELSE'S ISSUE. They weren't digging into the nitty-gritty details of their own nasty event. Nor were they using any customized language or specific detective work to uncover their own core issues. There were no apparent tears or anxious moments, either.

They just sat there tapping along. Nonetheless, they all reported dramatic results. Their previous issues became non-events in minutes.

Hmmmmm.

Then, about a month ago, I was giving a two day workshop at the Toronto Energy Psychology Conference where Marcia Platt agreed to work with me in front of 75 people on a business success issue. As an experiment, I asked the entire audience to pick out a specific event of their own. And, just like with the Laura example above, I asked them to TAP ALONG WITH MARCIA AS THOUGH THEY WERE MARCIA. There was no requirement that these events be business related--they could be on anything.

In typical fashion, Marcia and I quickly landed on a specific event with her father that was foundational (core) for her business issue. It had many aspects, of course, and I spent 20-30 minutes tapping on every piece I could find while, all the while, THE AUDIENCE TAPPED ALONG USING THE SAME TAPPING POINTS AND THE SAME LANGUAGE AS THOUGH THEY WERE MARCIA.

At the end, I asked how many noticed dramatic results on their individual issues and 70% of them raised their hands. This translates to almost 100% because 25-30% of the audience had been "tapped out" after a two day tapping workshop and chose not to tap along. Thus most of those participating reported dramatic results.

Fascinating, eh! I just called Marcia for a follow-up and she reminded me of the numerous people who came up to her afterwards and commented on the parallels between her situation and theirs. Mind you, the details were obviously different BUT THESE PEOPLE'S SYSTEMS APPEARED TO MAKE THE NECESSARY PARALLELS. Thus they got major benefits just by following along. Painless but profound.

To me, it is undeniable that major benefits can be gained through this method. Not only do people tune into their own parallels during this process but we also must recognize the spiritual concept of Oneness at work here. We are connected. We are One--even though it seems otherwise.

Also, professional guidance can be critical for gaining the most benefit from this process and some customization after the fact is a good idea. I heartily recommend this. In addition, I recommend that professionals use this process in group work as I think you can dramatically accelerate healing with it.

It's also a perfect item for healing professionals to assign as homework between sessions. Just send your clients home with some of the filmed sessions from our training videos. They are loaded with sessions that are ideal for this. It is easy for them to follow along. They need only sit in their living rooms, identify an issue (specific event) and tap along with someone else's issue on the video. Their systems will come up with their own parallels and allow Oneness to do its thing. Newcomers don't even need experience with EFT to benefit. Just parrot the words and tap in the same places where people are tapping on the video.

It wouldn't surprise me to learn that the best results will occur while groups of people perform this together--that's a Oneness concept--but it is also clear to me that many people can achieve major benefits just by tapping alone in front of their television sets or computer screens.

P.S. Here's a possible CAVEAT: This technique may bring to the surface other issues that need addressing, perhaps ones that you may not even be aware of.

This happens rarely but such possibilities can occur, so if you find yourself becoming more upset during the course of this exercise rather than the other way, know that you have an opportunity which may be very useful for you. In this case STOP IMMEDIATELY and use this situation to go deeper (or get help from a qualified professional). Unless you can identify a new aspect that is surfacing for you and address it directly, you might try tapping on, *"Even though something else bothers me about this..."* .. This can be a way of unearthing hidden aspects of a problem and clearing them systematically -- a bonus of sorts

More on Borrowing Benefits

I received many enthusiastic responses to my recent introduction of the "Borrowing Benefits" feature of EFT. For many, it represents a big step toward speed and efficiency in the delivery of these procedures.

Simply stated, the process allows someone with little or no experience in EFT to tap along while someone else is undergoing EFT (e.g. in a session, seminar, group or video) and often experience profound benefits. This is true even though the issues being tapped on appear to be widely different. This does NOT suggest that professional help should be avoided. Rather, it proposes a tool that could substantially aid the therapeutic process.

Here are some further thoughts/benefits regarding this idea.

1. For many people, the process allows an additional measure of emotional safety. As you know, EFT is normally quite gentle but a few people tune in to some pretty intense stuff and it takes awhile to bring them down. With the Borrowing Benefits feature, however, the client merely identifies their issue and then taps along with someone else on an issue that is seemingly quite different. Thus a sort of detachment is injected into the process while the client's original issue is being addressed "in the background."

This, in my experience, helps to minimize any unwanted intensity while still getting the job done. The process may or may not give complete resolution to an issue but, properly done, it is likely to at least take the edge off (probably much more). Very efficient. Very useful. Very humane.

2. This can also be a superb way to conveniently get at core issues so that truly deep work can be done. This ability depends, of course, on how thoroughly and creatively EFT is being applied. If the person undergoing the direct treatment is fortunate enough to be in the hands of an EFT Master, then the odds for true deep work increase for all parties involved. The Masters of this process have learned to search for and relieve those pesky aspects, core issues and bothersome remnants that show up with complicated issues.

3. An easy way to tap along with creative EFT sessions is to pick certain sessions out of your EFT training videos. As you know, these videos are filled with actual sessions and many of them are quite involved. You can identify your own issue and then tap along with the video while IN YOUR LIVING ROOM. Interestingly, the subject matter of these sessions doesn't seem to matter because your system tends to draw its own parallels. If you want, though, you can tap along with several of them.

As always, I must caution that some people should not attempt any form of healing technique without the presence of a skilled professional. Thus, you must take responsibility for any use you make of EFT.

The EFT Doors to Explore

Over the years we have developed many EFT approaches for solving the healing puzzle. They have become "Doors to Explore" and represent a wide variety of possibilities for applying EFT. With Serious Diseases you may get lucky and get impressive results by entering only 1 door. However, in many cases you may need to explore every door and, perhaps, discover new ones. You may meet with failure on the first 4 or 5 doors but, with persistence, you may find success with the 6th, 8th and 10th doors.

Below is a list of current EFT doors. They are not listed in any particular order and should be used in whatever order seems appropriate for a given client.

- Daily tapping.** This one is vital for Serious Diseases because it creates much needed follow-up by the clients. 10 to 20 rounds of EFT tapping should be performed daily to keep the body's subtle energies flowing freely. An easy way for the client to remember to tap is to associate it with daily activities. For example, do rounds of tapping just before (1) eating, (2) when using the bathroom, (3) when turning the TV on and off (4) when getting in and out of the car and so on.

- Tapping directly on the symptoms.** For example, start EFT with "*Even though I have this numbness in my left hand....*" This will often give symptomatic relief. If not, then assume there are emotional drivers behind it and ask, "*If there was an emotional reason for this symptom, what could it be?*"

- Approach the symptoms through metaphors.** For example, ask the client, "*What does the disease look like inside your body ?*" or "*What does your doctor tell you is going on ?*" Then apply EFT for that metaphor. For example, "*Even though it feels like I have glue in my finger joints....*"

- Sneaking up on the problem.** Use this when you expect underlying emotional issues to be unusually intense. Use global statements at first like, "*Even though I have all these problems...*" and gradually get more specific until you end up with a specific issue such as "*Even though Dad hit me when I was 8 at my birthday party....*"

•**The Tearless Trauma Technique.** This is another way of approaching an emotional problem in a gentle way. It involves having the client GUESS as to the emotional intensity rather than painfully re-live it mentally. Often highly effective.

•**The Movie Technique.** In this process the client narrates his or her mental movie of a bothersome specific event. When intensity comes up the client stops and then taps on that intensity. When the intensity subsides the client continues with the story. This method has been a mainstay in the tool box of many EFT Practitioners. It may be the most often used EFT technique of all.

•**The Tell the Story Technique.** A close cousin of the Movie Technique

•**Being Specific.** This is often critical and represents an efficient way of resolving the problem. Most people represent their problems in a global way e.g. "I have diabetes" OR "I feel abandoned." While success can sometimes be achieved by approaching these issues in this global way, the odds improve substantially if you get to the specifics (or specific events) underlying the problem. Examples, "Even though my blood sugar level is over 400...." OR "Even though my mother left me alone for three days at my age 8."

•**Personal Peace Procedure.** This is most useful for client homework. It involves making a long list of every bothersome specific event one can think of and using EFT on a daily basis to collapse them. Obviously, the more negativity that can be removed the greater the chances of peace taking over

•**Emphasizing or Yelling.** Sometimes it is necessary to get clients more involved with their issue. This can often be accomplished by having them strongly emphasize.... or YELL ... the EFT Setup Phrases and Reminder Phrases. This can turn a "go-nowhere" session into a productive one.

•**Questions.** Here are some questions that may help getting to core issues...

**If there was an emotional contributor to that symptom, what could it be ?*

**If you had life to live over again, what person or event would you prefer to skip ?*

**What would it be like to have none of your symptoms ?*

**What benefits are you getting from this illness ?*

**What would you have to give up if your illness went away ?*

**Who or what are you most angry at ?*

**Why might you deserve this illness ?*

•**Chasing the Pain.** After applying EFT, physical discomforts can move to other locations and/or change in intensity or quality. Thus a headache described as a sharp pain behind the eyes at an intensity of 8 might shift to dull throb in back of the head at an intensity of 7 (or 9, or 3 or any other intensity level). Just keep "chasing the pain" with EFT and it will usually go to zero or some low number. In the process, I often find that emotional issues behind the discomforts also become successfully collapsed.

•**Testing.** This is a very important step because, without it, both you and the client can erroneously think you are done. Whenever feasible, I try to

re-enact a bothersome memory ...OR... have the client vividly imagine and TRY to get upset ...OR... have the client bend, move or do whatever is necessary to bring back the symptom (without damaging themselves, of course). In the process I am looking for aspects or related issues that still need attention.

•**Humor.** Laughter can be used to help clients make new associations regarding the "severity" of any emotional issues they may have. It is also a form of testing because, if a client can now laugh or smile at a trauma, fear, etc., then you know you have made good progress. On the other hand, if the humor is met with scowls or intense reactions then you know you have more work to do.

•**Imagine perfect health and observe tail enders.** This is a good method for finding subtle emotional issues that tend to keep the ailment around. Ask the client to vividly imagine themselves in perfect health (i.e. completely without their symptoms) and then ask him or her to listen for the "tail-enders" or "yes buts" that show up as self talk. These tail enders are often clues to the real impediments to healing. Tail enders are described within the important series on our web site called The Palace of Possibilities. Full details at <http://www.emofree.com/palaceof.htm>

Reframing within the Setup procedure--THROUGH you, not BY you. Reframing is a procedure often used within conventional talk therapy to help a client see their issue through different, healthier glasses. I find that reframes land MUCH more solidly if done while tapping and thus I use the Setup portion of the EFT procedure to not only correct psychological reversal but to also establish useful reframes. During this process, I "get myself out of the way" and rely on "guidance" that allows me to apply healing that goes THROUGH me not BY me. Everyone has the intuitive abilities to do this. Success, however, depends on truly trusting that intuition.

Revised Procedure and Tapping Points

The 9 Gamut Procedure is only needed if there is 'Psychological Reversal' - this is not often found, so is not usually needed. If there are difficulties in overcoming a problem then this should be used. There is a special Dowsing chart included later to check if this is needed.

Since the 9 Gamut Procedure is not so used, there is no need to repeat 'The Sequence'. So the revised procedure is just to use 'The Set Up' and 'The Sequence' for most tasks.

When doing 'The Sequence' many Therapists have found that two additional points are extremely effective - the 'Top of Head' and the 'Inside Wrist'.

The 'Top of Head' point is where a person's hair 'swirls' - at the very crown; just tap all around the top of your head and you are bound to be correct !

The 'Inside Wrist' is where many meridians pass close to the surface of your skin; you can tap on this point with your other hand, or even better tap the underside of both wrists together. it is suggested that you take a deep breath and release it whilst tapping the 'Inside Wrist', saying 'Peace and Love' - the intent being to release the causes of the emotions, etc., being tapped and to replace them with 'Peace and Love'.

3. Modified EFT

- Suggestions by Carol Look and other Masters

EVALUATE THE INTENSITY of the issue to be handled.

THE SETUP STATEMENT: (naming the problem combined with a general affirmation phrase)

NEGATIVE TAPPING SEQUENCE (Round #1): This consists of tapping the sequence of EFT points while you *focus on the problem* and say the *Reminder Phrase* out loud. (This helps you *tune in* to the problem.)

POSITIVE TAPPING SEQUENCE (Round #2): Tap on the sequence of the EFT “power points” again, and *focus on a solution* by verbalizing preferences, choices, and possible alternative outcomes.

RE-EVALUATE THE INTENSITY

REPEAT THIS RUN as needed - see the example on the next page.

THE SETUP STATEMENT:

“Even though I have this anxiety about tomorrow’s meeting, I deeply and completely love and accept myself.” The SETUP STATEMENT is repeated out loud three times while you tap the karate chop point. You can change the wording for these three Setups as your thoughts guide you to delve more precisely into the problem.

“This anxiety about tomorrow’s meeting.” The REMINDER PHRASE is repeated when you tap the sequence of points. It helps you stay focused on the issue you have chosen for treatment. You can change the wording for each tapping point as your thoughts guide you.

SEQUENCE OF TAPPING POINTS:

1. Top of Head (TH)
2. Eyebrow (EB)
3. Side of Eye (SE)
4. Under Eye (UE)
5. Under Nose (UN)
6. Chin (CH)
7. Collarbone (CB)
8. Under Arm (UA)
9. Wrist (Wr) - Take a deep breath and release saying “Peace and Love”

NEGATIVE TAPPING SEQUENCE:

Starting at the eyebrow point, begin tapping each point in the sequence of EFT points approximately 7 to 10 times while repeating the *negative reminder phrase*. This directs your mind to focus on the negative thought patterns that block your ability to reach your goals (feel calm, attract abundance, release food cravings) and allows EFT to neutralize them.

POSITIVE TAPPING SEQUENCE:

Starting at the eyebrow point again, tap each of the EFT points approximately 7-10 times while repeating any sequence of positive phrases you choose. This allows you to install what you would prefer to experience.

Example on Improving Eyesight

First Run

Tap on the following points while saying these negative phrases:

I have this resistance to improving my eyesight.

I don't want to improve my eyesight.

I am afraid to see more clearly.

I thought I wanted to see better.

I don't really want to see better.

This resistance to clearing up my vision.

I have this resistance to improving my eyesight.

I can't help this resistance

(OMIT Wrist point)

Then tap again on the points with these positive phrases:

I do want to improve my eyesight.

I can allow myself to get over this resistance

I choose to feel ready to release the resistance

I feel free to release the resistance

I now release all this resistance

I It feels so good to allow clarity into my life

I appreciate my eyesight and my eyes

I am grateful for the clarity in my life

(Deep Breath & Wrist Point)

Second Run

While tapping on the karate chop point, repeat the following phrases:

Even though I am skeptical that this will work, I choose to do the exercises anyway...Even though my skepticism is really fear, I accept and love myself anyway...Even though I have doubts about EFT improving my eyesight, I choose to accept the possibility now.

Then tap on the points while saying these negative phrases:

I have this skepticism about EFT and my eyesight

I don't want to improve my eyesight

I am afraid to see more clearly

This skepticism

These doubts about this working

This resistance to clearing up my vision

I have this resistance to improving my eyesight

I have so many doubts about this

(OMIT Wrist point)

Then tap on the points while saying these positive phrases:

I will consider being open to new possibilities

I can allow myself to release the resistance

I choose to release the doubts

I feel freer already

I choose to let go of this resistance

It feels so good to allow clarity into my life

I appreciate my eyesight and my eyes

I am grateful for the clarity in my life

(Deep Breath & Wrist Point)

Third Run

While tapping on the karate chop point, repeat the following phrases:

Even though I don't believe eye problems can be reversed, so I doubt I can release mine, I deeply and completely love and accept myself anyway...Even though I don't believe this will work, I choose to accept and love myself anyway...Even though the truth is I'm afraid to see more clearly, I accept and love all of me no matter what.

Then tap on the points while saying these negative phrases:

*I don't really believe I can improve my eyesight
I don't want to believe I can improve my eyesight
I am afraid to believe I can improve my vision
I have so many limiting beliefs about eyesight
I don't really want to see more clearly
I have so much resistance to clearing up my vision
This resistance to improving my eyesight
I am surprised about this resistance and my limiting beliefs
(OMIT Wrist point)*

Then tap on the points while saying these positive phrases:

*I will consider releasing the resistance
I can allow myself to release this resistance
I choose to feel open to change
I allow myself to release the limiting beliefs
I choose to let go of this resistance
It feels right to be open to seeing more clearly
I appreciate my eyesight and my eyes
I am grateful for the clarity in my life
(Deep Breath & Wrist Point)*

This is just a selected sample from week one of an 8 week course "Improve your Eyesight with EFT" by Carol Look. She suggests that these rounds be done each day for a week, and keep records of when they were done - and the intensities that you encounter. For more details see www.CarolLook.com

The aspects covered in her course (for each week) are:

1. Resistance and limiting beliefs (as above)
2. Fear (Past and Future events)
3. Guilt
4. Anger
5. Anxiety
6. Beliefs about Aging
7. Resentment and Hurt
8. Remaining Blocks to Improving Eyesight.

Note that this is a very intensive course - most EFT tapping sessions would be far shorter, dealing with a number of problems and different aspects in one session - depending on the severity of the problems.

You may, however, come across these aspects in your more normal EFT work - so just recognize how to adapt the phrases to suit your own work.