

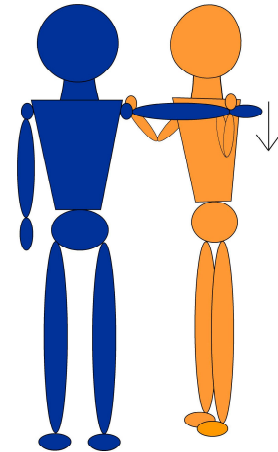
## Emotional Freedom Techniques (EFT)

### The EFT Process

*Author's Note: EFT provides impressive results for most people, but there is no guarantee it will achieve your goals or be as painless as it is for others. Please consult your physician and therapist regarding your use of EFT. Practitioners and the public must take complete responsibility for their use of it. Also know that the version of EFT you see in this book is my interpretation of the technique, which may not be exact to the original version, and I am not representing the EFT material in this book as the original teachings.*

The basic EFT recipe is a four-part process. The first part is the set-up phase, designed to eliminate a Psychological Reversal when it is present. Psychological Reversal (PR) is basically when we have a thought of doing something, like losing weight, but because of hidden things like limiting beliefs and emotional blocks, our flow of energy gets going the wrong way. Meaning, we *say* we want one thing but our vibration, which is based off of our deep-seated beliefs, is offering something different. The energy polarities are somehow reversed when these thoughts are present, consciously or unconsciously.

To see if someone is reversed, you can do a muscle test<sup>1</sup> while that person states the goal either in mind or out loud. For example, if the individual being tested has a goal of losing weight, you may have them state, "I want to be leaner," and then immediately do a muscle test. If the muscle goes weak, then the answer is no (meaning they do not want to lose weight, usually on some unconscious level; the statement is false in their energy system), and they are reversed. If it stays strong, then the answer is yes and they are in line with their desire. It may seem kind of odd that a person would go weak when they are claiming the intent of changing their body, but there may very well be hidden sabotaging beliefs or emotional blocks standing in their way. It just goes to show that what we say and what we emanate, vibrationally, can be two very different things.



It is often the practiced belief of not being able to lose weight (or any limiting beliefs like that) or an emotional block from something stemming from a person's past that has

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<sup>1</sup> Muscle testing done here is for the purpose of reading the body's reaction to different thoughts and statements, not to see how physically strong someone is. A basic muscle test would be done by having a person standing with his legs hip-width apart and his arm elevated 90 degrees directly to the side (or parallel to the ground). The force applied on the individual's arm would be at the wrist and applied directly toward the ground in a 90 degree angle to the arm. The force is only to be held for a second or two. It is just to see if the person can hold this position; pushing all the way through the movement would eventually make anyone go weak with enough force. Just think about testing the first inch of the movement. Lastly, the tester must be detached from the outcome of the test in order to get a clear answer. The tester's energy and intent can affect the test.

caused their energy system to become reversed around this subject. It very well might be that their weight serves them emotionally and losing it would be a threat to their security. It is like reversing the batteries in a remote control. You want to change the channel, but because the polarities of the battery are not aligned properly, the process of changing the channel does not work. This one huge reason why so many people try to change something but never really follow through.

Even if muscle testing is not available, you can perform PR as a set-up process to eliminate the *possibility* of something being reversed as well as to set up the intention of the work to be done. I look at the set-up phase as two parts. One part is the negative part, or the issue, which consists of the subject, the thoughts about the subject, and the emotional standpoint (like despair, fear, anger, worry, doubt, or frustration). The other part is the positive part, done by way of an affirmation. The set-up phrase is repeated while rubbing a specific spot on your chest, which will be a neuro-lymphatic massage point.<sup>2</sup> (There is another spot that also works as an alternative to this spot that will be described in more detail later in the chapter.) Focusing on the issue (negative) and the affirmation (positive) while rubbing this neuro-lymphatic spot seems to reset the proper flow of energy, almost like switching the batteries back to the right connections.

The second step, which will also be repeated after the third step, is the actual tapping on the designated meridian points. You will have a reminder phrase, which is a derivative of the negative part of the set-up phrase, which will be repeated while tapping throughout the entire step. The third step is called the 9 Gamut Procedure. This process involves different brain activities to get the brain “in tune” while tapping on a designated meridian point. Finally, we repeat step two.

Next, the actual process will be demonstrated using an example issue. In the next chapter we will tackle a vast array of different body, weight, and food issues. Also, you can download the EFT manual for free at [www.emofree.com/downloadeftmanual.asp](http://www.emofree.com/downloadeftmanual.asp).

### **The EFT Process: An Example**

In this example, we will use a physical issue—limited breathing—to demonstrate the EFT process. The reason we will start with a physical problem rather than an emotional one is because it’s much easier to work on something less emotional when first starting to learn the EFT process. The interesting thing about any physical issue is that it is intrinsically linked to your energy system through your meridians, and your meridians are affected by your thoughts. Working on a physical issue via the thought system and energy system is like going through the back door. Not to mention, any physical issue always has some basis of emotional unrest underneath it.

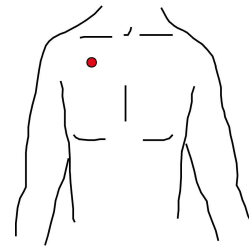
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<sup>2</sup> The energy to the neuro-lymphatic system is regulated by what we call neuro-lymphatic reflexes, located mainly on the chest and back. These reflex points act like circuit breakers or switches that get turned off when the system is overloaded. The locations of these spots do not correlate with actual lymph glands.

Be aware that often, working on a physical issue without addressing the underlying emotional cause will offer only short-term results. That it's not to say that long-term success can't be achieved in this way, as there are many cases where it does work to address only the physical issue. The purpose of using the limited breathing here is purely for the practice; it seems to be the most common physical limitation as well as the easiest to shift using this process.

When working on any issue, it is important to gauge your level of emotional or physical discomfort. You can rate your discomfort on a 0–10 scale—usually making 10 the highest level of discomfort. To gauge your breathing, try to take as full a breath as possible. You will more than likely notice it is not a full breath (very few people have a complete, full breath). Rate your breath on a 0–10 scale. In this case, let 0 be no breath (let's hope that's not the case) and 10 be the fullest, easiest breath possible.

To start the set up phrase, we must first find the neuro-lymphatic point located on the chest (see the diagram). It is located toward the middle and about an inch under the collarbone. Using your dominant hand, take your first three fingers and dig around in the aforementioned chest area until you feel a sore spot. (Note: It does not really matter which hand you use or which side of the chest you rub.)

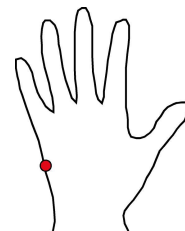


Once you find the sore spot, continue rubbing on it while saying the set-up phrase. The basic phrase that can be used is: “Even though I have this [describe the issue], I completely love and accept myself.” (Describing the issue could be, “this restricted breathing” or “this limited breathing.”)

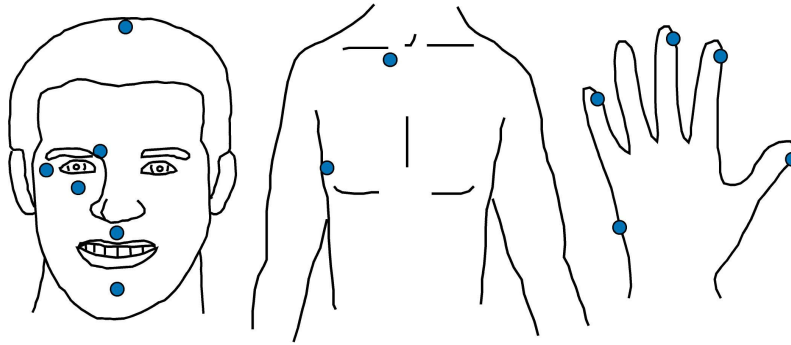
Repeat this out loud (if possible) three times. Using our example we will say, “Even though I have restricted breathing, I completely love and accept myself” (or “I deeply and profoundly accept myself”).

Saying this phrase out loud *emphatically* will help make sure the reversal works.

Remember, gauging how high the emotional charge is on any subject before you start the process is key in helping you to gauge your progress. You can also use the Karate Chop point (on the side of your hand) as an alternative spot to tap during your set up instead of rubbing the chest spot. Try using both spots to see which one works better for you (see diagram).



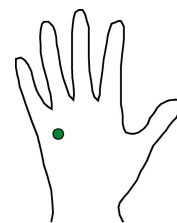
Next, in the second part, you will start tapping on the meridian points shown in the diagram below while saying the reminder/issue phrase like “this restricted breathing.” You will begin with the eyebrow point (at the end of the inside of your eyebrow). You will want to hit the point seven to ten times using your index and middle fingers, but hitting it continuously while saying the issue phrase will most likely add up to enough anyway, so there is no need to count. You do not have to tap on these points hard; a light tapping will work just fine.



Once you've tapped on the first point about seven times, you will tap on the point located next to the eye (on the outside of your eye socket) while, once again, repeating the reminder phrase. Follow that by tapping the point under the eye (in the middle, just below eye, about a half-inch under the rim of the eye socket), then under the nose (between nose and upper lip), under the lip (between chin and lower lip), followed by the collarbone point (where the collarbone meets the sternum).

Continue on to the point under the armpit, about 2 or 3 inches from actual armpit (about nipple or bra strap height), then hit the sides of all the fingers (including the side of the thumb) at the height of the fingernail, except the ring finger. You will want to hit all fingers on the side of the finger that faces you. The last spot to hit is the karate chop point, which is on the side of the hand between the bottom of the pinky and the wrist bone. Remember, every spot you hit you will want to repeat the reminder/issue phrase. You do not have to stick to one side and it does not really matter which side you start on. Since you can do the tapping on both sides, you could do the second round of tapping (Step 4) with the opposite hand and hit all the opposite points of those you hit before. The great thing about EFT is that it is very forgiving.

Next we will move onto Step 3, the 9 Gamut Procedure. While tapping on the back of the hand between the pinky and the ring finger start the following nine different exercises.



1. Start with closing your eyes.
2. Then open your eyes.
3. Look hard down to the right.
4. Then look hard down to the left.
5. Then roll your eyes up and over back to the right.
6. Then roll back to the left.
7. Next, hum a few bars of Happy Birthday (or any other easily hummed tune).
8. Count from one to five.
9. And finish with Happy Birthday again.

This process may seem a bit silly, but I assure you this process is designed to get your brain involved, not to make you look or feel ridiculous. You don't have to do any of them really slowly, just enough to get that part of your brain processing the new exercise. If

possible, try keeping the reminder phrase in the back of your mind while going through the 9 Gamut Procedure.

Once you have completed the 9 Gamut Procedure, you will move back to tapping on the meridian points from the inside-eyebrow point back down to the karate chop point while saying the same phrase as before. In this case it was “this restricted breathing.”

You have completed your first round of EFT. Take stock of how you feel about your issue, your breathing. Is it still at the same number? Has it changed? If it hasn't changed, try saying the set-up phase more emphatically, then add, “Even though I *still* have this restricted breathing, I truly love and accept myself.” You can also use this set-up if you have gone down with the emotional charge but still have some negative feelings left. You then will use “this *remaining* restricted breathing” while going through the process just like the first round.

Note: If your breathing ability rates at a 9 or 10, then you may want to work on a food craving instead. Find some food that will cause your craving to increase. Smell the piece of food to increase your craving. Get your craving for the piece of food as high as possible (without actually eating the food). A 10 here would be the highest craving.

Note that, again, dealing with a physical issue like food craving will only treat the surface aspect of the issue. This is due to the fact that there are deeper emotion ties to why you crave this item—and not all are bad. This is purely a way for you to practice the technique and to see the effect of the EFT process, even if it is only short term.

You can use this technique any time you have food cravings throughout the day. Using EFT any time you have food cravings should initially help you control your food intake, but at some point you would want to address the underlying reason for reaching for food to feel better. Much of this will be covered in the next chapter.

Note: You can try shortening the process by leaving out the finger points and the gamut procedure, but I would encourage you to then add the crown of your head. Even though the “basic recipe” is fairly short as it is, sometimes it's nice to have a quicker way, a short cut, to play with. I find the short cut works for most things, but when it doesn't, I always go back to the full basic recipe to make sure I cover all points and involve all aspects. Lastly, on either the original recipe or the aforementioned shorter version, always try to add a round of positive perspectives while tapping on your points, especially using the shortcut version (making the second round a positive perspective). Adding a round with positive perspectives surrounding your issues will help reframe the issue in a new light and leave something in the place of now-cleared emotion.

Like doing anything new, it will take time to learn the “ins and outs” of this technique. This is one reason why it is always suggested to hire an EFT practitioner/coach to help you work on your issues and gain insight into other aspects of the EFT process. It always helps to have someone who can guide you appropriately and can ask the right questions to help you get to the source of your issues. Whatever route you decide to take, it is my

hope that you find joy in your journey and learn your true potential as a magnificent creator of your own reality and life.