

EFT

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What is Energy Psychology?

Energy Psychology is the name for a broad range of psychological treatments that use the human energy system. Energy Psychology techniques become more popular in the 1980's and tend to keep growing. Energy Psychology is basically intertwining Eastern approaches to the mind and body with Western psychology and psychotherapy ideas. Included in this group are treatments such as Thought Field Therapy, Emotional Freedom Technique, Tapas Acupressure Technique amongst others.

Energy Psychology basically is a type of therapy that reduces emotional stress and helps the body to restore emotional well being, therefore allowing the energy to flow clearly. When one's energy flows clearly, the emotional stress disappears. Stressful events in our lives, negative thinking, and even chemical imbalances can affect how we feel on a day-to-day basis. If there is on going stress in your life, or a sudden traumatic event happens to you, the energy and the physical / emotional impact of that trauma is experienced in electrical impulses in your brain and body that result in feelings like depression, anxiety, fear, anger, guilt and so on.

Everything that you have felt, done or said in your life is stored in your body.

Energy Psychology can be used to effectively and often times quickly, eliminate from your body's memory – via the meridians – the energies of phobias, bad habits, stressful tension, self-sabotage, doubt and procrastination. This can also be helpful in accessing buried emotions and releasing them.

Our energy has everything to do with how we feel. When our energy is flowing, balanced and clear, we feel good, even great, also strong and have personal power. When we think of things we don't like, that bother us or even a painful memory, we actually feel the energy weakening in our bodies in the form of negative emotions. When our flow of energy is disruptive, we can feel sad, angry, depressed, hurt, lack confidence, guilt and so on. This disruption in our energy flow saps our well being and strength.

When your energy is clear around memories, thoughts or an issue, you feel different, you feel happy, joy, confident; you are able to think more clearly; you

are able to take action; you create better results in your life; you are able to live your life more on purpose; you are able to respond to situations instead of reacting.

80% of all psychological intervention is to resolve the unwanted emotional component.

Emotions by themselves are neither positive or negative. If an emotion works for us in some way, it is considered useful or positive. If an emotion interferes or works against us, it is considered unwanted or negative.

Emotions are not physical themselves, but they can and do affect us physically. An emotion can influence or affect heart rate, breathing, muscle movement, neurology, or brain chemistry to name a few. Therefore, emotions can effect perceptions, thoughts and behaviour.

We use words, such as anxiety, fear, guilt, joy, cravings, happiness etc to describe what is going on inside of our bodies, in other words, the words describe a chemical reaction occurring in our bodies at any given time. If it is a negative reaction, we can change that.

EFT Emotional Freedom Technique

What is EFT and how does it work??

Dr. Roger Callahan, a clinical psychologist, is credited with the pioneer work that he termed 'Thought Field Therapy' or TFT. He found that tapping (with a finger) on a specific acupressure or acupuncture points, while focusing one's attention of a problem helps to remove the emotional component.

Apparent was the value of the therapeutic tool, yet many found the training time consuming, complex and very expensive.

One of Callahan's first students was Gary Craig. Gary decided to study and explore the possibilities of mainstreaming it so more people could easily learn it and afford to learn it.

This is how **EFT** was born.

EFT is also known as **Tapping**, but I will refer to it just as **EFT** here.

EFT works by removing the negative emotional component from a situation, event memory or circumstance. Learning how to use EFT in every day life can remove distress from within your body. The results can be amazing, your perceptions, beliefs, attitudes, responses, thoughts and even health can change.

Trauma, Thought Memory - **Disruption in body's energy system** - **Negative emotion** - **Physical effects**

EFT allows you to free yourself from cravings, addictions, phobias, fears, anger, guilt, conflicts and other sources of distress within your body. By taking the negative emotional component out of our daily lives where it interferes or holds us back in some ways, we are then able to make more clear decisions, in other words, we become more responsive instead of reactive, our decisions are not emotionally based.

EFT is basically psychological acupressure, in other words you are tapping on acupressure points instead of using needles to release unwanted negative emotions.

EFT is easy to learn, you just have to have a desire to learn it. **EFT** can be done by anyone, anywhere on anything, where some things haven't worked and the results are usually permanent. In other words EFT works extremely well!!!

What can EFT be used for??

EFT can be used on many issues. People all over have had success using EFT on things when nothing else seemed to be working. The list for using EFT on is almost endless!! People have overcome traumas, negative childhood memories, learning disabilities, and the list keeps going on and on.

Or, how about more every day issues like the kids fighting and you're reacting? Or when you are stuck in traffic going nowhere yet you need to be somewhere and feeling the tension? Or when you're feeling overwhelmed with the "must do" list and the day isn't long enough? Or when you are at work, and no matter how hard you try or what you do people just seem to dump on you all day, now you're tired, stressed, uptight and need to "relax" (ie. need to smoke, have a drink, take a pill etc) or even lie down to escape?

This is why **EFT** is such an effective tool to use daily. It's easy, convenient, and you're not sitting on someone's couch analyzing your childhood for possible reasons!!!

EFT takes the emotional charge out of things so that we may think more rationally, we move from problem oriented thinking to solution oriented thinking. We come from a place of being calm and responsive, instead of frazzled and reactive. We begin to become more responsible for our choice of actions, as it makes us realize that we do have choice in how we feel, think and respond. When our energy system is not flowing or when there is a disruption, we feel weakened, powerless, anger, fear, hurt, depressed etc. When we reduce our emotional distress and we restore emotional well being, our energy runs clear and balanced; we feel good even great. We feel stronger, healthier, more confident and have personal power. This enables one to think clearer, see possibilities that one couldn't before; are in more control of one's life; one is more apt to take action; can bring about better results and generally overall happier.

This is why it is really worthwhile to learn this tapping business!! Use it on anything and things and life can become much more pleasant.

What can I use EFT on?

Fears and Phobias (some of the more common ones)

snakes	rejection	dogs
spiders	speed	bridges
public speaking	sex	failure
heights	elevators	disease
needles	bees	being
alone		
water	marriage	men
flying	dentists	driving
weight		

About 10% of the population suffers from one or more phobias. Sometimes these phobias can cause intense fear and even severely limit the lives of those that have them, and if you have one, you know what I mean. They usually are not even rational. The list above is just a partial list, there are hundreds of possible phobias and **EFT** can be effective on all of them. Remember, it's a negative reaction going on inside the body.

Physical Healing

It has been found and proven now that negative emotions contribute to physical ailments to the extent that EFT can neutralize those negative emotions, the physical symptoms appear to subside. This is a partial list of physical ailments that have been used in EFT with either partial or complete success.

Headaches	PMS	Constipation
Backaches	Joint pains	Morning
Sickness		
Rashes	Allergies	Chronic Fatigue
Syndrome	Cravings	Addictions
Asthma	Snoring	Arthritis
Stomach Aches	Toothaches	Psoriasis
Insomnia	Stiff neck & shoulders	Irritable bowel
Syndrome	Sexual dysfunction	Ulcerative colitis
Carpal Tunnel Syndrome		

Traumatic Memories

War

Rape

Past abuses - physical, mental or emotional

Accidents

Post Traumatic Stress Disorder (PTSD)

Traumatic memories generate a variety of emotional responses or reactions when people recall them. Some can even be quite intense. They can range from stomach tightness to aches, trembling, anxiety, heart pounding, sweating, crying, nausea, fear, anger and many other emotional or physical problems. And believe it or not, they all have the same negative cause.....

“ a disruption in the body’s energy system.”

In cases of these traumatic situations, it is recommended to work with a trained therapist.

The Basic Recipe

- ◆ **Identify the problem.** Be as specific as possible- an emotion, belief, block or craving for example.
- ◆ **Rate the problem on a scale of 0 – 10**, 0 being there is no charge and 10 being the most intense. Or just note how you feel. Rating the problem helps you to focus your thinking.
- ◆ **Tap the Karate Point** (see diagram page) on either hand, while repeating the set up phrase (The Set up Phrase has the target issue and affirmation) ex. Even though I have this craving, I deeply and completely love and accept myself.
- ◆ **Tap the spots** (acupressure points - see diagram page) starting at the eyebrow, tap each spot about 7 - 10 times while continuing to focus on the "problem". Doesn't matter what side you use. To help you to focus on the "problem", use a reminder phrase as you tap.

Ex. 'this craving of.....'
'this fear of.....'
'this memory of.....'
'this anger.....'
'this feeling of.....'
'this pain in the back.....'

Sequence of Tapping Points:

- ◆ **eyebrow**
- ◆ **Side of Eye**
- ◆ **Under Eye**
- ◆ **Under nose**
- ◆ **Chin**
- ◆ **Collarbone**
- ◆ **Under Arm**
- ◆ **Hand**
- ◆ **Top of Head**

Stay focused, and access the feeling or emotion as much as you can. Example, don't say you are miffed or upset if you are really #@#! mad!!!

After a round or two of tapping the spots, take a deep breath and then re-rate the problem again between 0 – 10 and then you will be able to see if it's come down in intensity.

If the intensity has come down, but not as much as you would like, then re-think the problem, or change the wording. Also pay attention to whatever comes up, through words or thoughts or memories, this is giving you a direction in which to proceed, or to get more specific. AND just go with it, it may not make sense, but don't question it. Things that are stored in the body, (and all things are stored, memories, feelings etc) doesn't always fall under the common sense category, you may be surprised where it might lead you and what you can clear away!!!

- Tap on the 'new' aspect or wording.
- Take another deep breath.
- Rate the problem again

You should now be at a 0, in other words, when thinking of the event, thought, memory etc there is no negative emotional charge happening.

EFT helps to collapse the emotional charges that you have from past events that are holding you back or contributing to your current situations that aren't possibly in your best interest!

Everything you ever said, felt or thought is stored as chemical reactions in your body. When something in the present looks or feels similar to something in the past, we react as if we did when it originally happened. If it feels good then that's ok, but if it feels anything less than that, you can tap!

EFT Set up Language

“I’m used to affirmations being stated in the positive, why does the **EFT** set up language focus on the negative?” - a question asked often when learning **EFT**.

“I know that this is confusing. Affirmations, in the classical sense, are designed to take you in the positive direction. Thus their wording is always of a uplifting, “go for it, you can do anything” nature. **EFT**, on the other hand is **NOT** designed to take you in positive directions. Instead, it’s purpose is to eliminate the negative and thus pave the way for the positive. That is a MUCH different goal.

One of the critical elements in **EFT**’s effectiveness is that one must “tune in” to the problem. Otherwise, the energy balancing effect of the tapping for that problem will be of little use. It would be of limited value, for example, to try to alleviate a war memory with **EFT** while the client focuses on Disneyland, sex or that the house needs to be cleaned. The energy disruptions wouldn’t be there and so the problem could not be addressed.

The **EFT** Setup language (called affirmations – poor choice) necessarily focuses on what is wrong. This “Sets up” the problem like it was a bowling pin so that the **EFT** bowling ball (the rest of the process) can knock it over.

Some EFT Masters / Practitioners will use positive tapping once the negative emotion Has been released (the charge down to a `0`). You certainly can do a round or two of Tapping with positive language.

Some Sample 'Set Up' Phrases

"Even though I have (this problem), I am choosing to let it go and I deeply and completely love and accept myself"

"Even though I have (this problem), and I don't know why, I deeply and completely love and accept myself"

"Even though I am so (feeling) right now, I deeply love and accept myself."

"Even though I have this major craving right now (for)....."

"Even though I want to have a piece of chocolate cake, but I know I will want eat the whole cake, I'm choosing to let that go right now and love myself anyways".

Even though I don't know what I am feeling, I accept that and love myself anyways."

"Even though I can't say that I love and accept myself, I'm ok with that."

"Even though I suffer from (issue here)"

"Even though I still have some of this problem, I accept and move myself anyways."

"Even though there is some part of me that wants to hang on to this problem, I am choosing to let it go and love myself unconditionally."

"Even though....."

Tapping Points

