

EFT (Emotional Freedom Technique) Summary

First, create Your Affirmation, then rate your emotions. Perform The Sequence, rate your progress, then modify your affirmation as needed and repeat The Sequence.

Remember:

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

Memory > energy disruption > emotion

It's not your fault so there is no need for blame.

The Setup (Your Affirmation)

*Even though I _____, I **deeply and completely** accept myself.*

Rate your emotions – 1 (low) to 10 (high) – associated with this issue, to track progress.

(Alternative affirmation: *I choose to _____ (be free from allergies/maintain my ideal body weight, stop smoking, etc.) from now on.*)

Repeat your Affirmation 3 times while tapping repeatedly on the Karate Chop point – fat part of palm between wrist bone and base of finger.

The Sequence

Tap each point about 7 times while repeating the Reminder Phrase (abbreviated affirmation):

- between the eyebrows
- the temple close to the eye
- the bone directly below the eye
- below the nose
- below the lip
- the thymus (just below the notch at the base of the throat)
- 4" below the arm pit
- the karate chop point again

Hint: Points proceed from top to bottom of the body.

Then, check your progress – rate the emotions on the 1-10 scale.

Subsequent round adjustments

*Even though I **still** have **some** of this _____, I **deeply and completely** accept myself.*

Homework

(This will help increase the effectiveness of your affirmation.)

Print or write out your affirmation, then:

1. Read over your affirmation at home, out loud, twice a day (minimum) - when first waking and before going to sleep at night.
2. You may carry it with you and read it during spare moments during the day if you like.
3. Don't bother to think about it between times, rather just read it aloud once, and then let it slip out of your conscious mind to enter your subconscious mind, which will do the work for you.

Key Point

You cannot do this wrong. The only thing you can do wrong is to worry about doing it wrong! The order of the points tapped, the number of taps you use – none of that is critical – it still works, so don't worry. Sure, you may need to perform subsequent round adjustments or reword your affirmations to get results, but that's all you need. Best of luck to you with this terrific tool!

Other Thoughts on EFT (from www.mercola.com)

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 it silently – then go ahead. It will still likely be effective.

Tuning in is seemingly a very simple process. You merely think about the problem while applying the tapping. That's it.

Negative emotions come about because you are tuned in to 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 EFT.

Without tuning in to the problem, thereby creating those energy disruptions, EFT does nothing.

Is EFT not working for you?

Don't give up! This is too good a tool to dismiss it because it doesn't work immediately. Often the issue is not really what you think it is about. In other words, there are other, deeper aspects to it. That's where it helps to work with someone who knows EFT well and understands when to employ variations that make it effective in even the toughest cases.

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