

EFT is based on the principals of acupuncture that uses the ancient Chinese meridian system to relieve stress and pain. When properly applied, EFT balances the energy system with a tapping procedure by stimulating designated acupuncture or acupressure points on the face and body. This process has the ability to restore balance to the energy system - neutralizing emotional conflicts at their source, allowing the body and mind to resume their natural healing abilities.

EFT is safe, easy to apply, and is non-invasive. Created by Gary Craig, an engineer and personal performance coach in California, EFT belongs to a new class of self-empowerment techniques referred to as Energy Psychology. EFT is one of the most effective, efficient, and gentle treatment techniques I have ever come across. As Gary neatly summarized it all scientists agree that the body is an "energy configuration" made up of positive and negative electrical charges in the form of atoms, the basic "building blocks of all matter." Einstein informed modern scientists that all matter lies somewhere on the same energy continuum. This was captured in his famous Theory of Relativity which states  $E=MC^2$ .

If we view the human body as an energy configuration rather than separate organs, parts and equations of chemicals, we will understand why and how EFT works.



#### **DISCLAIMER:**

EFT is gentle and easy to use, and has to date yielded remarkable results for relieving emotional and physical distress. While there have been no distressing side effects reported to my knowledge, this does not mean that you will not discover side effects for yourself. IF YOU USE THESE TECHNIQUES, YOU AGREE TO TAKE FULL RESPONSIBILITY FOR YOURSELF AND OTHERS WHILE APPLYING THESE TECHNIQUES. You may wish to consult a trained EFT practitioner. If you continue reading through this page and apply these techniques, you agree to take full responsibility for yourself and others when applying the EFT technique, and shall neither hold Gary Craig, the Personal Peace Foundation or anyone associated with the Personal Peace Foundation or EFT responsible for any adverse side effects or outcomes. If you agree to the above disclaimer, you may continue on.

#### **The Basic Recipe**

While the technique is simple and effective, please consider the wisdom of consulting a professional if you are dealing with complex or core issues or have experienced intense or major trauma. While you will probably experience relief by working on your own, a skillful facilitator can help you get beyond blocks, overcome resistance and reversals and ensure a greater level of success in a shorter period of time. In the event you are new to EFT, or it has been a while

since you worked with it, here is a shortcut version. This is not the complete original "Basic Recipe", but a highly effective shortcut version that can yield results as profound as the original in a shorter period of time. This should not be considered a training in EFT, a complete "how to" or EFT manual. The gentleman in the pictures is client Hank Hadley, featured in Gary Craig's EFT Intro Video. You can also read more about Hank in Sophia Cayer's book "EFT Language: Creating it and Going with Flow - Book 1".

## **EFT Basics**

### **1. Select an Issue.**

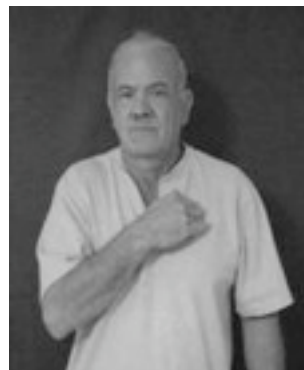
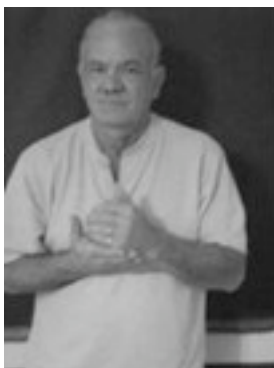
Start with something simple. Most of us have an ache or pain somewhere, tension in our body or possibly a range of motion challenge. Those are usually good places to start. But if you wish, go after a craving, anger that you are feeling, or a fear.

### **2. Rate your Level of Intensity.**

The way you will be measuring your progress is through Subjective Units of Distress (SUDS), or level of intensity. Rate the issue from one to ten, with ten being the "I can't stand it!" end of the scale. If you don't feel comfortable giving it a number, then guess! That's why it is called subjective. There is no wrong answer. If you feel furious about something, then more than likely it is a ten. If you are just a little bent out of shape over it, you are probably at a four. Trust what comes to mind, and how you feel about it.

Notice how it feels in your body. Let's say you are addressing an anger issue. When you focus on it, do you feel tension in your body? A knot in your stomach? Sweaty palms? Racing heart or shortness of breath? It is a good idea to make notes or include those elements when you are considering your SUDS levels.

**3. Set-up Points.** There are two different points you can utilize for set-up. One is referred to as the sore spot, and the other as the karate chop. Both are indicated below.



There are varying schools of thought when it comes to the effectiveness of one point versus the other. Personally, I tend to work with the karate chop most frequently, since it automatically addresses the potential of psychological reversal and it tends to eliminate the question of "Am I getting this right?". In the event

long set-up language comes into play, the discomfort that can take place with the "sore spot" doesn't become an issue. When I feel that progress is moving too slow or just doesn't seem to be happening, I sometimes revert to the "sore spot". I won't go into a long explanation here, but would encourage you to experiment and see what seems to work best for you.

#### **4. Create a Set-up Statement.**

The Set-up Statement will include your issue, then a positive affirmation.

Examples:

- *Even though I have this pain in my right shoulder, I love and accept myself.*
- *Even though I am angry that I got passed up for that promotion, I deeply and completely accept myself.*
- *Even though I have all this tension in my neck, I deeply and profoundly love and accept myself.*
- *Even though it hurts when I try to turn my head to the right, I am OK anyway.*

#### **Important things to keep in mind:**

- \* Be as specific as possible. As you may have noticed in the above examples, I included "right shoulder" and "turn my head to the right", when addressing tension or pain. If we simply use the word "pain" or "tension", that would be considered global, and your progress could be impaired. The more specific you can be, the more terrific your results will tend to be.
- \* When creating your set-up language, follow your specifically stated challenge with a positive phrase

#### **5. Begin the process using your set-up statement.**

You've chosen an issue, determined a level of intensity and created a set-up statement. Go to the karate chop and begin tapping. As you continuously tap on the karate chop, repeat your set-up statement three (3) times.

#### **6. Tap through The Sequence.**

This is a simple process. You will be tapping on specific acupuncture or acupressure points, approximately 5 to 7 times on each point. Don't get caught up in getting the number of taps exact, please. (Remember "more of an art than science".)

- \* With the exception of the top of the head, collarbone point and under the arm, use two fingers at each tapping point.
- \* At the top of the head, use the tips of all your fingers, and tapping around like heavy raindrops all over the top of your head.
- \* When it gets to the collarbone point, you can use two fingers. However, if you lay your hand over the area, you can tap both collarbone points at the same time by just patting the area with your open hand.
- \* Under the arm, just pat yourself there.

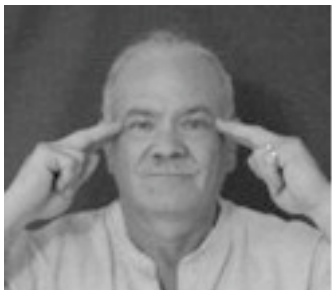
When you take a look at the following illustrations, you will find that it is actually quite simple. Begin at the top of the head and work your way down. While the pictures indicate tapping on both sides (as in at the side of both eyes), it is fine if you only tap on one side. However, you may find it more effective if you are going down both sides at the same time.



Top of Head



Eyebrow Point



Outside of Eye



Underneath Eye



Under Nose



Under Lip



Collarbone Points



Under the Arm

As you tap through the sequence, you will be using a “reminder phrase”. This is a brief version of your “set-up”, without the positive affirmation. It helps with maintaining your focus, or keeping you tuned in with your issue.

As an example, if you are working on the pain in your shoulder addressed in the earlier example, you would want to say: “this pain in my right shoulder”. Or you could tap on the first point saying “this pain” and at the next point say “in my right shoulder”.

Continue to alternate those two phrases as you tap your way through the sequence. When you complete the sequence, go through it again using the reminder phrase. Each time, beginning at the top of the head and working your way down through the points.

## **7. Reassess.**

So how do you think you are doing? Tune in with the anger, the pain or whatever you were working on. If you were at a ten when you started, where would it be now? If you are not sure what your SUDS level is now, it is time to guess again. Does it feel the same as it did before? Did the knot in your stomach lose intensity or vanish? Is it easier to turn your head? Do you still feel like clocking someone, or are you just mildly upset?

If nothing changed, try it again, beginning with the set-up statement, saying it more emphatically. Do your best to remain focused on the specific issue. Don't be discouraged. Each situation is as unique as we are individuals, and sometimes there can be some underlying issues making it a little more difficult to move through it. Persistence usually pays off!

More than likely you experienced some improvement. If that's the case, it is time to adjust the set-up language a bit. We want to acknowledge that progress, and keep it going!

Following through with the previous example: At the Karate Chop, three (3) times:

*“Even though I have this remaining pain in my right shoulder, I deeply and completely love and accept myself.”*

Then through the sequence, twice:

*"This right shoulder pain.."*

If you take another run at it and there is still some pain hanging on, give it another try and begin with:

*"Even though I still have some of this stubborn remaining pain in my right shoulder, I deeply and completely love and accept myself."*

If at this point you are still not achieving the desired results, I'll say it again. Each situation is as unique as we are individuals. Persistence usually pays off! Don't be discouraged, just keep working at it. Some pondering may be required to determine what other factors might be hindering your progress.

Does the pain in your shoulder remind you of someone or some heavy responsibilities? Does an event come to mind? When did you first experience the pain and what was taking place in your life when you first noticed it or a little bit previous to that point in time?

Create some set-up language addressing the issues and work through each aspect of the issue. Don't give up too easily. The vast majority achieve results with the simple things, and many times the more complicated, if they simply persist.

Here are a couple of examples of set-up language you could consider:

*"Even though the pain of these responsibilities is sitting in my shoulder, I love and accept myself."*

Alternate the following phrases, as you work your way through the sequence:

*"These responsibility pains, stuck in my shoulder, making me feel uncomfortable..."*

A few additional points you can add are indicated below. If you are not making the sort of progress you would like, consider adding these to the end of the sequence. Always remember, persistence, persistence, patience and intention.



Inside of Wrist



Outside of Wrist



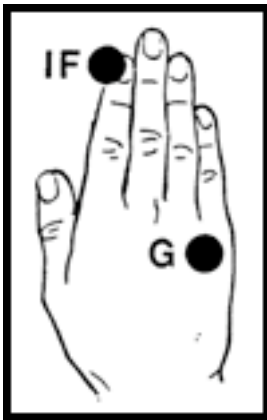
Back of Hand



Wrists together

And yet another consideration, in addition to what you will learn from the EFT Manual, is tapping the karate chop points together. If you are stuck, many times it can help. I use it frequently when tapping with folks.

### **The 9-Gamut Procedure... (Also known as "The Brain Balancer")**



Originally, the basic recipe of Gary Craig's treatment used a procedure called the 9-Gamut. I don't use it frequently, however some of my clients find it beneficial; especially if they experience certain chronic symptoms, such as continual anxiousness. The 9 steps are simple and are listed below. Consider using them at the end of any of your tapping rounds. Follow doing the 9-Gamut by going through the sequence again, like creating a 'sandwich', with the 9-Gamut being in the middle. Sometimes when you find yourself "stuck", it may help to move things forward...

While tapping the Gamut Point (see "G" in diagram) complete these 9 steps:

1. Close your eyes
2. Open your eyes
3. With your head straight, look down to your right
4. While keeping your head straight, look down to your left
5. With your head straight, twirl your eyes in a circular motion counterclockwise
6. With your head straight, whirl your eyes in the opposite direction
7. Hum a few bars of happy birthday or any song you like
8. Count out loud from 1-5
9. Hum a few more bars

If you are still frustrated, feeling you don't know what to do or where to go from here, please consider contacting an experienced practitioner for a consultation. Know that the vast majority of the time the process works, but many times underlying and complex issues will require assistance and persistence.

Happy Tapping!