Start Erasing Your Limiting Beliefs Today

With Gary Craig’s Emotional Freedom Techniques

What if I fail? I’m not good enough. I hate my body. I’m fat. I’m a los

What if? If only? I never...

What I want doesn’t matter

This easy-to-use TRANSFORMATIONAL GUIDE will teach you how to rapidly erase the thoughts, feelings, and beliefs that are holding you back.

By Pete and Jennifer Koerner
Emotional Freedom Techniques (EFT)

A Basic Introduction to Gary Craig’s EFT
Quickly Erase Your Limiting Beliefs

Jennifer Koerner & Pete Koerner
EFT is an Excellent Tool to Help The Belief Formula Work for You!

*What People are saying about The Belief Formula:*

“The Belief Formula is an absolute must-read if you want to learn how to manifest anything you want for yourself and your life. It is a compelling and easy-to-understand explanation of how prayer really works. It provides solid evidence on how the power of prayer and the Law of Attraction can work in your life and the lives of those you care about. You can transform your world and create your own future.”

– John Bishop, *Health, Stress, and Transformational Consultant, Chicago, IL*

“Pete Koerner’s new book is simply amazing. If you’re looking for powerful and effective tools to help you create exactly the type of life you want, then this book is a must read.”

– Grant T. Connolly, *Creator of The Z-Point Process for Instant Emotional Healing, Canada*
[www.ZPointForPeace.com](http://www.ZPointForPeace.com)

“I’ve just finished reading “The Belief Formula,” and to say that I found it to be of great value would be a major understatement. This book includes the most comprehensive discussion about the concept of prayer that I’ve ever read, and is also chock-full of practical tools that readers can apply to assist them in manifesting their dreams and in healing various physical and emotional issues…”

– Jeff Maziarek, *author of Spirituality Simplified*

“If you only ever read one book in your life, this is the one. The hidden messages in this book are transformational. You will reach into your soul and release the blocks through these methods and practices, thus choosing freedom and peace in your life and in the lives of those you love. If ever there was a magic formula for healing, this book is it.”

– Elspeth Kerr, *Cyprus*

“So much inspiring information, all in one book – what a gift! All will benefit as they read and reread this wonderfully powerful and fulfilling book.”

– Rev. Donna Davidson, Ph.D., *Hawaii*

*For more information about The Belief Formula, go to: [www.TheBeliefFormula.com](http://www.TheBeliefFormula.com)*

You can be, do, or have anything you truly desire using The Belief Formula; and, EFT can help by removing fears, doubts, limiting beliefs, and negative self-talk, among other distractions and obstacles to your happiness and success…

The Belief Formula is available on Amazon.com
Emotional Freedom Techniques (EFT)

A Basic Introduction to Gary Craig’s EFT
Quickly Erase Your Limiting Beliefs

Illustrated, Step-by-Step Guidance through the Emotional Freedom Techniques “Basic Recipe”

Jennifer Koerner & Pete Koerner

Bell Rock Press
About this Guidebook

This introductory guide to Gary Craig’s Emotional Freedom Techniques (EFT) is not intended to be “official” EFT instruction; nor should anything in this manual be construed as medical advice. This book is for informational purposes only; you alone are responsible for your health and choices. For more information on the Emotional Freedom Techniques, simply go to www.ExploreExpandEvolve.com and click on the FREE Emotional Freedom Techniques Video. The video is great; but clicking that link also takes you to the official EFT web site where you can download the official EFT manual at no cost to you (unless you use paper and ink to print it, of course…).

Gary Craig's EFT manual is about twice as long as this one, and is very informative; I highly recommend you download it and read it if you are planning on using EFT, or planning on making any radical changes in your life. This manual is an excellent supplement to the “official” manual; as its illustrations and metaphors add another dimension to the information from Gary Craig. I have used EFT for several years with amazing results – both personally, and with clients. EFT is so useful, in fact, that I at least mention it in practically everything I do; this free e-book, for instance, was originally intended to be a chapter in a book on self-healing.

The illustrations and photographs in this book make following and learning the EFT process extremely easy – guiding you step-by-step through the EFT “Basic Recipe;” and, the handout included can be printed out to be used at home, or even in a clinical setting with clients. We actually use the EFT handout in this book with both office clients and seminar students. To see more examples of the EFT process being used, you can simply go to You Tube, or Google Video, and search, “EFT;” you will find several demonstration videos posted there. Combined with this book and the free resources on Gary Craig's site, the videos will round-out your basic introduction to EFT.

I highly recommend ordering some of the videos (DVD's) available from the EFT site (I purchased and watched every one of them); when you buy them in quantity, they are unbelievably affordable, and the quality is surprisingly good considering where they were filmed, or recorded. And, if you really want to learn how to use EFT, taking a class, or seminar, is probably the best route – in addition to the free resources, that is.

I hope you benefit in every possible way from reading this book, using EFT, and from opening up to and exploring new ideas and ways of looking at the world around you. The vast majority of people die with their dreams still inside of them – never quite overcoming the obstacles between them and the realization of their dreams. EFT is clearly one of the simplest and most powerful tools available to help you overcome fears, doubts, worries, anxiety, stress, and other limiting beliefs and obstacles to progress and success.

Try this technique; and then use it on everything. Even if you don’t get the results you’re hoping for in one area, you might find great success using EFT in another area of your life.
Acknowledgments

We would like to thank our friends Emmanuel and Elaine for teaching us the Tapas Acupressure Technique (TAT), and also turning us on to Gary Craig's Emotional Freedom Techniques (EFT). Of course we’d like to thank Gary Craig for synthesizing EFT into a “free” healing tool for the masses – it is in this spirit that we offer this free illustrated manual to add yet another perspective to the already wonderful gift of EFT. Thanks to Stephanie Strysick for helping with the photographs and illustrations, and to all of our family, friends, and clients who have experienced profound shifts, healings, and leaps in personal and spiritual growth as a result of using EFT and similar modalities; these success stories are our inspiration for doing what we do. I’d also like to thank John Bishop, for continuing to inspire and help with editing and guidance, Jeff Maziarek, the author of “Spirituality Simplified,” for his support and encouragement, as well as his editing advice; and we’d like to thank Grant Connolly, creator of the Z-Point Process for Peace, for continuing to assist and support us in all we do. Likewise, I’d like to thank Paul McKenna, and The Learning Channel, for their series, "I Can Make You Thin!" This program has brought change modalities such as EFT and NLP to the mainstream in a profound and useful way. And, finally, thanks to all the physicians, therapists, and practitioners who continue to demonstrate on a daily basis the power of the human mind to overcome all obstacles, and the amazing things that are possible with EFT and other Energy Psychology techniques. All things are indeed possible! Thank you all.

Disclaimer

EFT is completely safe, non-invasive, and it has no known side effects; however, there are elements in this world that persecute and sue and make disclaimers necessary. Though used by many physicians, EFT is not considered medicine; and nothing in this book is intended to be construed or interpreted as medical advice, guidance, or direction. You should “seek the care of a physician” if you have any “real” problems, or before starting any new programs, including: Diet, exercise, EFT, or anything else that is not in the “mainstream,” or commonly accepted among the masses, as it could be dangerous to your frail human form. You alone are responsible for your health, and health care choices. This book is for informational purposes only. Having said that, you should realize that this book is free; and so is the official EFT manual. This is a gift that holds possibilities for you if you try EFT with an open mind. Read the following pages; and give EFT a try; it has worked for many, many people. If EFT doesn’t work for you – this time, for this issue – try something else; but remember that EFT might work for you on another issue at a different time. There are many, many new techniques that work much more effectively than many medical procedures – without the side-effects – and cost nothing to use! Give yourself a chance; and give some of these new approaches a chance. Millions of people are glad they did!
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"Meridian-based therapies such as EFT...can have effects out of all proportion to their cost and complexity." ~Norm Shealy, MD, Author of Soul Medicine

"EFT is a simple, powerful process that can profoundly influence gene activity, health and behavior." ~Bruce Lipton, PhD, Author of The Biology of Belief

"I frequently use EFT for my patients with great results." ~Eric Robins, MD, Co-author of Your Hands Can Heal You

"EFT offers great healing benefits." ~Deepak Chopra, MD
A Guide to Learning the Emotional Freedom Techniques (EFT)

Introduction

EFT (Emotional Freedom Techniques) was developed in the 1990s by Gary Craig. Since its development, EFT has become widely used throughout the world. Physicians, Psychiatrists, Personal Coaches, Professional Athletes, and lay-people alike, have found practical applications for EFT, and have achieved remarkable results — ranging from health benefits to financial gains.

EFT is based on the premise that the cause of all negative emotions is a disruption of the body’s energy systems (usually detectable in the muscles, nervous system, meridian system, or with the use of electrical monitoring equipment or bio-feedback instrumentation). When an event, or some environmental stimulus, is experienced normally, there is no disruption of electrical functioning within the body. If, however, the experience somehow triggers an altered response from your body, perhaps due to an unconscious fear within you, the information about the experience is disrupted as it moves through you, causing you to experience the uncomfortable effects of the stress response.

Why Would I Want to Know About EFT?

The stress response is basically the starting point of most medical problems; but can it be quickly interrupted by the use of EFT, or other similar techniques — of which there are many. By interrupting the body’s stress mechanisms, we achieve freedom from the emotions which always accompany stress — even if you have been suppressing them with activity, or consumer goods, there are always emotions associated with stress. EFT accomplishes this interruption of the stress response by simply stimulating specific points on the surface of the skin — these points directly affect the underlying systems of the body. By stimulating these points, the flow of energy, such as the electricity within your nervous system, can be altered and the subsequent physiological changes and experiences will be altered as well.

A physical example of this can be witnessed anytime you see someone who is about to sneeze, but attempts to stop the sneeze by placing their finger under their nose like a “fake mustache.” What should actually be happening there is that...
they are pressing on an acupoint called GV-26 – an EFT point we will discuss later – which has been known for thousands of years to suppress sneezing, and even fainting, in many cases. For that technique to be effective, you should be pressing inward just below the nose, and not up against the nose. Covering the nostrils is about as effective for stopping a sneeze as putting your hand over your mouth is for stopping vomiting – not very effective, but kind of messy. Using GV-26 to interrupt a sneeze is just one example of applying pressure to an acupoint in order to cause a change in a physical response to stress – an example everyone should be familiar with.

The Emotional Freedom Techniques have been used to overcome: Fears, phobias, stress, trauma, illness, allergies, food intolerances, and a number of stress-related problems. EFT has also been used successfully by world-class athletes in order to achieve peak performance. EFT has applications in every aspect of human life simply because it directly affects the way we experience life. EFT can help improve all areas of your life, including: Business, relationships, finances, academic performance, athletic performance, health, and many other areas as well.

My basic operating assumption is that most human activity is geared toward making something better or making more of it – in one way or another. Unless you believe you have it all – in which case you do actually have it all – then EFT can help remove obstacles to your achieving those things you want, or want more of, or want to make better. For example, if you play golf, why not try EFT for golf improvement just to see if you can get the same results some professional golfers have achieved with EFT and similar performance improvement methods – including TAT, Psych-K, and Hypnosis/Self Hypnosis. Or, if you are a business executive, why not ask a Human Performance Consultant the kinds of questions people like Michael Dell ask theirs?

Peak Performance is by definition not a common thing. Unless that’s where you are currently operating, then chances are your current practices aren’t the recipe for the kind of success you are seeking. EFT can help remove behaviors which impede your progress and excellence in any area of life, as well as removing the stress which causes those behaviors in the first place. Slicing a golf shot, missing a field goal, blowing your stack, and getting sick, by the way, are all behaviors; think about that for a minute…

EFT is one of the cutting-edge techniques in the world of medicine, psycho-neuro immunology, psychology, personal performance, personal growth, sports performance, business performance, and other human technologies just as laser surgery, cell phones, and instant-replay were in the past. This one tool can be applied to all of these areas – and many others – for the simple reason that it addresses the human operating system, which is the thing experiencing and executing our physical existence, or life. Fix the wiring in the thing which does the doing, and the thing will do better.
We are the “thing,” and EFT is the tool with which we can make anything we do a much more efficient and rewarding experience by removing resistance, stress, and unnecessary negative emotional responses.

Anyone can use the Emotional Freedom Techniques effectively. EFT is easy to learn and simple to use; though mastery will certainly require a great deal of study for a number of reasons which are beyond the scope of this chapter. I have shown EFT to many clients who have later reported that they successfully used the basic technique to overcome everything from headaches and upset stomachs to allergies and phobias – all by themselves! And better still, it didn’t cost them $300.00 an hour – it was FREE!

The best part of all, however, is that they definitively demonstrated to themselves their own ability to establish communication between their body and mind, and to take charge of their own health. EFT is certainly a powerful technique for doing just that – even with only a basic introduction like the one given here in this book.

Learning the Emotional Freedom Techniques (EFT)

EFT is simple and easy to learn; anyone can learn to use EFT for any number of problems, conditions, and difficult or uncomfortable situations. There are many ways to learn EFT; the one you should pursue depends on the amount of time you wish to spend learning EFT. Of course, as with everything in life, you get out of EFT what you put into it, so you may wish to pursue several of these methods – especially since many of them have been made available to you at no charge by Gary Craig, and others who have developed various systems based on EFT or similar methods and techniques.

To learn about EFT, the first thing you should do is to log onto Gary Craig’s website (www.EmoFree.com) and follow the links to download the FREE Emotional Freedom Techniques Manual. This manual is free and is the course manual for EFT. It is easy to read and very informative. This is a substantial manual and is at least a $20.00 value. Also on Gary’s site is a FREE EFT tutorial, and a number of free articles that should keep you busy for months if you wish to absorb all of the material there – all of which is very interesting and useful for those wishing to apply EFT to improve all areas of their health and life.

The EFT website also has videos available for purchase which offer good examples of the use of EFT in its basic form, and as used by practitioners who specialize in many areas of business, health, and sports performance – among others. I personally have purchased and watched every video offered on the site! They are very well made when compared to video instructional material currently available, and are very reasonably priced. I think I ended up paying around $5.00/DVD when I ordered the entire library of EFT instructional DVDs – a fraction of the individual cost of any video material! Gary also sends out a weekly
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newsletter via email which is always chock-full of instructional information and articles.

You can also log onto www.ExploreExpandEvolve.com and go to the EFT page to view a FREE demonstration video which shows what the basic procedure looks like. You can also download a FREE handout there which shows the EFT points and outlines the procedure (EFT on-a-page); we use this handout in our EFT classes and to give to our clients. The handout is the same as the one at the end of this book.

The best way to learn EFT – especially if you are a practitioner of some sort – is to attend a seminar or workshop taught by someone who actually uses EFT professionally. I highly recommend learning EFT from a practitioner in this setting. The best course would be to take advantage of all the FREE stuff, and when you are amazed with your results, investigate further by checking out the DVDs. Then, you'll probably find yourself in a workshop one day or maybe even teaching them! That's what happened to us. The more you know, the more you will be able to do with this very simple, yet very powerful, technique.

Using the Emotional Freedom Techniques – The EFT Points

The EFT procedure simply requires that you place your attention on the situation or symptom you are addressing, and then stimulate up to 13 different points on the skin (sometimes fewer), while keeping your attention on the issue at hand by repeating a reminder phrase. The progress is then checked, and if necessary, further rounds of EFT are performed.

The points used in the EFT procedure have been found to have much less electrical resistance than the surrounding area. In other words, the points used in the EFT process are much more electrically conductive than the surrounding skin. Coincidentally, these points all overlay acupuncture points, or "acupoints," along major acupuncture meridians. The interesting thing about that is that the Chinese sketched these meridians and these points (even describing their electrical functions in great detail) many thousands of years before modern science and medicine had the technology to locate these very same characteristics – in these very precise locations.

These points also overlay the nervous system, lymphatic system, and circulatory system – not to mention the muscles and skeletal system. Tapping, rubbing, puncturing, applying electrical current, or addressing these points in any way, will directly impact, or influence, several of your body’s energy and structural systems. Besides acupuncture, which has been around for over 5,000 years, and EFT, which is less than 20-years old – a relative baby – there are scores of modalities, therapies, techniques, and treatments, which use or address these points in some way.
Even physicians, using what they call “Fibromyalgia Test Points,” are simply testing for tenderness along similar channels, and at similar points – and some of the same points used in EFT. In everyday life, we can see these points being stimulated by people – innately – in the presence of a stressor which could certainly be treated with EFT. The person who has been looking at their computer all day, in a job they really don’t like too much in the first place, will undoubtedly find himself rubbing, or stimulating, one or more of the points which have long been known to indicate stored stress, and to cause the release of that pent-up stress when those same points are stimulated, or challenged. The next time you see someone rubbing their temples, or the corners of their eyes at the bridge of their nose, you will know that you are seeing someone experience stress, and naturally rubbing specific stress-relief points used in EFT.

Likewise, when you see a Gorilla banging on his upper chest, or striking himself on the sides of the ribs under his arms, you are watching a natural behavior which stimulates some of the same neuro-lymphatic points used in EFT. Even when people chew on their finger nails, or drum their fingertips on the table, they are stimulating the meridian points on the fingertips – just as done in the EFT “basic recipe.” When a person pushes their finger against their top lip (under their nose) to prevent a sneeze, they are utilizing an acupoint which has been documented to have that ‘sneeze-suppressing’ capacity for thousands of years! The same point, by the way, can prevent fainting if pressed firmly.

You may have wondered how those motion-sickness bracelets work; you wear them on your wrist, yet they seem to suppress nausea and dizziness. You can also achieve that effect by simply pressing firmly across the inside of your wrist; the inside of the wrist is a comprehensive acupoint through which all of those finger meridians pass. How’s the wrist connected to the stomach and inner ear? Through the meridians, the nervous system, and the brain, for starters.

The Meridians and Nervous System

Most people are simply not that familiar with human anatomy and physiology; it just doesn’t seem to be an important area of study for most people. I mean, if I am going to fly airplanes for a living, or become a lawyer, why do I need to know all about the human nervous system? Likewise, I imagine people use the same reasoning to avoid learning many useful things. “If I’m not going to be a surgeon, why should I know anything about my body?” “If I’m not going to be a psychologist, why should I know anything about how my mind operates?”

The obvious answer is that you have a body and a mind; and every part of your life is lived and perceived with these things. If you don’t understand them, you have no idea what is really going on in your life. The scary thing is that most people still believe they can go through life with no knowledge of whom and what they are – and still get something out of it [life]. The fact is that everyone makes it from the beginning to the end; the difference between any two humans is
determined by what they do between the beginning and the end with what they
know about their mind and body. If you don’t know a lot about your body and
mind, and you can perceive people with much more fulfilling lives, the secret to
what you see is not money, or circumstances, but the way you think and use your
mind and body together. So why should you have to learn about your mind and
body?

The simple truth is – you don’t. All humans, however, have these systems; and
everything you do involves information following energetic pathways. The more
you understand about this, the more you can benefit from it. The energy and
information animating your body is a lot like the signal flowing through the
television which ultimately becomes the sound and image you experience while
watching television. Those sounds and images are contained within the
information transmitted, by the television station, in the form of energy. The
signals are then translated into a real, or physical, experience by the
mechanisms inside your television. Like the television signal, your thoughts affect
your physiology through a very observable pathway which involves your meridian
and nervous systems, along with all other body systems. Much like the television
signal, thoughts contain information in the form of energy which, when translated
by the various systems of the body, can become images, sounds, motion, heat,
and several other types of energetic experiences we would call “real,” or
“physical,” experiences.

EFT works primarily with the meridians and nerves. If the picture on your
television is not clear, the screen and speakers is probably the last place a
television repairman would look for the problem; it is much more likely that
something is interrupting the signal on its way to expressing itself as an
observable experience via the screen and speakers. Another way I imagine the
relationship between the meridians and nerves is by comparing them to
telephone lines and cell phone signals – with the nervous system being
represented by the wires and cables of the telephone system and the meridians
more resembling the cellular phone network.

Telephones and Cell Phones

When you pick up a telephone and call someone else, you are sending an
electrical signal which first identifies the switches that need to be activated in
order for your signal to reach its intended recipient, and then carries the
information you wish to transfer from one point to another – including faxes,
photographs, and digital information such as that used by computers.

When you use a cell phone, you are doing the same thing, except that you are
not limited to a physical connection-point for your call – as you are when using
the telephone in your home. The signal leaving the cell phone finds the nearest
receiver, or cell tower, in much the same way your cordless phone finds its base
in order to send your voice message over the phone lines. With a cellular phone,
A Guide to Learning the Emotional Freedom Techniques

there is no direct, physical link between you and the telephone lines; the signal
travels through the air, or through space, and is received by an antenna – only
then is the point-to-point pathway established.

With meridians, their existence is only available for our observation when
something is moving through them; that something is Chi, or life energy. That life
energy carries the power and directives to make every facet of your life happen.
Sometimes, however, the flow of information can become obstructed due to a
lack of life energy (e.g., a low cell phone battery…) or too much energy being
directed at, or demanded by, a particular ‘circuit,’ such as when your cell phone
displays the message: “All Circuits are Busy!”

The EFT points are something like the cell phone towers where the “finer” signal
from the meridians is transformed into a denser energy – electricity in the case of
both telephones and the nervous system – which then travels through actual,
physical circuitry (telephone lines and nerves). The EFT points (acupoints)
represent the interface between two similar, but different, systems; just as the
cell towers provide an interface between cell phones and telephones. Keep in
mind, this is just a metaphor, but it works for me and seems to clarify the
relationship between two systems which seem to be very closely related.

Clearing the Jam

What if the next time your cell phone advised you that “All Circuits are Busy!” you
could simply tap on the bottom of the phone and clear those busy circuits and
restore the normal flow of information? Imagine clearing those jammed circuits
was as easy as clearing the jammed ketchup from the neck of a ketchup bottle
by just tapping on the bottom of the bottle. In the case of your cell phone, you’d
probably have to bang on the actual cellular tower, if it was possible at all; but in
the case of your meridians and nervous system, it is possible and it is as easy as
simply tapping on the appropriate points.

Actually, EFT is systemized in such a way that there are only a few points which
need to be tapped in order to stimulate the entire meridian system; this practically
eliminates the need to know which points are the appropriate points. If you
stimulate the entire system, you’re bound to include the points where information,
or energy, is “stuck” in the system. Likewise, you don’t worry about where the
ketchup is actually jammed in the bottle; you simply tap on one end and send a
percussive wave of energy through the entire bottle – ultimately clearing the
obstruction. EFT also uses points located at the ends of the major meridians in
order to send a percussive wave down the entire length of the meridian.

With EFT, there is a working assumption that our thoughts and perception can
become stuck, jammed, or hung-up, when we resist certain experiences. The
result of this resistance is that our normal energy flow is resisted or restrained;
this creates areas where there is too much energy and other areas where there
is too little energy. Imagine a meridian, or nerve-pathway, as being a river with *Chi*, or nervous energy (electricity), being the water flowing through the channel of the “river;” the “stuck,” or “stored,” emotional state is the equivalent of a dam in a river. The dam creates a condition of imbalance; with a reservoir on one side and a dry river bed on the other – excess and deficiency.

This energy imbalance is the source of stress which causes most physical symptoms in humans. When we are experiencing an altered, or unproductive, response to a situation, it is often because of some underlying fear, or other emotional attachments to the situation at hand. EFT helps to free-up the energy restrictions in a way that may be akin to tapping a television set when the reception is bad, or even pounding on the chest of a cardiac arrest victim – or knocking-down a dam in order to restore the normal, unimpeded flow of the river.

The fact is that there is an innate propensity in humans to tap, or otherwise stimulate, the meridian points and nervous system – primarily toward the ends of the meridians. The points used in EFT have long been used to free us from the effects of stresses in our lives; EFT simply provides a comprehensive system to maximize any beneficial effects of our innate tendencies toward self-healing by applying those “curative behaviors” consciously in our lives.

**The EFT Basic Recipe**

Using EFT can be as simple as learning what is referred to as “The Basic Recipe.” The Basic Recipe is simply a four-step process that utilizes a number of acupoints and a ‘reminder phrase’ which is intended to keep your attention on the problem at hand while working through the process of stimulating or clearing each of the meridians.

**The Basic Recipe consists of the following four-parts:**

1. The Set-Up Phrase
2. A round of EFT Tapping
3. The 9-Gamut Point / Procedure
4. Another round of EFT Tapping (Repeat Step Two)

**The Set-Up Phrase**

To use the basic recipe, you simply must decide on what problem, issue, fear, phobia, symptom, condition, or circumstance, you will be addressing with EFT. What is it you wish to be different in some way? The first step is to form the condition you will address into a Set-Up Phrase. The phrase looks like this: “Even though *(existing condition)*, I deeply and completely accept myself.” You simply insert the condition you wish to address in the blank space indicated. For example, if you had a headache you wished to address, you might start by
saying, "Even though I have this headache, I deeply and completely accept myself."

The Set-Up Phrase is repeated three-times while rubbing the “Sore Spot,” which is a congested Neurolymphatic reflex point, located on either side of the chest which is usually easy to locate due to the fact that it is typically sore when you rub it. To find the ‘Sore Spot,’ simply poke around on the top of either side of your chest until you find a spot which is sore. It doesn’t matter which side you use.

The Sore Spot is rubbed in a circular motion while repeating the Set-up Phrase three-times. This technique is said to correct psychological reversals; and it certainly serves to bring your attention to bear on the issue at hand. If you can not find a sore spot on your chest, don’t worry. After doing several rounds of EFT each day for a couple weeks, I could no longer find a sore spot, and rarely ever find a spot on my chest which is sore when rubbed. When I do find a “sore spot,” I simply rub it in order to stimulate lymphatic flow in the area.

In the event there is no sore spot, then you can use the “Karate-chop point” on the side of either hand. Simply tap on the side of either hand – the side you would use to strike a karate chop – while repeating the Set-up phrase three-times. Continue tapping, or rubbing the sore spot, the entire time you are repeating the Set-up phrase.

The Reminder Phrase

After repeating the Set-up phrase three-times, you simply shorten your Set-up phrase to create a Reminder phrase which will keep your attention on the issue you are balancing with EFT. If you are working with a fear of heights, your Set-up phrase might be, “Even though I have this Fear of Heights, I deeply and completely accept myself…” After repeating this phrase, three-times while rubbing the sore spot, or tapping the side of your hand, you change the phrase to the simple reminder phrase, “This fear…this fear…” or possibly, “This fear of heights…” The reminder phrase is repeated throughout the EFT tapping sequence which comes next.
The Tapping Sequence

The value of the tapping used in EFT is to create waves of energy traveling in the meridian and nervous system which are intended to disrupt the transmission of the communication signals which elicit the stress response, or the negative emotions we see as the result of certain perceptions or thoughts. One idea is to imagine that the thought of public speaking, for instance, sends a “messenger signal” down the meridians and nerves in order to cause the release of the adrenaline which you may feel causing you to shake. Now, if you imagine the nerves and meridians to be something like wires, or a tight-rope, and the signal – which starts as a thought – is the tightrope walker, then the tapping used in EFT is designed to “shake” the ropes and cause the “messenger-signal/tightrope walker” to fall off the nerves/tightrope/meridians and not cause the subsequent hormonal releases we feel as the stress response. We can essentially bypass the problematic responses in our lives by simply disrupting the signals which cause them.

While repeating the Reminder phrase, a series of acupoints are tapped in sequence. The tapping should be done gently with one or two fingertips – using a minimum of about six or eight taps per point.

Refer to the EFT Tapping Points chart for the exact locations of the EFT points. The tapping sequence flows from top-to-bottom, down the front of the body. Beginning with the Eyebrow point (UB-2), and then around to the Side of the Eye (GB-1), Under the Eye (St-1), Under the Nose (GV-26), on the Chin under the lower lip (GV-24), and then down to the Collarbone Point (Ki-27), and then the Under Arm Neurolymphatic point (Sp-21). These are the Face and Upper Body points and the sequence in which they are tapped; when I use the EFT shortcut methods, these are often the only points I tap.

From the Under Arm point, the basic recipe then continues with the Thumbnail point (Lu-11), the Index finger point (LI-1), the Middle finger point (Pe-9), the Little finger point (He-9), and then the Side of Hand point (the Karate Chop point often used in the Set-up..., SI-3). The Face, Upper body, and Finger, points represent the EFT tapping sequence, or one round of the EFT tapping sequence. Basically, Step One is the Set-Up phrase with rubbing on the sore spot, or tapping on the Karate chop point; and sequentially tapping the points from the Eyebrow to the Karate chop point (the Face, Upper Body, and Hand points) is Step Two of the Four-Step Basic Recipe. Step Three is the Gamut Point sequence, and Step Four is simply a repeat of the face, upper body, and hand, Tapping Sequence used in Step Two. On the following page is the EFT “Basic Recipe” sequence with images of each of the EFT tapping points.

The steps of the EFT Basic Recipe, along with images demonstrating where each of the points is located, are on the following pages.
Begin by rubbing the ‘Sore Spot’ located on either side of the chest, or by tapping on the ‘Karate-Chop’ point (SI-3) located on the side of either hand, while repeating the set-up phrase: “Even though __________, I deeply and completely accept myself.”

*Repeat the set-up phrase three-times while tapping.*

Turn your set-up phrase into a ‘reminder phrase’ by simply saying, “This __________” and filling-in the emotion, or condition, from the set-up phrase. Use the reminder phrase as you tap 6-8 times on each EFT point – beginning with **UB-2**.

Continue repeating the reminder phrase as you tap 6-8 times on each point – moving from top-to-bottom down the face and body. After tapping on the Eyebrow point (UB-2), move on the Side-of-Eye point (GB-1).

Tap 6-8 times on the ‘Under-eye’ point (St-1).

Tap 6-8 times on the ‘Under-nose’ point (GV-26). This is the same point which can be used to suppress a sneeze by pushing in on this point directly.

Tap 6-8 times on the ‘Chin-point’ (GV-24).

Tap 6-8 times on the ‘Collarbone’ point (Ki-27). This point, like the Sore-spot, Hand-points, and the top three Face-points (UB-2, GB-1, & St-1), can be tapped on either side of the body. You may also tap on both Ki-27 points simultaneously.

Tap 6-8 times on the Neurolymphatic Reflex points located under either arm. You can tap one, or both. This point is located about 4-finger widths below the armpit, or about where the middle of a bra strap would be. This spot is often easy to find because it is usually sore.
The EFT “Basic Recipe” also includes several acupoints located on the hands. These points should be tapped 6-8 times each, just as the points on the face and body. These points are also tapped from top-to-bottom if the hand being tapped is placed on the abdomen.

Begin by tapping on the Thumb (Lu-11). These points are all located on the upper, proximal corners of each nail bed. (Top-Right corner if viewing these pictures) Tap each point 6-8 times while repeating your reminder phrase.

Next, tap on the Index-finger point (LI-1).

The third finger point to tap on is the Middle-finger point (Pe-9).

Then tap on the Little-finger point (He-9).

The side-of-hand, “Karate-chop” point (SI-3) is the final point of the 12-point tapping sequence used in step-two of the four-step “Basic Recipe.” From here, the basic recipe moves on to step-three, The Nine-Gamut Point sequence.
The Nine-Gamut Point

Step Three of the EFT Basic Recipe is the “Nine-Gamut Point,” or the “Gamut Point.” This step is called the “Nine-Gamut Point” because it consists of performing a nine-step sequence of actions while tapping on one particular point on the Triple Heater, or Triple Warmer, meridian. The Gamut-Point, or Back-of-Hand Point, is the Triple Heater – 3 (TH-3) acupoint, or the third point from the end of the Triple Heater, or triple warmer, meridian. TH-1 is located on the little-finger side of the nail on the Ring-finger; this is why you can skip the ring finger while tapping the fingertip points on steps two and four.

TH-3 is tapped on during this step by using several fingertips and tapping in the area between the ring finger and little finger on the back of the hand. The point is small, and by tapping with several fingers along that part of the hand, it is impossible to miss it. Continue tapping the gamut point (TH-3) throughout all nine parts of the gamut step of the basic recipe. Also, you should continue saying (preferable), or thinking (acceptable), your reminder phrase throughout all of these steps.

The Nine-Gamut Sequence

While tapping on the back of the hand, on the TH-3 point, and while repeating the reminder phrase, perform the following nine-step process:

The Nine-Gamut Sequence

1. Close eyes
2. Open eyes
3. Without moving head, look down to the right (eyes only)
4. Without moving head, look down to the left (eyes only)
5. Without moving head, move eyes in a wide, complete circle in either direction
6. Repeat step five in the opposite direction
7. Hum a few seconds of your favorite tune
8. Count from one-to-five
9. Hum a few more seconds of a tune

While continuing to tap on TH-3, and while repeating your reminder phrase, simply close your eyes, then open them and look down to the right – without moving your head – and then down to the left in the same way. Then, without moving your head, circle your eyes in either direction – in a complete, wide,
circle – making sure not to ‘cut corners.’ Basically, find the extent of your ability to see around you from your fixed perspective; this is also a good exercise to do daily to strengthen or maintain your eyesight.

1. Eyes Closed 2. Eyes Open 3. Down to Right 4. Down to Left

5. Circle with Eyes 6. Reverse Direction


The final three-steps of the sequence are designed to “cycle” your hemispheres, much like you would do when flipping a light switch on and off repeatedly if the light bulb did not immediately light-up. The humming of a tune is a “right hemisphere” activity, and counting or doing math would be a ‘left hemisphere’ function. By alternating activities which require each hemisphere, a ‘whole-brain’ state is ensured during this phase of the tapping routine. In other words, if you were being analytical, or critical, of the process, it is unlikely you were able to introduce the changes you wish to make into the right brain’s awareness. By tapping and repeating the phrase, and then continuing to tap as you activate both hemispheres alternately, you are assuring that both sides of the brain (including those parts of the nervous system located there…) are alerted to the process taking place, and are “online” for any programming changes being made.

Completing the Sequence

After completing the Nine-Gamut sequence (step three of the basic recipe), simply repeat step two – tapping from the eyebrow point (UB-2) down to the side of hand, or “karate-chop,” point (SI-3). That completes one round of the EFT basic recipe sequence: The Set-Up Phrase (three-times); A Round of Tapping on the 12-E.F.T acupoints (from the eyebrow to the side of hand); the Nine-Gamut Sequence; and Another Round of Tapping on the 12-EFT points.
Applying EFT

Before applying EFT to a problem, issue, or situation, determine the level of distress associated with the problem to be addressed. In other words, if you are doing EFT on something, it is presumably something you wish to make better than it is now in one way or another. In order to do that, you need to have a point of reference so you will be able to tell how much progress you are making; because it is difficult to remember how far you’ve come when an emotional influence is no longer there. Some people actually forget what they were doing EFT on in the first place!

To determine a person’s relative attachment to an issue, a simple scale of one-to-ten is used to measure a person’s Subjective Units of Distress, or S.U.D.’s rating. To determine this number, you simply ask yourself, or your client, to rate the intensity of emotions associated with the subject to be tapped-on on a scale of zero-to-ten, with zero representing “no problem at all,” and ten representing “worst possible reaction, pain, fear, etc….” Remember this number; write it down if you have to. After applying a round of EFT, another number will be reached and this will help gauge the direction and degree of progress being made.

<table>
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<th>Subjective Units of Distress (SUDs) Rating Scale for EFT</th>
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*Think of the issue you are working with and rate your Physical, Emotional, or Mental, discomfort on this scale of 1-10.

1. Totally relaxed, Perfectly calm
2. I’m rather calm, quite relaxed, with no discomfort
3. I feel a slight degree of discomfort but I am totally in control
4. My discomfort is noticeable and bothersome, but I can stand it
5. My discomfort is uncomfortable, but I can stand it
6. My discomfort is very uncomfortable
7. My discomfort is severe
8. My discomfort is very severe
9. My discomfort is very close to intolerable
10. My discomfort is the worst it could possibly be. It is intolerable. It puts me in a panic.

For example, imagine you had a fear of public speaking – this is probably not a stretch, as this is the most common fear in the world. Think about what it is that you want to achieve; in this case, you may wish to be able to speak to a crowd, or teach, or give a speech or presentation. Think of doing that particular thing, and pay attention to the feelings and thoughts that arise within you. Do you feel nervousness, fear, anxiety, or something else? Put a label on the feeling, and
then rate the intensity of that feeling on a scale of one-to-ten, with ten being the most intense fear you can imagine.

For our example, imagine that you have to give a presentation at work in order to get ahead, or get a promotion, and every time you think of actually doing the presentation, you get a knot in your stomach and a clutching in your chest. You may even get shortness of breath, or start sweating; these are all possible results of the stress response, which is always active when doing something we don’t feel good about doing.

So when you think of your public speaking scenario, rate the level of fear or anxiety, etc, and make a note of that. Now, form your scenario into an appropriate Set-Up Phrase. In this case, it might be something like this: “Even though I get nervous and it stresses me out when I think of standing in front of my co-workers and presenting my ideas, I deeply and completely accept myself.” It is important to use the phrase that sounds the ‘truest’ to you. For instance, when saying this phrase, it may occur to you that you are really afraid of standing in front of people – period – and then you may even become aware that you just don’t want to be seen by people. That may lead you to the awareness that you blame your appearance for other losses or failures in your life because your appearance somehow became an object of attention during that time in your life.

These are all “aspects” of your original problem; and they shed light on the true, underlying essence of what you are experiencing and why. Often, when starting out to work on fear of public speaking, people end up tapping on some seemingly unrelated issue, like “Even though I hate the way I look in the mirror…” At any rate, start with the aspect you feel the most charged about and rate that issue on a scale of one-to-ten. Turn that phrase into a Set-Up Phrase, and rubbing the sore spot (Neurolymphatic Reflex Point), or tapping on the Side-of-Hand Point (SI-3), repeat the Set-Up Phrase three-times.

After repeating your phrase, “Even though I get nervous and it stresses me out to think about standing in front of my co-workers and presenting my ideas, I deeply and completely accept myself…” three-times, turn that phrase into a shortened ‘reminder phrase.’ In this case, you might say, “This nervousness…” or “This fear of speaking…” At any rate, continue repeating the reminder phrase as you tap each point throughout the entire basic recipe sequence – steps two, three, and four.

Begin the second step by tapping on the Eyebrow point (UB-2), the Side of Eye point (GB-1), the Under Eye point (St-1), the Under nose point (GV-26), the Chin point (GV-24), the Collarbone point (KI-27), the Under Arm point (Sp-21), the Thumbnail Point (LU-11), the Index finger point (LI-1), the Middle finger point (Per-9), the Little finger point (He-9), and then the Karate Chop, or Side-of-Hand point (SI-3).
Then, for step three, tap on the Gamut Point (TH-3), located on the back of the hand in the groove between the little finger and ring finger. While continuing to say your reminder phrase, tap on TH-3 as you first close your eyes, then open your eyes, and without moving your head, look down to the right, down to the left, and make wide, complete circles with your eyes in one direction and then the other. Finally, while continuing your tapping, hum a few seconds of a familiar song, then count from one-to-five, and then hum for a few more seconds. As silly as this may seem, it serves a practical purpose.

After completing the Gamut sequence, then repeat step two by tapping on the 12-EFT points, sequentially, from the eyebrow to the side of the hand. After completing this fourth step, you have finished with one round of EFT. Now, think of the original set-up phrase and rate the intensity on the same scale you used before. If there is no intensity, check the intensity of emotions around what you originally wanted to use EFT with – a presentation, in this case. If there is no intensity, it worked in one round.

These “One-minute wonders” are not uncommon; often, however, it will take more than one round to reach a successful resolution, and there are often other aspects which also have to be tapped on with EFT. To perform subsequent rounds of EFT for the same problem, simply reassess the S.U.D.’s rating and note your progress. Let’s say that our original intensity was at a nine-out-of-ten, and after one round of EFT it has dropped to a five-out-of-ten on the same subjective scale. You will probably want to continue with subsequent rounds of EFT until there is no intensity, or a ‘zero’ is achieved on the S.U.D.’s scale.

**Subsequent Rounds of EFT**

In the event you need to perform subsequent rounds of EFT, follow the same procedure with two simple, but important, changes. The set-up and reminder phrases simply need to be modified to reflect the phrase, “this remaining.” For example, “Even though **I still have some of this fear remaining**, I deeply and completely accept myself.” The new reminder phrase would then be, **“This remaining fear… This remaining fear… etc…”** Continue using this format until there is no remaining emotional intensity, or until you switch to a new aspect or problem to work on.

Obviously, we could go deeper and deeper into what to do next; but this is only a cursory introduction to the basic EFT technique. This information will be adequate to help you achieve the same results as anyone else, but the art of using EFT clinically requires training, study, and practice. EFT is a safe, non-invasive, approach to interrupting the stress response which is causing any discomfort, or limitation, in your life; even though this is only a brief introduction, you should feel free to apply EFT at any time, to any problem – it will either work, or it won’t. In either case, it was safe, cost-free, and had no side-effects. Use
your own judgment as to how you proceed with your own health care issues, and which treatment options you wish to pursue.

Completing the Process

I typically continue working with an issue until the thought of, or exposure to, that issue or thing no longer causes an emotional response within me – a S.U.D.’s rating of Zero. When I have achieved that, I decide if there is something else I wish to work on or if that is all the work I have the time for. If I continue working, I simply use the process as I just have; and if not, I simply go on about my day. I always remind myself to drink plenty of water on days I do EFT, or any work involving my meridians. Staying hydrated is really just a good idea, but it helps your body’s systems work more efficiently as they process the changes you have just made. You are mostly water, and water performs many important functions within your cells and energy/electrical systems – just as it does in some types of batteries.

It is helpful to remember that you may feel as if “something is missing” from your life after doing EFT. Of course it is; that’s why you did the EFT. Consider that many people use EFT to stop smoking. It takes a few minutes to smoke a single cigarette. There are 20-cigarettes in a pack. If it only takes three-minutes to smoke a cigarette, then a pack-a-day represents an entire extra hour of time on your hands when you stop smoking. This is time you must occupy, or else have to deal with the stress you were avoiding by smoking in the first place!

The point is, if you are prepared for this “extra time” on your hands, you won’t fall into unconscious coping mechanisms such as stress eating, or watching television… Besides just doing EFT to do the same work on your stress that you just did to quit smoking (which seems like the obvious choice for dealing with the stress and drama in your life…), there are many other diversions which will help you become healthier, rather than unhealthier and depressed than you already may be. Just give it some thought; and do whatever you are inspired to do.

Also, keep in mind that once you begin the process of self-improvement, you will find much more to do than you imagined was possible. You’re right; for most people, there is much more than one lifetime’s worth of work to be done, but it feels better to be moving forward than it does when you feel “stuck in a rut,” or as if you are “going nowhere.” The point is that I continue to do EFT on a regular basis; and I continue to find a much more and more expansive life than I had before. So, in a way, the EFT process is never complete; once you begin, you tend to continue on this particular path. When you run out of health problems to correct, you begin working on improving your golf game, or your business. There is always something that can be done.
Using “Shortcuts”

As quick and easy as the EFT Basic Recipe already is, there are “shortcuts” which can make it even quicker and easier in many cases. As I mentioned earlier, I often use just the face and upper body points while performing steps two and four of the EFT sequence. When I do this, I usually tap from the Eyebrow point down to the under arm point, and then retrace my steps back up to the Eyebrow point.

Another shortcut I often use is the completely skip step three – the Nine-Gamut Point. I simply do the Set-up phrase (Step One of the Basic Recipe), and tap from the Eyebrow point down to the under arm point and back up through all the points – ending back at the Eyebrow point. Basically, I tap on each of the face and upper body points twice each by doing it this way – combining steps two and four. This shortcut amounts to a Set-up phrase (step one) and a shortened tapping sequence combining steps two and four into step two of a two-step, shortcut technique. I recommend using the entire basic recipe until you become very comfortable with EFT. However, I typically use the shortest method until it fails to produce results – it only takes a minute to check, and you can always do another complete round.

Finding a “Favorite Point”

Some people develop an even shorter shortcut – a favorite tapping point. Occasionally, people will find that they are able to achieve results by tapping on one specific point. Sometimes, I can just use my collarbone point (K-27) to achieve the results I would expect from an entire session of EFT. This point will be different for different people, but for the ultimate shortcut, try experimenting with the various EFT points in order to see if you have one, representative point with which you can achieve even quicker results. Not everyone finds such a point, but if you have one, this is an ultimate shortcut to health. I can even tap on my collarbone point while sitting in my car!

EFT is designed to quickly clear all the major meridians. There may be cases where there is a problem with all the meridians; but it takes only a few seconds to do a round of EFT, and much longer to isolate a single point with kinesiology. In some cases, however, you may find you have a ‘favorite’ point where things tend to ‘stick’ for you. Tapping this point may be all that’s necessary to clear your problem.
“One-Minute Wonders”

A “One-Minute Wonder” is one of those sessions where one round of EFT results in a complete cessation of negative emotional feedback around the issue being worked on. When this kind of result comes after a ‘shortcut round,’ the result can literally be considered a “One-Minute Wonder,” because in literally one-minute, a life-altering change can be made in your psyche – freeing you to become that which you wish to become. We have seen people lose their cravings for chocolate, cigarettes, and other foods, after a single application of EFT; we have also seen an incredible list of fears, phobias, and other performance and health problems, simply dissolve after one EFT session! Though one-minute wonders are not the norm, you might as well expect them to happen occasionally, because they do indeed happen.

Using EFT for General Clearing; Weight-Loss; Relationships; etc…

In the absence of symptoms, EFT is often used as a general ‘clearing’ tool to clear away limiting beliefs and programming. If you are a person who seems to never be able to catch a break, or never have things go your way, ask yourself if this is what you believe – that things never go your way. You may think you believe this because it is obviously true; but the truth is that it is only true because your unconscious beliefs have made it so. EFT can be used to ‘delete’ limiting beliefs which may lead to self-sabotage, or otherwise limiting behavior.

Every problem has an almost endless list of potential causes; but all of them somehow relate to the problem. By this I mean that if you have a fear of public speaking, there could be a number of reasons for your fear, but they all have to do with what might happen to you if you actually spoke in public; you could be judged, rejected, humiliated, or worse! To use EFT for general clearing of limiting beliefs, just observe those undesirable behaviors or situations you wish to change and ask yourself what it is you see and why you believe it is that way.

Make a list of all of the labels or judgments you could attach to your undesirable behavior or situation. You may wish to lose weight, or to achieve a certain shape or goal-weight; if so, make a list of what it is you see in the mirror, and how you think and feel about yourself and your body. Also, make a list of all the things you wish to be, or how you wish to look and feel – and how you don’t want to feel or look anymore. Then, turn the list into ‘declarative statements,’ or ‘belief statements,’ which can be used with EFT by simply inserting them into the EFT set-up and reminder phrases one-at-a-time.

For example, let’s use weight-loss as the issue we wish to address. Let’s say that you want to lose 20-pounds, or that you want to fit into a certain article of clothing. Establish your goal as clearly as you can in your mind, and then begin making lists of all the thoughts you have as you focus on your goal. You may
begin by thinking, “I will weigh 120-pounds by July,” and immediately hear a voice in your head say, “Yeah, right! You’ll never weigh 120-pounds!” Write down, “I’ll never weigh 120-pounds;” that is at least one limiting belief between you and your goal weight of 120-pounds.

These lists can get very long very quickly, so write them down so you can keep track of your progress. Also, looking at the list will likely lead you to thinking of other negative, or limiting, beliefs keeping you from achieving what it is you wish to achieve in life. There are several lists of belief statements included in the Appendix, but here is a brief sample of some of the things you might come up with on such a list:

- I’ll never lose weight
- I’m fat
- I’m lazy
- I’m unmotivated
- What’s the use?
- I’m a cow
- I hate my body
- I can’t lose weight
- Everything I eat goes straight to my _______
- None of my clothes fit
- I hate what I see in the mirror
- It’s too hard to lose weight
- I have too far to go
- I’ll never make it
- Why even try? What’s the point?
- No matter what I do, I’ll always be fat

In reality, this list will probably be several pages long if you really work at it. The point is that each of these lines is a line of programming in your subconscious computer; these things are all trying desperately to be true for you – since you chose to believe them. With EFT, you can simply start deleting these lines of programming one-at-a-time.

**Clearing Beliefs with EFT**

Once you have a list of beliefs to work with, simply insert them – one-at-a-time – into the set-up, and reminder, phrases like this: “Even though I’ll never lose weight, I deeply and completely accept myself.” And then, in the reminder phrase, “I’ll never lose weight… I’ll never lose weight…” If you feel emotional intensity around any of these phrases, work with them until the intensity is gone; if not, simply work with them one by one and use your health and life to gauge your success.
Often, you will find yourself working with several variations of the same statement, and even clearing two statements which seem to be opposites. It may seem strange, but it is very common to have subconscious beliefs working against each other, such as a desire to succeed coupled with a fear of success – or something success might bring with it. A teacher, for example, may be overweight as a result of an underlying fear of public speaking which she challenges each day in front of her classroom – without even knowing of her fear of speaking in front of a classroom full of people! It is useful to make lists of beliefs you may have about any part of your life you wish to improve in some way – especially those you think may be keeping you from having what you want – and using those lists to practice EFT while fine-tuning your subconscious mind to create the successes in life you want to experience.

Finding Underlying Beliefs

The experiences, events, or beliefs, which underlie any issue you may wish to work on, always come from some time in the past. In other words, if you are looking for the issue which caused your stomach ache, you will find it at some point before you got the stomach ache. If you have been afraid of flying since you were a small child, then something that happened when you were a small child is behind your fear – not something that you fear may happen in the future. A past event has given us reason to speculate about negative outcomes, or engage in ‘what-if’ reasoning; either of which will always lead to stress.

A helpful technique for finding the core belief to a problem is to ask what the problem is doing for you, or what it is protecting you from. Your subconscious mind may seem to sabotage you sometimes – or even all the time – but it doesn’t do it without first being asked to by you. Ask yourself what this problem is keeping you from doing, having, or being; then ask what it would mean to you if you did, had, or were, that particular thing.

Finally, ask yourself what bad thing could happen to you if you achieved what you were seeking. Finding core issues to work on is sometimes difficult and time-consuming; this is the real difference between professional practitioners of EFT and anyone else in the world – professionals are able to use EFT with more precision and efficiency, but EFT is equally effective in the hands of all. Finding deeper, more complex, issues is the reason people spend hundreds of dollars attending workshops and learning to do something you can learn to do for free. There is no doubt, however, that the results one can achieve from EFT after even the brief introduction here in this book are just as profound, complete, and real, as if you had paid hundreds of dollars to see a consultant or therapist for EFT.

“Hand-Me-Down” EFT

“Hand-me-down” EFT is a nick-name for the EFT that is picked-up from a friend, learned during a session with a practitioner, or learned from the free
tutorial/instructional information available online, or learned from books. There is quite a difference between this level of EFT and that achieved by serious individuals and professionals who attend live training, workshops, seminars, and study other aspects of the human body-mind connection in order to better understand that which EFT is being applied to. “Hand-me-down” EFT works, but if you have deeper issues, or are having trouble getting to the core of something, then you have found the primary difference between a lay-approach to EFT and a Professional approach.

This information is presented so that you will try EFT for yourself and see if it is something that works for you. These techniques have already proven themselves to those who use them, including world-class and professional athletes, multi-millionaires, business executives, physicians, teachers, therapists, housewives, entertainers, and many more. The briefest introduction to EFT is enough to allow you to achieve results, and you are encouraged to try EFT on everything; just keep in mind that there are degrees of understanding, and EFT is only limited by the awareness and experience of the person using it.

The Bottom Line with EFT

I really don’t think there is a “bottom line” when it comes to EFT. Certainly we are a long way from finding the limits of the potential EFT holds for us all. Of course, with any technique or program, there must be some reason for investing time and energy; and with EFT that reason is the very real possibility of health, wellness, happiness, and success, which is waiting just behind some “road-block,” which is easily removed with EFT. The measure of the value of EFT, therefore, becomes how well this technique helps you move over, through, or around, the obstacles in your life.

There is a saying which tells us, “…you will know them by their fruits…” This saying simply means that it is the “produce,” or product, we should be looking at rather than the label. Another passage in the New Testament suggests we should “…try everything and keep what works.” The bottom line with EFT then becomes: “Does it produce the fruit you are looking for, or not?” EFT has grown over the years for a number of reasons and this “bottom line” reason is one of them – EFT simply works, for whatever reason, A LOT of the time.

Among the things to remember about EFT are that EFT is safe and non-invasive; EFT is easy-to-learn and simple-to-use, EFT is FREE (even if you do pay for a practitioner’s time and expertise, or for learning/media materials, the technique is still cost-free to use!), anyone can use EFT; and EFT’s results speak for themselves. Learn this technique, try it, use it, and do so in the spirit that you are looking for something that will help you; if you are looking to disprove something, your negative approach can negatively impact the results of your work. This is why Jesus told those He healed to “Go and see that no man knoweth…” and why Quantum physicists say that by merely observing the experiment we change the
outcome. If faith is the substance of our experience, and things are done to us as we believe they will be, then you shouldn’t waste your time with EFT unless you feel it is worthy of your time.

Read over the EFT website, and through the FREE EFT manual provided on Gary Craig’s website (www.EmoFree.com); it is clear that EFT is not something in which you need to completely believe in order to make it work. My point here is that you have bigger problems in your subconscious than you know – we all do – and trying things we don’t think will work, or trying things just to prove they are ‘impossible,’ are a couple clues that we have some problematic programming where our future is concerned. Your beliefs may be completely ‘justified,’ but I will repeat a question that someone once asked me: “Would you rather be Right, or Happy?” Try everything and keep what works; you only have this one life – that you know about – and you owe it to yourself to get the most out of it!

**EFT Summary**

- EFT was invented in the early nineties by Gary Craig.
- EFT is a meridian-based, stress-management system.
- EFT is based on the premise that all negative emotions and conditions are caused by a disruption of the body’s energy systems.
- EFT uses percussive waves of energy directed at the ends of each major meridian channel; these percussive waves are generated by tapping with fingers.
- The waves of energy created by the tapping apparently disrupt the communication of stressful information, and interrupt the stress response – presumably creating a new “emotional default setting” for the current thought pattern which does not include intense emotions.
- The EFT “basic recipe” is a simple, four-step process anyone can learn and use.
- In the first step, the problem being worked on is formed into a Set-up phrase.
- The second and fourth steps are identical and simply involve tapping on 12-major EFT points (each representing a major acupuncture meridian…) while repeating a simple reminder phrase.
- The third-step, the Gamut Point, is performed by tapping on the back of the hand (TH-3) while doing a series of six eye movements and then humming, counting, and humming again.
- An entire round of EFT can be performed in less than two-minutes!
- Results can be gradual or instantaneous (“One-minute wonders”).
- EFT is safe and non-invasive; it can be used on practically anything you can imagine; and after you know how to do it – it’s FREE to use as often as you wish!
• Try EFT on everything; don’t use it instead of medical care, though.
• View EFT as a “coaching tool,” or a “performance enhancer,” rather than a cure for anything. There is little doubt that fear, phobias, and allergies, respond remarkably well to EFT but EFT doesn’t “cure” anything – when problems go away it is because the underlying stress is no longer there.
• EFT is an amazingly effective stress-management technique.
• However EFT works, there is no doubt that there are thousands of people who have benefited from its use in their particular cases.
• Keep in mind, this is only a brief introduction; Gary Craig’s EFT manual is available for download for FREE at www.ExploreExpandEvolve.com by clicking on the Free EFT Video on the right side of the page, or by going directly to Gary Craig’s official EFT site at: www.EmoFree.com.
• There are also videos/DVDs, books, and seminars/workshops, available to help you learn as much as possible about this amazing tool. For maximum results in all cases, one should study and learn as much as possible.
Additional Belief Statements

Here is a brief list of Belief Statements you can insert in the EFT Basic Recipe “Set-up Phrase.” One or more of these statements may apply to you; and there is also a possibility that none of them apply to you. You can read each one and pay attention to the way you feel inside. If you think you have an emotional attachment or charge to a particular statement, simply insert it into the Set-up Phrase after the words, “Even though,” like this:

“Even though (Belief Statement), I deeply and completely accept myself.”

By looking over this list, you should get the idea of what negative beliefs look like; and you may even have memories about when these negative beliefs were anchored during an intense experience. There are pages and pages of belief statements on various web sites, but be creative and make your own belief statements when you find an obstacle, discomfort, or problem you wish to resolve using EFT.

Even though:

- I don't believe I can have what I want,
- I don't believe things can be easy,
- I don't believe _________ can work for me,
- I don't deserve _________,
- I'm not good enough,
- I'm not smart enough,
- I'm not pretty enough,
- I'm not healthy enough,
- I don't know what I want,
- I can’t do it,
- I don’t know how,
- Things never work for me,
- I'm afraid of __________,
- I'm worried about __________,
- I have __ (This Pain, or This Problem),
- I believe __________,
- I feel __________,
- I'm not safe,
- I'm not loved,
- I don't love myself,
- I really want to __________,
- I am craving __________,
A Guide to Learning the Emotional Freedom Techniques

Emotional Freedom Techniques (E.F.T.)

**E.F.T. “Basic Recipe”**

**Step One:** After identifying the focus of your work, find and rub the ‘Sore Spot’ while saying, “Even though I have this __________, I deeply and completely accept myself…” THREE TIMES...

(Alternate spot for ‘Sore Spot’ is Side of Hand SI-3)

**Step Two:** While saying a reminder phrase for the problem or issue you are working on such as, “This Fear,” or “This Pain,” tap 6-8 times on each point from TOP (UB-1) to BOTTOM (SI-3)...

**Step Three:** While tapping on the Gamut Point (TH-3), and repeating the reminder phrase for the problem you are addressing, perform the following: Open Eyes; Close Eyes; Open Eyes; (without moving head) Eyes Down to the Right; Eyes Down to the Left; Roll eyes in a big circle; Roll eyes in a circle in the opposite direction; Hum a few seconds of a song; Count from one to five; and hum a few more seconds of a song...

**Step Four:** REPEAT STEP TWO.

www.ExploreExpandEvolve.com
Suggested Reading and Other Resources

I assume you are reading this book because you are interested in self-improvement, healing, personal growth & development, or something along those lines. EFT is an excellent tool for removing, or overcoming, obstacles on the path of personal exploration. Listed below are some other books and resources that might help you in that quest for information or wisdom.

12-Books to Help You on Your Way:

- Spirituality Simplified, Jeff Maziarek
- The Biology of Belief, Dr. Bruce Lipton
- The Attractor Factor, Joe Vitale
- Ask and It Is Given, Esther and Jerry Hicks
- The Biology of Transcendence, Joseph Chilton Pearce
- Your Best Life Now, Joel Osteen
- Thoughts are Things, Ernest Holmes
- Power vs. Force, Dr. David Hawkins
- The Power of Intention, Dr. Wayne Dyer
- The HeartMath Solution, Doc Childre
- A New Earth, Eckhart Tolle
- The Belief Formula, Pete Koerner

I have hundreds of “favorite” books; this is a small cross-section that gives an interesting perspective of spirituality and the mind-body connection – ideally, giving you valuable information and understanding in your quest for better health, more happiness, and greater control over your thoughts, emotions, and life’s ups and downs.

12-Interesting Blogs and Useful Websites:

- www.Pondercentral.com
- www.CyresCafe.net
- www.BetterToBless.com
- www.SpiritSimple.com
- www.SpiritualFocus.com
- www.EmotionalMastery.com
- www.ExploreExpandEvolve.com
- www.TheBeliefFormula.com
- www.ZPointForPeace.com
- www.TATlife.net
- www.HeartMath.com
- www.EmoFree.com