

EFT Tapping

by

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EFT Tapping – Emotional Freedom Technique

EFT Tapping is a fast, simple technique that allows us to make permanent changes in our lives by eliminating the unhealthy beliefs on a subconscious level.

If we want to make changes in our lives, long-lasting, permanent, constructive changes, we have to change the unhealthy beliefs and emotions in the subconscious. EFT Tapping can do just that.

The general principle behind EFT Tapping is that the cause of negative emotions is a disruption in the body's energy system. By tapping on locations where a number of the different Chinese meridians flow, we are able to release unproductive memories, emotions, and beliefs which cause the blockages.

When we tap, we make a statement that begins with “Even though,” followed by instructions for the subconscious, ending with “I totally and completely accept myself.”

EFT Tapping Statements:

An EFT statement has three parts to it:

Part 1: Starts with “**Even though,**” followed by

Part 2: A statement which could be the **dysfunctional emotion or belief,** and

Part 3: Ends with “**I totally and completely accept myself.**”

A total statement would be “**Even though, I crave sweets, I totally and completely accept myself.**”

EFT helps us eliminate what we don't want any longer, what no longer serves us.

How to Tapping

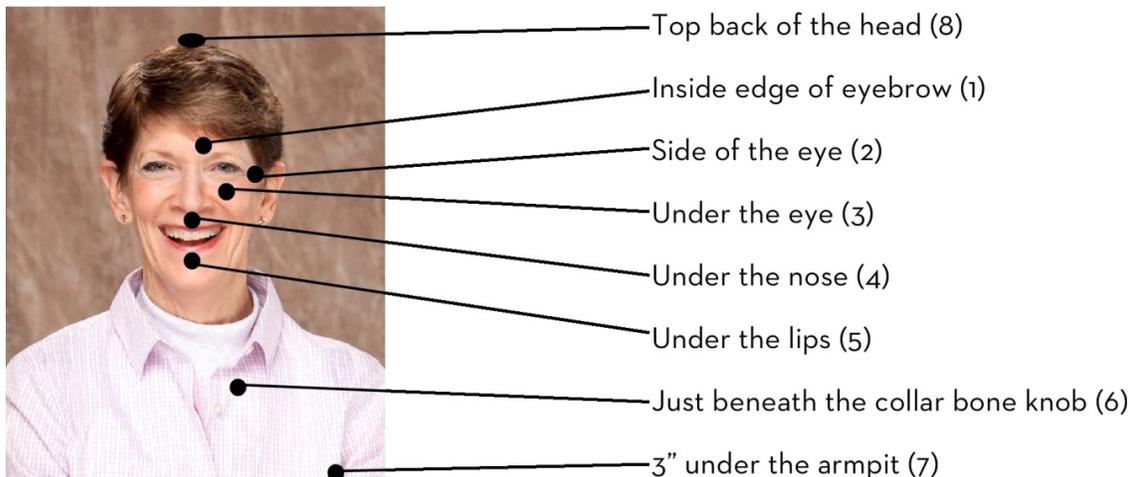
The instructions below are described if you were using your right hand. Reverse directions to tap using the left hand. It is only necessary to tap one side. Tapping both sides does not add any additional benefit.

I. Begin with circling or the Karate Chop Point (See next page):

- A. With the fingertips of your right hand, find a tender spot below your left collar bone. Once you have found the tender spot, with your right fingertips, press firmly on the spot, make a circular motion toward the left shoulder, toward the outside, clockwise.
- B. As your fingers are circling and pressing against the tender spot, make the following statement 3 times: "Even though, [mis-belief statement], I totally and completely accept myself." An example would be: "Even though, I fear change, I totally and completely accept myself."

II. Tapping:

- A. After the third time, tap the following 8 points repeating the [mis-belief statement] each time with each point. Tap each point 7 - 10 times:
 - 1. The inner edge of the eyebrow just above the eye. [I fear change.]
 - 2. Temple, just to the side of the eye. [I fear change.]
 - 3. Just below the eye (on the cheekbone). [I fear change.]
 - 4. Under the nose. [I fear change.]
 - 5. Under the lips. [I fear change.]
 - 6. Under the knob of the inside edge of the collar bone. [I fear change.]
 - 7. 3" under the arm pit. [I fear change.]
 - 8. Top back of the head. [I fear change.]

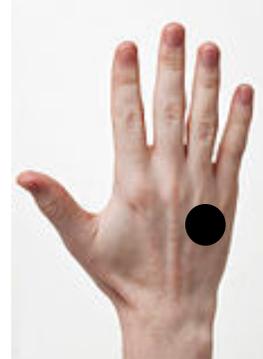


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B. After tapping, take a deep breath. If you are not able to take a deep, full, satisfying breath, do eye rolls.

III. Eye rolls

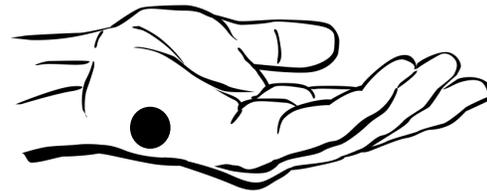
- A. With one hand, tap continuously on the **back** of the other hand between the 4th and 5th fingers.
- B. Head is held straight forward, eyes looking straight down.
- C. For 6 seconds, roll your eyes from the floor straight up toward the ceiling while repeating the statement. Keep the head straight forward, only moving the eyes.



IV. Take another deep breath.

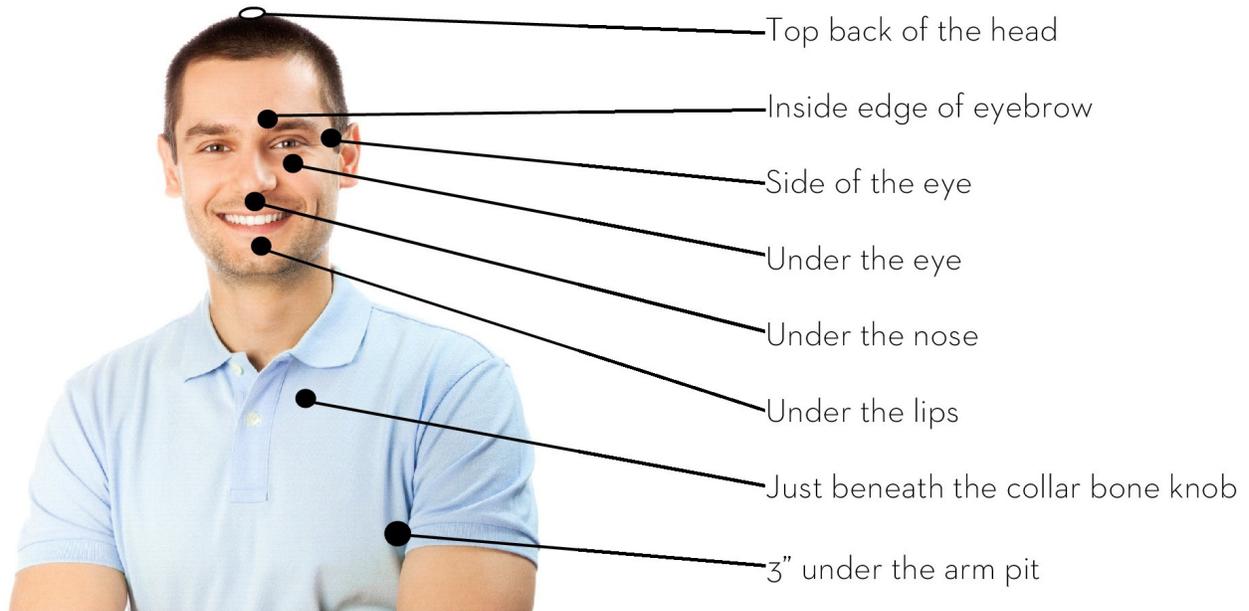
Karate Chop Point (KCP):

For the set up in EFT Tapping, use either the circling or the KCP. It is a matter of preference. One is not more effective than the other.



To tap the KCP, use the fingertips of the opposite hand or the KCP of both palms can be tapped together.

Tapping Points for the Short Form of EFT Emotional Freedom Technique



Yawning and Taking a Deep Breath

From Oriental medicine, we know that when Chi (energy) flows freely through the meridians, the body is healthy and balanced. Physical, mental, and/or emotional illness can result when the energy is blocked.

Dysfunctional beliefs and emotions produce blocks along the meridians, blocking energy from flowing freely in the body.

With EFT tapping, as we tap, we are releasing the blocks. As blocked energy is able to flow more freely, the body is now able to “breathe a sigh of relief.” Yawning is that sigh of relief.

If, after tapping, we are able to take a complete, deep, full, and satisfying breath, we know that an EFT tapping statement has cleared. This yawn is an indication that an EFT tapping statement has cleared.

If the yawn or breath is not a full, deep breath then the statement didn't clear completely.



Integration...What Happens After Tapping

After tapping, our system needs some downtime for integration to take place. When the physical body and the mind are “idle,” integration can then take place.

Sometimes, in the first 24 hours after tapping, we might find ourselves vegging more than normal, sleeping more than normal, or more tired than normal. This downtime is needed to integrate the new changes.

After installing a new program into our computer, sometimes we have to reboot the computer (shut down and restart) for the new program to be integrated into the system.

After tapping, our bodies need to reboot. We need some downtime. When we sleep, the new changes are integrated.

Healing begins naturally after the body has had a chance to integrate.

Sometimes after tapping, we forget the intensity of our pain and think that our feeling better had nothing to do with the tapping. Something so simple could not possibly create the improvement in our state of mind!

When we cut our finger, once it is healed, we don't even remember cutting our finger. As we move toward health, wealth, and well-being, sometimes we don't remember how unhappy, restless, or isolated we once felt.



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How Does EFT Tapping Work?

1. Acceptance: The last part of the tapping statement we say, “I totally and completely accept myself.” **Acceptance brings us into present time.** We can only heal if we are in present time. Laughter brings us into present time.
2. Addresses the current mis-belief on a subconscious level: In order to make changes in our lives, we have to change the dysfunctional beliefs, the mis-belief on a subconscious level. The middle part of the tapping statements are the “instructions” for the subconscious. **In order to make changes in our lives, we only care what the subconscious hears.**
3. Pattern interrupt: Dysfunctional memories and/or mis-beliefs disrupt or block the flow of energy from flowing freely along the meridians. Tapping is a pattern interrupt that disrupts the flow of energy to allow our **body’s own Infinite Wisdom to come forth for healing.**
4. Mis-direct: One role of the physical body is to protect us. When our hand is too close to a flame, the body automatically pulls the hand back to safety. An EFT Tapping statement that agrees with the current belief is more effective. The physical body is less likely to “sabotage” the tapping if it agrees with the current belief.

An Example: The very first tapping statement we need to tap is: “It is not okay or safe for my life to change.” Even though our lives are constantly changing does not mean we are comfortable or okay with change. When we are not comfortable with change, it creates stress for the body.

EFT Tapping Statement: “It is not okay or safe for my life to change.”

- * This statement appeases the physical body since it agrees with the current belief.
- * The subconscious hears, “It is okay and safe for my life to change.”
- * The tapping disrupts the energy flow so our Truth can come forth.

The body will always gravitate to health, wealth, and well-being when the conditions allow it. EFT Tapping weeds the garden so that the blossoms can bloom more easily and effortlessly.



SCIENCE AND EFT TAPPING RESEARCH

EFT has been researched in more than 10 countries by more than 60 investigators whose results have been published in more than 20 different peer-reviewed journals. Two of the leading researchers are Dawson Church, Ph.D. and David Feinstein, Ph.D.

Dr. Dawson Church, a leading expert on energy psychology and an EFT master, has gathered all the research information and can be found on this website: www.EFTUniverse.com.

TWO RESEARCH STUDIES DISCUSSED BELOW

HARVARD MEDICAL SCHOOLS STUDIES AND THE BRAIN'S STRESS RESPONSE

Studies at the Harvard Medical School revealed that stimulating the body's meridian points significantly reduced activity in a part of the brain called the amygdala.

The amygdala can be thought of as the body's alarm system. When the body is experiencing trauma or fear, the amygdala is triggered and the body is flooded with cortisol also know as the "stress hormone." The stress response sets up an intricate chain reactions.

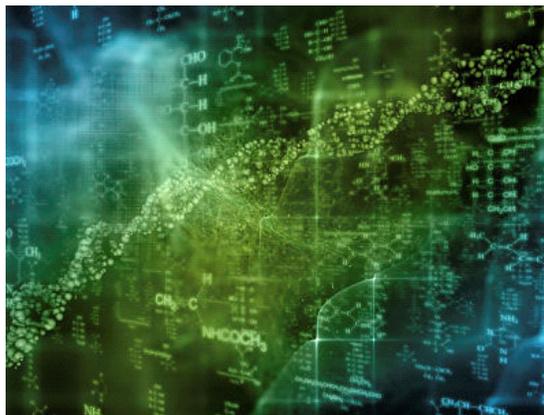
The studies showed that stimulating or tapping points along the meridians such as EFT tapping, drastically reduced and/or eliminated the stress response and the resulting chain reaction.

DR. DAWSON CHURCH AND CORTISOL REDUCTION

Another significant study was conducted by Dr. Dawson Church. He studied the impact an hour tapping session would have on the cortisol levels of 83 subjects. He also measured the cortisol levels of people who received traditional talk therapy and the cortisol levels of a third group who received no treatment at all.

On an average, for the 83 subjects that completed an hour tapping session, cortisol levels were reduced by 24% reduction. Some subjects experienced a 50% reduction in cortisol levels.

Subjects that completed an hour long traditional talk therapy and the subjects that had completed neither sessions did not experience any significant cortisol reduction.



Benefits of Using EFT Tapping



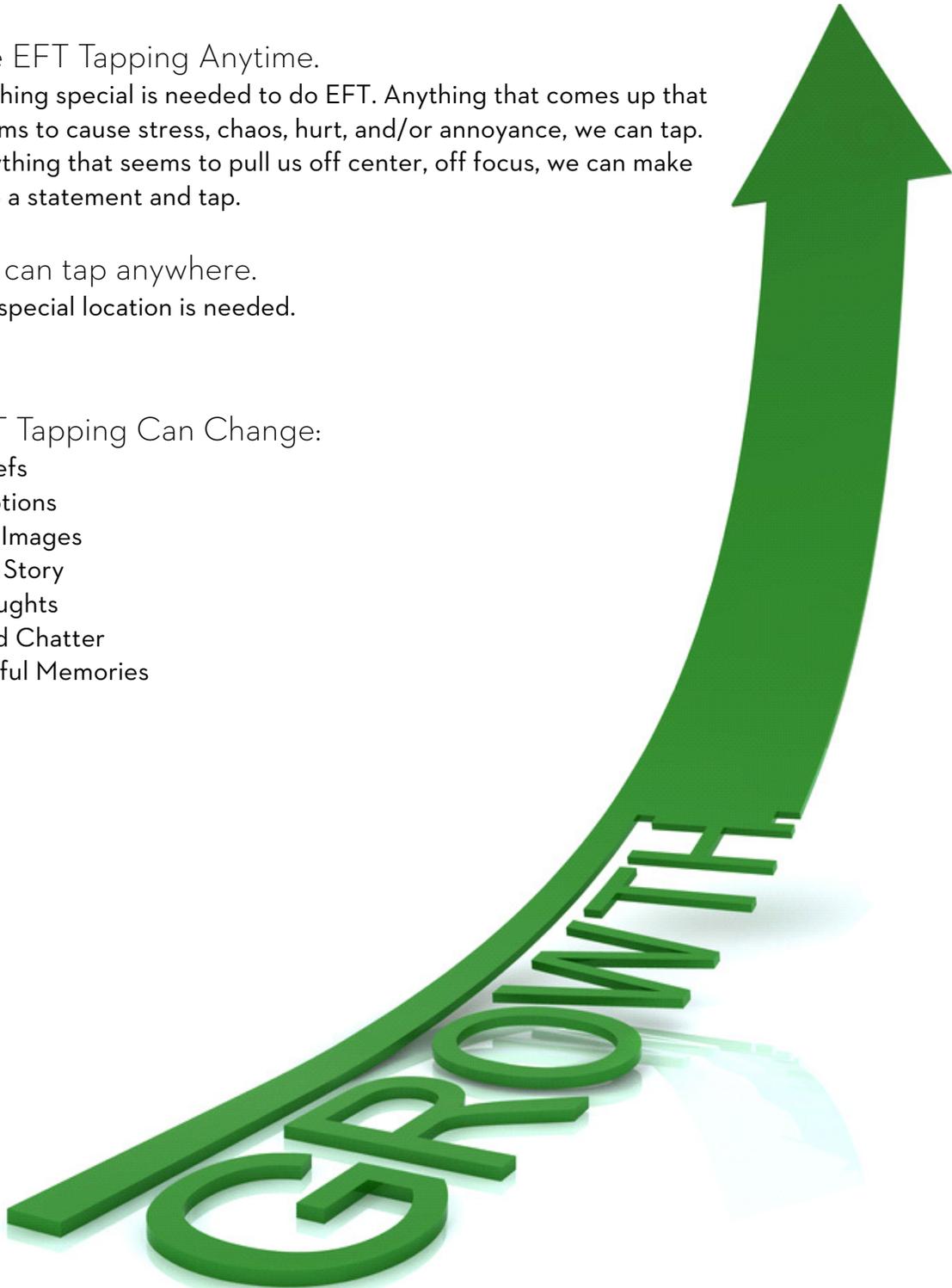
- * The last part of the statement is “I totally and completely **accept** myself.” **Acceptance** brings us into present time. Healing can only take place when we are in present time.
- * By tapping, we are **calling forth our truths**. The key word here is “**our**.” Not anyone else’s. If my name is “Lucas,” tapping the statement “Even though my name is Troy,” my name will not be changed to Troy.
- * Tapping **calls forth our own body’s Infinite Wisdom**. When we cut our finger, our body knows how to heal the cut itself. Once the dysfunctional emotions, experiences, and beliefs have been “deleted,” our body **automatically** gravitates to health, wealth, wisdom, peace, love, joy...
- * By changing the mis-beliefs and dysfunctional emotions on a subconscious level, the changes we make with EFT are **permanent**.
- * By tapping, we are “**neutralizing**” the stored memories that have been blocking energy from flowing freely along the meridians.
- * Another benefit of tapping and EFT is desensitization. Let’s say, we have a difficult person in our life that ignores us and/or criticizes us and we tap the statement: “This difficult person [or their name] ignores and criticizes me.”

Tapping doesn't mean they will no longer ignore and/or criticize us.

It can, though, **desensitize us** so we no longer are affected by their behavior. Once we are desensitized, our perception and mental thinking improves. We are better able to make informed decisions. We don’t take and make everything personally. Our health is not negatively impacted. Our heart doesn’t beat 100 beats/minute. Smoke stops coming out of our ears. And our faces don’t turn red with anger and frustration.

When to Use EFT Tapping and What Can EFT Tapping Change

- * Use EFT Tapping Anytime.
Nothing special is needed to do EFT. Anything that comes up that seems to cause stress, chaos, hurt, and/or annoyance, we can tap. Anything that seems to pull us off center, off focus, we can make into a statement and tap.
- * We can tap anywhere.
No special location is needed.
- * EFT Tapping Can Change:
 - Beliefs
 - Emotions
 - Self Images
 - Our Story
 - Thoughts
 - Mind Chatter
 - Painful Memories



INTENSITY LEVEL

One measure of knowing how much an “issue” has been “resolved” is to begin, before tapping, by giving the issue an intensity number between 1 - 10, with 10 being high.

For example, you want a romantic partnership yet, you haven’t met “the one.” Thinking about the likelihood of a romantic relationship happening for you, how likely, on a scale of 1 - 10, with 10 being very likely and 1, not likely at all, would a romantic relationship happen for you?

Okay. You gave yourself a 2. Now let’s start tapping!

When asked what the “issues” might be, “Well,” you say. “It doesn’t seem as if the people I want, want me.”

Great tapping statement. So, you tap out, “Even though, the people I want don’t want me, I totally and completely accept myself.” After tapping you check in with yourself, the Intensity Level (IL) has gone up to a 4, a little bit more likely.

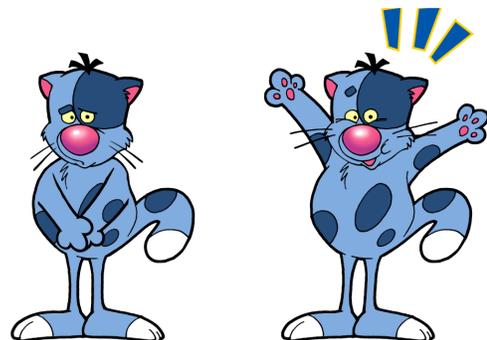
What comes to mind now? You say, “No one will find me desirable.” Great tapping statement. You tap out, “Even though, no one will find me desirable, I totally and completely accept myself.” Check the IL. How likely? Now you are at a 5. Cool! Progress.

What comes to mind now? You say, “I’m not comfortable being vulnerable in romantic relationships.” Great tapping statement. You tap out, “Even though, I’m not comfortable being vulnerable in a romantic relationship, I totally and completely accept myself.” Check the IL. Now it is a 6. Still progress.

What comes to mind now? “Well, it feels like if I am in a relationship, I will lose a lot of my freedom.” Make this into a tapping statements. “Even though, I will lose my freedom when I am in a relationship, I totally and completely accept myself.” The IL has gone up to a 7.

What comes to mind now? “Oh, if I was in a relationship, I would have to be accountable to someone!” Make this into a tapping statement: “Even though, I would have to be accountable to someone if I was in a relationship, I totally and completely accept myself.” Wow...the IL is 9, very likely!

GIVING AN ISSUE AN INTENSITY LEVEL GIVES US AN INDICATION OF THE PROGRESS WE ARE MAKING WITH RESOLVING AND/OR HEALING THAT ISSUE IN OUR LIVES.



The Very First EFT Tapping Statement to Tap

The very first EFT tapping statement I have clients and students tap is “It is not okay or safe for my life to change.” I have muscle tested this statement with more than a thousand people. Not one person tested strong that it was okay or safe for their life to change.

How effective can EFT or any therapy be if it isn't okay or safe for our lives to change?

Since our lives are constantly changing, if it is not okay or safe for our lives to change, every time our lives change, it creates stress for the body. Stress creates another whole set of issues for ourselves, our lives, and our bodies.



For More Information on EFT Tapping

*If you have not already downloaded the eBook:
"Healing, Transformation, and All Things EFT Tapping,"
you can for free at www.TessaCason.com.*