



Disclaimer

I understand that Emotional Freedom Techniques are not intended to diagnose, prescribe or treat any disease, physical or mental. They are also not intended as a substitute for regular medical or psychiatric care.

This manual does not advocate the discontinuance of any prescribed medication or medical or psychological care.





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EFT quick start manual

This manual was designed as a quick introduction to EFT.

Visit www.emofree.com for a comprehensive understanding of the principles of EFT.





The roots of EFT

TFT needs to be applied by carefully trained practitioners and relies on tapping a complex sequence of meridian points.

With Gary Craig's EFT protocol you simply tap all the meridian points for every problem, so by default you will always tap on the right ones. Both EFT and TFT are highly effective –the difference is that EFT is much easier to learn, can be used by everyone and the same protocol is used for all issues.





What is EFT?

EFT is an emotional healing technique which is also capable of dramatically relieving many physical symptoms.

It is based on a revolutionary new discovery that violates most of the beliefs within conventional psychology. It contends that 'the cause of all negative emotions is a disruption in the body's energy system'.

With remarkable consistency (50-90% depending on experience) EFT relieves symptoms by a seemingly strange (but scientific) routine.

EFT works by tapping with the fingertips on various body locations. This tapping serves to balance energy meridians which become disrupted when the client thinks about or becomes involved in an emotionally disturbing circumstance.

The actual memory stays the same, but the charge is gone. Typically, this result is lasting. Cognition often changes in a healthy direction as a natural consequence of the healing.





How does EFT work?

EFT is a meridian energy therapy – just like acupuncture, it works directly on the meridian system in the body. But instead of needles, you stimulate the major meridian lines by tapping on them.

By analogy, think of the meridians as rivers. Upsets in emotional or physical health lead to the equivalent of blockages or overflows in the rivers.

EFT is a mind/body healing technique because it combines the physical effects of meridian treatments with the mental effects of focusing on the pain or problem at the same time.

Tapping on the meridian points sends kinetic energy down the energy system, clearing the blockages and allowing the energy to flow freely again.





When to use EFT

EFT has been found to be effective in a variety of issues including:

- Addictive cravings (food, cigarettes, alcohol, drugs)
- Allergies
- Anxiety and panic attacks
- Anger
- Compulsions and obsessions
- Depression and sadness
- Dyslexia
- Enhancing self-image
- Fears and phobias
- Grief and loss
- Guilt
- Insomnia
- Negative memories
- Pain and symptom management
- Physical healing
- Enhancing peak performance (sports, public speaking)
- Post traumatic stress disorder
- Sexual abuse issues, etc
- Relief of pain, eg, migraine, arthritis, etc





The process

The basic recipe is the standard, basic procedure that is employed to treat any emotional/physical disturbance. Once learnt, each round of the basic recipe should take under a minute or two to perform. The basic recipe comprises:

- 1. The set up**
- 2. The sequence**
- 3. The 9 gamut procedure**
- 4. The sequence (again)**
- 5. Adjustments for subsequent rounds**

Let's look at these in more detail





The process

1. The set up

This sets the stage for EFT to do its work. In this stage you will rub either the lymphatic drainage point known as the sore spot or tap the karate chop point, while saying your set up phrase out loud three times.

The set up phrase is as accurate a description of your issue as possible, in the following format:

“Even though I (**insert problem here**), I deeply and completely accept myself”.

Examples of set up phrases might be:

“Even though **my back aches**, I deeply and completely accept myself”.

“Even though **I get angry at work**, I deeply and completely accept myself”.

“Even though **there’s pain in my jaw**, I deeply and completely accept myself”.

“Even though **I have a fear of heights**, I deeply and completely accept myself”.

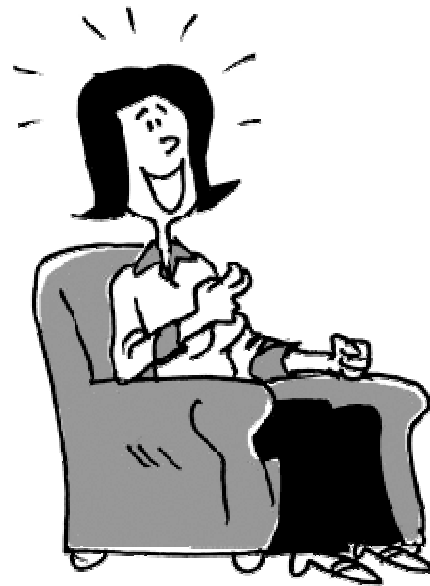




The process

Your goal is to have it down to a 1 or a 0 which would indicate complete freedom from the distress you started out with.

Having your distress drop from a 7 or 8 to a 0 in a couple of rounds of EFT is an amazing experience – and one that happens more often than you'd expect!





Let's get tapping!

Now you're ready to learn the points to tap on. The following screens will show you exactly how to perform the basic recipe. Advance through the show a couple of times to get the idea, using the navigation buttons to return to this screen, and then try it out while tapping yourself. It is best if you practice with a real problem, as EFT is really experiential in nature and no amount of explanation can take the place of actual doing.

Note: Once you learn EFT, you'll be able to perform each round of the basic recipe in just a minute or so.

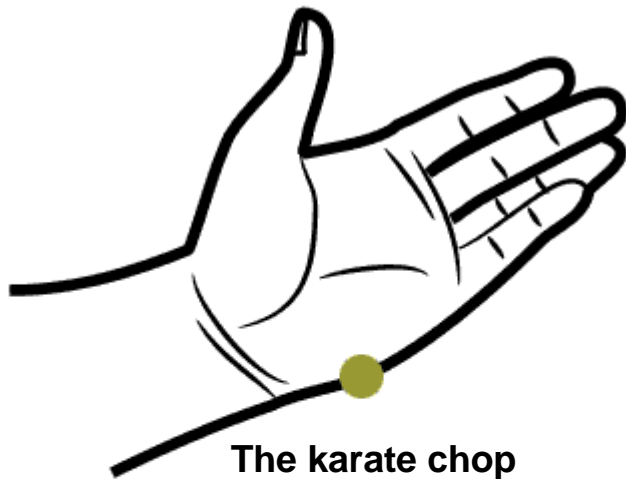
If you're working on an actual problem, remember to scale your problem before you start, and to scale it again at the end of each round!



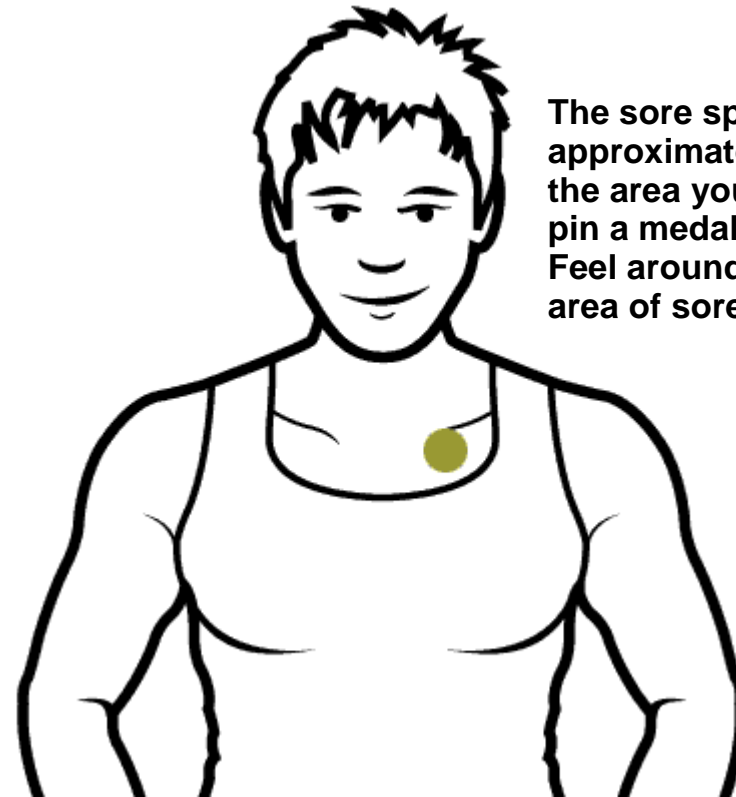


Let's get tapping!

Here are the points for psychological reversal. Use whichever point you feel most comfortable with.



The karate chop point is the fleshy part of your hand that you might use to deliver a karate chop



The sore spot is in approximately the area you would pin a medal. Feel around for an area of soreness



The basic recipe

Let's begin. First, rate your distress on to a scale of 1-10:
the Subjective Units Of Disorder scale (SUDs)



10 Most intense



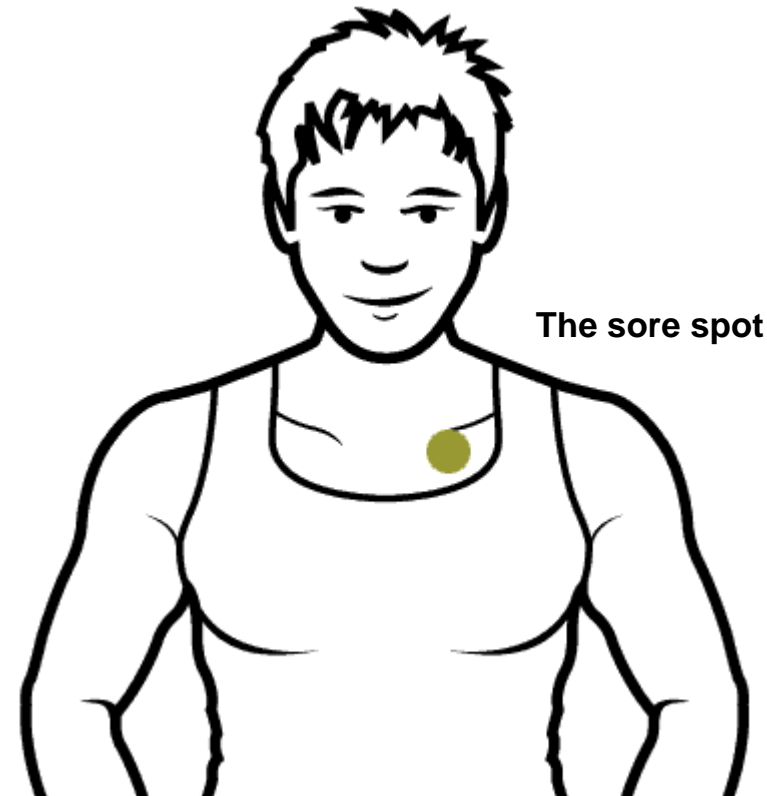
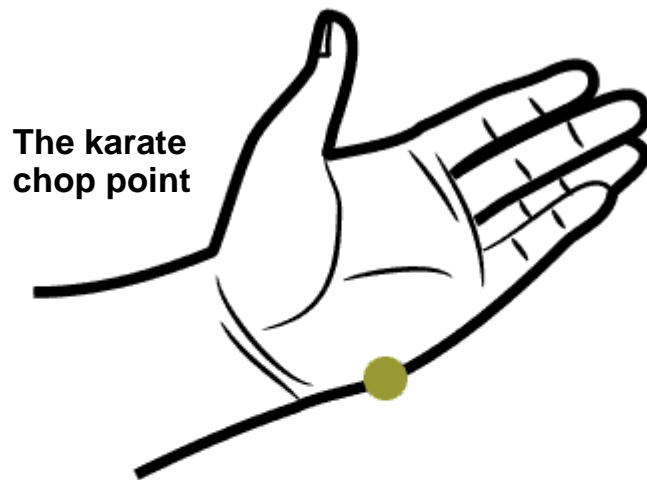
0 Least intense





The basic recipe

The set up: Repeat your set up phrase 3 times while tapping 7-8 times on the karate chop point, or rubbing the sore spot



Even though I (**insert problem here**), I deeply and completely accept myself



Shortcuts

You now know the full EFT protocol

With experience, EFT practitioners learn that even when some parts of the basic recipe are left out, the process is often just as effective. So don't be surprised if the practitioner you're working with does things a little different to what you've learned.

Common changes and shortcuts include:

- using the karate chop point instead of the sore spot
- missing out the finger points
- completely omitting the 9 gamut procedure or using a shortened version
- changing the set-up affirmations as you tap through the points.





Shortcuts

Sometimes it helps to add new points to the process. These can include...

- slapping 3 inches above on either side of the ankle bone with both hands
- slapping on the lower wrist around the pulse area with the other hand
- as there are meridians all over the body, other points may also be used





Issues are like puzzles

It is important to be as specific as possible with the set-up statement.
For example,

“Even though I have this stabbing pain on the top of my left shoulder”

rather than “Even though I am in pain”

A problem may have different **aspects** attached to it that surface in the course of treatment. In such cases, it is important to persist in rooting out all these aspects – much like peeling back the layers of an onion - and tap on them until the issue is completely resolved. In such cases working with an experienced EFT practitioner is often useful.

Some parts of the problem are essential to putting it all together; we call these **core issues**.

When several pieces of an issue have been treated - the whole issue may be resolved, we call this the **generalisation effect**.





Resources

Some EFT resources on the Internet

<http://www.EmotionalBuzz.com>

<http://www.eft4life.co.uk>

<http://www.eftuk.com>

<http://www.emofree.com>

<http://www.eft4powerpoint.com>

<http://www.eftsupport.com>

<http://www.CarolLook.com>

<http://www.allergyantidotes.com>

<http://health.groups.yahoo.com/group/Meridian-Energy/>

http://health.groups.yahoo.com/group/One_SimplyEFT/

http://health.groups.yahoo.com/group/One_EmotionalFreedomTechniques/

<http://groups.yahoo.com/group/Plex/>

