



Welcome to

EFT

Emotional Freedom
Techniques

The new approach to personal power that works!

By Christine Sutherland

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Table of Contents

Chapters		Page Number
	Introduction	1
1	A Brief History - The fascinating story of how EFT was born	2
2	Commonly Asked Questions	5
3	Psychological Reversal & Secondary Gain - The real reasons we suffer	11
4	The Actual EFT Process - Let's get right down to it!	13
5	How to Do Miracles with EFT (Turning Science into an Art)	21
6	Applications of EFT	29
7	Muscle Testing	38
8	The Role of EFT in Fulfilling our Potential (So how much delight can you stand?)	44
	Recommended Reading (Viewing)	45

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Welcome to EFT

The new approach to personal power that works!

Introduction

As a psychotherapist in private practice, with over 26 years' experience and study in training and counselling, I work with groups and individuals, and with a focus on phobias and trauma (my calling, if you like). Until 1998 I used a mixture of conventional therapy tools like Cognitive Behaviour Therapy, Rational Emotive Therapy, Gestalt, and of course Neuro-Linguistic Programming, of which I'm a certified master practitioner. I'd had reasonable results with clients and I belonged to several professional chat groups on the internet, wishing to keep totally up to date with the latest research and innovations, as well as gain valuable insight from working with so many overseas colleagues, many of whom were known and highly respected internationally.

In 1998 the news got out that there was a new therapy called EFT that claimed results bordering on miraculous. It had the strange name of Emotional Freedom Techniques, and partly involved tapping on energy meridian points. My chat groups went into a sort of frenzy on EFT, to the point where EFT had taken over the topic of discussion to the exclusion of the original "purpose" of the groups. The topic was banned and various groups split off to continue uninterrupted discussion and investigation of this seemingly miraculous new approach.

I admit to being pretty slow and almost 100% skeptical. Why this should be so I really don't know -- after all I've studied metaphysics since I was a child, had studied Reiki and become a Reiki master, considered myself to be a deeply spiritual person, etc, etc. Yet I thought **EFT** sounded strange!

Well after several visits to the EFT web site, thinking "Will I?/Won't I?/Is this some big hoax?", I finally bit the bullet and sent off for the advanced training. The next few months were spent in solid study with a colleague as we played video tapes over and over, questioning, practicing, experimenting.

My first attempt to actually use EFT was during a shocking migraine headache. Despite total disbelief that *anything* could help me (it had struck suddenly and I had been in too much pain and distress to do more than crawl on my hands and knees into bed -- couldn't even get to a painkiller), EFT eliminated not only the pain, but also the nausea, dizziness, and vision effects in less than 15 seconds all up. I had never experienced anything like that before in my entire life and I was sold then and there on EFT.

From that time I began introducing it to clients, and then teaching it to groups of fellow professionals and lay people. The results have been jaw-dropping as I witness miracle after miracle.

The next step is this book, as I am driven to playing my own small part in getting the news of this wonderful new technique to every human being on the planet.

Blessings and blessings upon you for reading and being part of the healing of all of us.

Christine Sutherland

WELCOME TO EFT! (EMOTIONAL FREEDOM TECHNIQUES) The new approach to personal power that works!

CHAPTER 1

A Brief History of EFT - The fascinating story of how EFT was born

"Tapping on the energy system while being tuned to an emotional (or physical) problem is an extraordinary healing technique that is deserving of the Nobel Prize. Its impact on the healing sciences is bound to be enormous."
Dr F Gallo

EFT actually has its genesis in Traditional Chinese Medicine. The ancient Chinese, and many other ancient cultures, believed that we all have an "energy body" and that energy flows through this body along lines called "meridians". They believed that "blockage" in the meridians caused illness. They identified many different points on the physical body, which, when stimulated, seemed to impact on the energy body and thus influence health. Modern acupuncture and acupressure, as well as reflexology and other energy therapies, have their genesis in TCM.

You may be surprised to hear that Western science has finally caught up with this several-thousand-year-old knowledge. Not only can we easily measure changes in electrical resistance at acupuncture points, but in the mid-eighties French researchers proved the existence of the meridian system. Vernejoul set about testing for the existence of a previously "unknown" circulatory system by injecting a radioactive tracer dye into acupuncture points. (Vernejoul, P, et al (1985). *Etude des meridians d'acupuncture par les traceurs radioactifs. Bulletin of the Academy of National Medicine (Paris), 169, 1071-1075.*) The resulting pattern of dye clearly showed the traditional meridian lines. When the dye was injected into non-acupuncture points, no lines appeared. The lines did not correspond with any circulatory system previously known to science, but nevertheless were physical channels through tissue and organs.

The most important contribution of Western science has been the discovery that when we combine emotional/mental work with stimulation of meridian points, the body and mind appear to work together to gently but quickly heal many psychological and physical problems. When we consider the truly holographic nature of the universe, why should this not be so? After all, if we cut a finger, all our physical healing resources are automatically brought to bear and work towards life and health. We now know that mental, emotional, psychological and even spiritual healing happens in the same way. The whole of our body-mind trends towards health and wholeness given appropriate conditions.

The first dramatic breakthrough was made by Dr Roger Callahan, who developed Thought Field Therapy (originally called the Callahan Techniques), a system of diagnosis and treatment of emotional causes according to a range of particular algorithms, or sequences of tapping on precise meridian points.

The story goes that Dr Callahan was working with a chronically phobic patient, Mary, who had had such a fear of water that she had to be accompanied by someone wherever she went, just in case she saw so much as a photograph of water. Mary couldn't even face an inch of water in her bath tub, nor could she look at a puddle of water on the road! Dr Callahan deduced that Mary had a blockage in a meridian point just below the eye. Upon tapping this point, Mary's phobia was completely and permanently eliminated and to this day (nearly 20 years later) Mary has no problem with water.

Needless to say, Dr Callahan was extremely excited by his discovery and at first thought he had discovered the cure to all phobias (a sort of therapeutic "Eureka!" experience). Indeed, some of his clients got results in just that way, others required different or more complex treatment. Eventually Dr Callahan went on to develop the very complex and sophisticated system known as Thought Field Therapy. This system was structured around the basic principle that there was one and only one sequence of tapping points (called an "algorithm") which would relieve a particular problem. It took a great deal of time and cost a very large amount of money (\$US100 000) to learn the full techniques.

Dr Callahan suffered disdain and ridicule from his own profession as a result of his work and his efforts to bring it to a wider audience. His licence and livelihood were threatened by the governing Psychological Board in California and he was unable to have his excellent research published because no editor would touch this *formerly* highly-esteemed researcher.

I am reminded of that wonderful piece from Ayn Rand's book "The Fountainhead":

"Throughout the centuries there were men who took the first steps down new roads armed with nothing but their own vision. Their goals differed, but they all had this in common: that the step was first, the road new, the vision unborrowed, and the response they received - hatred. The great creators - the thinkers, the artists, the scientists, the inventors - stood alone against the men of their time. Every great new thought was opposed. Every great new invention was denounced. They fought, they suffered and they paid. But they won." (Ayn Rand, from Howard Roark's speech in "The Fountainhead")

The power brokers in science and medicine have always desperately clung to their own ignorance, and still do so today. So we in the energy field owe Roger Callahan an enormous debt not only for his creativity and intelligence, but also for his courage and persistence in the face of vicious resistance to his wonderful work.

Since that time, Gary Craig, who was the first person to pay the \$US100 000 fee to Dr Callahan to learn his techniques, discovered that the sequence of tapping was unnecessary. He developed EFT, a sort of one-size-fits-all, very easy and very powerful system, and his mission in life is to bring this healing modality into common use so that everyone has the benefit, not merely the wealthy. Gary Craig has brought the powerful energy therapies to the whole world, and has been a generous and loving catalyst for the dissemination of the work of other developers in this field.

Gary Craig has brought us a system that is not only faster, simpler and more elegant than the original TFT, but which covers a far wider variety of problems. EFT can be used for all health issues, mental or psychological issues, self-confidence and even for sports or business performance. As Gary Craig puts it himself: "We are on the ground floor of a healing high-rise", and EFT will continue to evolve and become an even more powerful tool for health and wellbeing.

My hope in bringing this technology to you is that the practice of EFT will become as common as having a cup of tea or coffee, and that we will all gain the capability of ensuring our own wellbeing. In this way not only can we focus on the realisation of our potential as fully self-actuated human beings, but can greatly reduce the huge cost (financial, social, emotional and spiritual) to society of unnecessary illness.

EFT is a 90-second technique that has changed my life in ways I never imagined. I am filled with joy that I am able to be part of the task of gifting EFT to the world. I hope it will serve you equally as well!

CHAPTER 2

Commonly Asked Questions

People ask these questions of me over and over again, so I thought I'd save you looking right through this book and put them here all together.

Some of this material is lifted directly from Gary Craig's web site (with Gary's permission of course).

What is EFT?

EFT is an emotional healing technique (trauma, PTSD, phobias, grief, anger, guilt, anxiety, etc) which is also capable of dramatically relieving many physical symptoms (pain, headaches, asthma and more).

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, EFT relieves symptoms by a seemingly strange (but scientific) routine which employs 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.

Are EFT's results due to either placebo effects or distraction?

No! Placebo effects require some belief in the process and this is rarely the case for newcomers to EFT. Also, although EFT may appear to be distracting, it will not work if the client is, in fact, distracted. That is why the client continually repeats a phrase which "tunes in" to the problem.

Note by Christine Sutherland:

A placebo effect is due to belief in the substance or process in question. Placebo effects are both negative and positive. That is, if a person takes a sugar pill believing it to be a particular drug, it is quite possible that the person will experience the negative side effects of the actual drug. Placebo effects typically account for 30% of the results of any drug trial.

It is not necessary to believe in EFT for it to work. In my early days with EFT I used it on a shocking migraine headache. I had literally crawled into bed on my hands and knees, unable to stand and unable to get to the medicine cupboard for painkillers. I tapped for all of five seconds (because I expect things to work fast) before starting to say as I tapped, "This is total crap!" and other unflattering words to that effect. I tapped for about five more seconds (under inertia I suspect) before giving up, and instead just crying with the pain and distress. To my complete amazement (and that word is an understatement) I actually felt the pain "melt" down my body and out my toes, to be replaced as it withdrew by a feeling of total warmth and peace. I had never experienced anything like that before in my entire life and I was sold then and there on EFT.

What a relief! You don't have to believe in this stuff one little shred. It works anyway.

Why is training in something so powerful as EFT sold so inexpensively?

Gary Craig, the developer of EFT, wants to bring EFT to everyone. His goal is to have people using and developing EFT for themselves, and evolving it even further than he has been able to.

Note by Christine Sutherland: You will rarely see overpricing for EFT training or products. Most of us in this field consider that we're honouring Gary's great example of keeping the technology accessible. We charge an amount we feel fair and we're comfortable with, and no more.

How does EFT differ from Thought Field Therapy™?

TFT™ uses similar principles as EFT but asks the student to learn 10 or 15 different tapping routines each of which is designed to cover a specific issue such as trauma, phobias, depression, etc. Anything not covered by those individual routines (such as insomnia, dyslexia, etc) requires a time consuming (and expensive to learn) diagnostic process. EFT, by contrast, uses only one comprehensive tapping routine to cover all issues (not just 10 or 15) and rarely requires diagnosis. It is the next step up from TFT™.

Are there any negative side effects or abreactions?

By contrast to almost any other process, EFT is quite gentle and rarely has any serious side effects. It is often used instead of other procedures, such as EMDR, because of its gentle nature. In 1997, an informal questionnaire was put out to 250 therapists asking for descriptions of significant abreactions with EFT or TFT™. Out of an estimated 10 000 applications of these energy tapping procedures, only 20 such cases were reported. This approximates 0.2%.

Note from Christine Sutherland: I have heard of only one case of a negative side effect resulting from an EFT session. It was that of a very elderly lady who had been sexually abused as a child and had led an extremely brutal, devastating life. Her psychologist sent her to an EFT therapist who got wonderful results for the lady. After the EFT session this lady returned to the carpark and could not only not remember where she parked her car, but couldn't remember her name. Those who have some knowledge of state-dependent memory will make some sense of this. Once the lady's emotional state had changed so dramatically, things she learned in that state became less accessible to her conscious mind. This may have happened with another therapy, if she'd lived long enough to get a result, but with EFT it happened much earlier. Since that time, when we have clients with horrifically abusive backgrounds, particularly where memory gaps are a feature, we tend to spend some time building up an identity without the presenting problem before proceeding. This story has a happy ending, but I thought you'd like to know there is only one known incident of a (temporary) negative side effect due tenuously to EFT, and this is from thousands of cases shared by many hundreds of therapists. I doubt there's a "mainstream" therapy in existence that could claim such a record.

Sometimes during or after treatment there are symptoms such as headaches or nausea and these should be accepted as exciting signs of deep healing. By shifting focus to these things and continuing to tap, the healing can speed even faster and the discomfort quickly passes.

What is an Abreaction?

An abreaction is the "releasing of an emotion by re-enacting its first occurrence", or a "painful and unhelpful negative emotional experience".

It is common to feel emotion when healing happens (and just as common not to). Sometimes these emotions can be very strong, and even accompanied by physical sensations like heat or shaking.

This is good, and everything that is released from the body is good.

The correct attitude is one of love and gratitude for whatever arises. It is **always**, **always** of ultimate good intention. An urge to smoke, for example, can be a reminder to breathe deeply (perhaps that's the only time someone actually takes full breaths). An overwhelming anxiety may, in fact, be trying to keep someone safe, or be telling them to stand up for themselves or spend time in peaceful solitude.

Allow yourself to stay calm and to breathe fully if distressing thoughts arise. Say "hello" to the thought or feeling. Say "thank you". *Appreciate* that this feeling, which may seem ugly, or dangerous, or even repulsive, has actually been of service and wanted what was for your highest and best good. When you stay with these feelings, sending appreciative thoughts, you will be amazed at the wonderful changes which come as a result.

So Does EFT Help Everyone, 100%?

Well no, apparently not. Although the success rate appears to vary between 50 - 99% depending upon the skill/experience of the therapist it is generally agreed that probably there is 1 - 5% of the population that EFT seems to do very little for. Clearly yet more work is required, but since EFT is only 5 years old, (and the majority of us have been practising it for less than 2) this is still pretty impressive!

What we have found at our Perth Phobia & Trauma Clinic is that there are two main cases where the process either does not work or gives only temporary relief. The first is in the case of unaddressed (ignored) secondary gain, (see next chapter). The body-mind has its own intelligence and adheres to its warning function when required. The second is in the case of a physical illness or problem which requires other medical/therapeutic intervention. My own case of subluxated vertebrae is a case in point. I could not get any pain relief from EFT, but then realised that it was probably important to have a warning system to prevent unhelpful movement/posture. In this way the work of the chiropractor was properly supported, and once I learned the limits of movement, the pain stopped by itself and the healing proceeded very quickly.

Surprisingly, the severity of the pain or the condition does not seem to have a bearing on the effectiveness of EFT. A chronic, severe pain can clear just as quickly as a non-chronic, minor pain. The essential variable in predicting success seems to be *complexity*. If a problem or issue has many roots, or causes, then each one may have to be addressed prior to noticing real improvement.

I've Got So Many Problems - Where do I Start?

Some of us are just a bundle of problems waiting to explode like a sort of emotional "Vesuvius"! Maybe we are already aware we have no shortage in the problem department, or maybe we *think* we're pretty sorted out, in either case sometimes no sooner do we start to work on an issue than a whole bundle of stuff comes screaming to our attention. Which one do we work on first?

Well the important thing is to stay calm and to just use a little bit of logic in realising that although we are very uncomfortable, and maybe even feeling distressed, we will get through this a lot sooner and easier if we take just one problem at a time. Thank your problems for "showing up" for healing, tell them you will sure get to all of them, but that you reserve the right to decide which one to start on. They usually settle down then. For those of you who've never talked to your problems in this way -- you sure are in for a surprise!

There are several schools of thought about the best way to proceed when there are many problems. Sometimes we have to deal with the most pressing problem first because it is literally an emergency. For instance recently I treated a client for a severe mouse phobia. We actually had to postpone focus on that phobia in order to treat back pain. It's very difficult to focus on anything if we are in pain. If we are working with clients, it's nice to take care of their physical comfort first.

It is often handy to make a list of problems or issues of which you are aware, and then rate each one between zero and ten, with ten being the worst pain you can possibly imagine, and zero being no pain or emotional charge whatsoever (this is called a SUDS, or "subject units of discomfort scale"). Then take the easy way out and work on the item with the lowest number first. Often, by the time you get to the item you rated highest, most of the work will already have been done and it's no longer such a big deal.

Do I Still Need to See a Doctor?

Where there is serious physical illness, it is wise to work closely with your medical practitioner, chiropractor, whatever. By doing so you enhance the effectiveness of your healing, as meridian therapy enables the body to more fully respond to medical treatment. It is irresponsible not to get *all* the help available to us.

For instance, we know that tapping aids healing and can totally eliminate pain. What would you think of an athlete who became injured on the field, and decided it was all right to simply tap for pain and continue playing? Irresponsible?

I offer one disclaimer here: Make sure your practitioner is up to date with and has a genuine respect for advances in complementary therapies. There is now a wealth of medical and scientific evidence, including validated research trials, books, papers, theses, which testify to the worth of this work. Every day ordinary therapists like me are getting extraordinary, permanent results for people whom modern allopathic medicine were unable to help. Any doctor who ridicules or condemns clients for attending to complementary therapies is in my opinion not only being deliberately ignorant, but is unprofessional in the extreme. Please choose your practitioner wisely. If he or she behaves arrogantly toward you or belittles your health choices, please find another practitioner.

So far in the relatively short history of meridian therapy, results with some diseases have not been as dramatic as others. These include degenerative disorders, such as MS, or fibromyalgia. What we have found is that although the symptoms (pain and discomfort, or restriction of movement) can often be reduced and even eliminated, we are yet to take credit for healing of the actual disease. We have found that in general sufferers of some diseases prefer not to tap after a while, even while acknowledging that it reduces discomfort. This is an area of treatment which we continue to evolve.

How Can Emotions Have Anything to Do with Physical Illness?

Our language is littered with references to non-physical, or emotional, causes for physical pain or effect:

She's a pain in the neck
He's a pain in the butt
She makes my skin crawl
Fit to bust
It's just eating me up
She's full of bile
That really galls me

Studies in hypnosis have shown that under trance we are capable of:

Feats of "inhuman" strength
Regaining lost vision
Producing and then eliminating welts and rashes on the skin

Studies of multiple personality disorder (now referred to as DID) have even revealed that one "personality" may be diabetic and require insulin to survive, but that another personality within the same body may not. Similarly, different personalities within the same body may require different prescription lenses in order to see clearly.

More and more science is catching up with the spiritual wisdom of thousands of years, and medical/scientific books, articles and journals abound with information relating to how thought affects every chemical reaction or health system within the body.

We really do hold the keys to our own health and happiness if only we will realise that our health or ill health is our own creation, and not something foisted upon us.

CHAPTER 3

Psychological Reversal & Secondary Gain - The Real Reasons Why We Suffer

Psychological Reversal

One of the major contributions to our understanding of medical and emotional problems lies in the concept of psychological reversal.

The principle of Psychological Reversal (PR) is that if your natural energy flow becomes "reversed" due to shock, stress, or trauma, healing cannot take place easily as the body is fighting against the natural healing process. This may be entirely unconscious, or, you may be aware that you have a fear of **getting over** the problem, a fear you will **not** get over the problem, a feeling you don't **deserve** to get over it, or even a feeling that it is **not safe** to get over it.

Dr Willem Lammers says "Reversals are what seems to make sense for a coherent, intentional adult person. In NLP and TA, much is said about positive intention. As children, we need to know who we are and we need structure and affection. When we look at psychological reversal, this is usually about patterns we developed as children to get our needs met. When you grew up without money, and if your parents didn't move easily in their worlds, you may lose their love as you make a lot of money and start to reach out into the bigger world. I like Goulding's idea of early decision: We understand very early what we must do to guarantee our parents' love and affection, and we do it, even if we have to hold ourselves back, keep ourselves poor, or make ourselves ill."

This has finally put paid to the idea that some people "don't want to get better", or that those suffering from long standing depression, anxiety, weight or addiction problems just "have no will power". In such cases, reversal is almost always at the root of the problem

EFT corrects psychological reversal and opens new possibilities for recovery and healing.

Once psychological reversal has been addressed successfully, EFT can therefore also allow other healing modalities to become effective that had previously little or no impact on the problem.

Secondary Gain

This is a term used to describe the benefit/s which always accompany a problem. Someone suffering from a phobia may receive attention or care, someone who has an addiction may receive a feeling of safety or security, someone who has a compulsion may be placing controls on others and getting security or predictability in that way, someone who overeats may be avoiding starvation. There are as many good reasons for doing unhelpful things as there are people on the planet (any maybe more!). The vital thing is to respect the benefit s or needs which are being fulfilled (the secondary gains) and make sure that you still get those benefits or needs met or exceeded as you move towards greater health.

EFT is very much faster than any traditional therapy, but in this regard, time must be taken to attend to secondary gain. The body/mind is very wise, and there is no way it will permanently give up it's valid attempt to meet your needs. Be respectful and make a genuine commitment to caring for your own needs in co-operation with the body/mind.

Here is an example of how secondary gain can impact upon healing. A client of mine had injured her arm and shoulder in a car accident 4 years previously. Nerve damage had been diagnosed, and she had only limited and painful use of the arm (nevertheless she worked as a very good natural therapist, including massage). Prior to using EFT, she admitted that her arm could have a "message" for her, and that could be to look more realistically at her workload and rationalise it so that she had better quality of life. We succeeded in completely eliminating her pain and gained full and complete movement/strength in the arm. However the pain came back within 2 hours. You won't be surprised at this when I tell you that she proceeded to do 21 massages that week, as well as paint 3 rooms of her house and also do all the usually cooking, cleaning and other family stuff! Now I ask you. If *you* were her arm, would *you* co-operate?

CHAPTER 4

The Actual EFT Process - Let's Get Right Down to it!

Because Psychological reversal is at the heart of just about every problem, we always deal with it first.

Step 1 involves tapping on a certain point while saying a sentence about the problem. This is called "the set-up".

Step 2 involves tapping through nine acupoints several times while saying just a word or two that "sums up" the problem. These tapping series are called "the rounds".

How do we tap? Tap firmly but softly, using one or as many fingers as you like. Personally I like to use my bunched fingertips to tap with. My reason for that is that I know each fingertip also contains at least one meridian point, and this way I am not only stimulating a particular point on my face or body, but am also stimulating all the meridian points in my fingers. Now *that's* getting your money's worth!

Step 1 - Dealing with Psychological Reversal - The Set-Up

Because psychological reversal (that part of us which self-sabotages or continually gives us the opposite of what we believe we want) is so common, and usually below consciousness, it is useful to deal with reversal or possible reversal prior to commencing the tapping routine. After all, if we didn't have some reversal on the problem, we probably wouldn't have the problem!

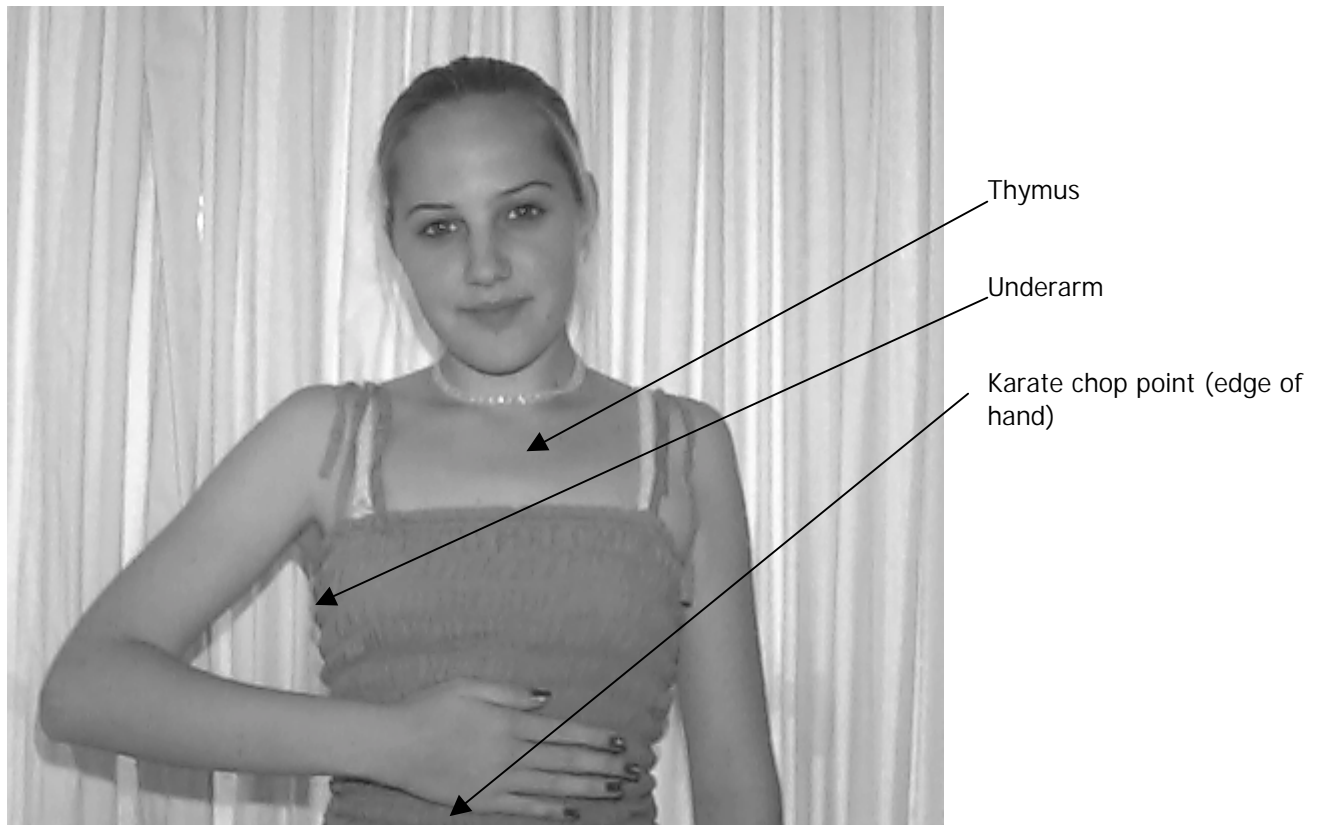
There are several well-accepted methods of dealing with reversal, and some practitioners differentiate between criteria-related reversals, global reversals and mini-reversals. We like to keep matters very simple and find that one simple process works extremely well for reversals of all kinds.

This addressing of psychological reversal is called "The Set-Up" and involves tapping or rubbing on certain points while saying certain words in order to "attune" to or focus on a problem.

Choosing your PR "Weapon"

There are at least five points that are commonly used very successfully to deal with PR, but you need only remember one of them, *the one that you actually like using the most!* You can always change which point you use for PR, and in fact I use different points depending how I feel at the time. Experiment now with the points below and get a feel for where they are and how you like each one.

Most of these points are tapped, and these are: the karate chop point, the thymus point, and the underarm point (see pictures).



Two of these points are rubbed, and these are: the "tender" spot (actually a neurolymphatic drainage point) and the two collarbone points (these last two are rubbed at the same time, usually with one hand, using the thumb and index finger).



The "K27's" are in the hollows formed between the junction of each collarbone with the sternum. To attend to psychological reversal, these are rubbed in a circular motion, usually just using thumb and forefinger of one hand.



The "sore-spot" can be difficult to locate. Just press around your ribs on your upper left chest wall until you find a spot that is more sensitive than any other area (and may even be very tender indeed).

What to Say While You're Tapping or Rubbing a PR Point

Having chosen which PR point you want to use, you now need to prepare to say something (a sentence) which describes the problem as well as stating self love or self acceptance. What we say often sounds very negative because we are describing the problem exactly as it is, warts and all. We are not trying to pretty it up or sanitise it, or rationalise it. We do not talk about it as if we want to impress someone with our command of the language. This is down and dirty honest description.

This sentence will generally take the form of "Even though I have this(problem), I deeply and profoundly love and accept myself." This sentence is said three times while tapping or rubbing on the PR point you've chosen.

Now don't worry if you don't feel too self accepting. If *that's* the case, you can just say "Even though there's no way I can accept myself, I deeply and profoundly love and accept myself." (I said it had to be real, not that you had to believe it!)

So why has it got to be ***your*** words? Well it's not the words that really matter, of course. Our bodies don't speak English (or any other language). Our bodies do speak "body" though, and that means kinesthetic or bodily feelings or sensations. Certain words will carry a charge for us and these are the ones that will work.

For example, a client had such a severe spider phobia that she couldn't go out at night for fear of walking into a web. After tapping on "Even though I have this fear of spiders, I deeply and completely accept myself", and following on with all the other points, she had absolutely no improvement. So I asked her how she thought of spiders and how she might describe her fear to someone else, to which she answered, "Oh, I'm scared *shitless* of spiders!" Eureka! This was just what we needed. So we proceeded to tap on "Even though I'm scared *shitless* of spiders, I deeply and completely accept myself." Then we got instant improvement. I have seen this happen so many times.

If you choose words which don't "resonate" with you, or which don't accurately describe the way you really think about the problem/issue, the results may not be anything remarkable.

Step 2 - Tapping through the "Rounds" (the series of 9 points)

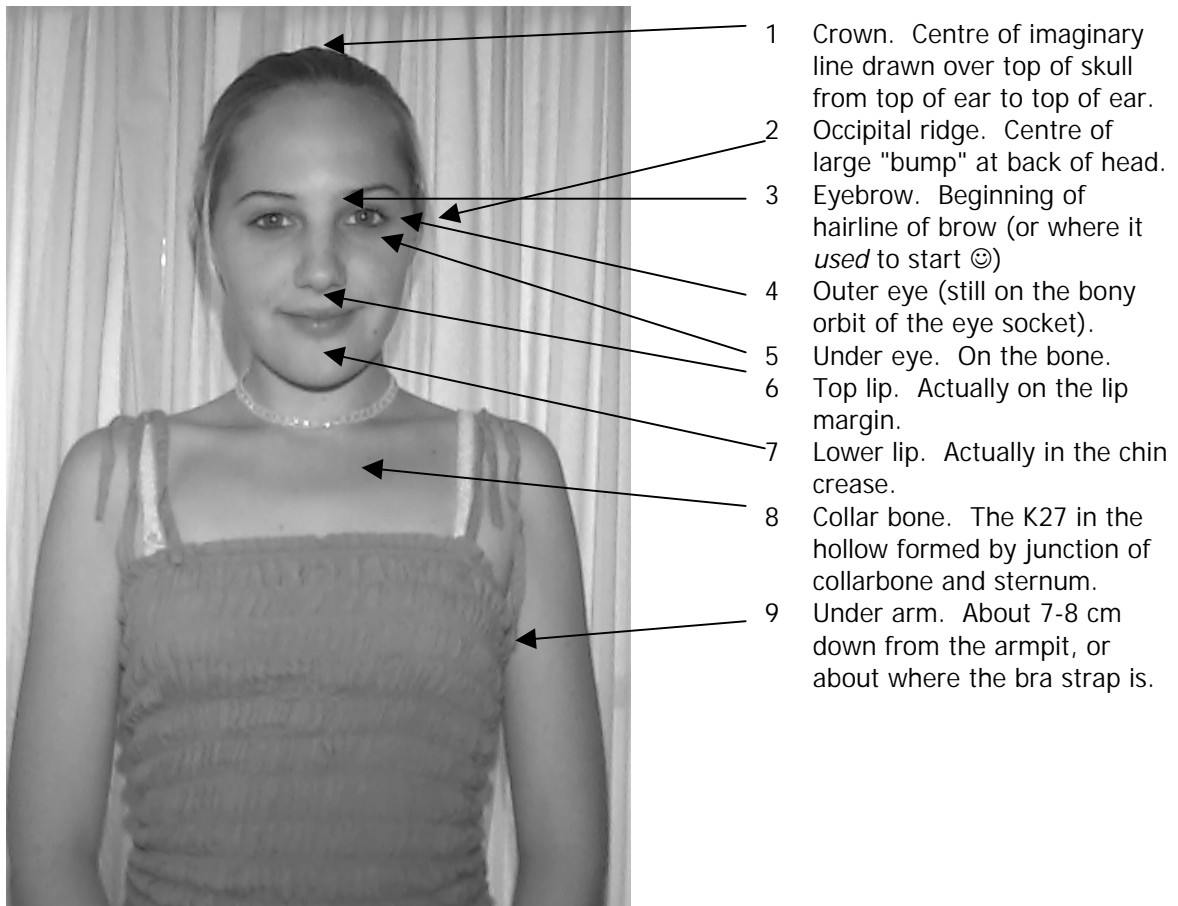
Now it is time to address the nine points which make up the bulk of the work in EFT. It will take about 10-12 seconds for the entire round, maybe faster, and involve tapping 5-7 times on each of the points.

We also say *something* to help us get the right focus for this bit. This is where we cut down the whole problem into a "nutshell" and say one or two words which serve to represent the whole shebang. We say this just once for every point we treat, from the crown down to the under arm point, and we go through the "round" three times.

In our version of EFT we use nine basic tapping points which you'll find on the picture below. These points are named very logically: crown (top of head), occipital ridge (the bump on the back of your head), eyebrow (inner edge), outer eye, under eye, top lip, lower lip (actually the chin crease), collarbone (actually just below and to one side of the sternum), and under arm (about 4 inches down from the armpit).

This series of points is used over and over from start to finish as we work through a problem. You might just like to tap through these from start to finish a few times just to get the feel of it. I've had people experience surprising results just from doing this! (In one group I was working with, a lady in a wheelchair, who was suffering extreme back pain, started to "tap through" with me just to learn the points. She suddenly exclaimed "My pain's gone!" much to everyone's delighted amazement.)

Every two or three "rounds" of tapping from crown to underarm, just go back and do the PR again. When you go back and repeat the PR, you need only say the set-up statement once, and then go on to tap 1-2 rounds of the full set of points. If you notice change, it's helpful to change the set-up statement slightly to something like "Even though I still have *some* of this headache", and then the reminder word/s would be "Remaining headache". This validates the work of the body/unconscious and helps aid further healing/relief.



The order of tapping seems to be fairly unimportant, as people are very successfully using many variations. Also, it doesn't seem vital to use every one of these points. Once you are used to tapping, it doesn't even seem necessary to tap physically - tapping in your *imagination* seems to work equally well!

Don't worry about the absolute precision of the tapping point. If we were using the extremely fine needles required for acupuncture, we would need to have that sort of precision, but our lovely, big, clumsy fingers only need to tap *anywhere near* the right point and we have perfect effect!

You can also be very sneaky with your tapping. For instance let's say you're a golfer and you want to use EFT to improve your score. Is the thought of standing on the fairway or green and tapping through all the points just a little out of the question? Well except for the most exhibitionistic of us, that's probably something we wouldn't like to do. The answer is easy. Do the basic set-up work at home or in privacy somewhere in the clubhouse, and then choose a single surreptitious point to tap on as a "back-up" for when you're on the course. This back up point can *represent* the whole series in that case, and no-one need notice. Good back up points are the thymus and the karate chop points.

Some people will get incredible results in only a few rounds, or even just results that are good enough for them to think it doesn't really matter now and they might go and wash the dog or something instead of continuing treatment.

Please don't do that! In EFT (or any of the energy therapies) we have one rule (well, two really): **Treat Everything**, and, **Treat it Thoroughly!** Just because you can now cope with something is no reason to stop. Keep going until not only is the problem a nice "zero", but you are enjoying some good feelings and a wonderful sense of complete resolution. Maybe you'll even want to go on to the next step, which is to install some nice positives instead. Sometimes there is not enough time to thoroughly treat a problem then and there, or it may have many aspects that need to be dealt with over time, or you may emotionally feel the need to take time, or you may have a feeling that you're not quite ready to deal with something yet. Those are really the only reasons not to finish off then and there, and I'll say more about that in a moment.

If EFT Seems Slow or Ineffective

Just now and then we may seem to make no or little progress with EFT. That may be merely a perception (maybe there are so many interacting aspects that it's not until you've dealt with a particular proportion of them that you begin to notice a change), or in fact nothing much may be happening.

The problem may be as simple as the energy system being dehydrated. A few sips of water will rectify this very quickly and the treatment can proceed.

For beginners, usually the problem will be an incomplete or inadequate set-up, not getting into the issue properly, or other very routine matters. Often, for instance, the problem is stated too "globally" or generally, and a little playing around with words will get a very specific wording which comes with the right "ring" so that you know it's the one to focus on.

Here's an example: "Even though I just can't seem to get ahead at work, I deeply and profoundly accept myself."

Now maybe that's a decent starting point if you can't think of anything more accurate, and you'll probably find specific thoughts or images popping into your head as you work through it. These thoughts might be like this:

I'm nervous when my boss is in the room.
I hate talking with clients on the phone.
My pay check is lousy.
I feel sick that Z got the promotion instead of me.
I'm going to get the sack.
I can't support my family.

Working on these specifics will most likely bring up things that are even more specific, and which may even seem unrelated, particularly childhood memories which you might consider to be of minor importance. Trust me, they only *seem* irrelevant.

There are three more really simple ways to get things going:

The 9-Gamut

This is a seemingly weird but very effective tapping process which actually accesses every area of the brain, calling in all your conscious and unconscious resources. This one is my first ports of call because it seems the fastest, easiest thing to do.

For the 9-Gamut, we tap continuously on the point between the fourth and fifth knuckle (either hand -see picture). This point is known by various names: Tri-heater, Triple Warmer, Gamut Spot, etc.



The Gamut Point

While we do this, we focus as continuously as we can on the issue and go through the following nine steps:

- 1 Close eyes
- 2 Open eyes
- 3 Look down hard right (keep head straight)
- 4 Look down hard left
- 5 Roll eyes clockwise (right around in your skull as far as they can go)
- 6 Roll eyes anti-clockwise
- 7 Hum (a little bit of "Happy Birthday" will do nicely")
- 8 Count (just to five will do)
- 9 Hum again

Now re-examine the issue and notice if there is a change. There usually is.

Suppress that Psychological Reversal!

Some people feel that although PR is dealt with in the EFT set-up, it may "pop back in" from time to time, stopping real progress. I don't know whether that's true, but I do know the following thing often works:

While going through the whole EFT process, from set-up to completion of several "rounds", keep rubbing the "tender spot" or the two collarbone points (see page). This maintains suppression of reversal until the whole procedure can take effect.

Sometimes all We Need is Another Set of Hands!

Sometimes we are doing all the "right" things and yet nothing's happening. Try allowing someone else to tap on you and say the words with you and notice the difference. I believe this works because of the additional energy system of our helper, and sometimes I believe it's actually a very important part of the healing to accept the help of another. This is particularly the case when dealing with an abandonment issue, or working on self-acceptance.

CHAPTER 5

How to Do Miracles with EFT (or how to turn a science into an Art)

EFT works extremely well just as it has been outlined in the previous chapter. With that alone you will get very nice results most of the time. However if you really want to fly with this, and get results that could only be described as "miraculous", then the following concepts (which I call the "vital add-ons") will excite and delight you as you attend to them in your EFT work.

Focusing

In order to process well, we need to focus on and fully accept inner pictures, sounds and feelings that arise, seemingly without purpose, as we process.

Sometimes things "come up" which may seem ugly, "bad", unhelpful, or even revolting. The correct approach is one of respect. Say "hello", and say "thank you", because everything has a positive intent and deserves respect. Pushing away or rejecting parts of ourselves or our memories works against the process.

As an example of something "coming up" which seemed frightening, a client once described a "horrible black fear" in the pit of her stomach. Rather than try to get rid of or overcome this, she was encouraged to welcome it and to examine it more closely. She found when she got closer a fierce tiger curled in a ball and growling. As she got closer still she found that it curled around a baby heart, as yet untried, and was protecting it. The heart was her own, hurt as a child. This brought her in touch with both her hurt and her ability to protect herself. She was able to honour both, which rapidly led to release and healing.

This is certainly not to say that if you have a "black fear" in the pit of your stomach that that is a tiger, etc etc etc! The point of this is that no-one can tell you the meaning of what "comes up" for you. You will discover your own meaning as you proceed to "notice" what comes up. It is my belief that that personal "meaning" is an essential part of the healing.

Anger, Judgement and Criticism

We all hold this, especially at a subconscious level, as muscle testing will show quite clearly. We're unaware of most of it because we know it's not nice to be angry and judgemental and critical. Consciously we may have forgiven, people, the world, God, or maybe even ourselves, but our bodies show otherwise. Forgiveness is not a conscious activity, as you'll see in the next section. We can intend, and commit, and actively forgive, but the unconscious mind holds onto it anyway.

One reason for this is that it is a waste of time to forgive without respectfully dealing with anger etc first. The anger, rage, or whatever that we hold in our bodies will continually prevent our true release until it is healed first.

I always presume there is anger, judgement and criticism. Where clients don't believe me, I just (with permission) muscle test and they can see for themselves. I haven't, so far, found anyone who didn't hold anger, judgement and criticism over a problem. We blame other people for our problems, and we blame ourselves. I am still amazed at how easily we hold guilt and shame even over things that we played no active part in. An excellent example of this is the clients we have seen who were sexually abused as children. The dynamics of the abuse lead to the *client* feeling guilt and shame! How logical is that!

So a good set-up to do for residual anger is "Even though I'm angry at so-and-so (Mum, Dad, Fred, God, the world, myself) I deeply and profoundly love and accept myself." Use your own words, of course. I have had clients who needed to say "Even though I f***ing hate that b*****, I deeply and profoundly love and accept myself." That may sound coarse, but if that's what's going on in your mind, then that is what it will take to work. We're not trying to impress anyone here, we're simply calling it for what it is.

Forgiveness

Much has been written about the importance of forgiveness, and probably one of the most enlightening articles of all time is "The Terrible Cost of Unforgiveness", written by world-renowned clinical psychologist, author and trainer Dr Larry Phillip Nims. This article is available free on Dr Nims' web site.

Many of our ills (mental, spiritual, physical) are related to forgiveness issues. We may find it difficult to forgive others, but sometimes impossible to forgive ourselves, and we continue to carry blame for things which happened long ago and even for things which were entirely outside our control. This results in guilt, shame, and a lack of self love. Not only does this mean that we cannot fully love others, but that the guilt and shame damages us over time.

The first time someone truly experiences the *release* which comes with total self forgiveness, this can be tremendously emotional as the guilt and shame are released from the body. That is why it is quite common for people to feel strong emotion, or even actually feel energy flowing through parts of their bodies as the body cooperates in the release. When we have truly forgiven ourselves, we find ease in forgiving others, and a much greater capacity for unconditional love.

If you want a peaceful life, this is how to get it.

A couple of helpful set-up phrases to use are:

"Even though I have this (problem), I deeply and completely forgive myself for anything I may have done to contribute towards this"
and then:

"Even though I have this (problem), I deeply and completely forgive myself for anything I or anyone else may have done to contribute towards this"

Don't force or rush to "forgive"

Just mention the word "forgiveness" to some people and they will go into an apoplectic fit. And who can blame them. There are the most vile and unspeakable acts going on all of the time. How can we possibly forgive?

In fact I never push clients to forgive. I will sit with them in their anger and hatred for as long as necessary, validating their pain and their hurt. The pain and anger must heal before any attention is given to "forgiveness", and I feel very strongly about that.

I always think it is a great mistake to push clients to "forgive", because many people have painful and distressing thoughts about the whole "forgiveness" issue. We can all think about horrible acts which are unforgivable. We read about them in the newspapers and see them on television daily.

Forgiveness in no way condones, rationalises, excuses or accepts a wrong. End of story. What forgiveness is, is the total elimination of the wrong from *our* lives. It is a statement of victory: we refuse to allow that person or thing to have any impact on, or power over, our lives in any way shape or form ever again. Forgiveness is taking your power back.

That said, there's no need to rush. To push someone (or ourselves) to forgive, is just another form of abuse. Forgiveness happens in good time.

A healing set-up I have been able to use with clients is:

"Even though I can't even consider forgiving, I deeply and profoundly love and accept myself."

Very soon the person is able to say the forgiveness affirmation.

A Special Forgiveness Tapping Point

When we feel comfortable enough just to be able to say the words "I forgive", (and it's not the least bit necessary to believe it at this point - no faith required) there is a nice tapping procedure which is very effective.

We use the inside edge of the index fingernail (closest to the thumb) and say the following words three times as we tap: "I forgive Mum, Dad, Fred, the world, God, myself) because I know I/he/she am/is/was doing the best that he/she/it could."

In the case of "God", we might like to say "because I know that he/she always works for my very best" or words to that effect.

Where you just can't say "doing the best he/she could" (and there is a school of thought that says that we all, at any time, can only do our best at that time given the restraints we operate under, no matter how lousy we were) then you might prefer "because he/she was trapped in his/her history" (many thanks Thomas Weil of Kassel, Switzerland for that one), or "because they were playing their part in the pattern", or, in relation to forgiving self "because I've been learning what I needed to learn" (thank you to the lovely Susan Courtney, Kent, England). That one came off the internet and I wish I could remember who said it so I could thank them personally.



The forgiveness point is on the side of the index finger, alongside the nail bed, and can be tapped with another finger, with the thumb of the same hand, or with an object such as a pencil.

The best writer on forgiveness that I know of is Dr Larry Nims, and I recommend everyone go to his website and read his wonderful article "The Terrible Cost of Unforgiveness" (see Dr Nims web site at the end of this book).

Gentleness at All Times

Be accepting of where you are at this particular time in your life. Trust that you are moving forward on your life journey at the perfect pace. Do not push yourself or others past the body's comfort levels. Remember many people have suffered abuse in the past, and it is abusive now to push past where someone is ready. It is perfectly OK to have feelings of "I can't". These feelings can be respected and worked with extremely well in the EFT set-up (eg, Even though I feel I can't, I deeply and completely accept myself.) Just working with that phrase is supportive and healing of itself.

Meridian therapy is a gentle, non-invasive treatment which honours and respects the body's own wisdom and capacity for healing. Listen with your intuition. Sometimes you will need to tap firmly and sometimes like feather. Sometimes just imagining tapping is all that is required to get quite dramatic and instant results (and it's easy to do while driving!). Many people just hold the various points while attending to their breathing as they process the issue.

Precautions (Permission and Rapport)

Always be respectful of yourself and others when using this technology. If you sense that you are not ready to proceed then don't. Often it may feel comfortable to attend only to the reversal issues:

"Even though I have this (problem), I fully and completely accept that I may not be ready to process it and that there may be a very good reason for this problem in my life."

Never try to foist the technology on others. An important part of success in energy work is the empathy, respect and common connection of those taking part. This may require patience, as no progress will occur without true rapport and mutual respect.

Making Good Use of the Things That Push Your Buttons (or, The Jujitsu of EFT)

We are used to "fighting" negativity. We're brought up to hide our feelings, not think mean thoughts, get over it, past it, through it, whatever. In martial arts we don't always defeat an enemy by head-on attack. Sometimes it's very effective to use the enemy's own momentum against him/her. It's the same with negatives. Rather than try to fight the negative, attend to it lovingly with EFT. Simply bring it fully into your focus, state it out loud (or silently) and tap through the EFT procedure. The negative will "defeat" itself by healing.

Every day we have experiences that "push our buttons". Maybe someone "makes us" mad, or we see something or experience something and notice we have a bad feeling about that. This is an opportunity to eliminate the unhelpful feeling with EFT. I do this with newspaper articles, or watching the news. Other great resources are:

Videos

Books

Overheard conversations

Football games

Having to do unpleasant tasks (like washing dishes)

Getting irritated when we can't find something

And a million other things!

Another stunningly useful thing to do is to replay our own negative words. The great thing is that the set-up sentence doesn't have to be grammatically correct; it just has to be accurate.

For instance, a while back I was chatting (well actually my teeth were gritted) with a very close friend who enjoys lecturing me, and I was getting somewhat hot under the collar. In my mind, I actually had the fleeting thought "Oh f*** off, Mary. (Name changed to protect the innocent ☺) I admit my internal voice is sometimes not so pure, but at least I recognised this as fantastic EFT fodder and got right onto it as soon as I put the phone down. What I said was "Even though 'f*** off, Mary', I deeply and completely accept myself".

I went through the procedure several times, not really knowing what could come of it, but curious about what that could be. I didn't have to wait long. As I talked on the phone with another friend a couple of days later, I was delighted to find myself responding very differently to a tragic story she was telling me. I found that I had developed a healthier sense of boundaries around "my stuff" and "other people's stuff". And guess what, "Mary" doesn't seem to lecture me as much any more, and when she does, my irritation has been replaced by a feeling of patience and compassion. In short, more "buttons" have stopped working! As a clinical psychotherapist of over 26 years' experience and training, I thought I had the boundary stuff pretty well sorted. EFT showed me that it could get far better.

How many times have you made a mistake and said "Oh damn!?" Next time, try "Even though "Oh damn!" (said with the same emphasis), I deeply and profoundly love and accept myself.", as your set-up statement and then go through the rounds the same as you would for a problem.

If you catch yourself saying any negative phrase or comment, just play it back to yourself in the set-up statement and then go through the rounds. You'll begin to notice all sorts of wonderful things happening in your life!

Affirmations (Groan!)

Many years ago, when I first learned affirmations, I felt very inspired, and with no doubt millions of others, have repeated countless affirmations since. As a corporate trainer, I even taught affirmations as part of goal setting. I don't believe a single one worked. I felt let down, betrayed, disappointed, and a whole lot of other things as well.

What happened? I now understand that every time I said an affirmation, little and sometimes big voices were drilling in exactly the opposite. When I made positive statements about performance, abilities, qualities, or whatever, I was fighting against all the "tail-enders" or "negative rejoinders". Things like: "Sure! (sarcastically)", or "Who do you think you are?", "You'll never do it", "You're not good enough", "Too stupid", "Too ugly", "Too unlucky" and countless others.

EFT just shines at taking care of the tail-enders. Rather than just saying an affirmation over and over again, just say it once and then listen for all the rubbish that comes racing into your mind, giving you all the reasons why you can't possibly do it, have it, be it. These are precious gems, to be used in the set-up phrase of an EFT treatment.

For instance:

"Even though '**sure!**' (same sarcastic inflection used by the inner voice), I deeply and completely accept myself."

"Even though '**who do you think you are**', I deeply and profoundly love and accept myself."

"Even though 'I'm just too unlucky', I deeply and completely accept myself."

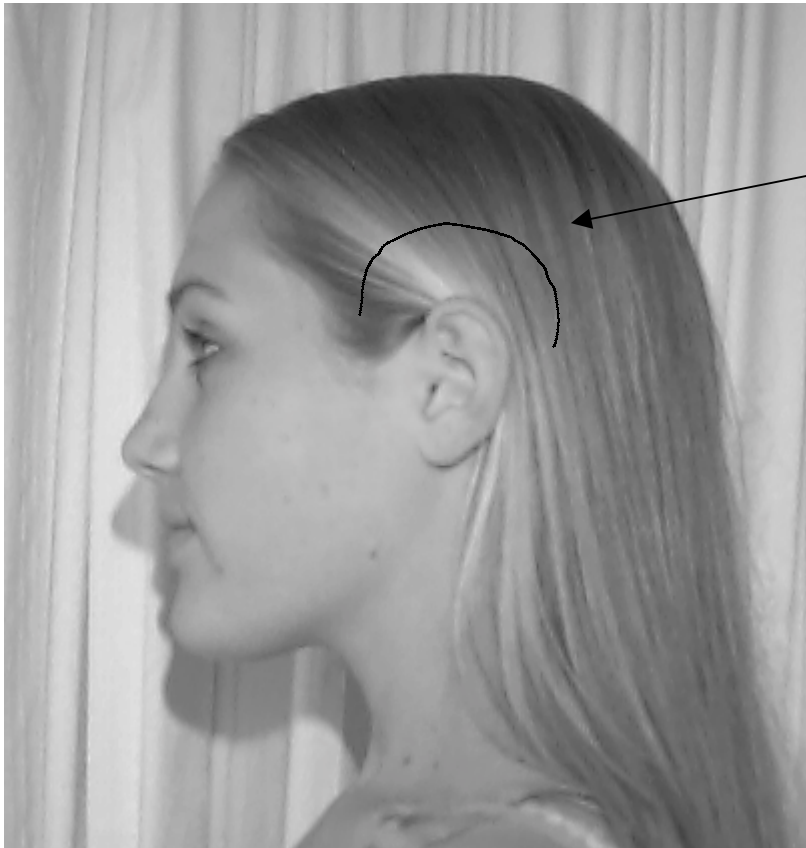
Treat these until they seem totally ridiculous, and the affirmations will work.

As an added tool for use with affirmations try the Temporal Tap!

The Temporal Tap

Once we have thoroughly dealt with a problem, or removed the tail-enders from our affirmations, we can use the Temporal Tap to tap positive affirmations straight into the unconscious mind, without any conscious interference.

On the skull, around each ear (if there were a big circle around each ear, we would be talking about the top half of the circumference), there is a band of slightly scattered acupoints. We call tapping along this band "the Temporal Tap" because it is basically over the temporal lobe of the brain.



There is a semi-circle of slightly scattered acupoints on the skull around each ear. Tap with slightly spread fingertips in order to attend to these points.

To tap here we slightly spread our bunched fingers and simply tap the semi-circle on the scalp from just in front of the ear in line with the ear canal, over the top, and around to just behind the ear, again in line with the ear canal.

We do this three times, each time stating the chosen affirmation. Something like "I, Christine, easily and consistently weigh 52 kg" (said with feeling and pleasure!). You can add extra zing by singing your affirmation, or rhyming it!

This makes affirmations actually pleasurable to do. No longer a chore, but fun stuff that *feels good!*

CHAPTER 6

Applications of EFT

Here are just a few ideas for using EFT to eliminate problems. When people ask "What can EFT be used for?", I answer with the EFT Golden Rule: Use It On Everything, and Take No Prisoners!

Tapping with Children

Children really seem to like the energy therapies, and once introduced are very capable of using it for themselves. The language still needs to resonate for them though. For littlies you might use something like:

"Even though I'm scared, I'm a good boy and mommy and daddy love me."

"Even though I hate my sister, I'm a cool dude and I really, really like myself."

Tapping with Babies, Animals, and People Who Can't Talk

There are two ways this can be done, surrogate tapping (see next section) or direct tapping. In direct tapping, you say the words by tapping on the person or animal. It might be something like:

"Even though you're sad, you are beautiful and God loves you." Or "Even though you have this awful rash, you can deeply and profoundly love yourself."

Why does this work? After all, these words clearly aren't the words of the subject: they're *your* words. Well the energy system is weird and wonderful. It seems that at an energetic level we may be connected in such a way that we actually can impact upon one another and help to heal. Of course Reiki and other healing practitioners have known this for a very long time. Quantum mechanics gives clues to how this may work in its "non locality" phenomenon. The important thing is, it certainly does seem to work, which brings us to the next "weird" thing, surrogate tapping.



It's usually easy to guess fairly accurately where the acupoints are on animals.

- 1 Crown
- 2 Occipital ridge (bump on back of head)
- 3 Eyebrow
- 4 Outer eye
- 5 Under eye
- 6 Top lip
- 7 Bottom Lip
- 8 Collar bone
- 9 Under arm

Surrogate Tapping

Those of us working in the energy therapy field have done some interesting experiments with surrogate tapping. This has involved pretending to ourselves that we are our client, and tapping as the client, or tapping on a mother/father as a proxy (stand-in) for a baby too young to speak or a person/child/animal otherwise unable to tap for themselves.

There is a golden rule in surrogate tapping: Always Ask Permission (it's good manners). I admit that several of us have broken this rule when sitting next to a screaming baby on an airplane. I guess no-ones perfect?

One suggestion for getting around the "permission" aspect by not intending to get any particular result for another person is the following set-up phrase:

"Even though Z has a problem with alcohol, I deeply and completely love and accept Z."

Tapping for Sports Performance

I have never seen a single case of an athlete who has used tapping and not got an improvement in his/her performance. The best-known example of this is probably Pat Ahearne, an American baseball pitcher who played for an Australian team recently. Steve Wells, an Australian psychologist, taught Pat EFT. As a result, Pat went from being just an average professional player to being voted Most Valued Player, and Baseball League Pitcher of the Year. His earned run average went from 3.33 to 0.87. Almost unheard of! No wonder he got snapped up by the big boys back in the US! Pat openly attributes his rapid success to EFT, and continues to use it as a vital part of his game preparation.

If you like theories, the most likely reason EFT is so effective with sports is that sport performance is "in the mind". Whether you're a beginner or an elite athlete, your body already knows how to do whatever it is you've learned, perfectly well. The only thing stopping it is mental blocks, unhelpful thoughts, or emotions. EFT completely eliminates the blocks.

For example, recently I worked with a golfing professional. She didn't get an opportunity to play a lot of golf, because she had very heavy golfing and PGA commitments, so she explained that she now always shot around 42 over 9 holes. I did the EFT set-up in the clubhouse with her (figured neither of us wanted to put on an exhibition on the course), and then went round 9 holes supporting her tapping and just poking my nose in when something didn't go right. (Incidentally, I knew nothing about golf, none of the terms, none of the implements, zilch, zip, zero! I had to tap myself for sheer nervousness and audacity before I got the courage to get out of my car and walk into the club to attend the appointment!) Turned out I didn't need to know about golf. I just had to know about people and EFT. This lady proceeded to shoot 36 and was just about jumping out of her skin with delight! I was pretty excited too, because that was the early days of EFT in this country, and although I knew it had potential, I had no appreciation of just *how much* potential. Even now, my jaw continues to drop at the results I witness.

So what kind of things can you tap on for sports performance? Most sports people are very familiar with the thoughts that let them down. Here are a few that might sound familiar:

I always mess this up.
I can't let the team down.
I've *just got to* do this *right!*
Damn! Missed again!
Did I pick the right club?
That wind's going to mess my game.
You useless *(*(*(*((to self).
That was pathetic! Stupid!
My shoulders are tight again.
If I can just stay calm!
I don't like him/her (the opposition).
I *have* to win.
I never shoot more than 210. I'm a 210er. (limits)
Etc etc.

Also, we may not have words, but certainly are aware of tension in shoulders, neck, back, stomach. Maybe we even have nausea or trouble thinking at all. These are all things that once noticed, can be completely eliminated through application of EFT.

Eg, "Even though I have this shoulder tightness, I deeply and completely accept myself."

Tapping in the Corporate Environment

Good business performance requires people who are emotionally balanced and able to fully and rationally engage in day-to-day communication. Having a team member experiencing personal problems, no matter how well masked, is not compatible with confident, competent performance. Fears, phobias and stress can result in many unhelpful and uncontrollable behaviours: flashbacks, nightmares, fright reactions, panic attacks, avoidance and emotional numbing, alcoholism or other addiction, sleep disturbance, irritability or anger, lack of concentration, and hypervigilance.

Affects 10% of the Population

It has been estimated that as many as 10% of the adult population suffers from some anxiety-based disorder. Many of these people are the "walking wounded" in their work situations, suffering stress and struggle as they try to appear in control. The problem is made worse by the sufferer feeling that the problem is rare and they must face it alone. So a person or team may appear to be functioning satisfactorily, when in fact performance is being seriously inhibited by even *subtle* emotional "baggage". This is particularly the case with sales teams. Most sales professionals have the technical skills to be highly successful. Yet most never reach their full sales potential, or reach that potential only by enduring extreme stress. Again and again, know-how is defeated by emotional baggage.

Fortunately EFT not only works very quickly on these issues (often immediately), but goes right to the core of the issue to eliminate all psychological or emotional pain relating to the problem, allowing the person the freedom to make new choices very confidently and live life once again to the full.

EFT and Your Financial Wealth

Most of us get our ideas about money from our parents. It is fairly easy for most of us to earn something roughly half-way in between the message we got from Mum and the message we got from Dad. When we exceed this, it is usually accompanied by stress or ill health or both. EFT is great at eliminating the unhelpful messages that form the limits in our life. Consider working on these:

Rich people aren't nice.
I don't deserve to earn \$.....
I'd have to work my guts out to earn \$.....
It's not safe for me to earn \$.....
It's not possible for me to earn \$
It's not OK for me to earn \$
I'm not smart enough to earn \$
What I do isn't valuable enough to earn \$
I'd be embarrassed to earn more than \$
I can't earn a lot of money when other people live in poverty.
I'm too lazy to earn \$
My family wouldn't like me if I earned \$
If I earned \$, people would try to take it away from me.

Get the picture? Once you start looking for these types of beliefs, you can have great fun eliminating them.

Intuition and Psychic Development

Experiments have been done with EFT to improve psychic development, usually using statements like "Even though I can't guess the next card right, I deeply and completely accept myself." I suspect it's probably possible to develop psychic abilities in this way.

One thing is obvious though, to those of us working in the field. The more we work with EFT, particularly with clients, the more intuitive or psychic information we are privy to. The line between exquisite calibration (observation) of subtle distinctions, and pure intuition, is for me a total blur. I honestly can't say where one stops and the other starts; I just know that I and my colleagues are "knowing" things that prior to EFT we would never have known or been aware of. This can be knowing what happened in someone's past, knowing what they are going to say next, knowing what body sensations they are experiencing, knowing just what questions to ask to unlock a complex problem.

Just in using EFT, I would expect that these experiences would occur for most people.

Weight Gain/Loss

Weight gain/loss can be a complex issue, involving aspects of addiction as well as aspects of secondary gain. Sometimes these are treated automatically as part of the EFT process. Sometimes careful investigation is required in order to uncover and treat these aspects separately, particularly where self-sabotage is at play.

Once treated, weight normalisation occurs on its own, without willpower. It is not necessary for a person to "try" to eat more or to cut down, because a healthy body-mind demands appropriate nutrition.

Smoking and Other Addictions

As with many presenting problems, addiction usually provides strong secondary gains which must also be attended to. For example, in the case of a smoker, the first cigarette of the day may be the smoker's first full breath of the day, so that the urge for the cigarette is the body's way of telling the person to *breathe*. Unless the person attends to breathing properly, the addiction will not "fade away".

In treating addiction, we do not necessarily require the client to "try" to avoid the substance or behaviour (dependent of course upon risk of harm), but instead teach the client to treat himself/herself before, during and after use, with EFT. In this way the addiction usually "heals" and the person no longer wants the substance or the harmful behaviour.

Confidence/Self-Esteem

Many people try to increase their confidence and self-esteem by drilling affirmations, or a range of other approaches which all depend on willpower and "trying" to be different. This can appear to work, but under stress the person normally "reverts to type" because the underlying emotional blocks are still present. For some people, affirmations produce the reverse effect. This is because for every affirmative statement there may be several negative rejoinders which are also being activated.

EFT is the perfect tool for increasing confidence and self-esteem because it uses the negatives *against themselves* in such a way that they are totally eliminated at a very deep level. Unlike affirmations, EFT actually focuses on the negatives, and provides results that are fast and obvious.

In this way the person does not have to remember to behave in a certain way or to think certain thoughts. He or she is simply delighted to notice a feeling of self-assuredness and a real sense of ease in social or work situations.

Allergies

Allergic reactions are a most interesting phenomenon in that they appear to be far more related to the mind itself than to physical/mechanical reactions within the body. Evidence of this is available from research into hypnotic phenomena and also multiple personality disorder (now called DID). We know it is easy to induce an allergic response in an hypnotised subject in the absence of the offending substance. We also know that an "alter" (one of multiple personalities within the same person) may be allergic when other "alters" are not. These facts have provided wonderful clues into the treatment of allergies because it seems useful to act towards the allergy as if it were a "mistake" which can be corrected via EFT.

Allergy treatment is possibly one of the most exciting areas in which to use EFT because the results tend to be immediate and spectacular.

Physical Pain

EFT seems to work with most physical pain, and is at its best with chronic, long-term pain which was formerly thought to be untreatable except with very powerful medication. Examples of this would be pain from spine damage, or arthritic pain.

People sometimes feel concerned that EFT could dampen or eliminate useful "warning pain", so that a client might ignore a potentially dangerous illness or problem. We have found that there are two basic cases where the pain relief does not last. One is the case of an illness requiring further attention, and the other is the case of pain serving to alert the person to a non-physical problem which requires urgent attention, such as a life-style change. However where there is genuinely nothing further that can be done for the pain, EFT treatment seems most effective. The unconscious mind may well determine the appropriateness of temporary or permanent relief.

We always warn clients to see a suitable doctor (someone up to date on and highly respectful of energy therapies and other complementary treatments) or chiropractor or physiotherapist where physical pain is being experienced. It would be irresponsible to ignore the contributions of these highly trained professionals, and EFT will always enhance the effectiveness of any other treatment.

Trauma and Post Traumatic Stress Syndrome

People suffer ongoing effects of trauma from many types of situations, including assault, abuse, home invasion, robbery, car accidents, work accidents, sporting injuries, extreme ill health, war, loss of a loved one, job loss, witnessing a traumatic event, and many more. Such effects can include re-experiencing of the event, flashbacks, nightmares, fright reactions (a startle response to even light stimuli), panic attacks, phobias, avoidance and emotional numbing, alcoholism or other addiction, sleep disturbance, irritability or anger, lack of concentration, and hypervigilance.

Perhaps you are beginning to see the cost of untreated trauma? Not just to the individual but to our society?

Affects 8% of the Population

It has been estimated that as many as 70% of the adult population have experienced at least one major trauma in their lives, and approximately 8% have suffered severe after effects of trauma at some time in their lives. This is often made worse by the sufferer feeling that the problem is rare and that they must face it alone. Conventional psychological approaches have not been able to address this quickly and have taken months and even years to make progress, costing many thousands of dollars and even requiring long-term medication.

EFT - The Fastest Way to End Trauma

We have found that EFT works extremely quickly to eliminate the effects of trauma. It does not require the teaching of complicated relaxation techniques, nor does it require will-power or "mind over matter". Once the emotional "charge" is eliminated, so too is the unhelpful behaviour.

Phobias

Fear *can* be a very useful automatic response if we need to react quickly and instinctively to avoid, say, a speeding car or a falling object. A phobia differs from a fear not only because a phobic reaction is not useful, but that it can actually *increase* the risk of harm. When a person experiences a phobic response, he or she is unable to think logically and make sound decisions. Very often the phobia is so severe that the person's enjoyment of life is affected as they seek to avoid certain situations, places, people or things. Any phobia can even be life-threatening, such as the common fear of claustrophobia in the case of someone requiring a MRI test, or as in my own "near miss" when I nearly crashed my car because a large hairy spider was on the sun visor I pulled down while driving! A weak heart and a severe phobia can be a deadly combination.

Phobias can also be self-fulfilling, as in the case of someone who is so afraid of dogs that he or she cannot walk down their own street safely because of corresponding fear reactions in neighbouring dogs. Phobias also have a tendency to *generalise*. This means that a simple phobia can evolve into quite a complex one, involving fear of many things, if not treated promptly.

Phobias also get in the way of our progress in life. One of the most common phobias is public speaking. This can be devastating for people whose livelihoods depend upon performing in public or addressing work colleagues.

EFT has proven to be a powerful eliminator of phobias.

Depression

Depression is related to brain function and may or may not be underpinned by a "causal" event. Studies in kinesiology have shown that brain function sometimes misfires in response to thoughts, events, or substances, much like an allergic response. This can result in feelings of low energy, sadness, confusion, hopelessness, and so on.

EFT is quite capable of dealing with depression quickly, but more usually persistence is required (particularly in the case of a "causal" event). I also feel it is a good idea for a depressed client to see a highly-trained kinesiologist who is able to test brain function and advise how to rectify this via work on specific points, particular exercises, etc.

Conventional psychology seems to have no satisfactory treatment of depression, apart from drugs, relaxation techniques, or trying to "reason" the person out of it. These are "coping" mechanisms, not healing mechanisms, so no wonder people have to spend months and sometimes years in therapy, with or without result. My theory is that people will usually eventually get better. It is not the therapy which has healed in this case, but *time*.

EFT may take days, weeks, or months to deal with depression, but never years. EFT totally *heals*, and does not rely on the client's "coping".

CHAPTER 7

Muscle Testing

If intuition alone is not enough for you, and you just have to *know* the *real* answer, then muscle testing may be just the tool to satisfy your curiosity.

It is a tool from kinesiology, and revolves around the observed fact that muscles are able to "lock" in place if we say or think something our subconscious mind believes to be true, and is not able to "lock" if we say or think something our subconscious mind does not believe to be true.

Why this is so would take a whole book to explain, and plenty of people are better qualified to expound on the theory (the best book I've ever read on the subject is "A Revolutionary Way of Thinking", by Dr Charles Krebs).

Nevertheless you can try it for yourself very easily. Take a 2-litre plastic bottle and fill it with water. Have a friend take the **full weight** of the bottle while you hold the neck or handle with your outstretched hand (so you are standing with your arm at 90° to your body and parallel to the floor, neither you nor your friend in eye contact with each other).



Have your friend lead you through several *unambiguous, simple, firm* statements which will have definite "yes" or "no" answers, such as "My name is John", "My name is Martha", "I live in Sydney", "I live at the South Pole", that sort of thing. As soon as you've said the statement, have your friend say the word "hold" and quickly take their hands away, leaving you with the full weight of the bottle.

Another thing you can do is have your friend give you instructions like "Smile", or "Frown" and notice the effect on your muscle of that.

Other techniques to self-muscle test are:

The scissors - push open the circle formed by thumb and forefinger using a scissor movement of two fingers of the opposite hand. (Alternatively, you can try to "scissor" apart your thumb and little finger which you've joined in a circle.)



The 'O' rings - pull ringed thumb and forefinger through a "held" ring of the other hand.



The finger push - pretend the forefinger is your arm and try to push down on it with your middle finger.



Sticky-smooth on fingerpad - gently rub one fingerpad against another.



Sticky-smooth on thumbnail - gently rub one fingerpad across surface of thumbnail.



A lot of people are initially "reversed" on self muscle testing. This is generally easily overcome by simply applying EFT to that problem just as you would for any other problem. It may require persistence, but it **will** happen.

Muscle testing can be used to find out a whole lot of "hidden" things about you. For instance see what result you get on these statements:

I like myself.

I'm a good person.

I'm an excellent person.

I like my mind.

I like my body.

I want to be well.

I want to be well now.

I am willing to do everything it takes to be healthy.

I am willing to do everything it takes to be healthy now. (Can you see the difference in meaning with these statements? The subconscious mind is incredibly literal, and will "answer" only what is asked.)

I want to be healthy.

I want to live.

I have no problems around money.

I have no problems around love.

I am totally happy with my life.

I am confident in all situations.

I am clever.

I learn new things easily.

Etc, etc, etc. You'll be amazed at what you find. Most people are pretty stunned. If you were "strong" on most or all of these, and haven't used EFT or any of the energy therapies on these issues, well I am stunned and would like to hear from you because you are no doubt unique on the surface of the Earth!

If you tested "weak" on all or most, welcome the knowledge of what you "really" believe on these issues and take the opportunity right now to use EFT to eliminate every negative, unhelpful thought you have about yourself.

You can use muscle testing to find out your inner beliefs about just about anything that comes to mind. One thing you might like to test is:

"It's OK for me to earn more than \$"

"I deserve to earn more than \$"

"It's safe for me to earn more than \$"

And so on and so on.

When I have time in my workshops I like to help people uncover their beliefs around what kind of money it's OK for them to earn (got this great idea from the wonderful Dr Larry Phillip Nims, developer of BSFF).

Dr Nims uses the party game "Twenty Questions" to get the answer. This involves making "more than" or "less than" statements and narrowing the range until we have a precise answer. It's a bit like the television quizz game "The Price Is Right", where two contestants must make guesses at what the prize pool is worth in total, with the knowledge that it is less than \$30000 and more than \$25000. The first contestant will say "\$27000", whereupon the host will say "lower", for example. The second contestant will then say "\$26000". They continue, splitting the difference in half each time, or sometimes taking wild guesses, until the exact amount is arrived at.

You can use the same technique to identify things like:

How much money it's OK for you to earn.

The age you were at when you first experienced the root cause of a problem.

How long your body is prepared to run an illness before it spontaneously heals.

How many times a day you should tap for a particular problem.

Problems with Muscle Testing

Sometimes muscle testing doesn't work or is unclear. Most EFT practitioners can straighten this out very quickly with any one of a number of great tools.

Here are some things you can try for yourself:

Take a few sips of water (the energy system dehydrates quickly).

Change chairs, or face another direction.

Instruct your unconscious mind that when you say something it believes to be true it is to lock the muscle *very* strongly, and when you say something that it believes to be false then it is to make the muscle weak. Tell it that it is to do this no matter how much effort you apply.

Do a grounding meditation.

Do a cross-crawl exercise (eg, marching in place with each leg lifting with opposite arm).

Rub the two K27's (the two collarbone points) while saying "Even with this problem, I deeply and completely accept myself" three times.

Hold the two K27's while muscle testing.

Test the statements "I don't want to know the answer to this question.", "It's not safe for me to know the answer to this question.", or "I don't deserve to know the answer to this question." If any of those test strong you can use EFT to treat the problem.

If your muscle testing consistently "plays up", or just won't work, I highly recommend seeing a highly-trained kinesiologist who can sort this out with you, because this can be a sign that your energy system is not flowing in optimum health.

CHAPTER 8

The Role of EFT in Fulfilling our Potential (So How Much Delight Can You Stand?)

In this book I've tried to show how EFT can be used to quickly, painlessly, and simply eliminate just about every problem under the sun. But (major point coming up here), EFT is not just for problems. It is also the best tool I know for increasing existing pleasures, enjoyment, skill levels and other abilities. Try using a set-up something like this for something that's already pretty good:

"Even though my relationship with my wife just couldn't get any better, I deeply and profoundly love and accept myself."

"Even though I can't shoot better than 80, I deeply and profoundly love and accept myself."

"Even though this is as happy as I'll ever get, I deeply and profoundly love and accept myself."

"Even though my writing will never improve (if you are already a good writer), I deeply and completely accept myself."

"Even though people couldn't possibly like me more than they do now, I deeply and profoundly accept myself."

"Even though my sleep is the best it can be, I deeply and profoundly accept myself."

"Even though incredible bliss is only available to special people, I deeply and profoundly love and accept myself."

"Even though I have no idea how this could be better than it is, I deeply and profoundly love and accept myself."

What are your strong points, your skills, your special qualities and abilities? Sure, they're already great, but what would happen if they were even greater? How much more pleasure, delight, and sheer ecstasy could you have in your life? (I hope I'm not scaring you, and if I am, well, please tap on it!)

So please take this wonderful tool called EFT and make it a part of your life. Not only treat any problems that are obvious, seek out problems which are sneaking around in your unconscious. And not only do that, but look for every opportunity to make your life more and more wonderful.

One thing I do know, when we do this work for ourselves, the blessings flow out from it to everyone with whom we come in contact. So thank you for reading. Thank you for experimenting. And I wish you more blessings than you ever dreamed possible.

Recommended Reading (Viewing)

Web Sites

The International EFT web site: www.emofree.com

Larry Nim's article "The Terrible Cost of Unforgiveness": <http://members.aol.com/elioms/bsff.html>

Australian EFT/BSFF web site: www.lifeworks-group.com.au

UK EFT sites: www.meridiantherapies.org.uk & www.animalEFT.bizland.com

Psychiatric/psychology resource site: <http://www.PsychInnovations.com/proframe.htm>

Books

Dr Fred Gallo: Energy Psychology: Explorations at the Interface of Energy, Cognition, Behaviour and Health

Dr Ernest Rossi: The Psychobiology of Mind-Body Healing

Donna Eden: Energy Medicine

Silvia Hartmann-Kent: Adventures in EFT

Dr Richard Bandler: Change Your Mind and Keep the Change

Louise Hay: You Can Heal Your Life

Dr Charles Krebs: A Revolutionary Way of Thinking