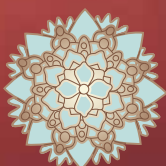


Transform Your Health & Your Life with Emotional Freedom Techniques (EFT)

A How To Guide for EFT a.k.a "Tapping"



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Welcome to this EFT guide where you will learn the best ways to apply EFT to your health and life challenges and stressors. EFT is one of the best energy psychology tools to help you transform your emotions, thoughts, beliefs and your health!

You will learn to release emotional stress from your body, create more relief and ease, and shift your body into balance and optimal health!

Please also see my [EFT Video](#) for demonstration of techniques in this guide.

DISCLAIMER:

The information contained in this document is for educational and informational purposes only and is not medical advice. All information provided in this document is not intended to substitute medical advice. We make no claims to any specialized medical training, nor do we offer medical advice or prescriptions. This content is not intended to diagnose or treat any diseases or health conditions. The content is intended to provide information, education and self-empowerment only. Please consult with your doctor or health care team if you have any questions regarding this information.

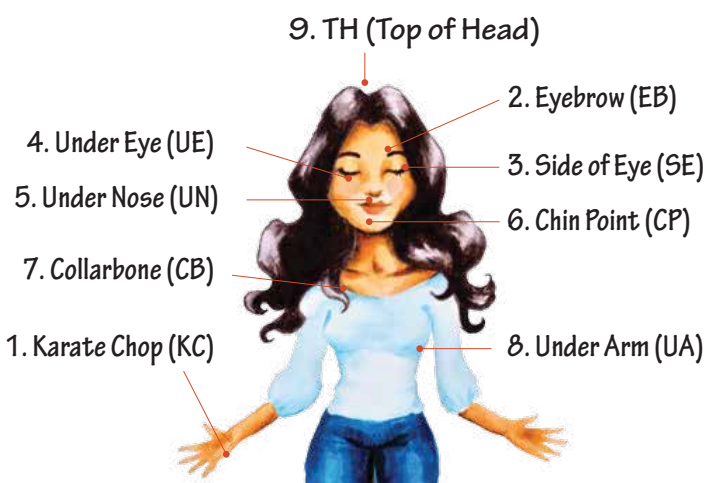
ABOUT EFT

What is Emotional Freedom Techniques (EFT) a.k.a “Tapping”?

- A relaxation and stress reduction technique.
- An Energy Psychology tool that works like Acupuncture on clearing energetic blocks in the body that are caused by emotional, psychological and physical disturbances.
- An empowering self-help tool.



EFT Tapping Points



How does it work?

- Involves tapping lightly on 9 different points on the body (see diagram) where meridian (energy) lines in the body converge. Each tapping point has meridians that are connected to different organ systems of the body.
- Involves focusing on the stressful experience, body symptom/sensation, emotion or stressful thought/belief while tapping on all of the 9 points.
- Releases the stress and anxiety from the body that is contributing to your health challenges.

Who can benefit from EFT?

- Anyone who is affected by stress!
- Works well for people with anxiety, pain, food addictions/weight loss, health challenges, sleep issues/insomnia, PTSD/Trauma, phobias/fears and much more!
- Used and endorsed by world famous authors, speakers, and leaders as Jack Canfield, Deepak Chopra, Dr. Bruce Lipton, Dr. Mehmet Oz, Bob Proctor, Cheryl Richardson, Joe Vitale and numerous Doctors, Psychologists, Psychiatrists, Celebrities, and Professional Athletes.
- Also, millions of regular people around the world are using EFT to transform all aspects of their lives.



What does the Research & Science say?

- Proven to be significantly effective in research studies (as effective as Cognitive Behavioral Therapy CBT, but takes a lesser number of sessions than CBT)
- Energy psychology is both evidence-based and in the top 10% in terms of published research for psychotherapy modalities.
- One hour of tapping reduces cortisol levels by 24%!
- Function MRI (fMRI) study shows deactivation of parts of the brain connected to food craving (indicating ability to change brain activity)

Links to research can be found at:

[National EFT Training Institute \(Canada\)](#)

[The Science of Tapping](#)

What are the benefits to the body, brain and nervous system?*

- Interrupts the stress reaction in the body (fight/flight/freeze system of the brain and nervous system) and calms it
- Changes the expression of genes (epi-genetics)
- Decreases the stress hormone (cortisol) and boosts the immune system
- Changes the frequency of Brain Waves
- Alters the Neuro patterns in the Brain (neuroplasticity/neurogenesis)
- Changes the Electromagnetic Field of the Heart, Brain and Body
- Changes the Flow of Subtle Energy (Chi) in the Meridians and Chakras
- **RESULT: IMPROVED EMOTIONAL & PHYSICAL HEALTH!**



*Adapted from The National EFT Training Institute: <https://www.neftti.com>



What is actually happening in the brain when you tap?

- Through a process of Mechanical Transduction, when you tap on the skin the cells convert that pressure into chemical or electric signals that travel very quickly through the connective tissue to the area in your brain that is “aroused” or “activated” when you are focusing on the stressful trigger.
 - This is a faster process of accessing the neural wiring of the stress than just “talking” which is going through the nervous system response of neuron-to-synapse-to-neuron.
- When you think of what is causing you stress, the areas of your brain that stores that stress will light up and increase arousal in the limbic system of your brain (the emotional center that creates the fight/flight/freeze response). When you tap on the acupuncture points, it sends a signal to the limbic brain to decrease arousal and hence “feel ok” in the face of this stress.

- Your brain starts to get two opposing signals and is then “surprised” (which is one condition that helps to create new learnings in the brain). As you keep tapping and reduce the arousal to all the aspects of the stress trigger, eventually the new learning of “I’m ok in the face of this stress” dominates and this is how a new neural brain pattern (that is more positive) is created.
- In addition, tapping creates delta waves in the brain (the same waves created when you sleep that help consolidate experiences into long-term memories); hence you are able to consolidate the new positive learning into a new neural pathway in your brain.
- **RESULT: NEUROPLASTICITY = YOU ARE CHANGING YOUR BRAIN**

HOW TO DO EFT

When you’re first starting out it’s important to get into the body as all of the messages and negative patterns are held in the Sub-conscious BodyMind. I like to start with Bronze level tapping as this helps to BE with and UNDERSTAND the sensations in the body and start to tune into the emotions being held (or trapped) in the body.



BRONZE LEVEL TAPPING

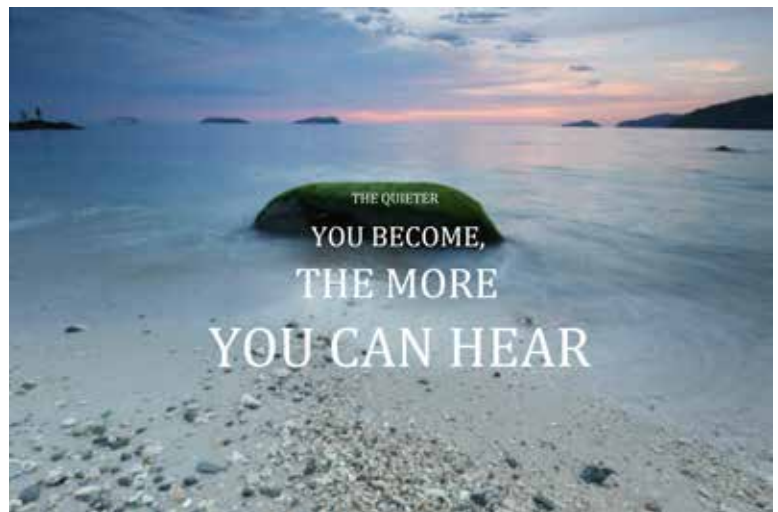
- Simple approach to tapping.
- No words. Just tuning into the emotions and sensations in your body and following them as they shift and change.
- Tapping on all 9 points (see Tapping Points diagram).
- Taking deep breaths after a few rounds to shift the energy.

Benefits:

- ✓ Start to tune into the body and subconscious BodyMind.
- ✓ Learn how to be with sense what's going on with your body and emotions.
- ✓ Helps to process and clear emotions in a simple way.
- ✓ Decreases stress and creates more calm and ease in the body.

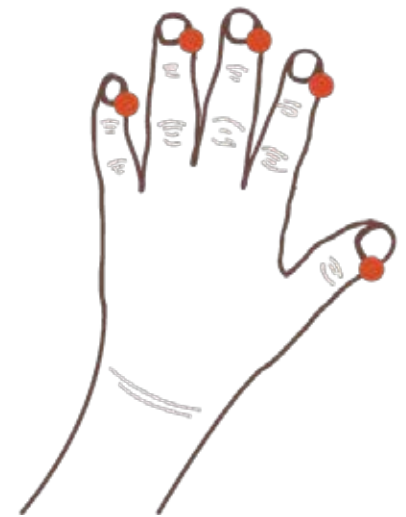
How to do Bronze Level Tapping:

- 1. Tune into the body sensation** you are feeling. Eg. tension in your neck and shoulders, pain in your lower back, tightness in your chest.
- 2. Describe it in your head if that helps you.** Does it have a color and what is the sensation? Tight, throbbing, stabbing, dense, etc.
- 3. Be with the sensation while tapping on all 9 points** and just notice what happens. There is no agenda here but to **BE with the sensation, ACCEPT** it and see what happens with it.....how it shifts, where it moves (sometimes sensations move around to different body parts once we put attention on them), how it increases or decreases, how the sensation changes.
- 4. Bring attention to the feelings** that may be popping up and allow those feelings to express and release.
- 5. Keep tapping until you feel a release or relief** in your body.



FINGER TAPPING

All meridians merge at the finger tips on the inside part of the finger nail facing the body on each hand (see Diagram). Finger tapping can be done as Bronze level in that it can be done anytime throughout the day to help you stay regulated. Tapping alone throughout the day has shown to have a significant effect on calming the stress response (even if you're not focusing on the stressor or body sensation/emotion).



- ✓ Squeeze or tap each finger on either side of fingernails.
- ✓ More discrete—can be done while out in public or in meetings.
- ✓ Helps you stay regulated, calm and connected throughout your day.

How to do Finger Tapping:

1. During the day when you're out and feeling and stress or discomfort.
2. While watching TV or listening to music.
3. Throughout the day, a few minutes here or there to regulate your nervous system and create more calm in your body.
4. If you don't like tapping on your face then use Finger tapping for bronze level or silver level tapping work.

SILVER LEVEL TAPPING

This is the next level up in tapping, where you will work on specific issues in your life by tapping on the SPECIFIC EVENTS that created stress in your body and mind (as it relates to this issue).

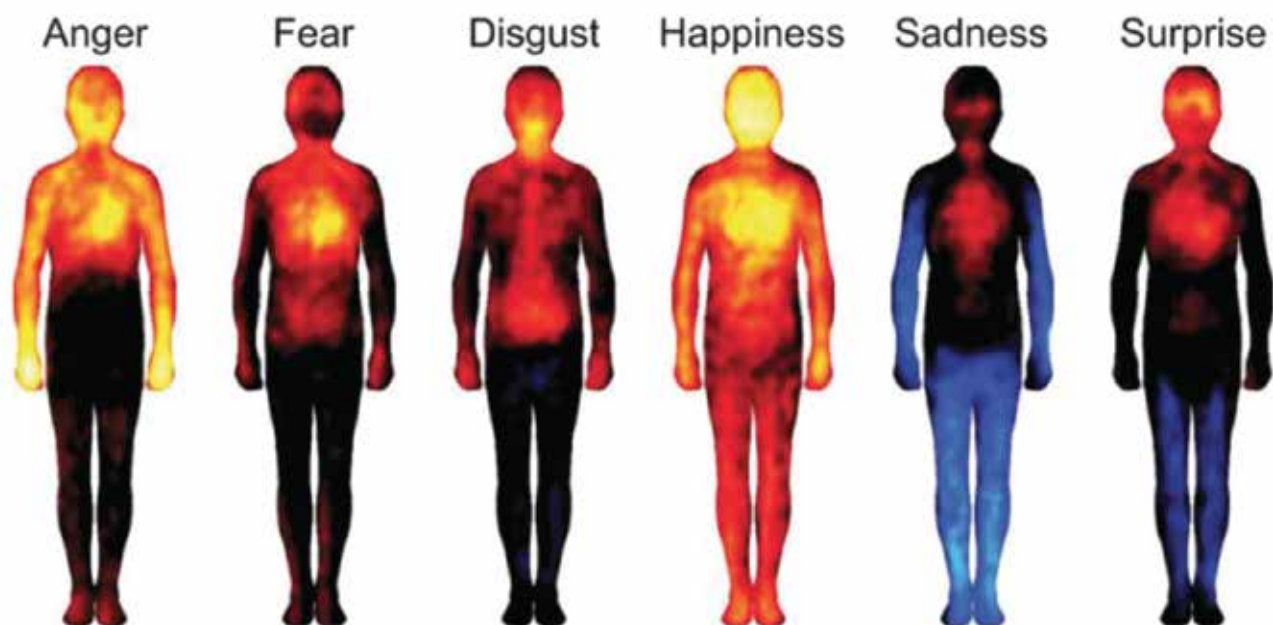
Disclaimer: When working on your own, it is best to work with current day and recent past stressful events (within the last year). Try to work with a Certified Practitioner for past big traumas so that you do this safely and effectively.



The event needs to be specific enough to have a **Who, What, When, Where**. An event is connected to the main issue (Issue = anything you are not at peace with right now, or is causing stress in your life.)

The key to this tapping is that you have a specific event in mind (that is related to the stressful issue of today), and will tap on **all aspects** of that event including:

Body Aspects:



1. Painful feelings/emotions (eg. fear, anger, sadness, despair, guilt)
2. Sensations in the body (Where do you feel it in your body? Describe the sensation? Throbbing, tingly, heavy, dark blob, etc.)
3. Images or visual aspects of the scene (eg. the look on someone's face, seeing something take place)
4. Sounds (eg. tone of voice, car crashing, etc)

Thoughts/Beliefs Aspects:

1. What are you thinking and believing about this event? What conclusions or generalizations or beliefs do you hold?
2. What are you thinking and believing about yourself? What did you decide about yourself, the world, God, or how you needed to be in the world (in order to feel safe and accepted) as a result of this event?



Behavior Aspects:

1. **What is the coping mechanism** or habit or action you created as a result of this event? Avoidance? Compulsion? Cravings? Addiction? Phobias?



Q: Why tap on all aspects?

A: Because this is how your subconscious records information...through the body's senses: what did you see, hear, smell, taste; and, the thoughts and beliefs that occurred during the stressful event (this the meaning you made of the event – the "Learnings"); as well as the behaviors/habits that were created as a result of the event.

How to do Silver Level Tapping:

1. **Start with an issue** that is causing you distress or discomfort or something you want to change.



Eg. I am angry at what my husband said to me yesterday.

2. **Rate the level of distress** out of 10 (10= most distress, 0= no distress). This is called the Subjective Units of Distress (SUD). The goal is to bring this level down with each round of tapping on the aspects until it is 0 and the event/stressor no longer creates stress for you.

3. **Create the Set Up Statement :**

Even though I feel _____(emotion) in my _____(body part)
at _____(who) when he said _____(what) to me _____(when) in
the _____(where), I deeply and completely accept myself.

Eg. Even though I feel this hot throbbing anger in my face and jaw at my husband when he said "you're being selfish" to me yesterday in the kitchen, I deeply and completely accept myself.

4. Create the Reminder Statement:

Reminder statements include just the emotion and body sensation.

This _____(emotion) in my _____(body part).

Eg. This hot throbbing anger in my face and jaw.

5. Now start tapping!

While tapping on your Karate Chop Point on the side of the hand, repeat the set up statement 3 times.

Tap on the remainder of the 8 points while repeating the Reminder Statement at each point.

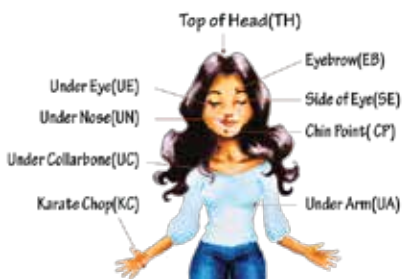
Example: Anger at my husband for saying I'm selfish yesterday in the kitchen.

SUD: 7/10

First Round:

- While tapping on the KC point repeat 3 times

EFT Tapping Points



1. **Even though I feel** this hot throbbing anger in my face and jaw at my husband when he said "you're being selfish" to me yesterday in the kitchen, I deeply and completely accept myself.
2. **Even though I feel** this hot throbbing anger in my face and jaw at my husband when he said "you're being selfish" to me yesterday in the kitchen, I deeply and completely accept myself.
3. **Even though I feel** this hot throbbing anger in my face and jaw at my husband when he said "you're being selfish" to me yesterday in the kitchen, I deeply and completely accept myself.

Make sure to tune into the feeling and stay focused on it while tapping on the remainder of the points saying the reminder phrase.

- **EB:** This hot throbbing anger in my face and jaw.
- **SE:** This hot throbbing anger in my face and jaw.
- **UE:** This hot throbbing anger in my face and jaw.
- **UN:** This hot throbbing anger in my face and jaw.
- **CP:** This hot throbbing anger in my face and jaw.
- **CB:** This hot throbbing anger in my face and jaw.
- **UA:** This hot throbbing anger in my face and jaw.
- **TH:** This hot throbbing anger in my face and jaw.

4. Rate SUD level out of 10. Has the anger subsided? Has it gotten worse? Sometimes when you start to admit a feeling the SUD can increase at first before it comes down.

Subsequent Rounds:

5. The next step is to keep tapping on the feeling until it subsides and the SUD comes down to a 1 or 0.

Even though I still have this hot throbbing anger in my face and jaw, I deeply and completely accept myself.

6. Shifting Aspects:

It is important to tune into the shifting aspects as you tap.

In the first round you tapped on what your husband said that made you angry.

If the anger SUD is not coming down then you need to tap on what your subconscious recorded about the event that made you feel angry:



- Was it the look on his face?
- Was it the tone of his voice?
- What did you feel about yourself when he said that? Did you feel guilt too? Sometimes our feelings can shift from anger to guilt or sadness, so tune into this and follow the shifts in feelings.
- What meaning did you create (beliefs) from this event about yourself or your husband? Perhaps you felt he was not supporting you, or that you are not a good person. Tap on all the beliefs that come up.
- What did you want to do (that you weren't able to do in the moment) when he said that? Yell at him?

The goal is to keep tapping on all aspects until you no longer feel distressed and can see a new perspective when thinking about the event. This means you have cleared it from your bodymind the energy has been released.

7. Create the new learning and tap it into your subconscious:

Once the energy has been released it is important to harness that energy and focus it on the new learning you want to create. This is the way to create transformation in your bodymind and imprint a new, more positive learning that is aligned with more optimal health.

Example:

Even though I was feeling angry at my husband, I am now feeling more optimistic and I understand that he was just having a bad day. I know that he loves me and I am a good person who can express my feelings and needs.

Tapping on the positive perspectives help to create a new experience and learning in your body and imprint this learning into your system.



WAYS TO USE EFT IN YOUR LIFE

GOAL: Create a new habit of using EFT everyday!

- ✓ Throughout your day as regular maintenance of emotions that come up or just to keep yourself regulated with finger tapping.
- ✓ Every evening before bed you can tap on the things that irritated or upset you in your day. This takes the edge off and releases daily stressors from your body. Notice how you will have a better sleep and wake up more refreshed the next day!
- ✓ Whenever you feel anxious, nervous or fearful.
- ✓ When you are feeling pain and discomfort in your body.
- ✓ When you are feeling negative about yourself.
- ✓ When you are feeling low energy/low mood and need a boost.
- ✓ When you are flooded with strong emotions. Tapping can help you process the emotions faster and come back to a regulated state.



PLEASE SEE THE **VIDEO** FOR A LIVE EXAMPLE OF HOW TO USE THE ABOVE TAPPING TECHNIQUES.



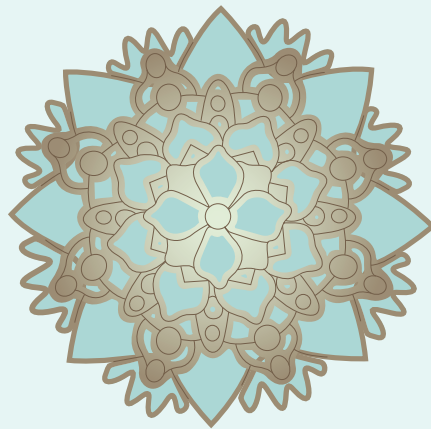
Thank You!

Contact me today
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