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# EFT INTRODUCTORY MANUAL

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‘CHOOSE TO BE FREE’

*Leon Jay*

[www.eft-therapy.com](http://www.eft-therapy.com)

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## INTRODUCTION

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Emotional Freedom Technique, or EFT as it is more commonly known is an up and coming therapy with a wide range of applications. Based on the Meridian system as used by the Chinese for thousands of years it is capable of treating mental, emotional and physical issues.

It is fast gaining popularity through shows like Richard & Judy, The Good Morning Show and Extreme as well as receiving much positive press in magazines such as Zest, Hello and even in the Daily Mail. It has been described as 'psychological acupuncture, but without the needles' and is quick and easy to learn. This guide will take you through the background, philosophy, practice and uses of EFT.

## HISTORY

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EFT was developed by Gary Craig around the early 90's, although continues to be refined by many people to this day. It is one of the many forms of METs (Meridian Energy Techniques) now available, and perhaps one of the easiest to learn. Originated from TFT (Thought Field Therapy), which was discovered by acupuncturist and psychologist Dr Roger Callahan in the 80's.

While Callahan developed the basic concept and structure, Craig had the vision to refine it and make it accessible to everyone. He also, along with many other therapists working in this field, began to realise the broader possibilities for EFT.

As a therapeutic technique there is little else to equal its simplicity and effectiveness. Many experienced therapists now report typical success rates of 80-95% for many conditions. The immediate history of EFT is short; its future looks to be much longer.

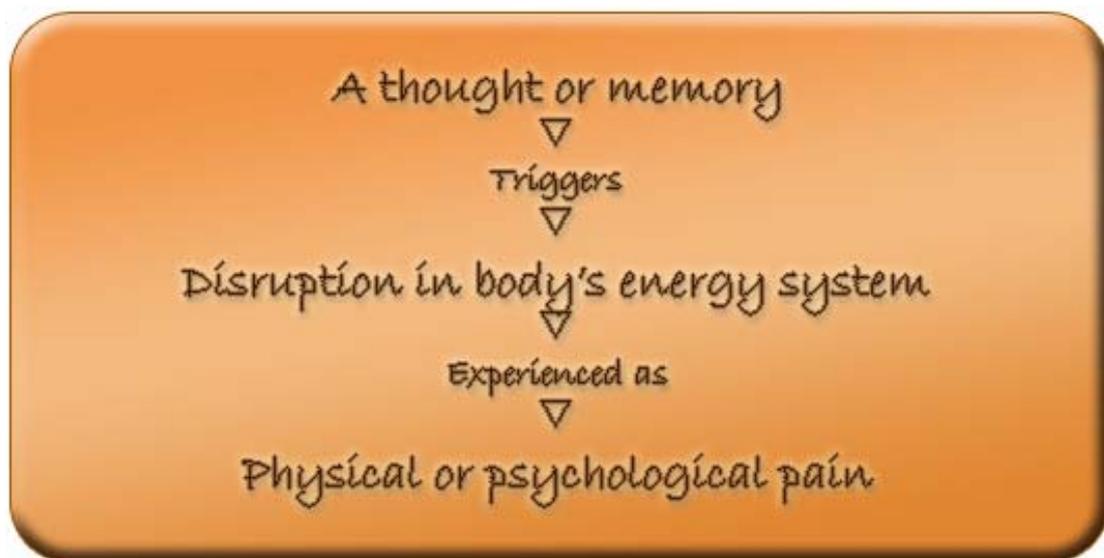
## PRINCIPLES

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So how does it work? Well, simply put no one knows for sure. However there are a few theories. It uses the end points of the 12 major meridian channels and the 2 governing vessels found in Chinese medicine. It has been observed that by tapping on these points while focusing on the problem, a release takes place clearing the physical or emotional pain being worked on. This has led to the principal that:

**The Cause Of ALL Negative Emotions Is A  
Disruption In The Body's Energy System**

It seems that while experiencing or focusing on a specific problem, and tapping on the meridians that carry the energy, disruptions are cleared and normal function can resume.



By clearing the disruption in the body's energy system EFT returns health to the client.

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## THE APEX EFFECT

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When normal function is restored a cognitive shift takes place that can leave the person wondering what the problem ever was. They then find it hard to believe, and in some cases just don't even remember, that they even had the problem. This is known as the Apex effect. This PROBLEM is further heightened by the general disbelief that this technique could ever work. For that reason it is important to write down whatever you are treating and its intensity level before starting.

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## PSYCHOLOGICAL REVERSAL

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Another interesting concept in EFT is that of psychological reversal. This appears to be when the energy flow becomes reversed, although nobody is exactly sure how it works. The outcome is however undeniable. Take for example somebody who wants to quit smoking. Anybody familiar with muscle testing would be able to tell you this person should test positive when saying they want to stop.

However most people don't. They still have some deeper part of them that wants to carry on smoking. Finding these different aspects and treating them with the help of the set-up phrase (see techniques), can correct this problem. The outcome of this is its possible to help someone to stop when their will power is not STRONG enough.

In fact it even demonstrates that will power is not best used to overcome addictions. Will power if used for long durations is another form of stress on the body. It is great to use in emergency situations, but if used to overcome a craving it is likely that craving will resurface for something else. This is commonly seen when someone quits smoking and starts eating more instead.

## WHAT CAN BE TREATED?

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There are many things that EFT can help. The motto is 'try it on anything'; however some conditions do have better success rates than others. Many fears and phobias can be removed completely and permanently in just 1-2 sessions with many therapists offering 'no fix no fee' because of its effectiveness.

Addictions from smoking to heroin have all been successfully treated due to their emotional connection. Trauma and abuse (sexual, physical or mental) which can take months or years in traditional counselling or psychotherapy to resolve are often cleared in a few sessions, sometimes in just a few minutes.

Comments like 15 minutes of EFT did me more good than 15 years of counselling are not unusual. Allergies and sensitivities are becoming more common and more recognized but there is often little that can be done except avoid whatever the cause of the problem.

With EFT however the trigger from the substance can be neutralised and the allergy resolved. Many hay-fever sufferers can become completely cured and people who had lactose intolerance can now drink milk.

Other common problems such as headaches, self-confidence/image, dyslexia, anger/stress, weight issues, arthritis, phantom pain and anxiety disorders can all be treated. While it all sounds too good to be true the results speak for themselves. And one thing is for sure, if you don't try it, it won't work.

Many EFT therapists guarantee their work for numerous problems which proves their confidence in it, which is more than many doctors would be willing to do.

### Summary:

- Fears & Phobias
- Sexual/Emotional/Physical Abuse
- Trauma
- Stress & Anxiety
- Addictive Cravings
- Physical Pain
- Headaches & Migraines
- Allergies & Sensitivities
- Self Image
- Weight Issues
- Financial Blocks

**Disclaimer:** Please note that while EFT can help a multitude of problems, it is not to be used as replacement to medical treatment, but can usually be used in conjunction.

## WHEN YOU MAY NEED A THERAPIST

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For some reason a very tiny percentage of the population seem to get little benefit from EFT. It is important not to blame EFT as a therapy if this does not work for you. For many people this web site will be enough, for others they may need more qualified assistance.

In most cases where someone does not seem to be making any progress or has become stuck an EFT practitioner can help. They know of extra tapping points and techniques to help in the more difficult cases. They may be able to see what you are missing and help you to understand where you are going wrong.

In some cases it seems that by having another person tap for you and/or guide you through the process is enough to make the difference. When emotions are overwhelming, such as in cases of severe trauma or abuse, it would be advisable to see an EFT therapist who can help you with soft approach techniques.

## THE SET-UP

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First identify the problem and create a set-up statement. The basic formula for this is "Even though I have this (PROBLEM) I deeply and completely accept myself." So for example if you had a headache you would say:

**"Even though I have this headache I deeply and completely accept myself"**

The key to an effective set-up phrase is to be as specific as possible. While you can work on more general issues they take much longer. Focusing on an exact time/event/emotion and naming anyone involved attain much quicker and more profound results. With time you will learn to develop set-ups that target the problem very quickly. When working on physical pain try to name its location and describe its feeling, e.g. 'this throbbing pain just behind my left eye'.

## REMINDER PHRASE

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This is a simple phrase used to help remain focused on the problem and prevent the mind from wandering. So in the example of a headache the reminder phrase would simply be “This headache”. In a more complicated pain with a long description such as, 'this sharp shooting pain up the side of my left leg whenever I try to bend over', you can either repeat the whole phrase, or abbreviate it. Simply shortening it to 'sharp shooting pain' will still work for most people, the important point is to remain focused on where you would feel the pain.

## MEASURING THE EFFECT

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To make sure the process is working it is important to monitor progress. Before you start close your eyes, tune in, and take a measurement on a scale of 0-10 of the intensity of the problem. For strong emotions that feel too much go slowly and tap plenty before focusing. (Or seek guidance from a professional therapist.

This value is known as either your intensity level or your SUDs (Subjective Units of Stress) level. In EFT we look to reducing this level to 0. It is not always possible as sometimes there will be other underlying problems that still need to be worked on. This is particularly true in the case of physical pain where there is often emotional aspects that need to be addressed. We will look at this in more detail soon.

## THE POINTS:

**EB** – Eye Brow, end of brow on the bone of the eye socket.

**SE** – Side of Eye, the bone at the edge of the eye.

**UE** – Under Eye, the bone that forms the lower eye socket.

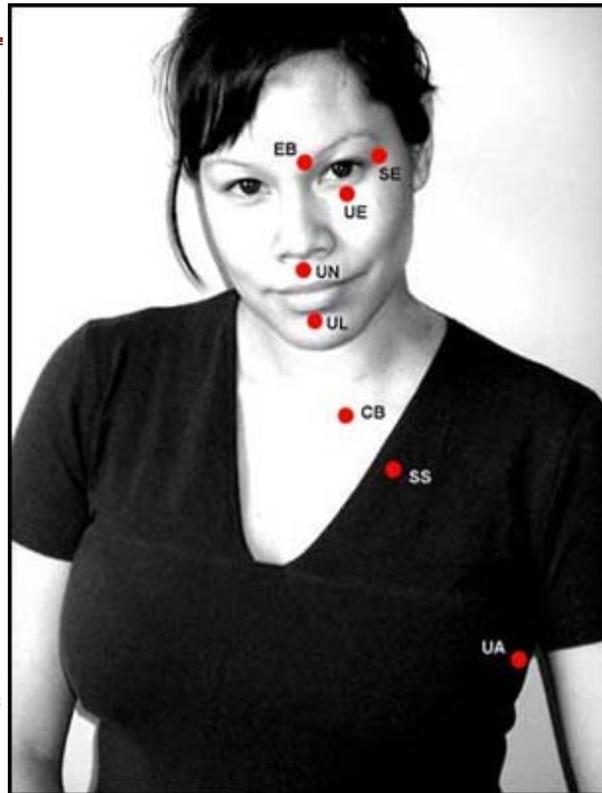
**UN** – Under Nose, the crease between nose and upper lip.

**UL** – Under Lip, between the lower lip and chin.

**CB** – Collar Bone, where the collarbone meets the sternum.

**SS** – Sore Spot, a tender spot 2-3 inches down and across from top of sternum.

**UA** – Under Arm, side of the body, in line with the nipple on a man or where the bra strap runs on a woman.



## POINTS ON THE HAND:

**TN** – Thumb Nail, the edge point at the base of the nail.

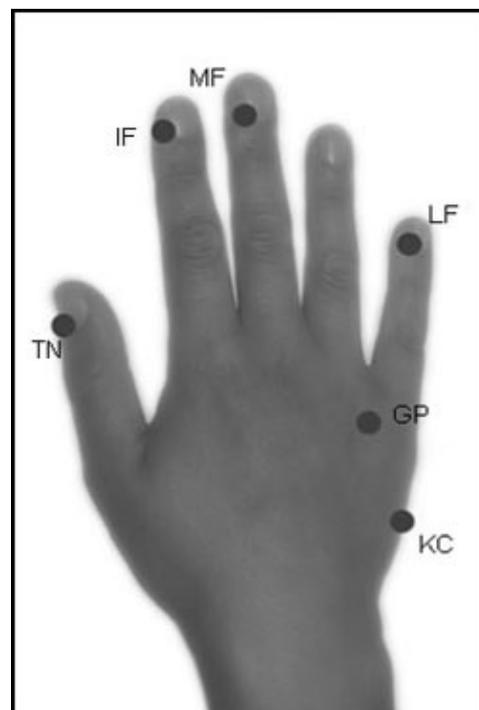
**IF** – Index Finger, the edge point at the base of the nail.

**MF** – Middle Finger, the edge point at the base of the nail.

**GP** – Gamut Point, between the little finger and ring finger.

**LF** – Little Finger, the edge point at the base of the nail.

**KC** – Karate Chop Point, side of the hand, where you would hit in a karate chop.



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## THE SEQUENCE

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Start by repeating the set-up phrase 3 times while rubbing the sore spot (SS). Then repeat the reminder phrase while tapping with 2 or 3 fingers about 7 times on each of the other points. Start at the eyebrow (EB) point and work down finishing at the karate chop point (KC), missing out the sore spots and the gamut point. (The exact sequence will be summarised shortly.) To finish repeat the set-up phrase while tapping KC and finish the phrase by choosing to let go of the pain or forgiving those who may have been involved. Such an example may be:

“Even though I am angry at Ellen for what she did this morning I deeply and completely accept myself and I choose to forgive her for what she has done”

Tapping should be firm but not too hard as to hurt or cause injury. It can be done on either side of the body as points are bilateral. Use whichever side feels most comfortable or swap from side to side.

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## THE 9 GAMUT PROCEDURE

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This is perhaps one of the strangest of all parts in EFT. It is basically a brain balancing exercise which has the added effect of cutting through mental or emotional conflict. There are 9 stages to the sequence which are all carried out while tapping the gamut point and trying to remain focused on the problem, they are:

Shut Eyes, Open Eyes

Look hard down right, then hard down left

Roll eyes around clockwise, then counter clockwise

Hum a tune for 5 seconds

Count to 5

Again hum for 5 seconds

## A SESSION

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Start by identifying the problem. Take your intensity level and then create a set-up and reminder phrase. Do the sequence followed by the 9 point gamut finished off with another sequence. Once you have done a round or two stop, close your eyes and re-evaluate the problem. If there is still some feeling do another round. This time though change the set-up phrase to start with “even though I have this remaining ..... ’. So for the example of the headache it would become:

"Even though I have this remaining headache, I deeply and completely accept myself"

The reminder phrase should also be changed to “this remaining .....”. Keep checking and repeating rounds until the problem has reached a 0. If after several rounds you are getting stuck see end of this section.

## A SESSION SUMMARISED

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Identify the problem and measure its intensity from 0-10  
Create a set-up and reminder phrase that feels right. Be specific  
Repeat set-up phrase 3 times while rubbing the sore spot  
Repeat reminder phrase while tapping on each of the following points 7 times  
**EB, SE, UE, UN, UL, CB, UA, TN, IF, MF, LF**  
Repeat set-up phrase while tapping **KC**, finish by forgiving/letting go  
Do the 9 gamut procedure, remember to keep tapping **GP**  
Repeat the sequence  
Check intensity level  
Repeat if necessary with 'this remaining .....

Make sure all feeling has gone and intensity is rated at 0

## IF YOU GET STUCK

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Sometimes you might not seem to be making any progress. If this is the case then you might try one of the following to help.

Try a different set-up phrase; make sure you are being as specific as possible.  
Drink a glass of water, this helps move things and may give insight.  
Move around, some gentle exercise may help shift whatever is stuck.  
Say the set-up and reminder phrases with force, exaggerate the wording, "this really, really terrible headache".

Persistence and patience is all that's sometimes needed.

## SHORT CUTS

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Doing a complete round may seem simple enough, it does appear though you can make it shorter still. Many therapists are now leaving out the 9 gamut procedure, using it only when a client is getting stuck. This usually makes no difference to the treatment other than to make it quicker.

Leaving out the points on the fingers also seems to be fine. In most cases going straight to the karate chop point after doing the face and body works just as well as the full sequence, another 20 seconds saved. Some practitioners prefer to keep these points in as they believe it to make treatment more effective, and it takes so little time. My advice is experiment and see what works for you. Trust your intuition with each case.

Using the karate chop point instead of the sore point for the set-up phrase at the beginning of each round works most of the time. This is easier for group and telephone work.

When a client is experiencing the pain intensely in the present moment often the set-up and reminder phrases can be dropped. The clients attention is already focused on the problem. This is good to calm them down so you can start a full treatment. If things are really bad using just the karate chop point will help to start with.

## STORY APPROACH

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When recounting a past event have the client start at the beginning. Have them tell you as soon as they feel any emotional intensity. It is also important to remain observant to any visual or auditory clues of emotional stress. If these are noted the client is to be stopped. Now treat whatever is happening at this point until the intensity level reaches a 0. Now have them repeat the story from the beginning, again stopping at the first signs of emotional stress. Keep doing this until the whole event can be recounted without upset.

This technique is useful to ensure all aspects of a trauma are treated. It also allows the client to work through an issue without being overwhelmed by feelings. Often in doing this other memories will surface and these too may be later treated if needed. It important to go slowly, and respect the reality of the person's experience.

## FURTHER STUDY

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What you have learnt here is just the beginning. The results of EFT are being proven over and over every day. However the level of success is proportionate to the practitioners understanding of EFT. If you would like to learn more about EFT then I would suggest some of the following resources.

[www.EFTDVDS.com](http://www.EFTDVDS.com) – These EFT Training DVDs are by far the best place to start. Produced by Gary Craig (the founder of EFT), they are very comprehensive and a must for anyone wanting to continue their EFT studies. There are sets from beginner to advanced, and they are very affordable. This is without doubt the best and low cost way to get started.

[www.EFT-Therapy.com/fayf](http://www.EFT-Therapy.com/fayf) - A book written by 20 of the world's leading EFT practitioners. This is sure to boost your knowledge, understanding, skill and competency of EFT.

[www.EFT-Therapy.com/moremoney](http://www.EFT-Therapy.com/moremoney) - Make More Money with EFT by Carol Solomon, PHD is an easy to follow step by step workbook. It enable you to quickly identify blocks to prosperity and abundance and teaches you how to resolve them with EFT.

[www.EFT-Therapy.com](http://www.EFT-Therapy.com) – A free resource with information on how to stop smoking, relieve anxiety, clear success blocks and advanced EFT instructions. This site also contains all the links to other EFT sites and practitioners.

This manual has been adapted from the information at [www.eft-therapy.com](http://www.eft-therapy.com). To download the Free Complete EFT Manual & Guide (an extended version of this manual), please visit [www.eft-therapy.com](http://www.eft-therapy.com).

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