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# THE EFT COMPLETE MANUAL & GUIDE

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‘CHOOSE TO BE FREE’

*Leon Jay*

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

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## THE BASICS

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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. EFT originated from TFT (Thought Field Therapy), which was discovered by psychologist Dr Roger Callahan in the 80's.

Callahan had been studying acupuncture and kinesiology and both their influences can still be seen. As with all meridian based therapy, the origins can be traced back all over the world for thousands of years, with the most well known and intact form coming from China, (although I did meet an Aboriginal Elder who had trained in acupuncture and said he had learnt nothing new as his people had been using these points since the beginning of dream time).

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.

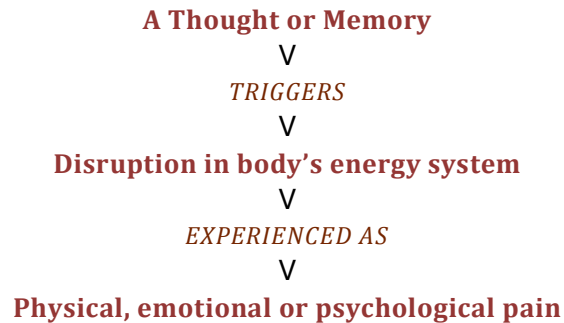
## PRINCIPLES

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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.

## 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.

## PSYCHOLOGICAL REVERSAL

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Another concept in EFT is psychological reversal (a concept developed by Dr Roger Callahan as part of TFT). This appears when the energy flow becomes reversed, despite the fact nobody is exactly sure how it works, and many acupuncturists refute this is even possible. My personal belief is that it is more like an energetic muscle spasm. Created originally to help protect the mental/emotional/energetic bodies, and now no longer serving a beneficial purpose.

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 (if they want to stop that is). However, most people don't.

They still have some deeper part of them that wants to carry on smoking. It is this part of someone's being that will self sabotage any efforts to change a pattern in that person's life. This is true whether it be giving up smoking or achieving financial success.

By finding these different aspects and treating them with the help of the set-up phrase (covered soon), it is possible to correct this problem. The outcome of this is that it is possible to help someone to stop when their will power is not *strong* enough.

In fact it even demonstrates that will power is best not 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 as something else. This is commonly seen when someone quits smoking and starts eating more instead.

There are two main types of psychological reversal, global and specific. If a person is globally reversed then they will be reversed on almost all aspects of the problem being treated. If they have specific reversal then only the specific aspects reversed need be treated (aspects will be covered in more detail shortly).

Without using muscle testing it is hard to know whether someone is reversed or not, or to what degree. Thankfully EFT takes care of this problem by treating everyone as though they are reversed.

By treating psychological reversal regardless, this is probably one of the main reasons for EFT's huge success rates. As a therapist previously practising other techniques I know clients who should have responded to treatment but did not. There was no logical reason for this, however psychological reversal gives an

explanation why healing was being blocked. If treated, then success rates of all therapeutic treatments would be increased.

## 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

A question which often comes up is EFT suppressing the problem or merely shifting it somewhere else? I think any practicing EFT therapist would be able to

say this is not the case from their experience.

Often we come across people who have been treated by other therapies which have done just this, but by getting to the root of the problem and clearing its energetic block a real healing takes place.

**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.

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## EFT - THE TECHNIQUE

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## 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'.

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## 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.

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## 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.

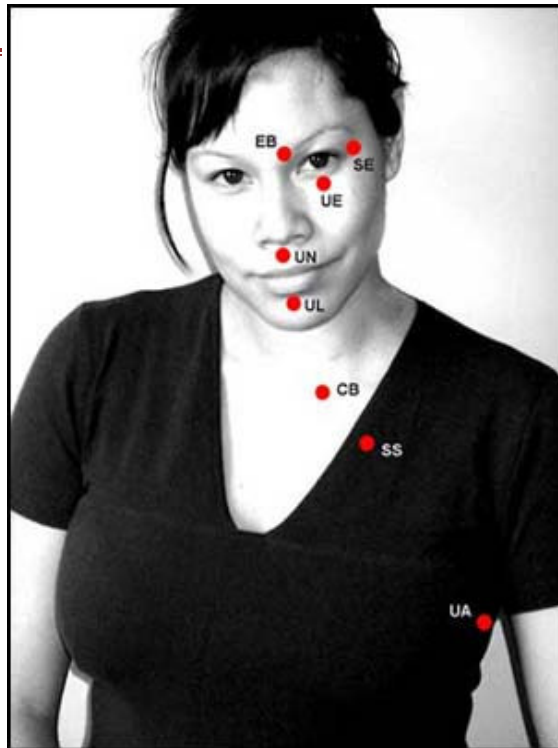
**UN** – Under Nose, the crease between nose and upper lip.

**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.

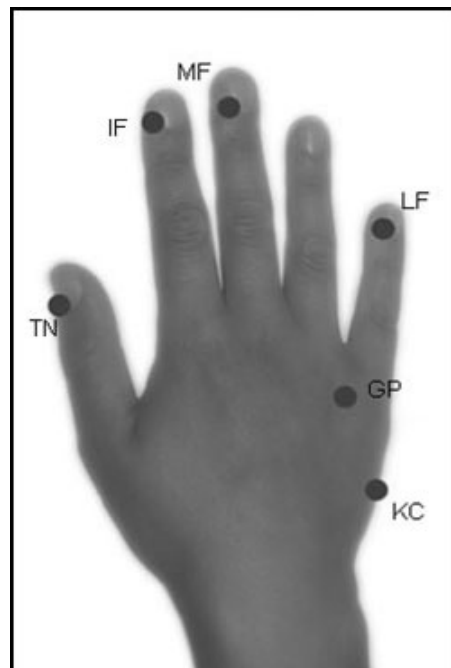
**IF** – Index Finger, the edge point at the base of the nail.

**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 if the hand, where you would hit in a karate chop.



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## ACUPRESSURE NAMES

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Eye Brow	Point Bladder 2
Side Of Eye	Gall Bladder 1
Under The Eye	Stomach 1
Under The Nose	Governing Vessel 27
Under The Lip	Central Vessel 24
Collarbone Point	Kidney 27
Under The Arm	Spleen 17
Thumb	Lung 11
Index Finger	Large Intestine 1
Middle Finger	Pericardium 9
Little Finger	Heart 9
Karate Chop Point	Small Intestine 3
Gamut Spot	Triple Warmer 3
Sore Spot	Lymphatic Drainage Spot

While the different meridians are listed above, it is unnecessary to learn them as EFT does not require 'technical knowledge' due to its thoroughness.

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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.

## 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

While this may seem complete nonsense there is logic behind it. The mind is connected to the eyes, and different parts correspond to different eye movements.

This is perhaps most recognised in NLP (Neuro-Linguistic Programming). By opening and closing the eyes and moving them in different directions, different parts of the brain are activated. Better understood is the idea that the brain works in two halves, the left and the right sides.

The left is associated with logic and counting while the right side is more creative. In the nine gamut sequence we activate both hemispheres by humming and counting. This procedure is particularly useful when dealing with problems such as dyslexia.

## 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.

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## ADVANCED EFT IDEAS & SUGGESTIONS

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## ASPECTS

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There can be many different aspects behind a problem and each is best treated separately. You may find, if for example, you were treating a fear of flying then you can treat just 'this fear of flying' and have total success. More often though, there will be different aspects behind this global heading.

There could be the feeling of being trapped, the fear of taking off, the fear of sitting next to someone you don't know, the turbulence, the anxiety of not being able to smoke for a long time, or the fear of being confined while using an aircraft toilet.

Each of the different aspects should be identified and treated as separate issues. Start with the most intense and work backwards. Often you might find that someone starts by saying it is the fear of having to use the toilet. You clear this and then they realise it is not using the toilet that bothers them, but the walking there while airborne.

This is common and often overlaps with the apex effect. Treat each issue as it arises, until the client is able to go through the whole experience without any emotional intensity. It is sometimes helpful to map out the different aspects, this can be done as shown below.

## SPIDER DIAGRAMS

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There are various methods for mapping out different aspects, we will look at the two most commonly used here. First is the classic spider diagram, or brain storming chart.



In this example a child's dislike for school is broken down. He may first tell you that he hates school and that is his central problem. Ask him for an intensity reading on this and write this down. Then you may ask what is it that he really hates about it, ask him to be specific.

Work through building up the different aspects and rating 23 each one as you go. Once you have finished them all, you are able to go through and work on each separately.

Start at the highest intensity ratings first, aim to reduce each to a 0. Sometimes you will need to clear other aspects to completely reach 0, e.g. if working on 'getting bullied' you may need to clear 'Tim steals my lunch' first. What you often find is that by removing several of the higher level intensity problems the rest reduce or disappear before you even begin treating them.

Another way to map this diagram is as a list with the ratings on the side.

<b>I Hate School</b>	10	9	7	6	4	2	1	0	0
Don't like the teachers	7	4	2	1	0				0
Mr Thompson picks on me	9	10	7	4	1	0			0
Get bullied	8	7	3	2	0				0
Tim steals my lunch	6	3	0						0
John calls me stupid	9	8	5	4	1	0			0
School dinners are horrible	4	1	0						0
School work is too hard	7	9	4	1	0				0
I can't spell	6	8	3	0					0

The advantage with this is it makes it easier to map the progress so the client can see the shift easily. This also helps overcome some of the apex effect. Each time a round is done, write in the new number until they are all at a 0.

You may notice that sometimes the intensity level will go up. This is not uncommon and no cause for alarm, it just means they are tuning into the problem better than before. Keep tapping and this will go back down again.

Whichever method you use it is important to write down, measure and treat the new aspects as they arise which may be anytime throughout the session.

## TREATING THE ABSTRACT

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In both the examples of the fear of flying and of hating school, the client will often say that it is fine now, but will it work when they are in the real situation? How do they know anything has really happened? After all, detached from the situation you are only treating an abstract concept. This is a valid comment and in truth you don't know until they are in the circumstances that cause the problem.

However in most cases where the client is able to feel intensity just thinking about and visualising the problem, and then gets relief from this, real progress has been made. When given the real situation the intensity is either greatly reduced or removed altogether, and if any does remain the client is instructed to tap at the time clearing any remaining disturbance.

In the case of 'Tim stealing my lunch', you may not be able to tap away the problem of Tim, but you can tap away the negative reaction to this or the fear of it happening. Often when this happens and you no longer have a reaction to this kind of bullying, it will stop anyway, always an interesting side effect.

## MUSCLES TESTING

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Muscle testing was an integral part of the original TFT, and of many other energy therapies. EFT however eliminates the need for muscle testing by treating all points and any psychological reversal as standard. It is however a useful skill to learn, and can improve your success rates for problems such as allergies enormously.

Using muscle testing we are able to determine which substances a client tests 'weak' to, and even test for what would be the best treatment. There are many very in-depth books and courses on the subject which will do much greater justice to this technique than I will here. For those not familiar with muscle testing a brief guide is given below to get you started.

Have your client stand next to you with their arm out-stretched parallel to the floor. With their other hand, have them place it palm down on top of their head. Ask them to hold their arm still while you apply a small amount of pressure on their wrist.

Test how strong the muscle feels. This is not a test of strength and is only to feel the natural resistance in the deltoid muscle. Now have them place the hand on their head up the other way with the back of the hand on top of their head.

Test the out-stretched arm again for any weakness. You should be able to note a difference between the two. For some people the difference will be great, while for others it will be much more subtle. Practice is needed to get consistent reliable results.

Next have them drop their hand on top of the head and say 'My name is (*their name*)' and test again. Then say 'My name is Mickey Mouse' and test. Again you should be able to discern a difference in strength, where the false statement causes the arm to test weak.

Once you have calibrated yourself with your client, simply have them make a statement that you wish to check and test. If someone wants to lose weight and you have them say 'I want to lose weight' and they test weak, this is a sign of psychological reversal and must be treated with a well phrased setup statement.

If they hold a substance to their chest that you suspect as being a problem and they test weak, then this confirms your suspicions. Treat with EFT and test again, repeating until a strong response is achieved.

You can test any muscle in the body and there are many variations of the same basic idea. Other common muscles to test are those in the fingers, wrist or neck.

The most important thing with any of these tests is that you 'get yourself out of the way'. That is, you do not influence the result by holding any expectations on the outcome. If you do you may get a false result, hence it is easier testing someone else than yourself.

## ADDITIONAL POINTS

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There are estimations of 1000 to 2000+ acupuncture points on the body. As has been said in EFT only 14 of these are used, some therapists however have begun to introduce more that can be useful. These can be integrated as intuited but are certainly not necessary for most cases.

**Top of the head.** This point is found on the centre of the highest point of the head, directly between the tops of the two ears.

**Under the wrist.** If use your whole hand to pat the under part of the wrist you won't miss this point.

**Under the nipple.** This point corresponds to the liver meridian and is used when anger issues are not shifting. It is situated on the rib directly below the nipple about where the fold of the breast meets the chest wall on a woman. Many therapist use a point just below this on the bottom fixed rib as this is on the same meridian, but is less socially awkward.

**Ankle points.** Found just above the ankle on both the inside and outside of the lower shin. Again just pat with the whole hand and you can be sure you won't miss it. This is contraindicated for pregnancy.

**C7:** The vertebrae that causes a large lump at the base of the neck.

## SHORT CUTS

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Doing a complete round may seem simple enough; however you can make it shorter still. The following suggestions have been developed by a range of EFT therapists through practice, trial and error.

It is recommended that you first become fully familiar with the complete round before shortcutting so you always know what do when the abbreviated sequence does not work.

Many therapists are now leaving out the 9 gamut procedure, using it only when little progress is being made. This makes no difference to the treatment other than to make it quicker and often more acceptable to the sceptical mind.

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 10 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 to 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 doing this you can also leave it out at the end of the sequence.

When a client is experiencing pain intensely in the present moment often the setup and reminder phrases can be dropped. The client's attention is already focused on the problem. This is also 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.

Use only the points that seem to be working best. Often you will find that a client will experience a shift on a specific point, maybe 2 or 3. If this is the case you can focus on just the point or points that seem to be working most effectively.

When your intuition is heightened you will just 'know' which points to tap and can leave out all others. If the results you are hoping for are not being achieved while doing this you can simply start again using the full sequence.

## ENERGY TOXINS

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Sometimes EFT does not seem to work, or its results are only temporary. The problem may lie in an energy toxin causing a disruption to the energy system, undoing any benefit from the tapping. An energy toxin is simply another name for an allergy or sensitivity.

This sensitivity causes a disruption in the energy system which may interfere with progress. If someone has an allergy or sensitivity to something it can affect the treatment. While not all sensitivities seem to block EFT some do, although this is estimated to be problematic for only about 10-20% of people.

If an energy toxin appears to be hindering progress it can be dealt with in either one of two ways, avoid it or treat it. One fairly common culprit is laundry powder. This can easily be tested by having the client take a shower without soap and then tap before getting dressed.

If they feel a difference then treat for the washing powder as described later in the allergies and sensitivities section. If progress is made in a session but then suddenly comes back look at what may have been eaten or what substances the client may have come into contact with. These too should then be tested and treated.

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# ADVANCED EFT TECHNIQUES & APPROACHES

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## STORY APPROACH

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When recounting a past event have the client start at the beginning. Get them to give the story a title and an approximate time frame in which it happened. Ask them for an intensity level on just saying the title. Tap on this before they even begin telling it.

Once they are at a 0 have them begin to tell the story. As soon as they feel any emotional intensity stop. It is important to remain observant to any visual or auditory clues of emotional stress. If these are noted the client is to be stopped.

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 is important to progress at the client's own speed, and respect the reality of the person's experience.

## STEPPING STONE APPROACH

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Sometimes it is important for a client to take things in stages. If they have had an issue for a long time, their identity and life becomes built around their condition. In this case working in agreed steps is a better idea than rushing straight in. An example would be in treating agoraphobia.

First work at getting the client to walk to their front door. The following week have them open the door without fear, or maybe to step into their garden. Over the following sessions, working at the client's pace, build up to walking to the local post box, shops and eventually towns, fields and beyond.

## NON-DIRECTIVE APPROACH

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This can be used for personal development or dealing with a client who knows something does not feel right, but are unsure what. It is a generalised tapping which 'shakes loose' underlying issues that have not yet fully surfaced, and can be used to give the body a 'tune up'.

Start by using an open set-up phrase such as:

"Even though (problem) I deeply and completely love and accept myself"

After a couple of rounds doing this, you should find issues or emotions begin to surface. Treat them specifically as they arise. This approach can also be used for clients whose issues are too intense to deal with directly when they first come to see you.

## KEYWORD APPROACH

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This can be used when either a reminder phrase becomes too long and awkward to use, or when someone is too distraught to talk about their problem. A keyword or short phrase is identified and substituted for the problem.

It can be of relevance or completely unconnected to the issue, as long as the client makes the identification to that word in their mind linking it with the problem. If using a keyword approach the set-up phrase would for example become:

"Even though I have this turnip problem, I deeply and completely accept myself"

The reminder phrase would then also become 'this turnip problem'. This technique is also good when clients are too ashamed or hurt to talk about their problem. Have them choose a code word and treat that instead.

As a therapist you never need know your clients problems. You can even have the person hum the problem if they are unable to vocalise it. While it is not uncommon that once someone has successfully dealt with an issue, they can easily discuss it without shame or pain, this should not be forced.

## MEMORY RETRIEVAL

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Another of EFT's amazing benefits is its ability to often find lost or hidden memories. This can be used for convenience, such as 'I can't remember where I left my car keys', or for therapeutic treatment.

In therapy it is useful for finding why a pattern or emotion has been established. In this case you could use a phrase like:

"Even though I don't know why I have this illness, I deeply and completely accept myself"

"Even though I don't remember who caused me this pain, I deeply and completely accept myself"

Sometimes the memory comes back instantly. Other times it may be delayed or trigger related memories that once treated, lead to the desired one. Once it has surfaced, if it needs treating do so in the same way as usual.

## TEARLESS TRAUMA TECHNIQUE

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Developed by Gary Craig to help clients deal with traumatic events too intense to even think about, TTT is gentle on the client but as effective as any other approach. As with EFT in general its simplicity should not be overlooked.

Start by having the client identify the problem from a distance, making sure they understand that they are not to talk or even think about the problem yet. Ask them what they *think* the intensity level would be *if* they were to visualise the event/problem.

Now treat this probable feeling with EFT in the standard way.

'Even though if I were to think about this event I would be very angry, I deeply and completely love and accept myself'

Once they have reached a 0, have them start to slowly get closer and clear in their mind to the event. As with the story approach treat each step that brings up the intensity level, until all stages are complete and the client can not only think about, but describe in vivid detail the event without any emotional intensity.

## THE CHOICES METHOD

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Developed by Pat Carrington PHD the Choices Method adds an extension to the setup phrase. It does just what it says; it gives the user a choice, a positive alternative to their current experience.

Once EFT has removed the problem a void can remain in which we can create a new positive perspective. It is important that the choice be introduced when the current problem has begun to shift, so that the subconscious does not reject it instantly.

To give an example how this might work let's take a sensitivity to dairy products. We might use a set up phrase and choice that looks like the following:

**'Even though I have a problem with dairy products, I deeply and completely accept myself and choose for my body to be in harmony with all dairy products'**

If this were used straight away the subconscious sees dairy as a threat, so the idea of living in harmony with it may be rejected immediately.

If a couple of rounds of EFT are done first without the choice, then any reversal will be corrected, the disruption in the energy system causing the sensitivity will be cleared or reduced and the choice will be more readily accepted.

This has led to the development of expanding the method to a routine of doing a round of straight EFT without any choice. This is followed by a sequence of tapping just stating the choice as the reminder phrase, followed by a sequence of alternating the reminder phrase with the choice on each of the points.

Ensure you finish on a positive choice. If the last point is the standard reminder phrase then add an extra point, perhaps the top of the head.

## **BORROWING BENEFITS**

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Developed from observations from many seminars, Borrowing Benefits is ideal for group work. Everyone in the group identifies an issue and gives it a SUDs rating.

One member of the group is then chosen, and the group leader takes them through the tapping process while everyone else joins in, tapping for that individual.

Once the person being worked on reaches a 0 everyone else in the group revisits their problem and checks the intensity. Interestingly most people in the group will now be at a very low or completely clear level (therapists report between 70-100% of group members).

Then, another person is chosen with a remaining issue and the group works on them until they are clear. This keeps happening until everyone is clear. Sometimes a couple of people may need individual attention at the end, but this is an extremely efficient way of helping many people at once.

It is useful to note that not everyone need be working on the same issue, or even the same type of problem. You could have some people work on physical pain while others are working on addictions or emotional abuse.

It is important to have other trained EFT practitioners on hand to keep an eye out for members of the group who may become overwhelmed and may need to be taken aside for individual attention.

## **DOUBLE CROSSED HAND TAPPING**

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EFT has traditionally been taught to be done on one side only, perhaps alternating sides or even doing both sides and once using both hands. More recently it has been suggested that tapping be done using both hands crossed over tapping on the opposite sides of the body.

This can be a little tricky for some of the points, but in my experience does seem to help move things that bit faster for certain problems. It seems particularly effective when there is a conflict or paradox in the client's emotions or thinking.

The crossing of the hands has been used by several therapies now including the cross crawl and hook ups found in Brain Gym exercises, and seems to work well integrated into EFT. As with any of these EFT variations, experiment and trust your intuition as to when they might be best used.

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## EYES TO CEILING TECHNIQUE

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This is a simplified version of the 9 gamut procedure and is best used to clear a remaining 1-2 of intensity. Have the client sit facing you with their head level.

While they tap the gamut spot, get them to look at your hand which you hold so as they must look down as far as possible (keeping the head straight at all times). Raise your hand taking 6-8 seconds to bring their eyes looking up as high as possible, then lower back down to the floor taking the same time.

During this whole procedure they should remain focused as much as possible on the problem. Keep giving them verbal reminders by repeating the reminder phrase for them.

I usually give them permission to let go of the problem as they lower their eyes again, just simply saying 'as your eyes are lowering you can fully let go of and release the problem'. This usually saves time by eliminating the need to repeat a full sequence, and gives some variation to the treatment.

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## COLLAR BONE BREATHING

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This seems more complicated than it is, although I personally rarely use it, only when a client is stuck and nothing seems to be shifting the problem.

While doing this procedure, ensure the client keeps their arms away from the body, only the fingertips should be touching.

Take your right hand and place the index and middle finger onto your right collar bone point. With the left index and middle finger tap the gamut point on the back of the right hand.

- Breathe in halfway and hold breath for 7 taps
- Complete in breath and hold for a further 7 taps
- Exhale halfway and hold breath for 7 taps
- Complete exhale and hold for a further 7 taps
- Breathe normally for 7 taps

Now repeat this time with the right index and middle finger on the left collar bone point. Then again this time bend the fingers, and use the knuckles starting with the right hand on the right collar bone point, then on the left.

Now swap over hands starting with the left index and middle finger on the left collar bone point, then the right and then with the knuckles left and right

## **TAB (TOUCH AND BREATHE)**

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Developed by Dr John Diepold Jr PHD, the client only touches the acupressure point lightly and takes a deep breath while focusing on the problem.

This illustrates that tapping is not always necessary. Indeed for some clients this may cause discomfort and so other methods of stimulating the points may be desirable.

TAB is not the only variation to work. Indeed some therapists just massage or have their clients massage their own points. Others use visualization and this too seems to work, although not with the same kind of success rates as tapping.

TAB can however be preferable for those with restricted movement or in public places where tapping away may seem a little to out of place (for now).

## **CLIENTS WITHOUT EMOTION**

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Some people are just so disconnected from their emotions that when asked to give an intensity level they find it hard or impossible, even for events which should have a very high charge. In this situation the VOC scale comes in handy.

VOC (Validity of Cognition) is similar to the 0-10 SUDs level except it is a measure of how true something is to the client. This could be how 'I do not deserve to do well because I did not try hard enough'.

For a client this may be very true to start, after a few rounds of tapping they can have a cognitive shift which allows them to see that this need not be true. As with the SUDs getting a level of 0-10 is important to avoid problems of the apex effect as well as to measure as a therapist, how much progress is being made.

Another way around this problem is asking the how much effect a past event has on their life and measure this from 0-10. Or get them to describe the scene and ask them how much a part of it they are, how connected are they, how clear are the sounds or pictures.

Notice the change as rounds of tapping take place. If or when emotions return, change back and start treating this in the usual way.

## USEFUL QUESTIONS TO ASK

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You can ask your client (or yourself) some very important questions to help get to the root of a problem, or 'find the core issue'. Some useful examples are given below.

**When did this first start? What happened around this time?**

**What are you most angry at?**

**What in your life do you most wish had never happened?**

**What is the most traumatic thing that has ever happened to you?**

**If you did not have this problem what else would you be doing or what may happen?**

**How does this problem serve you?**

**Are you ready to let go of this problem?**

**Who do you most blame and why?**

**What are you most afraid of?**

**Who are you most afraid of?**

**What do you most want in life? Why do you not have it?**

**What is the major reoccurring pattern in your life?**

**What do you most dislike about yourself?**

Many of these questions may surprise your client and their answers may often surprise you. They are all certainly not needed for every case, but use them to stimulate your own line of enquiry and trigger your clients thought process.

## TELEPHONE CLIENTS

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Another of EFT's attributes that set it aside from many other therapies, is its effectiveness over the phone. Many EFT clients have not even met their therapist.

Different skills are needed to sense the changes in the client, as your only real guide is their voice. This can take a bit of practice but can be very useful in dealing with distant clients or emergency cases.

It is possible to describe the points over the phone although many people misinterpret the best of descriptions. It is therefore suggested that you post, email or fax them a copy of a points diagram before starting, and if possible have at least one in-person session.

While the possibility of phone work will not appeal to many people, it does open new possibilities in the way some may choose to run their practice. It is certainly worth giving some thought.

## TREATING CHILDREN

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Children respond well to EFT and often have few of the hang ups about its use compared to older clients. It can be made into a fun game using a variation of Simon Says copying the points.

The setup phrase can be altered to be more appropriate to a child's mind. Adapt the following:

**'Even though I get mad at Miss Rogers, I'm still a good kid'**

For children too young to copy or talk it is possible to do either surrogate or proxy tapping. Either do the tapping on yourself imagining that you are the child and stating that the tapping is to benefit them or tap on someone else, preferably their mother or father.

When working on someone else rephrase the setup to:

**'Even though Jimmy has this rash, he is still a good kid and very loved'**

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## TREATING PETS

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Reports of success using EFT on animals are becoming more and more common. Cats, dogs and horses all seem to respond well to treatment.

Tapping on yourself as though you are the animal seems to work, as does tapping on the animal directly using as similar points as possible. If tapping an animal directly, remember to be gentle and say the phrases out loud talking to them.

'Even though you have this sore leg you are still a good horse and can accept yourself'

There are some acupuncture maps available for different animals, but most correspond closely to the human layout. If you tap with a large surface area you are sure to simulate the right points.

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## REGULAR TAPPING FOR HEALTH

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It can be beneficial to tap regularly, make it part of your daily routine to maximise health. There is a form of Chi Gong known as Nei Gong which involves daily tapping across the meridian points.

This form of exercise practised throughout China is renowned for maintaining and restoring health. Using the EFT sequence similar benefits may be attained. You can either work on known existing issues or work using a more general approach such as 'the non-directive approach'.

While regular tapping on non specific issues does not result in the same instant 'wow' factor that many directed sessions give, the over-all benefits can be experienced over time. By remaining persistent, many people have given much credit to regular tapping in many areas of their life.

Try it and see how your life changes.

## AFFIRMATIONS

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Affirmations have become very popular over recent years, but how often do they work? This is no criticism of the affirmation process but for most people their belief in what they are saying is simply not strong enough to continue long enough.

Psychological reversal is often at play and will cause self sabotage resulting in not doing the affirmations. Using EFT we can remove any PR and remove or reduce any disbelief in the intended affirmation.

If we use the example of someone losing weight they may have an affirmation of 'I am 55Kgs'. This is an obvious lie to the mind and it does not fall for it. A better affirmation might be 'I am becoming thinner every day'. If repeated often enough for long enough then this will have an effect, however as mentioned most people don't get this far.

To speed the process up treat the PR behind the problem. This is a simple acknowledgment of the problem:

**'Even though I can't and so don't really want to lose weight, I deeply and completely accept myself'**

Now tap on 'this weight problem' and create a choice, 'I choose to become thinner and thinner every day'. The advantage of making a choice is that it helps slip the affirmation into the subconscious with less resistance.

If you were to say 'I am a healthy weight' the mind could say 'no I'm not' and reject it. By 'choosing a healthy weight' the mind is open to the change, it cannot argue against a choice as easily as an incorrect statement.

By tapping on the EFT points while repeating your affirmation, you help reinforce the suggestion into the energy system and help remove any disruptions of energy related to it becoming a reality.

We have infinite potential; EFT used in this way can act as a tool in which to help access this potential with greater ease. It is our *choice* how we use it.

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## USES FOR EFT

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## ADDICTIONS

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Addictions come in many forms, nicotine, caffeine, alcohol, heroine, cocaine, sugar, food, television and even people. It is often believed that the addiction is a physical or psychological need, this however is only a very small part of the problem.

Let's take smoking as a classic example. If it were the physical addiction of the nicotine in the blood system then people who worked in smoky environments and who did not smoke would still be addicted.

Second hand smoke is often strong enough to supply us with 'addictive' levels of nicotine in the blood. However the non-smoker working in a bar can enjoy his holiday without stress or sleepless nights and without 'needing' to go back to work.

In energy psychology it is believed that the cause of all addictions is anxiety or fear. The addictive substance is used to suppress this feeling, and has become a cover for avoiding the addict's fears and anxieties. We can treat the craving easily using EFT, it is however only temporary.

Within a few short rounds an addict can go from craving/needing to smoke to not wanting the substance at all. This can last anything from a few minutes to days, but usually lasts in the hours. Occasionally it is permanent, this is quite rare though.

To overcome the addiction completely and without shifting the problem, it is important to address the underlying emotional causes. Also regular tapping is needed throughout the day. A good rule of thumb is every hour on the hour, or whenever there is a natural trigger throughout the day, e.g. getting up, having breakfast, in the car, coffee/lunch breaks, dinner etc.

Also tap whenever the thought or need for the addictive substance arises and while taking the substance.

With addictive substances psychological reversal is present about 95% of the time, so it important to use a setup phrase and say it with real meaning. An abbreviated form of the tapping can usually be used to treat just the craving.

After doing a setup phrase such as:

**'Even though I really need to smoke, I completely love and respect myself'**

Then tap under the eye, the collar bone point and under the arm repeating until the craving diminishes. This can be used for most types of craving.

More information can be found on this in my 'Stop Smoking Workbook' and on the website [www.eft-therapy.com](http://www.eft-therapy.com) in the smoking section (the workbook is also available through the website).

## SMOKING CASE STUDY I

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**Background:** A smoker for over 30 years had tried patches, gum, fake cigarettes, will power, hypnosis etc. Was becoming very desperate and had about given up giving up.

**Treatment:** We worked through the protocol as described in the smoking section on this site. This seemed to help allot but would always give way after a couple of days. After some exploring of the reasons behind this, it was discovered she had a fear of success.

After treating this, and the associated problem of being scared that people would think that she thought she was better than them by succeeding, the shift was made.

**Results:** After the first session she no longer enjoyed smoking and could not understand why she carried on. It was not until working on her fear of success that the major change was made.

For the first time ever in her history of quitting she got up and threw her remaining cigarettes in the bin. She then knew she had the strength to succeed, even though it was no longer going to be any effort.

## SMOKING CASE STUDY II

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**Background:** A smoker for several years, she had quit for about a year when her emotional and social circumstances changed causing a relapse. She had been smoking for approximately another year when she found this site.

She had no previous experience with EFT. English was not her first language making it more difficult to understand the instructions.

**Treatment:** She read through the step by step instructions on the quit smoking page and simply tapped the Karate Chop point the whole time, that was it! She even confessed to me later that she had changed nothing, and even skipped a few sections she did not fully understand. It took her little more than an hour.

**Results:** From smoking 15-a-day, the following day she smoked only 3, the next day 2 and only 1 the next day. She said she no longer enjoyed them, no longer desired them and gave up without really trying.

"I tried eft only once about few weeks ago. What I done is just read the section of quit smoking with tapping karate chop. Only this..... I was smoking 10 to 15 cigarettes every day, but from the next day I done eft, I smoked only 3, next day only 2, then 1.....now stopped completely." – Naoko, Japan

## ALLERGIES & SENSITIVITIES

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Traditionally allergies and sensitivities have been identified, and then the treatment abstinence. Energy therapies have begun to change this with the sensitivity to many substances being neutralised. Once neutralised a person may be exposed to the previously problematic substance without any reaction.

The reason why one person is sensitive to a substance that another is not, is explained simply as a disturbance in the sufferer's energy field which is triggered by exposure. So by tuning the client into the allergen and removing the energetic disturbance, the sensitivity resolves.

The terms allergies and sensitivities both refer here to an unwanted reaction in the physical/emotional/mental bodies and not just the medical IgE response. Symptoms can manifest in a number of ways and usually have a delayed reaction making them harder still to detect. Below is a list of common sensitivity reactions:

- Headaches
- Irritability
- Fatigue/lethargy
- Chronic coughs
- Difficulty thinking
- Arthritis
- Itchy nose
- Split personality, calm then erratic
- Poor Concentration
- Rashes
- Insomnia
- Respiratory problems
- Depression
- Anxiety
- ADD/ADHD
- Red puffy ears
- Digestive disturbances
- Plus many more

There are many different substances that can cause a reaction. The most well known are peanuts, dairy, wheat and gluten. However it is possible to be sensitive to anything. Why a sensitivity develops is not always understood.

It can develop through association, by being sick, or experiencing a traumatic event while being exposed to a substance. In the same way Pavlov's dog would salivate, mice have been trained to suppress their immune system through eating sugar after being fed it with a strong immunosuppressant.

You can test for a sensitivity using muscle testing. Hold the substance, or just write the name on a plain piece of paper and hold that, against your chest and test in the usual way for a weak response.

Suspect substances are those which the client is regularly drawn towards and resists giving up. Look at their diet and daily routine for clues. A list of common reactants is given on the following page.

Wheat	Dairy Products	Corn	Eggs
Soy	Peanuts	Sugar	Asparagus
Bananas	Beer & Wine	Berries	Black Pepper
Chicken	Citrus Fruits	Digestive	Enzymes EFA's
Food Additives	Food Colouring	Garlic	Gluten
Green Peppers	Red Peppers	MSG	Nuts
Oats	Onions	Potatoes	Rye
Shell Fish	Tomatoes	Yeast	Calcium
B-Complex Vits	Minerals	Toxic Chemicals	Petrochemicals
Vaccines	Caffeine	Nicotine/Smoke	Moulds
Pollen	Titanium	Vits A,E,D,K	Dust/Dust Mites
Formaldehyde	Newspapers	Animal Dander	Washing Powder

This list is a condensed list as found in 'Allergy Antidotes' by Sandi Radomski, a must read for anybody serious about working with substance sensitivities. Once identified the substance/s are treated by using a setup phrase such as:

'Even though I have this problem with dairy, I deeply and completely accept myself'

'Even though pollen makes me sneeze, I deeply and completely accept myself'

'Even though eggs give me an itchy rash, I love and accept myself'

If a specific trauma can be recounted as the start of the allergy, then treat this event in the usual way with EFT. Once treated from a distance try holding the substance and treating again.

Where an allergy has caused a life threatening reaction, ensure proper medical supervision is available when doing any form of testing.

## DOG HAIR ALLEGY CASE STUDY

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**Background:** A lady who had a long term allergy to dog hair had to look after her parent's dog while they were away on holiday. Part of her responsibility was to brush them regularly, which caused her much suffering.

**Treatment:** We worked on each of the different symptoms, eg the constricted breathing. Also while holding a piece of dog hair we worked on 'this sensitivity to dog hair'. The session lasted no more than 10-15 minutes.

**Results:** She has displayed no symptoms since. She can have the dog sit on her lap and brush it with no discomfort whatsoever. She can now relax and enjoy brushing the dogs.

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## CREATIVE BLOCKS

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When creativity is needed but not flowing try using EFT to shift the block. This can be applied to yourself too when trying to be creative with setup phrases for clients. Try adapting and tapping on one of the following:

'Even though I'm stuck and don't know what to write next, I have no new ideas and my creativity is blocked I deeply and completely accept myself'

'Even though I have no idea what to draw or paint next and can't find a way to express myself, I love and accept myself and choose to allow new ideas to flow with ease'

'Even though I am stuck how to treat Mrs Watkins, I don't know where to go with this case, I love and respect myself and choose to let the answer come to me easily'

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## PTSD (POST TRAUMATIC STRESS SYNDROME)

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As with emotional abuse painful memories can easily be removed with EFT. And, as with emotional abuse, if there has been more than one incident such as for war veterans, then only clearing the first few most painful memories is usually needed.

Using the non-directive approach and the story approach, a gentle treatment may be given with surprising power. When Gary Craig worked in with some Vietnam War veterans they were amazed at the results they got in only a few days.

Many of them had insomnia, horrific reoccurring memories, height phobias from so many parachute jumps and other symptoms. They had been in therapy for 15-20 years or more and had only slow progress.

After only a couple of sessions with Gary they were able to sleep again and recount their memories without becoming emotionally disturbed.

## EMOTIONAL/SEXUAL/PHYSICAL ABUSE

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Emotional abuse and trauma are one of EFT's fortes. Many people who have been in counselling for many years find the relief they have been looking for in only 1-2 sessions. Whole lives can be ruined by a single event or series of events.

For someone who has been abused as a child, they will usually have grown up with a fearful view of the world, or of specific groups of people, e.g. men. Their self esteem is often damaged and patterns of abuse throughout life are not uncommon.

By treating the worse case memories much of this can be removed. This is not to say that the event/s never happened, just a new level of acceptance is found. Forgiveness becomes real and experienced as opposed to just a therapists concept.

A new level of self-confidence and self-respect is achieved. Their face will often visibly relax in front of you and years of stress, anger, sadness and confusion seemingly melt away. There are few greater gifts as a therapist than to watch this process.

Start by treating the worse memory of the abuse that comes to mind. Use the story approach or non-directive approach as needed. Respect your clients and work within these boundaries, not progressing any faster than they are ready to.

Treat each of the individual emotions that arise as feels necessary and encourage self forgiveness. After a few rounds and progress is being made suggest the following:

**'Even though I have been abused all my life and I feel ashamed and used, I can love and respect myself, and choose to forgive myself completely'**

Once reasonable progress has been made, it is then helpful to help the client gain sympathy for the perpetrator. This does not mean they must accept that what happened was right, just the person doing the abusing was likely to have been abused themselves or had a very difficult life too.

We all act according to what we learn, particularly as children. Our responses are often not those of a logical adult but those of an emotional human being. If we can help them understand that in most cases the perpetrator was acting in a way that they had experienced others, then that would define much of their understanding of how to hold relationships

When there has been a series of abuse incidents throughout a person's life, often just dealing with the most painful few is enough to clear them all. What we tend to find is that with each new memory that is addressed, the intensity is less than expected until there is no charge on any of them. Once this is achieved you can usually be sure the treatment is complete.

In the case of family members I have found it helpful to remind the client that their father/mother/uncle/etc was unable to love or experience love properly either. They did not know how and this confusion helped lead them to do what they did.

Then in this realisation, tell them that this can allow a new level of compassion to awaken towards this person. As it does, love can grow extending out to the abuser and building a bridge between them both healing their connection.

Explain that they have the opportunity to stop this pattern in their family, and in doing so find a new sense of peace within them self.

During a session if a client does become too emotional do not use setup phrases or reminder phrases, just tap for them if appropriate until intensity levels fall.

Sometimes just holding their hand and tapping the wrist point is all that is needed. Once they are calm again treatment can carry on as usual.

## MONEY & SUCCESS

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Money and success are often dirty words in the world of healing. This is due to our conditioning and beliefs and nothing more, but how can either be helped by EFT?

It is often said that our limits are what we make them and so by changing our limiting beliefs, we enable ourselves to achieve so much more. I believe this is perhaps why EFT is taking off so rapidly, due to so many EFT practitioners treating themselves for their own success issues.

The world of life coaching has become big business in recent years and it is a field which has embraced EFT with open arms. EFT provides the tool to overcome the blocks to success and achievement.

It is estimated that we have 50, 000 thoughts every day, 90% of those thoughts are subconscious and 90% are the same thoughts we had yesterday. By thinking 'I want to be wealthy' once, twice or even 20 times a day, is going to have little impact in the ocean of your more negative long-term thoughts and beliefs.

By identifying your current belief system, fears and monetary patterns, you can remove them and step into the future you desire.

Take some coins, notes, bank statements, credit cards, and write a large sum cheque to yourself, look at each and write what comes to mind. See what feelings or thoughts are stimulated. Look at pictures of poverty and of extreme wealth and do the same. Make a list of your beliefs, some common ones to get you started are:

- Money is evil
- It is not spiritual to make money
- I must work hard to make any money
- Life is hard
- You must be greedy or ruthless to make money
- Rich people are snobby or arrogant
- I don't deserve wealth
- I don't have money
- I am always in debt
- You need money to make money
- I can't change, it's too hard
- No one in my family has money
- It is pious to be poor

Look at what you are afraid of. What will other people think of you if you make money, what will you think of yourself? If you resent others for being rich your subconscious will not allow you to become wealthy for fear of being resented or judged.

Remember you are going to be judged for being poor or wealthy so you may as well be judged in style. Money is not evil; it cannot be for it is just another form of energy in the universe. It is what people do with it that counts.

A friend once said 'I don't want a million pounds'. When questioned, she said it was not right and too many people had money. This same person wanted to run health education centres in third world countries, so my point was that with a million pounds she could do just that.

It is not about the money but what you choose to do with it. I know I can do more good in the world with £50 000 000 than with 50p.

What is it you truly want to do, and why aren't you doing it? What money patterns are in your life? Money is attached to people, to get money it helps to improve your relationship to others. If you are positive and interact well with others, they are more likely to want to employ you or trade with you.

Try to match your relationship patterns to your money patterns and see what insights you come up with. It is better still to get a close friend or relative who will be completely honest with you to help you do this, as we often close-minded as to what we don't want to see.

Make a daily routine of tapping for your fears of success, from self confidence to bank balances, work through them a day at a time. Have faith in the process, and if you don't tap for that as well. Hold a vision steady for what you wish to achieve and don't be put off by failure.

**"Vision is the art of seeing things invisible."**

- Jonathan Swift

## PHYSICAL PAIN

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Pain can afflict us for many reasons but as most therapists will tell you, often as an emotional underlying cause. We can use EFT to relieve or remove pain by either treating the pain directly or by addressing the underlying emotional issues.

For physical issues get the client to describe the exact nature of the pain, where is it, how far does it spread, how intense is it, what does it feel like, is it a dull ache or sharp stabbing pain, when do they get it, how long have they had it?

When describing the pain in the setup try to be as specific as possible:

**'Even though I have this sharp shooting pain in my left knee, I deeply and completely accept myself'**

When re-evaluating the intensity level ensure that the pain has not changed in nature. Often a client will say 'oh it is still a 9' but when asked further will say it has shifted or changed its quality. When this happens go with the new sensation and/or location following it about until it is gone. In EFT this is known as 'chasing the pain'.

Sometimes it is helpful to better understand the emotional aspect behind the pain. Question the client to find any insight that may be useful. Also creating a visual image of the pain and treating this can be helpful. Some example questions are:

- If this pain had an emotion, what would it be?
- If you no longer had this pain what would you be able to do?
- If it had something to say, what would it be?
- What colour is this pain?
- How big is it?
- What shape is it?
- What is its texture?
- Where does it want to go?

Now use a set up phrase based on this information.

**'Even though I have a red ball of anger in my stomach, I deeply and completely love and accept myself'**

At the end of a round get the client to take a deep breath into the pain and release it as they breathe out. It is often possible to help increase range of motion too.

Measure how far they can move the problematic limb and then treat for the pain or restriction, whichever is stopping movement, and test again.

## SCIATIC PAIN CASE STUDY

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**Background:** A single mum with severe sciatic pain. I had treated her with a psoas and piriformus release with little success. I also referred her to an osteopath/craniosacral therapist who made some progress. I then decided to try EFT.

**Treatment:** We started by working on her emotions surrounding her condition. How she felt when it was at its worse, the feelings of panic she would have when she couldn't move and the fear it was never going to get better. We found issues around not being able to support herself or her son.

We traced stored emotions about being abused by her mother and anger at her sister. It was not however until we looked at what would happen if she were to get better that the real discovery was made.

She realised that she would have no excuse not to look after her ill mother who lived close by. Due to her past feelings conflicting with her 'duty' as a daughter resentment had set in.

**Results:** We treated this and soon relieved the pain in her lower back. The next time I called her she casually mentioned she had been to visit her mum for a couple of hours that day.

I asked her about the visit to her mum's. "Oh that, that was fine" she said. I asked her if that was normal, "No, normally it would be quite difficult". It had not seemed strange until after I had pointed it out. (See Apex Effect.)

## RELATIONSHIPS

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Relationships are a book unto themselves. With proper understanding though much positive change can be made using EFT to better or repair damaged relationships. They may be family, business, friends or romantic in nature but they all come down to simple energy exchange.

When you understand that we all have our own view of the world and that arguments with others are only a conflict of perspectives, then we can begin to understand how to resolve these.

If for instance one partner was messy and never tidied up it may well annoy the other. Someone else may not care less. The mess was the same but the emotional reaction and perspective to the mess was not. Using a setup phrase such as the following can have surprising results.

'Even though James makes such a mess wherever he goes, he can't put his clothes away and is too lazy to tidy anything up, I deeply and completely accept myself and love us both'

While James may still leave his dirty socks on the floor, his partner will no longer have the same emotional charge. This brings the small things that can ruin a relationship back into perspective. Start by identifying what you or your client would most like to change about the partner in question.

Have them visualise a scene in which the offence is taking place. Measure the intensity and treat using normal EFT. Once the visualisation holds no charge, they can then go and face the real situation to see if there is any remaining issue to tap on. If so tap when the emotion arises until it is no longer a problem.

By working systematically through any issues that come up and taking responsibility for you own emotions, relationships are able to develop and progress rather than stagnate or regress.

If possible have both partners work together either in the same session as in more traditional relationship counselling, or on each other in private after learning the technique.

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## RELATIONSHIPS

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There are many different conditions which fall into this category. While we cannot claim to cure any illness we can often bring much relief to a range of symptoms. We can relieve the discomfort of many symptoms improving quality of life. We can also help with any emotional denial or resistance or upset towards the condition.

By helping the client into a state of comfort and acceptance (not to be confused with giving up) we can help them take better control over their life and bring peace back to their mind.

For some chronic illness there is much we can do. For conditions such as ME, working to clear emotional aspects and testing and treating sensitivities can bring about profound changes. While medically there is no real understanding of what causes these illnesses and thus no official cure, EFT has helped many people to become 'symptom free'. I will let you draw your own conclusions on this.

The same can be said for other illnesses such as arthritis. Even much benefit has been reported for MS by treating emotional problems, and treating the myelin as an allergenic substance.

If you can find the root cause treat this, if you can't treat the symptoms and help bring relief to the sufferer. Some say that because the pain may return the EFT has not worked. Perhaps in the sense of curing the problem they may be right, but in this case nor does any pain killer or anti nausea medication etc.

The main difference with EFT is it has only positive reported side effects, costs nothing to self administer, is available 24hrs a day and will not overburden the liver.

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## SPORTS IMPROVEMENT

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All the top sports teams employ sports psychologists to help with their team's performance. Focus, concentration and timing are critical whatever sport you play.

If you have fears of success or other emotional issues disrupting your game, then EFT can help. There have been several cases documented now of professional sports men and women using EFT to get ahead in their game with huge success.

Even with his own son, who is a serious hobby golfer, Gary Craig was able to better his score by several points below his average in one game through tapping. You can try using simple yet honest statements such as:

**'Even though I always miss the shots when under pressure, I deeply and completely accept and forgive myself'**

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## SPECIAL NEEDS

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Special Needs is a large area with much potential. From behavioural management, learning disabilities and dyslexia to pain control and improving range of motion.

Many people with disabilities have issues of lack of self esteem and self confidence. These can be addressed with EFT as can some of the emotional blocks to learning. Disruptive behaviour is usually a sign of wanting to get needs met or of emotional upset. If you have an understanding of this field you will soon find ways in which to apply successful EFT treatment.

When a client is being emotionally challenging or violent, then just tapping on their wrist or collar bone point will often be enough to help calm them down. For staff too when they are attacked or stressed, then EFT can help them recover and better deal with situations.

Dyslexia is another area in which EFT has had good results. If it is a simple case where the person always gets there p's and b's mixed up then try a simple statement such as:

*'Even though I always mix up my p's and b's, I can never tell them apart, I deeply and completely accept myself and choose to see the difference with ease'*

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## DYSLEXIA CASE STUDY

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**Background:** 12 year old boy with dyslexia so bad the words would move up and down about 1-2 inches on the page. He could see letters within letters and outlines around those. Needless to say his reading level was exceptionally low. He hated reading and was scared of the words and needed special coloured glasses to help him. Anger levels in class were high and his behaviour suffered as a result.

**Treatment:** We worked on both his visual impairment and his fear of words. We worked simply on 'Even though the words keep moving' and 'Even though I can see outlines around the words'. For the fear we worked on 'Even though I get scared looking at words', moving on to looking at a page.

**Results:** After the first session the words were almost still on the page. By the next session they were not only still, but had lost their outlines. He is now far less scared to look at writing and although he still has a lot of catching up to do, his chances of learning to read normally are much improved.

His enthusiasm to learn and growing confidence have also increased. He has confessed to using EFT independently in class to help control his anger. His clarity of vision remains and he finds his special glasses make little or no difference.

## WEIGHT LOSS

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Over-eating is just another form of addiction and should be treated in the same way. Diets do not work, or are temporary at best. Look at the underlying emotional drive to eat.

Deprivation and loneliness are the two key emotional responses that often fuel the desire to eat. Asking questions such as why do you eat, when do you eat, how would you feel without your favourite food? More insight can be gained by asking how weight may serve the person.

A stereotypical answer may be that the client was abused as a child, and so by having the extra weight it would protect her from people finding her attractive. These issues would need to be cleared before any success in losing weight is achieved.

The cravings for particular foods can be helped by using EFT on the symptom, i.e. the craving. Try something like:

**'Even though I have this unstoppable urge to scoff chocolate biscuits, I still love and respect myself'**

As with any statement in EFT use the clients own words. Have the food of choice there, smell it, look at it and even taste a bit to get the cravings as intense as possible. Keep doing rounds of EFT until all desire has gone. You may find that other emotional issues may need to be addressed before you reach a 0.

Sometimes someone may be on a very healthy diet, taking exercise and even muscle test positive for wanting to lose weight, and yet still find it difficult. In this case, suspect an allergy or sensitivity to something. Remember even healthy foods can cause a reaction.

The body sometimes tries to protect itself by taking the substance and holding it in the tissues in suspension surrounded by water. Once any sensitivities have been identified and treated, the weight can seemingly drop off.

## ABOUT THE AUTHOR

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As well as being a qualified Advanced EFT practitioner and member of the AAMT, Leon has had extensive training in a wide range of natural medicine and bodywork techniques.

He has taught Reiki in the UK, Australia and New Zealand, where he also studied Naturopathy and Therapeutic Massage. Other treatments include myofascial release, lymphatic drainage and Indian Head Massage.

Originally from the UK Leon now lives in New Zealand with his Wife and young daughter. For information on workshops and private sessions with Leon please visit [www.eft-therapy.com](http://www.eft-therapy.com).

## 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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