

EFT

Emotional Freedom Technique

EFT Overview

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem – whether it is a traumatic event, an addiction, pain, etc. — and voice positive affirmations.

This combination of tapping the energy meridians and voicing positive affirmation works to clear the “short-circuit” – the emotional block — from your body’s bioenergy system, thus restoring your mind and body’s balance, which is essential for optimal health and the healing of physical disease.

Some people are initially wary of these principles that EFT is based on – the electromagnetic energy that flows through the body and regulates our health is only recently becoming recognized in the West. Others are initially taken aback by (and sometimes amused by) the EFT tapping and affirmation methodology, whose basics you will learn here. Indeed, because of its very high rate of success, the use of EFT has spread rapidly, and medical practitioners using EFT can now be found in every corner of the country and world.

In hundreds of hypnosis and holistic healing offices around the world, the feedback on this technique has been incredible. As a result, we at The Virtual Hypnosis Center want our clients to have the most effective tools possible.

This collection of notes is designed to give you a few critical things to keep in mind when using EFT...

1. Always calibrate how you feel before you start the tapping process. In other words, rate the feeling, typically from a 0-10 scale. This gives you something to gauge your progress.
2. When tapping, say the affirmation of “Even though I have this _____ feeling, I deeply and completely accept myself” by filling in the blank with however you feel. This means if you feel “crappy,” SAY “Even though I have this crappy feeling.” Say how you feel!
3. After the first round of tapping, rate the feeling again. You should notice a drop of some sort. For instance, if you started at a 7, you should notice it dropping significantly after one round of tapping – down to a 2, or even lower. Of course, everyone and every feeling is different.
4. Unless you are at a zero in terms of the negative feeling, run through another round of tapping. As before, fill in the blank of the affirmation with how you feel. For instance, if the first round of tapping you described the feeling as “a swirling scared feeling,” notice how it feels after the first round and describe it. You could describe it as “Even though I have a little of this scared feeling, I deeply and completely accept myself.”
5. Some people notice a new feeling may crop up as they run through the process. Think of it as peeling layers off an onion. Tap on the new feeling as well.
6. ALWAYS tap until you reach a zero. The idea is that you are re-conditioning yourself, similar to Pavlov’s Dogs.
7. If you are in public, rather than saying the affirmation out loud, you can just THINK it to yourself, and instead of doing the entire process, just pick a few tapping points – other people will just assume you are lost in thought or just “fiddling.”
8. Another alteration to the basic affirmation of “Even though I have this _____ feeling, I deeply and completely accept myself” is to say “And I don’t need this feeling anymore.” You can also say “I just let it go.” Play with the process and have fun!

