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Getting Started *with*
EMOTIONAL FREEDOM TECHNIQUES



www.guidedenergycoaching.com

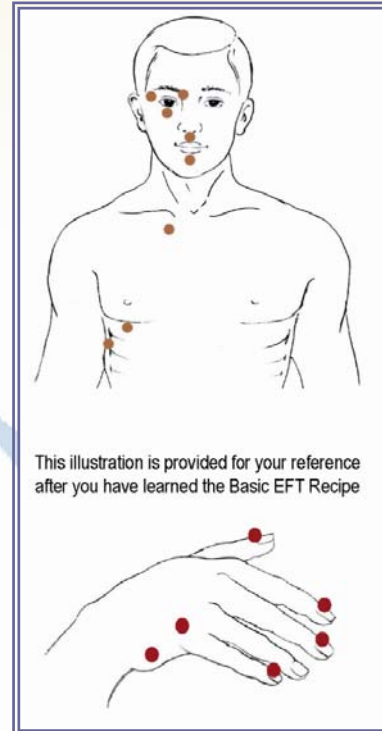
Please consult qualified health professionals before putting these practices into use for yourself or others.

Energy and Experience

Based on the ancient principles of acupuncture, EFT is a **simple tapping procedure** that gently re-aligns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences disrupt the energy meridians that run through our bodies. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we heal that disruption. Properly applied, EFT quickly re-aligns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often removes the resulting symptoms.

EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.



The Sky's the Limit

Extensive application of EFT has shown impressive improvements in a wide variety of issues, including but not limited to the following:

PERSONAL PERFORMANCE

Integrity: Path meeting Purpose
Public Speaking Anxiety
Abundance
Weight Loss
Business and Professional Goals

EMOTIONAL CHALLENGES

Phobias
Child Behavior
Anger Management
Depression
Long-standing Resentment
Insomnia
Severe Trauma (PTSD)
Addictions
Sexual Abuse
Relationship Issues

PHYSICAL DISEASE

Pain Management
Migraines
Allergies
Chronic Fatigue Syndrome
Multiple Chemical Sensitivities
Hypertension
Fibromyalgia
Cancer
Multiple Sclerosis
Parkinson's Disease
Cystic Fibrosis

OTHER

Surrogate Applications
Animal Healing

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How Is It Done?

The following steps outline the basic EFT recipe for a tapping away a single issue. It is helpful to first familiarize yourself with the location of the key tapping points on the accompanying diagram.

1. FOCUS your thoughts upon a specific problem: a troubling past event, current feeling, or recurring unpleasant thought, and rank the intensity of the problem on a scale of 0–10.

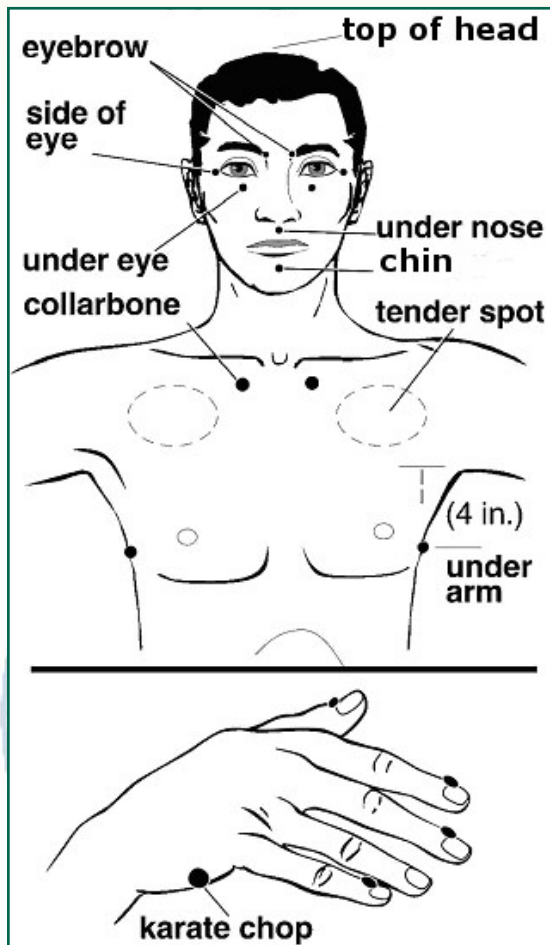


2. While rubbing the sore (tender) spot or tapping the karate chop point, create a **set-up** by stating the problem out loud in the form of “*Even though I have this [INSERT a phrase describing the feeling / problem / past event],*” followed by an **affirmation**, e.g. “*I deeply and completely accept myself*”. Repeat the setup + affirmation phrases **3** times to be sure to engage the subconscious mind.
3. While gently tapping through all the energy points (tap ~5–12 times on each point), one by one, continuously repeat the reminder phrase out loud, i.e. “*this [feeling / problem / event]*”. Be sure to breathe normally.
4. Keeping the feeling/problem/issue in mind, now state the affirmation phrase, e.g. “*I deeply and completely accept myself*” continuously out loud, while tapping through all the energy points again.
5. Take a deep breath. Rank your current intensity about the problem on the scale.
6. Repeat steps 1–4 until the intensity is zero, adjusting the setup phrase to address the current feeling, i.e. “*this remaining [feeling / problem / event]*”.
7. Start over from step 1 for any other aspects of the issue that might have now bubbled up to the surface.

Tips for success:

- ✓ Keep your thoughts focused on the specific problem/feeling/event while tapping.
- ✓ Drink a glass of water before starting – energy flow is optimized when the body is hydrated.
- ✓ If new aspects or events related (or seemingly **unrelated**) to the problem pop into your head while tapping, add them to your list of issues to be tapped away.
- ✓ A sense of physical release is common when using this technique. Welcome tears, a feeling of lightness or relaxation, or unusual amounts of yawning, as evidence of healing!
- ✓ The points can be tapped in any order. Often tapping only a few of the points is just as effective as tapping all the points. If a certain point feels especially good, keep tapping there.
- ✓ Rewrite the affirmation phrase to suit your personal style: e.g. “*I deeply and profoundly love myself*”, “*I choose to accept myself anyway*”, “*I choose to enjoy perfect health*”, etc.

Energy Tapping Points



Start by stating the setup + affirmation phrases 3 times. This can be done while rubbing the **tender spot** or while tapping on the **karate chop** point of one hand with the tips of all four fingers of the opposite hand. Use the same pressure you would use to make a drumming sound on a tabletop. *Tap, tap, tap, tap, tap, tap, tap.* Use the fingertips on the index and middle fingers, on one or both hands, to begin tapping on each of the points, about 5–12 taps on each point. Start at any point, e.g. the **eyebrow** points located at the beginning of the eyebrow, nearest the center of the face. The **side of the eye** points are located on the bone at the side of the eye (not so close that it feels like you're poking your eye, and not so far away that you are tapping at the temple). The **under the eye** points are on the cheekbone, under the eye about even with the pupil. Tap **under the nose** roughly midway between the bottom of the nose and the top of the lip. The **chin** point is mid-way between the bottom of the lower lip and the chin, in the indentation. The **collarbone** spots are located about one inch down and over towards the outside of where a man would tie his tie. Use all four fingers on each hand to tap the collarbone spots. The under the arm point is located about 4 inches below the armpit. Finish off by tapping the top of the head to help make the round feel

complete. When tapping for instant relief in a public place, try just using the thumb to tap on each of the other four fingers of the same hand, one by one, on the inside of each finger near the tip. Tapping just the karate spot, or the inside of the wrist, works nicely, too.

Remember: Any mechanical stimulation, a massage for example, creates a *piezoelectrical* current in the body. Thus, each point you tap resonates throughout the mind-body energy system. If a particular point just *feels right*, take a breath and keep tapping on it. Learn to trust your intuition early in your use of EFT.

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EFT Coach Michelle Gabbe

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Experts Agree



Deepak Chopra, MD

"EFT offers great healing benefits."



**Cheryl Richardson, Master Certified Coach and
New York Times Bestselling Author**

"EFT is destined to be a top healing tool for the 21st Century"

*"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools... as it is for me." **Eric Robins, MD***

*"My doorman told me that after suffering from weekly and sometimes daily migraines since childhood, he hadn't had a single migraine since the EFT treatment, which was between 5 and 6 years ago. He still doesn't understand what went on in my office, but is thrilled with his relief." **Dr. Carol Look, LCSW, DCH***

*"EFT has been for me, the single most effective technique I've used in my 45 years of practice as a psychiatrist." **Curtis Steele, MD***

View a demo video of EFT at: www.guidedenergycoaching.com

Foundation of EFT

EFT was introduced in 1995 by Gary Craig, a Stanford Engineering graduate in lifelong pursuit of personal well-being.

"I have been intensely interested in personal improvement via psychology since my age 13. That was when I recognized that the quality of my thoughts was mirrored in the quality of my life. Since then I have been self taught in this field, seeking only those procedures that, in my opinion, produced results. EFT is my latest finding, the core of which I learned from Dr. Roger Callahan. I also have high regard for Neuro Linguistic Programming (NLP), in which I am a Certified Master Practitioner."

Gary Craig is neither a psychologist nor a licensed therapist. He is an ordained minister through the Universal Church of God in Southern California, which is non-denominational and embraces all religions. He is a dedicated student of A Course in Miracles, and approaches his work with a decidedly spiritual perspective. However, there is no specific spiritual teaching connected to EFT or its Practitioners.

*"I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular. *It often works where nothing else will.*"*

Gary Craig, Founder of EFT



Gary Craig applies EFT to an ALS patient at a workshop on Serious Diseases.