



# EFT – THE BASICS

EFT - the basics of how to do it  
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# **EMOTIONAL FREEDOM TECHNIQUES**

## **The basics**

**All Stress related illness, anxiety, phobias & addictions have a root cause in Emotional problems**

**Now you can find the Freedom to resolve them with this powerful Technique**

**'The cause of all Negative Emotions is a disruption in the Body's Energy System'**

# EFT Basics

## **EFT®: The surprising natural healing aid you can use for almost everything**

Emotional Freedom Techniques (EFT) is an emotional, needle free version of acupuncture, based on new discoveries regarding the connection between your body's subtle energies, your emotions, and your health. EFT has been reported successful in thousands of cases covering a huge range of emotional, health and performance issues. It often works where nothing else will.

Best of all, anyone can learn and use EFT and you don't need specialized schooling for it.

Experience EFT's results for yourself - after you have read the instructions, **you can perform your first "rounds" of personal tapping in a few minutes.**

But as you begin using these techniques, we urge you to bring these procedures to the attention of your physician(s) as they may reduce the need for drugs, surgeries, radiation and the like. Nothing contained herein should be considered a medical claim or medical advice.

**The above was taken directly from the web site of Gary Craig the founder**

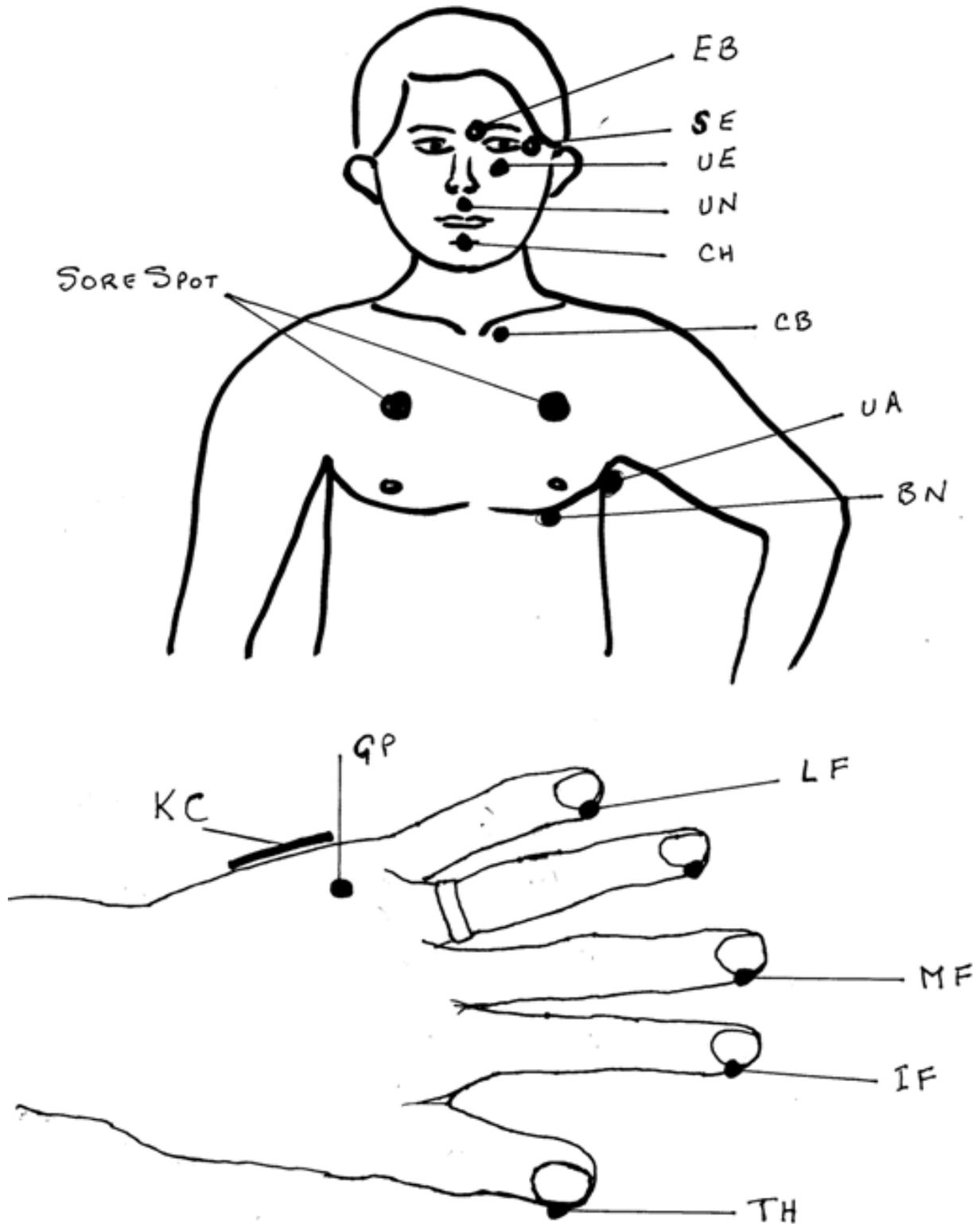
We believe that even though EFT can be learned from reading and watching DVD's, it's power lies in having been shown how to do it by a practitioner.

The best results are when you have knowledge of how to go about it and are relaxed enough to get to the best emotional state.

So see if you can book a 1-2-1 or attend a workshop, then you can carry on with a deeper understanding of this remarkable technique.

Feel free to download this and practice, but please do not be disheartened if you feel that it is not working. It just takes a little effort ..... or contact me for expert help

# PICTURE OF TAPPING POINTS



## THE TAPPING POINTS

SETUP: KARATE CHOP (Side of hand) or SORE SPOT- the point on your chest where you'd pin a medal or brooch, approximately 3in down from the notch in your throat and 3in to either side where it feels sore. (Actually a lymphatic node)

- 1... EB EYEBROW- start of the Eyebrow on the bridge of the nose
- 2... SE SIDE OF EYE- on the bone at the corner of your Eye
- 3... UE UNDER EYE- on the bone just below the eye
- 4... UN UNDER NOSE- between nose and upper lip
- 5... CH CHIN- the cleft under the lower lip
- 6... CB COLLARBONE- just under the point of the bone
- 7... UA UNDER ARM- on the side of the body in line with nipple
- 8... BN BELOW NIPPLE- under the bust (tap with outside of hand, KC)
- 9... TH THUMB- all finger points tap on the outer side of the nail
- 10... IF INDEX FINGER- as above
- 11... MF MIDDLE FINGER- as above

(The ring finger can be omitted because that meridian is accessed on the Gamut point.)

- 12... LF LITTLE FINGER- as above
- 13... KC KARATE CHOP- on the fleshy side of the hand
- 14... GP GAMUT POINT- on the back of the hand between the knuckles of the ring finger and little finger
- 15... CR CROWN of HEAD- on the top of the head. (This is one of several points that have been added to the original points.)

Tap each point with the index and middle fingers of either hand, about 6-7 times.

You can tap either side with either hand or both together for a double whammy!

TAB... Alternatively touch each spot while taking a deep breath.

Each of these points contacts a specific Meridian but you don't need to know what they are because in effect you are covering them all.

## THE BASIC EFT RECIPE

### THE TAPPING SEQUENCE

1. **SUDS:** (Subjective Unit of Disturbance) Focus on a recurrent emotional issue (or pain) to bring the feeling into your current awareness. The key in this process is to feel the emotion (or pain) in order to set up a disruption in the meridian system. As you experience the intensity of this emotion evaluate the strength of feeling on a scale of 0 to 10... where ten is the worst it can get. If this is too traumatic to recall just guess.
2. **STATEMENT:** Make the statement that describes how you feel about that emotional disturbance.  
*'Even though I have this ..... I **completely accept myself...**' (Without judgement)*  
*'Even though I hate having this feeling of... I **absolutely love myself...**' (I'm doing the best I can.)*  
*'Even though I can't stop smoking / eating/ drinking etc. I **totally forgive myself...**' (for anything I may have done to cause this problem)*
3. **THE SETUP:** Say this out loud while rubbing the 'Sore Spot' or gently rubbing the chest area with the flat of your hand... OR tap the fleshy side of the hand with the fingers of the other hand. (KC point.)
4. **TAPPING SEQUENCE:** Using the index and middle finger of either hand, tap on each of the points in succession, saying out loud a REMINDER PHRASE, such as... *'This fear of...'* or *'This feeling of...'* or *'This craving for...'*
5. **REVALUATION:** When one round of tapping is completed, focus again on the issue and notice any difference in the emotional intensity. Evaluate the SUDS again. Do this after each round of tapping until the intensity has gone or dropped to a reasonable level.

If you find it difficult to say... *I accept, love and forgive myself...* it may be easier to say... *I'd like to accept the possibility that I can accept/ love/ forgive myself.'*

Or you could just say whatever feels appropriate for you, such as *'God loves me...'* *'I deserve good health...'* *'I accept that I'm doing the best I can...'* *'I'm willing to accept that I can heal myself...'* Etc.

It is my belief that ACCEPTANCE, LOVE and FORGIVENESS are the roots of Body, Mind and Spiritual Healing.

## SOME SHORT CUTS AND EASY TAPPING

**Once you have done several full rounds of EFT and set the body up for tapping, these simple versions and shorts can be used at any time**

**Faster EFT** – Think of the issue, take a deep breath and tap on Eye brow, Outer eye, Under eye, Collar bone and then hold your wrist with the other hand. As you do this, say 'Peace' to yourself and breathe deeply again. **Repeat as often as needed**

**Finger Tapping** – using two fingers of one hand Tap on the finger points of ALL the fingers of the other hand and follow up by tapping on the Gamut point.

**The Stairs**- With practice you can do the above by using your first finger, round the thumb to squeeze the thumb point. Then using your thumb, squeeze the other finger points in turn, then back again. Doing with both hands will bring down anxiety, fear and stress.

**Massage** - Using one hand massage the Karate chop and Gamut point at the same time – thumb on the Gamut and fingers on the Karate chop. This is soothing, good for controlling pain and can be done very discreetly.

*As with all alternative and natural therapies, they are best used in conjunction with allopathic and current medical practices. Please see your doctor or other health professional to clarify the source of pain and illness.*

**If all this is just too much to take in we can have a short session to get you started**

**Diane Holliday ©2015 (rev 2)**

*Caring support for life's ups and downs*

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