



**EFT (Emotional Freedom Techniques)
And
Other Therapies for The Relief of Pain**

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EFT (Emotional Freedom Techniques) and Other Therapies for The Relief of Pain

So you are not well; you have pain due to injury, arthritis, failing joint function or illness. These are common sources of pain and even more so are toothache, sprained wrist, insect stings and burns, ingrown toenails or general bruising.

Pain is the body's way of telling you something is wrong and should never be ignored. But once you have established what is the cause of your pain, there are ways to mitigate the discomfort, in many cases without resorting to chemical analgesics, which can cause internal bleeding or other problems.

Whatever the cause of physical pain there can be an emotional basis, but not often in the case of accident or injury; they are just accidents and can be helped in fairly simple ways. Those longer term pains though often have a hidden emotional background and when using the EFT techniques, it can be helpful to spend some time with me or another practitioner to uncover and clear these emotional blocks. In the long term, clearing the causes of pain will reduce the recovery time and also the pain relief is increased.

There are several techniques you can learn which will help to reduce pain and discomfort and in many cases will start the healing process.

Learning to 'breath' out the pain

Mostly we don't breathe very well at the best of times and when we are in pain we tend to breathe only in short shallow breaths from the top of the chest.

This technique will increase the oxygen to your brain and also calms and reduces pain.

1. Counting to three, take a long deep breath from the bottom of the lungs
2. Hold at to the top to a count of three
3. Gently let the breath go, again to a count of three

Repeat this a couple more times to get the idea.

Now as you breathe in, feel the pain and give it a rating from 0-10, 10 being really bad.

Breath out and LET THE PAIN GO

Just by concentration you can feel the pain lessen, you may need to this several times but ensure you are sitting down so that you will not fall if you feel lightheaded.

Now check the pain level and it will have gone down.... just repeat until you are comfortable.

Visualisation – seeing the pain reduce/disappear

Visualisation is a rather neglected but extremely powerful technique, in relation to pain try following this routine; it may take a little practise but it is well worthwhile.

If you need some help with visualising body parts, look for pictures on the internet; this way you will have an idea of where the pain is located. For instance, if the pain is a migraine you may be able to see the throbbing part of the brain as if you were having an x-ray.

- Sit comfortably and close your eyes
- Start with a long deep breath (see above)
- Rate the pain 0 -10
- Now picture the area of the body where the pain is
- Now we have to find an appropriate visualisation.....the following are just ideas to get you started, please think about what is good for you.

Arthritis, Joint and back pain

Imagine you have an army of 'little men' or similar smoothing the joints, maybe adding WD40 or other lubricant to the joint, polishing away to remove all traces of sharpness and discomfort.

Head – migraine, toothache, tense jaw, burns, insect bites etc.

Imagine soothing warm water (cold for burns) running over the affected area, washing away and neutralising the pain. This is a never ending stream and will clear the pain, just keep it running...!

Digestive Discomfort, Indigestion, IBS, Stomach ache, Constipation

Visualise soothing chicken soup or warm custard flowing down your oesophagus into your stomach. Clearing away all pain as it goes, then on down through the intestines and eventually whatever is left, out in your stools.

Muscles, strains and cramp

Visualise the muscles and using 'little men' or a masseur's hands, stretching and smoothing the area until the pain has gone. Add some form of warmth, like a hot water bottle and blanket....in your mind of course.

Cancer or Tumours

Lumps can be uncomfortable and in some cases painful so this will work to assist any medication or treatment you are already having.

We do have an idea of what a 'lump' looks like. So now we need to reduce the size by concentrating on the cells within the tumour and allowing them to die; we do not wish to 'fight' cancer - that makes it stronger, read up on the Law of Attraction if you want to know more. We can see the tumour decrease over a period of time by doing this on a regular basis.

Visualise the lump and acknowledge it is there and it's in your body so you can make it go. Now see it getting smaller, by whatever means suits you. Each cell will shrink so the whole becomes less.

Cancer of the bone or lymphatic's is a little more difficult to imagine, so get the pictures and work on what you WANT TO SEE...use any of the other visualisation ideas. One of my clients has green smoothies twice a day and 'sees' this going through the body mending/changing all the areas where cancer has taken hold.

When pain is present just tapping for relief alongside the visualisations will help.

Broken bones

Here we have to be careful and not remove all the pain. For instance, if you have a broken bone in the leg and then walk on it, you could do more harm than good. Just reduce the pain using EFT and breathing; if you choose to use visualisation, just see it being mended after the Doctors have set the bone in place.

Now check the pain level and it will have gone down.... just repeat until you are comfortable.

EFT – tapping away the pain

With EFT (Emotional Freedom Techniques) we look for the causes of the pain but even without this, the tapping will help to alleviate the tension and pain.

See the Diagram and follow this tapping routine;

First feel the pain and give it a rating from 0-10, 10 being really bad.....

SETUP: Even though I have this pain, I know I am OK (repeat three times)

1... EB This pain in my.....

2... SE This pain in my.....

3... UE I don't need this pain

4... UN I choose not to have pain

5... CH I choose to let this pain go

6... CB I am the one who heals my body

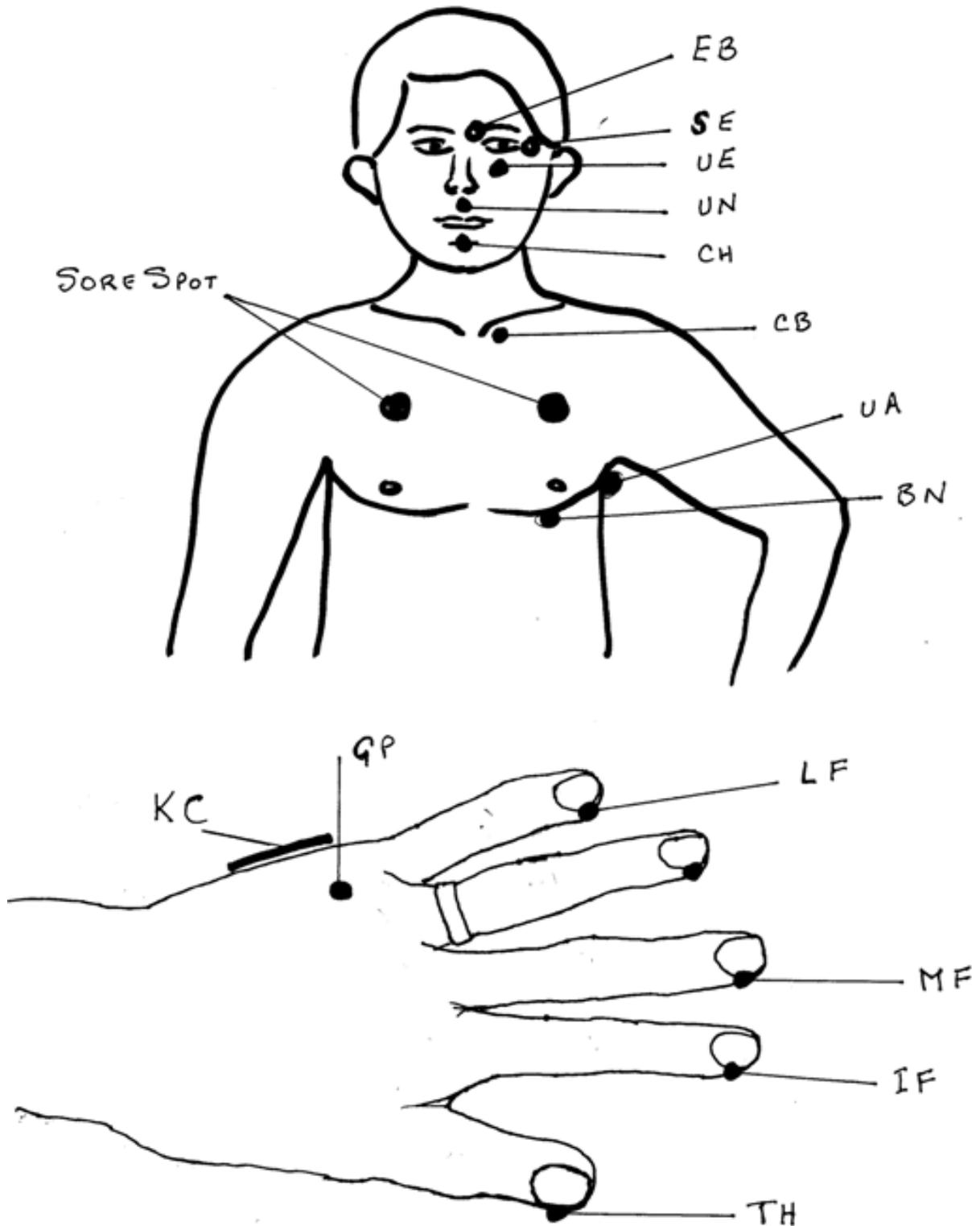
15... CR I let this pain go

Repeat this a few times and add words and phrases that come to you and mean something in connection with the pain or trauma.

When you have done this routine several times you will be able to use the shortcuts and points on the hands, as and when you need to.

Now check the pain level and it will have gone down.... just repeat until you are comfortable.

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.

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