



# WHAT IS EFT AND HOW DO WE DO IT

Freedom from emotional baggage with EFT

Simple steps to EFT and a better life

Diane Holliday

## EFT is a self-help technique

EFT (Emotional Freedom Techniques) is a body-mind therapeutic tool that makes use of meridians and language through tapping on certain areas of the body while reframing the way we think. For instance, if you are feeling angry, the practitioner will first ask questions to determine the cause, then along with the tapping, reframe the words and phrases that describe that feeling of anger until it can be re-channelled into forgiveness and acceptance. The body has then re-balanced and the anger is gone.

Sounds so simple and executed well, it really is.

**Meridians** are invisible pathways in the body and will be familiar to you if you have had any acupuncture or reflexology.

*According to Wikipedia - The **meridian** is a concept central to [traditional Chinese medical techniques](#) such as [acupuncture](#), and to [martial arts](#) such as [tai chi](#) and [qigong](#). According to these practices, there are channels along which the energy or [qi](#) of the psychophysical system is considered to flow. Such techniques are said to achieve their effects by manipulation and, ideally, balancing of the energy running through a network of complex bodily patterns. There is no physically verifiable [anatomical](#) or [histological](#) basis for the existence of [acupuncture points](#) or meridians.*

So, with EFT we help the body to rebalance its energy pattern. Everything is energy and we are all energy, as every atom of everything in existence is pure energy.

This may not be easy to understand, but if you think about cooking with gas; you see the flame, which heats the food. An electric cooker does exactly the same to your food, although you can't actually 'see' electricity. You see the wind blowing the leaves on the trees, but this is the effect of the wind and not the wind itself.

As you will have read from the Wikipedia extract, 'there is no physically verifiable anatomical or histological basis for the existence of meridians' but we are aware that there is more to our brains, bodies, our surroundings and even our planet, than science can readily explain. Quantum mechanics has discovered that a particle will only exist when something else moves. It takes an interaction to make something happen.

More about this at....[http://en.wikipedia.org/wiki/Motion\\_%28physics%29](http://en.wikipedia.org/wiki/Motion_%28physics%29)

Lynn McTaggart wrote a fascinating book about the zero point field, called The Field... well worth a read if you want to more about the science behind all this. <http://www.amazon.co.uk/Field-Quest-Secret-Force-Universe/dp/0007145101>

EFT is a collection of similar techniques, (please note the plural), all with a similar form and outcome. As practitioners we develop our own ways of using EFT, even though we will all have been trained in the same basic method. Meridian Energy Practitioners who may use other acronyms do much the same but it is the practitioner, using whatever technique in which they are trained, with intuition, intention and integrity that get the best results.

There is much that has been written about how EFT effects the brain and one trial has shown that energy localised for an emotion, can easily be changed for the better by tapping. See the following article from [www.3earthfriends.com/eftandbrainwaves.html](http://www.3earthfriends.com/eftandbrainwaves.html)

## ***EFT and Brain Waves***

*Throughout our experience of over 15 years of study in the scientific realms of neuro-feedback and biofeedback, we have come upon a fascinating discovery using EFT while the client is being treated.*

*Biofeedback is based on the practice of brain wave monitoring, heart rate measuring, and the monitoring of other biological functions for the purpose of boosting performance and assisting in improvement of mental and physical health. We have recently encountered some amazing observations that could assist in making EFT, and the benefits that the person is receiving, instantly visible during an actual tapping session.*

*There are four main frequencies of brain waves, they are named- Beta, Alpha, Theta and Delta, each denoting a function of the brain that we all use. The equipment that measures brain waves shows all four frequencies flashing in different colours on a monitor in real time. We can observe these changes as the session is happening. We can additionally watch another monitor measuring heart rate variability at the same time, as the heart also responds instantly to emotionally charged information.*

*Over the last year we have had the opportunity to observe these brain wave changes in people while they are receiving EFT sessions. These recordings are done live as the person is receiving, or self treating, with EFT. We are seeing some very rapid and significant changes in the overall brain wave patterns that mirror the release of emotional issues during the sessions. The heart monitoring has also shown instant, healthier responses to the resolution of emotions.*

*While these are initial field studies, and more controlled studies should be done, there are some important shifts that suggest an accelerated movement towards improved brain function using EFT. Initially, during the course of a session as personal issues are being resolved, we see a decrease in overall brain wave energy. This reduction in energy occurs more rapidly than in just a simple relaxation period, often within a single round of tapping. There are many in the field who feel that as the brain works more efficiently, the amount of energy in the cortex, or surface of the brain, decreases. This is exactly what we observe.*

*Along with this was an increase in brain symmetry that is both sides of the brain, the hemispheres, begin to work together in a more balanced manner. People often have the mistaken assumption that they are either right brained or left brained, in truth we are both, and the two sides of the brain need to work together for optimal health and performance. This is what we see happening over the course of a session, people have increased hemispheric integration or balance.*

*Next we observed a general decrease of energy in the highest frequencies, sometimes called beta one and two. This band of energy is often associated with emotional intensity, anxiety, stress, negative ruminating and possible history of addictions. This energy band shows a decrease as emotional issues of the moment are released during tapping. As another layer of the story unfolds, beta can flare again as the new issue emerges, followed by more tapping, until it again is reduced to a new healthy level. This makes it possible to determine whether or not the person has another layer of issues to access for further tapping.*

*As people tune into their issues we also see an increase of energy flares in the slower frequencies called alpha and theta. These frequencies show an internal focus and the emergence of memories often associated with the symptoms at hand. Without an alpha bridge emotional memories in the theta range are often lost, or remain unconscious. So it is important that we can see an increase of this alpha bridging occurring with the EFT. This allows people to more readily connect with the issues that need to be resolved. We can visibly see the theta brain wave spikes, even when the person may not be conscious of the emotional connection to what they are saying.*

*Finally, as core issues begin to be resolved we are able to see, in some people, the development of what we call the high performance mind, also called the "Awakened Mind" pattern. This pattern occurs in moments of emotional, personal, creative, and spiritual insight. It is the pattern we see in long time mediators. It is the pattern of a brain that is humming along at optimal performance, like a well tuned engine. It would appear that as EFT quickly aids in resolving long term emotional issues it also can tune the brain to its highest levels of performance. Other measurements of the stress response, such as heart rate coherence, show reductions of stress, and an increase of healthy functioning on all levels.*

*Gary Groesbeck BCIAC Fellow EFT-ADV*

*Donna Bach NDEFT-ADV*

More can be found here <http://www.emotional-freedom.com/tapping-brain-scan.htm>

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Understanding the way we use language, is important as the corner stone of changing the way we think; thoughts change actions and so will eventually change the way we behave. Addictions are a useful analogy here; by changing the way a person thinks about, say cigarettes and their relationship to health, how they smell and their interaction within society in general, we re-educate the brain to think that this is not a great thing to do! Tapping at the same time changes the body's reaction to cigarettes and so the addiction and habit is cleared.

Many practitioners use NLP [http://en.wikipedia.org/wiki/Neuro-linguistic\\_programming](http://en.wikipedia.org/wiki/Neuro-linguistic_programming) as a tool to help in the re-framing of limited beliefs and emotional trauma. In the reframing it is important that the client speaks the words out loud so the brain will get the message twice, once in the pre verbal thought and again in hearing the words.

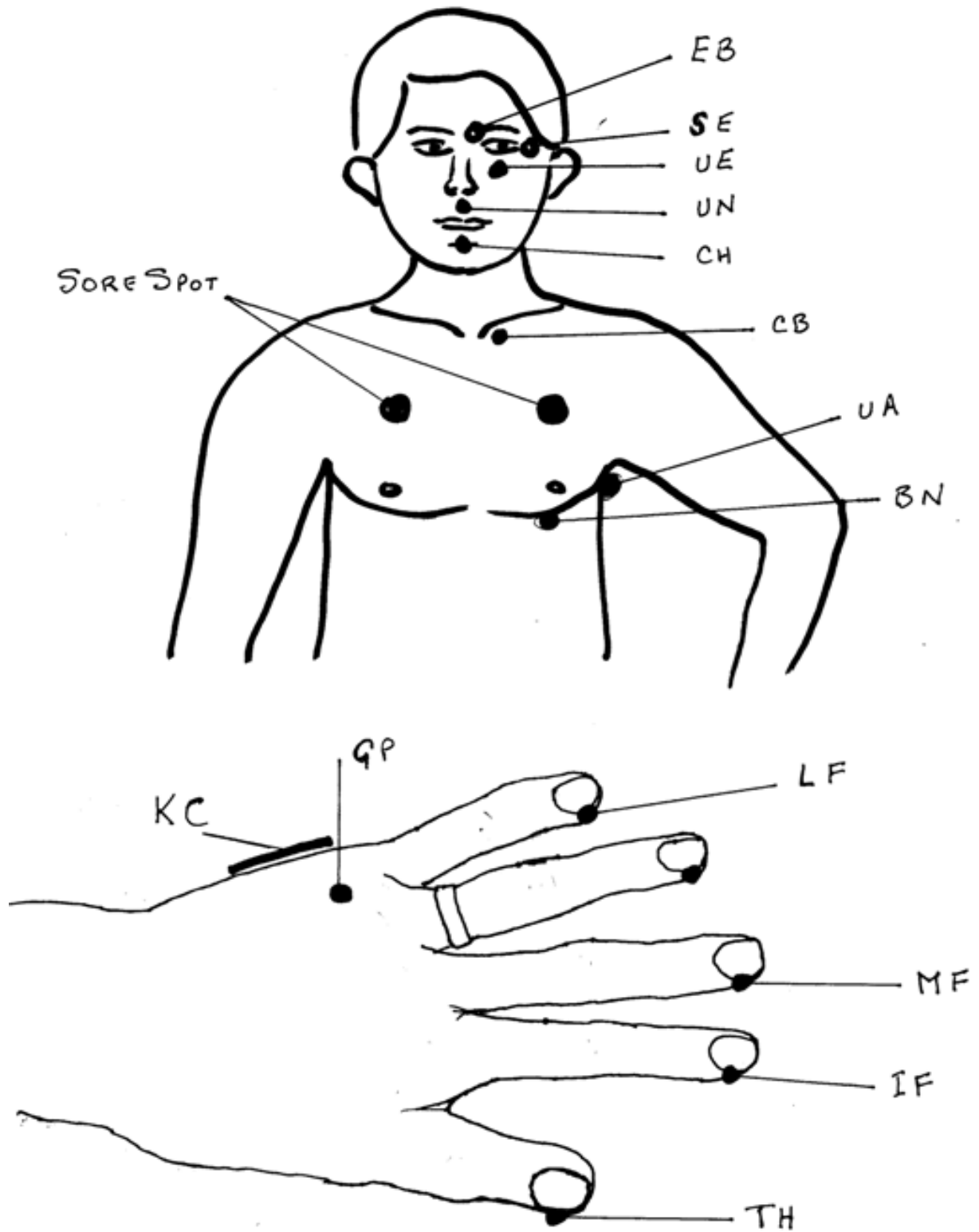
We are not just using affirmations because affirmations alone will not be enough to change your energy. It is in reframing of the words we use while tapping at the same time that changes everything and balances the energies.

In the EFT world we talk about 'finding the core issue' and in most cases this is fundamental. In practise there is often no need to recount an emotional incident, but simply to hold it in mind. In dealing with a difficult trauma for instance, there is no need to tell your practitioner actually what happened but just to remember enough to feel the emotion again. We give this a rating called SUDS (Subjective Unit of Disturbance Scale) from 0 to 10, with 10 being high. During the tapping sequences we test how the client is reacting by checking the SUDS until we can achieve 0 or maybe just 1 and in doing so, the issue and emotional pain is cleared or dissolved.

## Here is how we do it...

The picture below shows the main tapping points, although there are others and we may not use them all.

# 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.**



## What do we say?

Many times I see clients who experience great and lasting changes but find it difficult to do any work on their own. “You use such powerful words and I don’t know what to say” is a familiar plea.

So I eventually wrote a workbook [EFT: Finding The Words](#), which can be purchased on request, here is an extract to give you the idea. What we do is....

1. Accept the issue, using the negative words
2. Change the words to positive which changes the way the body and brain respond
3. Forgive those who are caught up in the issues, including yourself

Here are the extracts from the book, there are many more topics but this will give you an idea.

## Abandonment

There may have been times in your life when you have felt abandoned, or have yourself abandoned a person or a situation. These phrases may help you tune in and forgive yourself and others.

Finding the core issues	Finding the words to re-frame
I was abandoned/I abandoned..... I was left alone/I left.... behind It’s very painful to remember It has affected my whole life I can’t ever forgive or forget It keeps on happening This has left a void in my heart I am scarred with this pain I feel scared of this happening again	I /they did what was right at the time That was then and this is now I choose to forgive (him/her/them/me) There is no reason to let this affect my life I choose to let this go It will not happen again My heart is full of love I let the pain go I feel safe and loved

## Addictions

Addictions cover many aspects of life; alcohol, cigarettes, drugs, shopping, gambling, even over eating certain foods like chocolate! Please just concentrate on your issue where I have put dots. ....

Finding the core issues	Finding the words to re-frame
I can’t live without.... I have to have..... It won’t do me any harm My Grandparents....all their life and they were OK It’s not hurting anyone else I deserve my treat I work hard and this is my reward I look forward to my..... It blocks out the pain/issues in my life	I know I have to stop this My addiction is making me ill My addiction is costing too much money It’s unfair to my family I am stronger than..... (it) I want to be free of..... (it) I know I am better than this and I choose change I am beating this .....now I choose to be free of my addiction

## Anger

This is a very powerful emotion and can affect every moment of your life. You may be feeling angry with life in general or something more specific. This can also be an underlying emotion in relationship and career issues.

Finding the core issues	Finding the words to re-frame
This anger feels like..... He/she said....and that makes me very angry My life is not meant to be like this Nothing goes right for me My partner makes me so cross My job is a washout and I hate it No matter what I do, it's wrong I am ill/in pain and I don't deserve this I have never been loved - I have no real friends	Anger is a waste of energy Anger will change nothing I choose to release my anger I am free of anger and frustration I am loved by everyone, I am safe I forgive myself for holding this anger I choose to believe I can change My body deserves love and compassion I choose to be free of anger

## Relationship Issues

Relationship issues are not just about your partner; they cover parents, family, friends and work colleagues. Be specific when you can and find the words that suit your issues.

Finding the core issues	Finding the words to re-frame
I hate..... He/She makes me sick I am angry with....because.... I can't bear him/her to be near me..... He/She must hate me because..... We will just never get on He/She has never liked me There is no way I want to talk to.....again I feel so sad that this has happened	I want to forgive I need forgiveness I release my anger and hatred I choose to think differently about..... I realise it was no one's fault I know we can start to talk about this I choose not to hate anyone I wish to mend this relationship I choose to forgive and move on

The whole point of the tapping routine is to eliminate emotional pain and to do that we have to find the cause. When you tap on a regular basis you will find thoughts and memories coming back to you. A really good method is to write these down when they come to you and work on them in a systematic way when you have the time.

The best way to work through a lifetime of issues is to do the **Personal Peace Procedure** which you can download from my website. This is another workbook to guide you and is FREE.

## How I work

I know many EFT and energy Practitioners who have exceptionally good results. But I can only explain how I work to get my consistently amazing outcomes.

I work face to face, by telephone and Skype, so distance is no problem and sessions can be fitted in around a client's busy schedule. The first job is to take some personal details and agree a course of action.

For clients with deep seated emotional and/or physical trauma I offer a series of sessions at a discounted price. For the average client the quantity of sessions required is around two to three, although sometimes the main issues are resolved in the first session and having then been taught how to do the tapping, the client can carry on at home until the issue in question is completely cleared.

Some clients will have one or two sessions and be happy with the results, while others may require regular sessions, maybe once a week or once a month over time, to find and eliminate the core issues and many aspects of their emotional pain.

Whoever you choose to see, it's best to ensure that I have been well trained and have a rounded skill base. For instance I combine my coaching and therapy skills and years of training others, with EFT to get good, consistent results with my clients.

This is the most remarkable tool for helping people that I have ever seen and am proud to be able to offer my skills to you.

Please contact me if you would to talk and discuss a course of sessions.

Happy tapping

### **Diane Holliday**

**Confidential Counselling, Life Coaching & Emotional Therapy (EFT)  
Dowsing Services and Spiritual Support**

**Tel:** 01273 640895/07989 078556

**Skype:** diholiday61

**[www.dianeholliday.co.uk](http://www.dianeholliday.co.uk)** **[diane@dianeholliday.co.uk](mailto:diane@dianeholliday.co.uk)**

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