

EFT – The theory

Many accept the concept that our minds have the power to change our bodies, our lives, and our beliefs, it is also possible to change all of these factors using the pressure points of the body. Acupuncturists have used these points on energy meridians to heal conditions for thousands of years. Now people are learning that tapping and rubbing on these same pressure points makes it easy to change our beliefs, feelings, and health. This is the concept behind Emotional Freedom Technique.

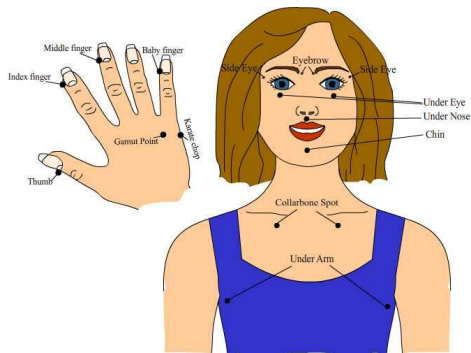
How I came to EFT

- About me
- I have no credentials but had Grave's Disease twice
- Went the doctor route first time
- Used other modalities to deal with my illness
- Came to conclusion that most illness results from handling stress poorly
- Came across EFT in my search for ways to handle stress

“Think of anxiety as a powerful magnet that has locked onto our body’s nervous system, causing an electrical storm in our brains and nervous system. By tapping on the selected energy meridians and changing the polarity of those “anxiety magnets,” we are neutralizing and releasing anxiety’s hold in our body.” (Lindsay Kenny, *Freedom at Your Fingertips*, p. 49)



Ball's EFT Points



Tapping Points – Short List

- Eyebrow or Eyebrow 1
- Side of Eye or Eyebrow 2
- Under Eye
- Under Nose or Mustache
- Chin
- Collarbone
- Underarm or Side
- (Some use Under Breast I don't)
- Thumb (I say 1st finger)
- Index (I say 2nd finger)
- Middle (3rd finger)
- Fourth finger (I use this)
- Pinkie or Baby(5th finger)
- Gamut or V spot
- Karate Chop Sore spot or Pledge

What if EFT doesn't work?

If I get over this anxiety,

- I may not be safe
- I won't have an excuse for my life not working
- I may not know who I am anymore
- I won't know how to act as a functional, non-victim or non-anxious person
- I won't get the attention (or sympathy) I get now
- I don't deserve an anxiety free existence

(Kenny, *Freedom at Your Fingertips*, p. 54)

For Successful EFT

- Be persistent
- Be specific about the issue
- Be vigilant about finding the core issue
- Be aware of reversals
- Be gentle with yourself
- Read as many of the case studies on anxiety & other issues as you can (www.emofree.com & other)

(Kenny, *Freedom at Your Fingertips*, p. 57 & 58)

Worry Cycle

Practicing the Relaxation Response

1. Sit or lie in a comfortable position.
2. Close your eyes.
3. Relax your muscles, from the feet up.
4. Choose a word or phrase to repeat with each breath.
5. Continue for 10 to 20 minutes.

(Paraphrased from *The Relaxation Response*,
Herbert Benson, M.D., p. 172 & 173.)

Conditions Improved by the Relaxation Response

- Angina pectoris
- Cardiac arrhythmias
- Allergic skin reactions
- Anxiety
- Mild/moderate depression
- Bronchial asthma
- Diabetes mellitus
- Duodenal ulcers
- Fatigue
- Insomnia
- Nervousness
- All forms of pain – backaches, headaches, muscle & joint pain, postoperative pain, other
- PMS
- Rheumatoid arthritis
- Side effects of cancer & AIDS

(The Relaxation Response,
Herbert Benson, M.D., p. 32,
33)

Breaking Through Reversals

- Even with all my problems & limitations, I completely accept myself.
- Even if I want to keep this problem, ...
- Even if it isn't safe for me {or for others} for me to get over this problem, ...
- Even if getting over this problem won't be good for me [or for others], ...

(Instant Emotional Healing: Acupressure for the Emotions, George J. Pratt, Ph.D., & Peter T. Lambrou, Ph.D., p. 255, 256)

Steps of Focusing

- Prepare – get comfortable, relax
- What's bothering me just NOW? Name each thing and put them together
- Which one feels worst? (Don't make judgments or seek solutions now)
- What does it look or feel like? Quicksand, sharp, I don't want to touch it
- Does this feel exactly right? Is there a better word or quality?
- Ask it what it is, what does it need?
- Welcome what comes, even if you can't fix it NOW
- Is another round of focusing needed to feel peace?

(*Focusing*, by Eugene T. Gendlin, Ph.D., p. 51-64)

Blockage Profile



- How the blockage appears in your life
- How the blockage feels to you
- How the blockage affects you
- What are you reminded of?
- When have you felt this way before? And before?



(Webster, Freedom at Your Fingertips, p. 61, 62)

