

EFT

Emotional Freedom Technique

By Raven Dutko

EFT is an emotional healing technique which is also capable of dramatically relieving many physical symptoms.

It is based on a revolutionary new discovery that violates most of the beliefs within conventional psychology. It contends that 'The cause of all negative emotions is a disruption in the body's energy system.' Have you noticed that you can be feeling physically well and then you get really bad news and you suddenly feel ill? It takes seconds for the body to feel ill from our emotions, whereby, it can take years for the body to get sick from the environment or from body influences like genetics.

With remarkable consistency (50 – 90% depending on experience) EFT relieves symptoms by a seemingly strange (but scientific) routine.

EFT works by tapping with the fingertips on various body locations. Thus tapping serves to balance energy meridians which becomes involved in an emotionally disturbing circumstance of a more negative persuasion. The actual memory stays the same, but the charge is gone. Typically, this result is lasting. Cognition of the changes in a healthy direction is a natural consequence of the healing itself. EFT is a meridian energy therapy – just like acupuncture, it works directly on the meridian system in the body. But instead of needles, you stimulate the major meridian lines by tapping on them. By analogy, think of the meridians as rivers. Upsets in emotional or physical health lead to the equivalent of blockages or overflows in the rivers. EFT is a mind/body healing technique because it combines the physical effects of meridian treatments with the mental effects of focusing on the pain or problem at the same time.

Tapping on the meridian points send kinetic energy down the energy systems clearing the blockages allowing the energy to flow freely again.

Psychological Reversal (PR)

A very important understanding within EFT is the concept of Psychological Reversal, or PR for short.

PR is caused by fear and / or trauma and blocks all forms of treatment, both allopathic (modern medicine) and holistic (alternative medicine).

PR is characterized by a reversed energy flow through the meridians which can be seen

metaphorically as “having batteries in backwards”.

PR results in negative self sabotaging behavior which can manifest in just one issue, or many areas of a persons life.

PR is frequently found in chronic conditions, depression and addictions.

Reasons for the reversal include historic events, decisions, beliefs, stress, polarity switching, energy toxins and environmental pollution.

Some with beliefs causing PR include issues of deservedness, safety, motivation, permission, and benefits in not getting over the issue.

PR correction is built into the EFT protocol by rubbing the Sore Spot or tapping the Karate Chop Point.

The Process

The Basic Recipe is the standard, basic procedure that is employed to treat any emotional/physical disturbance. Once learnt, each round of the ‘Basic Recipe’ should take under a minute or two to perform. The Basic Recipe comprises:

- Set Up
- The Sequence
- The Gamut Procedure
- The Sequence (again)
- Adjustment for subsequent rounds

The Set Up: This sets the stage for EFT to do its work. In this stage you will rub either the lymphatic drainage point known as The Sore Spot or tap the Karate Chop Point, while saying your Set Up Phrase out loud 3 times.

The Set Up Phrase is an accurate description of your issue as possible, in the following format:

“Even though I (Insert Problem Here), I deeply and completely accept myself.”

For Example:

“Even though I get angry at my child, I deeply and completely accept myself.”

“Even though my stomach aches, I deeply and completely accept myself.”

“Even though I ‘m afraid of what may happen, I deeply and completely accept myself.”

“Even though my hip is in pain, I deeply and completely accept myself.”

The Sequence: While holding the problem in mind, you'll tap 8 times or so in succession on each meridian point. To assist you in keeping the problem in the mind, you'll repeat at each point a shortened version of your Set Up Statement called the Reminder Phrase. Reminder Phrases of the above examples might be:

‘Angry at Child’

‘Stomach Ache’

‘Fear of what will happen’

‘Hip in pain’

The 9 Gamut: The Gamut Point is located on a back of the hand, just behind and in between the knuckles of the ring and the little finger. While tapping continuously on the point, you will execute a series of actions that will look a little bizarre looking.

The Sequence (again): Repeat exactly as before.

This constitutes one round of the Basic Recipe.

Adjustment Rounds: In some cases, you may get complete relief of your distress from just one single round! However, if the upset is still felt to some degree, simply repeat the Basic Recipe, with adjustments as follows:

Substitute the Set Up Phrase you used with this one:

‘Even though I still have some anger towards my child, I deeply and completely accept myself.’

‘Even though I still have a stomach ache, I deeply and completely accept myself.’

‘Even though I still have some fear of what will happen, I deeply and completely accept myself.’

Etc...

If the problem remains even in a small way, substitute the Reminder Phrase for this One:

‘Even with this remaining anger towards my child, I deeply and completely accept myself.’

‘Even with this remaining stomach ache, I deeply and completely accept myself.’

‘Even with this remaining fear of what will happen, I deeply and completely accept myself.’

Etc...

Now we will go on to examine the actual points that you will be tapping on. However, there's one more concept to learn before proceeding to the actual points.

Scaling the Problem: At the beginning of an EFT session, take a rating of the intensity of distress you feel on a subjective scale of 1 to 10. Thus, a strong upset might produce a rating of 8, 9 or 10, while a relatively milder distress might be a 3. (This is also known as taking a Subjective Units of Distress, or SUDS, rating.)

At the end of a round of the Basic Recipe, scale the problem again. Has it reduced?

Your goal is to bring it down to a 1 or 0 which would indicate complete freedom from the distress you started out with.

Having your distress from a 7, 8, 9 or 10 to a 0 in a couple of rounds of EFT is an amazing experience and one that happens more often than you'd expect.

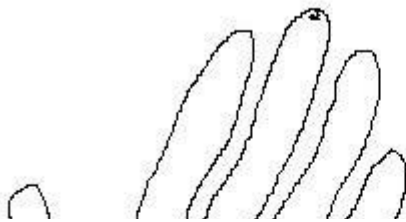
The Basic Recipe

Let's Get Tapping!



Here are the points for Psychological Reversal. Use whichever point you feel most comfortable with.

The Karate Chop Point



The Subjective Units of Disorder Scales

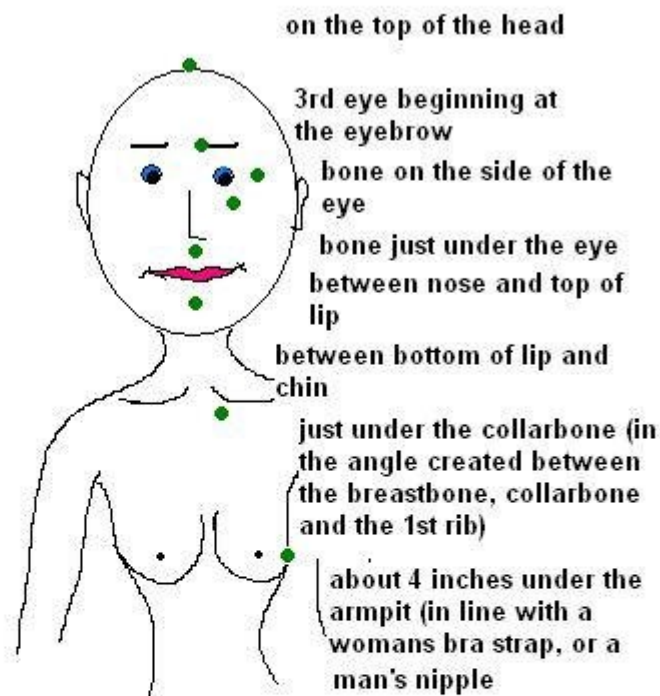
10 Most Intense

A vertical scale consisting of 10 horizontal lines. The top 5 lines are thick and dark blue, while the bottom 5 lines are thin and light grey. The lines are evenly spaced and aligned to the left.

10 Least Intense

Let's Begin: First Rate your distress on a scale of 1 – 10:

The Set Up: Repeat your *Set Up Phrase* **3 Times** while tapping 8 or so times on the *Karate Chop Point*, or by rubbing *The Sore Spot*. (in above pictures)

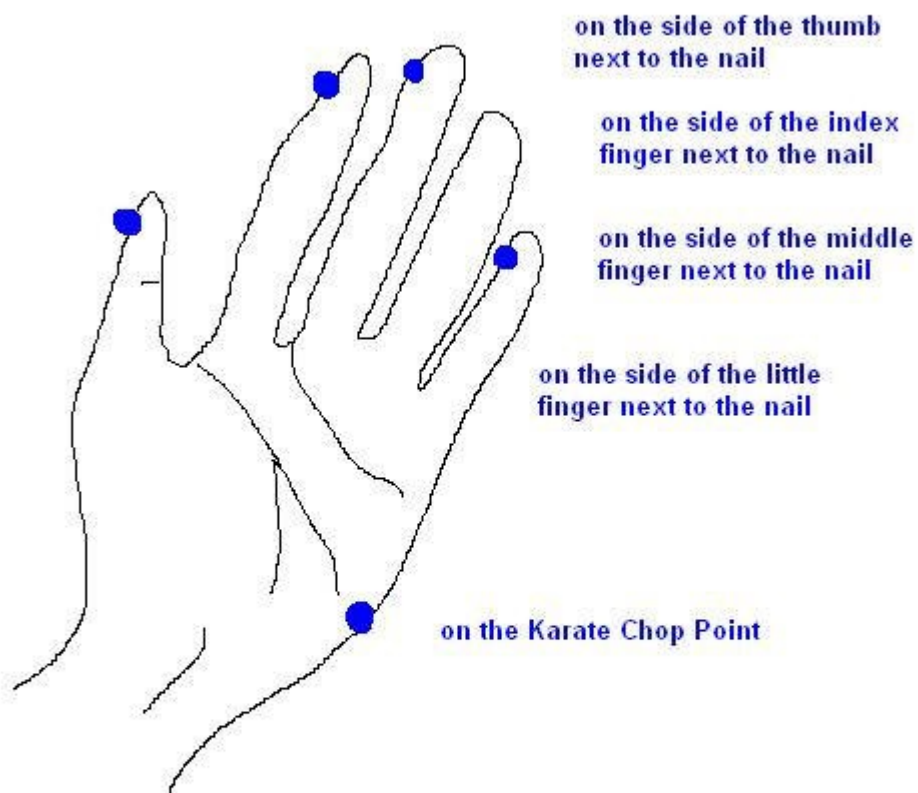


“Even though I (Insert the Problem Here), I deeply and completely accept myself.”

The Sequence: Now tap 8 or so times on the following points while repeating the Reminder Phrase. You may tap on either side of the body.

‘This (... problem...)’ (i.e. back pain, or depression)

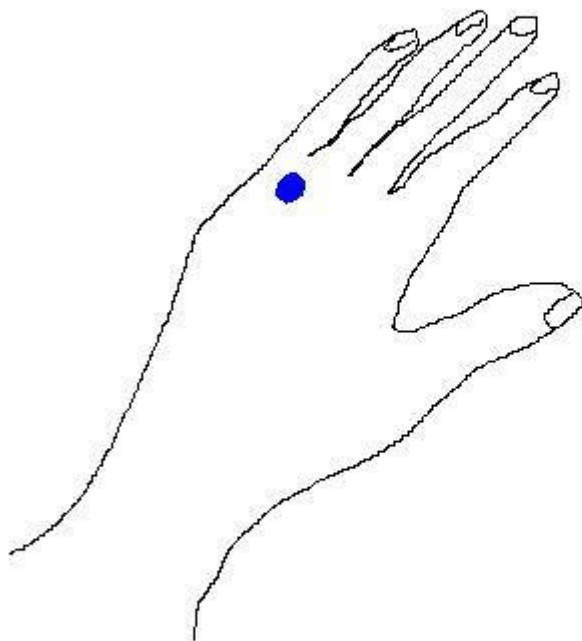
Now tap 8 or more times following the points on the hand repeating the Reminder Phrase. You may tap either hand. Just let it flow from the head and torso points. 'This (...problem...)' (i.e. back pain, or depression)



Now while continuously tapping The

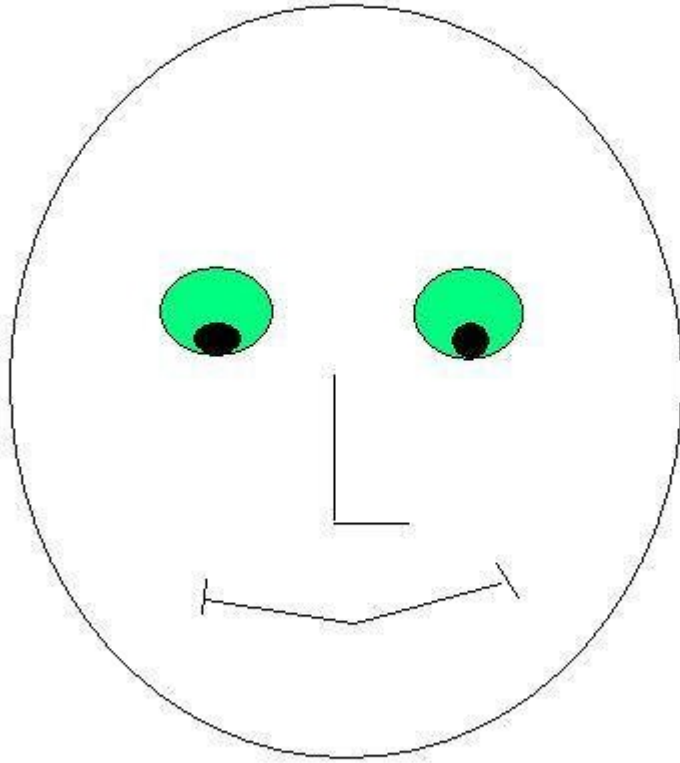
Gamut Point (situated on the back of the hand between the ring finger and the little finger),

The Gamut Point



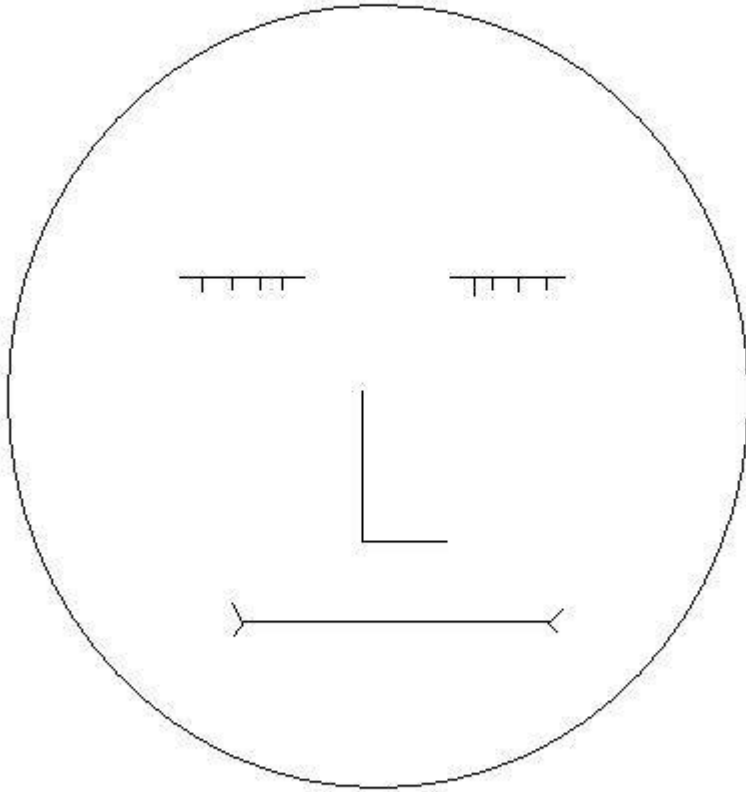
do the following...
**Tap With Eyes
Open**

tap with eyes open



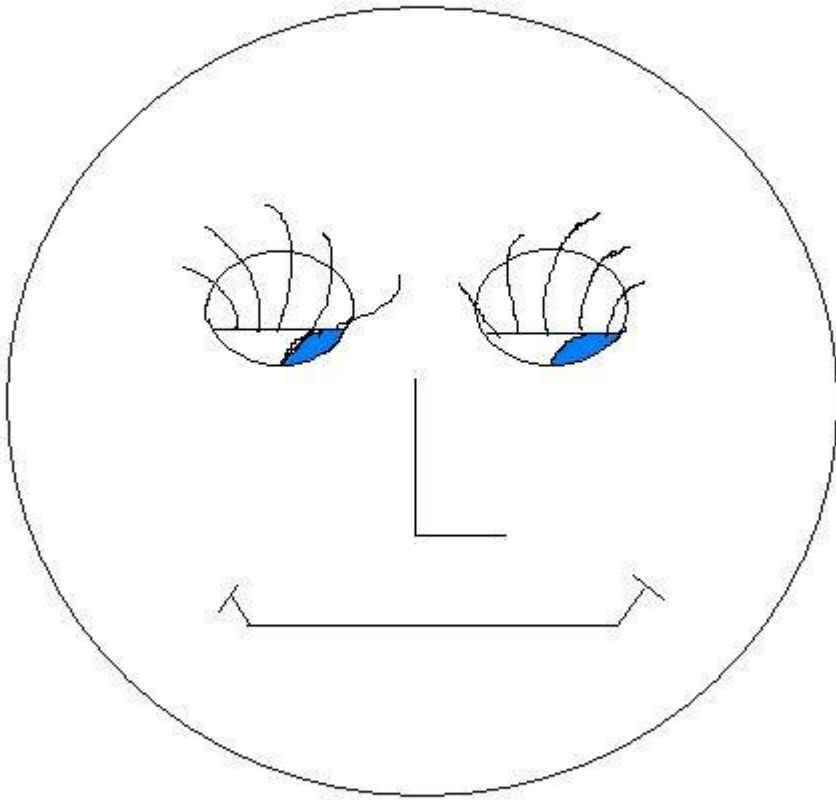
Tap With Eyes Closed

Tap with Eyes Closed



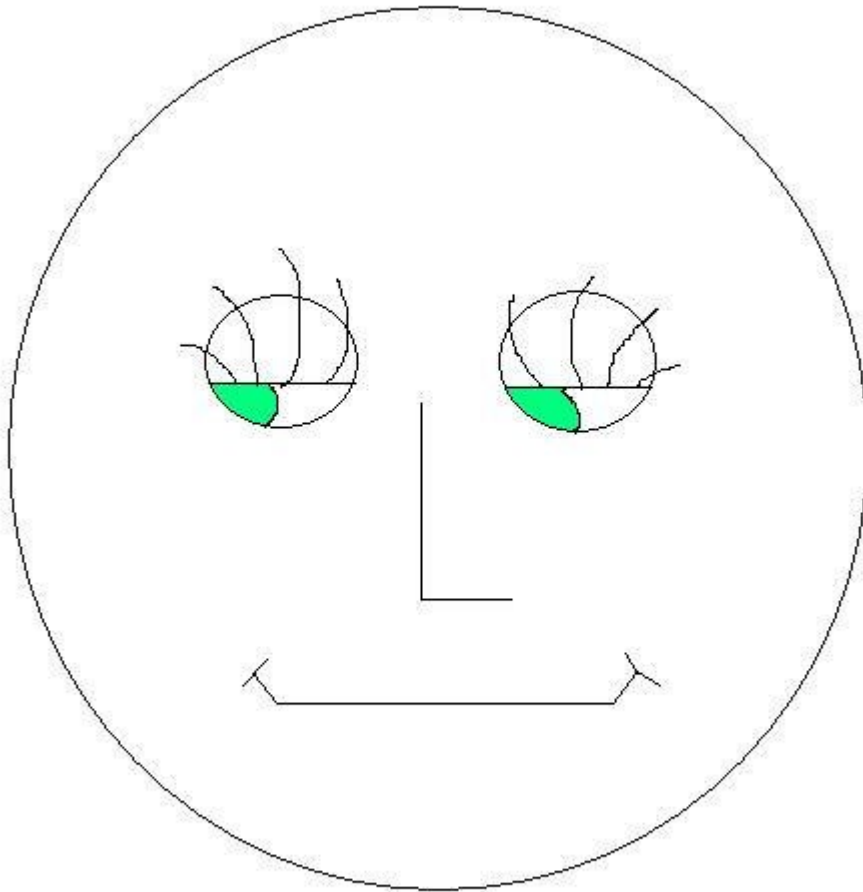
Tap While Looking Hard to the LEFT and DOWN

Look Hard Left and Down

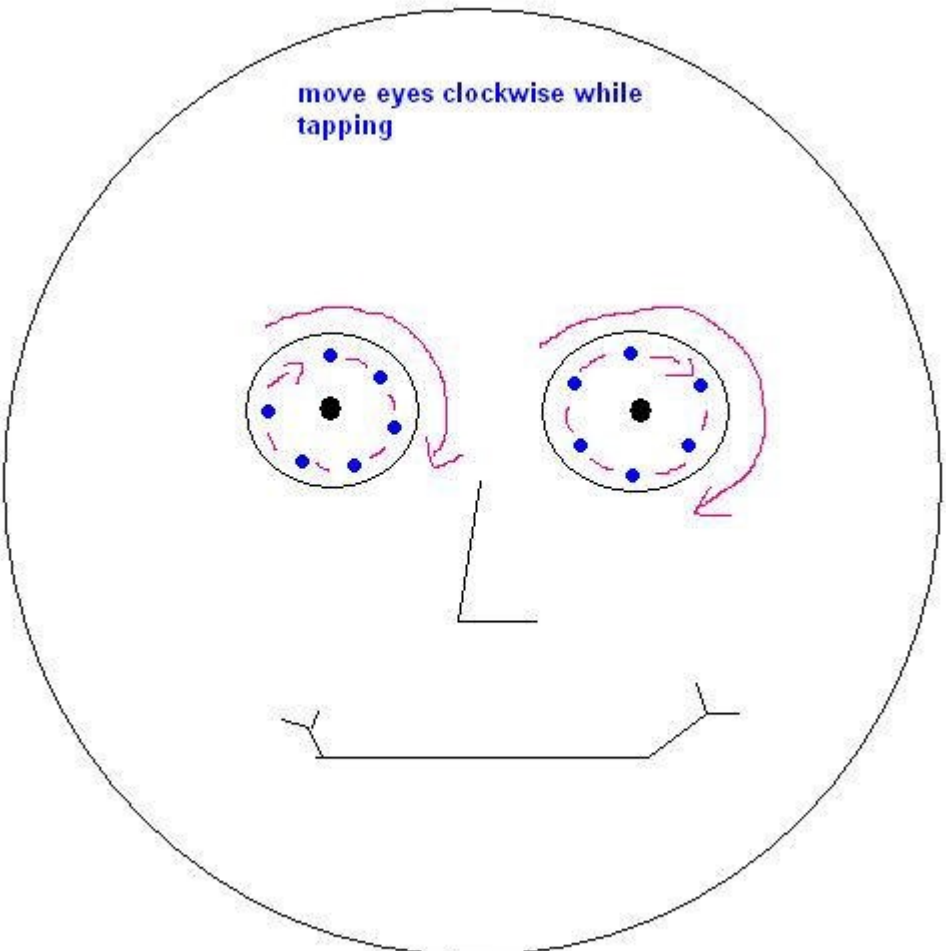


Tap While Looking Hard to the RIGHT and DOWN

**Tap looking hard to right and
down**

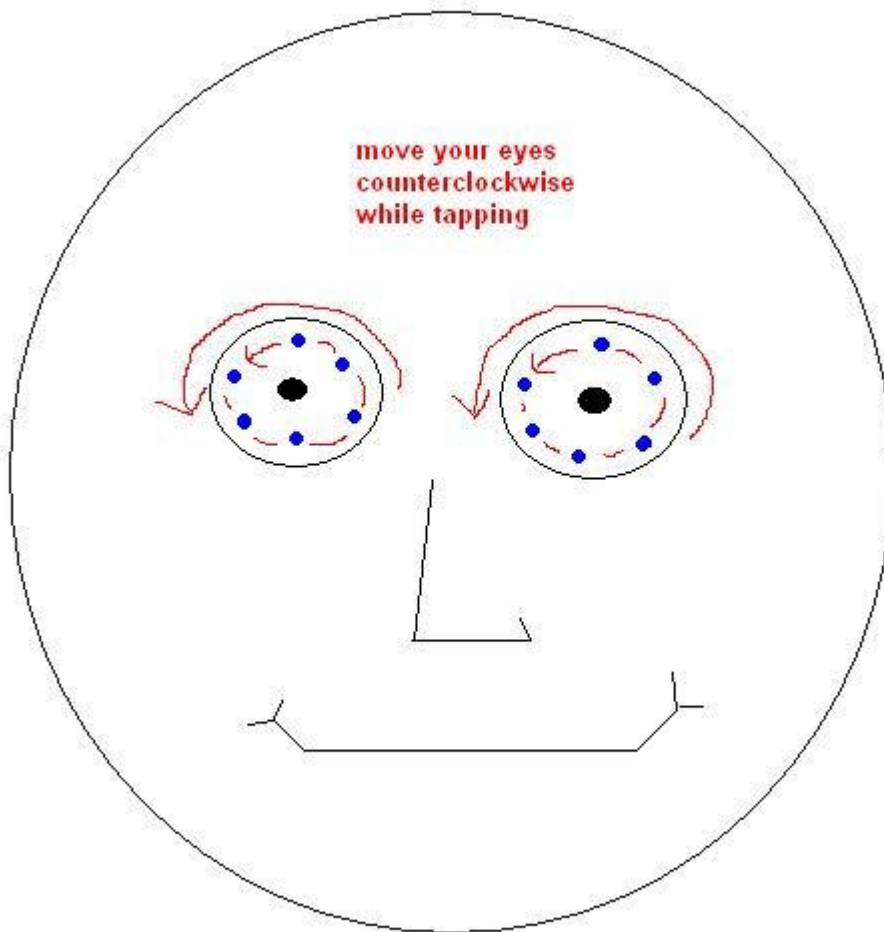


Tap with Your Eyes Moving Clockwise



move eyes clockwise while tapping

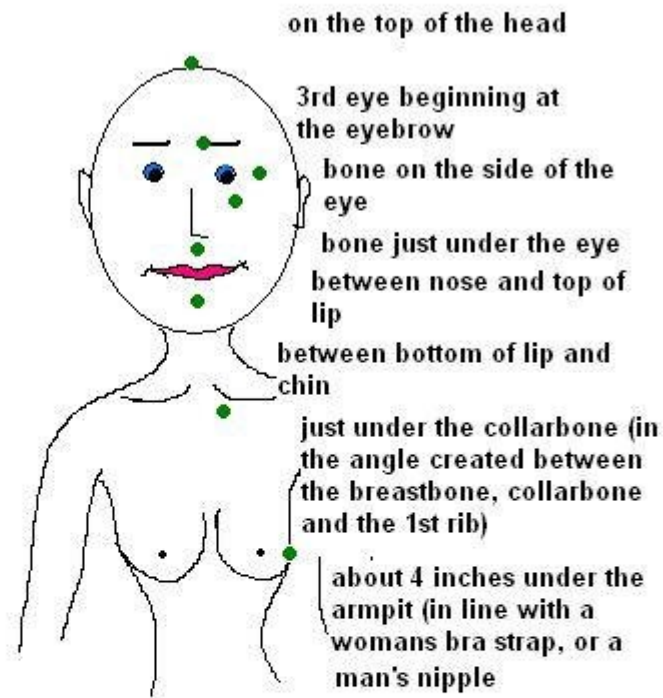
Tap With Your Eyes Moving Counterclockwise



- ...Now, HUMMM about 5 notes or so of a song (this engages the creative Right Side of the Brain)
Happy Birthday is often used, but any song is OK, it is fun and it is happy...
- Count quickly 1 through 9 (this engages the left side of the brain)
- Hum another 5 notes or so of a song again (re-engaging the creative right side of the brain)

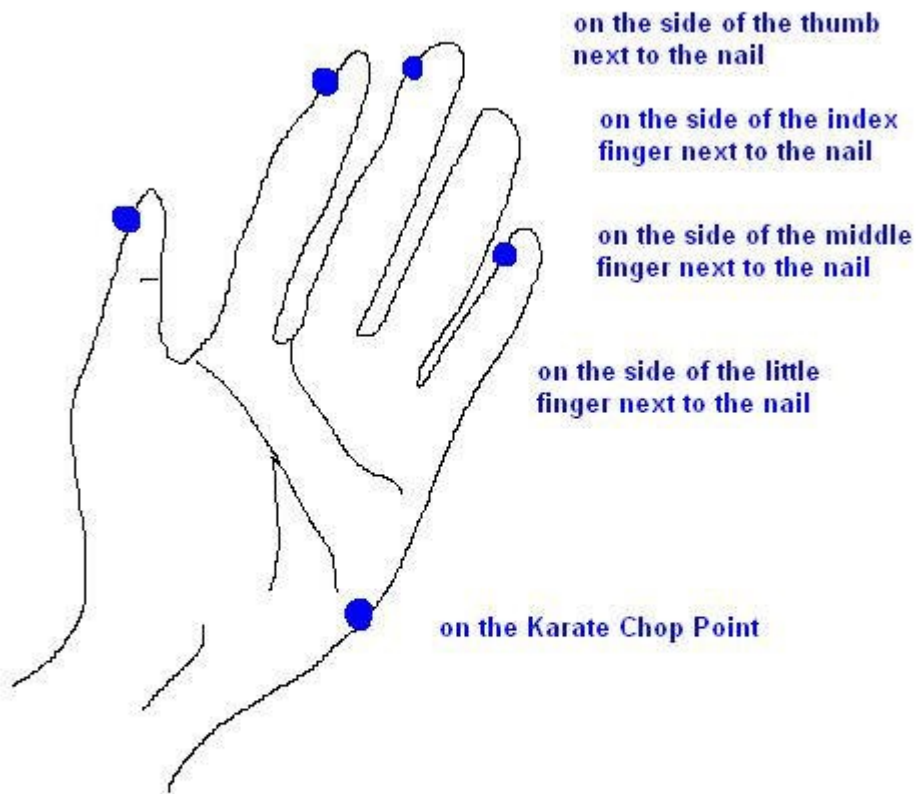
Repeat the Sequence:

The Sequence: Now tap 8 or so times on the following points while repeating the Reminder Phrase. You may tap on either side of the body.
'This (...problem...)' (i.e. back pain, or depression)



Now tap 8 or more times following the points on the hand repeating the Reminder Phrase. You may tap either hand. Just let it flow from the head and torso points.

'This (...problem...)' (i.e. back pain, or depression)



Scale where you are at now. How do you feel after this round of EFT?

The Subjective Units of Disorder Scales

10 Most
Intense

A vertical scale consisting of 10 horizontal lines. The top three lines are thick and dark blue, representing the '10 Most Intense' level. The remaining seven lines are thin and black, representing the '10 Least Intense' level.

10 Least Intense

If you are anything over a 1, go deeper to figure out the root cause or do another round and perhaps another to remove the blocks causing your distress. For those who want to know more check out these websites,

[Mercola, on how to use EFT](#), or the [World Center for EFT](#).

Raven Dutko is a free spirited traveler and writer. She currently is battling chemical injury and chronic illness. She resides in the mountains of New Mexico.