



Guide To Doing Energy Tapping Emotional Freedom Techniques



*Focused
Healthy
Family*

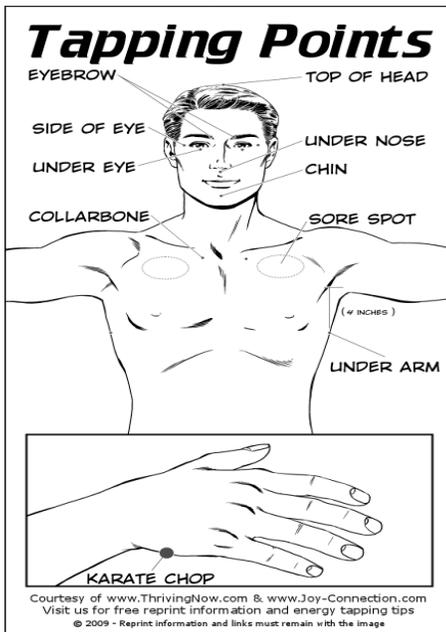


How to Do Energy Tapping (EFT®)?

People's self-talk is often critical rather than accepting and encouraging. So EFT was developed to use tapping and talk to remove the negative self talk and heal the energy of our bodies.

Tapping is a simple and easy-to-use process where you:

- A. tune into your body, your thoughts and how you are feeling
- B. speak a truth about how you feel right now
- C. if you can rate your feeling on a scale of 1 – 10 (1 = no anxiety to 10 = extreme anxiety)
- D. start tapping on the points in the EFT 4 part method below, tapping through the negative talk



1. The Setup

- a. Come up with a statement that covers the core of your anxiety, stress, problem and the statement goes as such: "Even though I have this (problem stated as specific as possible), I deeply and completely accept myself."
- b. Say the statement out loud while tapping your pointer and index finger tips (not the nail side) on the Karate Chop point or Sore Spot point
- c. Repeat b. above three times and proceed to the Sequence part.

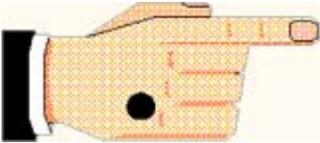
2. The Sequence – In the sequence say the problem and any

related words that are relevant, not using the full *Even Though* statement) out loud while tapping your pointer and index finger tips (not the nail side) on each of the following points in the sequence listed:

- a. EyeBrow
- b. Side of the Eye
- c. Under the Eye
- d. Under the Nose
- e. Chin
- f. CollarBone
- g. Under the Arm
- h. Top of the head (then proceed to the Gamut part)

3. The 9 Gamut Procedure

- a. The gamut procedure begins by tapping on the outside edge of your thumb and each finger on one hand at a point even with the base of the thumbnail. Repeat the problem and any related words that are relevant, not using the full *Even Though* statement.
- b. After completing all fingers on one hand tap on the Karate Chop point, again repeat the problem and any related words that are relevant, not using the *Even Though* statement.
- c. Then proceed to the gamut point, locate the Gamut point on the back of either hand, it is the little valley between the pinky and the ring finger on the back of the hand.



d. While tapping on this gamut spot do the following procedure:

- i. Eyes closed
- ii. Eyes open
- iii. Eyes hard down right then hard to the left while holding the head steady
- iv. Roll eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order
- v. Same as #5 only reverse the direction in which you roll your eyes
- vi. Hum 2 seconds of a song (suggest Happy Birthday)
- vii. Count rapidly from 1 to 5
- viii. Hum 2 seconds of a song again.

e. The Sequence Again – Repeat the sequences

E. once the anxiety level drops down to a comfortable level tap on some positive thoughts

F. all during tapping check in with yourself to see if other issues pop-up, if they do repeat the 4 parts
This unique combination helps you shift your physical and emotional energy in the direction of relief...
towards feeling really good.

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Tips and Suggestions

- It is not necessary for anyone to actually speak or verbalize what their issue or problem is if they don't want to, this may cause more anxiety because the system works without words. Speaking out loud about the issue does amplify the results.
- EFT is a very full-proof method so you really can't screw it up
- You don't have to use all the points each time you do it
- You can also use pre-scripted tapping scripts, videos and audios from any source. Just know that tapping is more powerful with your own words used.
- Be real to what your mind is thinking and saying, don't change words (like harsh words or words you really "shouldn't" say). Your mind knows what it is saying and if you use other words it will blow them off. In other words be authentic to yourself and what is going on.
- For kids keep your explanations of tapping simple and short because kids don't care how or why tapping works. They are just want to feel better.
- Don't stop tapping if the anxiety starts to go up, that is the best time to keep tapping and go through the anxiety.
- Always work on the negative feelings first, until you clear the negatives any positive statement will be shot down by the mind and won't be affective.
- Try to get a specific with the emotion or feeling. "I am feeling sad" is too broad of a statement versus "the prospect of losing my job leaves me unsettled and puts a knot in my stomach". Try to dig into the message you are giving yourself about yourself about the issue.
- Keep tuned in as you tap to what might pop-up in your mind such as a phrase, picture, movie or feeling because they may be clues to something bigger or deeper that needs to be explored.

Focused Healthy Family
Building Confidence in Kids, Inspiring Hope for Parents