

EFT TAPPING

EFT (Emotional Freedom Technique) combines principles of ancient Chinese acupuncture and modern psychology and was developed by Gary Craig in 1990. It consists of tapping on designated meridian points (energy hot spots) to shift the negative emotions that are disrupting your body's energy system. Each meridian corresponds to an internal organ. A pattern of repeated negative emotions can create blocks within us that limit us from achieving and living life to the full. Tapping rebalances our energy system as we put distance between traumatic experiences and the emotional charge stored in the mind and body. It lets the brain know you're not in physical danger and it's safe to relax by decreasing cortisol levels. As you tap gently on acupuncture meridian points while verbalizing the identified problem and then an affirmation phrase. You may use 2 or 4 fingers. You can tap both sides at once or just 1 side of the body.

Directions:

Identify Issue: an emotion, a block, a belief, an abundance issue, physical pain, or unresolved issue

Scale Intensity of it from 0-10 (no discomfort to strong discomfort)

Set-up Statement: Tap KARATE CHOP POINT on side of hand while repeating a set-up statement 3 times. Set up statement has two goals: acknowledge the issue (negative reminder phrase) and accept yourself despite the issue. "Examples: "Even though I feel _____, I deeply and completely love and accept myself." Take a deep breath.

Negative Tapping Round: Start to tap about 7 times on each point and repeat the negative reminder phrase and any other negative beliefs associated with it as you move through the points in this order: EYEBROW-SIDE OF EYE-UNDER EYE-UNDER NOSE-CHIN-COLLARBONE-UNDER ARM-TOP OF HEAD. Go through the sequence 2-3 times or as many times as needed until you feel a little more neutralized/less stressed with the topic.

Positive Tapping Round: Use positive phrases, empowering thoughts, desired outcome as you go through the tapping points in the same order. Use phrases like "I choose to feel...", "I love knowing...", "I have faith...", "I am becoming...", "I am...", etc.

Scale the intensity again to see if your number has lowered. If you are still a 4 or higher, repeat the tapping or try another tool in your tool box.

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Use the karate chop point first with the setup statement and then follow the numbers of the tapping points shown below.

