

EFT

EMOTIONAL FREEDOM TECHNIQUES



JUMPSTART YOUR HEALING WITH EFT

EFT Universe

THE OFFICIAL MANUALS
OVER
**ONE
MILLION**
COPIES IN
CIRCULATION

"EFT offers great healing benefits."
—Deepak Chopra, MD

JUMPSTART YOUR HEALING
with **EFT**
(Emotional Freedom Techniques)

EFT Universe
www.EFTUniverse.com

Published by Energy Psychology Press
P.O. Box 442, Fulton, CA 95439
www.energypsychologypress.com

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Stress and the Power of Emotional Healing

You've taken the leap, and decided to find out more about EFT! You're not alone. Over a million people have selected *The EFT Manual* as a primary healing resource, and EFT is found across the globe in many countries. EFT is in hospitals, psychotherapy clinics, sports fields, business coaching practices, families, and many other places. What is EFT and why is it so popular?

EFT is a very quick and simple method of reducing the intensity of traumatic memories. Everyone who lives on planet Earth had at least some trauma growing up. For the lucky ones, these traumatic events were rare and mild, like a nurse forgetting, for a few minutes, to give you a bottle when you were a baby. For some people, the traumatic events of their childhoods were horrific, like genocide, rape, or war. Most of us fall somewhere between these two extremes. Over the years we've built up a backlog of traumatic memories, reinforced by negative experiences as young adults. By the time we're in full

adulthood, we've formed behaviors and coping strategies based on these experiences. Our emotional growth has been shaped by them, and we may believe we're destined to remain that way for the rest of our lives.

Historically, it was very difficult to shape our emotional experience. A person could spend years in contemplation or meditation, cultivating inner peace. But that state is easily disturbed by the events of the average day. These techniques take many years to learn and perfect.

EFT has ushered in a whole new way of releasing emotional memories. Even the first few minutes after you try it, you are likely to find the intensity of your traumatic recollections rapidly dropping. There are many scientific studies of EFT for depression, anxiety, and other psychological problems. They show that people who use EFT recover very quickly, often in just a few sessions.

The place that the effectiveness of EFT has been shown most dramatically is in the treatment of posttraumatic stress disorder or PTSD. Thousands of soldiers returning from the battlefields of Iraq and Afghanistan with PTSD have been treated with EFT. Studies have shown that their PTSD symptoms rapidly diminish, as the intensity of those traumatic combat memories drops away.

Not only can EFT improve psychological problems, it can improve physical symptoms too. How is that possible?

There is a strong association between emotional stress and disease. A study of 17,421 adults performed

by a hospital chain, Kaiser Permanente, and the CDC (Centers for Disease Control) looked at the relationship between their adverse childhood experiences (ACE) and disease. ACEs were events like the divorce of their parents, an incarcerated parent, or an addicted parent. The ACE study found that those who had the highest amount of emotional trauma as children had higher rates of many diseases as adults. Those diseases included cancer, heart disease, high blood pressure, obesity, and diabetes. The authors of the study likened the medical establishment to fire fighters who direct all their water at the smoke (physical disease), while ignoring the flames underneath (unresolved emotional trauma).

That's not to say that physical disease is entirely psychological in origin. What it does indicate is that a lifetime of carrying the burden of trauma takes a toll on our bodies. When people use EFT for physical problems, they are releasing the emotional memories associated with the symptom. Once those memories don't hurt anymore, the stress response is reduced, and the body has a chance to heal.

EFT has also been used for sports performance, school performance, and business performance. When the anxieties that claim a large part of people's attention are removed, their full capacities come to bear on the task at hand. That's why you'll find so many stories of athletes and scholars performing better after EFT. There are also specialty books on these subjects, such as *EFT for Sports Performance*, *EFT for Back Pain*, *EFT for PTSD*, *EFT for Weight Loss*, *EFT for the Highly Sensitive Temperament*, and others.

EFT is easy to learn, and simple to apply. It's so simple that the entire set of instructions fit on a single page, which you'll find in the back of this e-book. You simply measure the intensity of your emotion associated with a traumatic memory, then pair your memory with a statement of self-acceptance. This pairing utilizes two very well-researched psychological techniques called exposure (remembering the trauma) and cognitive restructuring (self-acceptance). Then, you tap with your fingertips on a series of acupressure points on your face and body. The tapping sends a calming signal to your brain, telling it that you're safe. So while before, the memory might send your body into a conditioned stress response, you're now re-conditioning your brain with a positive association. The signal of safety sent by your fingertips tells your brain's stress machinery to disengage. So the conditioned association of the memory with the stress response is broken. Once that loop is broken, it usually stays broken. So later on, when you think of the memory, you no longer feel stressed. It's that easy, and it takes just a minute or two to complete each set of tapping points.

You can then re-assess how intensely you react when you think of the memory. If you still get stressed, you do EFT again. People usually find their stress melts like ice cream in the sun. To find out, try it yourself.

EFT draws on principles developed by many of the psychological giants of the last century. The Russian scientist Pavlov first demonstrated the *conditioned response* in dogs, and the famous American psychologist B. F. Skinner broke conditioning down into smaller packages

(called aspects in EFT). An influential South African psychiatrist, Joseph Wolpe, developed the *stress scale* now used by EFT just after World War 2. The psychologist Aaron Beck discovered that replacing dysfunctional beliefs (*cognitions*) could help people heal from a variety of psychological problems. And exposure therapy (in EFT, remembering the problem) has been shown in many studies to be effective.

The other stream of experience on which EFT draws is Oriental medicine, in the form of acupuncture points. Acupuncture has demonstrated efficacy for PTSD and psychological problems, as well as physical ones. Studies have shown that *pressure* on acupuncture points can be as effective as inserting needles, and scientists have also shown that real acupuncture points are more effective than inserting needles into non-acupoints. So EFT is sometimes called “acupuncture without needles,” even though it has as much historical basis in Western psychological science as Eastern medicine.

The two streams were brought together in the 1970s when an American psychologist, Roger Callahan, discovered that his patients could be cured of phobias in a single session. To this day, phobias are one of the easiest conditions for EFT to treat. Callahan’s system was simplified by Stanford-trained engineer Gary Craig, and gained widespread popularity. EFT has been validated as an evidence-based medicine approach in many studies, including randomized controlled trials that measure PTSD, pain, depression, anxiety, and cravings. EFT is part of a group of therapies called *energy psychology*, because

they are believed to affect the body's electromagnetic energy fields.

Here are a couple of stories from the EFTUniverse.com web site, to give you an idea of how EFT is used. The first is from Dr. El March:

Being in the field of Orthomolecular Medicine for many years, when Ed came to me for lower back pain, we did a variety of things to have him up and running after three months of not being able to go to work or do any movements.

I sent him to chiropractors, made him do exercises and did mega vitamin therapy, only to have him back—at the beginning every few months and later every few years. This year Ed came back with the same nagging pain after having the pain on and off and not so severely for about 3 years. He came to my office in great pain and completely stiff, looking for more exercises and advice to ease the situation. This time I decided to try the EFT method on him and with his permission we started.

I knew that he has been suffering from this for more than ten years. I first just did 3 rounds of tapping with him on the pain. The pain went down from a 10 to 5 and back up to 10 again. Then we started talking and I found out that he has been laid off from his job a couple of years back and he is in business for himself and he cannot afford to take the time off. So we tapped for: Even though this pain is the only way that I can rest and spend some time at home without feeling guilty that I'm not making an income...

We also tapped on: Even though I don't believe this system is going to do anything for me...

During these tappings the pain dropped down to an 8 and no matter how many more rounds we did, it kept on going back and forth between 5 and 8.

Then I asked Ed to explain his emotions on the pain and he said, "anger." I asked for further explanation and he went on to tell me the story of how this back pain had come about.

"I was employed at a financial institution as a senior computer centre analyst. At the day this happened I was monitoring the progress on one of the jobs I had given one of my staff to do when we had some computers delivered to our laboratory. As I was looking for someone to set the computers up, my manager, Dan walked in and asked me to haul the computers to a different location in the lab where they would be waiting for installation.

I felt his action was uncalled for and disrespectful to my seniority and grade level. This was completely out of line and this was not part of my functions and I felt belittled in front of my direct reports. As I was lifting one of the boxes, the muscle in my back made a noise and I felt a heat rushing through my lower back and then I could not move anymore. I was sent home and stayed on short term disability for about three months and I came to see you one month before my recovery to go back to work."

With this explanation I decided to tap on the feelings he had going back to 1994 and his manager's actions:

“Even though my manager was disrespectful to me and belittled me in front of my direct reports and I don't believe he had the right to ask me to do what he did, I completely and lovingly accept myself, I love and respect myself, I forgive myself and I forgive Dan.”

Once we finished tapping on this the pain dropped from an 8 to 3. Ed kept on calling Dan an “Ass” so I did another round of tapping on:

“Even though Dan behaved like a complete ass and was completely out of line for asking me to move the computers, I completely and lovingly accept myself. I love and forgive myself and I forgive Dan.”

Two rounds of this and Ed's pain was completely gone. He was amazed but did not believe it would last. He went home and I touched base with him the next day and then the next week and now couple of months later, still no pain.

I think this method has added quite an edge to my regular practices and in the meantime I have used it on myself and family members for variety of quick therapies from shoulder pain to headaches, nausea, and so on. This method is absolutely invaluable.

* * *

The second story is about depression, and comes from EFT practitioner Cacina Spaeth:

Recently I got a new client (I'll call him "Michael"). Michael is a scientist, a total skeptic. He doesn't believe in anything—no energy work, no purpose in life, let alone spirit or anything of that sort. He only came to see me, because 1) a very good girlfriend of his had tried this "tapping thing" and to his surprise actually got better, and 2) because he was desperate enough to try even weird stuff like EFT.

His severe depression simply didn't get any better. On the contrary: despite the stronger and stronger medication that his psychiatrist kept prescribing him Michael was less and less able to go to work and clearly caught in a downward spiral regarding his life.

Just for the records: I am no doctor or anything of that sort. I simply use EFT in my coaching practice, teaching people how to use EFT effectively for themselves. Michael was aware of that, and kept taking both his strong anti-depressives and sleeping pills as prescribed. In a way, he simply added our EFT sessions to the life he was leading at the time.

Since it was such a challenge for Michael to sit with me and try "this whole energy thing," I chose very unthreatening and creative wording for our first EFT rounds. He was loosening up significantly. And already after our two sessions he left saying: "This is not therapy. This is *fun!*"

A few weeks later, Michael was oozing joy. When I saw him recently he was genuinely pissed about his relationship situation. He's had relationships on and off, but it never really worked out. And in his "pissed-ness" he was spitting out his frustration and sadness about his situation. He's not a loner by choice. After some time I introduced the idea to him (the physicist!) that—whether we want to acknowledge it or not—we truly do attract a reality that reflects how we resonate. And if we're loaded with the hurts and disenchantments of the past, no wonder we either attract more of the same or no new partner at all.

And then I tapped with him on "potential and probability." Despite what the statistics say, there has to be a woman out there that he not only would love to be with, but who would feel the same for him. That she doesn't have to be born first: she's most likely long since around!

Only two days after our "potential" tapping an attractive woman approached him at work—out of thin air! In the meantime they emailed, they talked, they met, and they even share their love for music. No compromise in sight whatsoever. When Michael came to his most recent session, he said with the brightest smile: "I'm deliriously happy. I'm still pinching myself. And you know what? Even if it wouldn't go on, even if it wouldn't work out with her, it would still be ok for me. Because what happened since last week was already worth it!" And getting a bit more serious he added: "You know...I used to not believe in stuff like this. But now.... This is too big. This is no

coincidence.... It feels strange for me to say this, but I might have become a believer.”

“Converting” a scientist simply because what we do works. I love it.

* * *

This scientist was followed up by Cacina Spaeth four months later. He'd been able to taper off his depression medication, and eventually eliminate it altogether.

Many scientific studies that measure EFTs effects have been published in peer-reviewed professional journals. There are also several academic papers describing EFTs mechanisms of action, as it affects the brain, nervous system, stress genes, neurotransmitters like serotonin and dopamine, and stress hormones such as cortisol. You will find them on the research page at EFTUniverse.com. So EFT is supported not just by heart-warming stories, but by a solid base of medical evidence.

The web site from which you downloaded this e-book, EFTUniverse.com, is the depository of all the case histories, articles, and tutorials developed by EFT founder Gary Craig. On his retirement, EFTUniverse.com was privileged to be selected as the place where this vast body of knowledge about EFT would reside. This e-book, *Jumpstart Your Healing With EFT*, is a very brief introductory experience to EFT. It gives you enough information to try EFT for yourself. You are encouraged to move on to *The EFT Manual* (Craig, 2008), and the specialized books on EFT. You will find thousands of case histories on the EFTUniverse.com web site. It is fully searchable. You will also find EFT practitioners, training, certification,

volunteering opportunities, and many other options on this vast web site.

So read the next chapter, then use the summary sheet at the end of the book to try EFT yourself. The chances are you'll quickly have a positive experience. Give yourself the gift of emotional freedom, and see how quickly both your mind and your body respond!

EFT's Basic Recipe

Like Baking a Cake—Ingredient #1: The Setup—
Ingredient #2: The Sequence—Ingredient #3: 9 Gamut
Procedure—Ingredient #4: The Sequence (Again)—The
Reminder Phrase—Subsequent Round Adjustments

Like Baking a Cake

The goal of this manual is to equip you with an easy to use recipe for expanding your emotional freedom. I call it the Basic Recipe.

A recipe, of course, has certain ingredients that must be added in a certain order. If you are baking a cake, for example, you must use sugar instead of pepper and you must add the sugar before you put it in the oven. Otherwise, no cake.

The Basic Recipe is no exception. Each ingredient must be introduced in the proper order and must be dealt with precisely as described. Otherwise, no result.

Although I am going to some length to describe it in detail, the Basic Recipe is simple and easy to do. Once memorized, each round of it can be performed in about one minute. It will take some practice, of course, but after a few tries the whole process becomes familiar and you can bake that emotional freedom cake in your sleep. You will then be well on your way to mastery of EFT and all the rewards it provides.

Let me interject here that various shortcuts are available and described in Part II of this manual. I am describing the full Basic Recipe here because it provides an important foundation to the whole process. The proficient practitioner may want to use the shortcuts, however, because they cut the average time involved by at least half.

The full Basic Recipe consists of four ingredients, two of which are identical, as follows:

- The Setup
- The Sequence
- The 9 Gamut Procedure
- The Sequence

Ingredient #1: The Setup

Applying the Basic Recipe is something like going bowling. In bowling, there is a machine that sets up the pins by picking them up and arranging them in perfect order at the end of the alley. Once this setup is done, all you need to do is roll the ball down the alley to knock over the pins.

In a similar manner, the Basic Recipe has a beginning routine to “set up” your energy system as though it were a set of bowling pins. This routine, called the Setup, is vital to the whole process and prepares the energy system so that the rest of the Basic Recipe (the ball) can do its job.

Your energy system, of course, is not a set of bowling pins. It is a set of subtle electric circuits. I present this bowling analogy only to give you a sense of the purpose of the Setup and the need to make sure your energy system is properly oriented before attempting to remove its disruptions.

Your energy system is subject to a form of electrical interference that can block the balancing effect of these tapping procedures. When present, this interfering blockage must be removed or the Basic Recipe will not work. Removing it is the job of the Setup. Technically speaking, this interfering blockage takes the form of a polarity reversal within your energy system. This is not the same thing as the energy disruptions that cause your negative emotions.

Another analogy may help here. Consider a flashlight or any other device that runs on batteries. If the batteries aren't there, it won't work. Equally important, the batteries must be installed properly. Batteries have + and – marks on them. Those marks indicate their polarity. If you line up those + and – marks according to the instructions, then the electricity flows normally and your flashlight works fine.

But what happens if you put the batteries in backward? The flashlight will not work. It acts as if the

batteries have been removed. That's what happens when polarity reversal is present in your energy system. It's like your batteries are in backward. I don't mean you stop working altogether, as in turn "toes up" and die, but your progress becomes arrested in some areas.

This polarity reversal has an official name. It is called Psychological Reversal and represents a fascinating discovery with wide-ranging application in all areas of healing and personal performance. Psychological Reversal is the reason why some diseases are chronic and respond poorly to conventional treatments. It is also the reason why some people have such a difficult time losing weight or giving up addictive substances. It is, quite literally, the cause of self-sabotage. I cover it in detail in Part II of this manual. An entire course could be dedicated to its uses, however.

For now, we need only know some foundational facts about Psychological Reversal that apply to EFT and, more important, how to correct it.

Psychological Reversal is caused by self-defeating, negative thinking, which often occurs subconsciously and thus outside of your awareness. On average, it is present, and thus hinders EFT, about 40 percent of the time. Some people have very little of it (this is rare), whereas others are beset by it most of the time (this also is rare). Most people fall somewhere in between these two extremes. Psychological Reversal doesn't create any feelings within you, so you won't know if it is present. Even the most positive people (including yours truly) are subject to it.

When it is present, it stops any attempt at healing, including EFT, dead in its tracks. Therefore it must be corrected for the rest of EFT's Basic Recipe to work.

Being true to the 100% Overhaul Concept, we correct for Psychological Reversal even though it might not be present. Correction only takes eight or ten seconds, and if it isn't present, no harm is done. If it is present, however, a major impediment to your success will be out of the way.

That being said, here's how the Setup works. There are two parts to it: (1) You repeat an affirmation three times while (2) rubbing the "Sore Spot" or, alternatively, tapping the "Karate Chop" point (these will be explained shortly).

The Affirmation. Since the cause of Psychological Reversal involves negative thinking, it should be no surprise that the correction for it includes a neutralizing affirmation. Such is the case and here it is:

Even though I have this _____, I deeply and completely accept myself.

The blank is filled in with a brief description of the problem you want to address. Here are some examples:

- Even though I have this fear of public speaking, I deeply and completely accept myself.
- Even though I have this headache, I deeply and completely accept myself.
- Even though I have this anger toward my father, I deeply and completely accept myself.

- Even though I have this war memory, I deeply and completely accept myself.
- Even though I have this stiffness in my neck, I deeply and completely accept myself.
- Even though I have these nightmares, I deeply and completely accept myself.
- Even though I have this craving for alcohol, I deeply and completely accept myself.
- Even though I have this fear of snakes, I deeply and completely accept myself.
- Even though I have this depression, I deeply and completely accept myself.

This is only a partial list, of course, because the possible issues that are addressable by EFT are endless. I apply various forms of this affirmation, including:

- I accept myself even though I have this _____.
- Even though I have this _____, I deeply and profoundly accept myself.
- I love and accept myself even though I have this _____."

All of these affirmations are correct because they follow the same general format, that is, they acknowledge the problem and create self-acceptance despite the existence of the problem. That is what's necessary for the affirmation to be effective. You can use any of them, but I suggest you use the recommended one because it is easily memorized and has a good track record in getting the job done.

Now here are some interesting points about the affirmation:

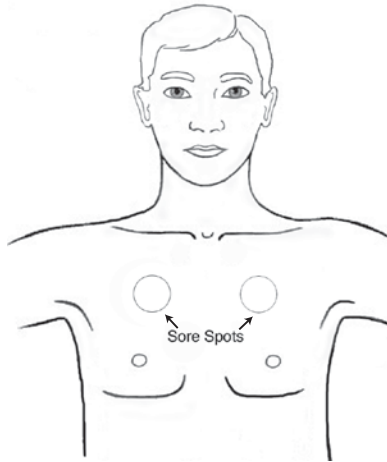
- It doesn't matter whether you believe the affirmation; just say it.
- It is better to say it with feeling and emphasis, but saying it routinely will usually do the job.
- It is best to say it out loud, but if you are in a social situation where you prefer to mutter it under your breath, or do it silently, then go ahead. It will probably be effective.

To add to the effectiveness of the affirmation, the Setup also includes the simultaneous rubbing of a "Sore Spot" or the tapping on the "Karate Chop" point. They are described next.

The Sore Spot. There are two Sore Spots and it doesn't matter which one you use. They are located in the upper left and right portions of the chest and you find them as follows: Go to the base of the throat about where a man would knot his tie. Poke around in this area and you will find a U-shaped notch at the top of your sternum (breastbone). From the top of that notch go down three inches toward your navel and over three inches to the left (or right). You should now be in the upper left (or right) portion of your chest. If you press vigorously in that area (within a two-inch radius), you will find a Sore Spot. This is the place you will need to rub while saying the affirmation.

This spot is sore when you rub it vigorously because lymphatic congestion occurs there. When you rub it, you

are dispersing that congestion. Fortunately, after a few episodes the congestion is all dispersed and the soreness goes away. Then you can rub it with no discomfort whatsoever.

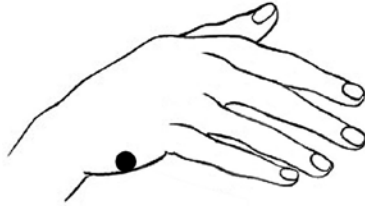


The Sore Spot

I don't mean to overlay the soreness you may feel. It's not as though you will have massive, intense pain by rubbing this Sore Spot. It is certainly bearable and should cause no undue discomfort. If it does, then lighten your pressure a little. Also, if you've had some kind of operation in that area of the chest or if there's any medical reason whatsoever why you shouldn't be probing around in that specific area, then switch to the other side. Both sides are equally effective. In any case, if there is any doubt, consult your health practitioner before proceeding, or tap the Karate Chop point instead.

The Karate Chop Point (KC). This point is located at the center of the fleshy part of the outside of your hand

(either hand) between the top of the wrist and the base of the baby finger or, stated differently, the part of your hand you would use to deliver a karate chop.



The KC Point

Instead of rubbing it as you would the Sore Spot, you vigorously tap the Karate Chop point with the fingertips of the index finger and middle finger of the other hand. While you could use the Karate Chop point of either hand, it is usually most convenient to tap the Karate Chop point of the nondominant hand with the two fingertips of the dominant hand. If you are right-handed, for example, you would tap the Karate Chop point on the left hand with the fingertips of the right hand.

Should you use the Sore Spot or the Karate Chop point? After years of experience with both methods, it has been determined that rubbing the Sore Spot is a bit more effective than tapping the Karate Chop point. It doesn't have a commanding lead but it is preferred.

Because the Setup is so important in clearing the way for the rest of the Basic Recipe to work, I urge you to use the Sore Spot rather than the Karate Chop point. It puts the odds a little more in your favor. The Karate Chop point is perfectly useful, however, and will clear out any interfering blockage in the vast majority of cases.

So feel free to use it if the Sore Spot is inappropriate for any reason.

Now that you understand the parts to the Setup, performing it is easy. You create a word or short phrase to fill in the blank in the affirmation and then simply repeat the affirmation, with emphasis, three times while continuously rubbing the Sore Spot or tapping the Karate Chop point.

That's it. After a few practice rounds, you should be able to perform the Setup in eight seconds or so. Now, with the Setup properly performed, you are ready for the next ingredient in the Basic Recipe.

Ingredient #2: The Sequence

The Sequence is very simple in concept. It involves tapping on the end points of the major energy meridians in the body and is the method by which the correct flow in the energy system is restored. Before locating these points, however, you need a few tips on how to carry out the tapping process:

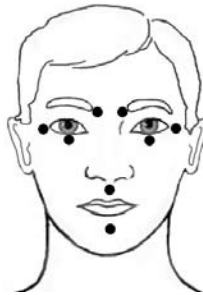
- You can tap with either hand, but it is usually more convenient to do so with your dominant hand (e.g., right hand if you are right-handed).
- Tap with the fingertips of your index finger and middle finger. This covers a little larger area than just tapping with one fingertip and allows you to cover the tapping points more easily.
- Tap solidly but never so hard as to hurt or bruise yourself.

- Tap about seven times on each of the tapping points. I say about seven times because you will be repeating a “reminder phrase” (covered later) while tapping and it will be difficult to count at the same time. If you tap a little over or a little under seven times (five to nine), that will be sufficient.
- Most of the tapping points exist on either side of the body. It doesn’t matter which side you use, nor does it matter if you switch sides during the Sequence. For example, you can tap under your right eye and, later in the Sequence, tap under your left arm.

The Points. Each energy meridian has two end points. For the purposes of the Basic Recipe, you need only tap on one end to balance out any disruptions that might exist in it. These end points are near the surface of the body and are thus more readily accessed than other points along the meridians that may be more deeply buried. What follows are instructions on how to locate the end points of those meridians that are important to the Basic Recipe. Taken together, and tapped in the order presented, they form the Sequence.

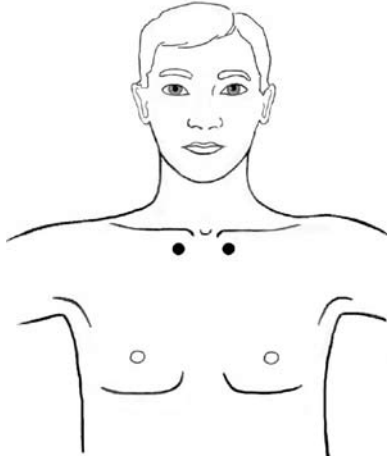
1. At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated EB for beginning of the EyeBrow.
2. On the bone bordering the outside corner of the eye. This point is abbreviated SE for Side of the Eye.
3. On the bone under an eye about one inch below your pupil. This point is abbreviated UE for Under the Eye.

4. On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated UN for Under the Nose.
5. Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated Ch for Chin.



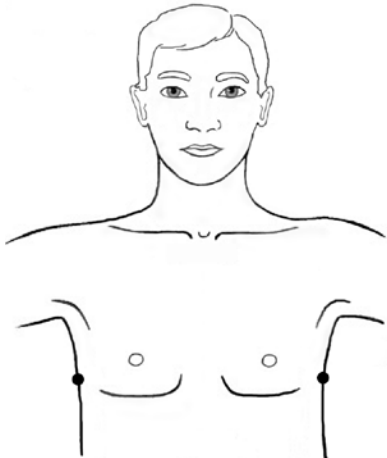
EB, SE, UE, UN and CH Points

6. The junction where the sternum (breastbone), collarbone, and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel one inch and then to the left (or right) one inch. This point is abbreviated CB for CollarBone even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point because that is a lot easier to say than “the junction where the sternum (breastbone), collarbone, and the first rib meet.”



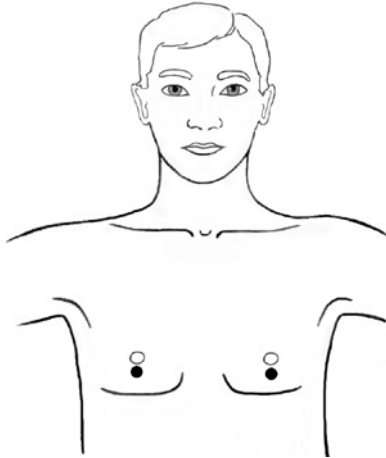
The CB Points

7. On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about four inches below the armpit. This point is abbreviated UA for Under the Arm.



The UA Points

8. For men, one inch below the nipple. For women, where the under skin of the breast meets the chest wall. This point is abbreviated BN for Below Nipple.



The BN Points

9. On the outside edge of your thumb at a point even with the base of the thumbnail. This point is abbreviated Th for Thumb.



The Th Point

10. On the side of your index finger (the side facing your thumb) at a point even with the base of the fingernail. This point is abbreviated IF for Index Finger.



The IF Point

11. On the side of your middle finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated MF for Middle Finger.



The MF Point

12. On the inside of your baby finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated BF for Baby Finger.



The BF Point

13. The last point is the Karate Chop point. It is located in the middle of the fleshy part on the outside of the hand between the top of the wrist bone and the base of the baby finger. It is abbreviated KC for Karate Chop.



The KC Point

Points of the Sequence

1. EB = Beginning of the EyeBrow
2. SE = Side of the Eye
3. UE = Under the Eye
4. UN = Under the Nose
5. Ch = Chin
6. CB = Beginning of the CollarBone
7. UA = Under the Arm
8. BN = Below the Nipple
9. Th = Thumb
10. IF = Index Finger
11. MF = Middle Finger
12. BF = Baby Finger
13. KC = Karate Chop

Notice that these tapping points proceed down the body, that is, each tapping point is below the one before it. That makes it a snap to memorize. A few trips through it and it should be yours forever.

The BN point may be awkward for women to tap while in social situations (such as in a restaurant). Even though the EFT results are superb without it, I include it here for the sake of completeness.

Ingredient #3: The 9 Gamut Procedure

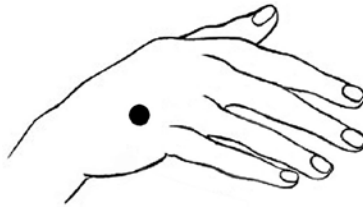
The 9 Gamut Procedure is, perhaps, the most bizarre-looking process in EFT. Its purpose is to “fine-tune” the brain and it does so via some eye movements, humming, and counting. Through connecting nerves, certain parts of the brain are stimulated when the eyes are moved. Likewise the right side of the brain (the creative side) is engaged when you hum a song and the left side (the digital side) is engaged when you count.

The 9 Gamut Procedure is a ten-second process wherein nine of these brain-stimulating actions are performed while continuously tapping on one of the body’s energy points, the Gamut point. It has been found, after years of experience, that this routine can add efficiency to EFT and hasten progress toward emotional freedom, especially when sandwiched between two trips through the Sequence.

One way to help memorize the Basic Recipe is to use a ham sandwich analogy. The Setup is the preparation for making the ham sandwich. The sandwich itself con-

sists of two slices of bread (the Sequence) and the ham or middle portion (the 9 Gamut Procedure).

To do the 9 Gamut Procedure, you must first locate the Gamut point. It is on the back of either hand, a half-inch toward the wrist from the point between the knuckles at the base of the ring finger and the little finger. If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle whose other sides converge to a point (apex) in the direction of the wrist, then the Gamut point would be located at the apex of the triangle.



The Gamut Point

Next, you must perform the following nine actions while tapping the Gamut point continuously:

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. 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.

6. Same as #5 only reverse the direction in which you roll your eyes.
7. Hum two seconds of a song (suggested: “Happy Birthday”).
8. Count rapidly from 1 to 5.
9. Hum two seconds of a song again.

Note that these nine actions are presented in a certain order. I suggest that you memorize them in the order given. You can mix the order up if you wish, however, as long as you do all nine of them and perform 7, 8, and 9 as a unit. That is, you hum two seconds of a song, then count, then hum the song again, in that order. Years of experience have proven this to be important.

Note also that for some people humming “Happy Birthday” causes resistance because it brings up memories of unhappy birthdays. In this case, you can either use EFT on those unhappy memories and resolve them or side-step this issue for now by humming some other song.

Ingredient #4: The Sequence (Again)

The fourth, and last, ingredient in the Basic Recipe is an identical trip through the Sequence.

The Reminder Phrase

Once memorized, the Basic Recipe becomes a lifetime friend. It can be applied to an almost endless list of emotional and physical problems and provides relief from most of them. However, there’s one more concept you

need to understand before you can apply the Basic Recipe to a given problem. It's called the Reminder Phrase.

When a football quarterback throws a pass, he aims it at a particular receiver. He doesn't just throw the ball in the air and hope someone will catch it. Likewise, the Basic Recipe needs to be aimed at a specific problem. Otherwise, it will bounce around aimlessly with little or no effect. You "aim" the Basic Recipe by applying it while tuned in to the problem from which you want relief. This tells your system which problem needs to be the receiver.

Remember the Discovery Statement, which states: The cause of all negative emotions is a disruption in the body's energy system. Negative emotions come about because you are tuned in to certain thoughts or circumstances that, in turn, cause your energy system to disrupt. Otherwise, you function normally. A fear of heights is not present, for example, while the person is reading the comics section of the Sunday newspaper (and therefore not tuned in to the problem).

Tuning in to a problem can be done by simply thinking about it. In fact, tuning in *means* thinking about it. Thinking about the problem will bring about the energy disruptions involved, which then, and only then, can be balanced by applying the Basic Recipe. Without tuning in to the problem, and thereby creating those energy disruptions, the Basic Recipe does nothing.

Tuning in is seemingly a simple process. You merely think about the problem while applying the Basic Recipe. That's it—at least in theory. You might find it a bit

difficult to consciously think about the problem while you are tapping, humming, counting, and so on. That's why I'm introducing a Reminder Phrase that you can repeat continually while you are performing the Basic Recipe.

The Reminder Phrase is simply a word or short phrase that describes the problem and that you repeat out loud each time you tap one of the points in the Sequence. In this way you continually "remind" your system about the problem you are working on.

The best Reminder Phrase to use is usually identical to what you choose for the affirmation you use in the Setup. For example, if you are working on a fear of public speaking, the Setup affirmation would go like this:

Even though I have this fear of public speaking, I deeply and completely accept myself.

In this affirmation, the phrase "fear of public speaking" is an ideal candidate for use as the Reminder Phrase.

I sometimes use a bit shorter version of this Reminder Phrase. I might, for example, use "public speaking fear" or just "public speaking" instead of the somewhat longer version. That's just one of the shortcuts I've grown accustomed to after years of experience with these techniques. For your purposes, however, you can simplify your life by just using the identical words for the Reminder Phrase as you use for the affirmation in the Setup. That way you minimize any possibility of error.

When I am helping people with EFT, I don't always have them repeat a Reminder Phrase. That's because I

have discovered over time that simply stating the affirmation during the Setup is usually sufficient to tune in to the problem at hand. The subconscious mind usually locks on to the problem throughout the Basic Recipe, even though all the tapping, humming, counting, and so on seems to be distracting. But this is not always true and, with my extensive training and experience, I am able to recognize whether using the Reminder Phrase is necessary. As stated, it is not usually necessary, but when it is, it is *really* necessary and must be used.

What's beautiful about EFT is that you don't need to have my experience in this regard. You don't have to be able to figure out whether or not the Reminder Phrase is necessary. You can just assume it is always necessary and thereby assure yourself of always being tuned in to the problem by simply repeating the Reminder Phrase as instructed. It does no harm to repeat the Reminder Phrase when it is not necessary and will be a vital tool when it is. This is part of the 100% Overhaul Concept mentioned earlier. A number of the components in each round of the Basic Recipe may not be necessary for a given problem, but when a particular part of the Basic Recipe is necessary, it is absolutely critical. So it does no harm to include everything, even what may be unnecessary. It only takes one minute per round. This includes always repeating the Reminder Phrase each time you tap a point during the Sequence. It costs nothing to include it, not even time, because it can be repeated within the same time it takes to tap each energy point seven times.

The concept of the Reminder Phrase is easy, but just to be complete I include here a few samples:

- Headache
- Anger toward my father
- War memory
- Stiffness in my neck
- Nightmares
- Craving for alcohol
- Fear of snakes
- Depression

Subsequent Round Adjustments

Let's say you are using the Basic Recipe for some problem (e.g., fear, headache, or anger). Sometimes the problem will simply vanish after just one round; at other times, one round provides only partial relief. When only partial relief is obtained, you will need to do one or more additional rounds.

Those subsequent rounds need to be adjusted slightly for best results. Here's why: One of the main reasons the first round doesn't completely eliminate a problem is because of the reemergence of Psychological Reversal, that interfering blockage that the Setup is designed to correct.

This time, Psychological Reversal shows up in a somewhat different form. Instead of blocking your progress altogether, it now blocks any remaining progress. You have already made some headway but become stopped partway toward complete relief because Psychological

Reversal enters in a manner that keeps you from getting any better.

Since the subconscious mind tends to be literal, the subsequent rounds of the Basic Recipe need to address the fact that you are working on the remaining problem. Accordingly, the affirmation contained within the Setup needs to be adjusted, as does the Reminder Phrase.

Here's the adjusted format for the Setup affirmation:

Even though I still have some of this _____, I deeply and completely accept myself.

Please note the emphasized words (“still” and “some”) and how they change the thrust of the affirmation toward the remainder of the problem. It should be easy to make this adjustment and, with a little experience, you will fall into it quite naturally.

Study the adjusted affirmations below. They reflect adjustments to the original affirmations shown earlier in this section.

- Even though I still have some of this fear of public speaking, I deeply and completely accept myself.
- Even though I still have some of this headache, I deeply and completely accept myself.
- Even though I still have some of this anger toward my father, I deeply and completely accept myself.
- Even though I still have some of this war memory, I deeply and completely accept myself.

- Even though I still have some of this stiffness in my neck, I deeply and completely accept myself.
- Even though I still have some of these nightmares, I deeply and completely accept myself.
- Even though I still have some of this craving for alcohol, I deeply and completely accept myself.
- Even though I still have some of this fear of snakes, I deeply and completely accept myself.
- Even though I still have some of this depression, I deeply and completely accept myself.

The Reminder Phrase is also easily adjusted. Just put the word remaining before the previously used phrase. Here, as examples, are adjusted versions of the previous Reminder Phrases:

- Remaining headache
- Remaining anger toward my father
- Remaining war memory
- Remaining stiffness in my neck
- Remaining nightmares
- Remaining craving for alcohol
- Remaining fear of snakes
- Remaining depression

This completes the features of the Basic Recipe. You now need two things to be effective in using it. You need to memorize it and you need a few tips on how to apply it.

Quick Guide to EFT

I. The Discovery Statement

The cause of all negative emotions is a disruption in the body's energy system.

II. EFT in a Nutshell

Memorize the Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Be specific when possible and aim EFT at the specific emotional events in your life that might underlie the problem. When necessary, be persistent until all aspects of the problem have vanished. Try it on everything!

III. The Basic Recipe

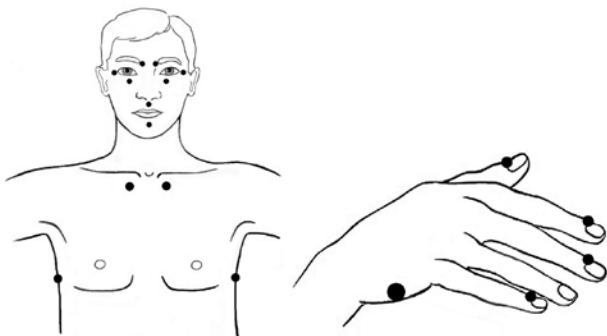
1. **Where in your body** do you feel the emotional issue most strongly?
2. **Determine the distress level** in that place in your body on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity:

10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0

3. **The Setup:** Repeat this statement three times, while continuously tapping the Karate Chop point on the side of the hand (large dot on hand diagram below):

“Even though I have _____ (name the problem), I deeply and completely accept myself.”

4. **The Tapping Sequence:** Tap about 7 times on each of the energy points in these 2 diagrams, while repeating a brief phrase that reminds you of the problem.



5. **Determine your distress level** again on a scale of 0 to 10 again. **If it's still high, say:**

“Even though I have some remaining _____ (problem), I deeply and completely accept myself.”

6. **Repeat from Step 1** till your distress level is as close to 0 as possible.

EFT 10-minute tap along video: eftuniverse.com/tapnow.htm