

Emotional Freedom Techniques

Balance Your

Life

With EFT

A MANUAL OF EFT
by Karen Lewis

This manual contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorised reprint or use of this material is prohibited. No part of this manual may be reproduced, transmitted or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any storage or retrieval system, without prior permission in writing from the author. karen@EFT-Reiki.com

This eBook may be shared with others but only if it is distributed freely, for educational purposes. This copyright notice has to be included and proper attribution made to the author.

Please address any queries to: karen@EFT-Reiki.com

I have endeavoured to ensure that all the links throughout this eBook are live. If you come across any that do not work, I would appreciate it if you could please let me know so that I can take the opportunity to amend the text. Please be aware that due to the dynamic nature of the Internet, there are times when web pages may no longer be available.

Version 1.03 March 2012

© Copyright 2007- 12 Karen Lewis

All Rights Reserved Worldwide

DISCLAIMER:

This EFT oriented publication is provided as a good faith effort to expand the use of EFT in the world. It represents the ideas of the author and does not necessarily represent those of EFT founder Gary Craig or any other EFT advocate. For a more complete understanding of EFT, and rental copies of Gary Craig's original EFT training DVDs you can visit the [new EFT website](#).

All the information presented here is based upon the experiences and research of the author(s). As EFT has only been used in its current form since the mid 1990s, it may be considered still in the experimental stage. Therefore all users of EFT, both practitioners and laymen, *must take complete and personal responsibility for their use of it.*

The author(s) cannot be held responsible for any adverse effects or consequences resulting from the use of the techniques underlined here, either on you or others.

This information, which should NOT be considered as taking the place of medical advice, is shared with you on the understanding that:

- You accept complete responsibility for your own psycho-emotional and physical health and well-being.
- You are required to instruct others whom you help with EFT, or to whom you teach EFT, to take complete responsibility for their psycho-emotional and/or physical well-being.
- You should never try to treat psychotic or other seriously ill people, unless you are qualified to do so.
- You should never stop, or advise others to stop, taking prescribed medication without consulting your doctor.

If ever you are in doubt you should always seek the help of a qualified medical practitioner.

TABLE OF CONTENTS

<u>PREFACE.....</u>	<u>5</u>
<u>INTRODUCTION.....</u>	<u>9</u>
<u>WHAT IS EFT?.....</u>	<u>13</u>
<u>History.....</u>	<u>14</u>
<u>Gary Craig.....</u>	<u>15</u>
<u>THE DISCOVERY STATEMENT.....</u>	<u>16</u>
<u>BELIEFS AND ATTITUDES.....</u>	<u>18</u>
<u>'The Palace of Possibilities'.....</u>	<u>18</u>
<u>'Writings on our Walls'.....</u>	<u>18</u>
<u>Affirmations.....</u>	<u>22</u>
<u>HOW TO USE EFT.....</u>	<u>28</u>
<u>SUDS & VOCS.....</u>	<u>28</u>
<u>Aspects.....</u>	<u>29</u>
<u>Generalization Effect.....</u>	<u>30</u>
<u>Signs EFT is Working.....</u>	<u>31</u>
<u>The Apex Effect.....</u>	<u>31</u>
<u>POSITIONS OF TAPPING POINTS.....</u>	<u>33</u>
<u>THE BASIC RECIPE.....</u>	<u>38</u>
<u>Set-up Phrase.....</u>	<u>38</u>
<u>The Basic Recipe In Action.....</u>	<u>39</u>
<u>THE BASIC RECIPE – QUICK OVERVIEW.....</u>	<u>43</u>
<u>WHY HASN'T EFT WORKED?.....</u>	<u>44</u>
<u>SHORT-CUT ROUTINE.....</u>	<u>47</u>
<u>Additional Shortcuts.....</u>	<u>48</u>
<u>THE MOVIE TECHNIQUE.....</u>	<u>49</u>
<u>EFT PERSONAL PEACE PROCEDURE.....</u>	<u>52</u>
<u>WAYS YOU CAN HELP YOURSELF.....</u>	<u>56</u>
<u>EXERCISE.....</u>	<u>56</u>
<u>DIET.....</u>	<u>57</u>
<u>STRESS.....</u>	<u>58</u>
<u>BAD HABITS.....</u>	<u>61</u>
<u>CRAVINGS AND ADDICTIVE BEHAVIOUR.....</u>	<u>61</u>
<u>SMOKING.....</u>	<u>69</u>
<u>WEIGHT.....</u>	<u>73</u>
<u>CHOCOLATE.....</u>	<u>77</u>
<u>PHOBIAS.....</u>	<u>79</u>
<u>PHYSICAL PAIN AND SYMPTOMS.....</u>	<u>82</u>
<u>THE CHOICES PROTOCOL.....</u>	<u>88</u>
<u>SUMMARY.....</u>	<u>89</u>
<u>RESOURCES.....</u>	<u>91</u>
<u>Website Sources.....</u>	<u>91</u>
<u>ACKNOWLEDGEMENTS.....</u>	<u>92</u>

PREFACE

Please Note: *This EFT oriented publication is provided as a good faith effort to expand the use of EFT in the world. It represents the ideas of the author and does not necessarily represent those of EFT founder Gary Craig or any other EFT advocate.*

Due to Gary's retirement at the start of 2010, the wealth of information that could be found in the articles on his original website have now been re-homed by Dawson Church, at www.eftuniverse.com. A further understanding of EFT via the numerous articles and free videos is available at this new EFT site, and the original Gary Craig EFT training DVDs are available for rental [here](#).

This manual is about the use of EFT (Emotional Freedom Techniques®) to enable you to bring healing, balance and harmony to your life. For a very good understanding of EFT I recommend that you go to the web-site above and download the [FREE EFT Get Started Package](#). My understanding is that copies of Gary Craig's manual are no longer available for download but you can obtain a book version of the manual [here](#). If you do have Gary's original manual then you can use these two manuals in conjunction with each other.

This aims to be a 'How to...' manual, giving you all you need to be able to use this deceptively simple and elegant technique to **empower** and **enable yourself** as you find your way on your Journey through life.

Healing comes from within the one who wishes to be healed, and no other. My role, as practitioner and author of this manual, is to act as a facilitator and guide for you, illuminating the way so that you may more easily follow the path. I think you will find it to be an extremely interesting journey that we take together, as partners or a team, and you may be surprised at what you discover about yourself.

The first part of the manual gives you the background about EFT, looking at its history and development by Gary Craig.

We then go onto to what EFT is all about. What is this '**acupuncture without needles**' thing? What is the **DISCOVERY STATEMENT** – "**The cause of all**

negative emotions is a disruption in the body's energy system.” And what does it mean?

We also take a look at what Gary refers to as ‘*the Writings on Our Walls*’, a very interesting way of viewing our beliefs and attitudes about everything that goes on in our lives; the emotions and fears that this evokes in us and the way they can impinge upon our daily life, for good or bad. We touch on the ‘Law of Attraction’ – how our energy flows towards the focus of our attention and the importance of being aware exactly what it is that we are focussing on.

Another section takes you through the technique so that you can apply it to yourself via the Basic Routine and the Short-Cut Method. Here you will find out what SUDS are (and it’s nothing to do with washing dishes! 😊) and what VOCS stands for.

When it comes to Set-up Phrases, do not be afraid to use colloquial or idiosyncratic terms instead of medical or polite language. It’s not only all right, but actually very important for you to use **your own words or phrases** as they are more resonant for you, they have meaning for you. The fact is, you are far more likely to succeed when using your own terminology rather than someone else’s.

Remember that you need to really feel that these are ‘truths’ for you. Consider your issue, take notice of what you feel, physically, mentally and emotionally, make notes if needed and then formulate your own unique set-up phrases making use of your feedback.

§§§§§§§§

The manual briefly gives several common-sense life-style ways that you can choose to follow to help yourself, covering areas such as exercise, diet and stress, along with some examples of Set-up Phrases to get you started.

If any of the life-style solutions mentioned throughout this manual bring up any kind of negative emotions, you should be able to formulate your own Set-up Phrases to work through these.

Then we look at the ‘bad habits’, the cravings and addictive behaviour that often centre on such things as food, drink (not necessarily alcoholic) and nicotine and how

Balance Your Life With EFT Workshop Manual

dealing with the emotional drivers that underlie these can help you to beat those habits, once and for all.

We finish by briefly considering the use of EFT to deal with phobias and physical pain.

§§§§§§§

I am Karen Lewis, your facilitator and guide on this journey. I am not trained in conventional medicine but since 1994, when I qualified after 5 years of training as a Medical Herbalist, and 2 ½ years of training as an Aromatherapist, I have been on my own Journey of Discovery.

The human being is a fascinating subject and it has been very rewarding for me to be able to help my patients/clients help themselves to get better and find wholeness, or healing. I am a big believer in personal responsibility – we are all responsible for own well-being, physically, mentally and emotionally.

In 1998 I became a Reiki channel and in 2001 I became a Reiki Master/Teacher so that I could pass on the wonderful ability of self-healing to others. In 2006 I did additional Reiki Master/Teacher training in the Japanese style of Usui Reiki. I use Reiki on both myself and my clients and find it a great tool for relaxation and healing.

More recently I became interested in another energy medicine technique, that of Emotional Freedom Technique. Having read books about it, I finally took the plunge in September 2006 and did my Foundation Level, followed by my Practitioner Level in February 2007.

I find this to be another wonderful technique, again both for myself and those who choose me as their guide to EFT. I have learned many things from all the people who have come to me.

I am currently a member of the [Association for the Advancement of Meridian Energy Techniques \(AAMET\)](#), and an [Embodiment Professional Member of the Complementary Therapists Association](#).

Balance Your Life With EFT Workshop Manual

I hope you will choose to join me on this Journey of Discovery and see whither it takes us. I wish you bright blessings on your travels.



Karen Lewis

Tel: +44(0)1902 863466

[Email](#)

www.EFT-Reiki.com

www.EFT-not-Hrt.com

[EFT, Reiki and All Kinds of Everything Blog](#)

INTRODUCTION

Important Note: *Even beginners to EFT can produce excellent results from the very start and the EFT Universe site is full of such examples. However, you should always exercise common sense in the application of EFT and not use it in situations where you would be in over your head. You should never try to treat psychotic or other seriously ill people. That should be left to those who are expert in dealing with such matters. You should never stop, or advise others to stop, taking prescribed medication without consulting your doctor. As EFT has only been used in its current form since the mid 1990s, and thus may be considered still in the experimental stage, all users of EFT, both practitioners and laymen, must take complete and personal responsibility for their use of it.*

§§§§§§§§

EFT (Emotional Freedom Techniques®) is one of the modern energy meridian therapies. Unlike much of modern medicine today, the elegant yet simple-to-apply technique of EFT does not appear to have any negative side-effects.

On the contrary, many users of EFT have benefited from numerous positive effects. These include:

An increased state of relaxation

A brighter, more joyful outlook on life generally

Improvements in the areas of physical and emotional health

Improvements in energy levels and focus

An increase in regards to self-esteem

EFT also appears to have an extremely good success rate in the ability to relieve stress and anxiety, chronic pain, and many other problems and issues.

It often helps when nothing else works.

Balance Your Life With EFT Workshop Manual

The success rate can range from 50% to 80%, depending upon the skill of the person using it.

§§§§§§§§

So what issues can you expect EFT to help with?

How about those associated with:

PERSONAL PERFORMANCE?

Such as: abundance

 weight loss

 business and career goals

EMOTIONAL CHALLENGES?

Such as: relationship issues

 anger management

 depression

 insomnia

 severe trauma (PTSD)

 addictions

 phobias

PHYSICAL DISEASE?

Such as: allergies

 migraine

 pain management

 Chronic Fatigue Syndrome

Balance Your Life With EFT Workshop Manual

fibromyalgia

blood pressure problems

diabetes

female hormonal problems

Many people have found relief from the use of EFT in these situations. [Ongoing research](#) is showing benefits in using EFT with anxiety, depression, PTSD, especially with war veterans, and fibromyalgia.

EFT (Emotional Freedom Techniques) was originally designed to reduce the psychotherapy process from months and years down to minutes and hours.

Interestingly enough, it was discovered that astonishing physical healings also occurred as a result of utilizing this elegantly simple and easy-to-apply technique.

Symptoms faded for all sorts of problems, from migraine headaches to cancer. If you wish to investigate further, more details may be found at www.eftuniverse.com.

You can learn a little more about the benefits of EFT [here](#), the best of which is that you can apply it to just about everything.

Based on personal experience I am especially using EFT to help women whose hormones are in a 'tizzy', either at puberty, menopause or those PMS times in between. Many would prefer not to go down the HRT or Pill route but here we have a technique, literally at our fingertips, that you can learn and use to 'just tap away your problems'.

Either alone or in combination with Reiki I am finding this a gentle yet effective way to help women calm those hormonal 'storms'.

I have been working on an e-Book to address this issue of menopausal hormonal challenges. It is now available for download from www.EFT-not-HRT.com.

§§§§§§§

Balance Your Life With EFT Workshop Manual

If you go to my [site](#) you can find links to the new EFT site to have a look in the archives and there are also some excellent DVDs that go into far more detail than any book can. The EFT site is a positive goldmine of information and gives you an idea of just how large the scope of EFT really is.

Another issue of personal significance for me is that of Type 2 diabetes, which is likely to be the topic for a future e-Book.

Although I can make no claims of a cure, EFT can be used help to address problems of stress, weight control, exercise and dietary compliance and general overall motivation. General improvements in these areas means that the diabetes is far better managed, reducing the risk of complications.

WHAT IS EFT?

So what is EFT or Emotional Freedom Techniques®?

EFT comes under the banner of ‘modern meridian therapies’ or ‘energy medicine techniques’, which trace their origins way back to acupressure and Shiatsu. It is a deceptively simple yet extremely powerful tool to treat all sorts of issues, physical as well as emotional.

Gary Craig, the founder of EFT, says that it can be likened to ‘**psychological acupuncture without the needles**’ as we tap on certain acupuncture points that relate to the end-points of the 14 meridian circuits on the head and upper torso.

It is this physical tapping on these points, causing a vibrational change, which is the driver of the process, stimulating the meridian energy system just as acupuncture, Shiatsu and Applied Kinesiology do.

In this way the body’s energy system is gently realigned, brought back into balance, the energy allowed to flow smoothly, disconnecting the physical discomfort we associate with certain memories, and most frequently removing the resulting symptoms.

As EFT incorporates an emotional element to the healing process, it addresses the unresolved emotional issues which are now being considered in some quarters as the possible likely cause of physical disease, psychological dysfunction, and personal performance limits.

EFT often works where all else has failed. The beauty of EFT is that, unlike conventional psychotherapy, the recipient does not have to go back and relive the trauma, although it is important to ‘tune into’ the problem as the tapping is carried out, in order to balance the energy system. This generally makes it a much more painless procedure, although tears and strong emotions can and do surface at times.

Although EFT as a therapy is but a baby, its pedigree stretches way back into the mists of time. EFT also draws upon the work of Albert Einstein, who realized back in the 1920s that everything, including the human body, is composed of energy.

Western Healing Practices largely ignore these ideas, and this can help to explain why ***EFT often works where nothing else will.***

History

First we had acupuncture stretching back over the millennia, used by the Chinese, the Japanese and more recently the West. Alongside this were the various cultural versions of acupressure or Shiatsu.

In 1964 a chiropractor called Dr. George Goodheart developed a technique that he named Applied Kinesiology. This utilized muscle testing techniques and Dr Goodheart noted that there were connections between various muscles and the meridian pathways of acupuncture. As a result of testing a muscle, he could get an idea or feedback of what was happening in the associated meridian and how

it was affecting an individual, whether it was emotionally, physically, mentally, or otherwise.

In the 1980s John Diamond, MD., followed up on this and discovered that each of the twelve acupuncture meridians relates to a specific emotional state. 'Life Energy and the Emotions' and 'Your Body Doesn't Lie' are both interesting books written by him if you would like to investigate this 'Behavioural Kinesiology' for yourself.

In the early 1980s Dr. Roger Callahan, who had studied Kinesiology with John Diamond, developed the method of 'Thought Field Therapy', finger tapping the meridian energy points on the body along with specific eye movements.

Trained as a conventional psychotherapist, this was a radical change from the usual 'talk therapies' and was based on the theory of energy flows through the meridian channels of the body. If energy runs freely and smoothly the body is in a state of health and well-being. If blockages occur, or imbalances in this energy flow, then the individual experiences emotional disturbance, which can work down into physical manifestation of illness or 'dis-ease', wherein the body is not at 'ease' with itself.

These blockages in the energy flow can result from disturbing thought patterns and Dr. Callahan found that if he treated the blockage directly, this led to the disappearance of the disturbance or upset. Any negative feelings that had previously

been associated with those disturbing thought patterns were in most cases eliminated. Roger Callahan has written a book, along with Richard Trubo, called 'Tapping the Healer Within'.

Gary Craig

Gary Craig, the founder of EFT, is a retired Stanford University trained engineer turned 'personal trainer', who trained with Dr. Callahan. He worked out a way to simplify Dr Callahan's process, yet still get very impressive results.

Thanks to Gary we now have a simple and freely available therapy – Emotional Freedom Technique (EFT), which he often refers to as 'acupuncture without needles' as it uses finger tapping to stimulate the end-points of all 14 meridians circuits instead of acupuncture needles. Great for the needle-phobics amongst us! (Which is, of course, in itself a tappable issue.)

THE DISCOVERY STATEMENT

As a result of his investigations into simplifying TFT, Gary came up with the essence behind EFT, which he called the **DISCOVERY STATEMENT**:

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

A distressing memory or thought can cause a disruption (or ‘dzzzt’) in the body’s meridian or energy system, which in turn leads to physical changes such as nausea or anxiety or some other negative emotion. These feelings become attached to the memory of that experience and have an effect on the way we see the world. When we come across similar situations this triggers a kind of conditioned response, often without us even being aware of it.

In his manual (p.18), Gary states, *“Please notice that (the Discovery Statement) is all inclusive. It says, **“The cause of ALL negative emotions is a disruption in the body’s energy system.”** This includes fears, phobias, anger, grief, anxiety, depression, traumatic memories, PTSD (Post Traumatic Stress Disorder), worry, guilt and all limiting emotions in sport, business and the performing arts.”*

EFT also works extremely effectively on a multitude of physical problems as well. This may seem odd but the growing science of psychoneuroimmunology (PNI) is proving that many physical ailments are associated with the state of the emotions. PNI is the study of the interaction among emotions/psyche, the brain and the neurological systems, and the hugely complex immune system, some of the body's most complex systems.

PNI springs from healing traditions that are both ancient and modern, Eastern and Western. According to the Association for the Advancement of Applied Psychoneuroimmunology ([AAAPNI](http://www.aaapni.com)), *‘A wide variety of practices including acupuncture, tai chi, meditation, relaxation techniques, yoga, nutritional modification and body work, have been identified by PNI research as having value in the promotion of wellness and the management of chronic illness. These practices derive from the world’s spiritual, healing and martial arts traditions.’*

EFT, of course, derives from acupuncture. By tapping on the acupuncture points we can bring balance to the meridian system. This brings about a state of emotional freedom and harmony. Instead of 'dis-ease' one becomes at ease with oneself.

Eric Robins, MD. has his own version: "*The presence of the disease presupposes the existence of unresolved emotional issues, whether the patient is consciously aware of them or not.*" Or put another way "**Unresolved negative emotions are major contributors to most physical pains and diseases.**" (Gary Craig), so resolving these emotions will remove the cause of the physical problems.

This ties in with what I have been telling my herbal patients since starting to practice in 1994, that many physical manifestations of illness have their aetiology or beginning, in unresolved emotional problems.

Many times in consultation, patients, when asked what they can remember about events going on at the time of, or just before, their problem started, have mentioned bereavements or crises, etc.

I was aware back in the 1980s that the nervous system, the immune system and the endocrine system (associated with the production of stress hormones) were intimately related and finely balanced. What affects one system can have a knock-on effect upon the others. Now, with EFT, we have the perfect tool to help you help yourselves when that balance is thrown out of kilter!

BELIEFS AND ATTITUDES

'The Palace of Possibilities'

This is a series of articles that Gary Craig wrote - "[The Palace of Possibilities](#)".pdf which is immensely interesting to read. I was fascinated by it when I read it the first time. It all makes such sense and really opened my eyes to my own untapped (excuse the pun) potential. I highly recommend that you read it!

According to Gary we live in a '**Palace of Possibilities**'. This is his metaphor to represent ALL our potential. The 'Palace' is a place that contains many rooms that we can roam around in and explore. Each room is filled with an abundance of achievements and joys. What will we find that can enable us to achieve our potential and lead a joyous and abundant life?

Unfortunately, many of us have far more potential than we are using, with most of us only ever tending to roam around a few 'rooms', often in the basement, those in which we feel most 'comfortable'.

All those other rooms are beyond our comfort zone. We feel as if we don't 'belong' in these beautiful rooms – they are only for those who are more worthy, or richer, or more privileged than us. Perhaps it's a bit like 'Upstairs, Downstairs' where we feel we are only the servants, and should not be found in the 'upstairs' domain of the masters and better off.

So we tend to limit ourselves to the few rooms that we feel happy in, even though we know there is more out there. Why do we do this?

'Writings on our Walls'

According to Gary "***Because our cans and cant's are written on those walls*** (of the rooms) ***and we obey those dictates as though they were real. Our incomes reflect those limits. So does our self image. In fact, there is scarcely any part of our make-up that is not affected by what's written on those walls.***

The words on our walls are metaphors for our self talk ... represent the attitudes, opinions & beliefs that we have accumulated over the years. Many of them are hand-me-downs from our parents, grandparents, teachers, coaches, religions, peers, books, TV and an endless list of other 'authorities' in our lives. Upon inspection ... many of them are laughable. Nonetheless, they still seem to have a hold on our progress.” (Palace of Possibilities.pdf p. 6)

These ‘writings on our walls’ become the ‘truths’ in our lives. Of course we are all different and my ‘truths’ are different from your ‘truths’ because we had different upbringings and experiences, which means that the limits these ‘truths’ impose upon us are going to be different as well.

However, it is important to realize that these ‘truths’ are actually only guidelines passed down to us by others and adopted by ourselves. In many cases they are only assumptions or interpretations of the behaviour of our parents or other authority figures, as seen through the eyes of a child, and usually a very young one at that, with little true perspective at that time.

In most cases our parents are always trying to help us in the best way that they know how to, which is according to the writings on *their* walls, of course. Everyone you come into contact with reflects *their* writings on the walls onto everyone else’s. It is however, *your* perceptions, *your* interpretations through your own personal filter of what is said or done, that gets laid down as the writings on *your* walls.

As we grow we should be able to discard those that do not serve us well. However, as we go through life ‘*we constantly consult the writings on our walls*’, simply because they represent the ‘truth’ as we know it. They can be positive, of course. If your parents always praised and supported you and told you you’d go far, then it is more likely you will find opportunities wherever you seek them and do well. But often we seem to have limiting ‘writing on our walls’ such as:

- You will never amount to much
- You’re not as smart as your brother/sister
- Don’t fly too high; you’ll get burnt wings

Balance Your Life With EFT Workshop Manual

- What makes you think you're so special?
- Little girls are made of sugar and spice and all things nice
- When you get to a 'certain age' women balloon in weight
- Only the young are worthy
- Get to 35 (or whatever age bothers you) and you are past it

Even though logically we can see that these should not be affecting us, at a very deep level they hold such very strong emotional charges that they will come through regardless.

If you take time out to listen to your thoughts and your words, and ask '*Where did THAT come from?*' you can then go on to use EFT to erase and eliminate these limiting, negative beliefs from our walls, to make room for more expansive, positive beliefs.

In the process we can now move into more of those rooms in our Palace; we can explore upstairs and expand our potential and pursue our personal growth and development.

Another important thing to consider, according to Gary, is the fact that '***My consistent thoughts become my reality***' (Palace of Possibilities. pdf p. 8). This is very similar to and can be tied in with the Law of Attraction that states that '***you attract that which you focus on***'.

I'm sure we all know people who carry around their own personal little black cloud and if something is going to go wrong, it'll happen to them. That is their expectation, and that is what they get!

Likewise, others are full of joy and light, only ever see the best in everything, and seem to lead charmed lives. I work on the basis that I would rather have consistent thoughts of love, health and abundance and attract that reality to me, rather than one of 'poor me, why does it always happen to me?'

From a health point of view Deepak Chopra says in 'Ageless Body, Timeless Mind' (p.5) *'It would be impossible to isolate a single thought or feeling, a single belief or assumption, that doesn't have some effect on aging, either directly or indirectly. **Our cells are constantly eavesdropping on our thoughts and being changed by them*** (my emphasis). *A bout of depression can wreak havoc with the immune system; falling in love can boost it. Despair and hopelessness raise the risks of heart attacks and cancer, thereby shortening life. This means that the line between biology and psychology can't really be drawn with any certainty. A remembered stress, which is only a wisp of a thought, releases the same flood of destructive hormones as the stress itself.'* Chopra is relating this to the aging process but it has relevance in general as well. Again, I'd rather my thoughts were positive and healthy, just in case.

Gary goes on to quote a friend of his, Jim Newman: **'Yesterday's thoughts have created your present. Today's thoughts are creating your future.'** We all want a good reality and the **'way to achieve a better reality is to change our consistent thoughts because changing our consistent thoughts automatically changes our reality.'** (Palace of Possibilities. pdf p. 9)

It is also important to be aware that words have power. Your self-talk can be very powerful in deciding what you get. Positive words empower and strengthen you emotionally. At the same time they have a positive, strengthening effect on the energy system which reflects at a physical level. John Diamond demonstrated this via muscle testing and touches upon it in 'Your Body Doesn't Lie'.

So be very aware of how you talk to yourself. Watching Gary's DVDs I had to agree with him when he suggested that substituting the word 'challenge' for 'problem' automatically produces a more positive way of thinking. A challenge might be scary, but it can also be exciting, whereas a problem tends to be something that may be just too difficult to surmount.

With EFT at our fingertips we are able to change our thoughts (self-talk) far more easily than you might think. With EFT we can change those 'writings on our walls'. Whenever a negative thought or belief comes up you can EFT it, erase it and thus leave room to replace it with a more positive thought / belief. It may take a little while but soon you can find a big change around in the way you think and the way you

view your world, and this in turn can have astounding effects upon the body's physiology.

Affirmations

EFT gets rid of the negatives, but how do you install the positives? That is where **affirmations** come in. Affirmations are positive statements, set in the first person and the present tense, which you repeat to yourself for as often and as long as it takes to 'recondition' your thoughts / beliefs. You are aiming to develop new consistent thoughts which are going to become your new reality.

For example, weight is an issue for many people so you may want to use the affirmation '*I weigh x many pounds.*', 'x' being your desired weight.

However, when using affirmations you have to be very aware of just what it is you are affirming as many of our perceived positive affirmations have something of a sting in the tail, a '**yes, but**' or a '**tail-ender**' as Gary calls it.

When you affirm that you weigh x many pounds; you would like to believe that. But your self-talk is sarcastically telling you '*Oh, yes, really? And pray, how?*' or '*Yeah, sure! Didn't you try that before and fail – dismally?*' Bearing in mind the power of the subconscious and Psychological Reversal (discussed next), what you really take on board is the '*Yeah, course you do!*' (including the sarcastic tone of your inner voice) and it is that unearthed negative belief that will hold firm, that becomes the real affirmation in your mind.

However, EFT can come to the rescue. Limitations and tail-enders are all tappable issues. As Gary says, EFT is the ultimate eraser. So you can EFT the negative as often as you like '*Even though I don't know HOW I'm going to lose this weight, I deeply and completely love and accept myself anyway.*' And then go on to use your affirmation. Add imagination too, vividly visualizing your new wardrobe of clothes, the reduction in inches on the tape measure, etc., and you can really go for it.

Just don't judge the process, go with the flow, be an impartial observer of the process. We are not using willpower here; we know that rarely works, at least not for very long. The new vision of yourself becomes your new consistent thought, which in turn becomes your new reality.

PSYCHOLOGICAL REVERSAL

Everyone experiences **Psychological Reversal**, or PR as it is often known, the principle cause of which is **negative thinking**, usually at a subconscious level. What do you do each New Year? Do you make your resolution(s)? Do you keep them? You tell yourself you want to lose weight. You have logical, good reasons, and yet you still eat inappropriate food, forego exercise, etc. Most people end up **self-sabotaging** themselves, or have **doubts**, or **negative thoughts** or **disagreement**, usually at a deep, subconscious level, that they can really succeed in their resolutions.

PR blocks progress. PR is nearly always present in people who have long-term chronic ailments, depression, anxiety or cravings and addictive behaviour, which is why it can prove so very difficult to stop smoking the cigarettes, eating the sugary foods, relinquish the caffeine, etc. Logically and consciously you know it makes sense, but deep down in the psyche something lurks that prevents you from following through. That something is usually emotional.

PR is a key concept that Dr. Callahan developed. The principle behind this concept is that the natural flow of energy in the body can become reversed as a result of some trauma, illness or shock, a form of reversed polarity. If you think of how you have to put batteries into an appliance in a specific way for it to work then you have an idea of what is going on. Put them in the wrong way and nothing happens.

If PR is present then NO form of healing is going to take place, either conventional or complementary. We all probably know people who never seem to get better no matter what they do. This is not due to lack of will power, or poor motivation; it is not a failing or a defect but merely the result of PR at work. At some subconscious level they do not want to get better.

Often this may be because there might be underlying 'secondary gains' from being ill. Consciously they may not think it, but at some deep level they may feel that if they get better then they will lose the attention they are getting, or they will have to change their lives, or whatever.

If you find that you are getting the SUDS level down (see later) and then it gets stuck at some low level without getting to zero, then it may be that PR is rearing its head. This is known as a '**Mini-Reversal**', similar to '**Specific Reversal**', which is where you find reversal in just one or two areas. You may do well generally but just can't give up the cigarettes or munching on the biscuits, even though you want to stop.

'**Massive or Global Reversal**' is where you are reversed completely on all aspects. When 'massive reversal' is present, things never seem to go right and people can feel that they are victims to bad fortune. It must be understood that this is not a character defect – just that the individual's energy system is working back to front.

In an EFT session, if you get to a 'mini reversal', just not quite ready to let things go, then you have the option of keeping the vestiges of the problem, or working to clear it completely. Removal is usually effected by tapping of the Karate Chop point.

In many cases, PR is not always present but the Set-up routine '*Even though ...*' has been designed to specifically correct PR if it is present, and thus remove it. It does this by helping to re-align the body's energy system. By doing this we are acknowledging any underlying doubt or negativity that may be present. As it takes only a few moments of time to do, it is best just to assume PR is present and go ahead with the Set-up.

A number of points can be used to correct PR but the ones most frequently used are the 'Sore Spot' and the 'Karate Chop' point.

The '**Sore Spot**' can be found in both the upper left and right side of the chest, about 3 inches down and 3 inches across from the top of the sternum or breastbone. It is usually rubbed. It is so named because vigorous rubbing of this area can elicit tenderness or soreness as it is a place where lymphatic congestion can occur. Rubbing it disperses the congestion. If you have no lymphatic congestion then you may not feel any soreness at all. You can work on either side. This generally seems to be the more effective method.

If however there are physical reasons that prevent you from using the 'Sore Spot' then you can just as easily use the '**Karate Chop**' point, which you will find on the

Balance Your Life With EFT Workshop Manual

outside, fleshy part of the hand. This is tapped vigorously rather than rubbed. It is a point that gets tapped during the Basic Routine as well.

BORROWING BENEFITS

One of the advantages of working in a group or workshop setting compared with one to one consultations is the '***borrowing of benefits***'. It is an extremely efficient way of helping a number of people at the same time. As a group you are focussing on the issues of others, even if they are different from your own. As you tap away you usually find that your own issues collapse, even though your concentration is on the issue of another.

What happens is this. Everyone in the group identifies and writes down an issue they wish to work with and notes down a SUDS rating for it. One of the group members is chosen to work with the session facilitator and taps on their own particular issue. Everyone else taps along as well, focussing on the CHOSEN INDIVIDUAL'S issue, NOT their own.

Once the chosen individual reaches a zero rating, the rest of the group check their own SUDS ratings. In many cases between 70 - 100% of the group will now find their intensity rating either very low or even completely cleared. One of those individuals with a remaining issue is then chosen to work one to one with the facilitator, and everyone else again taps along. This can continue until either everyone is down to zero or the allocated time runs out.

The most interesting thing about this is that each individual does NOT have to be working on the same issue or problem. Some may be working on physical pain, whereas others may be looking at addictions / cravings, and others may be dealing with past incidents that still have emotional charge for them now and thus impinge on their daily life.

We can explain this by going back to the Discovery Statement '*The **cause of all negative emotions is a disruption in the body's energy system.***' We can use this one technique of EFT and get results in multiple diverse cases because the **cause** in each case is the same, i.e. the 'dzzzt', the disruption in the energy system, even though it manifests differently for each individual.

Balance Your Life With EFT Workshop Manual

Apply EFT and the energy starts flowing smoothly again as the imbalance is addressed and EFT rebalances the entire energy system. We use the one process of EFT to deal with many disparate issues, all caused by the same 'dzzzt' in the energy system.

HOW TO USE EFT

EFT is a technique that you can learn for yourself, to use on you and others.

Remember that you must use EFT responsibly and not try to work on issues that are beyond your ability. You must be prepared to take personal responsibility for its use.

There are 3 basic steps to the process of EFT.

1. **AWARENESS OF or FOCUSING ON or TUNING INTO the problem**
2. **BALANCING it**
3. **CHECKING IT OUT**

AWARENESS OF or FOCUSING ON or TUNING INTO the problem.

This must be defined in your own terms; it must ring true for you, just as you think, feel or speak about the problem.

Think about what it is that bothers you. Notice what happens to yourself as you think of the problem – mentally scout around your body; is there tension or pain anywhere, a feeling, a memory or a craving?

SUDS & VOCS

Try to be as **specific** as you can be. How do you feel? Can you rate the intensity of that feeling, or that pain, etc. on a scale of 0 -10 (the **SUDS** or **Subjective Units of Disturbance Scale**) where 0 means 'everything is fine; I'm chilled' and 10 means 'HELP!!!! Maximum distress or disturbance'?

You may also occasionally come across the term **VOCS**. This stands for **Validity Of Cognition Scale**. This is again a 0 – 10 scale, but this time you are rating, estimating or even 'guess'timating the level of truth of a belief, thought or attitude that you hold. In this case 0 equals *not true at all* and 10 equals *absolutely true*.

For instance you can measure where you fall on the VOC scale if you tell yourself 'This EFT thing could not possibly work for me.' Initially you may rate yourself at 7/10

so this would be a fairly true statement. Once you have gone through the process a time or two and re-rate yourself you may now find the same statement rates a 1/10 or even a zero. You now believe that it **can** work for you. So VOCS is a useful measure when you want to estimate the intensity of any self-limiting beliefs that you may have.

BALANCING it

Balancing occurs as a result of applying the EFT tapping routine(s). The vibration from the tapping serves to stimulate the meridian channels via the acupuncture end-points.

CHECKING it out

This is done by scouting around again to see if anything has changed or if something else, another ASPECT, is emerging. Rate your intensity again 0 – 10. If not down to 0 repeat the procedure on the remainder of the problem, or start over if another aspect has emerged.

Aspects

What is an **aspect**? Some problems are very simple and can be solved very swiftly. Many problems, however, are more complex. Gary likens these sorts of problems to a table-top. It is supported by legs; it may just be the standard four but in many scenarios there may be multiple legs supporting that table-top.

Say you were involved in a car accident. You EFT the horror you felt as the other car came towards you. You get it down from 10 to 0. Job done? When asked about the car accident again you still feel great emotion. But now you pick up on a different **aspect** of the scenario. Now you are seeing again the headlights of the oncoming car, or hearing the squeal of brakes, seeing the face of the other driver.

That one car accident scene (or table-top) is actually made up of many small parts (or legs), which together form the whole incident. As each individual aspect comes up to the surface, it offers you a new separate problem / challenge to work EFT on. Sometimes you can zero an aspect; other times you have to zero ALL the aspects before you gain relief from your presenting issue. Eventually you have dealt with enough 'legs' to topple the table. Persistence pays.

Another metaphor that Gary uses is that of trees in a forest. The problem / challenge in hand is the forest, made up of many trees. It can be quite global or non-specific. You can address it with EFT, and with great persistence and consistency of practice you can chop that forest down. However, it is easier to chop at one tree at a time. This is where being **specific** comes in.

Say for example you had a rough childhood and your parents treated you badly. You might think to use the statement, '*Even though my parents treated me badly, ...*' but this would be too global. This is the whole forest!

What you need to do to work on this more swiftly and easily is to break it down into specific events or 'trees'.

'Even though my parents left me all alone in the dark when I was 5 years old, ...'

'Even though my parents hit me in front of everybody that time in the store, ...'

'Even though my parents didn't let me play with my friends during the summer of '64, ...'

'Even though I felt so rejected when they didn't do anything for my 18th birthday, ...',
etc.

Generalization Effect

By working on these individual aspects or trees you often find that after a number of aspects have been dealt with, the whole thing just topples over as a result of the **generalization effect**.

Some of the aspects have themes in common. Remove one and it has a knock-on effect on the other aspects. Sometimes it takes a little longer but many people find they no longer have any emotional charge when they think back to similar incidents. That 'conditioning' factor seems to disappear.

If anything does come up at a later time, it is most usually yet another aspect that has appeared rather than the original problem coming back. And of course, once recognized, it can be EFT'd.

Signs EFT is Working

Apart from using SUDS or VOCS you can often tell that you are going in the right direction if you find yourself **yawning**, **sighing** or **taking deep breaths**, or having **watering eyes**. These all indicate a greater state of relaxation is now present. They are also signs that energy is moving again, that blockages are freeing up. I have also noticed this happening during Reiki sessions, another form of 'energy medicine'.

Another sign, slightly embarrassing for some, is **gurgling tummies**. When I get a combination of gurgles and **giggles** in a consultation it is nearly always a sure sign that things are moving in a positive direction!

The Apex Effect

This is an interesting phenomenon that can affect some people. Let us say, for example that someone has an intense fear of snakes; even looking at a picture or a television image of a snake is enough to make them flee the room. You carry out some EFT. Whereas before, even just the sight of a picture of a snake would have brought on the heebie-jeebies, now, there is no reaction at all. "Great", you think. "Job done."

But then the person pipes up with, "Well that's no big deal. It wasn't really such a problem anyway." So what is happening here?

According to Gary, (EFT Manual p.11), people **"tend to ignore the process (of EFT) and offer other explanations."** EFT is still too new a process to show up on many people's radar. They have great difficulty in believing that such a simple process can work so well, and tend to explain it away in ways that fit in with their own current belief system.

Some of these explanations include:

- It's a type of hypnosis
- It's just positive thinking
- It's just 'mind over matter'

- It's just a distraction technique

The idea of it merely being down to distraction is an interesting one as the EFT process actually requires the individual to **'tune in'** to their issue to ensure that it is causing the energy disruption that the tapping will balance out and harmonize. This is hardly a case of distraction.

There is usually no denial that things have changed for the better, but the credit will often be given to something else for bringing about that change.

As Gary says (p.12), ***"They just aren't able to link it with the tapping techniques. To them, it doesn't compute. It doesn't make sense. Dr. Roger Callahan, from whom I received my initial introduction to these procedures, calls this the APEX problem."***

In a few cases, after EFT has been done, some people have difficulty even remembering that they actually had a problem with their issue at all. This can make it difficult for the individual to credit EFT with a stunning result.

A way around this is to write down your issue in a notebook before you start the tapping procedure. Along side it, mark the SUDS value. If you have written down a 10/10, indicating it is a huge issue for you, it is much easier to see that you have made a vast improvement if now you can rate yourself at zero.

POSITIONS OF TAPPING POINTS

The two endpoints of any energy meridian are readily accessible to tapping near the surface of the body. The following shows the various locations of the tapping points used in EFT.

SORE SPOT - SS



The Sore Spot is rubbed as you repeat your Set-up Phrase. This is usually the most effective and preferred method.

The Sore Spot position is found by locating the U-shaped notch at the top of the breastbone (sternum) and then moving down 3 inches and across 3 inches to the left or the right. This leaves you in the upper portion of the chest.

This is an area where lymphatic congestion often occurs and when pressed or rubbed with vigour this area may feel tender or sore, hence the name. If the congestion is dispersed then the soreness disappears, so it may be that you don't actually feel any tenderness in this area.

Should you have had any injury or surgery to the area, or there are other medical reasons to avoid it, then you can use an alternative for your Set-up Phrase Routine.

Alternative:

KARATE CHOP - KC



The KC Point, usually on the non-dominant hand, is tapped vigorously with two fingertips as you repeat your Set-up Phrase. This is located in the middle of the fleshy part of the outside edge of the hand, between the top of the wrist and the base of the little finger.

EB - BEGINNING OF EYE BROW - BLADDER MERIDIAN



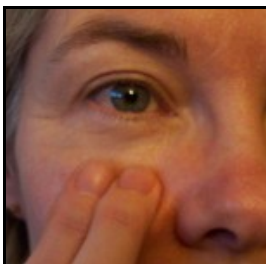
This is found at the beginning of the eyebrow - just above and to one side of the nose.

SE - SIDE OF EYE - GALL BLADDER MERIDIAN



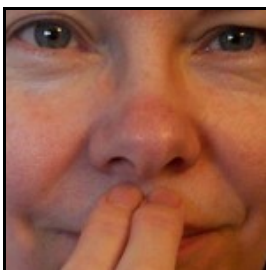
This is found at the outside corner of the eye, where you can feel the edge of the bone.

UE - UNDER THE EYE - STOMACH MERIDIAN



This is found on the cheekbone under the eye, about 1 inch below the pupil.

UN - UNDER THE NOSE - GOVERNING VESSEL



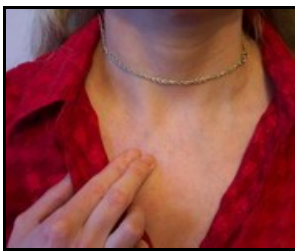
This is found over the philtrum, the vertical groove between the base of the nose and the top of the upper lip.

CH - CHIN - CONCEPTION VESSEL



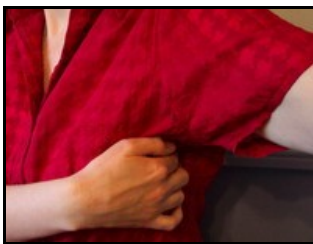
This is found midway between the bottom of the lower lip and the point of the chin.

CB - COLLAR BONE - KIDNEY MERIDIAN



This is found at the junction of the sternum (breastbone), collarbone and first rib. You can find it by placing your fingertip on the U-shaped notch at the top of the breastbone. From the base of the notch, move the finger down 1 inch and then go left (or right) by 1 inch.

UA - UNDER THE ARM - SPLEEN MERIDIAN



This is found on the side of the body, about 4 inches below the armpit. It is at a point level with the nipple for men, or in the middle of the bra strap for women.

TH - THUMB - LUNG MERIDIAN



This is found on the outside edge of the thumb, at the point even with the base of the nail.

IF - INDEX FINGER - LARGE INTESTINE MERIDIAN



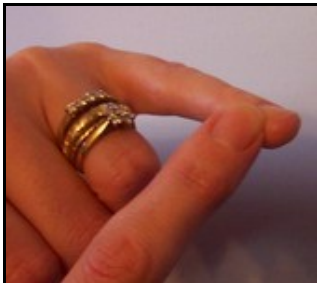
This is found on the side of the index finger that faces the thumb, at the point even with the base of the nail.

MF - MIDDLE FINGER - CIRCULATION / SEX MERIDIAN



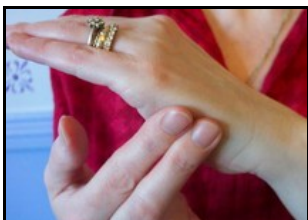
This is found on the side of the middle finger that is closest to the thumb, at the point even with the base of the nail.

LF - LITTLE FINGER - HEART MERIDIAN



This is found on the side of the little finger, closest to the thumb, at the point even with the base of the nail.

KC - KARATE CHOP - SMALL INTESTINE MERIDIAN



This is located in the middle of the fleshy part of the outside edge of the hand, between the top of the wrist and the base of the little finger.

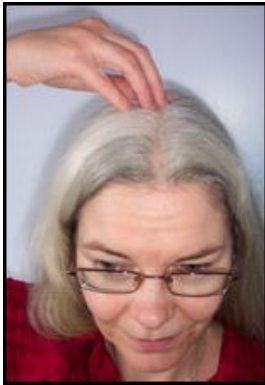
GAMUT - TRIPLE WARMER MERIDIAN



This is found on the back of either hand. It is marked by the little indentation to be felt between the knuckles at the base of the ring and little fingers, about 1/2 inch up.

The two endpoints of any energy meridian are readily accessible to tapping near the surface of the body. The following shows the various locations of the tapping points used in EFT.

TOP OF HEAD - GOVERNING VESSEL 20 or "VAI HUI" ("100 MEETINGS")



According to Michael Gandy, a licensed acupuncturist who features in the first DVD of the 'EFT- Beyond the Basics DVD set (formerly 'Steps Towards Becoming the Ultimate Therapist'), this is found "*right at the top of the apex of the ears, on the midline*".

Tapping on this point "*will touch all of the yan channels in the body. All of the major meridian channels*". Although not part of the EFT Basic Recipe it is often used in the Shortcut version of tapping.

THE BASIC RECIPE

The Basic Recipe in EFT comprises the **Set-up**, followed by a **sequence of tapping**, the **9 Gamut** process and another **sequence of tapping**.

Set-up Phrase

We start with an opening statement, known as a **Set-up Phrase**. The key words must be your own, feel true to you, not what someone else wants for you, and said out loud with **emphasis** and **feeling**. Sometimes it even helps to shout it out, or even use a few naughty words!

Of course, in practice, these are all going to be very unique to each issue and individual, but they can act as a starting point for you. (I have included Set-up Phrases to get you jump-started at various points where it seems relevant. Use these if they seem to fit for you or, better still, come up with your own.)

Use of your own descriptive words makes for a more specific targeting of your personal situation and hopefully a swifter resolution. Do not be afraid to use colloquial or idiosyncratic terms instead of medical or polite language. It's all right for you to use your own words or phrases as they are more resonant for you, they have meaning for you.

Remember that you need to really feel that these are 'truths' for you. Consider your issue, take notice of what you feel, physically, mentally and emotionally, make notes if needed and then formulate your own unique set-up phrases making use of your feedback.

You are acknowledging the negative, or problem (or should that be 'challenge'?) in the first part of the Set-up. The second part states that you accept yourself regardless, or that you are at least open to the possibility that you can accept yourself.

For example, '*Even though I have this terrible craving for...*'. The latter part of the phrase, '*I deeply and completely (love and) accept myself*' acts as a positive affirmation to neutralize any negative thinking, the cause of Psychological Reversal.

Reminder Phrase

This Set-up Phrase is then shortened to a **Reminder Phrase**. This makes it easier to repeat as you go through the tapping process.

You do not have to believe the statement for it to work. If, however, you have difficulties saying that you either love and/or accept yourself, then this in itself is an issue you can tap on. If you feel uneasy using these terms then you can replace them with something like ... '*I am all right*', or ... '*It's OK*' or '*I am fine*'. Use whatever you feel happy with. Before long you should find you have no trouble with either loving or accepting yourself!

9 Gamut Process

After the first round of tapping you go on to the **9 Gamut Process**. This rather odd looking series of routines serves to 'fine tune' the brain, stimulating certain parts of the right (creative) and left (logical) brain as you carry them out. You carry out the eye movements, humming and counting at the same time that you continuously tap on the Gamut point.

The Gamut Point is found on the back or dorsum of either hand. It is the soft indentation you can feel about ½ inch behind the midpoint between the knuckles, at the base of the ring and little fingers.

Having completed the process you continue with the second round of tapping, using the Reminder Phrase.

The Basic Recipe In Action

So, get yourself a pen and a pad to make notes and now to have a go yourself:

- 1 Select the issue to be worked upon.
- 2 Formulate a **specific** statement that best describes how you feel. Write this down on your pad.
- 3 Grade your feeling or sensation on the SUDS rating of 0 - 10 (10 = acute) and make a note of it.

- 4 EITHER rub the Sore Spot on your chest

OR tap Karate Chop, and at the same time repeat 3 times:

'Even though I (***name the problem / issue***) I deeply and completely (love and) accept myself.'

E.g. *Even though I have this terrible craving for, I deeply, etc.....*

- 5 Shorten to a ***reminder phrase***:

'This ...***problem / issue*** ...'

E.g. *This terrible craving...*

- 6 Tap each of the following points about 7 times with two fingers, at the same time repeating your reminder phrase.:

EB - eyebrow

CB - corner of eye

UE - under eye

UN - under nose

CH - chin (under mouth)

CB - collarbone

UA - under the arm

TH - thumb

IF - index finger

MF - middle finger

BF - little finger

KC - karate chop

7 THE 9 GAMUT PROCEDURE

(be aware, you may feel a bit daft doing this 🤪!):

While tapping constantly on the Gamut point (see above for position), do the following:

- i close eyes
- ii open eyes
- iii keeping head still, look hard down right
- iv keeping head still, look hard down left
- v roll eyes anti-clockwise
- vi roll eyes clockwise
- vii HUM a few seconds of your favourite song
- viii COUNT TO FIVE
- ix HUM a few seconds of your favourite song

Repeat the tapping procedure

Take a deep breath

Scale your problem again. If you have a reduction but it has not completely gone, repeat the process but change the statement to:

‘Even though I ***still*** have ***some*** I deeply and completely (love and) accept myself’

Or

‘Even though I have this ***remaining*** ... I deeply and completely (love and) accept myself.’

E.g. *Even though I have this remaining craving ...*

You then adjust the reminder phrase in the same way, with the word '**some**' or '**remaining**'.

E.g. *This remaining craving ...*

You can repeat this as often as it takes to reach 0/10 or **an acceptable level**.

So now you know how to have a go at EFT. Please do not be put off by its apparent simplicity. You may well be amazed at how effective it is, even as a total beginner, on your first attempt.

As Gary says, **try it on anything**, exercising the caution of keeping within your limitations. This is a wonderful way to take personal responsibility for your health and well-being.

THE BASIC RECIPE – QUICK OVERVIEW

(adapted from Gary Craig's original Manual – page 32 - EFT On A Page)

The Set-up... Continuously rub the Sore Spot or tap the Karate Chop point and as you do, repeat your Set-up Phrase 3 times:

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

The Sequence... Repeat your Reminder Phrase as you tap 5 - 7 times on each of the following acupoints:

EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC

The 9 Gamut Procedure... Continuously tapping on the Gamut point, perform each of these 9 actions:

- (1) Eyes closed
- (2) Eyes open
- (3) Eyes hard down right
- (4) Eyes hard down left
- (5) Roll eyes in circle
- (6) Roll eyes in other direction
- (7) Hum 2 seconds of a song
- (8) Count to 5
- (9) Hum 2 seconds of a song

Repeat of The Sequence... Repeat your Reminder Phrase as you tap 5 - 7 times on each of the following acupoints:

EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC

This completes one round of the 'basic recipe'.

Note: In subsequent rounds The Set-up affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the *remaining* problem

WHY HASN'T EFT WORKED?

Although EFT regularly produces extremely quick results or 'one-minute wonders', there may be times when you cannot get results or seem to get 'stuck', especially if you are not an experienced practitioner. EFT is usually very good at getting results, even for total 'newbies'; in fact compared to conventional techniques, impressive progress is more usually the norm, whether the problem is emotional or physical.

Up to about 80% of the time EFT allows partial or complete relief from an issue. At the end of your round, you test and re-apply as necessary.

In the 20% of the time when there is little or no relief you may find that you need to repeat or reconsider your Set-up with more emphasis, or even shout it!

Please ensure that you are adequately hydrated. Having a glass of water can make all the difference to how well your energy system works. Once you have drunk your water, have another go at the tapping process.

If you still seem to be having problems, you can also consider the following:

- What is in the way here?
- What have I not yet seen?
- Is there a core issue I have not yet found?
- Other aspects turning up?
- Additional procedure required if short-cut routine used

9-Gamut?

Additional tapping points?

A relatively infrequent cause of no benefit is that of 'Energy Toxin(s)'. It would probably be more correct to talk of an '**allergy-like effect irritating the energy system**' (Gary Craig, EFT Manual p.52). This should be the suspect if you have tried EFT exhaustively with little or no success.

Balance Your Life With EFT Workshop Manual

There may be something in the environment that is causing the problem, which may be something electrical, or chemical such as fumes from upholstery or paintwork, etc. So moving elsewhere to do your EFT may be enough to get you through. You can also take a bath or shower, without soap, to clear yourself of any sensitivities caused by clothing or toiletries.

Sometimes you may need to wait a day or two as the energy toxins may have been ingested via food or drink and you will find that EFT works once those toxins have been eliminated from the body. Almost anything can be toxic to an individual's energy system but according to Gary's manual (p.54) the following have been found to be common culprits:

<i>Perfume</i>	<i>Refined Sugar</i>	<i>Alcohol</i>
<i>Herbs</i>	<i>Coffee</i>	<i>Nicotine</i>
<i>Wheat</i>	<i>Tea</i>	<i>Dairy</i>
<i>Corn</i>	<i>Caffeine</i>	<i>Pepper</i>

Obviously not everyone is bothered by all or even some of these, but if you have tried EFT and are getting nowhere fast, something on the list may be the reason why.

Often, the things you eat the most are the problem substances and these substances can differ between individuals. If you avoid these for a week and then re-apply EFT you may find you are now motoring along quite briskly. It has also been noted that removing an allergenic substance from the diet or the local environment can in itself bring about healing, even without EFT.

You can, of course, use EFT to help with allergies, but in some cases you may find that 'toxins' may still cause problems even if you think you have the offending substance sorted – it is just not good for you. Your body really does prefer to do without the offending item, even if you wish it otherwise, in which case you may have to resign yourself to that fact.

As a personal example of this, I have problems with eating most grains in my diet; they cause a varying range of gastric upsets. For some strange reason, I can tolerate

Ryvita and tortillas but I have generally avoided grains since 2002 now and when I do that, all is well. In recent times I have tried EFT on this issue but I still cannot reintroduce them into my diet without dire digestive consequences.

For me, grains remain a toxic substance that my body does not wish to tolerate, and though it can be a bit restrictive at times, it is something that I have learned to accept. I can get away with small infractions and sometimes feel it is worth the consequences, but usually it is not.

If you have taken the all of the above into consideration and are still 'stuck' then it may be that you require some outside help. Sometimes it is difficult for us to see the problem for ourselves. That is where your ***EFT Practitioner*** comes in.

YOUR EFT PRACTITIONER

If you feel that you do need further assistance then you may call me for a **free 15 minute chat** (+44(0)1902 863466) to see if I can point you in the right direction and get things moving again. Weekday afternoons, between 4 and 6.30 pm (GMT/BST), are good times to get me. If you then wish to make an appointment for a one-to-one consultation, that can be arranged.

Consultations can be either face-to-face at my practice or may be held over the telephone or Skype. That is one of the benefits of EFT – you can tap away over the phone and even the Internet. This can save you travelling time and costs. If, like me, you don't like having to travel to unknown destinations, (my navigation skills are abominable!) this can immediately reduce the stress load that might otherwise arise.

It also means that distance is no problem; you can contact me locally or from further afield, or even from abroad (although not from the USA or Canada due to insurance restrictions), all from the comfort of your own home.

Alternatively, you may find it useful to check the list of practitioners on the [AAMET website](#).

SHORT-CUT ROUTINE

Once you are fully used to the 'Basic Recipe' routine you have the option to go on to the 'short-cut' routine.

If you wish you can always stick with the 'Basic Recipe'. It generally works at least 50% of the time for newcomers to EFT and if you get really practised at it you can get up to 80% plus.

However, this is an option that allows you to reduce the amount of time you spend on each round, by dropping the use of the finger points and the 9 Gamut Procedure.

If you bear in mind that the whole 'Basic Recipe' takes little more than a minute or two to carry out, we are only talking about shaving off seconds really, which can be useful in a seminar or practitioner setting, but if you are spending a lot of time tapping for your own issues you may also find this useful.

When working at seminars, when time may be somewhat constrained, Gary found that he could still get excellent results by doing this. And so now he rarely uses the 9 Gamut or the finger points. However you do, of course, always have the option of including any of these steps back into the process if you feel that you do better that way. If you are not getting anywhere and feel stuck then it may, in fact, be very useful to add them back in. It just gives you options. You always have the 'Basic recipe' to default to, to fall back upon. The best thing is to play around and see what feels right to you.

If you have any of Gary's DVDs you will see that his 'short-cut routine' utilizes the following tapping points of EB to UA.

EB - eyebrow

CB - corner of eye

UE - under eye

UN - under nose

CH - chin (under mouth)

CB - collarbone

UA - under the arm

(TH – top of head)

When I did my training with Martine Moorby we were taught an additional point on the Top of the Head, which you will notice is marked on the Tapping Points Diagram previously (p.37). For me personally it feels good to add that one in, so that is what I do.

Additional Shortcuts

In the manual I received from Martine she included a number of short-cut points for various issues. These are:

Quick Anxiety Stopper (aka Standard Addiction Protocol)

Under the Eye

Collar Bone

Under the Arm

Pain	Gamut Spot, Collar Bone
Depression	Gamut Spot
Guilt	Index Finger
Anger	Liver Spot
Sadness	Under the Eye
Nausea	Under the Eye

THE MOVIE TECHNIQUE

One way of getting to specific events rather than working globally, and thus having a far greater chance of success, is to use 'The Movie Technique', which you will often see used in the EFT DVDs. Gary also calls it the 'Tell the Story' technique.

This involves the individual making a short, two to three minutes long, mental movie of the event they want to work on. It has a beginning and an end, with a specific plot and characters. There are specific words used, specific actions take place and it generates specific feelings.

As an example, on Solstice (Midsummer) Eve 2007 I injured my foot out walking. Don't ask me how I did it, but walking along on an urban pavement I managed to get a piece of bamboo about the diameter of my thumb pierced about half an inch to an inch into the top of my left foot.

'*(Even though) my foot was injured.*' is a very global statement as the actual incident was made up of a number of specific instances or events. By making a specific movie of this incident, I came up with one SPECIFIC event that contributed towards it, and then another and then another, etc.

To start this movie technique you ask yourself the following questions:

- *If this was a movie, how long would it last?*

This should be an answer in minutes, not days. My answer would be 'over a few days'. So this is far too long (global) and needs to be broken down into specific incidences/events. So I pick one of the details of how I came to injure my foot.

- *What would the title be?*

This should enforce specificity. My first title was '*My Skewered Foot.*' Follow-up movie titles were '*The Blood and the Pain*' and '*Hopalong Lewis Gets a Tetanus Jab*', etc.

Now run the movie in your mind and evaluate the intensity (SUDS) you have **NOW**, as you **imagine** it on a scale of 0-10. Or you can **GUESS** what the intensity would be IF you vividly imagine it. Note this down. When doing this as I cleaned up my wound I focussed on the horrendous moment that I realized I actually had a stick piercing my foot – that rated a 10/10!

Now you carry out several rounds of EFT on “*this ‘skewered foot’ movie*”. This takes the edge off any intensity you may feel. Sometimes it works straight away; sometimes you may need a round or two.

Next stage is to test your progress by verbally narrating the movie, starting with an easy-to-discuss segment. As soon as you FEEL ANY INTENSITY, STOP! (This is NOT a ‘no pain, no gain’ job.)

As soon as you feel any strength of emotion, you stop and tap on whatever comes up, until you get down to zero. Then carry on narrating the movie, stopping again and tapping at any intense spots.

Once done, run the movie in your head again in vivid detail and note if there are any intensity levels. Once again, if any crop up, EFT them, and then continue.

Do this until you can run the whole movie through with no emotional charge. Within 2 rounds I had collapsed the emotional charge relating to the stick piercing my foot. I could imagine it happening again, but this time there were no accompanying negative emotions.

You can then move on to another specific movie (‘tree’, ‘table leg’) and repeat the process for as often as you need to. Although the original global scene might contain a number of scenes and events, it often collapses after working on and neutralizing just 5 – 10 specific events.

Just to show how aspects can crop up at a later time, even though you may think you have got yourself sorted. A few days after the injury, my husband came home from his walk, brandishing a piece of bamboo. ‘I found the culprit,’ he said as he brought it over to me as I lay on the sofa, foot propped up.

As soon as I saw it, I had a flash-back to the pale smooth stick skewering my foot; my stomach turned a somersault and as he bent to hold the bamboo against my foot my whole body flinched and shrank back as I squealed, 'Don't bring it anywhere near me!'

I had zeroed the *imagined* scene of the stick with just two rounds, but faced with the *actual* object, I was back up to 10/10. I realized my response was a bit OTT and carried out an EFT round; in one go I was back to zero. I could pick up the piece of bamboo and logically think it was no surprise it had hurt so much as it was the diameter of my thumb and had a sharp, spiky edge that had done the damage. I could hold the bamboo over the top of my foot to see how it had gone in, and none of this now caused me any problem at all.

So remember that aspects come in many shapes and forms and not always at once so they need to be neutralized as and when they do arise.

EFT PERSONAL PEACE PROCEDURE

Gary recommends the use of the [EFT Personal Peace Procedure](#) as a daily practice. In this way you can clear out a lifetime of accumulated emotional debris and in the process:

- enhance your self-image
- reduce your self-doubt
- provide a profound sense of freedom and peace

This Procedure can also be used as a means of eliminating major contributors of serious disease. Long-held, often not consciously, emotions of anger, traumas and fears may manifest as physical or emotional dis-ease. By chipping away at them, exposing and dealing with them, you are likely to cover those specific events in your past that may be responsible for dis-ease.

Regular use can uncover and neutralize core issues. These may have been contributing to limitations in your life.

This is a wonderful way to manage stress and bring about a state of relaxation.

In Gary's words, here is how you set about this very simple but very powerful method.

“MOST OF OUR EMOTIONAL AND PHYSICAL PROBLEMS ARE CAUSED (OR CONTRIBUTED TO) BY OUR UNRESOLVED SPECIFIC EVENTS, THE VAST MAJORITY OF WHICH CAN BE EASILY HANDLED BY EFT.

Not bad for a mere engineer, eh? That sentence, if adopted by every healing practitioner and patient, would likely (1) dramatically increase our healing rates while (2) precipitously dropping our costs. Please note that this idea completely ignores chemical causes such as those propounded by the medical model. That's because I have repeatedly seen improvements in clients where drugs and other chemical solutions have failed miserably. This is not to say, however, that drugs, proper nutrition and the like don't have their place. Indeed they do. They can often be vital.

In my experience, however, our unresolved specific events are nearer the foundational cause for illness than anything else. Thus they deserve our primary attention.

How obvious! Experienced EFT'ers are well aware of EFT's ability to cleanly wipe the negative specific events off of our mental walls. This is the area wherein our highest success ratios appear. To date, however, we have focused our efforts on those negative specific events that underlie a given ailment such as a phobia, headache or traumatic incident. This is good...very good...and we should continue doing so. On the other hand, why not use EFT on ALL the other specific events that are behind our more generalized (but VERY important) issues such as (to name a few)....

- *Self-image*
- *Anxiety*
- *Depression*
- *Persistent insomnia*
- *Addictions*
- *Compulsions*
- *Feelings of abandonment*

As you eliminate the emotional baggage from your specific events you will, of course, have less and less internal conflict for your system to deal with. Less internal conflict translates into a higher level of personal peace and less emotional and physical suffering. For many, this procedure will likely result in the complete cessation of lifelong issues that other methods have not touched. How's that for peace in a paragraph?

The same applies to physical ailments as well. I'm talking here about everything from headaches, breathing difficulties and digestive disorders to AIDS, MS and Cancer. It is becoming more widely accepted that our physical maladies are caused (or contributed to) by unresolved angers, traumas, guilt, grief and the like. I have had many discussions with physicians in recent years and more and more of them echo

emotional strife as a major cause of serious diseases. Until now, however, there hasn't been an effective way to eliminate these health bandits. We can mask them with drugs, of course, but true cures have been hard to find. Fortunately, EFT and its many cousins now provide easy and elegant tools that will aid the serious health practitioner in killing the root causes of disease...instead of the patient.

What I share here is NOT a substitute for quality EFT training NOR is it a substitute for quality help from a masterful EFT practitioner. Rather, it is a tool that, properly applied, is capable of wide ranging relief (quality training or quality assistance will add to its effectiveness). Its simplicity and far reaching effectiveness give it candidacy as a mandatory method for anyone seeking help for even the most difficult of problems. . I know that's a bold statement but I've been at this for over a decade now and have seen so many impressive results over such a wide variety of issues that this statement is easy, if not essential, to make.

The method here is simple (I'm assuming you already know how to apply EFT).....

1. Make a list of every bothersome specific event you can remember. If you don't find at least 50 you are either going at this half-heartedly or you have been living on some other planet. Many people will find hundreds.

2. While making your list you may find that some events don't seem to cause you any current discomfort. That's OK. List them anyway. The mere fact that you remember them suggests a need for resolution.

3. Give each specific event a title....as though it was a mini-movie. Examples: Dad hit me in the kitchen—I stole Suzie's sandwich—I almost slipped and fell into the Grand Canyon—My third grade class ridiculed me when I gave that speech—Mom locked me in a closet for 2 days—Mrs. Adams told me I was stupid.

4. When the list is complete, pick out the biggest redwoods in your negative forest and apply EFT to each of them until you either laugh about it or "can't think about it any more." Be sure to notice any aspects that may come up and consider them separate trees in your negative forest. Apply EFT to them accordingly. Be sure to keep after each event until it is resolved.

If you cannot get a 0-10 intensity level on a particular movie then assume you are repressing it and apply 10 full rounds of EFT on it from every angle you can think of. This gives you a high possibility for resolving it.

After the big redwoods have been removed, go to the next biggest trees.

5. Do at least one movie (specific event) per day...preferably three...for 3 months. It only takes minutes per day. At this rate you will have resolved 90 to 270 specific events in 3 months. Then notice how your body feels better. Note, too, how your “threshold for getting upset” is much lower. Note how your relationships are better and how many of your therapy type issues just don’t seem to be there any more. Revisit some of those specific events and notice how those previously intense incidences have faded into nothingness. Note any improvements in your blood pressure, pulse and breathing ability.

I ask you to consciously notice these things because, unless you do, the quality healing you will have undergone will seem so subtle that you may not notice it. You may even dismiss it saying, “Oh well, it was never much of a problem anyway.” This happens repeatedly with EFT and thus I bring it to your awareness.

6. If you are taking medications, you may feel the need to discontinue them. Please do so ONLY under a qualified physician’s advice.

It is my hope that the Personal Peace Procedure becomes a worldwide routine. A few minutes per day will make a monumental difference in school performance, relationships, health and our quality of life. But these are meaningless words unless others (you) put the idea into practice. I prefaced this article with a quote from my good friend, Howard Wight. I repeat it again below for emphasis...

“If you are ultimately going to do something important that will make a real difference...do it now”

Personal Peace to all, Gary”

WAYS YOU CAN HELP YOURSELF

There are a number of general common-sense ways that you can help yourself as you go through life. Using Gary's 'Personal Peace Procedure' is definitely one of them.

We all know that exercising, eating well and keeping stress levels down are good things to do but sometimes find it difficult to find the motivation to follow them through. Of course, with EFT at your fingertips you now have an excellent tool to get yourself going, and no real excuse not to.

EXERCISE

Keep active. If not already doing some regular exercise find something you can do and enjoy; for example, dancing and gardening are both forms of exercise that don't require you to feel self-conscious in a leotard, etc.

If you are physically strong and active you will receive benefits in the psycho-emotional areas as well, plus you are less prone to stiffness and accidental falls. It has a direct effect on bone structure and calcium metabolism; a decent brisk walk can be most beneficial in reducing the risk of osteoporosis as both men and women get older.

Exercise also makes you feel pleasantly tired and aids sleep, and also reduces stress levels in the body. It can also improve your love-life.

Even though I hate the thought of exercise, I deeply and completely love and accept myself.

Even though I would rather be doing anything else other than exercise, I deeply and completely love and accept myself.

Even though I have great difficulty getting motivated to exercise, I deeply and completely love and accept myself.

Even though I don't want to get some exercise, although I know it's good for me, I deeply and completely love and accept myself anyway.

Even though I prefer to be doing something else, I choose to go for my walk and get some fresh air and exercise.

DIET

Ensure that your diet is rich in the vital nutrients the body needs for its day-to-day processes, especially as more call is needed for them at this time. A good quality multivitamin/mineral supplement may be beneficial but do not use them as a replacement for good dietary nutrition found in a diet rich in whole-foods, vegetables, fruits, and salads.

Keep your food as close as possible to its natural state.

Eat small, regular meals.

It is a common misconception that making your meals from scratch is a long, laborious process. Salads are quick and simple to prepare. One pot meals often require about 10 minutes preparation time and then you can leave them in the oven or on the hob for an hour or two while you get on with other things. Steaming vegetables takes all of 10 minutes. Most convenience foods take about 15 to 20 minutes to cook and are practically devoid of any real nutrition.

Take responsibility - feed yourself, nurture yourself. Get creative in the kitchen. I've read that most people actually only have about 10 different meals that they eat on a regular basis. So write down a week or fortnight's menu for yourself and get stuck in! If you think you cannot cook, now is the time to find yourself a new skill or hobby.

Do not over-eat, especially refined or convenience foods.

Avoid drinking too much. Do not become dependent upon alcohol. It affects the liver, the major organ for the metabolism of hormones.

Even though I think it takes so long to prepare food from scratch, I choose to make the effort and nurture myself.

Even though I think I cannot cook a decent meal, I deeply and completely love and accept myself anyway.

Even though I am scared of cooking, I deeply and completely love and accept myself.

Even though I don't have time to eat properly, I deeply and completely love and accept myself anyway.

Even though it's easier to get a take-out meal, I deeply and completely love and accept myself.

Even though I prefer 'junk' food, I deeply and completely love and accept myself.

Even though cooking for me is a pain, I choose to believe that I can eat much better this way.

Even though I'm not very good at eating regular, nutritious meals, I deeply and completely love and accept myself.

Even though it takes so long to prepare food from scratch, I choose to make the effort and nurture myself.

Even though I like my wine, beer, spirit, etc., I deeply and completely love and accept myself and choose to be moderate in my consumption.

STRESS

Take steps to deal adequately with stress levels. Not all stress is bad. A moderate amount of stress in life is actually needed to make us function at our full potential. It is when stress becomes overwhelming and we can no longer cope that it becomes a problem. Different things stress different people. What makes me uptight might be a walk-over for you and *vice versa*.

Excessive stress can have a negative effect upon the adrenal glands. These two organs normally secrete hormones such as cortisol (or hydrocortisone), which helps the body to suppress inflammatory reactions and cope with stress; adrenaline (epinephrine) and noradrenaline (norepinephrine); as well as small amounts of oestrogen. When under stress more adrenaline and noradrenaline is produced, heightening the fight-flight response by stimulation of the sympathetic nervous system. Cortisol levels are also usually raised in stressful situations.

Balance Your Life With EFT Workshop Manual

In the normal course of events, the hormones are metabolized and either recycled or excreted. When situations are particularly stressful in an ongoing way, which may include physical, emotional or mental stress, the amount of hormones coursing through the body does not have a chance to reduce and be broken down, and thus they continue to stimulate the body tissues and organs. If it goes on too long a state of tension can become the norm in the body.

Tension tends to exacerbate many physical symptoms so learning methods of relaxation suitable to you can have many positive benefits.

You can consider relaxation tapes and/or classes, yoga (excellent for maintaining a supple body as well), meditation, allowing yourself time to daydream, setting aside a period of time each day/week that you can call your own for quality 'Me time', soaking away your cares in a warm scented bath, having Aromatherapy treatments, gardening, walking in the park, etc.

You can have Reiki sessions, or even take a workshop with a Reiki Master/Teacher like me to become a Reiki channel yourself. I use Reiki every day in a self-healing meditation and practice the Hatsurei Ho meditation. And of course you can make use of **EFT**! The most common 'side-effect' of the EFT sessions I have had with people is a sense of relaxation and lightness. Make it part of your life. When an issue comes up, EFT it!

Whatever you feel will relax you, make time for it as a regular occurrence. Don't bottle things up, let them out but try to ensure you are assertive rather than aggressive if you have things to say. Try to reduce or even eliminate stimulating drinks such as coffee, tea, colas, chocolate and alcohol; replace them with herbal teas and other drinks. Experiment and decide what you like best.

Even though I am stressed at this moment I choose to believe I can be calm and release this situation.

Even though I am feeling really brassed off about this (situation), I choose to walk away from this, I choose to let go.

Even though this (situation or whatever) makes me really stressed, I deeply and completely love and accept myself.

Even though I feel really tense because of (this situation), I deeply and completely love and accept myself.

Even though I am stressing about my (whatever), I deeply and completely love and accept myself.

Breathing exercises can be very simple and easy to do any time, any place, any where. Breathe from deep inside your abdomen, slowing down from the usual 10 – 15 breaths a minute to about 6 breaths a minute. Try breathing in for 5 seconds and then breathing out for 5 seconds to get the timing right. Put one hand on your abdomen, one hand on your chest. The **abdominal** hand should rise and fall with your breathing, not the chest hand. Try to make time to practice this every day for about 15 minutes and see how calming it can be.

Even though my breathing is too fast and shallow, I deeply and completely love and accept myself.

Even though I find it hard to slow and deepen my breathing, I deeply and completely love and accept myself.

Even though I can't get the hang of this abdominal breathing, I deeply and completely love and accept myself.

I have an additional eBook, "**Balance The Stress and Anxiety In Your Life**", that focuses on these problems in more detail, if you require further information. It is freely available to download from my [website](#).

BAD HABITS

Smoking, over-eating and/or snacking, especially of junk food and not exercising are all bad habits that are detrimental to your health.

Some people find that they have come to rely upon tranquillizers, anti-depressants or sleeping tablets to help them with their problems. If you put lifestyle changes into effect, there should be small need for them. If you feel you do need some help and support there are many natural remedies available.

Habits CAN be changed, especially if you utilize EFT to address anything that might be holding you back. However, when it comes to those mentioned above these are rarely purely physical habits to overcome. In the majority of cases these are actually addictive habits, which means that change can be very difficult, if not downright impossible for some people.

CRAVINGS AND ADDICTIVE BEHAVIOUR

Many people consider that addictions are just 'bad habits'. There may indeed be some habitual behaviour involved, such as always lighting up a cigarette whenever you have your coffee, but addictions are actually more than just bad habits. How can you tell?

A habit tends to be a routine behaviour or action that you carry out, usually automatically. However, if you wish to change that habit and take concerted steps to do so, within a very short period of time you no longer exhibit that particular habit.

I've read, in a number of places, that you can make or break a habit in 3 weeks (21 days). Some say that is the reason for the emphasis on the 21 days following Reiki training – it allows you to form the habit of using Reiki on yourself. It just requires a bit of thought and motivation, and perhaps post-it notes everywhere to remind you of your new pattern of behaviour.

However, when we are looking at addictive cravings and behaviour, even though we may be very motivated to change, how often do we actually succeed? How many times have people sworn to give up the cigarettes, stop giving in to the 'munchies',

only have a glass or two of wine or beer, etc? How long does the resolution last? How often do people cave in and tell themselves 'I tried but it's just not meant to be.'?

So what is the cause of addictive behaviour?

Is it:

- a bad habit? We know the answer to that already.
- an inherited tendency?
- genetic, running in the family?

Is it because the addict:

- is weak?
- lacks willpower?

Is it because the addict has a 'secondary gain'? An example of this might be the smoker who says it's no use giving up because "I'll just pile on the weight instead".

Even though these are commonly stated in answer to the question, according to both Dr. Callahan and Gary Craig, it is none of the above. Gary states '***the true cause of all addictions is anxiety... an uneasy feeling that is temporarily masked, or tranquillized, by some substance or behaviour.***' (EFT Manual p.63)

Therefore addictive substances, or behaviour, are in fact a means of '***tranquillizing anxiety***'. The current cravings for cigarettes, food, alcohol or whatever are themselves separate from the addiction. The addiction is driven by the ***underlying emotional anxiety***; the cravings are the result of the addiction.

By having the cigarette, or the packet of biscuits, or the box of chocolates, the individual finds a way, in the short term, to relax, calm their nerves and take their mind off things, to relieve or distract themselves from the emotional driver.

I suppose it could be said that the smoking, the eating, etc., is a displacement activity to cover the feelings, often subconscious, of anxiety. If asked why do you smoke, or

eat those biscuits, etc., the most usual replies are among the lines of '*It helps me to relax*' or '*It makes me feel better.*'

Unfortunately, the effects tend to be temporary and when they wear off, the individual reaches once more for their 'tranquillizer'. This leads to dependency and an association of anxiety with their tranquillizer, which leads to a vicious circle.

So, in energy terms, an addiction is considered to be a symptom of an emotional driver. If you deal with that, then dealing with the physical aspect of addiction is very much easier.

This is an important point. What emotions from the past are driving your addiction? You may not in fact be able to articulate the specifics, but if you do not satisfactorily deal with that underlying emotional anxiety, even if you manage to kick your addiction to say, cigarettes or sugar, what you often find is that another substance, or behaviour, takes its place.

What often seems to happen to a lot of people who manage to stop smoking? They start piling on the weight, or perhaps take to drinking gallons of coffee. Have they overcome their addiction? No. They replace their cravings for cigarettes with a craving for food or coffee; they have merely switched or transferred their addiction from cigarettes to food, etc. They still need that 'emotional tranquillizer'.

And this is the reason that dealing with addictive behaviour often fails – the true cause, the underlying emotional factor is not addressed, usually because it is not even recognized as present. If that factor IS addressed you are well on your way to getting over the addiction.

Many people have tried to rid themselves of their addictive cravings before and have found that the withdrawal symptoms are far from pleasant. In many cases, they end up going back to their 'vice' because they feel that is preferable to the pains of withdrawal.

The **physical** cravings of addiction generally last about 3 – 4 days; it takes about that length of time for the substance to clear your system. If you are able to abstain from your substance of choice for that period of time, those physical cravings will be dealt with. If you either have no underlying emotional drivers (generally unusual), or if you

have worked on them already with EFT, you can get over your cravings and addictions with little problem.

However, very few programmes for quitting smoking, losing weight, etc., take into account the emotional factor of withdrawal, which may persist for weeks, months or even years.

Hence the tendency to fall off the wagon and revert back to the addictive behaviour. Gary states in his manual (p.64) that in his experience “***anxiety is the biggest part of withdrawal. This is obvious when you apply EFT because the anxiety usually subsides to zero in a matter of moments. And as the anxiety leaves, so do most of the withdrawal symptoms***”.

Anxiety is a negative emotion, in other words it is caused by the disrupting ‘dzzzt’ in the energy system (Discovery Statement).

EFT can work to reduce or even eliminate the cravings for the addictive substance / behaviour by addressing that anxiety and fear behind the addiction, and any past trauma that may have contributed to this.

EFT can help you through the Psychological Reversal that is present in over 90% of these cases - that lack of belief in yourself that you really can sort this thing, the self-sabotage aspect that can trip you up, despite your best efforts.

So it is obvious that you need to eliminate any immediate cravings, AND the Psychological Reversal aspect if you wish to be victorious over your addiction.

EFT GIVES YOU A CHOICE.

You can choose to give in to the craving and indulge in your ‘vice’ or you can choose to tap whenever the craving surfaces, to knock it on the head. It’s not likely to be a one-off success (although some people do benefit from ‘one-minute wonders’) and will most likely require persistence and consistency in practice.

Even though we use the Set-up to address PR, it can come back, especially in addictive cases and therefore persistence and consistency in your use of EFT is MOST important.

Gary recommends using the Basic Recipe (p.64) “**a minimum of 15 times a day. 25 times a day is recommended. This will keep your anxiety (and thus cravings) at a low level and will continually keep the subtle (but damaging) effects of PR out of your way. In time the PR should fade and diminish as a problem.**”

It's best to carry out EFT at regular intervals throughout the day, either linking it with your daily routine such as on waking and before sleeping, at meal-times, bathroom breaks, leaving or entering a room, whatever suits you, etc., or having an alarm set to beep every half hour or so.

Usually, following this process should have your cravings dramatically reduced on your first day, with them becoming milder and more infrequent as time goes by. Over time this chips away at the underlying emotional driver(s) until one day you find the cravings gone and you are 'emotionally free'! You'll notice a change in attitude and wonder why your 'vice' had such a hold on you.

Obviously there may be times when you are tempted to fall back into the old routine. Certain events may raise another aspect to the addiction but you know what you have to do. You now have that choice.

In Gary's experience, when the addictive substances are relatively mild like chocolate, coffee, soft drinks and many foods, it may take just a few days to knock things on the head. Many people find that their previous favourites become repulsive, or taste so different that they no longer want them.

When looking at stronger substances such as cigarettes, alcohol, drugs, etc, then it's more like a week or two to get over them. But as is often stated on the various internet forums I visit, 'YMMV', 'Your Mileage May Vary', in other words, everyone is different and responds individually. The only way to find out is to try it and see!

Regular tapping with the Basic Recipe reduces the anxiety driving the addiction. Remember, if you have more than one addiction / craving that you wish to address, you must work on them specifically **one at a time**, although you may find that working on one will have the generalization effect on any others.

- Assess your current craving for your 'vice' and note the SUDS. Actively try to get it to as high a level as you can.

Balance Your Life With EFT Workshop Manual

- Apply EFT as necessary to reduce current craving.
- Re-assess your SUDS. Again, do your utmost to really capture that full-strength craving.
- Notice if substance tastes, smells, etc... any differently. In many people, as a result of balancing the energy system, the body now has an opportunity to let you know what is good for it and what is not. Some people are just no longer drawn to the substance; and for others it now tastes or smells so different it is no longer attractive to you.

Even though I have this huge craving for this _____ , I deeply and completely love and accept myself.

Even though I have this sweet (or savoury tooth), I deeply and completely love and accept myself.

Even though I like my sweets (or savouries), I choose to make better choices.

Even though I cannot get through the day without my x number of coffees / teas / colas, I deeply and completely love and accept myself.

Even though the thought of going without my tea (coffee / cola) is horrible, I choose to believe that I can find tasty substitutes that are also much better for me.

Even though I worry I'll miss my caffeine fix, I choose to believe that my new choices are much better for me.

Tap away mornings and evenings.

Tap away every time you have a break or need the bathroom, and other regular times to suit.

Keep a diary of your progress. Don't beat yourself up if you fall back at times. The craving may well come back in a few days if PR is present so you just need to be persistent and keep on top of it.

Even though I keep falling off the wagon, I deeply and completely accept myself.

Even though it's one step forward and two steps back, I deeply and completely accept myself.

You can use this technique on any cravings or addictions that have their hold on you. All you need to do is tune in, take a few moments to think about your Set-up phrase, SUDS it and away you go.

In the training manual from my EFT teacher there is a (very) short-cut routine variation that you could use as a **Quick Anxiety Stopper** (aka **Standard Addiction Protocol**). The tapping points are:

Under the Eye	UE
Collar Bone	CB
Under the Arm	UA

If you are in public and feel that you need to carry out EFT to stop cravings in their tracks, but don't wish to draw attention to yourself, you could try a firm but gentle on-off pressure on each of these points. This is a variant from the normal use of EFT but can be very effective and unobtrusive.

As a Reiki channel I put my fingertips to the points and let Reiki flow through to balance the energy meridians. This is another variant from 'pure EFT' that you too can do if you are a Reiki channel.

Yet another variation that you can use is the [Touch and Breathe \(TAB\)](#) method introduced by John H. Diepold, Jr., Ph.D. While tuned in to your issue, this requires you to lightly place your fingertips on the relevant acupoint, and then, while maintaining the contact, to take one complete in / out breath through your nose, at your own pace. You then move on to the next point in your sequence and repeat the procedure. I've tried this and find that it works very well for me; it has an extremely relaxing effect.

Gary has also found that visualizing, or imagining that you are tapping on the various points can also be effective as you bring your intention to bear on the process. This is another 'YMMV' thing; some people find this as effective as real tapping whereas

Balance Your Life With EFT Workshop Manual

others find it less so. [Dr. Pat Carrington](#) recommends this method if you are using EFT to help with insomnia as the physical tapping can get in the way of you relaxing into sleep.

SMOKING

This could be a subject all on its own. Smoking is a habit that causes general havoc in the body.

THE DAMAGE SMOKING CAN DO TO THE BODY

Let's start with some background information about smoking and the damage this addictive habit can do.

- Each cigarette is estimated to take away 8 minutes of life. They contain over 4000 known toxic substances.
- Nicotine is a highly addictive drug. One drop of pure nicotine (which may be obtained from 145 cigarettes) is sufficient to kill a grown man.
- Carbon monoxide blocks the body's uptake of oxygen.
- Cadmium is a toxic heavy metal which causes emphysema in laboratory animals and is found in high concentrations in the lungs of humans with emphysema. It can also cause hypertension and arteriosclerosis.
- Smokers have more colds, sinusitis, bronchitis, emphysema, heart attacks, strokes and other upper respiratory and circulatory problems than non-smokers.
- Smoking aggravates
 - diabetes
 - ulcers
 - high blood pressure
 - Buerger's disease
 - glaucoma
- One cigarette increases the heartbeat by 25 - 50 beats per minute, thus increasing the load on the heart, and increases blood pressure. Due to this

increased workload, the heart requires more oxygen, which is tricky as the supply of oxygen is blocked by carbon monoxide produced by the cigarette.

- Smoking constricts the peripheral blood vessels as the nicotine acts as a stimulant to the sympathetic branch of the autonomic nervous system (ANS) - reducing blood flow to hands and feet especially, and elsewhere generally, such as the brain and eyes, hence its connection with Buerger's Disease.
- Six hours must elapse after the last cigarette before the circulatory system returns to normal. Thus the smoker who has a cigarette just before bed and one first thing on getting up has only 2 short hours in every 24 when the circulatory system can be considered normal.
- Smoking destroys the body's supply of vitamin C, each cigarette destroying up to 25 mg vitamin C. Vitamin C is one of the antioxidant vitamins which normally can help prevent against the oxidative effect of free-radicals, and thus prevent heart disease. Vitamin C also helps to increase HDL and reduce LDL (so-called 'good' and 'bad' cholesterol). It also dramatically reduces high elevations of blood cholesterol by activating the conversion of cholesterol into bile salts.
- Caffeine and nicotine potentiate the action of adrenaline by blocking its breakdown, leading to the same physiologic responses that stress induces, causing vasoconstriction (narrowing of the arteries), which can effect the coronary arteries and those supplying the eyes.

Nicotine stimulates the sympathetic ganglia and also the adrenal glands, which secrete adrenaline, leading to increased heart rate, elevated blood pressure and hyperactivity at the neuromuscular junction, leading to tremors, restlessness and sleeping problems, etc.

- Smoke stimulates the release of stress chemicals called catecholamines which also increase blood pressure, heart rate and the release of fatty acids into the blood. It also lowers the blood levels of oxygen which can cause blocking of the arteries, thus leading to the possibility of heart disease.

If all that is not enough to make someone stop, and at least consider their options, I don't know what is. Obviously the best thing for a smoker to do is to give up the cigarettes. However, even though this is the logical thing to do, this can be easier said than done. First of all, an individual genuinely has to want to give up.

WHAT YOU CAN DO

As I have never been a smoker I have to say that I cannot fully comprehend just how difficult it must be to fight free of this addictive substance – tobacco. Gary Craig has commented, ***“In my experience working with smokers for more than a decade, they use cigarettes to tranquilize emotions. But conventional smoking cessations programs do not address smoking addictions at the emotional level.”***

If you visit the EFT Universe site you can do a search on 'smoking' and find lots of useful information. If you also put cravings and addiction into the search box you will come up with many more articles of interest.

Nicotine patches and gum are available to help with withdrawal symptoms, but you should consider that you may then have to wean yourself off these aids once you have stopped smoking. As we have seen above, nicotine itself has some unsavoury effects upon the body's physiology. But at least you are no longer taking in the toxic cocktail that cigarettes produce.

To offset the damage smoking has produced in your body you can work on the following:

- eat 5 portions of fresh fruit/vegetables daily for their anti-oxidant benefits.
- eat 2 portions of oily fish a week.
- take supplements of vitamin C and vitamin E as anti-oxidants.
- take regular exercise daily to improve the circulation.

EFT may not be a 'one-minute wonder' when dealing with addictive cravings but it is something that you can do every time you feel the urge to smoke. Eventually you can find that the addiction has been nibbled away, and disappeared, having uncovered

and dealt with the emotional aspects that were driving the addictive behaviour. Some possible set-up phrases include:

Even though I really, really crave this cigarette, I deeply and completely love and accept myself.

Even though I am addicted to cigarettes, I deeply and completely love and accept myself.

Even though I cannot give up my cigarettes, I deeply and completely love and accept myself.

Even though I know each cigarette I smoke is damaging my body, I deeply and completely love and accept myself.

Even though I know this cigarette is shortening my lifespan, but I feel I have to have it, I deeply and completely love and accept myself.

Even though this cigarette is toxic poison to my system, I deeply and completely love and accept myself and choose now to respect my body.

Even though I know I should not smoke this cigarette, I deeply and completely love and accept myself and choose to believe that I can make good choices for myself.

So now you have a choice. You can choose to smoke or you can do EFT. If you do carry out EFT persistently and consistently, every time you want a cigarette, within a relatively short period of time you may find that you no longer have the desire to light up.

WEIGHT

Here is another issue which could be a topic in its own right. I shall be covering this in more depth in my next e-Book about diabetes as weight can be a defining factor in how well you can control the condition.

Weight problems, mostly weight gain, are frequently at the top of women's list of problems, especially as they approach later life and the menopause. It seems to be an accepted fact that as women get to a 'certain age' their weight will balloon. Fact? Or is it merely more writings on people's walls?

I know quite a large number of thinner women who are all well past menopause. Remember that your '*consistent thoughts create your reality.*' If that is your focus then your body endeavours to make it so.

Food can be a huge issue for some people, and not merely women. Just think of the term "***comfort eating***", something that is done when you feel the world is against you, the stress is too much. The only way you feel you can cope or feel better is to eat.

If you remember what was said previously cravings and addictions are driven by underlying emotional factors. So out comes your tranquillizer of choice, the biscuits, the chocolates (the next section is devoted to chocolate), or whatever and then when they are gone you usually, at some level or other, feel guilty that you pigged out, which only adds to the emotional drivers.

But not everybody exhibits this behaviour. There are many people who actually go off food when under emotional pressure; who have to force themselves to eat. YMMV again.

Everyone is unique and has their own individual response. If it only happens once in a blue moon, then you may feel it is not a problem. If however, food, or thought of food, is taking over your life then it is a challenge that needs addressing.

Food is also something that an individual can use as a way of '***taking control***' in their life. It is their choice as to what they eat, or don't. In the more severe cases of anorexia or bulimia, this control is taken to extremes, and includes other 'choices' of

laxative abuse, purging or throwing up. For these people, this seems to be the only part of their life that they feel is within their grasp to control.

Interestingly, [recent research](#) at the University of Pittsburgh, published in the Archives of General Psychiatry, has found links with anorexia to serotonin levels and anxiety.

However, I would strongly recommend that anyone with these kinds of eating disorders should see a practitioner with experience in this area, as this is a far more complicated situation than just addictive cravings. This is definitely NOT an area for a DIY EFT job!

If you do ***live to eat*** rather than eat to live it may well be indicative that you are using food to medicate your feelings, to tranquillize your anxiety.

The foods that are often chosen are frequently carbohydrate rich, sugary, fatty, refined and almost totally lacking in nutrients, such as the biscuits, the crisps (chips), the fries, the cream cakes, the half pound of Turkish Delight, etc. You don't often hear about people craving for things such as apples, or broccoli or such-like (unless they are pregnant ladies, perhaps), although I am sure there ARE people out there with healthier cravings.

Starchy and sugary carbohydrates do indeed act as a sedative to the brain, inducing relaxation and drowsiness. According to Jean Carper in 'Food, Your Miracle Medicine' the theory goes that '*carbohydrates makes way for more tryptophan, an amino acid, to enter the brain, where it is converted to serotonin, the neurotransmitter well known as the "calming chemical".*'

She goes on to say '*To allay general stress and anxiety, eat more complex carbohydrates such as pasta and potatoes.*' In the same book, Judith Wurtman, Ph.D. states that sugar works faster than starches as tranquillizers, in as little as 5 minutes. '*The best calming dose for most people is 1½ - 2 oz (40 – 55g) of pure carbohydrate, such as 2 oz (55g) of gumdrops.*'

So perhaps it is natural that we reach for the sweetmeats. Personally I would prefer to use EFT than resort to sucking on gumdrops or eating sugar to ease my anxieties. Better for my body AND my teeth!

But then again, perhaps what many people are after is, in fact, more 'sweetness' in their lives and this is the only way that they can get it. How often as children were we rewarded with sweeties for being good? So we have the association that 'sweet' is nice and all right, and another common association is

with love. It reminds us of times when we were looked after, loved and rewarded.

Over-eating may well be the result of trying to fill an emotional emptiness inside. Are your relationships, family or work, going through tough times? Is it a way you cope with 'empty-nest' syndrome when your children are all gone? Maybe you are divorced or widowed. A big gap has opened in your life somewhere; how on earth are you going to fill it?

Now finding yourself at a loss are you eating for comfort, and to fill that void?

The unfortunate side-effect of giving in to these cravings on a regular basis however is weight gain. Then you may feel guilty or angry or worried that you are too heavy – more negative emotional drivers coming into play.

You go on a diet, a word that is loaded with negative connotations. You work hard to stick to it. You may lose some weight but in many cases the end result is regaining the weight, and some. So now you feel a failure as well!

Why do so many diets fail? They only address the physical aspects, the food that you put into your mouth. But as was said earlier, if you pay no attention to the underlying emotional drivers, you will get nowhere fast. Some people who have managed to keep the weight off end up becoming fanatical exercise buffs. They are now using exercise as their tranquillizer. The underlying anxiety has not been neutralized, and still needs to be calmed.

If however, you become *emotionally free*, if you address those underlying anxieties with EFT, you stand a much better chance of finding that your weight remains stable without worrying about every mouthful, or finding time to exercise to keep it so.

As your energy system is now in a state of balance and harmony you should find that your body will let you know what is good for you, and in what quantities. Things that you relied upon before as crutches when the energy system was out of balance

usually no longer appeal to you. The taste, the texture, the smell may all now repel rather than attract.

As was said with the smoking, it is probable that you will need to use EFT frequently, with persistence, as the craving arises each time, in order to chip away at the underlying anxieties. But once again, you now have a choice and you can take personal responsibility for your own health and well-being.

Some possible Set-up Phrases to get you started:

Even though I really, really crave this _____ , I deeply and completely love and accept myself.

Even though I know I am addicted to _____ , I deeply and completely love and accept myself.

Even though eating this _____ is making me fat, I deeply and completely love and accept myself.

Even though I cannot give up _____ now, I choose to believe that I will be able to soon.

Even though I know eating _____ is not good for me, but I feel I HAVE to have it, I deeply and completely love and accept myself anyway and choose now to respect my body.

Even though I desperately want to eat this _____ , I deeply and completely love and accept myself and choose to believe that I can make good choices for myself.

CHOCOLATE

Many women particularly, but also men, have a BIG thing about chocolate, hence deciding to devote a section to it for all you 'chocoholics' out there.

In my opinion (although I realize it may not be yours), there is chocolate and there is stuff that pretends to be chocolate. Unfortunately many people tend to prefer the latter.

Susun Weed, author of '**Menopausal Years, the Wise Woman Way**', has good news for us (dark, over 70% cocoa solids) chocolate lovers. She states (p.26): *"Bittersweet (dark) chocolate is a source of iron. Recent research has found chocolate to be very heart healthy. As with any stimulant, daily use is not advised. Chocolate is an important and helpful ally for women. Guilt about eating it is damaging to your health and interferes with your ability to hear and respond to your body wisdom. If you want to eat chocolate – do it; and get the best."*

The comment about guilt being damaging to your health is interesting as the same comment was made at my EFT Practitioner Training Course. If you are going to have a little something that is 'naughty but nice' do it thoroughly and really enjoy it. Don't go on the guilt trip; that is a negative emotion that the body catches up on, causes that 'dzzzt' in the energy system. But if you do find yourself feeling guilty

Even though I feel guilty about eating this chocolate, I deeply and completely love and accept myself anyway.

However, I would suggest that if you do crave or want to eat chocolate, you choose the better quality higher percentage cocoa solids levels, anything above 70%.

Research has continued to show that this sort of dark chocolate is good for the cardiovascular system and helping to keep blood pressure under control. As a result of the higher levels of cocoa solids there is less room for sugar and the vegetable fats that are common in the usual chocolate that many women love. The fats and sugars that go into standard chocolate are themselves quite addictive (and as we saw above may account for the craving).

There are also higher levels of minerals in the higher quality chocolate, such as magnesium and iron. When women crave chocolate at certain times of the month, this may actually be indicative of the body's craving for additional magnesium. Standard chocolate confectionary contains relatively small amounts of cocoa solids and thus very little magnesium.

If you eat higher cocoa solids chocolate (which may be classed as an acquired taste) you find that it is much richer, less sweet (for some it is more bitter because they are used to the overly sweet taste of standard chocolate) and you generally find a little goes a long way.

I personally like anything between 70% and 85% chocolate and two squares of it are more than enough to satisfy me. I cannot eat standard chocolate any more as it is far too sweet and sickly, and there is no way I could eat a box at a time, as many people say they do. 'Once I'm started I just can't stop myself.....'

Even though I can't bring myself to eat 'healthier' chocolate, I deeply and completely love and accept myself.

Even though I crave this chocolate, I deeply and completely love and accept myself.

Even though I have the 'munchies' for this chocolate, I deeply and completely love and accept myself.

Even though I know this chocolate is not really good for me, but it tastes SO nice, I deeply and completely love and accept myself.

Even though I can't stop scoffing the chocolates once I get started on them, I deeply and completely love and accept myself.

PHOBIAS

A phobia is an irrational, intense or excessive, and actually a useless, fear of something. Logically, an individual knows that the response is silly, but just cannot seem to push past it.

The fear response certainly has a useful part to play in keeping us safe. But in some cases, about 10% of the population, this fear response is exaggerated and can lead to a number of horrible and excessive symptoms such as a pounding heart, headache, nausea or vomiting, excessive sweating, etc.

Rather than helping to keep an individual safe, as normal caution would, they can actually make life a misery and cause severe limitations for those who suffer with them.

In some cases, phobias are the result of the subconscious keeping someone safe from having to face other issues in their life. This may be likely if someone is resistant to letting their phobia go; it seems as if they would prefer to hold onto the phobia as otherwise they may have to make changes in their situation - '*change is often scary*'; '*better the devil you know*' sort of thing.

Phobias can be about the most mundane of things. One of the most common ones is fear of public speaking, but people also have fears of heights, flying, snakes, spiders, cats, dogs, open spaces (agoraphobia), closed spaces (claustrophobia), needles, dentists, hospitals, dustbins, toilets, etc. The list can go on and on.

Some people ask if using EFT on a phobia means that they will lose the normal caution that keeps us safe. For example, if they have a fear of snakes and get over that, does this mean that they are going to happily pick up a King Cobra?

The answer is, of course, no. As Gary states in his manual (p.59) "***What is fascinating about EFT in this regard is that it eliminates the phobic part of the fear but leaves the normal caution or concerns alone ... the process doesn't make them stupid.***"

He has noticed, however, that those who have had a phobia dealt with by EFT “**tend to have less fear than the general public with regard to that phobic circumstance.**”

As an example on the audiotapes, Gary cleared one of his clients who had a fear of heights which was causing him problems as he had to paint chimneys on roofs. He actually conducted the session by mobile phone while the client was standing on the roof and it ended up with the client standing right at the edge with no problem at all.

A follow-up call some months later found that this gentleman had actually taken up skydiving as a hobby!

If you recall the Discovery Statement “**The cause of ALL negative emotions is a disruption in the body’s energy system**’ and then see that the phobic response is actually a negative emotion you will also see that its cause must therefore be a disruption (‘dzzzt’) of the energy system.

And how do we attend to that ‘dzzzt’ and thus eliminate not only the disruption, but the phobic response and all its symptoms as well? We EFT it, of course, by applying the Basic Recipe.

How long can it take to clear a phobia with EFT? The answer, surprising to some, depends not upon the intensity or duration of the phobia but rather upon the **complexity** of the phobia – in other words it is dependent upon the number of **aspects** involved in the phobia.

So once again, it is best to be specific when working with EFT, picking up on specific circumstances when you felt the fear. As an example, ‘*Even though that dog bit me when I was six, ...*’

In some very simple cases, a few rounds will do the trick. Others may require a few more rounds on the different aspects that surface, but even so, EFT usually works remarkably quickly and efficiently. Once all emotional charge surrounding your phobic response has zeroed, you know you are done.

Balance Your Life With EFT Workshop Manual

The results are usually permanent but sometimes, rarely, it appears that the phobia has 'returned'. This is more usually the case that other, different aspects have bubbled up to the surface to be addressed. So address them specifically with another round or two of EFT and all should be well.

If you have more than one phobia that you wish to work on, then remember to work on each one individually, getting them zeroed before starting on the next one.

So, to use EFT and get revenge on those phobias:

- List all the events in your past which had a phobic response. For example, if you have problems with heights, list all the times you have been up high and suffered anxiety, etc. If you have a fear of public speaking, recall each specific event, so that you can work on them to collapse them.
- Decide upon ONE event you wish to work on.
- Give it a SUDS rating 0 – 10
- Apply EFT Basic Recipe or Short-Cut Whatever feels right for you
- After EFT check for any change and the SUDS rating
 - Any change for worse or better?
 - Any other aspects appeared?
 - Are you aware of any EMOTIONAL CONTRIBUTORS
- Dependent upon your feedback to the above, re-apply EFT

PHYSICAL PAIN AND SYMPTOMS

We have briefly touched upon the interaction between mind and body earlier and so it should be easy to see how EFT can have such beneficial effects upon physical problems.

Many physical symptoms have a psycho-emotional element, or the 'mind-body connection'. Now some people think that this is just mere 'psycho-babble', However, on many occasions I have suggested to a client that their body may be trying to get a message to them and when they give it some consideration, they can often acknowledge that this may indeed be so.

There are an increasing number of books out there that focus on the metaphysical aspects of illness. Two that I have found particularly useful for the mind-body approach include "***Your Body Speaks Your Mind***" by Deb Shapiro, and "***The Healing Power of Illness***" by Thorwald Dethlefsen & Rudifer Dahlke MD. Caroline Myss's books are also very informative.

As an example, one client who came to see me suffered badly from rhinitis; her nose was constantly stuffed up and the mucus membranes sore and irritated. This was before I knew about EFT and we were working with Reflexology, another form of energy therapy, and not really getting very far.

In the course of conversation I asked her if anyone or anything was getting up her nose at the moment. She looked at me, startled, and then began to laugh. This was a true state of affairs for her. When she took steps to alter this situation, her nose problem disappeared.

It could be said that it had been trying to draw her attention to the way things were, but of course, she naturally assumed it was merely her body's response to the smoky environment she was working in.

I therefore suggest that you be open-minded about this possibility and when you do find problems / challenges appearing in your body, take a few moments to ask your body what it might be trying to communicate to you.

Say for instance you develop a stiff neck – have you pulled some muscles? Yes, probably, at a physical level. But, why? You must have slept in a draft, or you jarred yourself with that miss-step on the stair. But why did THAT happen?

Think about what's going on around you. Are there any people or situations that are being 'a pain in the neck' to you? Are you perhaps being a bit 'stiff-necked' about something, unbendingly firm in your own opinions?

Sometimes just acknowledging the situation can bring about great improvements, even if you feel that you can do little to change things. With EFT on board you can really go to town. You may not be able to change the situation *per se*, but you can certainly use EFT to ensure that your response to the situation goes from negative to positive!

Negative body chemistry, arising from the effects of negative emotions, can reside in the physical body and causes or contributes towards physical illness and symptoms.

Take anxiety as an example – the physiological responses are wide and varied but include palpitations, sweating, increased breathing rate/hyperventilation (which in itself upsets the body's chemistry quite radically), reduced immunity, increased blood pressure, insomnia, headaches, etc.

Remember the Discovery Statement "***The cause of ALL negative emotions is a disruption in the body's energy system***".

Now consider that the physical response of pain, illness or 'dis-ease' is actually an offshoot of negative emotion(s) and you will also see that its cause must therefore be down to a disruption ('dzzzt') of the energy system.

And how do we attend to that 'dzzzt' and thus eliminate not only the disruption, but the physical response and all its symptoms as well? We EFT it, of course, by applying the Basic Recipe.

Sort out the disruption in the body's energy system by tapping on the meridian points and working with your chosen Set-up Phrase(s) and you not only neutralize the negative emotion, but the physical 'offspring' as well.

In his manual (p.69), Gary lists a whole host of physical symptoms that have responded partially or completely to the application of EFT.

They include the most common such as headaches, back, joint and indeed generalized pain, insomnia, constipation, etc. and also include more serious problems such as irritable bowel syndrome, ulcerative colitis, chronic fatigue; even people with MS have found EFT helpful in the management of their condition.

For many people, it is hard to believe that this simple tapping technique can make appreciable inroads to turning things around for them when conventional medicine has diagnosed them with some serious illness or disease.

If however you take a look at the archive articles on Gary's site you will see that many quite serious conditions have responded extremely well to the use of EFT.

Gary has a phrase he uses quite regularly about EFT – '**Try it on everything**', (bearing in mind the disclaimer at the front of this manual). Carol Look has carried out some very promising EFT work on eyesight and vision. You can find out more about this [here](#) and [here](#).

Even if you don't get 100% success, you can often find that it will work extremely well to bring about a good deal of relief in cases where nothing else does seem to work.

As the EFT process takes very little time and is easy to apply, does no harm and will often bring about almost immediate relief for many symptoms, what have you got to lose?

However, Gary does state that you must bear in mind that EFT should not replace any medical or other healing practices. If you have a serious condition, you are advised to carry out EFT in conjunction with other healing practitioners.

Never stop taking any prescribed medication without consulting with your doctor.

EFT can have a strongly relaxing effect and this in itself can bring about a loosening of tension held in the muscles and joints of the body, reducing pain and discomfort.

How swiftly can EFT work to ease or remove physical symptoms? In some cases, relief can be practically instantaneous; in others, where chronic, long-term disease is

present it may take rather longer, even looking at weeks or months, and require persistence in application.

In some cases, it may require a daily tapping session to keep pain at bay, which may be preferable to munching on painkillers. A few people find they have a delayed reaction type effect; they carry out EFT and it may be a few hours before they can see it has worked. (I seem to be one of these people.)

As always, remember to be specific. Work on one symptom at a time and it may be best to start with the most severe symptom first. Remember too that you may find the generalization effect coming into play, wherein working with one symptom can generate relief for other symptoms. This is a commonplace, and very welcome, occurrence!

You can be specific about the physical aspects such as *Even though I have this dull cold ache in my left shoulder, ...* or *Even though I have this sharp, piercing pain in my right temple, ...* or you can make an assumption about the possible underlying emotional cause, by asking yourself the following: *'If there was an emotional contributor to this pain/illness, what could it be?'*

It's quite all right to make a guess at the answer as this can be surprisingly accurate as it allows intuition to flow. So you might find yourself saying something like:

Even though so-and-so makes me really angry; he is such a pain in the neck, I deeply and completely love and accept myself.

If you have a health problem such as a headache or some localized pain you can use the EFT Basic Recipe as and when you need relief.

In the cases of more long-standing conditions, or underlying disease situations Gary recommends applying EFT 10 times daily, spread throughout the day, until you are satisfied with the results. His suggestion is to link them to your daily routine so you can use EFT on waking, before going to sleep, before each meal and every time you use the bathroom.

He also emphasizes the importance of the application of EFT to every specific event which may be the cause of the physical symptom. Use of the Personal Peace Procedure can be extremely helpful as well.

So to get started on your own physical problems:

- Decide which current physical discomfort or pain you wish to work on and work out and note down your Set-up Phrase.
- Give it a SUDS rating 0 – 10
- Apply EFT Basic Recipe or Short-Cut Whatever feels right for you
- After EFT check for any change and the SUDS rating
 - Is the discomfort / pain worse or better?
 - Has the NATURE or the QUALITY of the discomfort / pain changed?
 - Has the LOCATION of the discomfort / pain changed? (This is known as 'Chasing the Pain')
- Look for EMOTIONAL CONTRIBUTORS
 - If this discomfort / pain could speak, what would it say? How does it make you feel?
- Dependent upon your feedback to the above, re-apply EFT

It is quite commonplace to find that a pain changes, either in location, quality or intensity. This may seem to suggest that EFT isn't working, or even making things worse but this actually shows that something is happening, that energy is moving. So you persevere and 'Chase the Pain' with EFT, changing your Set-up Phrase to suit the circumstances each time, until you get it sorted.

Do not be surprised if you find past events / emotions / feelings coming to mind; these are often the root cause of the problem and once surfaced you can then

Balance Your Life With EFT Workshop Manual

use EFT on them to neutralize them and the emotional charge they have subconsciously imposed upon you.

THE CHOICES PROTOCOL

You may have noticed that some of the set-up phrases used in this manual do not follow the usual EFT phraseology. We still keep the “*Even though I*” but instead of “*I deeply and completely love and accept myself*”, the most common default wording, you will see something like “*I choose to*”.

This is making use of the ‘Choices Technique’, a somewhat more advanced technique of using EFT, the brainchild of Dr. Patricia Carrington, PhD.

What Dr Carrington has done is to connect the problem state with a positive outcome.

If you follow the ‘Choices Protocol’ in its entirety you actually make use of the ‘Choices Trio’ as there are three components to the technique.

Three EFT rounds are carried out and the SUDS level reassessed at the end of **all** three rounds.

The **first** round focuses on the negative aspect; the **second** round works with a Choices statement, roughly the opposite to the negative statement to balance it; the **third** round alternates the negative and positive statement reminder phrase, finishing on the positive choice. You can get more in-depth details of Dr. Patricia Carrington’s method from her [website](#).

SUMMARY

'The CAUSE of ALL negative emotions is a disruption of the body's energy system'

In this manual, we have briefly looked at the importance of beliefs, attitudes and words, and the subtle yet powerful effects they have on our day-to-day life; sometimes positive but quite frequently limiting our potential to lead glorious, fulfilled and fulfilling lives in *all* the rooms of our own Palace of Possibilities.

We have looked at Psychological Reversal, the self-doubt and negative thoughts we hold that can sabotage our efforts at attaining the very best we could wish for in our lives.

We have seen how EFT can work to neutralize these negatives in our lives by balancing the disruption of the body's energy system that causes them.

You now have at your fingertips a universal process, an elegantly simple technique that you can apply to practically every thing and anyone!

You can use it whenever you feel that your energy system has become disrupted to balance it and bring about a state of harmony and peace within yourself. You can give yourself EMOTIONAL FREEDOM.

EFT covers a wide variety of issues. Any time you find you are aware of any physical imbalances you can now address them, swiftly and effectively. Any time you find you are assailed by the negative emotions of anger, anxiety, fear, sadness, depression, grief, embarrassment, etc. you now have a tool that can dissolve these for you.

You have seen that EFT is usually rapid, working in moments or minutes in many cases, and generally the effects are permanent.

If you do find the issue comes back, there is a reason for it. Hunt out the aspects that have arisen. Remember that the intensity and length of time you have had your

Balance Your Life With EFT Workshop Manual

problem has little bearing on the effect of EFT. It is the COMPLEXITY of the issue, the number of varied ASPECTS that is really pertinent.

Persistence and consistency in the application of EFT are key, along with SPECIFICITY.

EFT is essentially painless, with NO confrontation of fear required, thus minimizing emotional pain.

I hope that you have found this manual interesting and informative. It has certainly been a most interesting process for me to put this together, and one that I have greatly enjoyed.

My desire is that you are now able to take the information here and use it productively in your own life. I want everyone to be empowered and enabled, to lead full and joyous lives.

- EFT as an approach is novel and drug-free.
- EFT has no reported side-effects and does no harm to the body, unlike most drugs and many conventional medical treatments.
- EFT has the potential to do great good, if you are persistent and consistent in its application.

I would be most interested in feedback from those of you who put the EFT approach to life into practice. What works for you? What might not seem to work for you? Do you have any great 'AHA' moments you might like to share? Do you have any questions you need answers to?

You can contact me by [email](#), or visit and subscribe to, or leave a comment on my [EFT, Reiki and All Kinds of Everything blog](#).

Once again, I wish you the brightest of blessings on your travels,



RESOURCES

Website Sources

[My web-site](#)

Includes free downloads such as:

"Balance the Stress and Anxiety In Your Life With EFT"

"Easily Relieve Your Stress, Panic or Fear Using EFT - Book 1" by Angela Treat Lyon

[My "EFT, Reiki and All Kinds of Everything" Blog](#)

www.EFT-not-HRT.com "Menopause – Hormonal Balance With EFT"

[EFT Universe web-site](#)

[Free Get Started with EFT Package](#)

[EFT Books and DVDs](#)

[EFT, MTT & Tapping Therapy Articles](#)

EFTfree.net

[Assoc. for the Advancement of Applied PNI website](#)

[Gary Craig's Palace of Possibilities series](#)

[AAMET web-site](#)

[Web-site of Martine Moorby, my EFT Teacher](#)

[Dr Patricia Carrington's 'EFT Choices' web-site](#)

[Touch and Breathe Method](#)

[Angela Treat-Lyons web-site](#)

ACKNOWLEDGEMENTS

My great thanks go to Gary Craig. Without him, there would be no Emotional Freedom Techniques® (EFT). Although I have not had the pleasure of meeting Gary personally I have spent many hours watching the DVDs of him demonstrating EFT and reading his newsletters. He comes across as a very sincere man, wanting to find ways to help his fellow beings on their journey through life.

I am very grateful that he developed EFT with such a simplicity of application, which makes it so readily available to all who would wish to access it. I have had great benefit from the use of EFT in my own life. I would also like to thank Gary for giving me permission to make use of quotes from his EFT manual and “Palace of Possibilities” PDF.

I hope that Gary has a very long and happy retirement ahead of him.

I also have to thank Martine Moorby, a Reiki Master colleague of mine and an accredited EFT Teacher/Trainer. In September of 2006, I did my Foundation Training with Martine in Harrogate. *I was not prepared for what it would do for me!* In February 2007 I followed this up with my Practitioner Training, and then my Level 3 training in June 2009.

Martine has given me an excellent grounding in the use of EFT and is always there as a valuable mentor. She has kindly read through this manual to ensure that it is free from any major errors. Any bloopers that might remain are mine alone.

I must also express thanks for all those people in the EFT community who have submitted articles to the various EFT newsletters and articles site, such as [EFT, MTT & Tapping Therapy Articles](#) and [EFTfree.net](#), as well as the EFT Universe site. Reading these deepens our knowledge of what exactly EFT is capable of.

Of these, I would like to particularly mention Angela Treat Lyon. During 2007 I came across her website, I-dare-you.com, and downloaded her book, “I Dare You To Get Free”. It was interesting reading and as a result of being on Angela’s mailing list, I learned that she was looking for articles to go into a free-download eBook, “***Easily Relieve Your Stress, Panic or Fear Using EFT***”.

Balance Your Life With EFT Workshop Manual

I decided to accept the 'dare' and submitted an article, which she accepted – my first published EFT article! The original item I started on became redundant when I learnt it needed to be a **small** article; however, that has now been brushed off and spruced up to become “**Balance the Stress and Anxiety In Your Life With EFT**”, available as a [free download](#) from my website. Angela was very helpful in sharing information with me about the internal workings of getting a site up and running on auto-pilot, for which I now take the opportunity to thank her.

Finally, my most heartfelt love and thanks go to my husband, Alasdair. He has to put up with this crazy flutterby of a woman in his life and he does it with utmost love and humour. He is also an absolute Godsend when it comes to anything to do with computers and IT, and generally manages to fairly patiently 🙄 deal with my frequent, and often repetitive, queries as I transferred my original Word document into the eBook compiler I originally used to produce this work, and of humungous help getting my web-sites up and running!

Staffordshire, England.

(revised March 2012)