

# EFT

---

## Emotional Freedom Technique

Overcome Fear, Release Negative Emotions

Heal Your Body, Relieve Pain

Release limiting beliefs

EMPOWER YOURSELF

- ♥ Tapping Points
- ♥ Gamut Point
- ♥ Bonus Audios
- ♥ Background of EFT
- ♥ Affirmations

Balanced Being Holistic Health

T: 0432 568 552  E: [admin@balancedbeing.com.au](mailto:admin@balancedbeing.com.au)  [www.balancedbeing.com.au](http://www.balancedbeing.com.au)

ABN: 80 558 239 575

## EFT – Emotional Freedom Technique



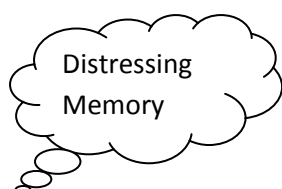
*The Discovery Statement: 'The cause of all negative emotions is a disruption in the body's energy system'*

As a further aid to your learning, it may help if you compare the energy flow in your body to that of a TV set. As long as the electricity flows through your TV normally, the sound and picture are clear. But what would happen if you took off the back of the TV set and poked a screwdriver amongst all the "Electrical wires". You would obviously, disrupt or reroute the flow of electricity and an electric 'ZZZZT' would occur somewhere.

The picture and sound could become erratic and the TV would show a picture that is a version of our 'negative emotions'.

### How a negative emotion is caused

Step 1



Step 2

→ "ZZZZZ T" →

Step 3



### The 100% Overhaul Concept

Diagnosis of where the 'ZZZZT' can become costly and anxiety layered, so much so that many people just 'put up with it'. So EFT is designed to work with the body and tap on all energy meridian, so that we 'overdo it'. This way the odds of fixing the energy imbalance or the 'ZZZZT' are greatly enhanced...even though we have no ability to diagnose.

Balanced Being Holistic Health

T: 0432 568 552 E: [admin@balancedbeing.com.au](mailto:admin@balancedbeing.com.au) [www.balancedbeing.com.au](http://www.balancedbeing.com.au)

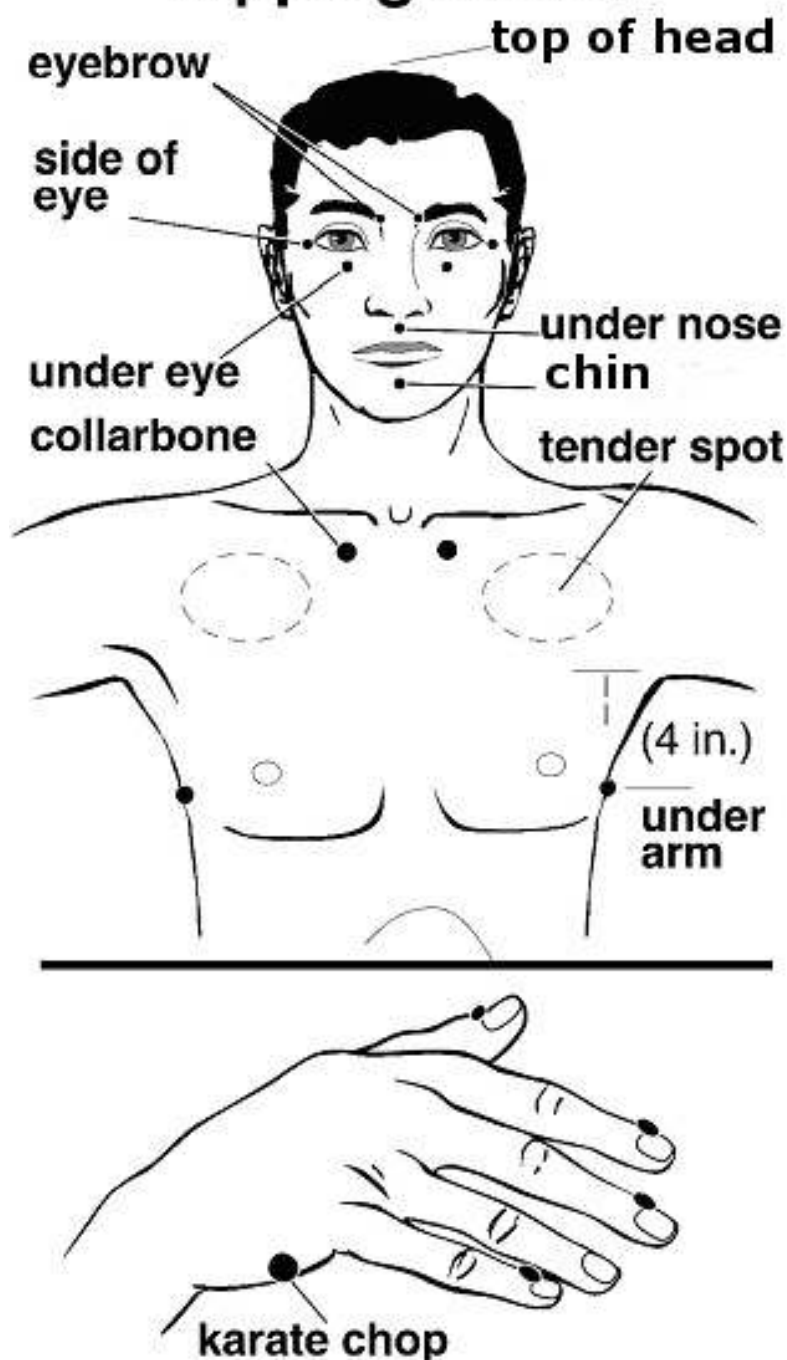
ABN: 80 558 239 575

# EFT – Emotional Freedom Technique

The EFT Statement: *'The cause of all negative emotions is a disruption in the body's energy system'*

It is a simple and effective form of meridian energy therapy. Some call it "emotional acupuncture" but without the needles. The good news is... it works!

## Tapping Points



### TS - Tender Spot

This is used in the 'EFT Set Up'. Find a spot that is tender to touch in the chest and rub using a circular motion.

We start by tapping the Karate Chop Point or by rubbing the Tender Spot. For the Karate Chop Point, I use the tips of my index and middle fingers of my right hand to tap the outside of my left hand. Use the same pressure you would use if you were tapping on a table to make a drumming sound. Tap, tap, tap, tap, tap, tap, and tap. If you have long fingernails, use the pads near the end of your fingers to tap.

Next, we move to the top of the head and then we'll work

Balanced Being Holistic Health

T: 0432 568 552 E: [admin@balancedbeing.com.au](mailto:admin@balancedbeing.com.au) [www.balancedbeing.com.au](http://www.balancedbeing.com.au)

ABN: 80 558 239 575

down the body,

making the points easy to remember.

Use the fingertips on one or both hands to tap the **top of the head**. Tap, tap, tap, tap, tap, tap and tap.

The **eyebrow (EB)** points are located at the beginning of the eyebrow, nearest the centre of the face. I use the index and middle fingers together, on both hands, to tap the two eyebrow points. Tap, tap, tap, tap, tap, tap, and tap.

The **side of the eye (SE)** points are located on the bone at the side of the eye. It's not so close to the eye that it feels like you're poking yourself and not so far away that you are tapping at the temple. Using the index and middle fingers together, tap on both sides of the eye points at the same time. Tap, tap, tap, tap, tap, tap, and tap.

The **under the eye (UE)** points are on the bone located under the eye about even with the pupils. Using the fingertips of the index and middle fingers, gently tap this spot under both eyes. Tap, tap, tap, tap, tap, tap, and tap.

Now tap **under the nose (UN)** with the index and middle finger of one hand. The spot is roughly midway between the bottom of the nose and the top of the lip. Tap, tap, tap, tap, tap, tap, and tap.

The **chin (CH)** point is not really on the chin; it is mid-way between the bottom of the lower lip and the chin, in that indentation area. Tap, tap, tap, tap, tap, tap, and tap.

The **collarbone (CB)** spots are located about one inch down and over towards the outside of where a man would tie his tie. I use the two fingers together on each hand to tap the collarbone spots. Tap, tap, tap, tap, tap, tap, and tap. An alternative is to pat both spots at the same time with the flat of one hand, with about the same pressure as you would pat a baby's back to help it burp.

The **under the arm (UA)** point is located about 4 inches or 10cm below the armpit. I lift both arms up and tap with two fingers under the armpit. It looks like I have wings. Alternatively, you can lift your left arm and use the two fingers of your right hand to tap under your left arm. Tap, tap, tap, tap, tap, tap, and tap.

The **below nipple (BN)** point is located directly below the breast in line with the nipple. Tap, tap, tap, tap, tap, tap, and tap.

The **thumb (TH)** point is located on the side of the thumb where the corner of the nail starts. Tap, tap, tap, tap, tap, tap, and tap.

The **index finger (IF)** point is located on the top side of the finger (as you turn your hand down) where the corner of the nail starts. Tap, tap, tap, tap, tap, tap, and tap.

The **middle finger (MF)** point is located on the top side of the finger (as you turn your hand down) where the corner of the nail starts. Tap, tap, tap, tap, tap, tap, and tap.

The **baby finger (BF)** point is located on the top side of the finger (as you turn your hand down) where the corner of the nail starts. Tap, tap, tap, tap, tap, tap, and tap.

**Additional tip:** I often find that returning to the **top of the head** helps the round feel complete. You can end repeated rounds at any point. You can start at the eyebrow or top of the head. You can leave out points, too. Remember that the energy system is connected; each point you tap resonates throughout the system. I also encourage you to learn to use your intuition early in your use of EFT.

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Memorising the Sequence:**

The purpose of this instructional sheets and the Audio CD, are so that you. Clearly understand the sequence. On the following page is 'Instructions for the Basic' sequence, which is used with the Tapping points, as shown above. I encourage you to memorise the points and get comfortable with the 'SET-UP' phrasing, set out below. Memorising the basics, allows you your intuition to unfold and lead you into greater awareness.

---

# Basic Instructions – EFT - Emotional Freedom Technique

**See also:** [EFT Tapping Points](#) for a picture of the points along with the audio description on CD.

Focus on an emotion or feeling that is having a negative impact on your body. Note where along the line below this feeling sits for you?

**Feel nothing** (0) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) **Intense**



1) Note your starting intensity (0-10): \_\_\_\_\_

2) While tapping on the karate chop point or rubbing the Tender Spot, say the following three times, stating your physical or emotional pain as *specifically* as possible (this is called the "set-up"):

"Even though I feel this \_\_\_\_\_, I deeply and completely accept myself."

- Repeat this phrase three times as you rub or tap the Karate Chop Point.

3) Tap on each of the points in sequence, approximately 7-9 times each, stating your pain (this is called the "reminder phrase"): "This \_\_\_\_\_".

- Top of head
- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone
- Under arm

- Breast Nipple
- Thumb
- Index Finger
- Middle Finger
- Baby Finger
- Karate Chop Point
- Back to top of head.

4) Take a deep breath!

5) Note your ending intensity (0-10): \_\_\_\_\_. If above a "2," repeat the steps above. You can also make the following changes:

- Making the statement more specific; what is the best way to describe what you are *now* feeling?
- You can modify the set-up statement in step (2) to "Even though I *still have some of this* \_\_\_\_\_, I deeply and completely accept myself."
- On this one: "Even though I am *still a 3, on this feeling of* \_\_\_\_\_, I deeply and completely accept myself."

-Adjust in subsequent rounds the SETUP Affirmation and Reminder Phrase to reflect the fact you are addressing the remaining problem.

**\*\*Note:** If you have problems putting the words together for the "set-up" than this is a sign your body is focusing on the issue and the mind may be finding it difficult to be clear about the words and there order. But it is a good thing! Because you are starting to unravel the 'block' or 'emotional charge'"\*\*

Another version of 'The Setup': "*Even though I have this* \_\_\_\_\_ *I deeply and completely accept myself.*"

Examples to be used:	Sore Back	Craving
	Headache	Anxiety about the Exam
	Itchy Skin	Confusion

*The list is endless. Use it today on yourself and you will LOVE the Change!*

---

# Basic Instructions – 30% EFT - Emotional Freedom Technique

This part of the sequence is named the 'Gamut' Procedure... you can do it as part of the full 'round' or sequence or use it as your intuition guides you. This Gamut procedure, can be sandwiched in between one full basic round, then tap the gamut point continuously while taking the 9 actions below and the return to another full round of basic instructions or the sequence.

This part is 'extra' and may not be required at all. Again, I encourage you to use your intuition here.

First, let us locate the point, where you will be tapping:

It is on the back of either hand and is ½ inch (2.5cm) behind the midpoint between the knuckles at the base of the ring. If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle whose other sides converge to a point (apex) in the direction of the wrist, then the Gamut point would be located at the apex of the triangle.



Next you must perform 9 different actions while tapping the Gamut point continuously. The 9 actions are:

- |                                    |                                         |
|------------------------------------|-----------------------------------------|
| <b>(1) Eyes open</b>               | <b>(2) Eyes closed</b>                  |
| <b>(3) Eyes hard down right</b>    | <b>(4) Eyes hard down left</b>          |
| <b>(5) Roll Eyes in circle</b>     | <b>(6) Roll Eyes in Other direction</b> |
| <b>(7) Hum 2 seconds of a song</b> | <b>(8) Count to 5</b>                   |
| <b>(9) Hum 2 seconds of a song</b> |                                         |

Choose a song that is familiar and has pleasant memories attached to it. For example, 'Happy Birthday' could cause resistance because it brings up memories of unhappy birthdays.