



Foundations of EFT

For wellness and relaxation

Vitality Living College EFT Level 1 Training

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AAMET Master Trainer of Trainers





■ Introduction to Emotional Freedom Techniques

Emotional Freedom Techniques is probably one of the most powerful healing techniques in the world today! It is easily taught by a skilled trainer and extremely empowering for clients. EFT can enable stress relief in seconds and is used all over the world by millions.

Based on discoveries involving the body's subtle energies, EFT has been proven to be over 80% clinically effective for stress, fears, depression, addictive cravings, weight loss and many other physical symptoms.

EFT is long-lasting, gentle and usually rapid. There are no drugs or equipment involved and it is easily learned. Once learnt, it can be self-applied.

The basic theory behind EFT is that all negative emotions and behaviors, and many of the physical discomforts that they cause, are the result of disruptions to your body's energy system.

The term 'energy system' refers to the meridians used in Chinese acupuncture. These are energy channels that run throughout your body and through all of your major organs. Acupuncturists adjust their patients' energy by inserting needles at specific points along the meridians. EFT works in the same way, but without the needles: instead, the fingers are used to tap on certain points on the body.

This training is approved by the Global Governing Body, Association of Advancement of Meridian Therapies (www.ammnet.org) and delivered by Vitality Living College. Each of our trainers have been personally trained by Dr Rangana Rupavi Choudhuri (PhD) who has over 15 years' experience in the medical, healthcare and personal development field.

AAMET is the largest professional EFT Association worldwide. Founded in 1999, AAMET has set in place standards of training and safeguards for the public and has been accepted as a voluntary organisation. Therefore AAMET is required to operate on a lawful, not for profit basis and all committee members work voluntarily. AAMET is set up to promote ethical practice, to support its members and forge links with professional organisations. All EFT Practitioners and Trainers registered on this site have had their qualifications validated and have signed up to mandatory CPD & Mentoring and to the AAMET Code of Conduct and Ethics.

Creating a space to use EFT with yourself and others

The first step before working with oneself or others is to create a safe space that is non-judgemental, accepting and understanding. Whether you are using EFT on yourself or with others the same rules apply. From now whether you are self applying EFT or working with others we will use the term client to refer to the person receiving the treatment and practitioner to the person facilitating the treatment. The same applies when you are self-applying EFT as we recommend you take on both roles. Consider what is the environment you would like to create for yourself when you receive treatment. Some suggestions are to be:

- Respectful
- Loving
- Non-judgmental
- Trusting
- Compassionate
- Attentive
- Present
- Accepting
- Understanding
- Kind
- Helpful
- Encouraging
- Humorous
- Light-hearted

*All energy
therapies can
trace their earliest
origins to
acupressure
and shiatsu*

■ The History and Background of EFT

Introduction

Modern meridian therapies that have been developed in the last two decades. By definition their history is very short. However, in this section we look at the historical roots of these therapies in order to see them from the perspective of the thousands of years of development that lies behind them.

Acupuncture and shiatsu

Fundamentally all energy therapies can trace their earliest origins to acupressure and shiatsu, therapies that developed independently but alongside each other in China and Japan respectively. However, similar therapeutic concepts as old or older than the Chinese and Japanese therapies can also be traced to many other parts of the world.

There is evidence of the use of acupuncture-like treatment by groups as far apart as the Bantu in Africa and the Eskimos in the northern circumpolar region, but these are difficult to date. The earliest well-dated instance seems to be a mummified body discovered preserved in a glacier in the Alpine Oetz valley between Austria and Italy in 1991. The corpse has been reliably dated to about 3200 BC, and it carries 15 groups of tattoos identifying points that can be identified as acupoints corresponding to arthritic pain, which this man certainly suffered.

Early development in China

Acupuncture is usually considered a Chinese therapy as it was codified in China, which has a continuous history of acupuncture from at least 1000 BC to the present day.

Between 475 and 221 BC the therapy was consolidated and written into a book known as *The Yellow Emperor's Classic of Medicine* (Huangdi Nei Jing), which describes the meridians in a way still recognizable today. It describes the use of metal needles, but it is clear that sharp stones and splinters of bamboo had been used earlier. Its development continued in an orderly way and in about 400 AD a further book appeared, *A Classic of Acupuncture and Moxibustion* (Zhen Jiu Jia Yi Jing), which describes the acupoints and meridians in detail and in such a way that it is still effective as a text book in one of today's schools of acupuncture. A detailed study of over 600 acupoints was made during the Sung, Kin and Yuan dynasties (960-1368 AD), resulting in a further descriptive book known as *The Illustrated Manual on the Points for Acupuncture and Moxibustion* (Tong Jen Shu Xue Jiu Tu Jing). The term 'moxibustion' used in the title of these works refers to the stimulation of the acupoints using burning mox (*Artemisia japonica*). Also two life sized bronze figures engraved with meridians and acupoints are known to exist.

With the book and the figures the therapy spread widely across China and still thrives there, and it is now also well known and practiced in the West, where it has taken two roads. It has survived in its pure form and it has also been adopted by Western medicine. It is from the fruitful fusion of Eastern and Western ideas that 'modern' Energy therapies, including meridian energy therapies, have sprung.

In the mid-1960s the chiropractor Dr George Goodheart began to investigate the links between muscle strength, the body's organs and meridians, and he developed a diagnostic therapy, based on muscle testing drawing on muscle-testing studies by Kendall & Kendall,

Emotional Freedom Techniques, developed by Gary Craig, are both simple and freely available to all

Chapman & Owen's work on neuro-vascular reflexes and research by Mann on acupuncture meridians.

This work grew into the science of Applied Kinesiology. John Thie, a colleague of Goodheart, published a book, *Touch for Health* in 1974, which first brought this combination of ideas to the general public.

Also in the mid 1970s John Diamond, a psychiatrist, applied his studies of Applied Kinesiology to his work in psychotherapy, naming this new field Behavioral Kinesiology.

At this time Dr Roger Callahan, a psychologist, was becoming dissatisfied with the therapeutic models available to him to help patients solve their psychological problems. He had studied Kinesiology with Diamond and was also investigating Eastern health practices, specifically those that involved tapping on meridian points, and in the 1980s he used meridian therapy on a patient called Mary who was suffering from a deep and intractable water phobia and had been receiving therapy without result for some years.

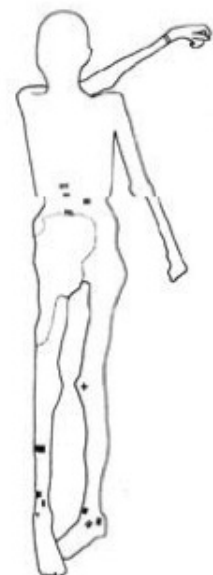
A number of stories have grown up about the incident that led to Mary's cure, some more spectacular than others. However, it is recorded that tapping below her eye while she focused on her fear of water completely and rapidly removed that fear and the phobia never returned.

Callahan spent the next ten years developing his therapy, which he called Thought Field Therapy or TFT. A number of therapists who studied with Callahan went on to develop further therapies from his ideas. Some of these remain proprietary therapies subject to copyright restrictions and many others require extensive (and sometimes expensive) training before they can be effectively used. However, one therapy stands out as both simple and freely available to all: Emotional Freedom Techniques (EFT), developed by Gary Craig, a Stanford engineer turned personal trainer who trained with Callahan in the early years of Thought Field Therapy.

Acupuncture points shown on a Chinese drawing



Acupuncture points tattooed on a mummified body found in the Alps and dated to 2300BC



How Emotional Freedom Techniques developed

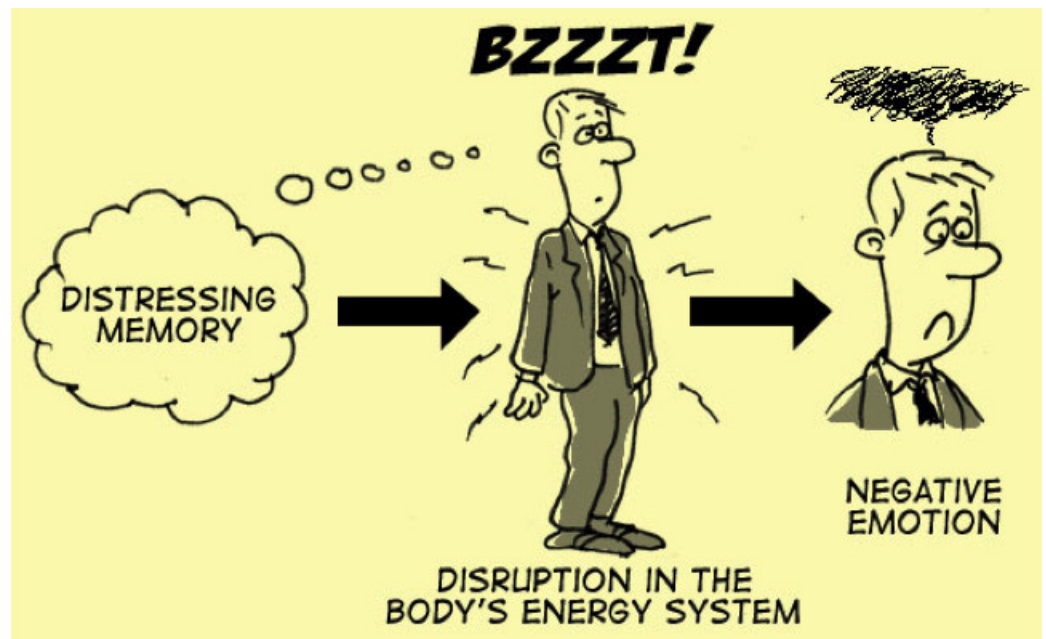


*EFT has developed
from a long line of
therapies that
began thousands
of years ago*

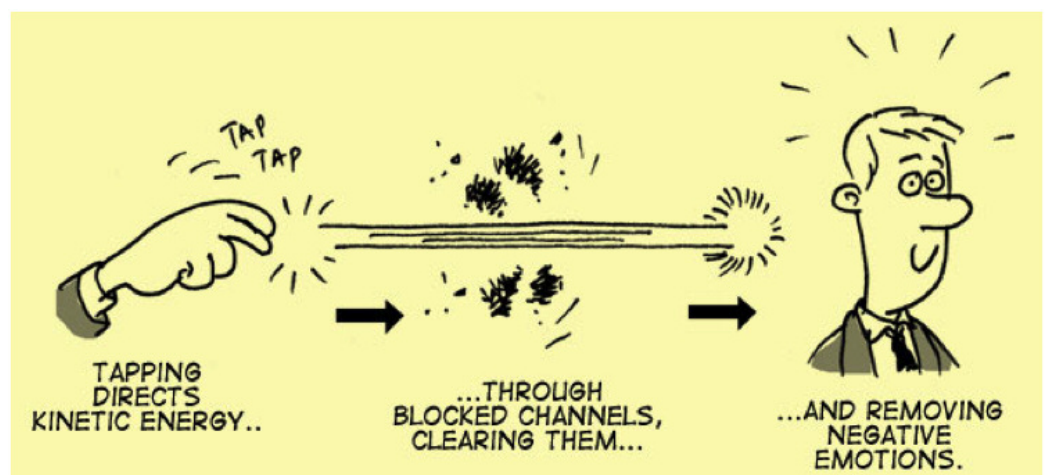
■ EFT Clears the Energy System to Give Relief

The theory behind EFT

The theory behind EFT is the cause of all negative emotions is a disruption in the body's energy system. A distressing event or incident causes the disruption in the energy system and hence a negative emotion and in some cases a negative belief.

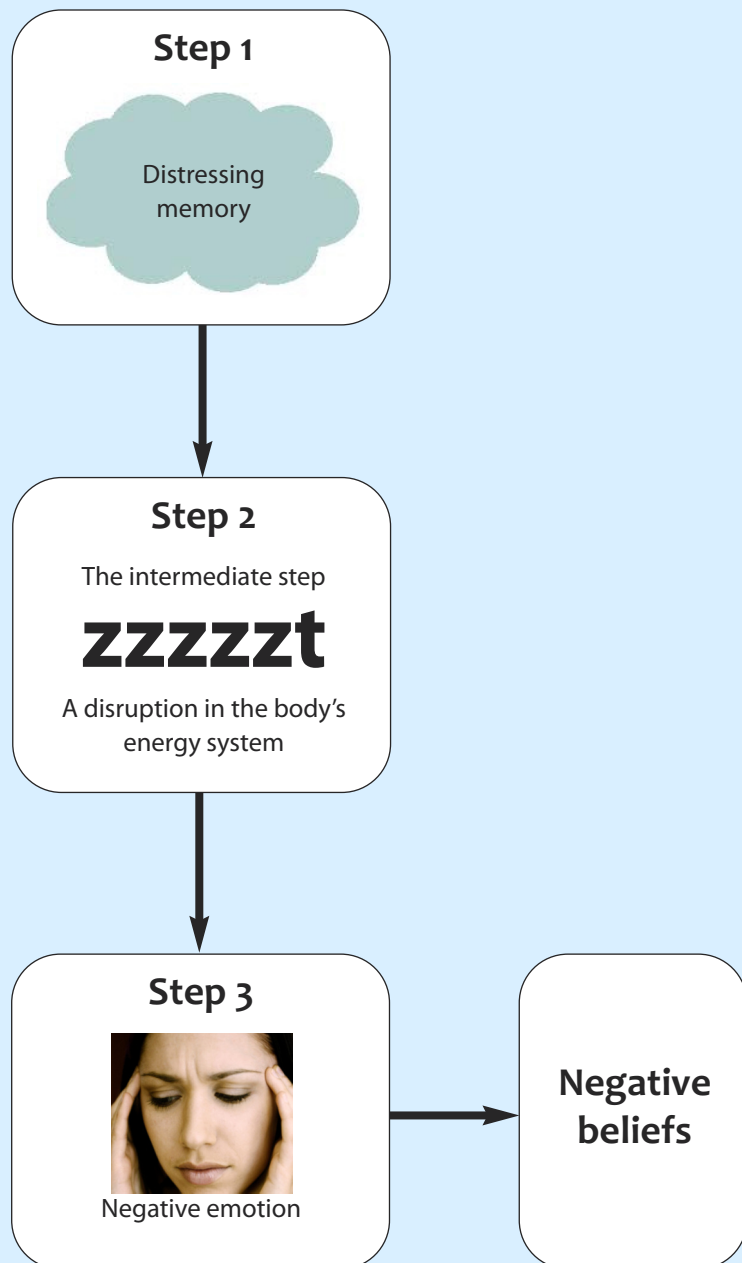


Once the energy system is balanced the emotional charge goes away. The underlying idea here is that you aren't "mentally blocked". Rather you are "energy blocked". When you use the simple EFT tapping steps you clear through blocked channels.



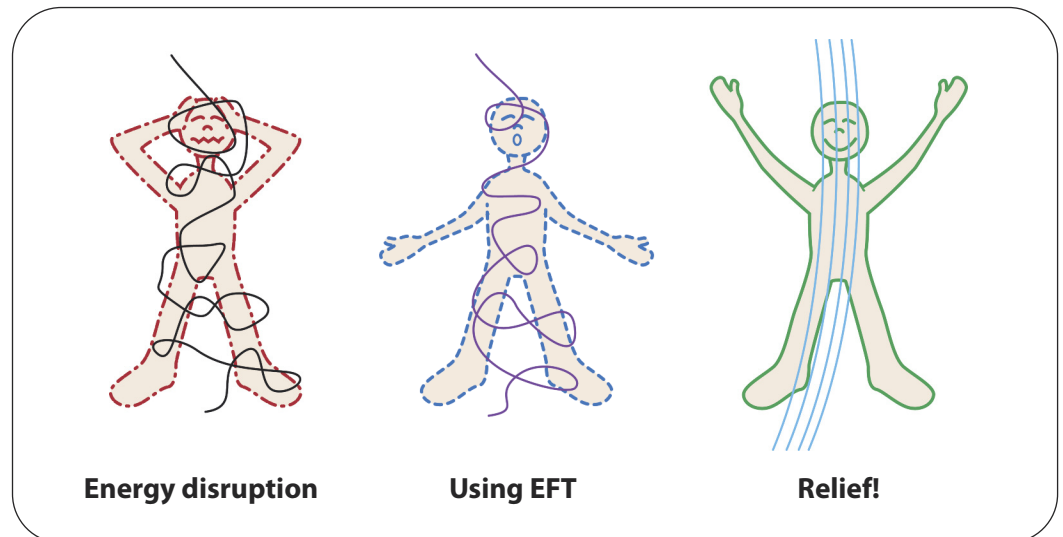
*Use EFT to clear
negative emotions
and memories and
create a feeling of
calmness*

How a negative emotion is caused



The EFT tapping points are easy to locate and tap any time anywhere

When you use EFT it gives relief by re-wiring the energy system and bringing it back into balance so you feel calmer, more at peace and ready to let go and move on.



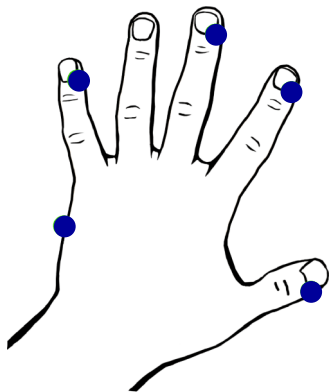
■ EFT Tapping Protocol

Originally Gary developed the Basic Recipe which covers the full tapping sequence. Subsequently the tapping sequence was simplified. Both these sequences are shown below.

The main tapping points are as follows:

1. Eyebrow – at the beginning of the eyebrow just above the nose
2. Side of Eye/Temple – on the bone bordering the outside corner of the eye
3. Under Eye – on the bone just under the eye



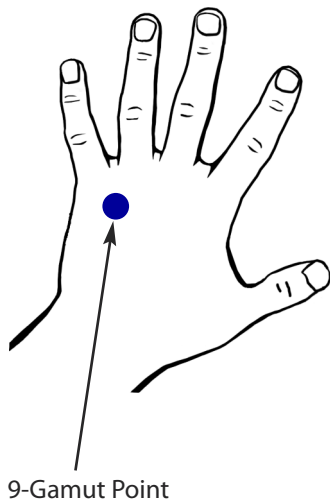
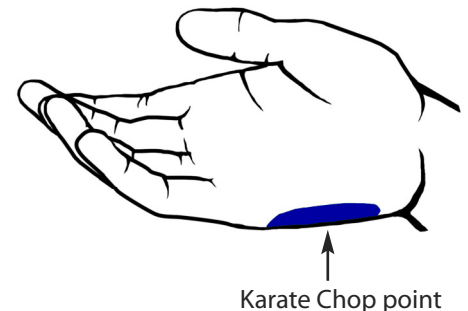


4. Under Nose – between the bottom of the nose and the upper lip
5. Chin – midway between the point of the chin and the middle of the lower lip
6. Collarbone – just below the collarbone
7. Under Arm – under the arm about 10cm from the armpit
8. Thumb – on the outside of the thumb, level with the base of the nail
9. Index Finger – on the side of the index finger closest to the thumb, level with the base of the nail (this point is not recommended for pregnant clients)
10. Middle Finger – in the same place on the middle finger
11. Ring Finger – on the other side on ring finger*
12. Baby Finger – in the same place on the little or baby finger
13. Karate Chop – on the edge of the hand (where you would make contact if doing a karate chop)

In EFT we generally start with tapping on the Karate Chop. An alternate tapping point that has the same effect is known as the tender/sore spot (shown in the picture). The tender spot is usually stimulated by rubbing in a circular motion, rather than tapping.

*The ring finger is not always used, as the Gamut Point (discussed below) is on the same meridian, which is stimulated during the 9-Gamut phase, which comes next. The actual point is on the opposite edge of the finger. However, there is no harm in using it and some practitioners do so for simplicity. In many cases we leave out tapping on the ring finger.

The Gamut Point is a special point used in the 9 Gamut Procedure. It is located on the back of either hand and is about 15mm behind the mid-point between the knuckles at the base of the ring finger and the little finger.



The basic recipe

1. **Measure the problem from 1 to 10...** Ask "What number would you give this problem on a scale of 1 to 10 where 10 is a very big problem and 1 is not big at all". If there is a feeling, ask "On a scale of 1 to 10 how intense is the feeling where 10 is very intense and 1 is not at all". Alternatively, for physical tension, ask "On a scale of 1 to 10 what number would you give this tension where 10 is very high and 1 is not high at all".
2. **The Setup...** While continuously tapping on the Karate Chop point, repeat this affirmation three times:
'Even though I have this (name the problem), I deeply and completely accept myself.'
3. **The tapping sequence...** Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.
 - Eyebrow
 - Side of Eye
 - Under Eye
 - Under nose

*Measure, Set up,
Tap, 9-Gamut,
Tap again,
Measure*

- Chin
- Collarbone
- Under Arm
- Thumb
- Index Finger
- Middle Finger
- Little Finger
- Karate Chop

4. The 9 Gamut Procedure... Continuously tap on the Gamut Point while performing 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 a circle in one direction
- (6) Roll eyes in a circle in the other direction
- (7) Hum 2 seconds of a song
- (8) Count to 5
- (9) Hum 2 seconds of a song.

This process allows the left and right brain to be engaged creating balance.

5. The tapping sequence (again)... Tap about 7 times on each of the energy points while repeating the Reminder Phrase at each point.

6. Measure the problem from 1 to 10 and repeat all of the above if necessary

Note: In subsequent rounds the Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing the remaining problem:

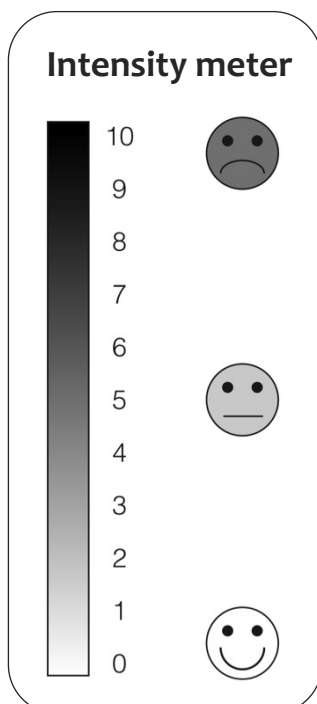
i.e. *"Even though I still have some of (this problem)..."* (Setup)

"This remaining (problem)..." (Reminder Phrase)

Measuring and testing

To make sure the process is working it is important to monitor progress for both the practitioner and client. The first step is to measure the severity of the problem, emotion, issue, physical sensation or anxiety by taking a subjective measurement on a scale of 1 to 10 where 10 is high intensity and 1 is low intensity. The intensity number is known as a SUD (subjective unit of distress). The client provides the subjective measurement. If the client is unable to tell the number you can also ask "is the tension/discomfort high, medium or low?"

If the client is unable to measure the problem get them into their body. Ask them to close their eyes and get a sense or knowing of where the discomfort is felt in the body. Then ask them how intense the discomfort feels on a scale of 1 to 10 where 10 is very intense and 1 is not intense at all. You can even say "I know that part of the body can't speak – if it could speak what would it say? How does that make you feel? On a scale of 1 to 10 how intense is the feeling where 10 is very intense and 1 is not intense at all?"



Psychological Reversal – a subconscious block to EFT that everyone has over some issues and it can come and go in seconds



Psychological reversal is when there is a subconscious block to EFT and the energy system becomes reversed. Like when batteries are in 'backwards' or 'sdrawkacB'

■ Psychological Reversal

Psychological reversal (PR) is a sub-conscious block to EFT. It can occur when the energy flow becomes reversed and nothing seems to work. Just like when batteries are placed the wrong way round and no matter what you do the equipment will not work.

Everyone has PR on some issues and it can easily be reversed using EFT as it is built into the standard tapping protocol in the Set-up. PR can come and go in seconds. Anybody familiar with muscle testing will be able to diagnose PR.

PR can manifest as resistance and is common with addictions, trauma, illness and can be caused by traumatic events, shock, limiting beliefs and stress. Once reversed, it may remain so and the reversal may become an obstacle to treatment, which means that healing cannot easily take place. In cases of severe PR healing may be hindered and require persistence. This obstacle to healing can prevent effective treatment using all forms of complementary and allopathic therapy as the body is actively fighting the healing process.

We have all come across people who cannot (or will not) get well or are even accused of not wanting to get well. These 'failings' are often put down to lack of will power, poor motivation and the like, but in fact they are not failings nor defects but the result of PR. It is not that these people will not improve, but that PR is ensuring that however hard they or their practitioners try, their reversed system may act against getting better.

PR is often the reason for the sudden drop in performance of, say, an athlete who is still fit and in training, or of a musician whose playing suddenly drops below peak performance. Addiction and depression are often accompanied by reversal, and this can make them difficult to resolve using many types of therapy. The client may be aware that they have a fear of getting over the problem or may feel that they do not deserve to get over the problem or even that it is not safe to get over the problem. Some clients may be quite unaware of the reversal.

Types of PR

There are two quite separate types of reversal:

- Massive (or global) reversal – where the subject is completely reversed on all aspects
- Specific reversal – where the subject is only reversed in one or two aspects

Correcting psychological reversal (PR)

The EFT setup routine is designed to correct PR by commencing tapping on the Karate chop. If the client was not reversed in the first place the setup is not necessary, but as a general rule it is quicker to use the setup than it is to test for reversal, so we almost always use the setup.

You may notice that experienced practitioners do not always use the setup, especially after the first tapping round. This is because they are confident that PR is not a factor in the case they are treating. It is safer to assume psychological reversal for the initial round of tapping. If there was no reversal attached to a presenting problem it may have already resolved itself.

There are at least five points that can be used to correct PR:

Once removed, PR is unlikely to return unless the subject suffers further trauma

- Tapping on the Karate chop
- Rubbing the Sore Spot
- Rubbing the Collarbone point
- Tapping Under the Arm
- Rubbing or tapping the Thymus points (in the centre of the upper chest)

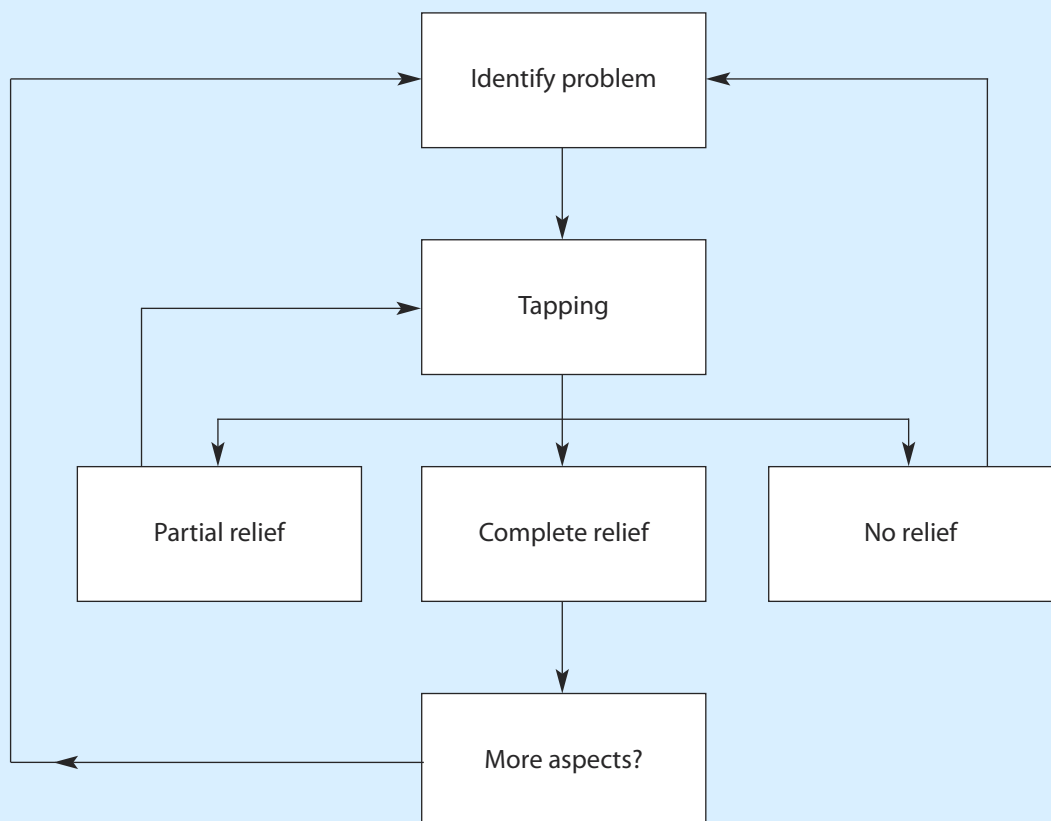
Recurring reversal

Once removed, PR is unlikely to return unless the subject suffers further trauma, but in extreme cases of massive reversal the removal technique only attains temporary removal and the subject can be found to be reversed if tested later. However, usually the subject will stay out of reversal for long enough for a few rounds of tapping to clear the aspect.

The EFT format

The basic format in EFT is to identify the problem and to start tapping. Each problem has many different aspects, for example physical tension, may have an aspect of the sensation of the pain or the emotion the pain is causing. Start with the aspect that is most present for the client, working with one aspect at a time. As the intensity reduces move onto the next aspect.

Basic EFT format



A positive affirmation is used at the end of the set up phrase to neutralise the negative effects of the issue

■ The Setup Statement

The Setup Statement consists of the opening statement and the affirmation:

Key to the opening statement:

- The words come from the client, NOT the practitioner
- It doesn't matter whether you believe the statement or not
- It's better to say it with feeling and emphasis
- It's better to say it out loud

And finally:

- It must be in the client's words

The Setup Phrase has two components: the opening statement and the affirmation.

The opening statement

The opening statement describes the problem, starting:

"Even though I have this"

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

- Even though I have this fear of public speaking...
- Even though I have this headache...
- Even though I have this anger towards my father...
- Even though I have this war memory, ...
- Even though I have this stiffness in my neck, ...
- Even though I have these nightmares, ...
- Even though I have this craving for alcohol, ...
- Even though I have this fear of snakes, ...
- Even though I have this depression, ...

The affirmation

A positive affirmation is used at the end of the set up phrase to neutralise the negative effects of the issue or problem

"...I deeply and completely accept myself."

So the full Setup Statements for the examples above are:

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

The EFT tapping routine has been simplified and does not need to include the 9-Gamut procedure routinely

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

Affirmations

Statements of intent

Phrased in the positive

Oft-repeated

Opening statement

Statements of fact

Usually negative

Oft-repeated

■ Simplified EFT Instructions

The EFT Tapping routine has been simplified and does not need to include the 9-Gamut procedure routinely. The simplified version is below:

1. Identify the problem

- Identify what the problem is and the associated feelings. For example:
 - "I am really stressed because I have too much work and it makes me feel anxious."
 - "I feel like a failure because my mother is always criticising me."
 - "I am too scared to ask for business as I will be rejected."
 - "I am too scared to go out on a date as I feel unattractive."
- Identify what is causing the problem and what specifically happened. For example
 - "I am really stressed because I had an argument with my partner (about...) and I am really upset now."
 - "I am scared of going on a date because I have been rejected by men all my life and the first time was when I was 7 years old and (describe what happened)."
 - "When I was at school my teacher humiliated me in front of the class."
- Identify if the stress is causing any pain or tension in the body. For example
 - "I am really stressed and it is causing me to have a throbbing headache." (describe the kind of headache)

Measuring or scaling the problem involves working out how intense the issue is

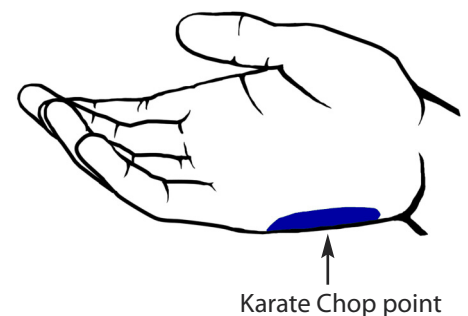
- "I hate selling and it gives me a stomach ache whenever I have to go and speak to a prospective client."
- "I do not like putting myself forward as it gives me a headache as I get so stressed about it."

2. Measure the problem from 1 to 10. Measuring or scaling the problem involves working out how intense the issue is, where 10 is very high intensity or high level emotion and 1 is low intensity or low level emotion (for example where 10 is completely stressed and 1 is not stressed at all). Write down the number based on how strong the issue is emotionally.

3. Start with tapping on the side of the hand. Tap with the fingers of one hand on the karate chop of the other hand (side of the hand below the little finger) and say the following three times with feeling:

"Even though I ...(name problem), I deeply and completely accept myself."

For example "Even though I am really stressed because I have too much work and it makes me feel anxious and it's a 10/10, I deeply and completely accept myself."



4. Tap each point 7 times as you say a phrase

from the problem. Repeat the phrase out loud while tapping on the points shown below. For example, phrases could be 'anxious', 'stressed', 'course work' and 'anxious in my chest'.

Eyebrow – at the beginning of the eyebrow just above the nose

Side of Eye – on the bone bordering the outside corner of the eye

Under Eye – on the bone just under the eye

Under Nose – between the bottom of the nose and the upper lip

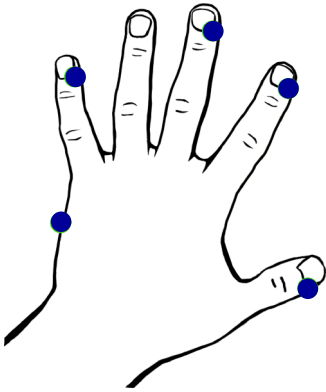
Chin – midway between the point of the chin and the middle of the lower lip

Collarbone – at the junction where the breastbone, collarbone and first rib meet

Under Arm – under the arm about 10cm from the armpit

Thumb – on the outside of the thumb, level with the base of the nail





Index Finger – on the side of the index finger closest to the thumb, level with the base of the nail (miss this point out if pregnant)

Middle Finger – in the same place on the middle finger

Little Finger – in the same place on the little or baby finger

Karate Chop (side of the hand) – on the edge of the hand

- 5. Final clearing.** On the Karate Chop say the starting set-up phrase again (name the original problem again)

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

- 6. Relax.** Take a gentle breath in and out and take a sip of water. It is very important to drink water to flush out any toxins that get released. 70% of our bodies is composed of water – drinking water is vital to our health and vitality.

- 7. Testing the results.** Measure the problem again from 1 to 10. Notice how the problem and original emotion feels different. If there is an emotional charge left, repeat the tapping process again till you feel better.

For many people you will notice a physical change, a sense of relief or possibly a new insight about the problem.

■ EFT for Physical Discomfort

EFT is very effective for physical discomfort, tension and pain in the body. For examples headaches, body pain, shoulder pain and neck pain. In many cases physical pain has an emotional root cause. It is the body's way of communicating with us to let us know something is not right.

The steps are as follows:

1. Locate a current physical discomfort and measure the discomfort
 - Include even the ‘impossible to cure’
 - Rate it on a scale of 0-10
2. Get specific information about the pain. This can be a description, the underlying emotions or information about what is causing the pain. Some questions to investigate are as follows:

Description of the pain – What is the pain like? Describe it to me. Does it have a colour? What is the colour? What shape or size is it? How big is it? What is the sensation like? Is it throbbing or pulsating? Does it have a sound? Is it a sharp pain or dull pain? Where is it? Where else is it? How does the pain make you feel? Really describe it.

The underlying contributor to the pain – What does the pain remind you of? When have you felt this kind of pain before? How does this pain make you feel? Who is the pain in the neck/body part? I know the pain can't speak if it could speak what would it say? How does that make you feel?

Information about when the pain occurs – When does the pain start? How long has it been there? What triggers it? When does the pain stop? What brings on the pain?

3. Measure any feelings or sensations and start tapping using their specific words

*In many cases
when working
with pain the
location of the
pain will change*

4. After a round of tapping measure again and ask:
 - Is it worse or better?
 - Has it changed in nature or quality?
 - Has it changed its location? Following the changing location of pain is known as 'chasing the pain'
5. Keep tapping till the intensity comes down. In many cases when working with pain the location of the pain will change. This is called chasing the pain and a very positive sign that EFT is working. Explore emotional contributors, triggers, events or situations

■ Calibration

Noticing how your client shows emotion

Calibration is observing everything that changes or does not change for a client during the session. These changes together can give clues to how the client is progressing. It includes:

- Overall impressions
- Posture
- Facial expression
- Inconsistencies
- Movement
 - Head/neck
 - Torso
 - Eyes
 - Hands
 - Feet
 - Shoulders
- Skin
 - Tone
 - Color
 - Temperature
- Breathing
 - How deep?
 - Where from?
 - Regularity/irregularities
- Voice
 - Tone
 - Pitch
 - Volume

*Work through
each aspect of
a problem one at
a time*

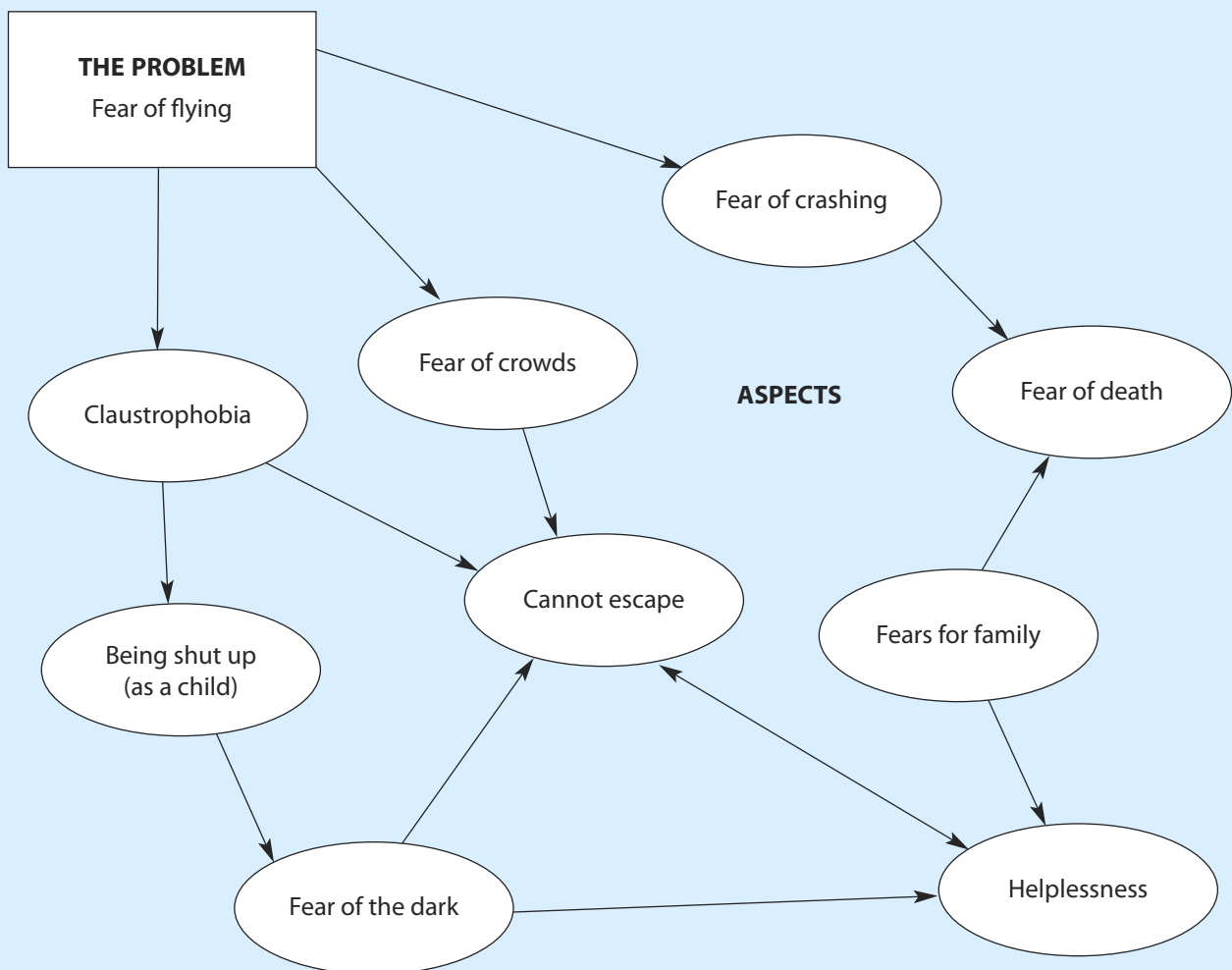
■ Aspects of a Problem

Every problem has a series of aspects. In EFT we recommend working through one aspect at a time. Begin with the aspect that is most present for the client. The one that has the highest emotional charge. As the SUDs of the original aspect lowers move to the next aspect. Sometimes you will notice aspects are inter-related. Never assume you know your client's aspects. Work with their aspects using their words at the pace they are comfortable.

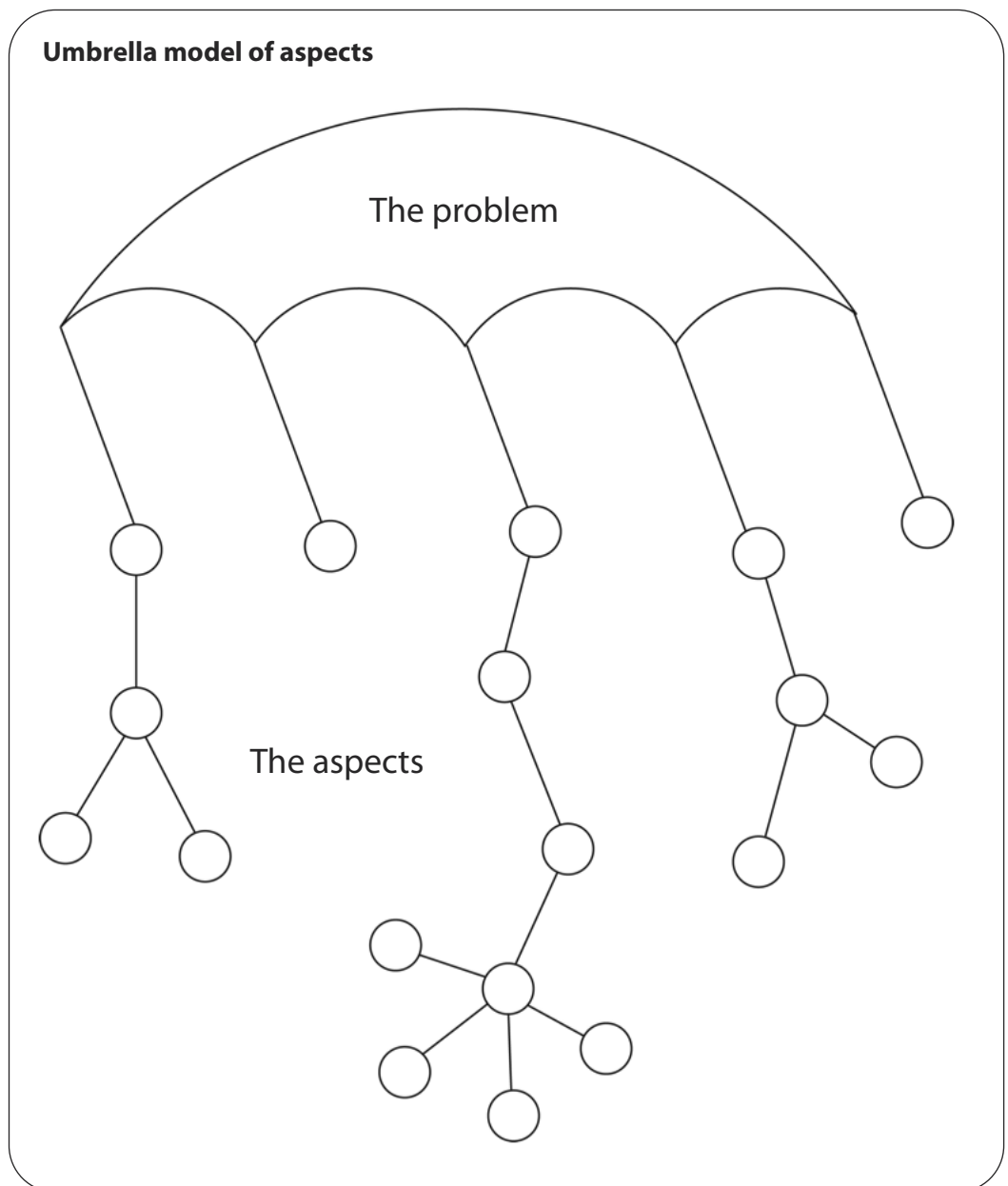
At times when the intensity goes up it is usually a new aspect that has emerged. When this happens begin afresh and treat it as a new part of the problem. Aspects can be:

- Feelings
- Events

Mind map of aspects for fear of flying



Whether the intensity goes up or down always say 'Great'. Create an environment where everything is allowed



- Thoughts
- Beliefs
- Body sensations
- A combination of the above

Whether the intensity goes up or down always say 'Great'. Create an environment where everything is allowed.

Aspects can be represented by a mind map or cascading out of a umbrella (see above).

EFT has been shown to be clinically effective with PTSD clearing up to 80% of PTSD symptoms after 6 sessions

■ Narrating the Story: The ‘Tell the Story’ Technique

1. Give the story a name and measure the intensity. Scaling can be completed on the emotion associated with the story or the discomfort when the memory is recalled.
2. Complete a round of tapping and bring the SUDs to a manageable level
3. When the intensity comes down have the client tell their story of the event/memory/trigger.
4. As soon as any emotional disturbance is detected, stop and scale the emotion. Then tap using the client's specific words to bring down the intensity of the emotion.
5. Test by having the client retell the part of the story with the emotional intensity. They should be able to go past the previous emotional point easily. If not, there are further aspects to be addressed.
6. When the client is calm on the first point, have them continue to tell the story.
7. Stop and tap on each emotional disturbance. Scale the emotion, tap using the client's words and scale again. If the intensity has come down test by retelling the story from start to that point.
8. Test by asking your client to tell the entire story from start to finish
9. It is complete when your client can tell the story and remain calm throughout.

■ Post-traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) is a severe anxiety disorder that can develop after exposure to any event that results in psychological trauma. This event may involve the threat of death to oneself or to someone else, or to one's own or someone else's physical, sexual, or psychological integrity, overwhelming the individual's ability to cope. As an effect of psychological trauma, PTSD is less frequent and more enduring than the more commonly seen acute stress response.

Some of the symptoms of PTSD include:

- Nightmares
- Hypervigilance
- Startle response
- Flashbacks/sounds
- Inability to sleep
- Emotional mood swings
- Depressions

EFT has been shown to be clinically effective with PTSD clearing upto 80% of PTSD symptoms after 6 sessions.

*Addictive cravings
help to cope with
anxiety and stress
as well as deeper
underlying core
issues*

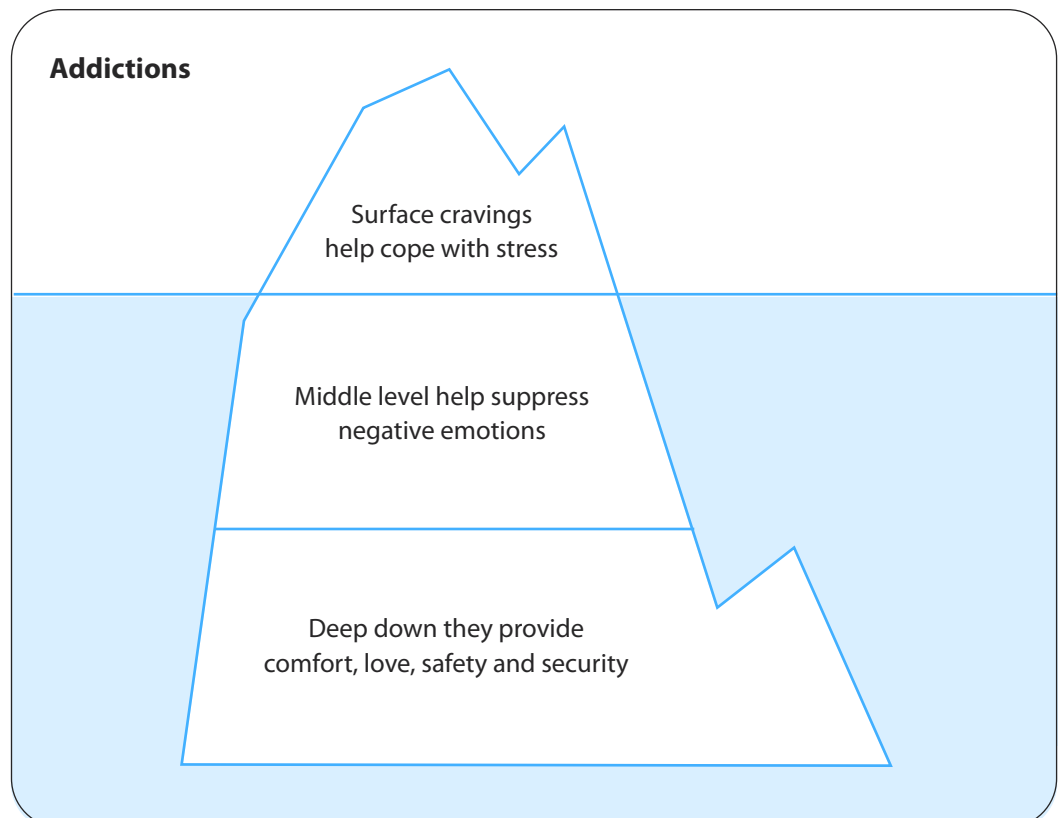
■ Addictions and Addictive Cravings

Addiction means not having control over doing, taking or using something, to the point that it may be harmful. Common addictions include addictions to alcohol or drugs, but it is possible to become addicted to anything, from gambling to sex to chocolate. You cannot control how you use whatever you are addicted to, and you become dependent on it to get through daily life.

Studies have shown low serotonin levels can be linked to addictive behaviours. While at the surface the addictive substance helps to tranquilise the underlying anxiety of uneasiness there is usually low self-esteem at a deeper level. By taking the addictive substance it may numb out the underlying emotions, such as loneliness, sadness, anger, stress, worry, fear, guilt as well as hurt. Sometimes it is easier to numb out the emotional pain than to work through it. EFT is a tool that can be used to release the symptoms as well as get to and clear the root cause of addictions.

There are many different layers to addictions. At the surface there is anxiety or stress. An urge to smoke, for example, can be a reminder to breathe deeply (this may be the only time someone actually takes full breaths). An overwhelming anxiety may, in fact, be trying to keep someone safe, or telling them to stand up for themselves or to spend time in peaceful solitude.

Underneath the anxiety there can be negative emotions that are too painful to feel and underlying the emotions there is usually low self-esteem – a feeling of I am not enough or I am not loved. There are two root fears – I am not enough and I won't be loved. Studies have also shown 80% of addictions can have a root in some form of trauma or emotional upset earlier in life.



*With addictions
we recommend a
daily routine of
tapping*

EFT for addictive cravings

Addictive substances are a means of tranquilizing anxiety. The steps to eliminate addictive cravings are as follows:

1. Assess current cravings on scale of 1 to 10, example of substances are chocolate, cigarettes, cheese, savouries
 - Get the client to smell, touch, feel and look at the substance without consuming it
 - Then ask what the substance smells, feels and looks like, for example 'It's so crunchy and sweet!'
 - Ask the client how badly do they want it on a scale of 1 to 10 where 10 is ver badly and 1 is not bad at all
2. Then tap on the information provided with the client. Depending on the level of rapport this process can be playful. Examples include,
"Even though this chocolate smells so good I could eat it now, it is smooth and sweet I accept myself."
"Even though this biscuit is so crunchy and it goes crunch crunch crunch in my mouth I love it I love and accept myself."
"Even though these chips smell delicious and they will make me feel so loved and comforted I love and accept myself."
5. Rounds of EFT as necessary to reduce current craving. Deeper layers may include
"Even though I do not feel sweet and when I eat chocolate I feel sweet I love and accept myself."
"Even though I want comfort and chips make me feel safe and comfortable just like I felt when my mom cooked for me."
6. Notice if the substances taste, smell or feel different. Usually the substance will begin to smell rancid or too sweet or sickly as the body's energy system re-balances. The body was really craving the feeling of safety, happiness, love or protection.
7. As the substance is substituting for something that is missing, for example comfort, safety, love, protection you cab ask "How does the substance make you feel when you take it?", then "When was this feeling missing in your life?", "How does that make you feel?", "How old were you and what was going on?"
8. When the cravings comes down close with "Even though I used to crave (add substance) and it made me feel (add emotion) that was then and this is now I love and accept myself."

Daily tapping routine for addictions

With addictions we recommend a daily routine of tapping to reduce the reliance on the addictive substance.

- Use watch bleeper set to ring every hour and then do a round of tapping to work through any stress pro-actively
- Tap morning and night to create a propositive state to increase serotonin levels
- Tap while in the bathroom and also when looking in the mirror
- Tap before taking the substance
- Keep a diary of all food and liquids consumed as well as addictive substances and emotions experienced. Tap through these daily

An abreaction is a normal yet intense emotional reaction

■ Abreactions

An abreaction is a normal but intense emotional reaction. This can occur if intense emotions have been buried and re-suppressed. In client sessions it may manifest as sudden tears, feeling overwhelmed or fearful. The intense emotions feel higher than normal. The best course of action is to stay calm and continue to tap on the client.

It is common to feel emotion when healing happens (and just as common not to). Sometimes these emotions can be very strong and may even be accompanied by physical symptoms like heat or shaking.

This is good, and everything that is released from the body is good. Have an attitude of love, gratitude and acceptance to whatever arises.

Allow yourself to stay calm and breathe fully if distressing thoughts arise during or after treatment with EFT. Greet the thought or feeling. Say 'Thank you'. Appreciate that this feeling, which may seem ugly, dangerous or even repulsive has actually been of service and wanted what was for your highest and best good. When you stay with such feelings, sending appreciative thoughts, you will be amazed at the wonderful changes that come about as a result.

Emergency actions with abreactions

Most important is to stay calm. Keep tapping and stay calm. Just be fully present for your client and let them know they are safe. Some additional actions for both the client and practitioner are to:

- Drink water
- Break state by moving about
- Cross crawl

THE CROSS CRAWL – developed by Donna Eden

While standing, lift your right arm and left leg simultaneously. As you let them down, raise your left arm and right leg. If you are unable to do this because, for instance, of being confined to a wheelchair, simply lift your knees to the opposite elbows or twist your upper torso so your arm passes over the midline of your body.

- Tap, gently thump or rub the thymus point
- Take slow deep breathe focusing the attention on the breathing
- Triple point calmer – tap under the eye, the collar bone and under the arm
- 9 Gamut Procedure – Tap on the 9 Gamut with eyes open and close then roll the eyes in one way and then the other way
- 'Stay with me' technique – Let the client know you are there for them. Say out loud – 'Stay with me.' Get them to look at you and keep breathing
- Tap on the top part of the feet
- Notice if energy toxins are involved – in rare cases some client's are very sensitive to their environment

After EFT the results can be so powerful that the client may not even recall the original problem

Quick anxiety stopper



■ The Apex Effect

After EFT often a cognitive shift takes place that can leave some people wondering if there was a problem in the first place. Usually this happens if the treatment does not fit into the client's model of the world.

The Apex effect may be further heightened by a general disbelief that this technique could ever work. For the reason that the client may not recall or dis-belief it is important to write down whatever you are treating and its intensity level before starting as well as throughout the process.

In the business world, the Apex effect happens with great regularity. It is the simple idea that people won't buy what you are selling unless it fits within their belief systems. All the logic in the world is useless unless your product (healing in this case) 'plugs in' to their existing frame of reference.

■ TREE Metaphor for personal peace

Consider each of your negative emotions or specific events as a tree in a negative self-image forest. They might be reflective of things from your past like rejections, abuse, failures, fears, guilt, etc. There may be hundreds of them and they may be so thick as to resemble a jungle.

Let's assume, though, that there are 100 diseased trees in your self-image forest. If you cut one of them down (by neutralizing it with EFT) you still have 99 left. While you will get some noticeable, and much appreciated, emotional relief from removing that one tree, you still haven't made much of a dent in the self-image forest.

But what would happen if you methodically cut down one tree per day? Gradually, the forest would thin out. You would have more room to move within it and it would be a freer place in which to reside. Eventually – with persistent use of EFT – all the trees disappear and in their place is a much more emotionally free you. The world looks different when the forest (or jungle) is gone and a new self-image emerges.

The Personal Peace Procedure

By Gary Craig

The Personal Peace Procedure (PPP) is not just a way to 'feel a little more peaceful.' Properly understood, this technique should be the healing centerpiece for every person on earth. Every physician, therapist, spiritual counselor and personal performance coach in the world should be using it as a leading tool for helping others (and themselves).'

In essence, the Personal Peace Procedure involves making a list of every bothersome SPECIFIC EVENT in one's life and systematically EFTing their impacts out of existence. By diligently doing this we can pull out every negative tree from our emotional forests and thus eliminate major causes of our emotional and physical ailments. This, of course, propels each individual toward personal peace which, in turn, contributes mightily toward world peace.

Here are some uses...

1. As 'homework' between sessions with a Practitioner. This is certain to accelerate and deepen the healing process.
2. As a daily procedure to clear out a lifetime of accumulated emotional debris. This will enhance self-image, reduce self-doubt and provide a profound sense of freedom.
3. As a means to eliminate a major contributor (if not the sole cause) of a serious disease. Somewhere within one's specific events are those angers, fears and traumas that are manifesting as disease. By addressing them all, you will likely cover those responsible for the disease.
4. As a useful substitute for finding core issues. If you neutralize all the specific issues you will have automatically included core issues.
5. As a means for consistent relaxation.
6. To become an example to others as to what is possible.

This simple concept should shift the entire healing field. I can state it in a sentence...

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.

If adopted by every healing practitioner and patient, personal procedure 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 EFTers are well aware of EFT's ability to cleanly wipe the negative specific events off 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; 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

Generalisation effect for quick relief

Fortunately, you will not have to cut down all 100 trees to get your result. That’s because using EFT to neutralize a few negative emotions of a given type will tend to generalize over the remaining negative emotions of that same type.

For example, assume that in your forest you have a clump of 10 trees known as “abusive experiences.” Take the biggest (most intense) trees in that clump first and cut them down with EFT. Once you have done 3 or 4 of them, you will usually find that the remaining 6 or 7 fall on their own. Balancing the energy system for some trees then spreads to other trees of the same type. You can then repeat this generalization concept with other clumps that might be called “failures” or “rejections.” In this way, a 100 tree forest might be cleared by cutting down approximately 30 trees.

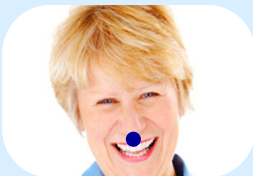
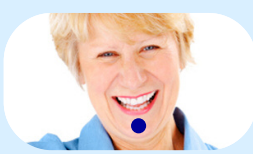
The TREE Metaphor can also be used to break down the aspects of a problem:

T = Trigger or what cause the initial discomfort, for example with a rat phobia it could be seeing a rat or thinking about rats

R = Response or the reaction to the trigger, for example on seeing the rat the person may scream and run away from the rat (the rat will probably run too!!)

E = Emotion or the feeling created within the body

E = Event or the incidents that may be linked to the presenting problem

EFT points and meridians				
Location	Picture	Meridian	Releases	Allows
Top of Head		Hundred Meeting Points Meridian	Inner critic, lack of focus and 'hamster wheel' thinking	Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity
Eyebrow		Bladder Meridian	Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread	Inner peace and emotional healing
Side of Eye		Gall Bladder Meridian	Rage, anger, resentment, fear of change and muddled thinking	Clarity, compassion and understanding
Under Eye		Stomach Meridian	Fear, anxiety, worry, emptiness, nervousness and disappointment	Contentment, calmness, feeling safe – 'All is well
Under Nose		Governing Meridian	Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals	Self-empowerment, self-acceptance and compassion
Chin		Central Meridian	Confusion, uncertainty, embarrassment, shame and in-decisions	Certainty, clarity, self-confidence and self-acceptance
Collarbone		Kidney Meridian (adrenals)	Psychological reversal, worry, indecision, feeling stuck and general stress	Ease in moving forward, confidence and clarity
Under Arm		Spleen Meridian	Guilt, obsessing, worry, hopelessness, insecurity, and poor self-esteem	Clarity, confidence, relaxation and compassion for self and others

■ Linking EFT Tapping Points to Meridians

EFT and acupuncture points compared

EFT Points

eyebrow
side of eye/temple
under eye
under nose
chin/under mouth
collarbone
under arm
thumb
index finger
middle finger
ring finger
little finger
karate chop
gamut spot

Acupuncture Points

bladder 2
gall bladder 1
stomach 1
governing vessel 27
central vessel 24
kidney 27
spleen 17
lung 11
large intestine 1
pericardium 9
triple warmer 1
heart 9
small intestine 3
triple warmer 3

■ Resources

Congratulations on completing EFT Foundations course for wellness and relaxation. You can now use EFT on yourself and with friends and family. EFT works and it is clinically proven. Use it as often as needed. We invite you to join us on the Facebook Support Group and join outstanding EFT users – <https://www.facebook.com/groups/215644051800906?ap=1>.

Books on EFT

1. Gary Craig, *The EFT Manual*
2. Gary Craig, David Feinstein, Dona Eden, Candace Pert & Mike Bowen, *The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change*

Website resources

1. www.vitalitylivingcollege.info – go to Resources, includes clinical evidence
2. www.eftuniverse.com
3. www.aamet.org
4. www.emotionalbuzz.com

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Recommended Next Steps

1. Join your Facebook Support Group to ask questions and share progress
2. Make EFT part of a daily personal development routine
3. Buddy up with workshop attendees and swap sessions
4. Share the technique with friends and families
5. Attend EFT Level 2 Advanced training for health, happiness and confidence, including Practitioner certification. Level 2 training is recommended as part of a personal development program or to become a Practitioner

EFT Training for Life

Learn the clinically-proven technique for well-being, health and happiness with a skilled trainer. Once learnt it stays with you for life and can enable stress relief in seconds. It is simple and easy to learn with an approved trainer.

EFT Foundational Course for Well-being and Relaxation

Vitality Living College approved EFT Level 1 – 1 day

Level 1 Vitality Living College approved course curriculum includes:

- How to use EFT as a self-help tool and with friends and family
- Origins and background of EFT
- The full EFT tapping sequence as developed by founder Gary Craig
- Shorter tapping sequence
- EFT for stress relief and anxiety
- How to eliminate physical pain
- EFT for negative events/memories
- Tapping away dis-empowering emotions
- EFT for cravings and fears
- A 60 page manual with background information
- Certificate to use EFT as a self-help tool and with friends and family

EFT Advanced Course for Health, Happiness and Confidence includes Practitioner Certification

Vitality Living College approved EFT Level 2 Practitioner Training – 2 days

Level 2 Vitality Living College approved course curriculum includes:

- How to use EFT with clients
- Building rapport, trust and a safe environment
- Using EFT safely for trauma and phobias
- Getting to the heart of the problem or issue
- Daily EFT practice to remove limiting beliefs and negative events

Matrix Reimprinting gets to and clears the root cause of helplessness and powerlessness

- EFT for addictions, allergies and pain
- Borrowing benefits by group tapping
- Asking questions to get to the root cause
- Tapping on a specific issue to eliminate the problem
- Identifying different aspects of an issue
- Testing the effectiveness of EFT
- Additional tapping points
- EFT and telephone sessions
- Using EFT with children
- Surrogate tapping and using EFT with animals
- Practitioner Certificate on completion of case studies and multiple choice test

EFT Advanced Practitioner Course to Feel Empowered and Claim Your Power Back

Vitality Living College approved EFT Level 3 Advanced Practitioner Training – 2 days

Level 3 Vitality Living College approved course curriculum includes:

- Identifying core issues and resolving them
- Ways to work with the inner/wounded child
- Uncovering and integrating limiting parts
- Awareness of sub-personalities and archetypes
- Creative use of language
- Re-framing old issues and pre-framing
- The value of forgiveness and love
- How to use intuition and creativity
- Working with serious diseases, psychological issues and impairments
- Advanced rapport, calibration, questioning, dissociation/association and choices
- Unstructured tapping transitioning from science to art
- Self-monitoring and supervision
- Peak performance and abundance
- Tapping for business success and energy marketing

Matrix Reimprinting Training

Matrix Reimprinting is a collection of new cutting-edge techniques. They combine EFT with understandings from epigenetic and quantum science, to create RAPID personal change. They are noted for their ability to quickly transform our relationship to our past, creating shifts in our emotional and physical well-being in the present.

We hold in our fields the stressful life events that have gone before, not just as memories but as specific energy bodies, which we call Energy Consciousness Holograms or ECHOs. With the Matrix Reimprinting techniques, we can work directly with these ECHOs, resolving the negative energetic charge around them. This changes our relationship to our past, and affects our emotional and physical health in the present.

Benefits of Matrix Reimprinting Techniques:



- Very easy to use and gentle on clients
- Quickly find core issues, related trauma and beliefs
- Locate and resolve early trauma (pre 6 years) often beyond client's awareness and conscious memory
- Allow client-driven reframes and cognitive shifts
- Locate psychological reversal, secondary gains etc
- Work even on dissociated clients and those who can't tune into the emotion of traumatic events
- Allow forgiveness and wisdom to be gained from past events
- Send a message to the body/cells/DNA the trauma is over
- Resource the client and rewrite the past
- Naturally utilise the law of attraction in a very powerful way
- Create positive beliefs

On successful completion of 4 days Matrix Reimprinting Practitioner Training with Dr Rangana Rupavi Choudhuri (PhD), Practitioner Certificate is awarded as approved by Vitality Living College and founder of Matrix Reimprinting, Karl Dawson.

TRAINER CONTACT DETAILS

Your training has been conducted by a Vitality Living College Trainer and their contact details can be found on <http://vitalitylivingcollege.info/about-us/our-trainers/>. Please be in touch with your trainer for supervision, mentoring and post-course support.

As the author of this manual and EFT Master Trainer of Trainer and having personally trained your trainer, I am attaching my details below:

Dr Rangana Rupavi Choudhuri (PhD)

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To Grow, to Love and to Rest
We come in quiet desperation
Seeking love and inspiration for our hearts
And as we climb our paths together
Learning how to know each other
Here love starts
But first, we seek to test each other
Shouting, pushing, hurting, pushing further than we dare
Our faces all so safely masking who we are
And what we're asking
Do you care?
And finally we lose the notion that we must
Never show emotion
And we find that fear and love and hate
Are chiding us to leave our place of hiding in our minds
And then we learn that loving, caring,
Kindness, trust and strength
In sharing all we feel through touch and
Sight and sound and playing
'Till it's more than words we're saying
That we're real
And as we leave this place forever
Each heart goes with us now and ever in our quest
To give love to a lonely brother
And to receive it from another
And to rest
Larry Nims, Be Set Free Fast

About Vitality Living College

www.vitalitylivingcollege.info

Vitality Living College was formed in 2007 and is a member of the Vitality Group Companies. It is the only global therapeutic skills and coach training college that:

- Teaches therapeutic and coaching skills to create for health and wellness, peak performance and spiritual development
- Mentors coaches, practitioners and trainers to be successful with clients and in building their business
- Takes delegates through a step-by-step approach from foundational courses to more advanced techniques
- Brings the latest advanced techniques in peak performance, health and spiritual development for the first time in India
- Uses accelerated learning techniques and experiential learning to enable you to use the skills learnt straight-away
- Trains, mentors and empowers professionals, leaders, business owners, therapists, coaches, students and consultants to boost their life, work, relationships and well-being

It is a unique college that is committed to training and development empowering all its delegates, coaches and trainers to reach their highest potential effortlessly and easily.