

EFT – Emotional Freedom Technique Short Sheet

Self-Testing Your Energy:

There is a way to test our energy that we can do for ourselves when we do a distant session with a practitioner and here is the procedure:

Hydrate first. Face the north. Stand erect and cast your eyes down towards the floor. Always begin an energy-testing session with a baseline question ie: when you say YES, you should test STRONG; when you say NO, you should test WEAK. If you get answers that don't make sense, have a drink of water.

Simply ask a question or say a statement and see which way you tip. ie: "I hold the belief that I am not good enough." If you tip forward, you do hold that belief. If you tip backwards, you don't. ie: 'I feel frightened when I think about a spider coming around me.' If you tip forward, you do hold that belief. If you tip backwards, you don't.

To prepare for your distant session, you could do some testing to see what you would like to work on and where you would like the session to go. Have water ready and be in an area where you won't be disturbed for an hour or so.

Process:

- ① Discover an issue you feel intense about. (issue statement)
- ② Rate (on a scale of 0-10, with 10 being the worst) your emotional intensity when you tune into the issue today (not how you felt about it back then rather how does it affect you now)
- ③ Say 'I want to get over this fill in the blank with your issue.' Energy test yourself.
- ④ Find the KC point on the side of your hand. You will tap this spot while you say your 'issue statement'.
- ⑤ Say this phrase with feeling... 'Even though I fill in the blank with your issue. I deeply and completely accept myself without blame or judgment.' Three times while tapping.
- ⑥ Using three fingers, tap purposefully but gently on the points below while saying a 'reminder phrase' or a short version of your issue.

Example: the issue statement might be that you would really like to have a cigarette but are attempting to stop smoking. 'Even though I have a craving for a smoke, I deeply and completely accept myself without blame or judgment. Even though I have a craving for a smoke, I deeply and completely love and honour myself. I love and forgive myself for anything I did to cause this situation or anything anyone else did to cause this situation and I can accept myself.'

I will often replace the third affirmation with "I love and forgive myself for anything I may have done to cause this situation or anything anyone else may have done to create this situation and I can accept myself." Bringing forgiveness into the equation frees us from lugging around some very heavy old baggage.

The reminder phrase would be 'craving for a smoke' or 'having a nic fit' or whatever words feel right to you and however you would put that in your day-to-day language. If you think

in your native language, use that as your subconscious mind would have saved these programs in your native tongue.

See the Tapping Chart a few pages on...

EB	Eyebrow
SE	Side of Eye
UE	Under Eye
UN	Under Nose
CH	Chin point
CB	Collarbone
UA	Under Arm
TH	Thumb
IF	Index Finger
MF	Middle Finger
BF	Baby Finger
KC	Side of hand (or Karate Chop point)

Nine-Gamut Procedure

- ☉ Keep your head still and look straight ahead. While tapping continuously on your gamut point, do the following nine things:

1. Close your eyes
2. Open your eyes
3. Look hard down right
4. Look hard down left
5. Circle your eyes clockwise
6. Circle your eyes counterclockwise
7. Hum 'happy birthday to you'
8. Count rapidly to five 1,2,3,4,5
9. Hum 'happy birthday to you'

Do the second round of tapping, as follows:

EB	Eyebrow
SE	Side of Eye
UE	Under Eye
UN	Under Nose
CH	Chin point
CB	Collarbone
UA	Under Arm
TH	Thumb
IF	Index Finger
MF	Middle Finger
BF	Baby Finger
KC	Side of hand (or Karate Chop point)

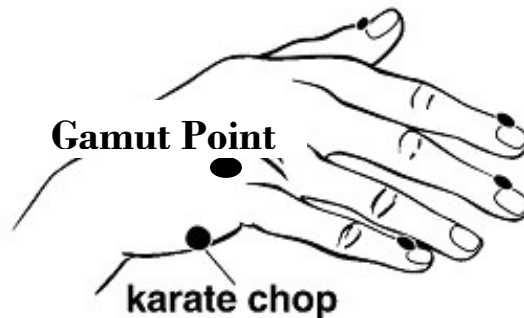
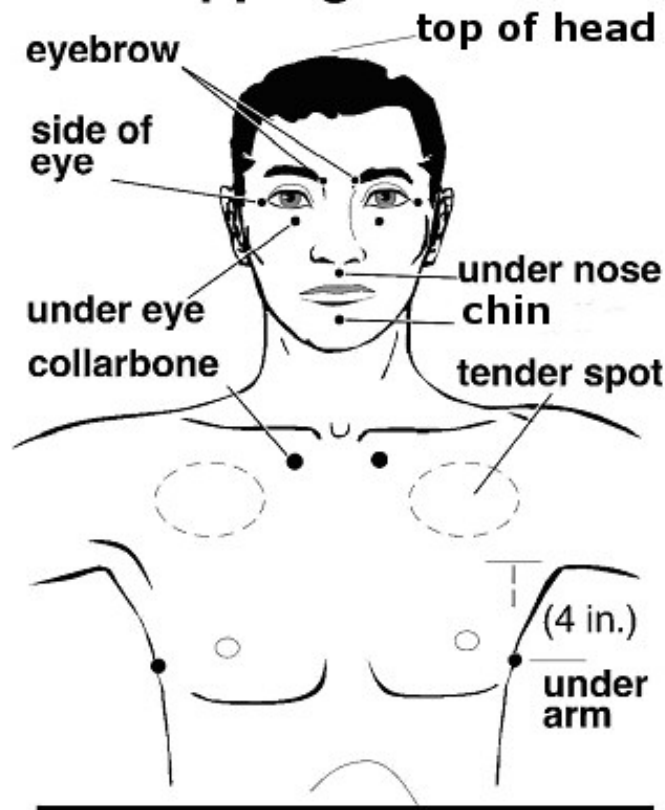
- ☉ Stop here and rate your intensity again. If you still have some anxiety/craving/ache or pain, do another complete round of tapping, gamut procedure, and tapping without stopping and say

‘Even though I have some of this remaining issue (state what it is) or Even though I still have this issue, I deeply and completely accept myself without blame or judgment. Even though I have some of this remaining issue (state what it is), I deeply and completely love and honour myself. I love and forgive myself for anything I did to cause this situation or anything anyone else did to cause this situation and I can accept myself.’

Again, I often will use a different third affirmation: “I love and forgive myself for anything I may have done to cause this situation or anything anyone else may have done to create this situation and I can accept myself.”

The reminder phrase would then be this remaining issue (state what it is), as you tap on each point.

Tapping Points



EFT Tapping Points

The basic recipe calls for all of these points to be tapped about seven times while repeating the reminder phrase. It does not matter whether you use the points on the left or right side of the body or do some on the left and some on the right.

1 Start Of The Eyebrow – Where the bone behind your eyebrow turns into the bridge of your nose.

2 Corner Of The Eye – Just back of the bone on the side of your eye.

3 Under The Eye – On the bone just below your eye, in line with your pupil if you look straight ahead.

4 Under The Nose – Between your nose and your upper lip

5 Under The Mouth – In the indentation between your chin and your lower lip

6 Collarbone – In the angle formed by your collarbone and the breastbone

7 Under Arm – On the side of the body in line with the nipples

All finger points are on the thumb-side of the finger, in line with the nail bed.

8 Thumb

9 Index Finger

10 Middle Finger

11 Baby Finger

12 Karate Chop Point - on the fleshy side of your hand

13 Gamut Point - just behind and between the knuckles of your ring and little finger. Make a fist and find the two knuckles of your baby finger and ring finger. Go in towards your body about ½". This is called the Gamut Point or GP. Do not tap on a vein.

Each round takes about 1:22 seconds to complete. Long-standing issues can be banished in no time. Take a chance on yourself and learn how to do this for a healthy, happier life.

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