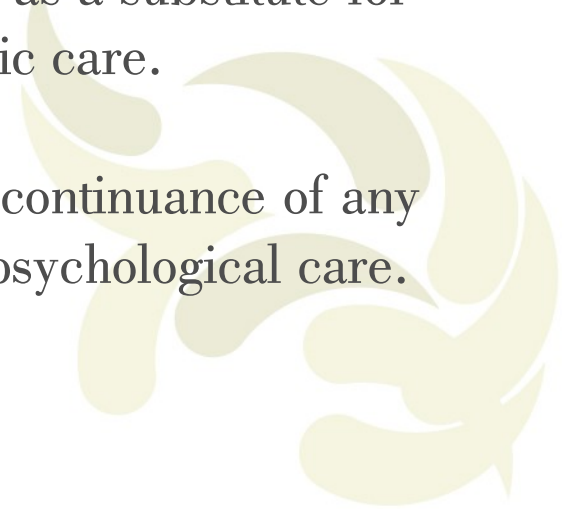




## Disclaimer

I understand that Emotional Freedom Techniques are not intended to diagnose, prescribe or treat any disease, physical or mental. They are also not intended as a substitute for regular medical or psychiatric care.

This manual does not advocate the discontinuance of any prescribed medication or medical or psychological care.

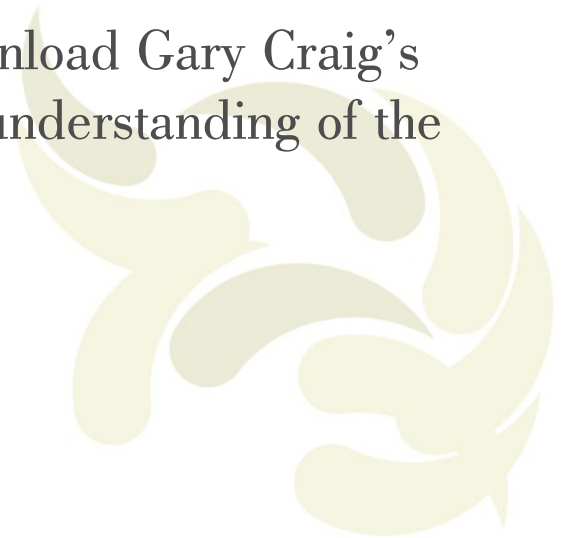




## **EFT quick start manual**

This manual was designed as a quick introduction to EFT.

Please go to [www.emofree.com](http://www.emofree.com) to download Gary Craig's free EFT manual for a comprehensive understanding of the principles of EFT.



A stylized logo icon on the left, composed of several overlapping, curved, leaf-like shapes in a light green color, arranged in a circular, swirling pattern.

eft4life.co.uk  
Welcomes you to...



Emotional  
freedom  
techniques

## Quick start manual

An amazing healing technique that's  
easy to learn and has profound effects.

by Ted Wilmont,

Advanced EFT Practitioner & AA MET Trainer



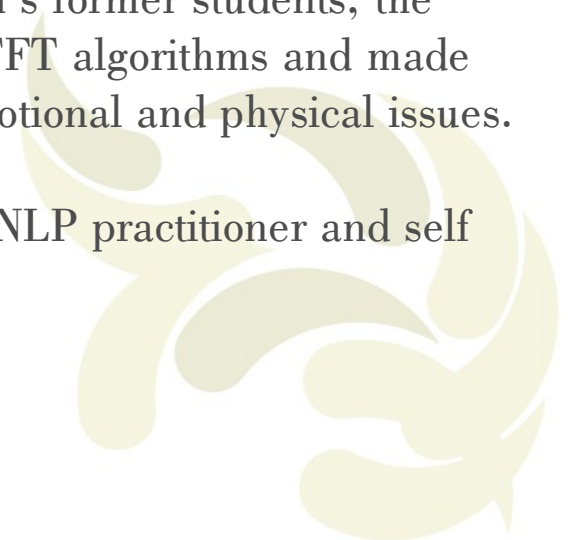


# The roots of EFT

EFT has its origins more than 5,000 years ago, in the ancient Chinese Shaolin and Taoist monasteries, where the subtle energies and meridians that travel throughout the body were first mapped.

Also crucial to the development of EFT are Dr George Goodheart, the founder of Applied Kinesiology, and Dr Roger Callahan, the founder of TFT (Thought Field Therapy). In the early 90's one of Dr Callahan's former students, the charismatic Gary Craig, simplified the complicated TFT algorithms and made the process universally applicable for all mental, emotional and physical issues.

Gary Craig is a Stanford-educated engineer, Master NLP practitioner and self improvement expert.



## The roots of EFT contd.

TFT needs to be applied by carefully trained practitioners and relies on tapping a complex sequence of meridian points. Whereas with Gary Craig's EFT protocol you simply tap all the meridian points for every problem, so by default you will always tap on the right ones. Both EFT and TFT are highly effective – the difference is that EFT is much easier to learn, can be used by everyone and the same protocol is used for all issues.



Gary Craig





# What is EFT?

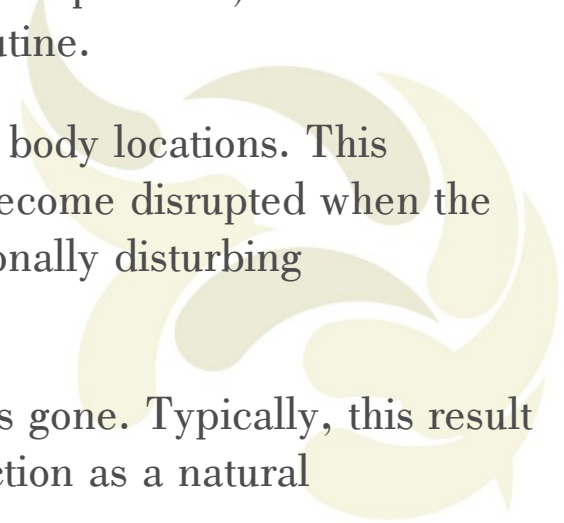
EFT is an emotional healing technique which is also capable of dramatically relieving many physical symptoms.

It is based on a revolutionary new discovery that violates most of the beliefs within conventional psychology. It contends that ‘the cause of all negative emotions is a disruption in the body’s energy system’.

With remarkable consistency (50-90% depending on experience) EFT relieves symptoms by a seemingly strange (but scientific) routine.

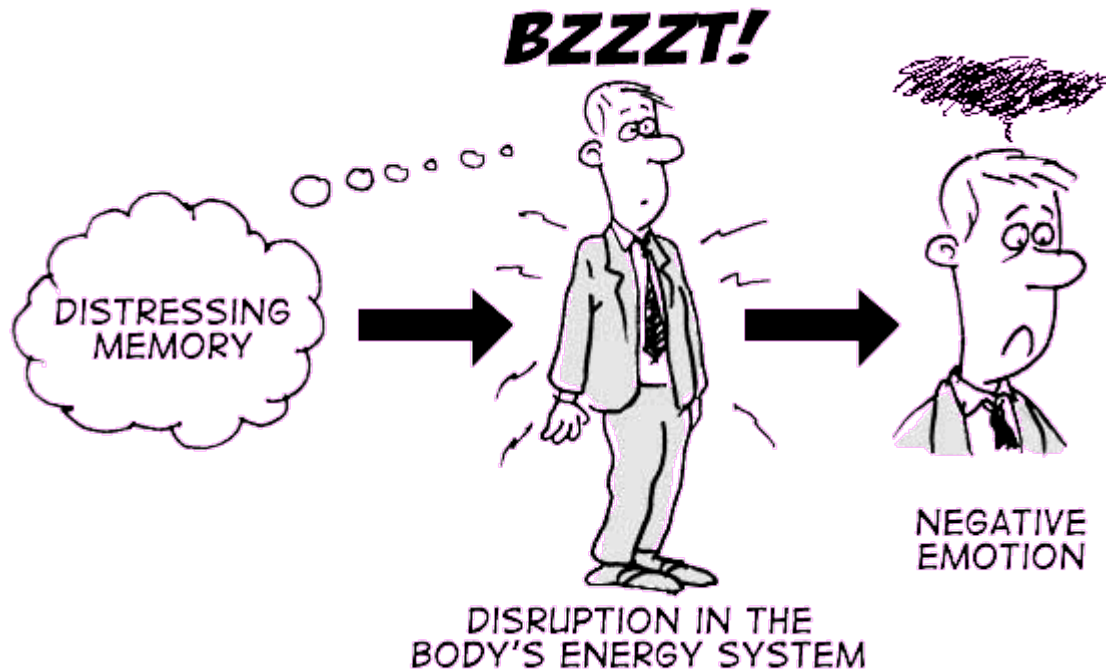
EFT works by tapping with the fingertips on various body locations. This tapping serves to balance energy meridians which become disrupted when the client thinks about or becomes involved in an emotionally disturbing circumstance.

The actual memory stays the same, but the charge is gone. Typically, this result is lasting. Cognition often changes in a healthy direction as a natural consequence of the healing.



# What is EFT? Contd.

How a negative emotion is caused





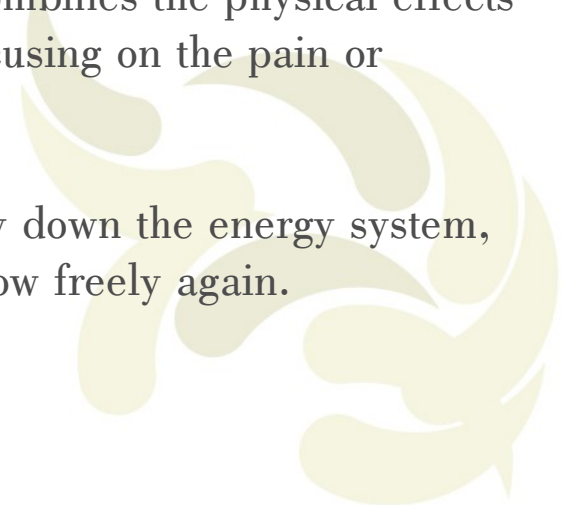
## How does EFT work?

EFT is a meridian energy therapy – just like acupuncture, it works directly on the meridian system in the body. But instead of needles, you stimulate the major meridian lines by tapping on them.

By analogy, think of the meridians as rivers. Upsets in emotional or physical health lead to the equivalent of blockages or overflows in the rivers.

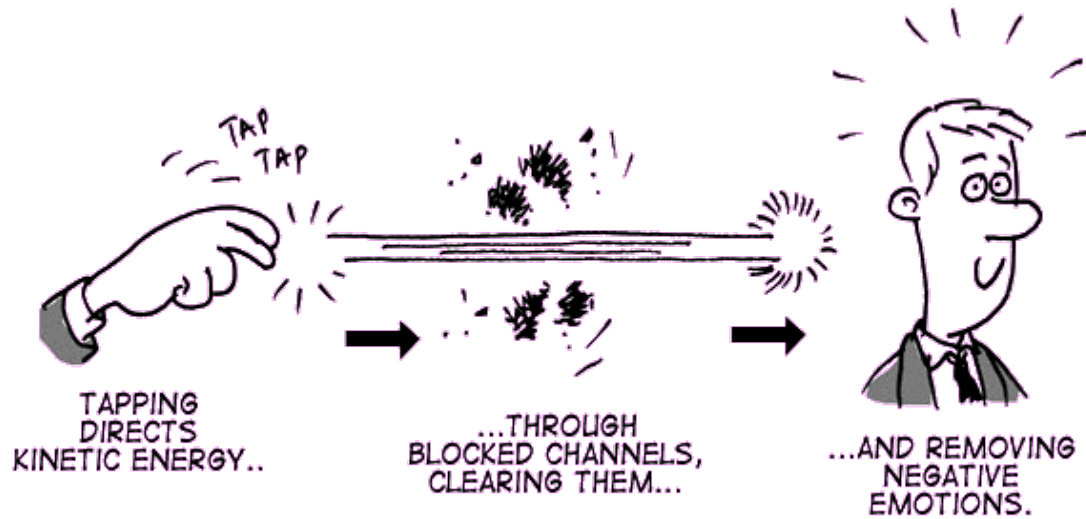
EFT is a mind/body healing technique because it combines the physical effects of meridian treatments with the mental effects of focusing on the pain or problem at the same time.

Tapping on the meridian points sends kinetic energy down the energy system, clearing the blockages and allowing the energy to flow freely again.



# How does EFT work? Contd.

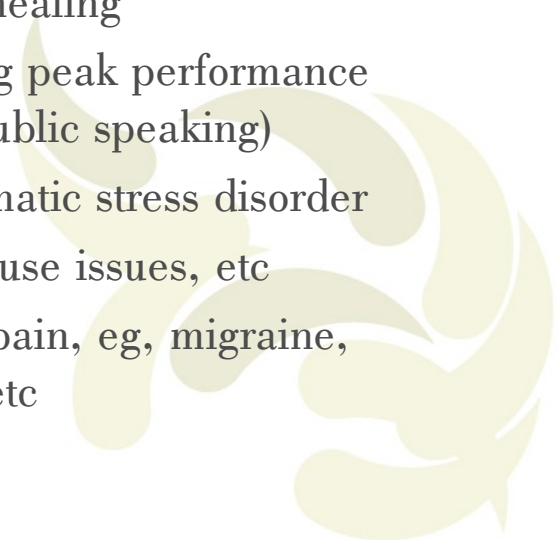
How EFT restores the system to health



# When to use EFT

EFT has been found to be effective in a variety of issues including:

- Addictive cravings (food, cigarettes, alcohol, drugs)
- Allergies
- Anxiety and panic attacks
- Anger
- Compulsions and obsessions
- Depression and sadness
- Dyslexia
- Enhancing self-image
- Fears and phobias
- Grief and loss
- Guilt
- Insomnia
- Negative memories
- Pain and symptom management
- Physical healing
- Enhancing peak performance (sports, public speaking)
- Post traumatic stress disorder
- Sexual abuse issues, etc
- Relief of pain, eg, migraine, arthritis, etc



# Psychological reversal

A very important understanding within EFT is the concept of psychological reversal, or PR for short.

PR is caused by fear and/or trauma and blocks ALL forms of treatment, both allopathic (modern medicine) and holistic (alternative medicine).

PR is characterised by a reversed energy flow through the meridians which can be seen metaphorically as 'having batteries in backwards'.





## Psychological reversal Contd.

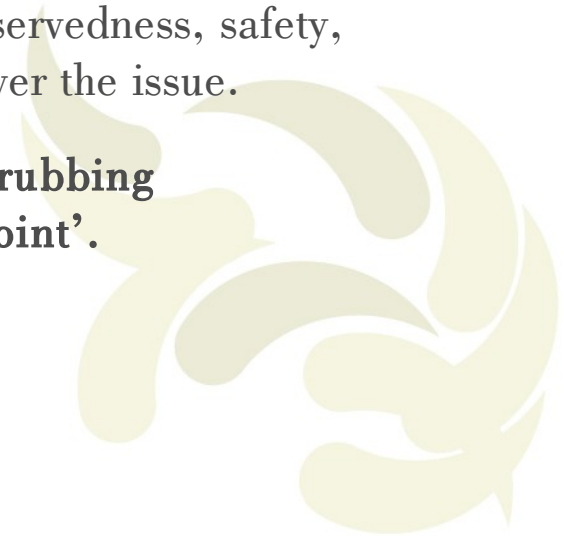
PR results in negative self sabotaging behavior which can manifest in just one issue, or many areas of a person's life.

PR is frequently found in chronic conditions, depression and addictions.

Reasons for this reversal include historic events, decisions, beliefs, stress, polarity switching and energy toxins.

Some of the beliefs causing PR include issues of deservedness, safety, motivation, permission and benefits in not getting over the issue.

**PR correction is built into the EFT protocol by rubbing the 'sore spot' or tapping on the 'karate chop point'.**



# The process

The basic recipe is the standard, basic procedure that is employed to treat any emotional/physical disturbance. Once learnt, each round of the basic recipe should take under a minute or two to perform. The basic recipe comprises:

01. The set up
02. The sequence
03. The 9 gamut procedure
04. The sequence (again)
05. Adjustments for subsequent rounds

Let's look at these in more detail



# The process Contd.

## 01. The set up

This sets the stage for EFT to do its work. In this stage you will rub either the lymphatic drainage point known as the sore spot or tap the karate chop point, while saying your set up phrase out loud three times.

The set up phrase is as accurate a description of your issue as possible, in the following format:

“Even though I (**insert problem here**), I deeply and completely accept myself”.

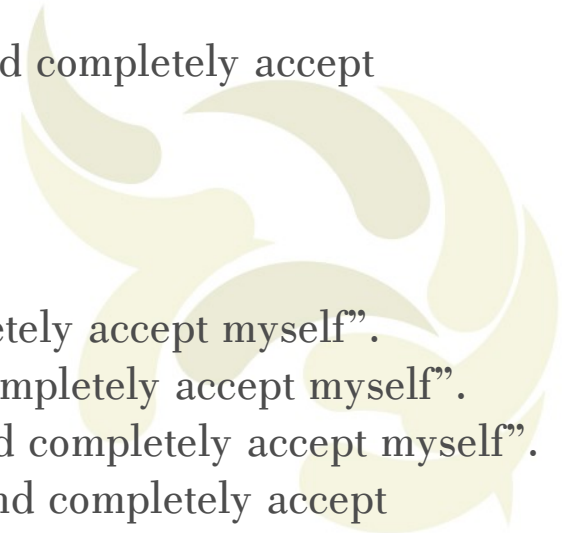
Examples of set up phrases might be:

“Even though **my back aches**, I deeply and completely accept myself”.

“Even though **I get angry at work**, I deeply and completely accept myself”.

“Even though **there’s pain in my jaw**, I deeply and completely accept myself”.

“Even though **I have a fear of heights**, I deeply and completely accept myself”.



# The process Contd.

## 02. The sequence:

While continuing to hold the problem in mind, you'll tap 7 times or so in succession on each of the meridian points. To assist you in keeping the problem in mind, you'll repeat at each point a shortened version of your set up statement called the reminder phrase. Reminder phrases of the above examples might be:

**“This backache”**

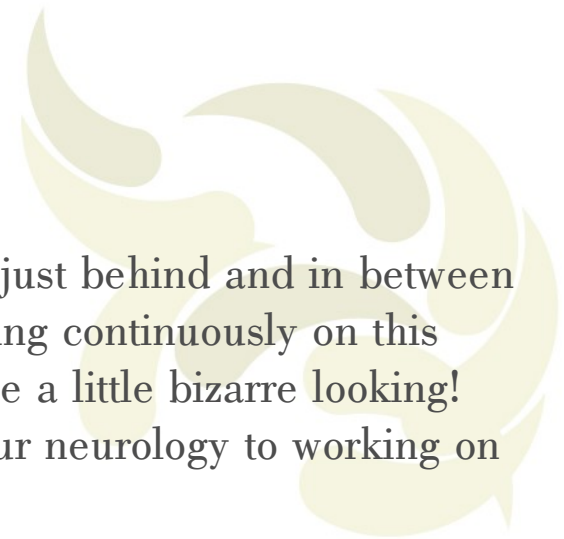
**“This irritability at work”**

**“This jaw pain”**

**“This fear of heights”**

## 03. The 9 gamut:

The gamut point is located on the back of the hand, just behind and in between the knuckles of the ring and little finger. While tapping continuously on this point, you will execute a series of actions that – while a little bizarre looking! Engage the two hemispheres of the brain and set your neurology to working on the problem.



# The process Contd.

## 04. The sequence (again):

The sequence is repeated exactly as before  
This constitutes one round of the basic recipe

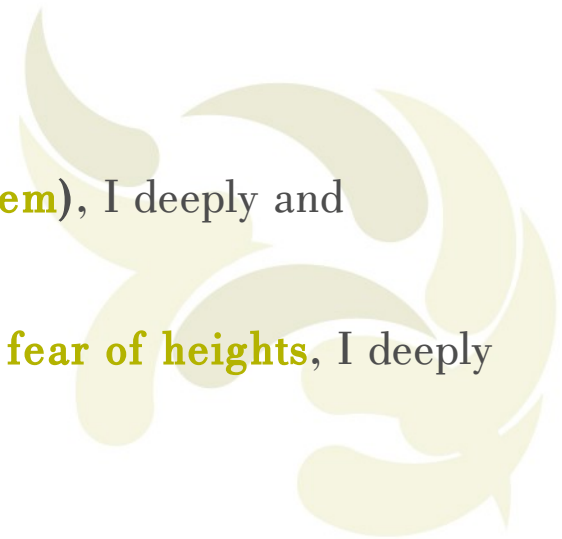
## 05. Adjustment rounds:

In some cases, you may get complete relief of your distress from just this single round! However, if the upset is still felt to some degree, simply repeat the basic recipe, with adjustments as follows:

Substitute the set up phrase you used with this one:

“Even though I still have some of this (**insert problem**), I deeply and completely accept myself”

For example, “Even though I still have some of this **fear of heights**, I deeply and completely accept myself”





# The process Contd.

## 05. Adjustment rounds contd.

And substitute the reminder phrase for this one:

“This remaining (**insert problem**)”

For example: “This remaining **fear of heights**”

Now we will go on to examine the actual points that you will be tapping on. However there's one more concept to learn before proceeding to the actual points.

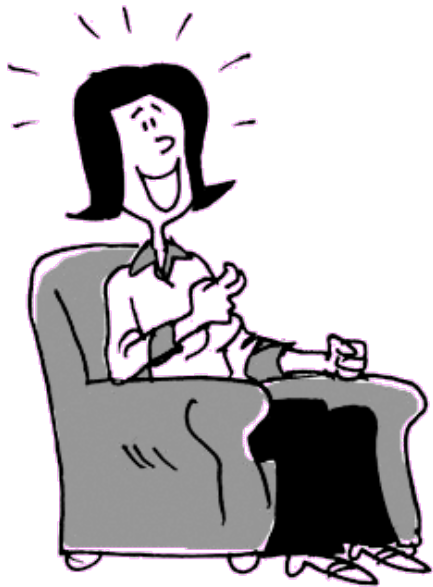
Scaling the problem. At the beginning of an EFT session, take a rating of the intensity of distress you feel on a subjective scale of 1 to 10. Thus a strong upset might produce a rating of 8 or 9, while a relatively milder distress might be a 3. (This is also known as taking a Subjective Units of Distress, or SUDS, rating).

At the end of a round of the basic recipe, scale the problem again.  
Has it reduced?

## The process Contd.

Your goal is to have it down to a 1 or a 0 which would indicate complete freedom from the distress you started out with.

Having your distress drop from a 7 or 8 to a 0 in a couple of rounds of EFT is an amazing experience – and one that happens more often than you'd expect!



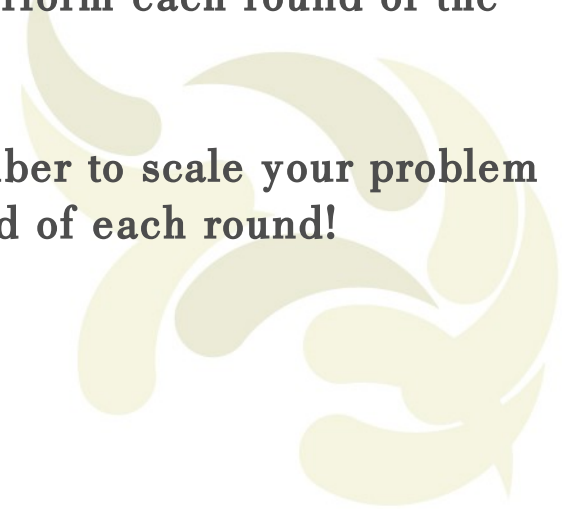


## Let's get tapping!

Now you're ready to learn the points to tap on. The following screens will show you exactly how to perform the basic recipe. Advance through the show a couple of times to get the idea, using the navigation buttons to return to this screen, and then try it out while tapping yourself. It is best if you practice with a real problem, as EFT is really experiential in nature and no amount of explanation can take the place of actual doing.

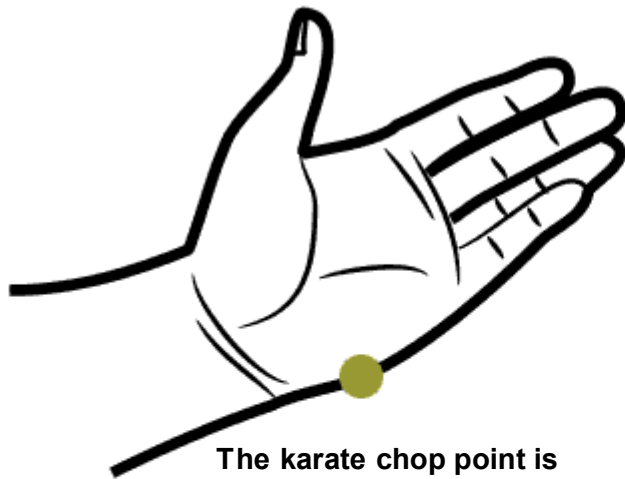
**Note: Once you learn EFT, you'll be able to perform each round of the basic recipe in just a minute or so.**

**If you're working on an actual problem, remember to scale your problem before you start, and to scale it again at the end of each round!**

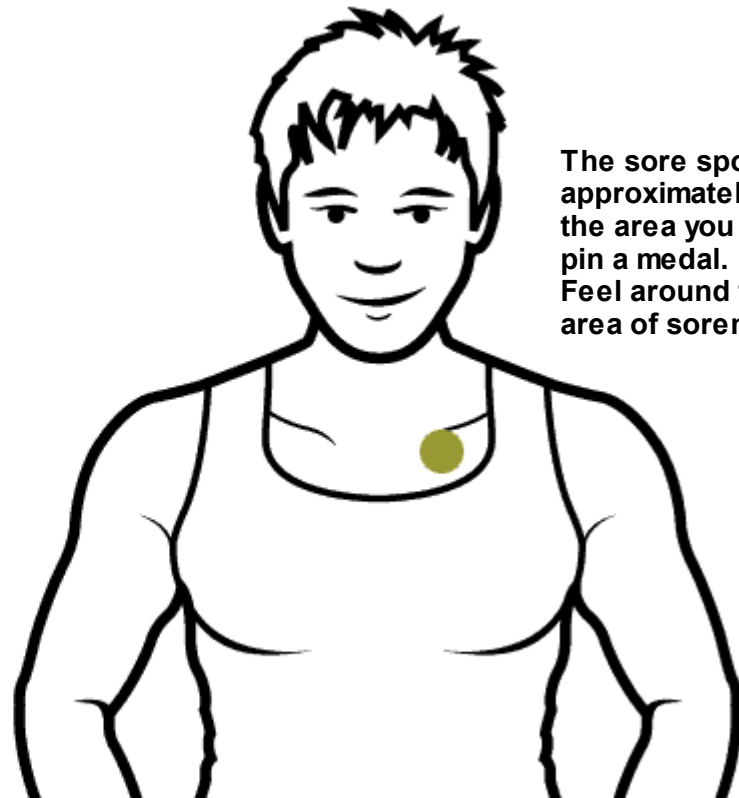


## Let's get tapping! Contd.

Here are the points for psychological reversal. Use whichever point you feel most comfortable with.



The karate chop point is the fleshy part of your hand that you might use to deliver a karate chop



The sore spot is in approximately the area you would pin a medal. Feel around for an area of soreness

# The basic recipe

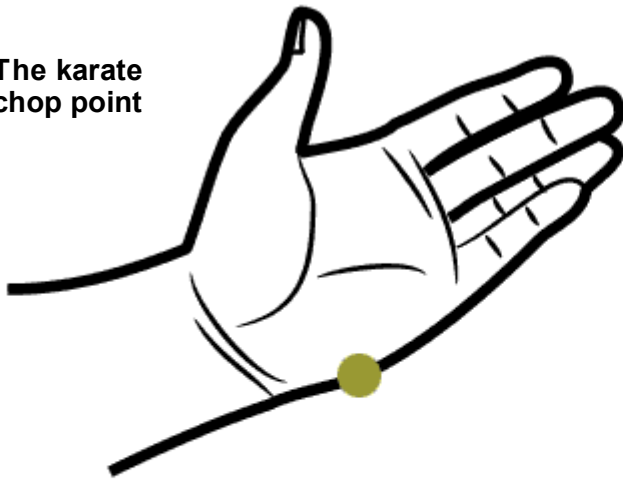
Let's begin. First, rate your distress on to a scale of 1-10:  
the Subjective Units Of Disorder scale (SUDs)



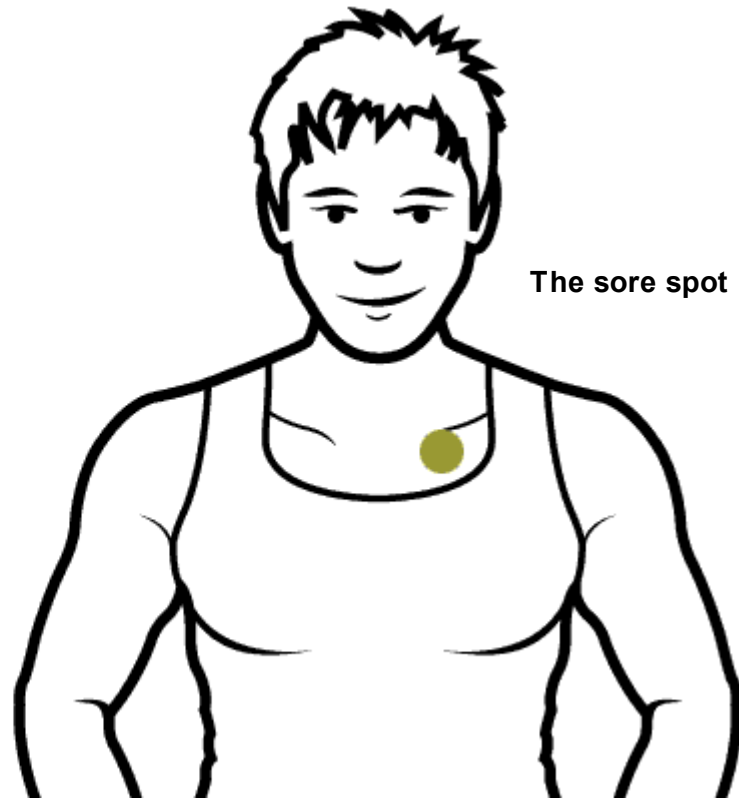
## The basic recipe Contd.

**The set up:** Repeat your set up phrase 3 times while tapping 7-8 times on the karate chop point, or rubbing the sore spot

The karate chop point



The sore spot

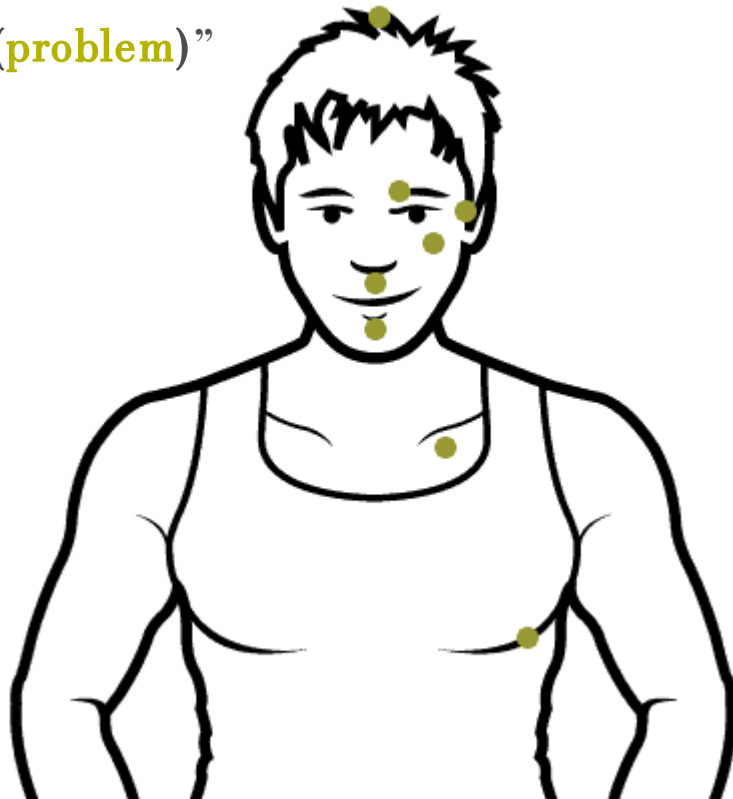


Even though I (**insert problem here**), I deeply and completely accept myself

## The basic recipe Contd.

**The sequence:** Now tap 7-8 times or so on the following points while repeating the reminder phrase. You may tap on either side of the body.

“This (**problem**)”



on the **top of the head**  
on the **beginning of the eyebrow**  
on the **bone at the side of the eye**  
on the **bone just under the eye**

between the **nose and top lip**  
between the **bottom lip and chin**

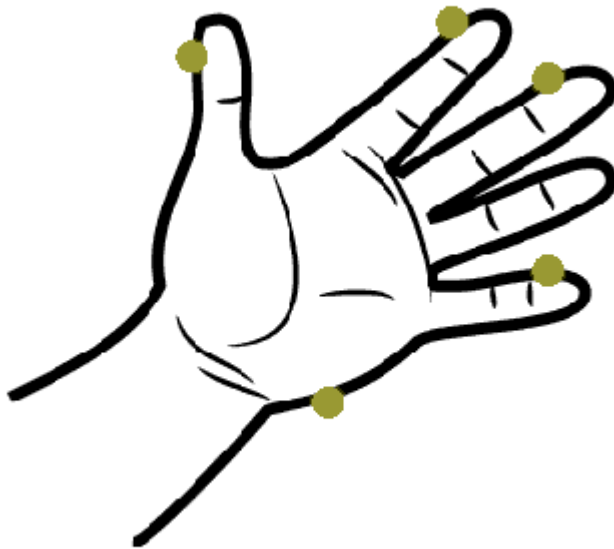
just **under the collarbone**  
(in the angle created between  
the breastbone, collar bone and  
first rib)

about **4 inches under the armpit**  
(in line with a woman's bra strap,  
or a man's nipple)

## The basic recipe Contd.

**The sequence:** Now tap 7-8 times or so on the following points while repeating the reminder phrase. You may tap on either side of the body.

“This (**problem**)”

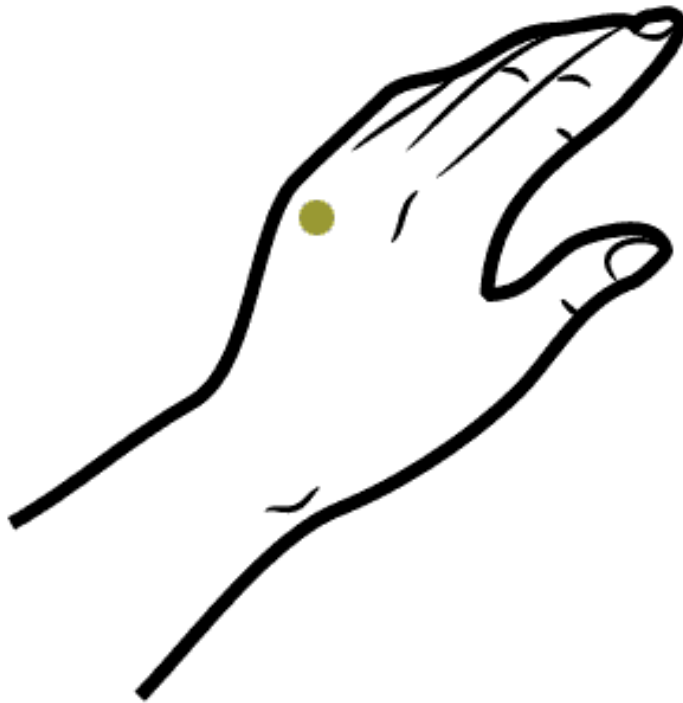


on the side of the **thumb**, next to the nail  
on the side of the **index finger**, next to the nail  
on the side of the **middle finger**, next to the nail  
on the side of the **little finger**, next to the nail  
on the **karate chop point**



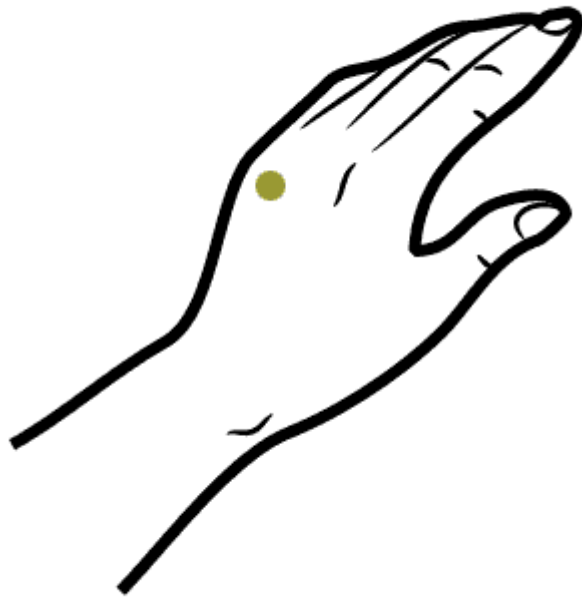
## The basic recipe Contd.

Now while continuously tapping the **gamut point** (situated on the back of the hand just behind and between the knuckles of the ring and little finger), do the following...



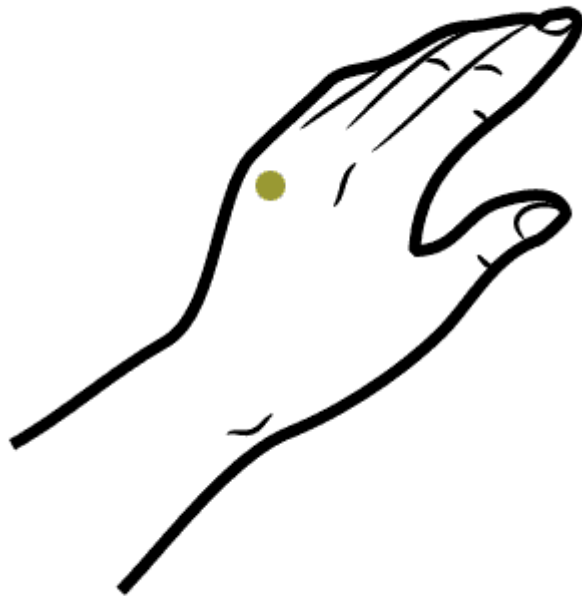
## The basic recipe Contd.

Tap with **eyes open**...(say the reminder phrase just once, at this point)



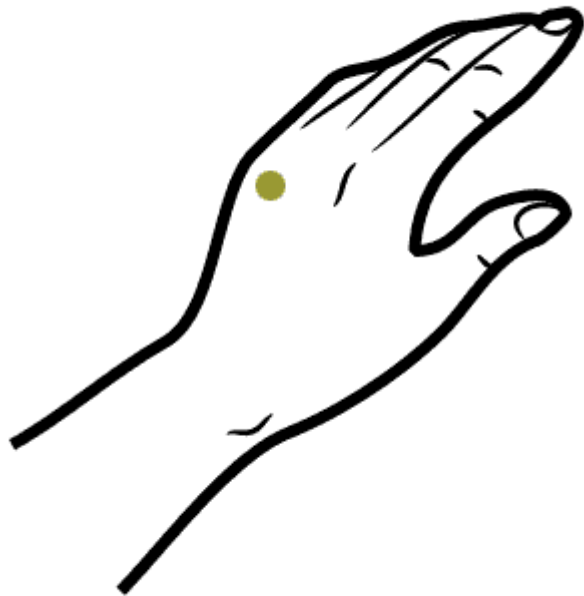
# The basic recipe Contd.

Tap with eyes closed...



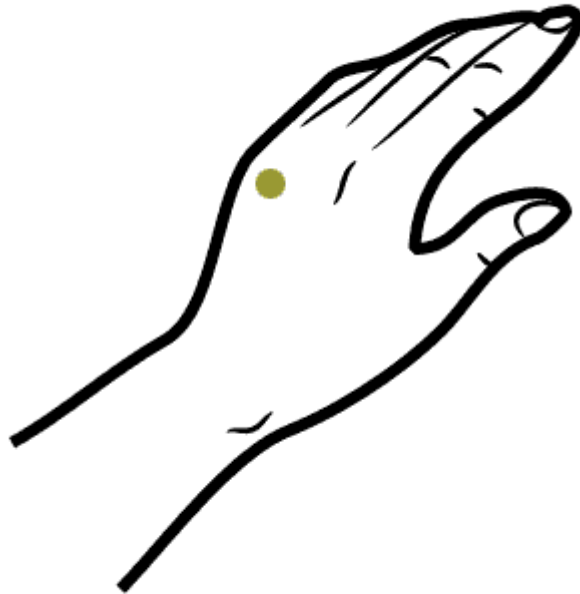
# The basic recipe Contd.

Look hard left and down...



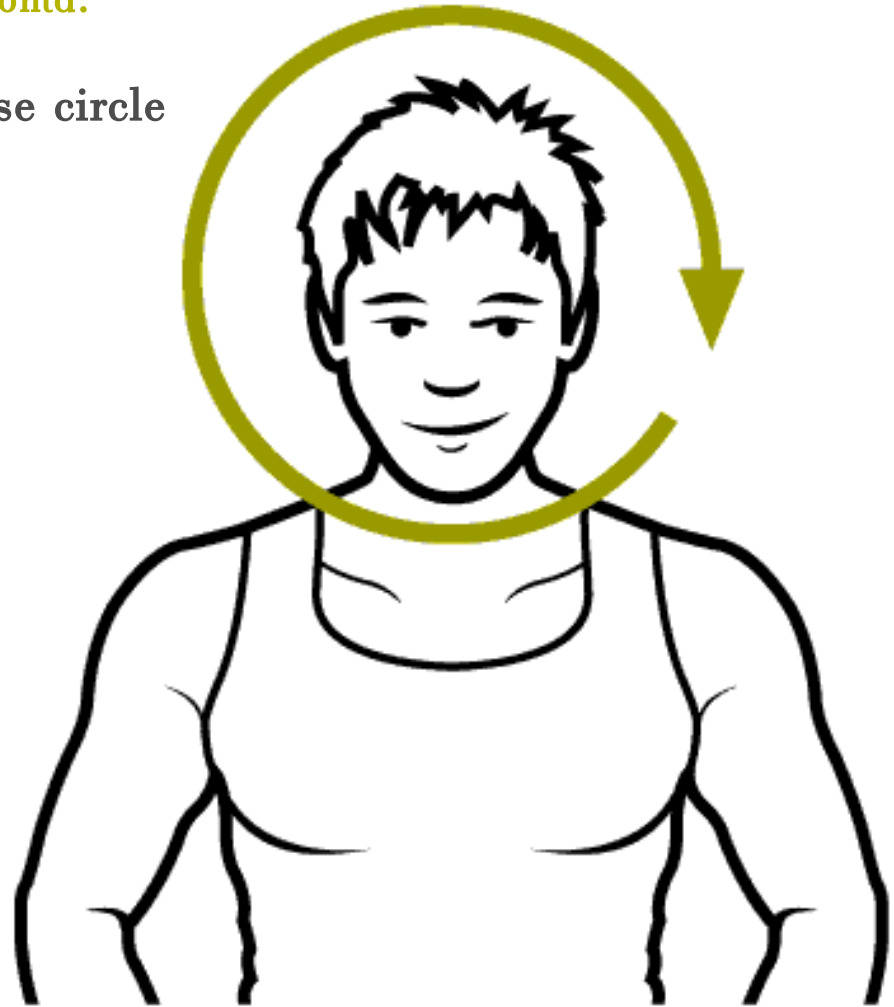
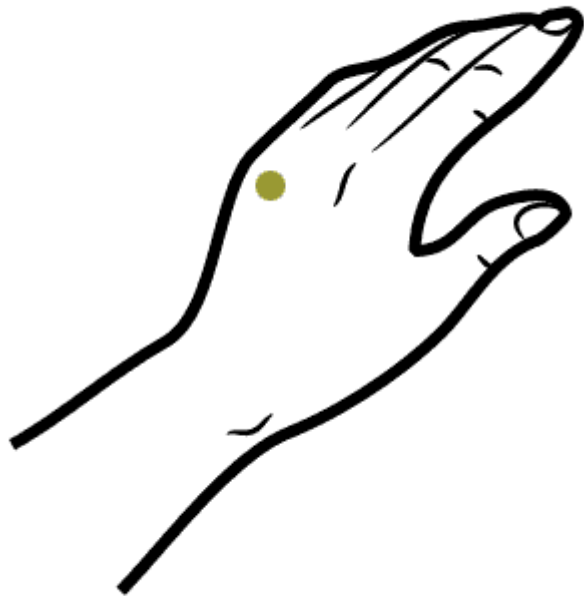
# The basic recipe Contd.

Look hard right and down...



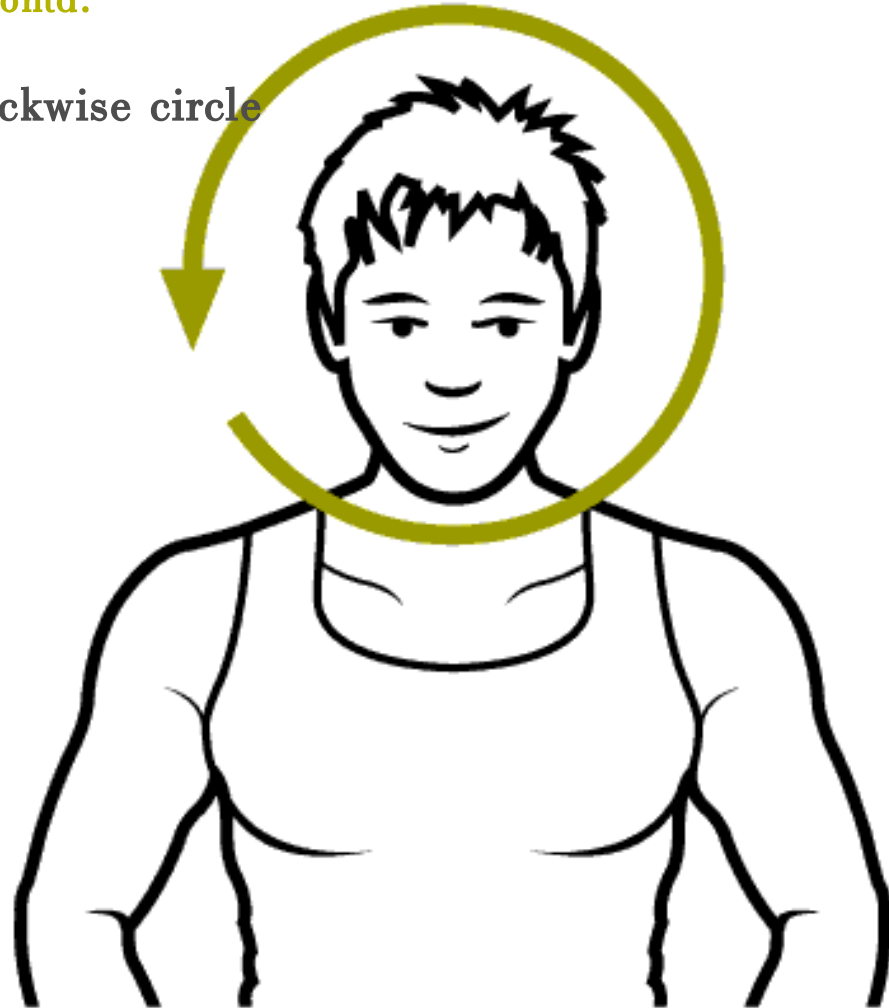
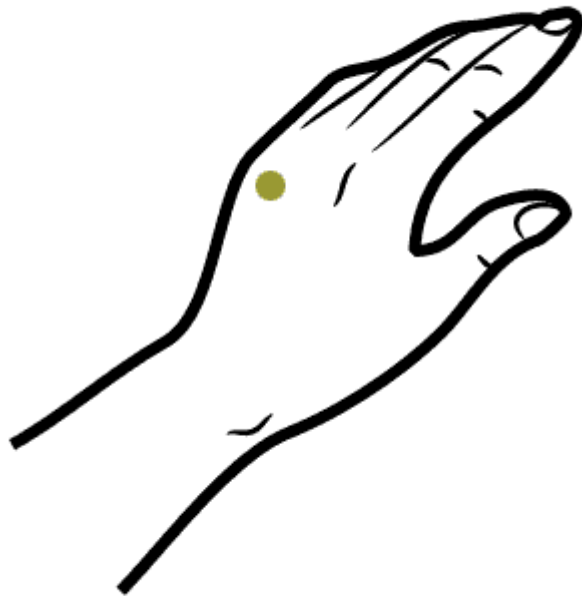
# The basic recipe Contd.

Move your eyes in a **full clockwise circle**



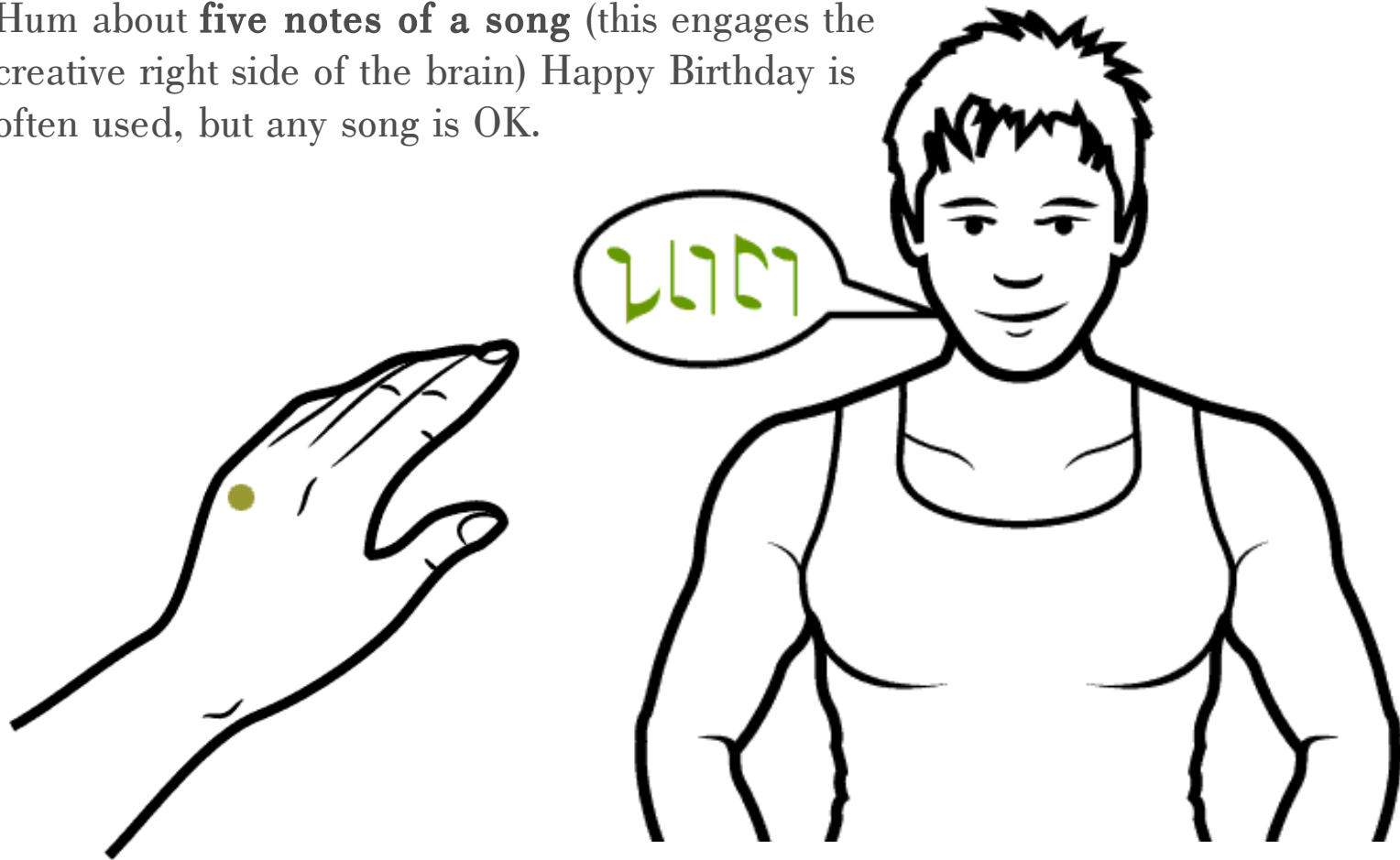
# The basic recipe Contd.

Move your eyes in a **full anti-clockwise circle**



## The basic recipe Contd.

Hum about **five notes of a song** (this engages the creative right side of the brain) Happy Birthday is often used, but any song is OK.



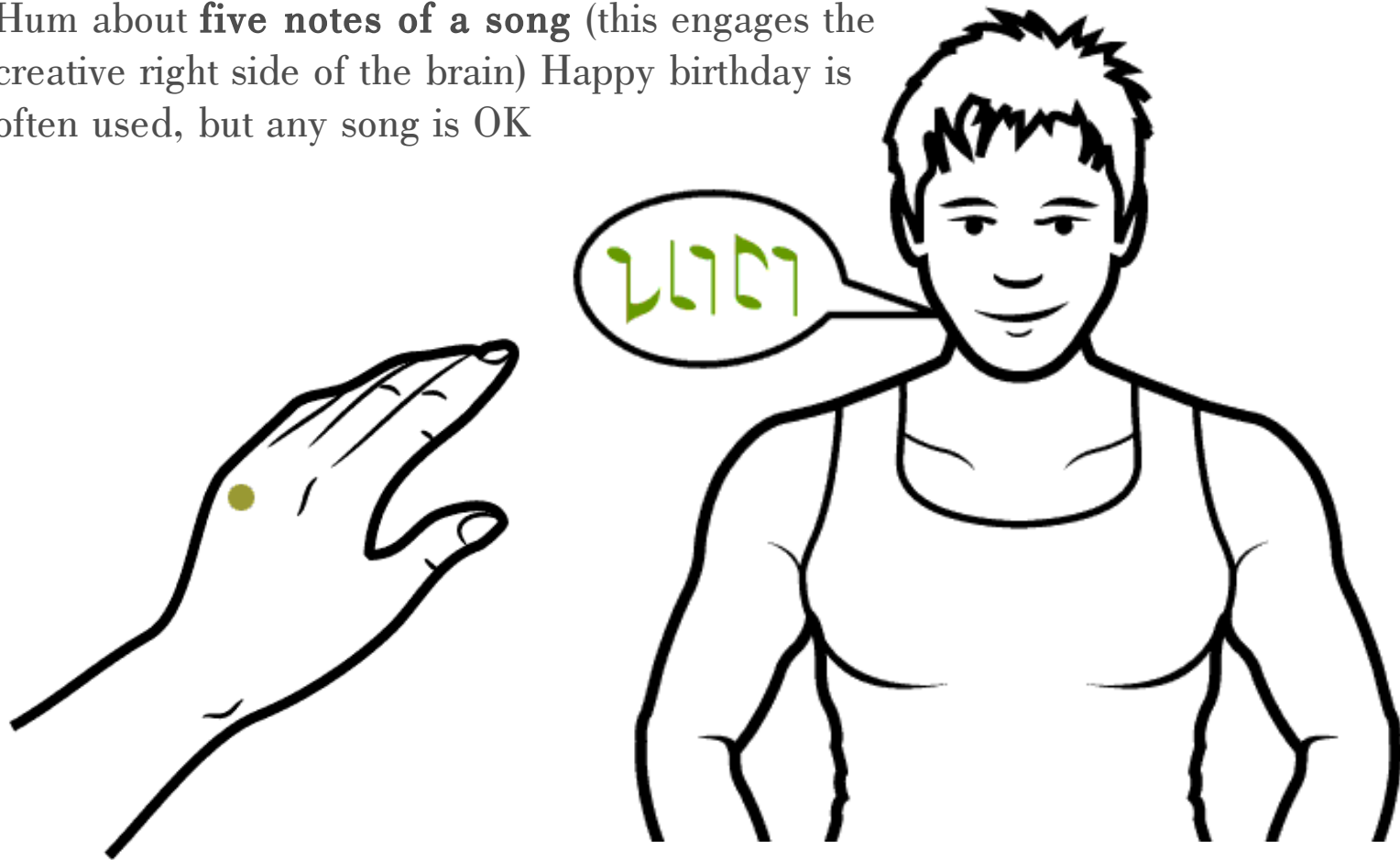
## The basic recipe Contd.

Count 1 through 9 quickly (this engages the logical left side of the brain)



## The basic recipe Contd.

Hum about **five notes of a song** (this engages the creative right side of the brain) Happy birthday is often used, but any song is OK



## The basic recipe Contd.

Repeat the sequence: now tap 7-8 times or so on the following points while repeating the reminder phrase

“This (**problem**)”



on the **top of the head**  
on the **beginning of the eyebrow**  
on the **bone at the side of the eye**  
on the **bone just under the eye**

between the **nose and top lip**  
between the **bottom lip and chin**

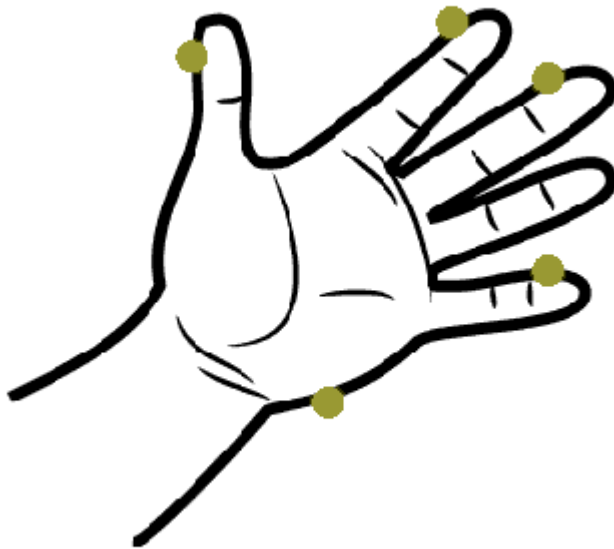
just **under the collarbone**  
(in the angle created between  
the breastbone, collar bone and  
first rib)

about **4 inches under the armpit**  
(in line with a woman's bra strap,  
or a man's nipple)

## The basic recipe Contd.

And now tap 7-8 times or so on the following points while repeating the reminder phrase.

“This (**problem**)”

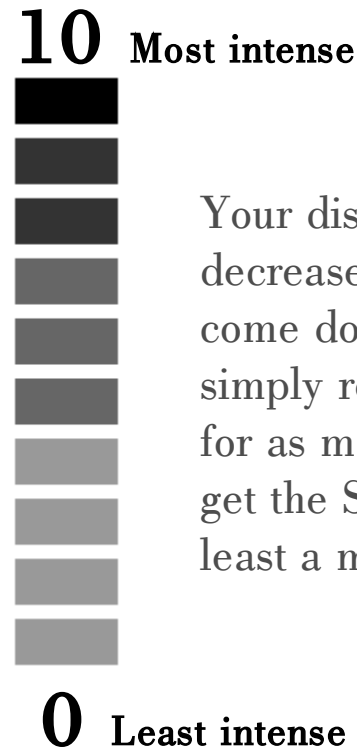


on the side of the **thumb**, next to the nail  
on the side of the **index finger**, next to the nail  
on the side of the **middle finger**, next to the nail  
on the side of the **little finger**, next to the nail  
on the **Karate Chop Point**



## The basic recipe Contd.

Now again, rate your distress using SUDS  
(Subjective Units Of Disorder scale)



Your distress should now have decreased. It may even have come down to 0, but if not, simply repeat the Basic Recipe for as many times as it takes to get the SUDs down to 0 or at least a manageable level.

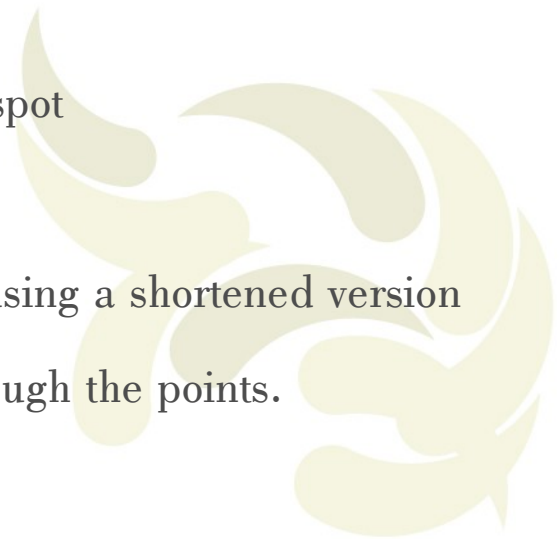
# Shortcuts

**You now know the full EFT protocol.**

With experience, EFT practitioners learn that even when some parts of the basic recipe are left out, the process is often just as effective. So don't be surprised if the practitioner you're working with does things a little different to what you've learned.

Common changes and shortcuts include:

- using the karate chop point instead of the sore spot
- missing out the finger points
- completely omitting the 9 gamut procedure or using a shortened version
- changing the set-up affirmations as you tap through the points.



## Shortcuts Contd.

Sometimes it helps to add new points to the process. These can include...

- slapping 3 inches above on either side of the ankle bone with both hands
- slapping on the lower wrist around the pulse area with the other hand
- as there are meridians all over the body, other points may also be used





## Issues are like puzzles

It is important to be as specific as possible with the set-up statement.  
For example,

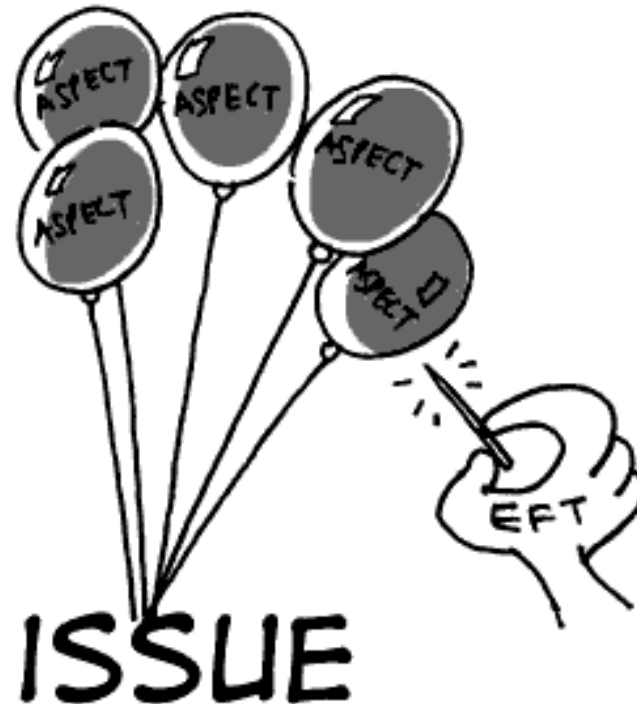
“Even though I have this stabbing pain on the top of my left shoulder”  
**rather than** “Even though I am in pain”

A problem may have different **aspects** attached to it that surface in the course of treatment. In such cases, it is important to persist in rooting out all these aspects – much like peeling back the layers of an onion - and tap on them until the issue is completely resolved. In such cases working with an experienced EFT practitioner is often useful.

Some parts of the problem are essential to putting it all together; we call these **core issues**.

When several pieces of an issue have been treated - the whole issue may be resolved, we call this the **generalisation effect**.

## Issues are like puzzles Contd.



Issues can be made up of several aspects – in many cases, collapsing just a few of these aspects can resolve the entire problem



## When EFT doesn't seem to be working.

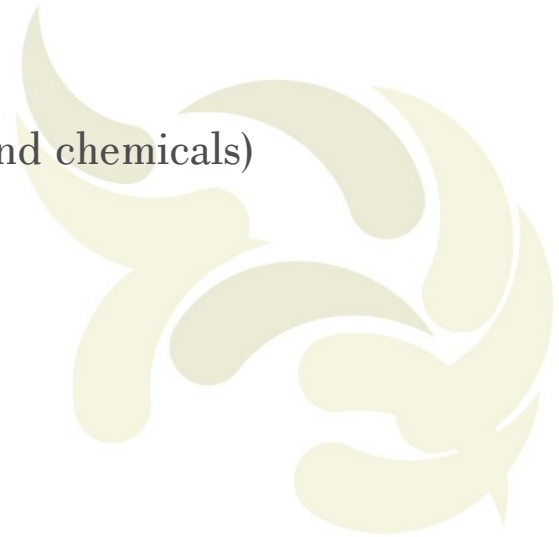
Try being more specific with the set-up statement.

Be more emphatic with the set-up statement – shout it rather than mumble!



## When EFT doesn't seem to be working. Contd.

- Try EFT a different location: in the shower, outside in a clean environment
- Add more meridian points and use the full protocol
- Be persistent, often treatment needs to be repeated several times daily over time
- Drink lots of water (dehydration affects results)
- Check for negative beliefs and self sabotage
- Avoid energy toxins (reactive foods, inhalants and chemicals)
- Make an appointment with a qualified therapist



## EFT sessions over the phone

Another wonderful advantage of EFT is that sessions can be conducted over the telephone with a therapist. Here are some of the advantages over seeing a therapist in person:

If you are in the middle of an emotional crisis you don't want to wait till the next day or week for treatment.

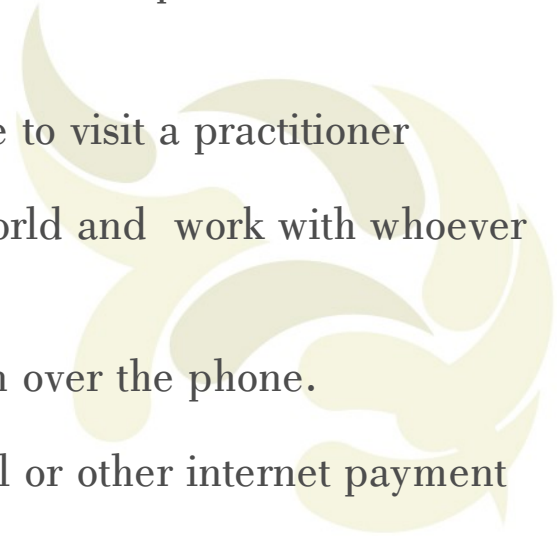
EFT over the phone is ideal because the problem, and its aspects, are front and centre and can be dealt with on the spot.

It is cheaper than taking the time and travel expense to visit a practitioner

You can work with a practitioner anywhere in the world and work with whoever you want.

You may feel safer and more open doing the session over the phone.

You can pay for the sessions easily by check, paypal or other internet payment methods.





# EFT FAQs

**Does it matter which hand I use?** No

**Can I switch hands and sides while tapping?** Yes

**Can I tap with both hands?** Yes

**How many taps on each spot?** 7 is most common, but more is better.

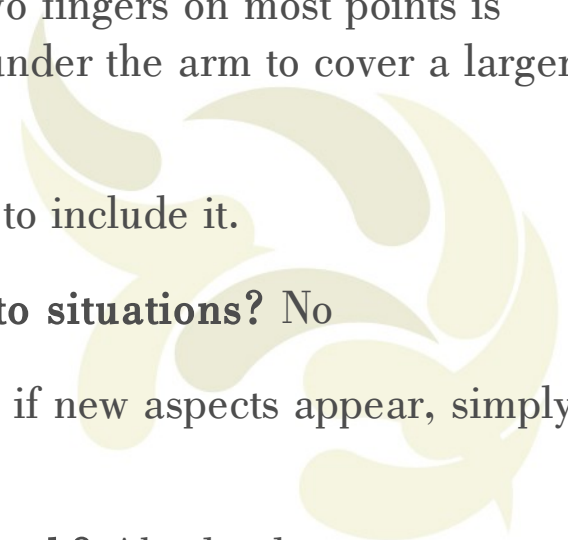
**Does it matter how many fingers I tap with?** Two fingers on most points is ideal, but use 4 fingers on the top of the head and under the arm to cover a larger area.

**Is the set-up essential?** Not always, but it is safer to include it.

**Will EFT take away natural healthy responses to situations?** No

**How long do treatments last?** Usually forever but if new aspects appear, simply repeat the treatment.

**Do I have to believe in the treatment for it to work?** Absolutely not.





## **EFT FAQs** Contd.

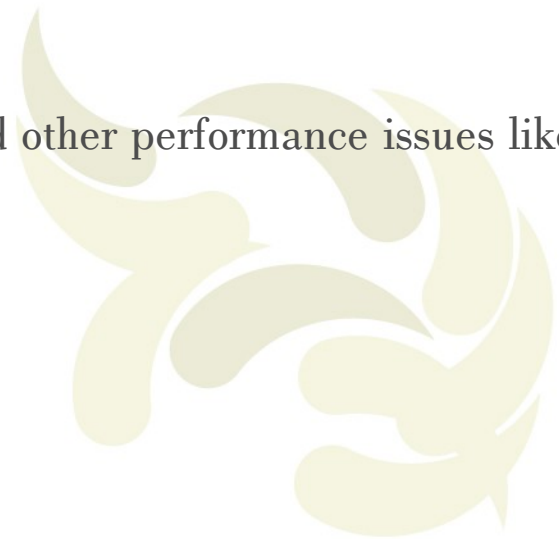
**Do I use the same process for every issue?** Yes

**What about intense long term problems?** They can be corrected just as quickly

**How does EFT deal with anxiety and stress?** Very well

**Why does EFT work on physical problems?** Most if not all physical issues have emotional contributors to them

**Can EFT help with sports performance?** Yes and other performance issues like writers block and musical performance





## EFT tips to remember

Memorise the basic recipe. Customise it to your problem with an appropriate set up phrase and reminder phrase. Do as many rounds as it takes to clear out the problem. If necessary be persistent – some issues may take longer.

Try to be as specific as possible while naming the problem.

Stubborn problems usually have different aspects attached to them. Break down each problem into its aspects and clear them one by one.

You may not have to treat each aspect! Often just attending to a few of them leads to complete relief from the problem...like a few released logs will suddenly clear a logjam.

Relief is usually permanent but should the problem return...just tap on it again!

You can even tap for someone else (proxy tapping) eg, small children ...use the format “Even though X (insert problem), s/he deeply and completely accepts himself”. This one will really amaze you...!

## EFT tips to remember Contd.

After some experience using EFT, experiment with using the process without the 9 gamut (just the sequence). Many cases will respond well even to this shortcut! You'll sense when the 9 gamut is necessary.

Proxy tapping on animals is also possible and generally works well.





# Try it on everything!

EFT is a tool that can help you in many, many areas of your life.

Each person's situation is unique and many are finding uses for EFT that were not thought of before. You are encouraged to experiment! Even if you don't think EFT is applicable for your particular need--give it a try. You might be pleasantly surprised!

As we say in EFT:

**TRY IT ON EVERYTHING!**





# Resources

Some EFT resources on the Internet

<http://www.eftuk.com>

<http://www.emofree.com>

<http://www.eft4powerpoint.com>

<http://www.eftsupport.com>

<http://www.CarolLook.com>

<http://www.allergyantidotes.com>

<http://health.groups.yahoo.com/group/Meridian-Energy/>

[http://health.groups.yahoo.com/group/One\\_SimplyEFT/](http://health.groups.yahoo.com/group/One_SimplyEFT/)

[http://health.groups.yahoo.com/group/One\\_EmotionalFreedomTechniques/](http://health.groups.yahoo.com/group/One_EmotionalFreedomTechniques/)

<http://groups.yahoo.com/group/Plex/>





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