

# EFT Tapping

## Emotional Freedom Techniques™

Developed by Gary Craig

### The Discovery Statement

The cause of all physical symptoms and negative emotions is a disruption in the body's energy system.

### Some Examples Where EFT Can be Helpful

- Accidents • Addictive Cravings Including Cigarettes • Agoraphobia
- Alcoholism • Alzheimer's Disease • Anxiety • Arthritis • Asthma
- Attention-Deficit and Disruptive Behavior Disorders • Bee Stings • Being Alone • Body Embarrassment • Cancer • Carpal Tunnel Syndrome
- Chocolate Addiction • Chronic Fatigue Syndrome • Claustrophobia
- Coffee Addiction • Commitment Avoidance • Computer Addiction
- Concentration • Constipation • Dentists • Depression • Driving
- Dyslexia • Eye Pain • Eyesight • Fear of Public Speaking • Fear of Elevators • Fear of Flying • Fear of Intimacy • Fear of Spiders and Other Phobias • Fear of Needles • fibromyalgia • Fingernail Biting • Grief • Guilt
- High Blood Pressure • Insomnia • Irregular Heartbeat • Irritable Bowel Syndrome • Joint Pain • Learning Disorder • Low Back Pain • Lupus
- Marriage • Migraine or Sinus Headaches • Morning Sickness • Motion Sickness • Multiple Sclerosis • Muscle Tightness • Nicotine Withdrawal
- Numbness in the Fingers • Obsessive-Compulsive Disorder • Panic Attacks • Physical Pain • PMS • Poor Coordination • Posttraumatic Stress Disorder • Psoriasis • Rape Trauma • Rashes • Rejection • Schizophrenia
- Sexual Dysfunctions • Sexual Abuse • Stiff Neck and Shoulders
- Stomachaches • Stress • Stuttering • Substance Abuse • Toothache
- Tourette's Disorder • Trembling • Ulcerative Colitis • War Trauma • more...

There are many, many more. A complete list is several times as long. Try it on everything. You may not get 100 percent success (who does?) but often EFT will give startling and rapid relief where nothing else seems to work.

## EFT IN A NUTSHELL

Memorize “The Basic Recipe.” Customize it with an appropriate “Setup Affirmation and Reminder Phrase.” Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything physically, emotionally and mentally! You may tap on either side of your body, both sides at the same time (when possible) or alternate sides at will.

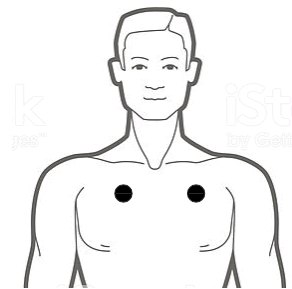
## ASSESSING THE INTENSITY OF THE ISSUE

Mentally and emotionally relive the situation you want to resolve, rate the intensity on a scale from “0” to “10” with “10” being the greatest effect imaginable and “0” being comfortable.

If reliving the situation is too upsetting, simply imagine watching the event on the movie screen of your mind—as if it is happening to someone else. If you are unable to do that, just let your mind relax and turn it over to your subconscious mind and pretend that you can!

## SORE SPOTS AND KARATE CHOP POINT

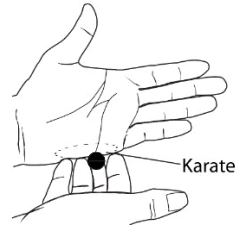
Begin each new issue with the **Sore Spots** which are located on the upper portions of the chest, one on each side. Find them by going to the notch at the base of the neck about where a necktie would be knotted.



From the top of the notch, drop down about three inches and then go about three inches to your left or right or both. Poke around within about a two-inch radius until you find a tender spot. This is the place you will need to rub gently in a circular motion while saying your affirmation.

The left side releases psychological reversal, indecision, worry, stress, and feeling stuck; the right side brings in confidence, clarity and moving forward.

The **Karate Chop point** (abbreviated **KC**) is located at the center of the fleshy part of the outside edge of the hand between the top of the wrist and the base of the little finger. It is the part of the hand you would use to deliver a karate chop.



Firmly tap the **Karate Chop Point** with the fingertips of the index and middle fingers of the other hand while saying your complete setup statement three times. Tap this point at the start of each new issue.

## PSYCHOLOGICAL/POLARITY REVERSAL

Stimulating the **Sore Spot(s)** and the **Karate Chop Point** also corrects the **Psychological Reversal**, also called **Polarity Reversal**. This is when the polarity of the energy pathways (meridians) in the body go into reversal.

Some symptoms of this reversal are when EFT or other treatments such as medical, don't work or won't hold, reversing words, concepts or numbers as in dyslexia, being grumpy, irritable, negative, experiencing self-sabotaging behavior, procrastination, mental blocks as in math, writing, and computers.

In addition, on the "0" to "10" scale, if the numbers are going down very slowly at each checkpoint, for instance, only one or two numbers at a time; coordination is off and there is awkwardness or an unbalanced gait, arms don't swing evenly and smoothly when walking, off in performance or competence, timing is off, confusion, reading causes inappropriate sleepiness or hyperactivity, you are in reversal. **Drinking water will help to reverse polarity in the body and improve tapping results also.**

## THE SETUP

Repeat your affirmation aloud three times while rubbing the **Sore Spot(s)** or tapping the **Karate Chop Point**, or do both, one after the other: "Even though I have this (state problem, specific disorder, upsetting thought or emotion), I deeply and profoundly accept myself, (even if some part of me doesn't really believe this)." (Variations: completely/totally/fully/greatly/ really accept/love/honor/respect/appreciate/forgive myself, etc.)

You may also do EFT without a setup phrase using free association (tapping on whatever thoughts pop up for you as you tap through the points), or silent focused intention only. This process is a very flexible and “forgiving” system. It works effectively with a variety of variations. Feel free to experiment and discover what works best for you!

## THE TRI-MODE TAPPING SEQUENCE

**Mode One:** Tap firmly with your fingertips, but not hard enough to make yourself sore. Tap about seven to 10 times (you don’t need to count them) on each of the following energy points while repeating a **Reminder Phrase** that summarizes the main ailment or upset, for example, “this headache/pain/anger” (or variations with adjectives such as, “this annoying headache/painful lower back/ intense rage”). Start with the **EyeBrow** and end with tapping on the **Top** of the **Head**.

**Mode Two: Repeat the tapping sequence** This time, repeat your self-affirmation phrase, for example, “I deeply love, accept and forgive myself.”

**Mode Three: Follow up by repeating the same tapping sequence as above**, beginning with the **EyeBrow**, while alternating between the two phrases, starting with the problem.

For example, state the problem beginning with the **EyeBrow**; say your self-affirmation at the **Side** of **Eye**; repeat the problem **Under Eye**, and so on. After each complete round, assess your **Intensity Rating** (“0” to “10”) to see if it has come down, or if your feeling about the situation has changed.

There will usually be some shift, but if your rating has not changed at all, then repeat the sequence using the following sentence (or something similar) as you tap the **Karate Chop** Point first: “Even though I am stuck at (give number at which your **Intensity Rating** is stuck), I deeply and profoundly love and accept myself.” Your **Reminder Phrase** will now be, “I am stuck at (insert number of intensity).” Doing this will usually bring your **Intensity Rating** lower. When it does, go back to your original sentence and continue with the next round.

Just keep on tapping as much as you need to until you feel better and the intensity of the issue has come down to a “2” or below, preferably to a “0.” If your **Intensity Rating** is still not coming down, it is usually because you need to address another aspect of the problem in addition to the one you started out with. You may also stop if you reach a point where it is no longer improving.

Sometimes taking a break and coming back to it later with a new approach such as recalling the first time you experienced similar feelings, then tap for that situation and those emotions instead, which can then allow the current situation to finish releasing the negative energies more effectively.

Set aside the current issue and start over by tapping on the new aspect of the problem. When the number has come down to “2” or below, return to the original issue and finish the process.

Another aspect of a problem can be recognized by being aware of your thoughts while tapping. For example, while tapping for fear of public speaking, you are imagining that people are laughing at you. So your new setup phrase might include, “Even though I imagine that people are laughing at me when I stand up in front of them....”

## LOCATION OF POINTS

Use one or two fingertips for tapping the following points:

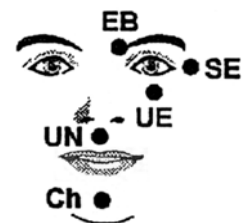
**EB** = beginning of the **E**ye**B**row (where the eyebrow starts by the bridge of the nose),

**SE** = bone at the **outSide** edge of the **E**ye, just below the temple,

**UE** = bone **U**nder **E**ye—about an inch directly below the pupil,

**UN** = **U**nder the **N**ose and above the lips,

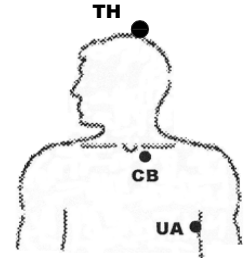
**Ch** = middle of the **Ch**in—the crease between lips and the jaw,



**CB** = beginning of clavicle/**CollarBone**—go to notch at the base of the neck; go down about one inch and to the left or right about one inch; alternately, you may make a fist, curling it in toward your body so you can use the flat surface of the back of your fingers or tapping this area,

**UA** = **Under** the **Arm**—about four inches below the armpit or in the middle of the bra strap for women—use all your fingertips for this tapping point for this tapping point,**TH**

**TH** = **Top** of **Head**—about where a baby's soft spot would be. Curl all your fingers downward so that the fingertips lightly tap the top of the head, positioning your hand, with your wrist and elbow pointing toward the front, your fingers spread apart and pointing backwards, so that half of your fingers are stimulating the right side of your head and the remaining ones the left side. This stimulates both sides of the brain.



You may also follow up by tapping around other areas of the scalp too, if you wish. It feels really good! There are lots more points on top of the head too!

## THE 9-GAMUT PROCEDURE

Add the 9-gamuts into your tapping process whenever you need to use the extra energy points to achieve positive results. **While continuously tapping on the Gamut Point** take about two seconds to perform each of the following nine actions:

- (1) **Close** your eyes.
- (2) **Open** your eyes.
- (3) Hold your **head level** and **look down** and to the right.
- (4) Now point your **eyes down** and to the left.
- (5) **Rotate your eyes** in a complete circle. Be sure you see the ceiling ... the wall ... the floor ... and the other wall.
- (6) Roll eyes in a circle the **other direction** one time.

- (7) **Hum** 5 varied notes of any familiar neutral tune such as “Happy birthday...,” “Skip to my Lou...,” “Hokey Pokey....”
- (8) **Count** rapidly from 1 to 5 *aloud*.
- (9) **Again hum** 5 varied notes of any other familiar neutral tune such as “Twinkle, twinkle little star...,” Itsy bitsy spider...,” “Old McDonald had a farm....”

### SOME ADDITIONAL POINTS:

**Th** = outside edge of **T**humb next to the nail base,

**IF** = side of **I**ndex **F**inger next to nail base on the side facing the thumb,

**MF** = side of **M**iddle **F**inger next to nail base on the side facing the index or pointer finger,

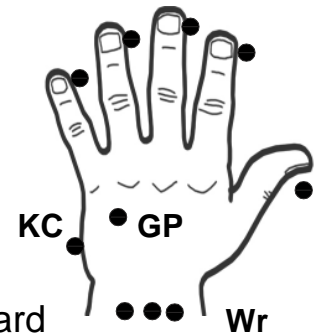
**RF** = side of **R**ing **F**inger next to nail base facing the middle finger, (it is interchangeable with the **GP**),

**LF** = inside edge of **L**ittle **F**inger next to nail base on side facing the ring finger,

**GP** = **G**amut **P**oint—on the back of the hand between and just above the knuckles. It is about ½ inch toward the wrist in the valley between the two thin long bones of little finger.

**Wr** = **W**rist—These points are just above the bend of the wrist toward the elbow. There are three major points close together on the back of the wrist and three more on the front of the wrist.

Use all your fingertips to tap first on one side of the wrist then on the other side. You may also tap the front of each wrist with the front of the other one, then tap the backs of the wrists together.



### DISCREET TAPPING ON YOUR FINGERS

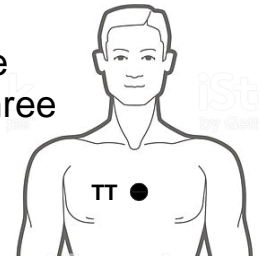
Tap on the inside edge of each of your fingers, and the outside edge of the thumb with your opposite hand. Tap near the base of the nail with one or two fingers of your opposite hand. Alternately, you can use your thumb to



tap or lightly massage the side of the fingers on the same hand, and use your middle or other finger to tap the outside of the thumb. You can also do both hands individually at the same time! This is discreet tapping that can be done anywhere anytime with nobody the wiser!

**THYMUS THUMP (TT):** This point is very powerful as a “stand alone” when you only want to tap on one spot. It is helpful when your energy is in reversal and you are feeling out of sorts, forgetful, irritable or dropping things, etc. While thumping on this spot, recite any affirmations you prefer such as: My life energy is high and I am in the state of love.

Tap in the middle of the chest with your fingertips or fist while reciting an affirmation or ... tap nine times using a one-two-three count with the emphasis on the first count—like a waltz beat. For example, ONE - two - three, ONE - two - three, ONE - two - three.



You can also give extra thumps to the thymus if you get stuck at an uncomfortable emotional and/or physical level while tapping the fingers. This point is a link between body and mind. When tapped, it activates a high energy flow.

## RIGHT HAND/LEFT HAND

**Gamut Point: Left Hand**—Depression, worry, obsessing.

**Right Hand**—Hope, calm, possibilities.

**Thymus:** Balances immune system, energizes, aligns body.

**Top of Head:** Opens crown chakra, spirituality.

**Note:** You may stimulate any of the points with tapping, gentle rubbing, light massage, or hold each point lightly using your fingertips. Once you have mastered the process and memorized the actual feeling of stimulation at each point, you can then “ghost tap” without touch, just through intense focus and concentration only.



You may also tap on a stuffed animal or a doll that you choose to represent you; plus you can tap on a large picture of yourself, or on a reflection of yourself in a mirror with equal success!

**EFT is not simply a technique for feeling better, it actually causes you to reprocess the situation in a healthier way.**



**Try this tip:** Placing the palm of one hand across your forehead while tapping will dramatically help your brain reset the fight-or-flight response.

**Learn more:** There are many advanced ways to work with EFT for achieving more amazing and incredible results. In addition, there are ways for helping pets, children and those that are distant.

For further information and help please

**Contact Dr. Dianne Ruth below...**

