



## EFT Basics

The technique presented here is called Emotional Freedom Technique. It is called EFT for short. Many people consider it the emotional form of acupuncture without the needles.

**Acupuncture is a 5,000 year old, natural healing art. It works by stimulating the body's natural healing powers and helps the immune system by releasing natural pain killers throughout the body. These are chemicals that are produced by our brain that simulate the effect of opiates and analgesics. Some examples of these chemicals are endorphins, and dopamine. Acupuncture releases spastic muscles in the body and stimulates trigger points that help to discharge toxins in the body.**

**EFT does this by making use of the fingertips and a gentle tapping motion instead of using needles. This simulates the effect of having a needle placed in the body. Whether a person uses acupuncture with needles or EFT with their hands, the results will be very similar.**

### The benefits of EFT are:

- It is a painless, easy, self administered technique
- It makes use of our natural tendencies to self comfort with our hands
- It can relieve people of painful memories, phobias, and traumas in minutes!!!
- Can be used anywhere, and anytime
- Experienced practitioners can simulate the tapping with fingertips by doing a process called "imagine tapping." This is because our thoughts or focused intentions are powerful enough to have an effect on our body.

*Caution: Don't try the following experiment if you are allergic to lemons or pickles:*

If not, then let's play. Think for a moment about a ripe, plump, juicy, yellow lemon or a sour, dark green dill pickle. If you are a visual learner, I'll bet that you are experiencing a puckering sensation in your mouth. This is a simple example of your thoughts affecting your body.

- Highly effective in eliminating cravings, losing or maintaining weight
- Useful in eliminating pain and achieving peak performance
- Easily learned in 5 minutes or less
- Ready when you are, literally at your fingertips!!!

When your energy is out of alignment, you are out of sorts, tired, paranoid, angry, sad, in pain and experiencing many other stress related symptoms. This can be as simple as having a headache to experiencing a devastating shock to the system that would be considered a trauma

such as rape, Post Traumatic Stress Syndrome or the death of a loved one, extreme physical pain, etc.

EFT is based on a premise that states that:

“the cause of all negative emotions in the body is a disruption of the body’s energy system.”

We can balance the body’s energy by holding a situation or memory in mind as we repeat a specific affirmation statement and tap on certain release points on the body that correspond to the acupuncture meridians.

EFT was originally derived from the Thought Field Therapy discovery made by Dr. Roger Callahan. He was a Californian Clinical Psychologist with over 40 years of experience. Dr. Callahan sought to find a way to advance the healing for his patients. He was eager to find an alternative to traditional talk therapies. He combined the science of acupuncture with his therapeutic work.

Dr. Callahan discovered that there were specific parts of the body that corresponded to the body’s acupuncture meridians. These were the paths of energy that run throughout our bodies. He used this TFT process to treat many of his patients and was astounded with the results.

The key to this extraordinary success was Dr. Callahan’s discovery of the natural code or tapping points that govern psychological problems. He called the phenomenon the “Psychological Reversal.” This was explained as the tendency for some individuals to unconsciously self-sabotage their own recovery despite outwardly seeking to rid themselves of their problem.

Thought Field Therapy was an unprecedented success and the good word spread quickly. Dr. Callahan began to teach it to a select few at a premium price. The initial cost was \$10,000 to learn the basic tapping patterns and an additional \$100,000 to learn how to use this to treat people over the telephone as opposed to relying on live sessions. He called this “Voice Technology.”

An ordained minister named Gary Craig, who was trained as a Stanford engineer and Peak Performance Coach became interested in Dr. Callahan’s work. Gary soon became his student and eagerly paid the money necessary to learn this technique. He was so impressed with it that he asked Dr. Callahan to allow him to find a simpler way to teach it to others. His intention was to bring it to the masses at no or low cost. Dr. Callahan agreed and Gary created what is now known as Emotional Freedom Technique.

Today Gary Craig is devoted to sharing these powerful techniques with people for free. Just go to [www.emofree.com](http://www.emofree.com) for more information, testimonials and a free 79 page manual.

Before you begin EFT, please be aware of one caveat. It is not a form of treatment or meant to replace your doctor’s care. A small percentage of people who may have medical or emotional problems which require professional attention, should use this program as they would any other stress method. It is advisable to consult your doctor and use these techniques under the supervision of your physician or other qualified health professional.

"This work is not like any other psychological approach. I believe that we have found the basic cause of psychological problems. This underlying cause is unrelated to other previous theories. Unlike a placebo, you don't have to believe in the treatments; as you will see they work even if you don't believe in them!"

Roger J. Callahan, PhD

## The Basic EFT “Recipe”

SUDS: This is an acronym for Subjective Units of Distress. Begin by thinking of a situation that you want to change in your life. Assess your psychological intensity of that situation and rate that on a scale of 0-10, 10 representing maximum intensity and 0 no intensity at all.

1. The Treatment Setup – Repeat the below indicated affirmation 3 times while tapping on the karate chop point (see diagram under Juicy Links for EFT Primer):

*Affirmation: Even though I have this (fill in the blank with your specific fear, pain, frustration, anxiety, physical or emotional symptom, etc.), I deeply and completely love and accept myself”*

2. Reminder Phrase: After repeating the above step 3 times, take a part of that phrase or any ideas that come to you and use that to tap on the rest of the points as indicated on the EFT Primer. Tap on each point approximately 7 times.

For our example you will use EFT to deal with a craving for chocolate:

The actual EFT and tapping procedure will be indicated by blue printing and by indicating each of the tapping points prior to saying the suggested statements.

Begin with tapping on the karate chop point (the karate chop point is the point on the side of either hand on the outside edge of the pinkie finger, midway between the bottom of the top of the wrist and the last knuckle on the pinkie finger) – this is the spot where a martial artist would karate chop a board of wood).

This acupuncture point is called the Psychological Reversal Point or called PR. As Dr. Callahan discovered, this is the part of you that could be in conflict with your stated desires that is capable of holding you in subconscious patterns of sabotage. This is the root cause explaining why you are looking to eat food when you are not hungry, crave and think about food obsessively, and continue to maintain the habits that keep you overweight.

By tapping or holding this spot...

you will neutralize any part of yourself that may for whatever reason, wish to keep you in that negative emotion, situation or feeling.

The PR is also accessed by rubbing the sore spot on chest. The sore spot is a lymphatic drainage point in the upper chest wall. To find it place your hand over your heart as you would as you pledge allegiance to the flag. Palpate with your forefinger and thumb on both sides of your chest. You will find an area that is more tender than anywhere else. This is the sore spot. Rub this spot or tap your karate chop point while saying your setup phrase.

In the case of using this with food, first have the food accessible, smell it or take a small bite of it.

Rate your SUDS on a scale of 0-10.

## EFT Sample for A Craving for a Chocolate Snickers Bar

#1 Assess Your level of Intensity – What is your SUDS level on this craving? (see page 3 for review)

#2 Make the food available on plate or dish or think about it, recreating as many details as possible, smell, taste, visual, memories related to it...

#3 Smell it, if available and rate your SUDs level from 0-10

#4 Tap on your karate chop point and say the following statements:

Even though I have this terrible craving for this delicious Snickers bar, I still deeply and completely love and accept myself

Even though I know it's going to taste so good and I really want it desperately, I still deeply and completely accept myself and all of my desires, including this craving for this chocolate.

Even though I want this so badly, I can almost taste it, the rich creamy chocolate, the fresh crunchy peanuts and the caramel that reminds me of being a kid. I still choose to love and accept myself even if I have this craving and want to act like a little kid and eat the whole bar all by myself.

Eyebrow (EB): Yummy, this yummy chocolate, my mouth is watering!

Outer Eye (OE): I want it now, it's so good and I deserve it

Under Eye (UE): That's ridiculous. I can't have that.

Under Nose (UN): Blah, blah, blah, that's all I ever hear. I can't have it, I can't have it. I'm so tired of that. I want it, it's mine.

Chin (Chin): You can't take this away from me. It's all mine.

Collar Bone (CB): I never used to be able to have things like this. That's why they're so yummy. Ooh, it's like a forbidden fruit. I want it.

Under Arm (UA): I can't have it. I feel so deprived. I'm tired of feeling deprived. I don't deserve that. I'm not a bad girl.

Top of head (TOH): If I eat that candy bar, then I'll be bad, I don't want that, I'm not bad, but I really want it. I just feel so damned deprived and want that stupid candy bar. I'm so angry now.

I want to cry. I never got to have what I wanted, just like when I was a kid, everyone always told me what I could and couldn't do. I never had any say in anything. I remember how my brother used to push me around when I was a kid. Ha, that's all changed. I'm grown up now. Now I can take care of myself.

Take a deep breath.

Top of Head (TOH): That's right. I am in charge. It feels so good to be able to make my own decisions and to take care of myself. I've changed so much since I've been a kid. I've learned so many things and I've really made something of my life. I'm proud of myself.

Take a deep breath and Assess your level of intensity again. This is the completion of one full round of tapping. To begin again, start with 3 more set up statements and work on those until you have no emotional charge or have controlled the desire for the food or gotten the outcome that you wanted. Perhaps you just wanted to have a small bit of the food, then you guide your statements in that direction.

For the example, we'll continue with a SUDS level of 4. Now we'll continue on.

Tapping on the karate chop point again:

Even though I still feel this desire to eat this candy bar and show them who's boss, I'm in charge of my body and my emotions and I can eat this if I really want to, I still deeply and completely love and accept myself

Even though I still have this feeling of being a little bit deprived, I can choose to relax and let it flow over me. I'm so grateful for all that I have, all that I am, all that I can be. I can choose to focus on how lucky I am.

Even though I still feel a little twinge of wanting this chocolate bar, I can choose to eat a little bit and feel completely satisfied with just a taste. I can have the whole thing if I want to but I really would prefer to have something else. I like taking care of myself and nurturing myself and there are so many ways that I can think of to take loving steps to make this easy and allow myself to be inspired to be more open to self love. As a matter of fact, I don't even want that silly chocolate bar, it may even be stale and then I really won't enjoy it. I wonder why I wanted it in the first place.

EB: I wonder why I wanted that chocolate

Side of Eye: I don't know

Under Eye: I really want to tell my brother what I think about the way that he used to treat me as a kid and how frightened I was of him. That was a long time ago. I'm not afraid that he'll hurt me anymore.

Under Nose: I've decided that I'm not willing to take that nonsense anymore. I'm so tired of thinking about this. It's ancient history. Boy, would I love to be able to tell him what I feel.

Chin: How can I say that most effectively without getting into an unnecessary argument?

CB: I wonder what my (think of someone who is a source of love and respect for you now or in the past) What would they say or do?

Under Arm: I could probably do that. That's a good idea.

Top of Head: That would feel really good

I'm feeling so much better now. I'm not even wanting that chocolate now. I'm so excited to get started and try this wonderful new idea. I can choose to take back control, I can choose to feel calm and peaceful now.

Take a deep breath and assess your intensity. If there is still a charge, go back and allow your subconscious mind to offer you a wellspring of ideas. Tap as you listen to your self talk, and allow those words, images and feelings to be the bridge to cross over that desire for the food at

hand. You will notice that within a few minutes of this tapping, you will begin to yawn, laugh or sigh. These are all indicators that energy is moving in the body.

This PDF is meant to give you a basic understanding of EFT. I welcome you to join me on The Juicy Woman Fabulous, Fit and Free Call and learn it firsthand, ask questions, test it out and see how it works for you and for other women on the call.

## “Borrowing Benefits”

Note: When Gary Craig began doing seminars and teaching EFT to large auditoriums filled with people, he would work with one person on the stage. He began to notice that as the whole room tapped along with the individual on the stage and thought about their problem, that they experienced a shift in their own issues. He called this phenomenon “Borrowing Benefits”

This works because as humans, we are energy beings, we live in an energy universe and we are all connected by a vast sea of energy. Our thoughts are connected to each other and in turn affect the universe. We are able to move the energy in our bodies by simply focusing in on our thoughts. This is the beauty of the power of this simple and elegant little process.

## EFT In A Nutshell

Memorize the basic recipe as above and aim it at all emotional, physical, spiritual, problems. Make sure that you customize it appropriate to your needs. Attempt to be as specific as possible. Think about all of the possible parts of the problem that increase the intensity for you. These are called “Aspects”

### Aspects

Aspects are an insurance policy that increase your chances of success in EFT 100 fold.

For example, rather than tapping on this global issue:

Even though I’m angry that I was treated badly by my teacher in kindergarten as a child,.....

You need to get more specific, including allowing yourself to let go and feel the intensity of those feelings, express them with passion. If you can shout them out, do that in a private space. You’ll feel like a new person after you gut those feelings out.

Here’s a more effective alternative:

Even though I’m furious as hell that I was embarrassed to death by Mrs. Whiting my Kindergarten teacher, when I made noise in the girl’s bathroom because I was laughing and talking to my friend, Debs, I still deeply and completely love and accept myself completely.

Even though I remember being so embarrassed that I wanted to die when she grabbed me by the ear and pulled me out of the girl’s bathroom, as the tears rolled down my face, I hate her so much, I wish she were dead.... I don’t know if I’d ever be willing to forgive her for doing that horrible thing. Wow, it’s been affecting me for so long, maybe I’d be willing to forgive....

Remember that you must continue to drill down to an issue, a memory or a craving. Get to the bottom of it. That is where the gold is hidden. Your relief awaits you.

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#### About the Author

**Andrea Amador**, Certified Energy Coach and Master Practitioner of Neuro Linguistic Programming and Ericksonian Hypnosis, uses powerful changework methods including coaching, Neuro Linguistic Programming, Emotional Freedom Technique, Tapas Acupressure Technique, and the Z Point Process to inspire woman to control their bodies, overcome their fears, focus on their gifts, get unstuck and love themselves more. Through her company **The Juicy Woman**, she inspires women to live juicy, embrace their experience and spice up their lives. Sign up to join her free **Juicy Woman Fabulous, Fit and Free Call** and dig in to other yummy fat free goodies on her website: [www.thejuicywoman.com](http://www.thejuicywoman.com).