



## EFT® - Emotional Freedom Techniques

Emotional Freedom Techniques is a form of energy psychology. It's deceptively simple to perform, yet it can deliver powerful results. The key is in the gentle tapping of meridian points in the body. This creates the same effect as acupuncture, minus the needles. EFT helps to release emotional blockages, pain, fear, stress and performance issues while, at the same time, helping one achieve peace of mind.

### *Procedure:*

1/ **Assess** your current level of discomfort on a scale from one (minimal) to ten (maximum).

2/ **Negative out:** "Even though I (say your name) (state your issue), I deeply and completely love and accept myself." (Repeat 3 times.)

3/ **Tap out the negative:** While tapping on each of the following spots in order, describe an element of the issue or pain. Acknowledge that you do not know how this issue will be resolved or when, but speak about how it would feel to be rid of it.

- Soft spot (chest)
- Eyebrow
- Edge of eye
- Under eye
- Under nose
- Chin
- Collar bone
- Under arm
- Thumb
- Index finger
- Middle finger
- Baby finger
- Karate chop
- Top of head

4/ **Positive in:** State the following (*fill in the blanks*)

I now choose: \_\_\_\_\_ I allow: \_\_\_\_\_  
I deserve: \_\_\_\_\_ I will: \_\_\_\_\_

5/ **Tap in the positive:** Following the same tapping points and sequence above, explore the positive side of this issue. See and speak of yourself as already being healed.

6/ **Assess** your current level of discomfort on a scale from one (minimal) to ten (maximum). Ideally, it should be below a three; if not, repeat steps #2 – 5, and then reassess. Stop once you arrive at a low level of discomfort.

*"EFT offers great healing benefits." - Deepak Chopra, MD*

*"EFT is destined to be a top healing tool for the 21st Century" - Cheryl Richardson*

*"EFT is a simple, powerful process that can profoundly influence gene activity, health and behavior." - Bruce Lipton, PhD*

*"Someday the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools...as it is for me." - Eric Robbins, MD*