



## Emotional Freedom Technique

Emotional Freedom Techniques (EFT) evolved from Thought Field Therapy, which was created by US clinical psychologist Roger Callahan. Callahan discovered that stimulating acupressure / energy points lead to psychological relief for an anxious client, and through experimentation was able to discover a series of useful points.

Gary Craig, who studied with Callahan, identified a comprehensive set of “all purpose” energy points that could be applied to treat any emotional problem. He called this Emotional Freedom Techniques (EFT), and achieved excellent results with this approach on a wide range of emotional as well as physical problems.

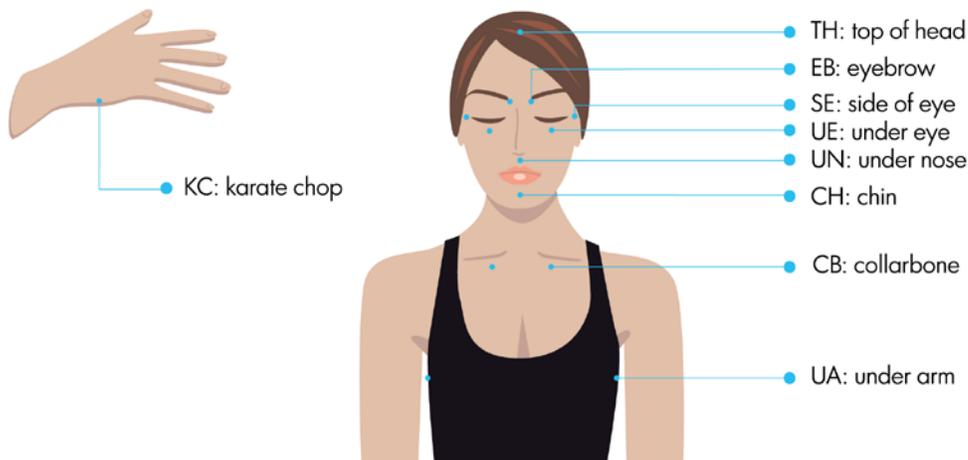
### The Process

Tapping each of the meridian points below, whilst repeating *"Even though I <insert your statement> I deeply and completely love and accept myself"*.

Complete this process at least 5-7 times over (rounds), a minimum of once per day. It would be preferable if you could complete this twice per day, and every time the issue arises.

If you are in a public place you can repeat the statement quietly in your head whilst tapping just the hand point and/ or the point just under your collar bone.

### The tapping points



1. Inside end of the eyebrow
2. Outside the corner of the eye (on the bone)
3. Under the center of the eye
4. Between the nose and upper lip
5. The dimple of the chin (between chin and lower lip)
6. The collar bone point (find the dip just under the collar bone).
7. Under the arm (even with the bra strap for a woman)
8. The crown of the head
9. The outside of the hand

The above points constitute one "round" of tapping. If the problem/stress is not alleviating repeat the process while keeping the head still and;

- Close your eyes.
- Open your eyes.
- Look down and to the right.
- Look down and to the left.
- Roll eyes in a circle clockwise.
- Roll eyes counter clockwise.
- Hum the first line of a song.
- Count aloud from 1 to 5.
- Hum the first line of a song again.

The Meridian Tapping / EFT Technique is easy to learn, but requires a little practice and perseverance at times.

Your brain is made up of 100 Billion neurons (brain cells) that each connect electrochemically with as many as 10 thousand other neurons. We now know that the brain can re-route its pathways, and the seemingly infinite number of possible connections can allow us to transform the way we feel, think and act, as well as heal even long-standing, chronic, and "physical" problems.

Eastern healing methods like acupuncture have worked with the body's energy system for thousands of years in order to create physical and emotional health. Now, combined with the insights of modern psychology, these ancient healing arts can be applied safely and easily to virtually any emotional or psychological issue, by tapping on various points on the body while focusing on the symptom, pain, or troublesome thought that you wish to eliminate.

The Meridian Tapping / EFT Technique can be applied for you own use. It is very safe to try, and no harm will come to you if you don't get it right. Give it a go and don't focus on getting the process 'right or perfect'.

If you would like a more detailed explanation of EFT or a more in-depth process please refer to the following online resources;

- <https://eft.mercola.com/>
- <https://draxe.com/emotional-freedom-technique-eft-tapping-therapy/>
- <https://www.thetappingsolution.com/tapping-101/>

