

The Basics Of EFT (Tapping)

Tapping is like acupuncture without needles, only 10 times better and more effective. Plus you use finger tips, not needles.

Your body works on electricity. Even chemistry is based on electricity (Example of water, H₂O - it takes 2 positively charged Hydrogen ions to balance the double negative charge of the Oxygen molecule)

Emotional trauma results in a disturbance in your nervous (electrical) system (electrical tumor, so to speak) (The fancy term is Electrical Perturbation).

Tapping on where nerves come to the surface of the skin (see handout) causes an electrical signal to be sent down the nerve.

Focusing on an issue allows your body to send the electrical signal being generated, to that electrical perturbation in your nervous system. This collapses the electrical perturbation. So if it is a phobia, the phobia is gone. If it is PTSD, the issue goes from trauma to a sad memory, so the nightmares stop.

Organ system and even be stimulated, including the immune system by tapping on these unique spots.

Most issues have multiple aspects, so pick the one with the most emotional charge. (Example of the car accident. The most disturbing was "the headlights coming at us")

Always start by rating the emotional charge on a scale from 1 to 10, with 10 being freaked out.

Tap just on that one aspect until the emotional charge dissipates. When issues pop up during tapping, make a note of it, and after resolving the first issue, do a round or two on that new issue until it resolves. (Like peeling off the layers of an onion)

Tuning Into Your Problem

Now that you understand how to actually perform the mechanical tapping and where you need to tap, you will next need to know what to say while you are tapping. The traditional EFT phrase uses the following setup, said THREE times, at the very beginning before the tapping on the spots begins. You tap on the side of the hand (karate chop point) and say out loud (if possible): "Even

though I have this _____, I choose to deeply and completely love and accept and forgive myself."

The blank above is filled in with a brief description of the addiction, food craving, negative emotion or other problem you want to address.

Examples Using the Traditional EFT Phrasing

While these examples represent a range of problems, keep in mind there really is no limit to the types of issues you can confront with EFT:

"Even though I have this fear of public speaking, I choose to deeply and completely love and accept and forgive myself."

"Even though I have this headache, I choose to deeply and completely love and accept and forgive myself."

"Even though I have this anger towards my father, I choose to deeply and completely love and accept and forgive myself."

"Even though I have this fear of snakes, I choose to deeply and completely love and accept and forgive myself."

"Even though I have this depression, I choose to deeply and completely love and accept and forgive myself." "Even though I have these nightmares, I choose to deeply and completely love and accept and forgive myself."

YOU CAN ADD TO THE PHRASE IF YOU WISH.

Examples: "Even though I have this war memory, and I blame myself for what happened, I choose to deeply and completely love and accept and forgive myself."

"Even though I have this craving for alcohol, and am embarrassed I cave in to the cravings, I choose to deeply and completely love and accept and forgive myself."

These phrases acknowledge the problem and create self-acceptance despite the existence of the problem. (Psychological Reversal) That is what is necessary for the affirmation to be effective.

Start on the issue at hand: Just think about or say out loud the issue (or code word if too troubling to say) each time you tap on each point (Tap about 7

times per point). At the end of each round (after wrist point), grab your wrist and hold it – receive a deep breath – let it out – and at the end of the breath say “peace”

Release your wrist and repeat as necessary.

After a few rounds, relax and receive another deep breath. Think about the issue and rate your emotional charge. If not a 1 or a 0, keep going until it is.

If multiple aspects (like the car accident example) pick the next most troubling aspect and tap on that. Often multiple aspects dissolve at the same time (domino effect)

A simple (and actually powerful) form of tapping is to just say the phrase: “I release and let go” as you tap on the spots and think about the issue and it’s aspects!

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