

# Emotional Freedom Technique

**STEP 1 - THE AFFIRMATION:** Identify what you wish to heal or transform, and rate how much it bothers you from one to ten. Next make it into an affirmation, such as “Even though I have this \_\_\_\_\_, I deeply and completely accept myself.” It doesn’t matter if you believe the affirmation, just say it with feeling and emphasis, out loud if you can.

Repeat your affirmation while rubbing the Sore Spot (either side) vigorously. If you cannot rub the **Sore Spot** for some reason, you may tap the Karate Chop point instead, although it may not be as effective.

**STEP 2 - THE SEQUENCE:** (listed on the figure below) You can use either hand, tap (press and release) with the finger tips of your index and middle finger. Tap solidly but not so hard as to hurt or bruise yourself. Tap seven times on each of the 13 tapping points on the figure below in the order listed, while repeating a reminder phrase – a word or two that describes your affirmation, e.g., anger at boss, fear of speaking, depression, etc.

**STEP 3- THE GAMUT PROCEDURE:** This may seem strange but its purpose is to “fine-tune” the brain via some eye

movements, humming and counting. It is a 10-second process wherein these brain-stimulating actions are performed while continuously tapping one of the body’s energy points.

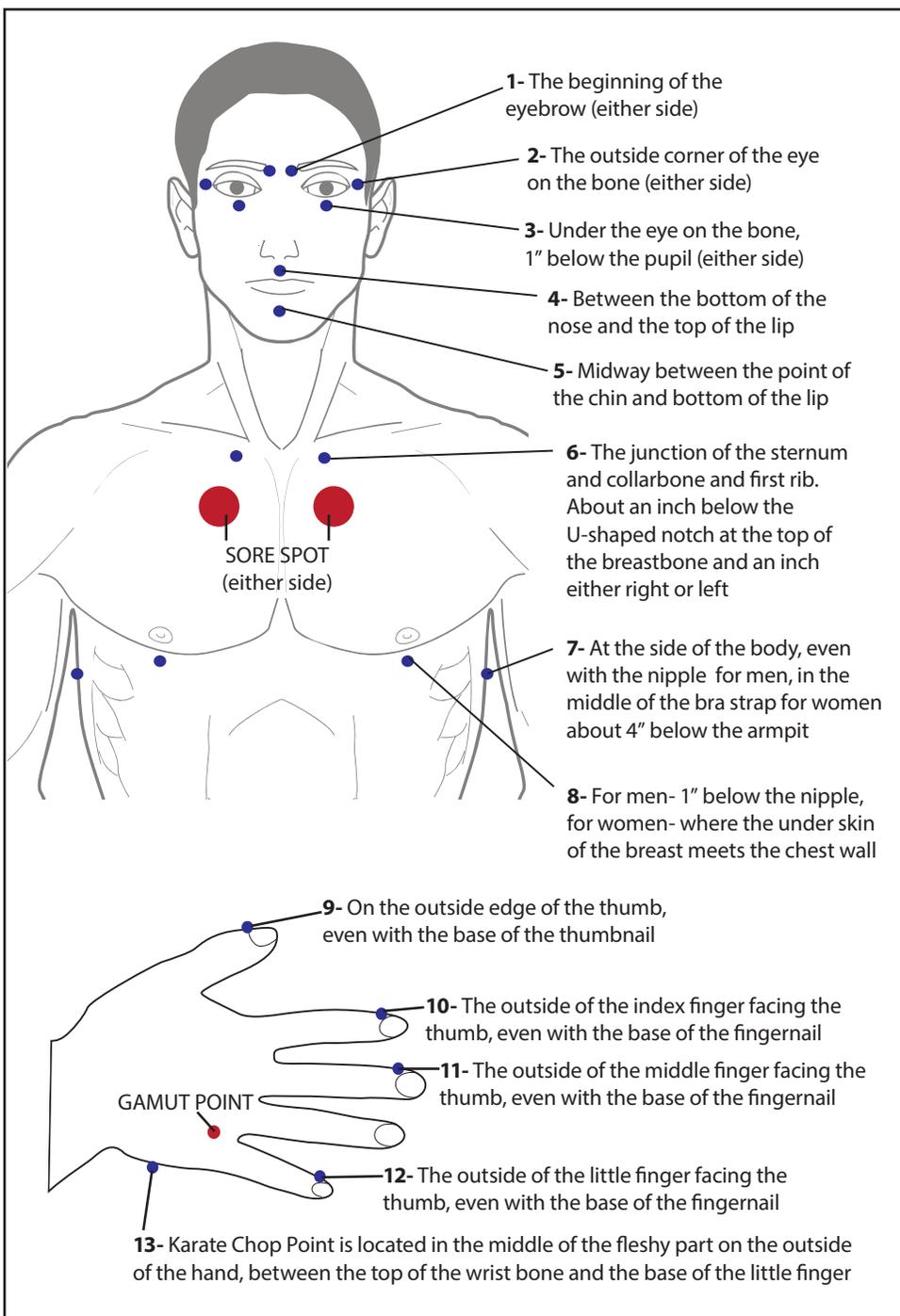
Find the Gamut Point (see hand figure below). It is located on the back of either hand, a half-inch toward the wrist, centered between the knuckles of the ring finger and little finger.

While tapping the Gamut Point continuously:

1. Eyes closed
2. Eyes open
3. Eyes hard down right while holding head steady
4. Eyes hard down left while holding head steady
5. Roll eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order
6. Same as above but reverse direction of eye roll
7. Hum a song for 2 seconds (e.g., Happy Birthday)
8. Count rapidly from 1 to 5
9. Hum the song for 2 seconds again.

## STEP 4:- REPEAT STEP 2

Now rate the emotion again on a 1-10 scale. If it is zero, so are done, if it rates a 2 or 3, repeat Steps 1 through 4. Also adjust your affirmation and reminder phrase to include the word “remaining,” e.g., “remaining anger, remaining depression, remaining fear, etc.”



# ADVENTURES IN CONSCIOUSNESS™

## How To Make The Most Out Of Your EFT

**A LITTLE BIT ABOUT EFT:** The Emotional Freedom Technique or EFT is an acupressure system discovered about thirty years ago by Dr. Rodger Callahan (see his book, THE HEALER WITHIN) and then popularized by Gary Craig. A shortened form has also come out simply referred to as TAPPING. You have in your hands a copy of the original healing sequence for getting rid of any emotional problem or issue in a few minutes, once you know how to do it. EFT has been used globally with Iraq war vets, people who have experienced trauma, people with severe or moderate addictions, and even school children to help with learning blocks. It is safe, simple and VERY effective. We've even had an alcoholic, drug-taking, chain smoker erase all three addictions in 15 minutes with this method, which is unheard of. Read and follow instructions exactly on the diagram, but below are some pointers.

- First create a HIT LIST, the top 10-20 incidents of your life that have caused you the most pain, suffering, or anger. Tap on those FIRST. Then tap on major points of anger/frustration, fear/anxiety, greed/lust, pride/envy, over indulgence/laziness and attachment to outcomes in your life. Everyone has their work cut out for them, so basically a never ending hit list is great! I keep my hit list on a Post-It and check them off each week. NO ISSUE IS TOO SMALL to tap on!
- When creating your phrase to work on try and make it as simple as possible, and get to the root of the issue. Attach the simplest emotion possible, eg, "I am afraid of failing this interview" or "I am angry at myself for messing up" or "I am jealous at Scott." Another way to look at it is this, choose issues to work on that are rooted in the core negative emotions: anger, greed, lust, jealousy, fear, anxiety, laziness, and the desire to not tell the truth.
- When doing EFT allow your emotions to come to the surface, don't suppress them, just allow yourself to feel them fully and tap them away. You will probably feel them physically as a vibration at certain places in your body, especially in the pit of your stomach.
- After you've worked on the phrase with the simplest emotion, look a little deeper. Maybe on the surface it's anger at someone, though the underlying reason could be a feeling of fear you feel presently or from your past. Do yourself a favor and tap some more. Attack the problem from as many angles as you can. When you work on negative emotions then, what you really need to work on, deep inside, comes up naturally.
- Always remember to rate your emotion in its degree of intensity before you begin (1-10). When you are through a full sequence, try to recall the emotion. It should be at a ZERO inside. If you still feel even a shred of it start from the beginning of the tapping until it's completely gone. It's like this: If you got a splinter in your finger, got most of it out- except a painful sliver- would you just leave it in? I think not!
- If you feel adventurous go ahead and try tapping IN a good quality after a round of tapping OUT a bad quality, i.e., If you tap out "I am angry at my boss" tap in "I am compassionate/patient with my boss."

**THIS LOOKS SO SIMPLE, IS IT REALLY THAT VALUABLE?** Workshops have been happening all over the world for decades with EFT and Tapping. It's a HUGE money making industry. Workshops could cost you \$1,500 for a weekend, or a session on the phone with a practitioner for JUST ONE ISSUE could cost you \$250. We have this for FREE because it's SIMPLE and EVERYONE should know it. USE THIS AND SPREAD IT for the health and happiness of you and those around you.

**BUT AREN'T MY EMOTIONS, PAIN, AND NEUROSIS WHAT MAKE ME A DYNAMIC AND STRONG INDIVIDUAL?**

Your pain only makes you mean, not strong. Don't let your emotions RUN you, heal them so you are really STRONGER. If there is no pain about an issue then you are untouchable and THAT is true strength. Pain lives in our bodies and our cells and this method is a great introductory way to make some big strides wiping that pain out on a deeper level than just suppressing an emotion, pretending it's not there, numbing it with chemicals, or talking ourselves out of feeling a certain way. Don't let pain or negativity linger inside you because all it does is breed even deeper anger, resentment, fear, and selfishness—all of which stop you from living a healthy life, a life where YOU and NOT YOUR EMOTIONS are in control. When you tap out a negative emotion you are actively allowing your consciousness to evolve.

To learn more, please visit our website, [www.AdventuresInConsciousness.org](http://www.AdventuresInConsciousness.org), or email: [FourGreatTools@yahoo.com](mailto:FourGreatTools@yahoo.com)