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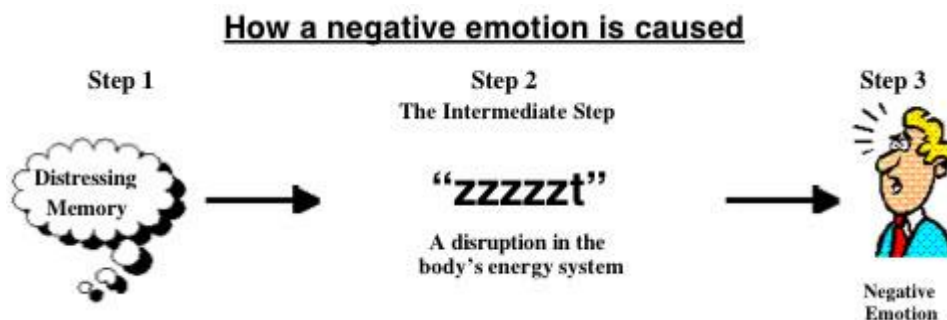
## EMOTIONAL FREEDOM TECHNIQUES (EFT)

**Try It on Everything**  
(Adapted from the EFT Manual)

EFT is a healing modality, called acupuncture without needles, which was developed by Gary Craig, an American from California.

By simply tapping on specific points on the body near the end points of the body energy meridians and addressing the issue, one can experience some profound changes in his or her emotional and physical health.

The **DISCOVERY STATEMENT** says that “The cause of ALL negative emotions is a disruption in the body’s energy system.”

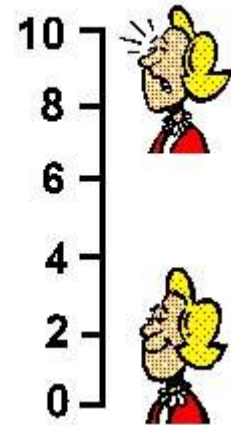


## HOW TO APPLY EFT

### EFT IN A NUTSHELL

Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one’s life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!!

## Intensity Meter



**ASSESS THE INTENSITY of your emotions** as it exists **NOW** when you think about it, and not as you think it would be in the actual situation.

Remember, The Basic Recipe balances the disruptions in your energy system as they exist NOW while you are tuned in to the thought or circumstance.

### THE BASIC RECIPE

**1. The Setup**...Repeat 3 times this affirmation:

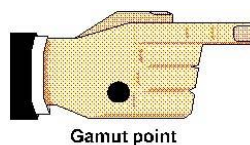
*"Even though I have this \_\_\_\_\_, I deeply and completely accept myself."*

while continuously rubbing the Sore (Tender) Spot or tapping the Karate Chop point.

**2. The Sequence**...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase (word or phrase naming the issue) at each point.

**EB** (eyebrow), **SE** (side of the eye), **UE** (under eye), **UN** (under nose), **Ch** (chin), **CB** (collar bone), **UA** (under arm), **TH** (top of the head), **FP** (finger points): (**Th** [thumb], **IF** [index finger], **MF**[middle finger], **BF**[baby finger]), **KC** (karate chop)

**3. The 9 Gamut Procedure**...Continuously tap on the Gamut point while performing each of these 9 actions:



**(1) Eyes closed (2) Eyes open (3) Eyes hard down right (4) Eyes hard down left (5) Roll eyes in circle (6) Roll eyes in other direction (7) Hum 2 seconds of a song (8) Count to 5 (9) Hum 2 seconds of a song.**

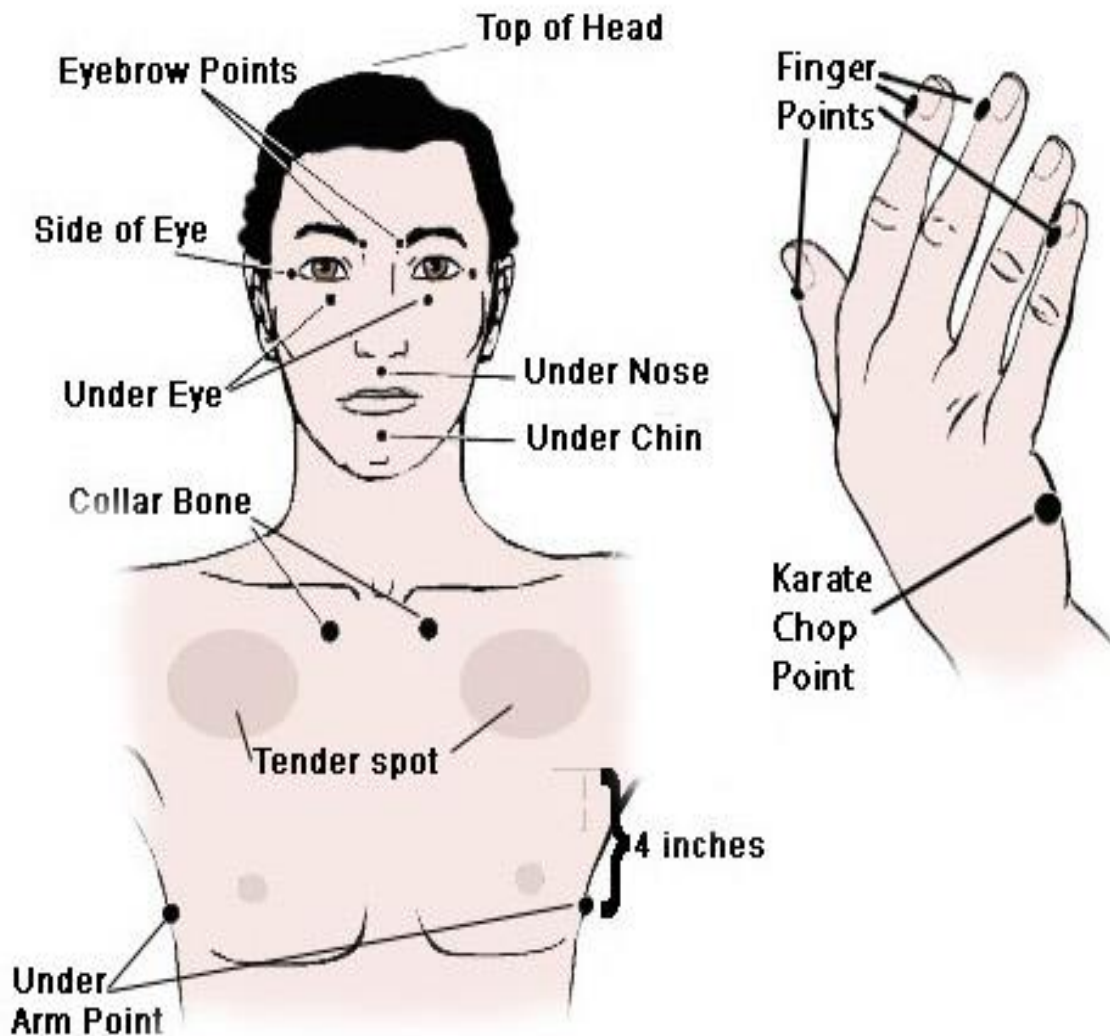
**4. The Sequence (again)**...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

**EB, SE, UE, UN, Ch, CB, UA, BN, TH, FP (Th, IF, MF, BF), KC**

**Note:** In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the remaining problem.

# Emotional Freedom Techniques (EFT)

## Tapping Points



The main EFT website: [www.emofree.com](http://www.emofree.com) ; You may watch a short video about EFT at [http://www.emofree.com/splash/video\\_popup.asp](http://www.emofree.com/splash/video_popup.asp)