

HOW TO DO EFT, THE EASY WAY

If you need to learn how to do EFT—or how to “tap” as it is also called—here is the deal. I will keep the explanations to a bare minimum, and even if it sounds somewhat complicated, I promise, it is not. It actually takes just minutes to learn how to do foundational EFT. Once you know where the tapping points are and what the basic phrasing is, you are on your way.

A very brief history of EFT

EFT, also called “tapping,” is a Meridian Therapy, an ancient Chinese concept based on the subtle energy meridians that run through our bodies. You may already be familiar with meridians from acupuncture and acupressure.

Gary Craig developed EFT in the early 1990s and many experienced therapists continue to refine and adapt it. That is why not all practitioners use and teach exactly the same method. How does it work?

Instead of manipulating dozens of different acupressure points for dozens of different physical and emotional challenges, **EFT uses only a few—and always—the same points** of the major meridian channels. (Some practitioners use additional points.) It’s that simple!

It has been observed that by tapping with the finger tips on these points while being “tuned in” to a specific problem, a release of the physical, emotional, or mental discomfort can occur. Sometimes it happens instantly; sometimes it takes more patience and perseverance. Other times, something we call “the Art of Delivery” may be required and, possibly, a practitioner’s skill and experience.

While you are tuned in to your specific problem, tapping restores the energy flow in the body; the disruptions in the meridians are cleared

and normal function can resume. That's the official explanation of how EFT works, but there are various theories and explanations.

On the following pages, you'll see diagrams for the main tapping points, along with the basic phrasing for EFT sessions. We will be using what is called "The Shortcut"— **just 9 points to remember, once and for all.**

How to tap

You'll tap on the KARATE CHOP POINT of one hand with the tips of your slightly bent four fingers (without thumb) of the other hand. See Figure 1 for the location of the Karate Chop Point.

For the five facial points shown in Figure 3, you'll tap with your slightly bent index and middle fingers in the sequence shown below. (Figure 2 is not included on purpose; we don't need to use it here.)

It is generally more comfortable to use the four fingers of your open hand for tapping on the COLLARBONE POINT, UNDER THE ARM while reaching around your torso, and on the TOP OF THE HEAD. The locations of these points are shown in Figure 4.

It does not matter which hand you use—most people tap with their dominant hand. Don't worry if you skip a point or don't hit it "right." Unlike acupuncture, EFT is a very forgiving system.

You'll find this short video on EFT tapping helpful: www.tinyURL.com/DemovideoEFT

Now let's get to work.

How to Do EFT: The Basic Steps

Please Note: Before trying EFT, you agree to take full responsibility for your wellbeing and for your exploration of these techniques.

- 1. Notice something specific that is bothering you.** It might be a feeling in your body (tight throat, pain in your shoulder, knot in your stomach, etc.) or a specific negative thought in your head (I am a lousy writer, etc.), or an uncomfortable emotion (anxiety, embarrassment). For the sake of this exercise, let's name your bothersome issue "this stress." Now rate its intensity on a scale of 0–10 (10 being the most intense). How intense is this particular stress? Don't get hung up on the "correctness" of the number, it is just a point of reference.
- 2. Do the EFT Set Up.** To perform the Set Up (the "Even though...") tap on the KARATE CHOP POINT (outside edge of hand, see Fig 1) and repeat the following phrase three times:
Even though I have this stress, I deeply and completely love and accept myself.
(If you don't like "love," skip it and just say "I deeply and completely accept myself.")
- 3. Tap on each point** in Fig 3 several times, while repeating the words, *"This stress..."* 3
- 4. Tap on each point** in Fig 4 several times while repeating the words, *"This stress..."*

FIG I



Karate Chop



FIG 3

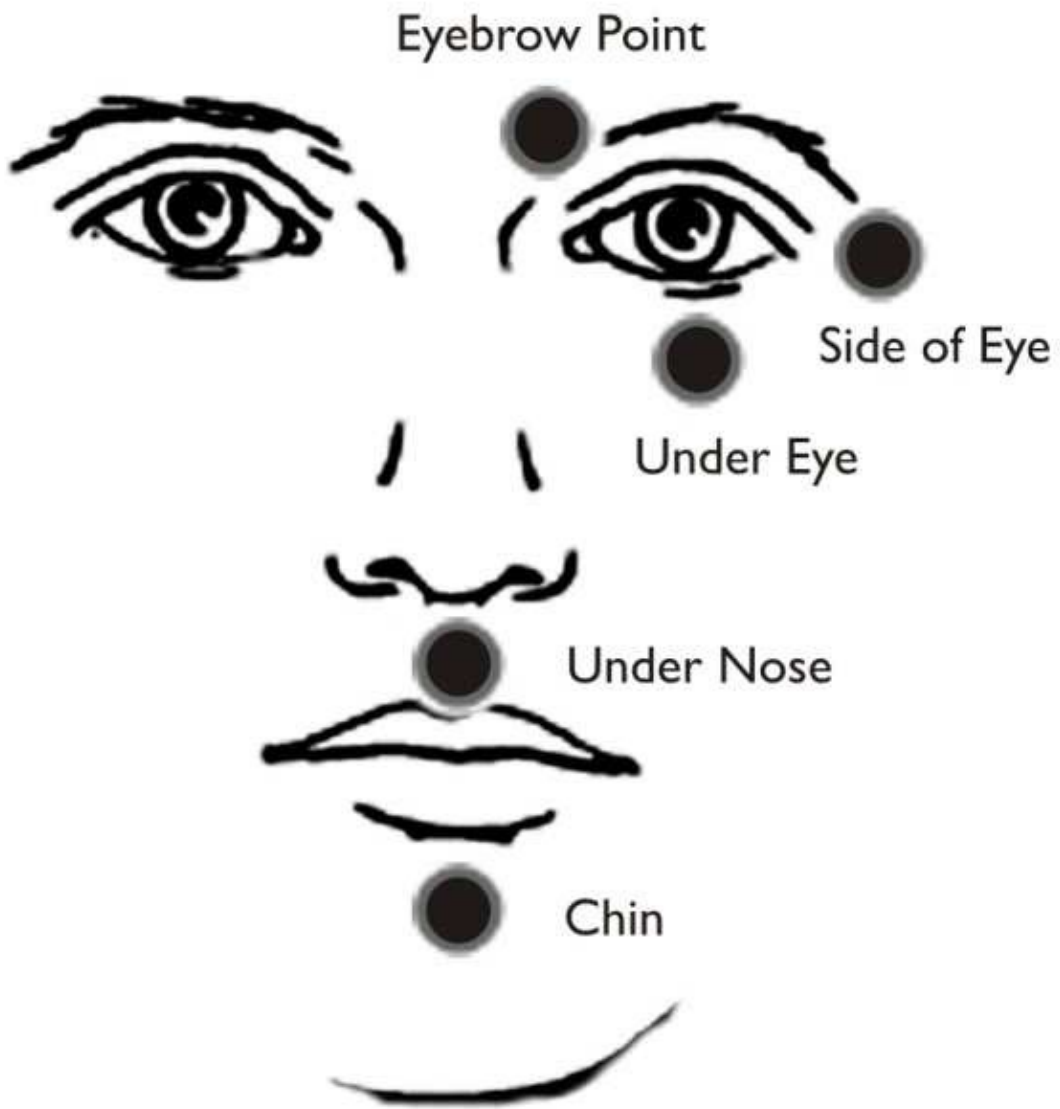
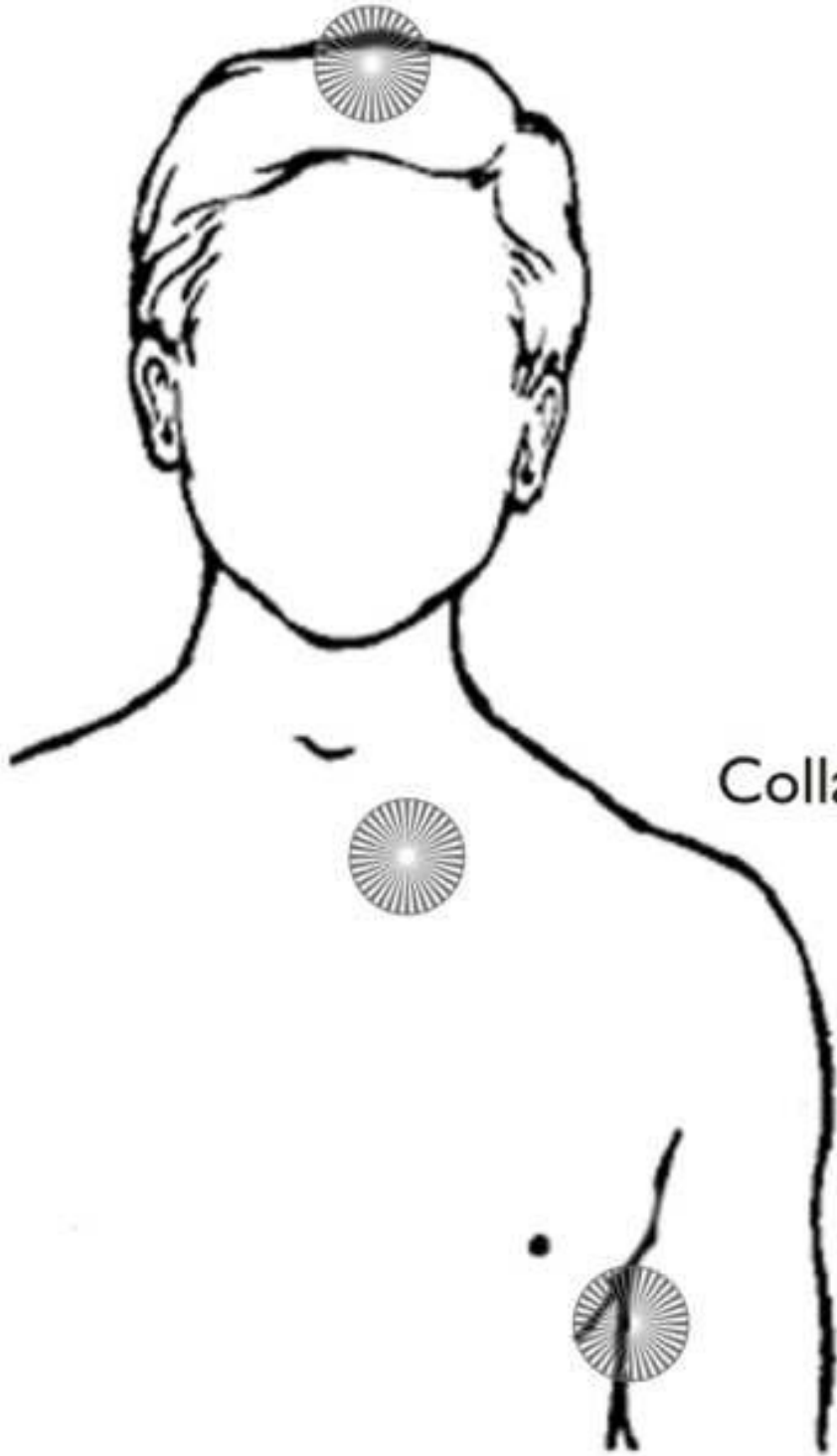


FIG 4

Top of the Head



Collarbone Point

Under Arm

Use this Sequence—as it is called—after you complete the Set Up (the *Even though*) on the **Karate Chop**:

Eyebrow

Side of Eye

Under Eye

Under Nose

Chin

Collarbone

Point Under Arm

Top of the Head

Take a deep breath.

As you can see, there is a natural flow of the points down the face and the upper body that is easy to remember.

5. **Pause to notice the effects of the tapping.** Give yourself a moment to tune in to your stress. How intense is what you have specifically been calling “this stress?” Has the number changed? What number would you give the intensity now? Is the issue is still present?
6. **Repeat the tapping process.** The second time around, we often change the wording a little if the issue (this stress) is still present. *Even though I still have this stress, I deeply and completely (love and) accept myself.*
7. **Say the words “this remaining stress...” as you tap on each point,** tapping until your intensity subsides substantially and you feel better. Repeat the whole process if necessary, until the emotional intensity is as low as it will go.

You might yawn, feel relaxed, experience tingling, or notice a lightness about the problem—or even a distance from it—that you had not previously felt. You could also gain new insights into the situation. Notice the changes. Congratulate yourself. You have just given yourself an experience of EFT.

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