

Emotional Freedom Technique (EFT)

EFT which is also known as "tapping" is a meridian technique that works by stimulating tapping points on the energy system. It is the same system acupuncture uses. It is a concept that has been used in many cultures for thousands of years. It is believed every emotional upset is caused by a disruption in the energy system. When used in conjunction with hypnosis (or Reiki) it is highly effective in relieving negative emotional states, physical symptoms (e.g., pain) and cravings. We incorporate the tapping technique as part of your session work (with the client's consent of course) and there is no additional charge for EFT application during your session.

How to perform EFT (tapping)

1. Identify your concern or issue. For example *"I am feeling anxious"*
2. Identify specifically what is causing the concern or issue. For example *"I am anxious because of (state cause)"* This is your "affirmation".
3. Now focus intently on the specific issue.
4. Applying a scale of 1-10 with 10 representing high severity (e.g., high level of anxiety) and 1 indicating no/low severity, determine your current state of the issue (for example, "my anxiousness because of (state root cause) is a 9 on the scale (high level of anxiety)"
5. Start tapping the side of your non-dominant hand (if you are right handed, your non-dominant hand is your left hand. If you are left handed, your right hand is your non-dominant) in the area shown below (karate chop energy point). Your tapping should be gentle but deliberate. As you tap, state your affirmation 3 times this way *"Even though I have (state cause: e.g., anxiousness, stress, pain), I love and accept myself"*
6. After tapping and stating your affirmation 3 times, shorten your affirmation to a key word or two. For example, *"anxiousness"* or *"stress"*, etc.
7. State your abbreviated affirmation before tapping each energy point. You may tap with one hand or both. If you decide on a two handed tap, simply mirror the energy points shown below.
8. Starting at your crown (see illustration below). State your abbreviated affirmation and then tap 7 times. For example, state *"anxiousness"* and then tap 7 times.
9. Now move to the next energy point which is the area at the edge of your eyebrow (see the illustration). Again, before tapping state your abbreviated affirmation (*"anxiousness"*) and tap 7 times.
10. Apply this approach for all of the points shown in the picture below (side of eye, under the eye, under the nose, your chin, your collar bone and under your arm).
11. Once you complete 1 cycle (starting with karate chop and finishing up under the arm), focus on your issue again and assess what number it is on your scale of 1-10. It will be lower... continue another cycle of tapping exactly as explained above (starting again with the karate chop energy point) as many times as required so your assessment is at 1 on your scale of 1-10 (many times clients assess the number on the scale as zero). Once you tap down to 1 or 0 (zero), you have cleared and released the energy blocks and feeling marked relief.

