

# My EFT

By:



## Emotional Freedom Technique Often Helps where Nothing else can.....

**All you have to lose is the one thing that causes  
you the most stress!!!**

*"Based on impressive new discoveries involving the body's subtle energies, EFT (Emotional Freedom Techniques) has been clinically effective in thousands of cases for Trauma & Abuse, Stress & Anxiety, Fears & Phobias Depression, Addictive Cravings, Children's Issues, and hundreds of physical symptoms including headaches, body pains, and breathing difficulties. Properly applied, over 80 percent achieve either noticeable improvement or complete cessation of the problem. "It is the missing piece to the healing puzzle."*

**Gary Craig Father of EFT, Emotional Freedom  
Techniques**

## Important Note:

*Taking responsibility for Your Own Well-Being:*

*EFT is gentle and easy to use, and has to date yielded remarkable results for relieving emotional and physical distress. While there have been no distressing side effects reported to my knowledge, this does not mean that you will not discover side effects for yourself. IF YOU INTEND TO USE THESE TECHNIQUES, YOU MUST AGREE TO TAKE FULL RESPONSIBILITY FOR YOURSELF AND OTHERS WHILE APPLYING THESE TECHNIQUES. You may wish to consult a trained EFT practitioner. If you continue reading through this manual and apply these techniques, you are agreeing to take full responsibility for yourself and others when applying the EFT technique, and shall neither hold Gary Craig, myself, nor anyone else associated with EFT responsible for any adverse side effects or outcomes. Thank you for reading this.*

For further information on EFT sessions please call Marc Hammond on 0423022198 or email [marc@marcsmassage.com.au](mailto:marc@marcsmassage.com.au).

Marc is an inspired and sensitive holistic health professional. He practices *Remedial and Swedish massage*, EFT, Eastern Cupping and is a Certified Oncology Massage Therapist. Marc also succeeded in overcoming chronic health challenges and has dedicated himself since 1996 to the study of healing and complementary therapies.

# What is (EFT) Emotional Freedom Techniques?

Emotional Freedom Techniques, or EFT is a psychological acupuncture technique that many doctors, hospitals, healthcare and well-being professionals use in their practice to optimise emotional health.

Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, it is more difficult to achieve your body's ideal healing and immune protective powers if stress or emotional barriers stand in your way.

## **EFT is very easy to learn, and will help you:**

- Transform Negative Emotions
- Reduce Food Cravings
- Eliminate Fears and Phobias
- Reduce Pain
- Heal Trauma
- Manage Stress effortlessly
- Implement Positive Goals
- Detach from Limitations
- Develop Self Confidence
- Cultivate Freedom and Joy and more



EFT is a form of psychological acupuncture and is based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments that have been used for over five thousand years and without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the hands head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, fears/phobias etc. And voice positive affirmations.

This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" - the emotional block -- from your body's bio energy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease.

Some people are initially wary of the principles that EFT is based on. The electromagnetic energy that flows through the body and regulates our health is only recently becoming recognized in the West. Others are initially taken aback by (and sometimes amused by) the EFT tapping and affirmation methodology. One of the most important aspects of this practice is that it can do no harm.

*"More than any traditional or alternative method I have used or researched, EFT works. I have witnessed the results in myself and my clients having decided to use EFT since 2003. The pioneer of EFT, Gary Craig, has seen similar outstanding results since developing EFT over twenty years ago. Because of its very high rate of success, the use of EFT has spread rapidly, and is being used by main stream health practitioners worldwide.*

# History

Gary Craig developed EFT around the early 90"s; it continues to be refined by many people to this day. It is one of the many forms of METs (Meridian Energy Therapies) now available, and perhaps one of the easiest to learn. EFT originated from TFT (Thought Field Therapy), which was discovered by psychologist Dr Roger Callahan in the 80"s. While Callahan developed the basic concept and structure, Craig had the vision to refine it and make it accessible to everyone. He also, along with many other therapists working in this field, began to realise the broader possibilities for EFT. As a therapeutic technique there is little else to equal its simplicity and effectiveness. Many experienced therapists now report typical success rates of 80-95% for many conditions. The immediate history of EFT is short; its future looks to be much longer. Recently a variety of scientific journals have published articles on effectiveness of EFT. For example, a controlled study is available in the September 2003 issue of the Journal of Clinical Psychology.

## Phobias

An excellent study by psychologist Steve Wells and his associates in Australia and the United States studied the effects of EFT on phobias of small animals and insects. This study is published in a leading peer reviewed journal, the Journal of Clinical Psychology.

The results of the study are impressive. Those subjects who had learned EFT, as compared to those in a comparison group who had learned a deep breathing method, showed significantly greater reduction in their fear of small animals and insects - both in terms of their ability to approach the feared animal after the treatment, and their self-reported indexes of fear. What is more, these results held up just as well six to nine months later as they did at the time of the treatment, showing that the results of EFT are lasting - an important consideration.

The deep breathing group improved also in their symptoms, but significantly less so. All told, this careful study represents a strong confirmation of EFT as a treatment for phobias and common fears.

*Wells, S., Polglase, K., Andrews, H.B., Carrington, P., & Baker, A.H. (2003). [Evaluation of a Meridian Based Intervention, Emotional Freedom Techniques \(EFT\), for Reducing Specific Phobias of Small Animals](#). Journal of Clinical Psychology, Vol.59(9),943-96. (click here for the PDF)*

# Post Traumatic Stress Disorder

Research conducted by Dr. Paul Swingle and his colleagues, studied the effects of EFT on auto accident victims suffering from Post Traumatic Stress Disorder - an extremely disabling conditioning that involves unreasonable fears and often panic attacks, disabling physiological symptoms of stress, nightmares, flashbacks etc. These researchers found that three months after they had learned EFT (in two sessions) these auto accident victims showed significant positive changes in their brain waves and in self-reported symptoms of stress.

Swingle, P., Pulos, L., & Swingle, M. (May, 2000). [Effects of a meridian-based therapy, EFT, on symptoms of PTSD in auto accident victims.](#) Paper presented at the annual meeting of the Association for Comprehensive Energy Psychology, Las Vegas, NV. ([Click here for the PDF](#))

# Principles

## Discovery Statement



Creates a ZZZZT (like static in your TV) in your Energy system which causes the physical and/or emotional response.

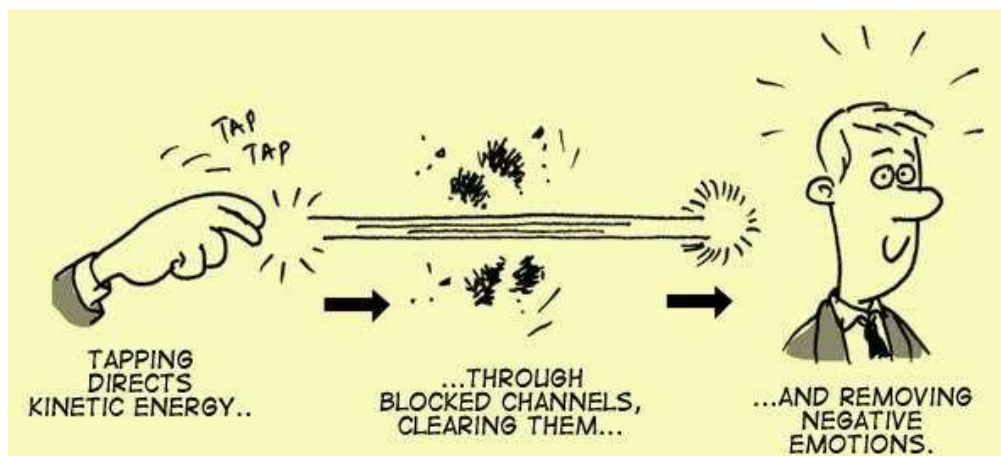
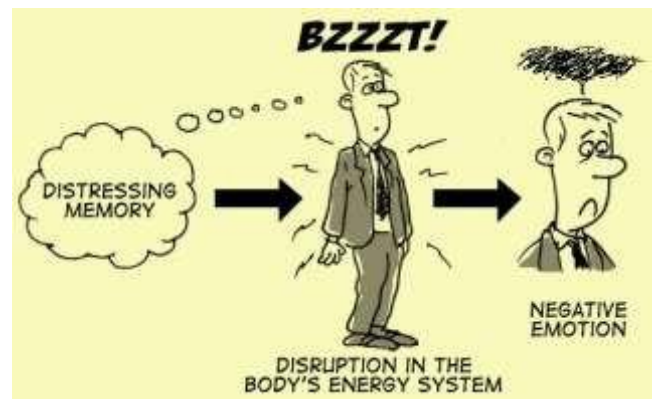
All negative emotions are caused by disturbances in the body's energy system

So how does it work? It uses the end points of the 12 major meridian channels and the 2 governing vessels found in Chinese medicine. It has been observed that by tapping on these points while focusing on the problem, a release takes place clearing the physical or emotional pain being worked on. This has led to the principal that:

***The Cause of ALL Negative Emotions Is a Disruption in the Body's Energy System***

The underlying idea here is that you or your clients aren't "mentally blocked". Rather they are "energy blocked". This refreshing way of viewing the human system suggests that an important cause of emotional problems can be found in the disruption of the subtle energies that are known to circulate throughout our bodies.

We find repeatedly that properly stimulating these subtle energies; tapping on the meridians with our fingertips while experiencing or focusing on a specific problem clears disruptions and normal function can resume. This results in a new level of emotional freedom. That's why Gary Craig called the procedure Emotional Freedom Techniques (EFT for short). Interestingly, our results aren't limited to emotional issues. As you can appreciate, bringing relief to someone's anger, fear or trauma also brings relief to physical ailments. By clearing the disruption in the body's energy system EFT returns health to the client.



# Psychological Reversal

Another interesting concept in EFT is that of psychological reversal. This appears to be when the energy flow becomes reversed, although nobody is exactly sure how it works. The outcome is however undeniable. Take for example somebody who wants to quit smoking. Muscle testing picks up the unconscious resistance. They still have some deeper part of them that wants to carry on smoking. Finding these different aspects and treating them with the help of the set-up phrase can correct this unconscious resistance. The outcome of this is that it's possible to help someone to stop when his or her will power is not *strong* enough. In fact it even demonstrates that will power is not always the best option in overcoming addictions. Will power if used for long durations is another form of stress on the body. It is great to use in emergency situations, but if used to overcome a craving it is likely that craving will resurface as something else. This is commonly seen when someone quits smoking and starts eating more instead.

It may be the reason why some people have such a difficult time losing weight or giving up addictive substances.

It is, quite literally, the cause of self-sabotage.

**Psychological Reversal is caused by self-defeating, negative thinking which often occurs subconsciously and thus outside of your awareness.**

Since the cause of Psychological Reversal involves negative thinking it should be no surprise that the correction for it is the neutralizing setup statement and affirmation already included in the Basic Recipe.

## **Common Psychological Reversal Scenarios**

My anxiety has a purpose, but I am not sure what it is.

I doubt it will happen.

I will be rejected.

I don't trust myself.

I worry that I will be disapproved.

I don't feel safe with... (whatever the situation is)

I have to be perfect about everything.

I fear something like this problem will happen again. I

doubt that I will really be able to do this.

# The Very Basic Short form Steps of EFT

## Step 1: Awareness (Tuning in)

*Think about your problem.*

*What worries you?*

*Where is your pain?*

*Are you feeling mad?*

*Are you feeling upset?*

*Are you scared?*

*What do you hate?*



*Problems are like puzzles and puzzles have a lot of pieces. The first step is to think about your problem and then pick the piece that you want to work on. When the piece of the problem is fixed you pick another piece until all the bad feelings are gone. (Be Specific)*

## Step 2: Tune in to the Intensity of the piece, story, and/or problem

*What does this piece feel like?*

*Does it make you feel sad?*

*Feel angry? Feel pain?*

*Find your SUDS/Intensity level-*

*How much? Create the Setup Phrase that feels right*

## Step 3: Balance with Tapping

**Correct Psychological Reversal**

*Tap with the Reminder Phrase*

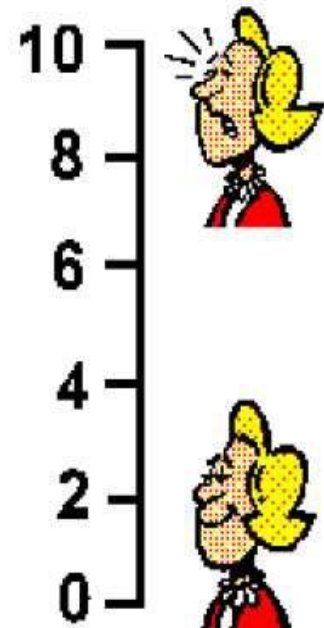
**Check your Intensity Level/ Stress/ Feeling thermometer**

## Step 4: Test and Clear

*Repeat the steps to clear other pieces of the puzzle and any remaining upset.*

*Persist lovingly, and let the core issue surface*

## Intensity Meter



With a little persistence most people experience amazing EFT results

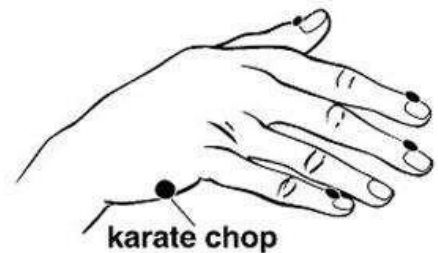
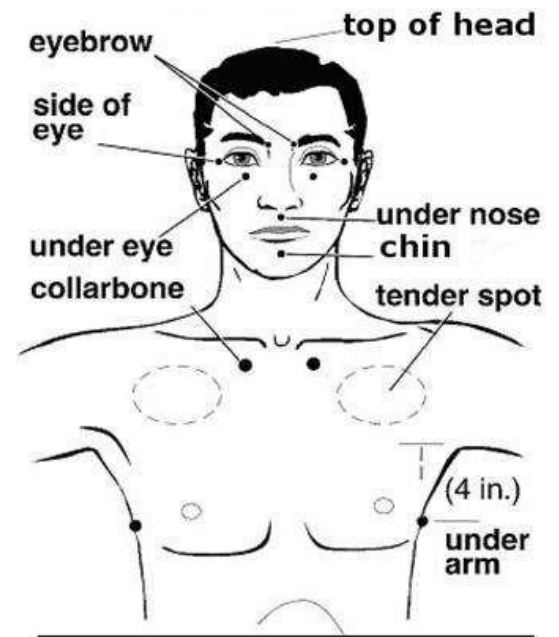


# A Self Help EFT session summarised:

- Identify the problem / event/ issue
- Measure its intensity (crescendo) from 0-10
- Create a set-up and reminder phrase that feels right
- **Be specific**
- Repeat set-up phrase 3 times while rubbing the sore spot or tapping on the "Karate Chop point".
- Repeat reminder phrase while tapping on each of the following points approximately 5-7 times.

Top of Head, Eyebrow, Side of Eye, Under Eye, Under Nose Chin point, Collar Bone, Under Arm and inside of the wrist.

*Persist lovingly... Be kind and gentle to yourself*



# If you get stuck

Sometimes you might not seem to be making any progress. If this is the case then you might try one of the following to help:

- Try a different set-up phrase.
- Make sure you are being as specific as possible.
- Drink a glass of water, this helps move things and may give insight.
- Move around, some gentle exercise may help shift whatever is stuck.
- Book a session with a qualified EFT Practitioner

## What Can Be Treated?

There are many things that EFT can help. Gary Craig the founder often says, “try it on everything”; however some conditions do have better success rates than others. Many **fears and phobias** can be removed completely and permanently. **Addictions** from smoking to substance abuse have been successfully resolved by tapping on the emotional contributors. **Trauma and abuse** (sexual, physical or mental) that can take months or years in traditional counseling or psychotherapy to resolve can be discharged with gentleness and ease. **Allergies and sensitivities** can be neutralised with EFT. There are many anecdotal stories of how other common problems such as **headaches, self-confidence/image, dyslexia, anger/stress, weight issues, arthritis, phantom pain and anxiety disorders** have been resolved using EFT. While it all sounds too good to be true the results speak for themselves. And one thing is for sure, if you don't try it, it won't work. You have nothing to lose but the problem itself.....

Comments like “15 minutes of EFT did me more good than 15 years of counseling” are not unusual. **However in my experience persistence and patience are often required for complicated and deep seated issues.**

## Frequently Asked EFT Questions:

[How can a single treatment method address such a variety of issues?](#)

[Are there any side effects to using EFT?](#)

[What prevents EFT from working?](#)

[Can I treat myself?](#)

[Suppose my illness has lasted decades or is an inherited condition?](#)

[How long will the effects last?](#)

[Can EFT be used for children?](#)

[Why does EFT focus on the negative so much? Can this hurt me?](#)

## How can a single treatment method address such a variety of issues?

The discovery statement of EFT states that, "the cause of all negative emotion is an imbalance in the energy system. All reactions, feelings, responses or physical symptoms can be addressed by balancing the human energy system with EFT. Once the energy system has been balanced, the depression lifts, the anxiety is neutralised or the physical pain is alleviated.

## Are there any side effects to using EFT?

No. EFT is safe, gentle, easy to apply, and non-invasive. To date, minimal side effects have been reported other than occasional temporary fatigue. On occasions if there are deeper underlying issues the intensity may increase slightly until you address that specific issue.

If you intend to use these techniques, you must agree to take full responsibility for the results and for your physical and emotional well-being. You may wish to consult a trained EFT practitioner for professional application of these techniques.

## What prevents EFT from working?

EFT works on everyone. Occasionally, the targeted issue is approached too globally which results in ineffectual relief. In rare cases, energy toxins such as perfumes or certain foods produce an allergic reaction in an individual's energy system and retard, or temporarily reverse treatment. Skilled EFT practitioners will spot this block and be able to treat the client effectively. While not perfect, EFT has an extraordinarily high success rate of 85%, even when used by beginners.

## Can I treat myself?

Absolutely, and with a likelihood of a high success rate. If you are motivated, emotionally stable and use good judgment in the problems you address with EFT, you should have good success. It is important however, to know your limits. Sometimes it is difficult to be both patient and doctor. Many people consult EFT practitioners for the objectivity and experience necessary for successful treatment.

## Suppose my illness has lasted decades or is an inherited condition?

EFT alleviates symptoms regardless of duration, etiology, or family history. The duration of the condition does not seem to affect the outcome or length of treatment needed.

## How long will the effects last?

It is difficult to predict this outcome in each individual case, however, long-lasting results are routine when EFT is used properly and aimed at the right targets. When the practitioner successfully treats the core problem, permanent relief is the norm.

## Can EFT be used for children?

Yes, usually with superb results. Since children are less critical than adults, they have less of a need to understand the inner working of the energy system, and can therefore allow the treatment process to unfold more naturally. It is very safe and effective with children.

## Why does EFT focus on the negative so much?

In order for EFT to work, you must be tuned in to your problem, for example, one would actually feel some anxiety. This allows the treatment to be "aimed" at the problem, and be neutralized as a result of using the tapping.

# EXPERIENCE THE BENEFITS FOR YOURSELF!

Once you have filled in and sent off the intake form, read this booklet and watched the Video:

**Phone Marc on 0423 022 198 to book an appointment.  
The first 15 minute Skype appointment is free.  
Thereafter, the rate is \$40 per half hour.  
Concession rates available.**

**[\(Intake form\)](#)**

Hope you found this introductory manual useful. Have Fun using EFT.

