

Certificate in Integrative Palliative Care – 3
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Week-05
Lecture 46: Emotional Freedom Technique (EFT)

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Dear friends, Namaste. This is the last lecture of week number 5 which pertains to energy healing. In this topic we started with Reiki. In Reiki we spoke about symbols and meaning of Reiki and thereafter we compared Reiki with the Pranic healing very nicely. Pranic healing you had learnt earlier and Reiki you learnt today. Thereafter we went to another factor of traditional Chinese medicine that is Qigong, how to achieve mastery over life force, Qigong and then we came down to Tai Chi that is called meditation in motion and last technique in energy healing is emotional freedom technique.

Emotional you know what is emotion your feelings and other things and most of the trouble as well as most of the happiness comes through your emotions but sometimes you need to free yourself from the emotions particularly troubled emotions though so that you can have a sort of good living, healthy living.

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PRELUDE

- Emotional Freedom Technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure.
- People who use this technique believe tapping the body can create a balance in your energy system and treat pain. According to its developer, Gary Craig, disruption in energy is the cause of all negative emotions and pain.
- Though still being researched, EFT tapping has been used to treat people with anxiety and people with Post-Traumatic Stress Disorder (PTSD).

Emotional freedom technique, in short we call it EFT, emotional freedom technique. It is an alternative treatment for physical pain and emotional distress, more so for emotional distress. It is also referred to as tapping or psychological pressures.

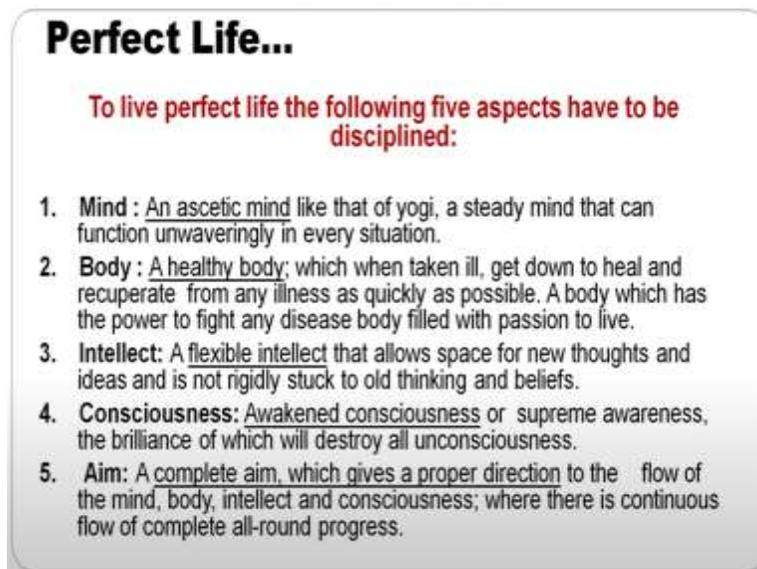
Because we generally do the tapping like this on particular points, they are akin to acupressure points. So, we call it EFT tapping. People who use this technique believe tapping the body can create a balance in your energy system and treat pain. According to its developer Gary Craig, disruption in energy is the cause of all negative emotions and pain. Though still being researched, EFT tapping has been used to treat people with anxiety and people with post traumatic stress disorder, PTSD.

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To understand better I divided this particular emotional freedom technique into four parts. In part one we will see history and its origin, part two what is EFT tapping and in last part we will see what are the health benefits of EFT tapping.

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What is perfect life? Normally, we say there is no perfect human being. There is nothing is perfect in this life. But still we try and achieve perfectness till the time we live.

So, what gives us a perfect life? I have written down five aspects in which we have a disciplined way of life, then we might achieve some sort of perfection, nearer to

perfection. Nobody can be perfect, but we can achieve some sort of perfection in our life and that increases our well-being. First is mind. Mind, if we develop an ascetic mind like that of yogi a steady mind not wavering that can function unwaveringly in every situation whatever come happiness or troubles it should not create any disturbance in the mind tranquil mind tranquility peace calmness that is the first requirement. Second is body.

Body means health. And normally we all say since our childhood, our parents have taught us, we learnt in school, which is the biggest wealth? Health is wealth. If you are bodily fit, then everything is okay. A healthy body, which when taken ill, get down to heal and recuperate from any illness as quickly as possible. That means we must have that vitality to fall sick.

It's very normal, it's very common. Nobody can say that I'll never fall sick. But when you fall, see, you can come back to the normal position because of your vitality. That is possible. A body which has the power to fight any diseased body filled with passion to live.

Yes, you want to live healthily and you fight it back and come back to the normal healthy conditions as early as possible. That sort of body you need. Mind, body, intellect. You can't be a fool person. if you are foolish then there is no question of bloody living here in this world people will keep on fooling you.

Therefore you must have you must possess reasonable amount of intelligence, reasonable I am saying your IQ should not be 150 you shouldn't be I don't say that everybody should be like Einstein but your IQ should be generally around 120 average may be little less than average or may be little higher than average A flexible intellect that allows space for new thoughts and ideas and is not rigidly stuck to the old thinking and benefits. That means you should be advanced, you should be flexible to the changes, bodily changes, mind changes. You cannot stick to the old routine dogmas. If something needs to be accepted, it is a modern world. I cannot say that you know 50 years back we are living like this, so I will keep on living like this.

No, it is not possible. It should not be done. That is not called a normal intelligence. Fourth, consciousness. You should be nearer to your heart.

What your heart says. What's your passion? Awaken consciousness. Why have you come here? What are you living for? Even animals also live. They come and they go.

They die. We are not bloody animals. We are animals but we are the supreme animal with all the senses intact. We can see. We can laugh. We have got mind to reason it out.

We can make use of our legs. We can make use of our hands. We do so many innovations to awaken consciousness or supreme awareness, the brilliance of which will destroy all unconsciousness. And last is aim. I was telling you earlier, just few minutes back, why have we come here? Why are we here in this world? And why have we come here as human being? Why not some animal? That means there is some aim that we have come here, we are born in this humanity and that too of 21st century.

We must have proper aim. Why are we living? What should we do in our life? The complete aim which gives the proper direction to the flow of mind, body, intellect and consciousness. All these four things, mind, bodily health, intelligence and consciousness, all four must combine and give impetus to your aim, objective of our life, where there is continuous flow of complete all round progress. So if all these things are there my dear friends, then I can say that we are leading a perfect life and for that what we require is proper emotions.

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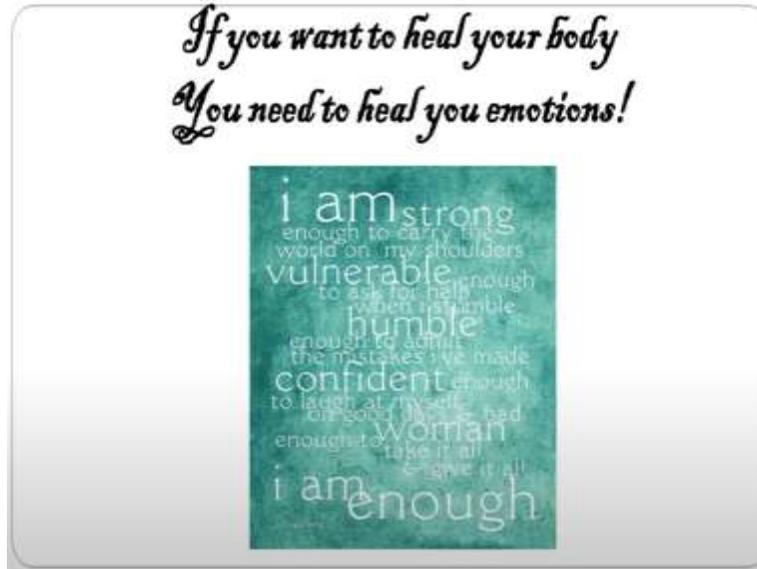


If we have fractured emotions, if somebody abuses us, we become very sad, we start crying.

Why? What for? We are not like an electric switch of a bulb. If somebody switches on, bulb lightens. If somebody switches off, there is darkness. We must have emotional control on our feelings. If emotional fracturedness is there, that means we are not leading a healthy life emotionally and that is going to definitely effect our bodily health, like left

side you see emotional fractured face and right side you just see a girl young girls saying saying you know I am not good enough you make yourself good enough why are you so sad you are young god has given you beautiful body So many sense organs, make use of them.

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If you want to heal your body, you need to heal your emotions. Say yourself, I am strong enough to carry the world on my shoulders. I am vulnerable enough to ask for help when I stumble. When I stumble, I will definitely ask for some help. Please come and catch my hand, raise me.

There is no shame in that. I am humble enough to admit the mistakes I make. Everybody makes the mistake. Nobody is perfect. Confident enough to laugh at myself on good days and bad. Good days everybody laughs because you are happy.

But when the trouble starts, when the bad days are there, rainy days are there, it is difficult to laugh. And that is the time that you should be confident enough to laugh at yourself. This particular rainy season which has come, it will also go. Nothing is permanent. Nothing is permanent in this life.

Neither happiness nor unhappiness. Open enough to take it all and give it all. I am enough. That is a feeling when you get, I am enough.

I am confident. I can do the things myself. When required, I will ask for help. that brings perfectness in our life.

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Holistic Healing is the answer!

- If people have fractured emotions, imbalances (physical, emotional, or spiritual) in their lives, they will negatively affect their overall health. What we need is Holistic Healing! EFT contends that cause of all negative emotions is a disruption in the body's energy system.
- Holistic healing is a form of healing that considers the whole person - body, mind, spirit, and emotions in the quest for optimal health and wellness.

Holistic healing is the answer. If you want to remove that fractured mind, fractured emotion, emotional state of our life, then what is required is the holistic healing.

If people have fractured emotions, imbalances, physical, emotional or spiritual in their lives, that will negatively affect their overall health. What we need is holistic healing, EFT, Emotional freedom technique contains that cause of all negative emotion is a disruption in the body's energy system. In this particular, we are just talking about body's energy system, which is Qi in Chinese language, which is Prana in our Indian language, Prana. And because of Prana, we sustain ourselves as human beings, confident human beings. Holistic healing is a form of healing that considers the whole person, body, mind, spirit and emotions in the quest for optimal health and wellness.

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Types of Holistic Healing

1. Reiki
2. Acupuncture
3. Emotional Freedom Technique (EFT)
4. Crystal Healing
5. Aroma Therapy
6. Yoga
7. Mediation etc.



What are the types of holistic healing? Reiki, we just saw it in this week itself. Acupuncture, we will see next week in week number 6. Emotional freedom technique EFT, we are going over it just now. Crystal healing will not take up, but aroma therapy will come up next.

We will talk about aroma therapy. Yoga and meditation has been already taught to you in the yoga therapy. So, these are the types of holistic healing we are talking about where body, mind, spirit and emotional strength combined gives you holistic healing.

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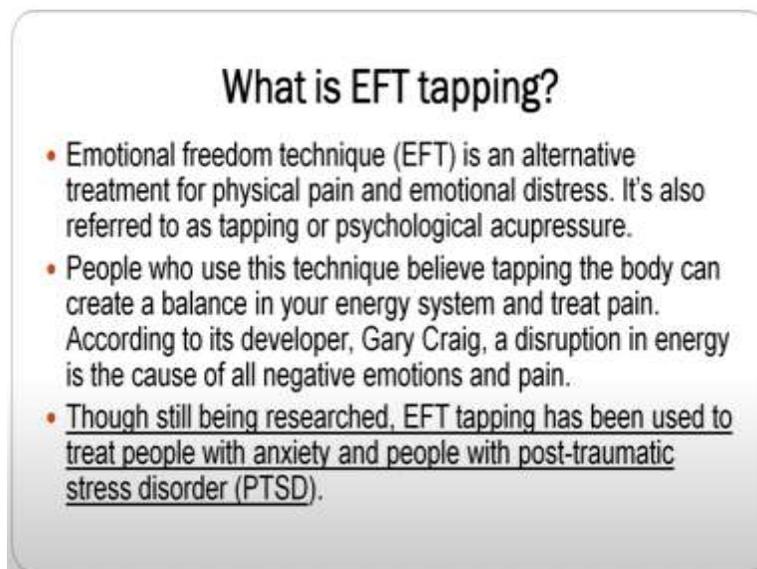
Emotional Freedom Technique

- Emotional freedom technique (EFT), which people often refer to as EFT tapping, is an alternative therapy for anxiety, post-traumatic stress disorder (PTSD), and some other conditions.
- According to the developer of EFT, Gary Craig, tapping on different parts of the body helps balance energy and reduce physical and emotional pain. People can see an EFT practitioner for treatment or treat themselves using this technique.
- There have been relatively few studies on EFT, but the body of research has grown in recent years.

Emotional freedom technique which people often refer to as EFT tapping is an alternative therapy for anxiety, post-traumatic stress disorder and some other conditions. According to the developer of EFT Gary Craig, tapping on different parts of the body helps balance energy and reduce physical and emotional pain. People can see an EFT practitioner for treatment or treat themselves using this technique.

So, basically this can be done with the help of a practitioner also as well as once you learn it, you can start doing EFT tapping yourself. You do not have to go to anybody else. There have been relatively few studies on EFT, but the body of research is growing up nowadays in recent years.

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What is EFT tapping?

- Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure.
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People who use this technique believe tapping the body can create a balance in your energy system and treat pain according to his developer Gary Craig, disruption in energy is the cause of all negative emotions and pain though still being researched EFT tapping has been used to treat people with anxiety and people with PTSD post traumatic stress disorder.

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Background of EFT...

- **In the 1970s, Dr. George Goodheart, Dr. John Diamond and Dr. Roger Callahan** each discovered that verbally focusing on a problem or issue (emotional or physical) – while manually stimulating acupuncture points – could bring surprising relief in their patients – particularly with regard to fears, phobias and physical responses to stress.
- Dr. Callahan was so moved by his discoveries in this area that **he patented his emerging "tapping" program TFT or Thought Field Therapy.** Eventually, his focus on "tapping" would completely transform his Psychology practice, which was unheard of in therapeutic circles at that time. TFT, while effective and still widely practiced today, was involved and complex.

Background of EFT very interesting This is a new technique, it started in 1970s, in 1970s it started as TFT, let us see TFT means thought filled therapy and then 1990 just within 20 years TFT got converted into EFT emotional freedom technique by Gary Craig. In the 1970s Dr. George Goodheart and Dr. John Diamond and Dr. Roger Callahan, each discovered that verbally focusing on a problem of issue, verbally, listen to this word verbally, focusing on a problem or issue while manually stimulating acupuncture points, verbally you are speaking about the problem, this is my problem, I am sad, I am sad, I am sad and at the same time you are tapping on a particular acupuncture point, at the same time you are tapping on a particular acupuncture point.

So, both ways it is going to affect you, verbally your mind gets affected and when you tap a particular point your body energies, it could bring surprising relief in the patients particularly with regard to fears, phobias and physical responses to the stress, so basically psychological stress. Dr. Callahan, all these people, they were psychologists, all the three doctors. Dr. Callahan was so moved by his discoveries in this area that he patented his emerging tapping program as TFT or thought field therapy.

Thought, because you are verbally speaking, I am sad, I am sad, I am sad. Thought field, it was a particular field of thought and that thought was negative. Now, when you are talking about in at the same time you are tapping a particular point it gets effective. Eventually, his focus on tapping would completely transform his psychology practice which was unheard of in therapeutic circles at that time in 1970s we are talking about

almost about 50 years back. TFT while effective and still widely practiced today was involved and complex.

It was a complex process.

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Background of EFT

- It was primarily accessible only to therapists or those willing to make a substantial financial investment in learning the process.
- One of Callahan's students, Gary Craig, was able to synthesize it into a more simplified form – one involving fewer tapping points and far less complexity.
- A Stanford trained engineer and Master of NLP (Neurolinguistic Programming), Craig added key NLP concepts, and called it EFT or Emotional Freedom Techniques.

So, what happened? Surprisingly, we always say, who was the best archer? Arjun studied archery from Guru Dronacharya. He was Guru Dronacharya was also good archer, but Arjun become a master. Similarly, Gary Craig was a student of these three doctors, psychologist. One of Callahan students Gary Craig was able to synthesize this TFT into a more simplified form, one involving fewer tapping points and far less complexity, it became very simpler, very few points to be tapped. He was an engineer, a Stanford trained engineer and master of NLP, neuro-linguistic programming.

Craig added key NLP concepts and called it EFT or emotional freedom technique and this happened in 1990s. Callahan started TFT in 1970s.

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The History of EFT

- EFT first appeared in the late 1990s via Craig's popular website (emofree.com) where he made it available to laypeople via low-cost videos.
- Since that time, it has proliferated steadily beyond traditionally therapeutic circles and taken on added refinements – many of which were shepherded-in by Craig and his students through experimentation.
- **Despite some rapid evolution in the early years, original or "classic" EFT has remained largely unchanged.** It is this version of EFT that comprises EFT International's model of EFT tapping training.

One of his students Gary Craig evolved a different technique based on the initial TFT technique and that became emotional freedom technique. TFT first appeared in the late 1990s via Craig's popular website emofree.com where he made it available to lay people via low-cost videos.

Since that time, it has proliferated steadily beyond traditionally therapeutic circles and taken on added refinements, many of which were sharpened in by Craig and his students through experimentation. Despite some rapid evolution in the early years, original or classic EFT has remained largely unchanged. Modern things are coming up with new advances, but still the original classic theory of EFT remained the same. It was, it remained simple and very few tapping points. It is this version of EFT that comprises EFT International's model of EFT tapping training.

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EFT tapping, that's part two.

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What is EFT tapping?

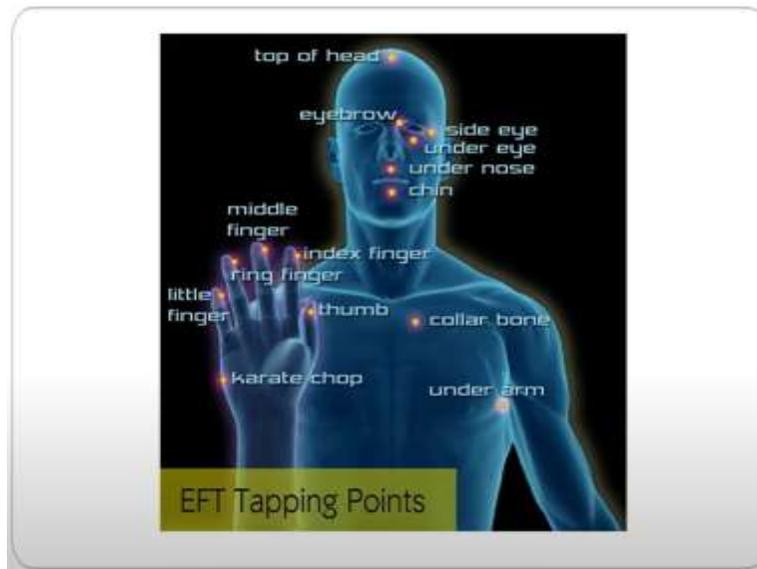
- EFT (Emotional Freedom Techniques) or "Tapping" is a body/mind self-help method that is easy to learn and flexible enough to be used by anyone. It involves tapping with fingertips on acupuncture points on the hands, face and body while giving focused attention to uncomfortable thoughts and feelings.
- When we are willing to face negative emotions like guilt, hurt, fear or anger while tapping (instead of trying to fight them or push them away), we can experience surprising relief. After just a few rounds of EFT tapping, for example, people often report feeling lighter, calmer and able to breathe more easily.
- In addition to providing relief from stress when we need it, EFT tapping can be also used therapeutically to help us address the roots of our problems and make lasting changes.

Tapping is a body-mind self-help method that is easy to learn and flexible enough to be used by anyone. Anybody can use it. Anybody can learn it. There is nothing complex about it. It involves tapping with fingertips on acupuncture points on the hands, face and body while giving focused attention to uncomfortable thoughts and feelings.

You are verbally focusing, sometimes verbally focusing on those uncomfortable

thoughts and at the same time you are tapping those points on your body, body, hand or face. When we are willing to face negative emotions like guilt, hurt, fear or anger while tapping, we can experience surprising relief. After just a few rounds of EFT tapping, for example, people often report feeling lighter, calmer and able to breathe more easily. In addition to providing relief from stress when we need it, EFT tapping can also be used therapeutically to help us address the roots of our problems and make lasting changes in our life.

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These are the EFT tapping points from head, face and the body.

Top of the head, eyebrow, side eye, under eye, under nose, chin, all the fingers, little finger, ring finger, middle finger, thumb, karate chop, this is the karate chop, collar bones, under arm. So, these are the points which are very easily accessible, not complex.

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How Does EFT Tapping Work?

- Similar to acupuncture, EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. It's believed that restoring this energy balance can relieve symptoms a negative experience or emotion may have caused.
- Based on Chinese medicine, meridian points are thought of as areas of the body energy flows through. These pathways help balance energy flow to maintain your health. Any imbalance can influence disease or sickness.

How does it work? Similar to acupuncture, EFT focuses on the meridian points. Meridian points, I will take a lecture on meridians in week number 6. In week number 6, I will be devoting about 25-30 minutes and I will discuss about meridians.

Similar to acupuncture, EFT focuses on the meridian points or energy hotspots to restore balance to your body's energy. It is believed that restoring this energy balance can relieve symptoms or negative experience or emotions may have caused. Based on Chinese medicine, meridian points are thought of as areas of the body energy flows through. These pathways help balance energy flow to maintain your health and any imbalance can influence disease or sickness. Meridians in a simple language, they are the pathways going all over the body.

They are just like highways. You can't see it. It's just like a blood circulation system. It can be seen. Scientifically, it is proved that blood is going around in those veins. Meridians, you can't. So, meridians are just pathways on which there are certain acupuncture points are there.

By tapping those points, you get relief.

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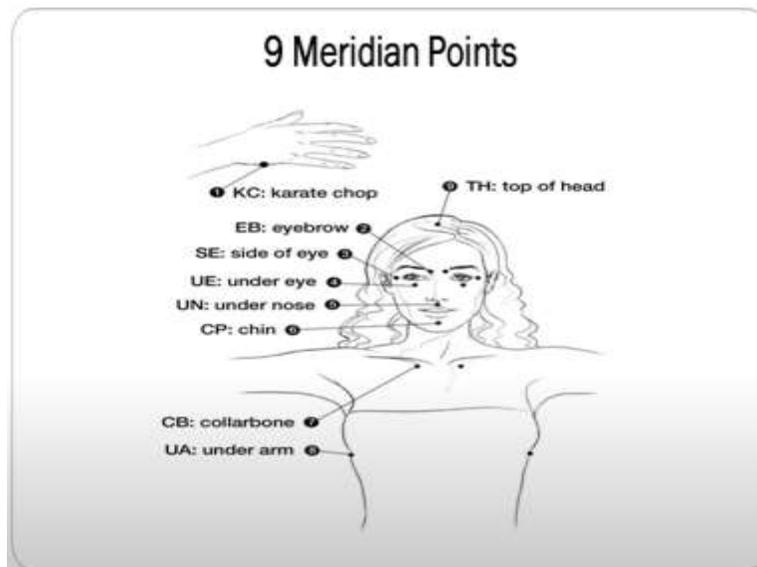
How Does EFT Tapping Work?

- **Acupuncture uses needles to apply pressure to these energy points. EFT uses fingertip tapping to apply pressure.**
- Proponents say the tapping helps you access your body's energy and send signals to the part of the brain that controls stress. They claim that stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy.

Acupuncture uses needles to apply pressure to these energy points. EFT uses fingertip like this, tapping to apply pressures like this. This is tapping my chin. Proponents say the tapping helps you access your body's energy and send signals to the part of the brain that controls stress. They claim that stimulating the meridian points through EFT tappings can reduce the stress or negative emotions you feel from your tissue, ultimately restoring balance to your disrupted energy.

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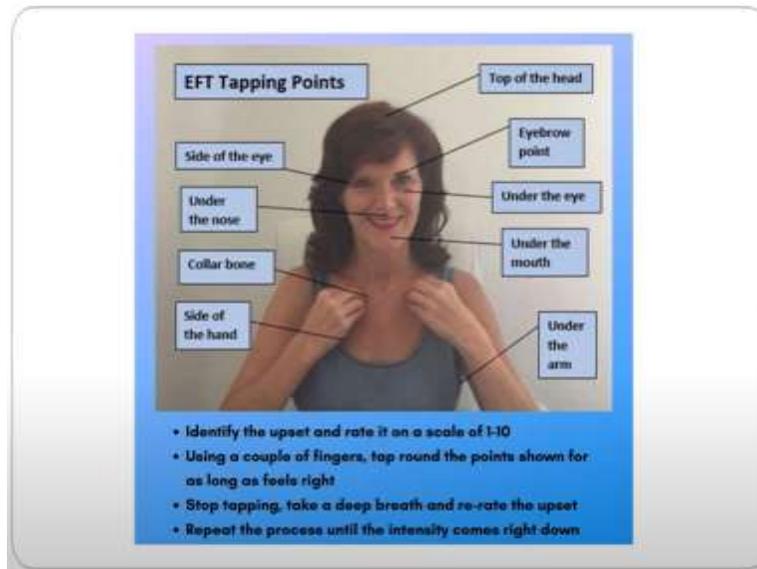
9 Meridian Points



Again main nine meridian points they have shown on the hand karate chop is there, then top of the head, these are the TH means top of the head. Then side of the eye, under eye, under nose, collar bone and under arms. This image we saw earlier.

This is just to reinforce your memory.

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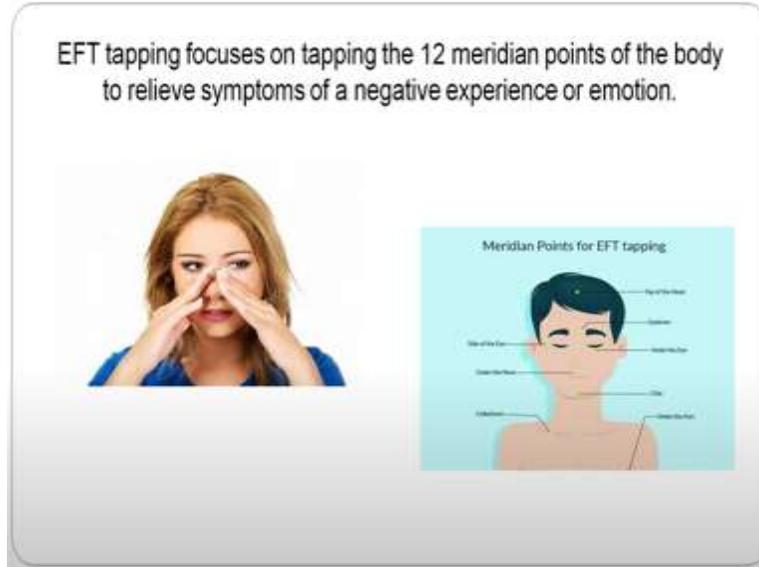


Again the same EFT tapping. Now just go down blue diagram. Identify the upset and rate it on a scale of 10. What is bugging you? What is troubling you? What is that emotion which is hurting you? Identify and how much hurt it is caused. If somebody has abused you, so it is definitely hurting you.

A big abuse is, it hurts you more. So how much? On a scale of 1 to 10. 1 means very less hurt. 5 means, yes, I am hurt. 6, 7, much hurt, I am very hurt, so badly, you know, I want to take revenge. So find out, identify the upset, rate it on a scale of 1 to 10. Using a couple of fingers, tap around the point shown for as long as you feel right.

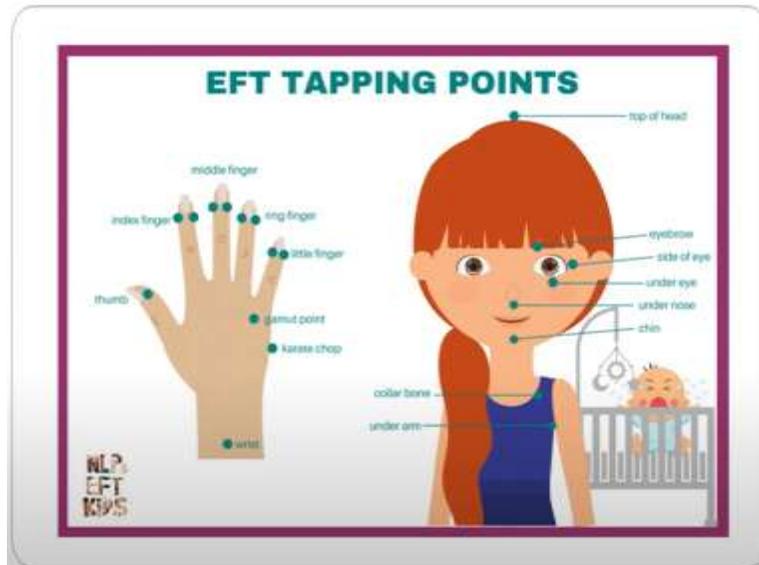
Stop tapping, take a deep breath and re-read the upset. Deep breathing puts you back. You can take three deep breaths. Inhale slowly, deeper and deeper and then slowly exhale. Three deep breaths repeat the process until intensity comes right down.

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Same again meridian points.

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Meridian points shown separately on hands, as well as on your face.

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EFT Tapping in 5 Steps

EFT tapping can be divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

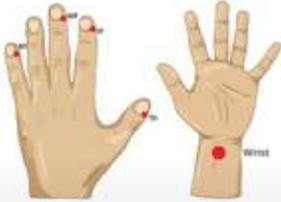


In five steps which are those five steps. Now this is very important how you should do tapping in five steps.

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1. Identify the Issue

- In order for this technique to be effective, **you must first identify the issue or fear you have.**
- This will be your focal point while you're tapping.
- Focusing on only one problem at a time is purported to enhance your outcome.



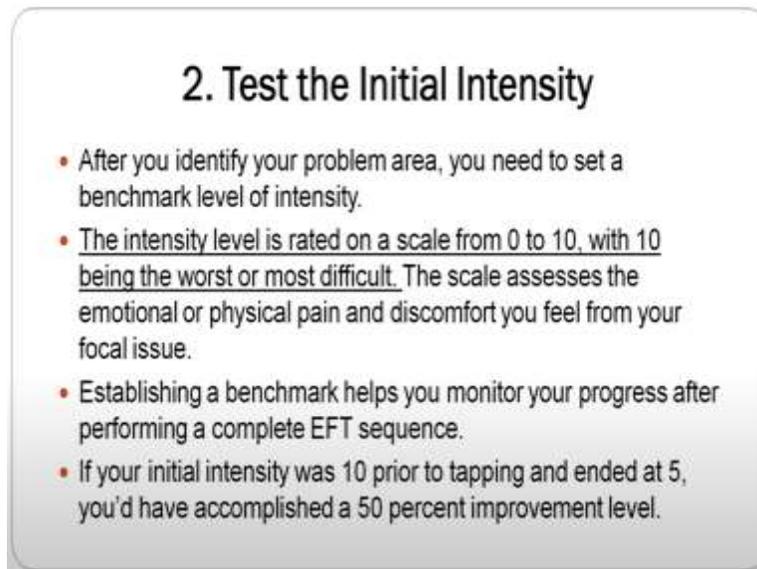
Identify the issue.

What is the issue? In order for this technique to be effective, you must first identify the

issue or fear you have. What is troubling you? Name it. What is troubling you? Name it. This will be your focal point while you are tapping.

Focusing on only one problem at a time is purported to enhance your outcome. Focus only on one problem because one must be unhappy on so many issues. After all, we are a human being, we get hurt on many directions. Many directions are there from which we get hurt. So, when you try EFT, emotional freedom technique, focus only on one issue, one hurt at a time.

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2. Test the Initial Intensity

- After you identify your problem area, you need to set a benchmark level of intensity.
- The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue.
- Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence.
- If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50 percent improvement level.

Second, taste the initial intensity, I just said it, rated on a scale from 0 to 10, with 10 being the worst or most difficult.

10 means you have been hurt so badly that you don't want to get up. Sometimes you are crying that somebody has hurt me, somebody has abused me like anything, and it has gone into my heart. I just can't forget it, I can't forgive him also. That sort of hurt will put you to a scale of 9, 10. And if you say okay fine, if he has hurt me, he has abused me, next time I meet him I do the same thing to him.

So it comes to 4 or 5 of the scale. Establishing a benchmark helps you monitor your progress after performing a complete EFT square. If your initial intensity was 10 prior to tapping and ended at 5, that means you have accomplished 50 percent improvement. If you have calmed down, then it is 50 percent.

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3. The Setup

- Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals:
 - Acknowledging the issues
 - Accepting yourself despite the problem
- The common setup phrase is: **"Even though I have this [fear or problem], I deeply and completely accept myself."**
- You can alter this phrase so that it fits your problem, but it must not address someone else's. For example, you can't say, "Even though my mother is sick, I deeply and completely accept myself." You have to focus on how the problem makes you feel in order to relieve the distress it causes.
- It's better to address this situation by saying, "Even though I'm sad my mother is sick, I deeply and completely accept myself."

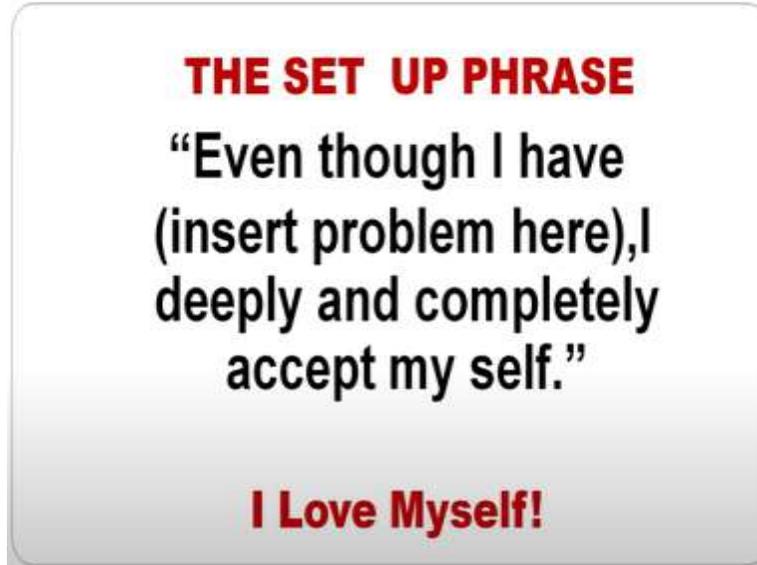
The setup. This is the most important of the points, setup. Prior to tapping, you need to establish a phrase that explains what you are trying to address, what is that hurt, which is that hurt which you are trying to address, acknowledging the issues and accepting yourself despite the problem.

The common setup phrase, even though I have this, I deeply and completely accept myself. This is the phrase you have to write down. And even though I have this and the bracket is there, in that you have to write down what is the fear, what is the hurt, what is your issue, what is your problem. The first part of this setup is the statement of the hurt itself and second part relates to yourself. Whatever it is, whatever may be the condition, but I deeply and completely accept myself.

Whatever it must have happened, but I am what I am. Nothing has happened to me. So that setup is very important. It is better to address the situation by saying, even though I am sad my mother is sick, I deeply and completely accept myself. Now this is one phrase they have given. The son is not happy because his mother is sick and he just can't forget that my mother is so sick.

What should I do? I love my mother. So in this condition he sets up like this even though I am sad I am not happy because my mother is sick however I deeply and completely accept myself but still what can I do so this is called a setup.

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Setup phrase is like this even though I have insert the problem here, deeply and completely accept myself. Another thing a student wants to write he failed in his exam twelfth exam.

Even though I have failed in my 12th board exam, I am not happy. I was supposed to pass. I was supposed to get good marks. I was supposed to join some good college, engineering, medical, this or that. It is hurting me. Even though I have failed in my 12th board exam, I deeply and completely accept myself.

But still, whatever has happened, happened. I can't change it. So, next year I will try myself and get better marks. So, this sort of set of phrase needs to be charted out because you love yourself, I love myself.

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4. EFT Tapping Sequence

- The EFT tapping sequence is the methodic tapping on the ends of nine meridian points.
- There are 12 major meridians that mirror each side of the body and correspond to an internal organ. **However, EFT mainly focuses on these nine:**

1. Side of Hand, Sometimes Referred to as "Karate Chop" (KC): Small Intestine Meridian
2. Top of Head (TH): Governing Vessel
3. Eyebrow (EB): Bladder Meridian
4. Side of the Eye (SE): Gallbladder Meridian
5. Under the Eye (UE): Stomach Meridian
6. Under the Nose (UN): Governing Vessel
7. Chin (Ch): Central Vessel
8. Beginning of the Collarbone (CB): Kidney Meridian
9. Under the Arm (UA): Spleen Meridian

Then the tapping sequence, twelve major meridians, side of hand, tap of head, eyebrow, side of and that way you just go down from top to the middle part.

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4. EFT Tapping Sequence...

Begin by tapping the side of hand point while simultaneously reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order:

- Eyebrow
- Side Of The Eye
- Under The Eye
- Under The Nose
- Chin
- Beginning Of The Collarbone
- Under The Arm

Eyebrow, side of the eye, under the eye, under the nose, sheen, beginning of the collar bone and under the arm from top to the middle part.

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5. Test the Final Intensity

- At the end of your sequence, rate your intensity level on a scale from 0 to 10.
- Compare your results with your initial intensity level.
- you haven't reached 0, repeat this process until you do.

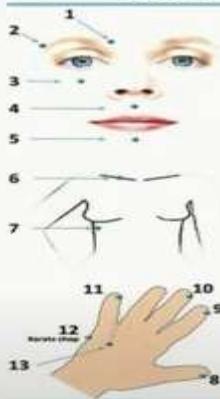


Then test the final intensity this is normally what we do we have worked so hard for 20, 30 minutes of emotional freedom tapping. So now you say your pain has reduced or not, again on the same scale of 0 to 10.

If you haven't reached 0, repeat this process until you do. If your pain is not gone away totally, keep repeating this phrase, keep repeating, say aloud that particular phrase, even I am not happy because I failed in 12th board exam, I am still I still accept and deeply love myself that sort of phrase you have to give it away every time.

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Emotional Freedom Technique



A. Before you begin

1. What color is it?
 - a. Get into the picture or sound of it.
2. What number is it from 0-10, 10 being the highest?
 - a. Get into the feeling of it.

B. Tap on the points 1-12 and say "Even though...[insert feeling, habit, anything here] I deeply and completely love and accept myself".

On the 13th Tap Spot.....

14. Eyes open
15. Eyes closed
16. Eyes open
17. Look hard down to the right (keep head straight)
18. Look hard down to the left (keep head straight)
19. Eyes complete circle clockwise
20. Eyes complete circle counter-clockwise
21. Hum a tune - Happy Birthday (Out loud)
22. Count 1, 2, 3, 4, 5 (Out loud)
23. Hum a tune again
24. Start tapping over without completing steps 14-23.
25. Repeat until number is 0 and color is white

 Suffering is an option, so Anchor Your Life In Choice
NCFE Now 980-836-5353 or 980-640-1728
www.emotionalfreedom.com 

All tapping points.

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Part three health benefits.

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It has been found to be effective in variety of issues blood pressure. Addictive cravings. What is addictive cravings? It means you got a lust, you just cannot live without it.

There are certain smokers, certain alcoholists, you know, they cannot live without alcohol. Some people, they need cigarettes anytime, as and when they wish, paan masala,

food, cigarettes. I also love food, you know. Today itself in the lunch, I wanted to take, I just thought that I will just take one helping of sweet. But I took two helping, that is called additional craving.

Can it be stopped? It can be stopped with EFT tapping. Allergies, anger, anxiety, enhancing self-image, negative memories and enhancing peak performance.

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Benefits of EFT

- EFT Tapping can help us:
 - Relieve stress and promote general relaxation
 - Release and transform uncomfortable emotions like anxiety, sadness, anger, guilt and frustration
 - Identify, explore and resolve limiting thinking and habits of behavior
 - Gently and appropriately heal the effects of trauma and more
- Whether on our own or with an experienced EFT practitioner, tapping helps us discover just how our thoughts, beliefs and emotions affect our bodies and our lives – and how we can more consciously make the changes we desire.

It can help us relieve stress and promote general relaxation, release and transform uncomfortable emotions like anxiety, sadness, anger, guilt and frustration. Identify, explore and resolve limiting thinking and habits of behavior. Gently and appropriately heal the effects of trauma and more. Whether on our own or with an experienced EFT practitioner, tapping helps us discover just how our thoughts, beliefs and emotions affect our bodies and our lives and how we can more consciously make the changes what we desire in our life.

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How Can I Use EFT?

There are two ways we can apply EFT (Emotional Freedom Techniques) or what is now more commonly known as Tapping:

1. EFT or Tapping for Self-Care

- This method can help us relieve stress and feel better in the moment.
- Tapping on our own, in a group or along with a video or audio can help us rapidly self-soothe and calm our nervous systems.
- With further practice, training, and mentoring, EFT can also be practiced in ways similar to Practitioner-Assisted EFT (below) as an effective tool for personal growth.

Where can we use this EFT? EFT for tapping for self-care.

It can help us relieve stress and feel better in the moment.

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How Can I Use EFT?

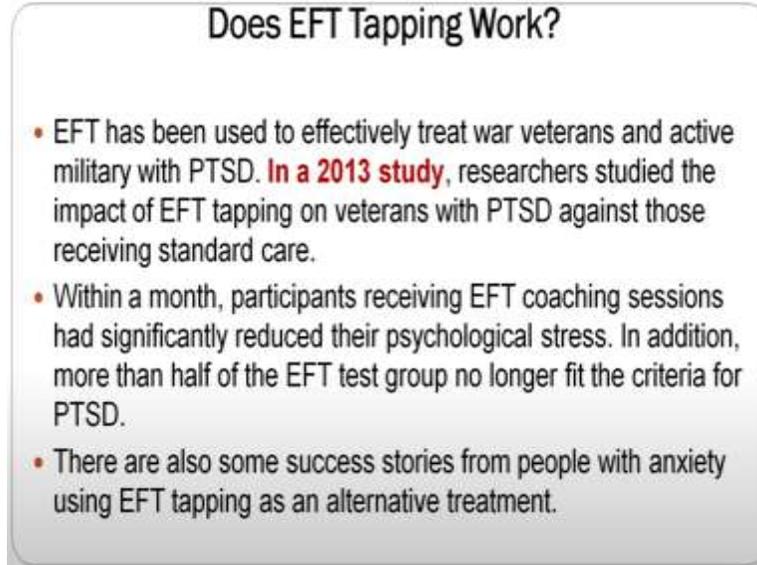
There are two ways we can apply EFT (Emotional Freedom Techniques) or what is now more commonly known as Tapping:

2. Practitioner-Assisted EFT

- It is 1-to-1, client-centred care that is facilitated by an experienced EFT practitioner. During a series of 1-to-1 EFT sessions, a practitioner helps a client "tap into" their unique subjective experience of a presenting challenge or troubling issue for the purpose of gaining clarity and resolution.
- This supports the client in making lasting emotional or physiological changes, shifting limiting thought processes, resolving past traumas, opening to beneficial ways of moving forward and more.

Practitioner assisted EFT, if you do not want to do yourself, you can go to a practitioner, he will do it for you.

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Does EFT Tapping Work?

- EFT has been used to effectively treat war veterans and active military with PTSD. **In a 2013 study**, researchers studied the impact of EFT tapping on veterans with PTSD against those receiving standard care.
- Within a month, participants receiving EFT coaching sessions had significantly reduced their psychological stress. In addition, more than half of the EFT test group no longer fit the criteria for PTSD.
- There are also some success stories from people with anxiety using EFT tapping as an alternative treatment.

Does EFT tapping work? Yes, systematically certain studies have been carried out. I got a slide here of 2013, that study was carried out. So, within a month participants receiving EFT coaching sessions has significantly reduced their psychological stress.

In addition, more than half of the EFT test groups no longer fit the criteria for PTSD. So, it has helped some of the people in stress reduction.

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Does EFT Tapping Work?

- **A 2016 review** compared the effectiveness of using EFT tapping over standard care options for anxiety symptoms.
- **A 2022 study** found EFT to be effective in increasing self-esteem in nurses. Another study in 2023 showed that EFT reduced anxiety and stress for health care professionals during COVID-19.
- The study concluded there was a significant decrease in anxiety scores compared to participants receiving other care. However, further research is needed to compare EFT treatment with other cognitive therapy techniques.

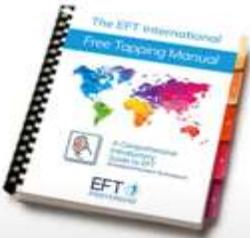
Same is the case with 2016 review, 2022 study. The study concluded there was a significant decrease in anxiety scores compared to the participants receiving other care.

However, further research is needed to compare EFT treatment with other cognitive therapy techniques.

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Can I Practice EFT Tapping on Myself?

- The EFTi Free Tapping Manual is available when you subscribe to the EFTi Advancing EFT Community Newsletter
- Practicing EFT for yourself is a simple and effective way to quickly work on an issue.
- Once you know the basic technique, you can spend a short amount of time tapping any time that it is convenient.

The image shows a spiral-bound manual titled 'The EFT International Free Tapping Manual'. The cover features a world map with various countries highlighted in different colors. Below the map, there is a small logo and the text 'EFT International'.

Can I practice EFT tapping on myself? Yes. Practicing EFT tapping for yourself is a simple and effective way to quickly work on an issue. Once you know the basic technique, you can spend a short amount of time tapping anytime that is convenient.

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EFT International (EFTi)

EFT International (EFTi) is a not-for-profit Charitable Incorporated Organisation (CIO), registered in England and Wales, Charity number 1176538.

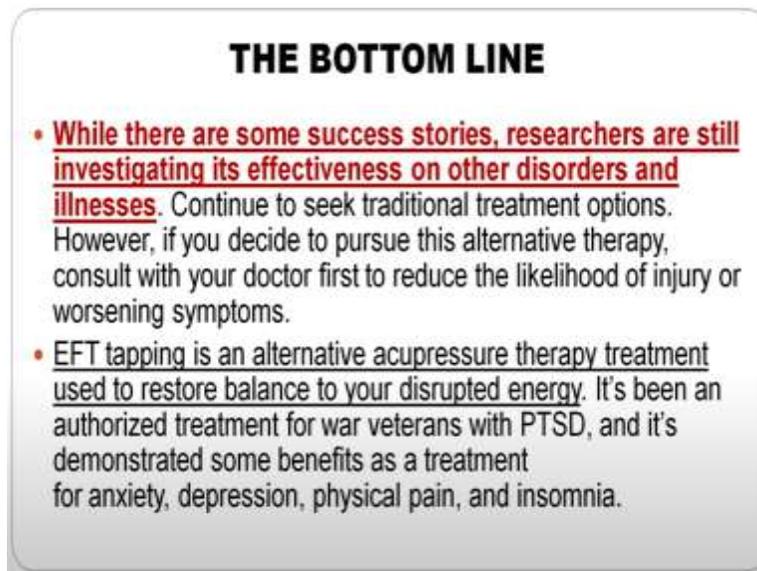
Mission

- EFT International is dedicated to advancing and upholding exemplary standards for education, training, professional development, and the skillful and ethical application of EFT (Emotional Freedom Techniques or "Tapping"). We are committed to supporting the growing body of evidence-based research into the efficacy of EFT, and are actively working to integrate EFT into the mainstream.

This is the organization EFT International. EFT International is not-for-profit charitable incorporated organization registered in England and Wales and its mission is dedicated to

advancing and upholding exemplary standard for education, training, professional development and the skillful and ethical application of EFT. We are committed to supporting the growing body of evidence-based research into efficacy of EFT and are actively working to integrate EFT into the mainstream.

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THE BOTTOM LINE

- While there are some success stories, researchers are still investigating its effectiveness on other disorders and illnesses. Continue to seek traditional treatment options. However, if you decide to pursue this alternative therapy, consult with your doctor first to reduce the likelihood of injury or worsening symptoms.
- EFT tapping is an alternative acupressure therapy treatment used to restore balance to your disrupted energy. It's been an authorized treatment for war veterans with PTSD, and it's demonstrated some benefits as a treatment for anxiety, depression, physical pain, and insomnia.

The bottom line, carry home. While there are some success stories, researchers are still investigating its effectiveness on other disorders. Researchers are still investigating its effectiveness on other disorders and illnesses. Continue to seek traditional treatment options. So, do not stop. Even if you go for EFT, do take continue your traditional whatever medicine you are taking from your own doctor, do not stop it.

However, if you decide to pursue this alternative therapy, consult with your doctor first and seek his advice. EFT tapping is an alternative acupressure therapy treatment used to restore balance to your disrupted energy. It has been an authorized treatment for war veterans with PTSD and it has demonstrated some benefits as a treatment for anxiety, depression, physical pain and insomnia. Thank you, thank you friends. Here I come to the end of week number five of energy healing and we learnt about lots of technique, Reiki, Qigong, Tai Chi and EFT. In next week, we talk about acupressure and acupuncture. Thank you, thank you very much.