

What is EFT?

EFT stands for Emotional Freedom Techniques, a cutting-edge form of “mindful acupuncture” developed in the early 1990s. With EFT, we gently tap with our fingertips on energy points (or acupuncture meridians) on our face and body while tuning in to specific thoughts and feelings. If our negative feelings have been disallowing our physical health or our relationships to others and ourselves in any way, we can use a mindful “tapping” to shift our experience --- and change how negative feelings affect our bodies and our lives.

The EFT “Basic Recipe”

Over the years, there have been many expansions to the EFT process. However, the original “Basic Recipe” still offers excellent results:

1. Identify the feeling, physical issue or belief you would like to work on (i.e. this craving, this pain in my neck, or this anger)
2. Give your issue an Intensity level (on a scale of 1-10)
3. Tap the Karate Chop (1) or gently rub the Sore Spot (1b), saying aloud, “*Even though I have this _____, I deeply and completely love and accept myself anyway.*” Repeat this phrase three times.
4. Tap a few times on each point, starting with the Eyebrow Point (2) and moving down through the points on the body while speaking, “This _____ feeling...”
5. Measure the intensity level now. Has it gone down? Up? Does it remain the same?
6. Repeat the process as needed, saying “*Even though I still have some of this _____*”

You will see ten Tapping Points represented on the right. I have chosen these for ease-of-use. There other optional points standard in EFT, including Top of the Head and the Finger and Wrist Points. If you know these, feel free to include them in your process.

EFT3, my free self-help ebook, deviates from the Basic Recipe by expanding The Setup into two distinct parts and fully exploring each one, adding more language of self-acceptance along the way. It mimics the kind of EFT you might get from an experienced practitioner. Offering creative approaches for keeping you *tuned in* to the energy of what you are experiencing is what makes EFT3 uniquely useful.

If you are having trouble diving in on your own, you may want to experience to EFT with an experienced professional. I offer personal 1-to-1 sessions and would be happy to talk with you about your needs. Feel free to email me for a 20-minute free consultation: jade@emotionalengine.com.

For those interested in exploring more on their own, my colleagues and I have started a non-profit EFT website called www.EFTfree.net which will include a new EFT manual and training opportunities. Consider subscribing to our weekly EFT articles, which detail experiences and perspectives from EFT professionals from around the world.

