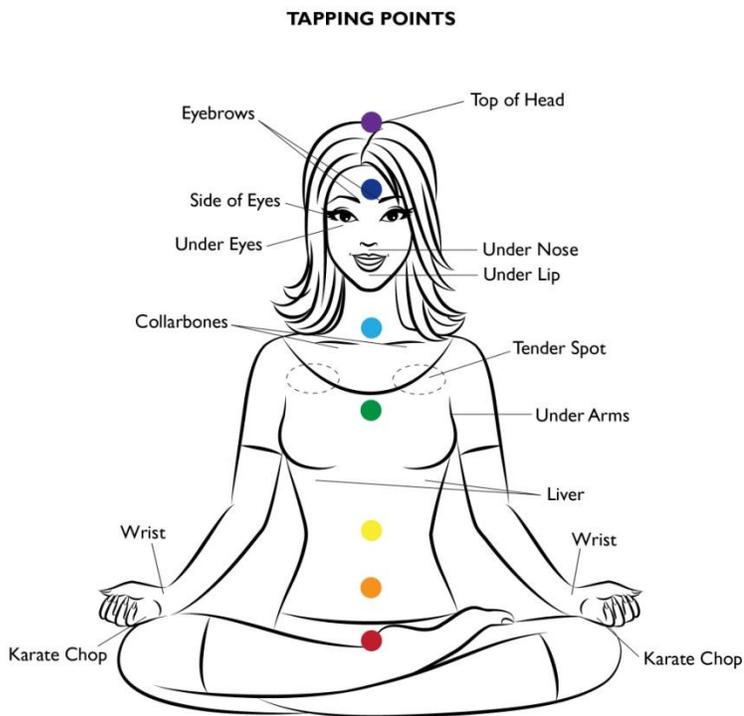


The EFT Basic Sequence (Emotional Freedom Techniques)



1. IDENTIFY THE ISSUE: Focus on bringing an emotion or issue or physical ailment into your awareness in the present moment.

2. THE EVALUATION: When you have brought the emotion or sensation up to its full intensity (or whatever intensity feels comfortable), measure how strong it feels between one and ten.

3. THE AFFIRMATION: While tapping the “Karate Chop” point shown above in a steady, fashion; repeat the following affirmation three times: “Even though I have this _____, I deeply and completely love, forgive and accept myself.”

So, for example, if you had a headache, you would repeat three times something like: “Even though I have this headache, I deeply and completely love, forgive and accept myself “

Note: The affirmation may be modified to suit whatever you feel is the best approach for you and the best way to heal yourself. Some principles for healing are: acceptance, love, freedom, peace, forgiveness, gratitude, joy, and all that empowers.

Some other possible examples are:

Even though I have a sore back, I love and accept myself anyway, or
Even though I feel really angry right now, I choose to be peaceful instead, or
Even though I feel guilty about not doing the right thing, I forgive myself or
Even though I am wheezing, I allow myself to breathe freely etc.

4. THE TAPPING SEQUENCE: Using your index and middle fingers, tap with a medium pressure, about seven times on each of the acu-points in the order shown on the diagrams above while repeating the following reminder phrase once at each point: “This _____.”

Note: You can tap on the points on either side of the face or body. It doesn’t matter which you use.

So using the example of the headache again, after going through the initial affirmation whilst tapping the karate chop point, you would then tap on each of the other points as follows:

Begin with the top of the head, tap whilst saying “This headache”
then tap the eyebrow point and say “This headache”
then tap the side of the eye point and say “This headache” etc.

Note: the order and sequence of the points is of no importance. We have chosen to go down the body simply to make it easier to remember all the points. The technique is very flexible and forgiving. It usually works even if you forget one or more points.

5. THE RE-EVALUATION: When you have completed the tapping sequence, take a moment to focus on the emotion or issue again and notice how it feels. Evaluate it again between one and ten to bring any difference in your experience into your awareness.

Go back to step 1 and repeat sequence until intensity diminishes or passes.

6. Now that you’ve focused on dispelling your immediate anxiety, you can work on installing some **positive feelings instead**.

Note: This approach is different from traditional “positive thinking.” You’re not being dishonest with yourself. You’re not trying to obscure the stress and anxiety inside yourself with a veneer of insincere affirmations. Rather, you’ve confronted and dealt with the anxiety and negative feelings, offering deep and complete acceptance to both your feelings and yourself. Now, you’re turning your thoughts and vibrations to the powerful and positive. That’s what makes Tapping so much more effective than the “positive thinking” techniques that many of you have already tried. It’s not just a mental trick; instead, you’re using these positive phrases and tapping to tune into the very real energy of positivity, affirmation, and joy that is implicit inside you. You’re actually changing your body’s energy into a more positive flow, a more positive vibration.

Here are some example phrases to guide you:

- “I have faith in my ability to change.”
- “I am joyful about these positive changes.”
- “I am accomplishing so much.”
- “I enjoy the calm and peace that I have.”
- “I love the person that I am.”
- “I am becoming a more relaxed and joyful person.”

You can use these positive phrases with the same tapping points and sequences described above.

Congratulations! You’ve completed your first Tapping sequence.

EFT can also be used for manifesting abundance and clearing self sabotaging thought. You can use EFT to clear any and all your mental blocks related to achieving any goals.

Call For a customized session for your specific needs:

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