

'Start Learning EFT Right Now!'

Emotional Freedom Techniques

Tap away your stress!

A free e-booklet by Annie O'Grady
Certified EFT coach and mentor

Start Learning EFT Right Now!

Acknowledgements

from Annie O'Grady



I am tremendously grateful to the founder of Emotional Freedom Techniques (EFT), U.S. performance coach Gary Craig.

Humanity is in his debt. He has discovered and mapped innate abilities we all have, to heal ourselves of many problems, often quickly.

Thanks Gary - first for developing this natural healing technique, secondly for releasing it FREE to the needy world, via the Internet.

Since he gifted us with EFT around 1995, countless clinical and personal instances of its success have been reported, with many more coming in daily.

Many more than a million people around the world visited Gary's former world centre website, whose content is now on www.eftuniverse.com since his retirement in 2010.

His EFT Manual, now available on www.amazon.com and in bookstores, has been translated into 26 languages.

Uniquely, both health professionals and lay people use EFT successfully.

We also are indebted to the founders of the healthcare systems that immediately preceded EFT: Kinesiology, and Thought Field Therapy. These are chiropractor Dr. George Goodheart, psychiatrist Dr. John Diamond and psychologist Dr. Roger Cavanagh.

EXCERPTS

Cases in Chapter 3 and 4 may be found on www.eftuniverse.com

DISCLAIMER

*While I follow Gary Craig's guidelines and teachings in delivering and presenting EFT, publications by EFT practitioners do not carry Gary's imprint. To the best of my knowledge, this **EFT primer** is pure basic EFT as it is practised in 2011. (EFT itself is developing fast.)*

I am not medically trained, and nothing in this ebooklet is intended to substitute for competent medical, psychological or psychiatric advice.

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EFT is a stress management technique, a meridian energy method, and it balances energetic structures that underlie discord in mind and body. Consult your doctor on medical matters.

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How to learn more EFT

Chapter 1: Start Using EFT NOW!



Feeling stressed? Worried? Angry? Sad?

How would you like to learn a leading-edge technique for feeling better in a hurry?

One that hundreds of thousands of people around the world may also be using, *at this very minute?*

This a remarkable stress management technique. While it has a high success record with both adults and children, it does not claim to eliminate anything.

What it does claim is that it's safe and desirable to try it on everything that bothers you.

Here's how to do this technique RIGHT NOW. (And I'll explain it later --)

The basic tapping procedure might take you a minute, or less. You may repeat it a few times. Be specific in choosing your topic.

STRESS RELEASE PROCEDURE

Emotional Freedom Techniques (EFT)

- **FIRST STEP**

Identify what you are stressed about. Let's suppose you're currently anxious. (Or substitute 'angry' or 'sad' or any other uncomfortable emotion that's applicable.) For example:

'I'm anxious in case I can't find the right job for me.'

'I'm worried because my best friend/spouse/son or daughter won't speak to me.'

'I'm freaking out about next week's driving test/meeting/public speech/sports or stage performance.'

- **SECOND STEP**

Rate (guess) the intensity of your stress emotion right now, 0-10, if 10 is as stressed (e.g. anxious) as you could be.

TAPPING GUIDE

a) Say aloud three times, while you continuously tap the fleshy side of one hand with the fingers of the other hand:
'Even though I'm anxious about _____,
I accept myself.' (Or, *'I want to accept myself'.')*
This is called a Setup Statement, setting up your topic.

b) Next, while you say aloud a Reminder Word or phrase (*'anxious about _____'*), tap 7 times, with 2 fingers or bunched fingers, on each of these points:

1. TH the top of your head, above the ears
2. EB the start of either eyebrow
3. SE the side of either eye
4. UE just under either eye
5. UN under your nose

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6. CH on the crease of your chin
7. CB just under the central knobs of your collarbone
8. UA under either arm, where a woman's bra would go.

- **THIRD STEP**

Now – rate again (guess) the intensity of your emotion, 0-10. It could be the same, occasionally it's higher.

Usually it's lower by 1 or more numbers, so let's assume your stressload is already coming down.
(If it isn't, you'll learn more about how to tap if you go on with EFT. Try again.)

*Try it on
everything
that bothers
you*

- **FOURTH AND LAST STEP**

Repeat the above procedure as many times as you need to, until you reach zero = total calm. Such reductions are usually permanent, on the topic you tapped for.

Done!

- **TEST**

Now, test what you've done. It's routine to test for any residue of emotion or sensation. You can test by saying your original statement: 'I'm anxious about _____'. As you say it, check how you feel, how your body feels, what your mind says. If you're completely calm, that's it. On with the next.

Congratulations! You have just learned to use the basic level of Emotional Freedom Techniques (EFT) !

This is the basic procedure EFT applies to any problem, in various ways.

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*Never before in the history of humankind
have we had a way to manage
our emotional states so fast....*

You are choosing to learn something truly unique.

ANY QUESTIONS?

Now, after doing this tapping [you may have a few questions.](#)

Which side of the body do I tap?

Either, or both at once, using both hands. There's no evidence that tapping both sides of the body at once is more powerful, but it often feels good to tap with both hands.

How many times do I tap on the same point?

On the fleshy side of the hand (karate chop point) 3 times, while you say your Setup Statement aloud. On the other points, at least 7 times each. But you don't need to keep counting. Just count once, and keep up the same pace for tapping on all the points.

Can I do too much tapping?

No. It's up to you.

How do I know what to say?

EFT needs you to state the problem simply and as specifically as possible.

Sometimes, getting clear on what is going on for you has to be your first step.

To find out what words to use: if a trusted friend asked you, 'What's the matter?', you might say:

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'I'm really worried because I've got all these bills.'

'I'm mad at my husband because he won't listen to me.'

'I feel depressed because this is the first Christmas since Dad died, and he won't be here.' (Even the sadness of bereavement may be lightened by tapping.)

So your Setup Statement for EFT would be:

'Even though I'm really worried because I've got all these bills, I accept myself.'

Your Reminder phrase would be *'worried about these bills'*.

'Even though I'm mad at my husband (use his name) because he won't listen to me, I accept myself.'

Your Reminder phrase would be *'mad at (my husband)'*

'Even though I feel depressed because Dad won't be here this Christmas, I accept myself.'

Your Reminder phrase would be, *'this depressed feeling'* or a paraphrase such as *'sad about losing Dad'*.

Then you rate your intensity on this topic 0-10. You follow the tapping procedure. You see if any change has happened, then re-rate your intensity.

(Sometimes your intensity will drop several points at once, but not always. Take notice of even a slight change, equaling a 1. If you keep reducing your intensity by only 1 each time, you will probably reach 0. If you say, 'Oh, not much happened,' and ignore it -- you get to keep your problem.)

**Value every
reduction in
your stress**

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Repeat the procedure, preferably until you reach 0, but to at least 2 or 1.

If the uncomfortable feeling recurs, you need to know a little more about how to use this fast technique.

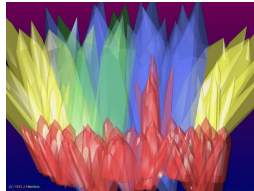
More advanced EFT is beyond the scope of this booklet (*see the last page for more information*).

But by now you are already able to apply the basic technique of this surprising natural healing aid to many, many personal problems, with a high probability of improvement.

Beginners who do the technique thoroughly are estimated to start using EFT with a success rate of at least 50%, frequently higher.

This rate of success is beyond the scope even of most traditional therapists (who don't use EFT). Professional EFT coaches may have a success rate in the high 90%*s*.

CHAPTER 2: WHAT IS EFT?



EFT is an energy balancing process. It is the fastest-growing of a new group of energy methods .

This is about managing your thoughts, emotions and attitudes through managing your meridian energy system.

What this EFT procedure has actually done for you is to balance this system, which comprises 14 major circuits within your body.

You have tapped on main release points along those circuits: acupressure points.

Mysteriously -- when our energy (meridian) system is in balance, and we set an intention, all kinds of stresses can simply melt away.

That's all you need to know about your meridian system, in order to use EFT on a vast range of problems.

This is so unusual that often people have to experience it to believe it.

How can you tell if you have balanced your energy system?

*All kinds
of stresses
melt away*

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Only by results. Have you relaxed?

Do you feel better about the specific topic you were working on?

Then obviously something has changed for the better, just from tapping on (resonating) your body's key stress points, while you focused on a specific problem.

(You can check out hundreds of reports of how people have used EFT, on the major EFT website www.eftuniverse.com.)

Where does EFT come from?

A master practitioner in Neuro-Linguistic Programming, Gary Craig developed EFT in the mid-Nineties, out of its predecessor healthcare systems: kinesiology and Thought Field Therapy (TFT).

Gary most generously released EFT to the world, free on the Internet.

EFT frequently achieves results Western science and therapies cannot achieve or explain. Eastern healing systems have utilized our meridian energy system for several thousand years, but Western science is only beginning to investigate this.

This has been a remarkable oversight, since our own Albert Einstein told us a hundred years ago that EVERYTHING in our Universe is energy, including our bodies.

EFT is now the subject of a mounting number of scientific studies. *(At the time of writing, scientific studies were in progress on EFT and genetic change, cortisol change, disease, athletics, depression, Post Traumatic Stress Disorder, psychotherapy.)*

EFT is often called 'acupuncture for the emotions'. But instead of using needles, as you now know, we fingertap on key

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acupressure points while we focus on a specific difficulty we want to get rid of.

When the negative energy blockage has dissolved through tapping and focus, good things happen spontaneously – positive feelings flow in, constructive new thoughts come to us, our body relaxes, etc.

As well, we can find that as stress leaves we have changed our mind for the better. Therapeutically this result is known as a spontaneous cognitive improvement, and it is a goal of therapy.

Effective though acupuncture is for many people, EFT has been effective with both adults and children for a far wider range of problems:

- Emotional stress subsides or vanishes
- Many physical issues improve as stress subsides
- Mindset blocks to feeling good (or -- beliefs that don't serve us well) dissipate
- Mindset and mobility blocks to peak performance disappear in sports, stagework, business, or other activity
- ...and more.

Enthusiastic EFT-ers around the world are continually discovering new uses for the technique.

A young girl was distressed because she had lost her cell phone. After she began using EFT to try to find it (*'Even though I don't know where my cell phone is...'*), she immediately thought of where the phone might be – and it was.

Coincidence? Perhaps. But the more you read about people's successes with this technique, the less surprised you are.

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A multi-purpose technique can help you with a multitude of problems.

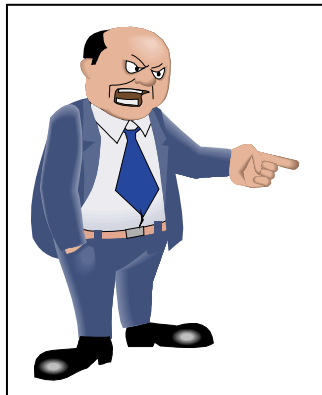
A quick glance through the Newsletter Archives on Gary Craig's website gives these examples of how people have successfully used EFT:

- helping injured or nervous pets
- coaching top athletes
- soothing a crying baby
- accelerating a real estate deal
- improving the ability to laugh
- eliminating allergies and sensitivities
- improving mathematical ability
- improving situations of menstrual cramps, low libido and premature ejaculation

And the list goes on.....

Examples of EFT in action

Chapter 3 – EFT and anger



Well, why shouldn't we be angry? We're right!

'In my situation, anyone would be angry!'

Yes, anger is a natural human emotion. It has many positive outcomes. Often, it gets things done. It can stir up stagnant situations, just as a thunderstorm does.

And when we're angry we can feel our own power. Feeling angry is the OPPOSITE to feeling a victim... just remember how your life energy SURGED through your body when you were angry.

But feeling our anger is not the same thing as expressing our anger.

Getting angry is not the same thing as harboring our anger. In both these cases, we have choice.

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We can get in the habit of dumping our anger on other people : ‘You stupid idiot, what the hell do you think you’re doing?’ -- (not recommended, the penalty for us can be high.)

Or we can own our anger. It is ours. So we alone are responsible for how we express it, how we deal with it. Dumping on other people is only one way.

For example, many people have learned to react to situations with what psychologists call ‘passive aggression’.

These people can be sneaky about ways they manage to express their anger without apparently being angry at all (‘Angry? Who, me?’) : backbiting, refusing the anger object something he or she wants, being critical, sniping, undermining, and so on.

Many of us harbor our anger, for days, weeks, years. (We humans are experts at holding on to our outdated emotions, we seem to have no ‘Off’ switch to move past some emotions.)

[But there are better, healthier ways to deal with anger.](#)

Easy to say! Anger is perhaps the hardest emotional challenge for us. *And stored anger is proving to be dangerous for our bodies as well as for our attitudes.*

Nowadays there’s plenty of evidence in the mind/body field of medicine to show us that long-held anger or resentment frequently plays a part in illness, even serious illness.

EFT founder Gary Craig says, ‘Anger is... a major cause for physical ailments. It is well known that our emotions trigger a wide variety of chemical changes in our bodies and our ‘anger chemicals’ can be particularly devastating.’

How can we get rid of our anger, once it has done its immediate job of alerting us to something going on that’s not good for us?

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Nobody taught us to do this in kindergarten -- for the good reason that nobody knew.

BUT NOW WE KNOW.

We can tap anger away, in minutes, sometimes in seconds, by using EFT.

Gary Craig adds, 'Some of our angers appear isolated from other causes and are easily addressed with EFT.

'Others go back to childhood issues and have many aspects. They too can be handled by EFT but often require several EFT applications/sessions to 'get it all'.'

Here are 3 experiences of angry people who tried this.

In each of these cases, they had not heard of EFT before going to a practitioner for their problem. During their EFT sessions they each learned to use the technique for themselves, for the rest of their lives.

- **Road rage (and hives!)**

EFT practitioner Aileen Nobles correctly connected a client's skin eruptions with underlying anger.

'Angie was on vacation visiting California from England, and was desperate for relief. She was a mild mannered teacher who appeared to be gentle and loving when she arrived for her session. She came to work on getting rid of the hives that plagued her by breaking out all over her body and face.

'As we looked at her childhood, it was obvious that she always tried to please her parents. She was afraid to speak up for fear of getting into trouble, and did anything she could to avoid confrontation. Her father had a mean temper and would lash out verbally and physically when angry.

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'She first started breaking out in hives during her teenage years, and had been plagued with outbreaks ever since. We tapped on:

- Trying to be good to keep the peace.*
- Wanting to be invisible so she wouldn't be on the receiving end of her father's rage.*
- Never being able to speak up and voice her own opinion.*
- Feeling powerless.*

'We then began tapping on her need to release repressed anger that was erupting on her skin. As she focused on releasing the anger she began to feel angry.

'I asked when she felt her anger the most, and she almost shouted. "When I'm surrounded by idiot drivers." Apparently as soon as she got behind the wheel she started to get angry at other drivers. It was always personal. They were cutting her off, driving too slowly, and it was all done deliberately!

'She didn't want to act this way behind the wheel, but didn't know how to stop. We continued to collapse various events in her childhood and teenage years that had been particularly traumatic where she had not spoken up and been heard.

'Then we did the movie technique as she tapped and imagined herself driving, feeling her usual rage. We gradually changed her intensity until she could imagine a movie of herself driving and feeling the way she wanted to be ... calm, relaxed, and listening to music. By the time the session was over, the hives she had when she arrived for her appointment had already begun to subside.

'She reported back a week later to say she didn't need her next appointment as she had been driving with no outbursts, only feeling herself getting angry a couple of times and then being able to tap it away instantly.

'A month later she reported that she had had no more outbreaks of hives, and mentioned that her husband actually enjoyed

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driving with her now. She was also able to speak up and voice her opinion without feeling she needed to suppress it. She finally felt heard, and validated.

'Imagine a world where drivers have to take an EFT tapping test along with their driving test!'

- **Susan resolves lifelong anger on her own**

U.K.EFT practitioner Mair Llewellyn-Edwards taught a client, Susan, how to use EFT on anger that had plagued her for years, because Susan wanted to be in charge of her own healing.

'As a teenager, her anger had often got her into trouble at school as well as socially. An angry streak ran through Susan's family, and she was extremely concerned that her children would also grow up angry. Everyone had told her that anger was 'in her genes'. Susan contested that idea.

'Using only Gary Craig's introductory video and a book on meridian therapies, Susan began her tapping work.

'One of Susan's problems was that she had been sexually abused as a child. While watching Gary's teaching video, Susan had tapped along with a woman who had been raped by her father. Susan healed just as this woman had healed.

'Through this simple procedure, Susan had achieved wonderful results. She reported that following this experience she had frequently used EFT. Whenever she noticed any negative charge on any feelings, she tapped them away.

'Two months of working with EFT freed her of a lifetime of anger and blame.

'Susan taught EFT to her family so they could reduce their own anger. I think her healing was dramatically advanced

by sharing what she had learned, in that the experience of facilitating the healing with her Mum and Grandma had added to her own personal liberation.

'Susan's grandmother summed up the change experienced in her own life by saying. "I no longer blame others or myself, tapping has let me let go."'

- **Child rage tantrum**

EFT Master Ann Adams (U.S.A.) introduced EFT to child residents and staff at a facility for Severely Emotionally Disturbed children where she worked. Here is an experience she had with young Gary, an uncontrollable child.

'Tall for his age of 9 and very lanky, he prefers his pajamas to clothes. He gets his bath and puts on his pajamas at the earliest time permitted on his cottage. It was not unusual to walk into his cottage at 6:30 p.m. and see him 'ready for bed'. But, for Gary, putting on his pajamas is NOT synonymous with going to bed!

'This night I found him lying on the floor of the Time Out room screaming at the top of his lungs. I walked over to the new staff person who was monitoring Gary in Time Out and asked how long he had been screaming. "Twenty minutes", she said.

'About a week before coming to his cottage that Thursday evening I had taught Gary the short version of EFT.

'My strategy is to teach the child the sequence and have him or her practice it with me several times. I then guide him through teaching it to someone else, using the philosophy that the best way to learn something is to teach it. Whenever possible, I have him teach it to his 'primary' staff person. (Each child is assigned one cottage staff as his or her primary contact staff.) The child and his primary staff then play with the exercise awhile.

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'Most children learn it quickly. The goal is for the staff to help the child remember to use the exercise the next time the child STARTS to become upset. It is important that staff intervene early. Once a child 'goes off', there is very little chance for calm interventions. As one of our staff put it; these children have a short circuit between calm and the fight-or-flight response.

'When teaching the children I explain that this is a relaxation exercise that can help them calm down quickly. None of the children in our intermediate treatment facility come to us knowing how to effectively self-calm. Our residential program also teaches traditional relaxation techniques and uses every behavioral tactic to help the children learn to control and modify their behavior. But, until EFT, too many left our facility still not doing a very good job of self-calming.

'So there was Gary. On the floor. One leg in the Time Out room -- one leg out -- screaming at the top of his lungs. I walked within his sight. He glared up at me, still screaming. I glared back and tapped on the side of my hand. To my great surprise, he lifted his hand and began tapping, still screaming.

'I tapped the points and he followed, still screaming. I tapped the side of my hand again and he followed me through a second sequence, still screaming, but not so loud this time. So I dared a little smile and we tapped through the sequence again. The third time is the charm and Gary stopped screaming and smiled back at me. We had not spoken to each other.

'The new staff person said, "How did you do that?"'

Chapter 4 – EFT and sadness, grief



‘Grief is among the most prevalent emotional disturbances known, and most of us experience it at least once in our lives,’ says Gary Craig, founder of EFT.

‘Interestingly, many folks in the healing professions equate grief with sadness and thus mistakenly think of it in rather narrow terms.

‘In reality, grief often has many aspects. For some its main component is GUILT for what the griever said or did (or didn't say or do) while the deceased was still living. For some, it is the FEAR of being alone and for others it is ANGER at God or someone else for causing this loss. And so it goes....

‘Obviously, if we are going to do a thorough job with grief, we must search for its underlying pieces and neutralize them with EFT.

‘Romantic breakups often result in intense forms of grief and obsessions known as "Love Pain."

‘People with Love Pain usually feel that they will "never get over it" and that they simply "can't live without him/her." It is perceived as a BIG loss and often has many aspects/roots.’

- **Sadness and grief of ‘love pain’**

EFT Master Dr. Carol Look demonstrates how to use EFT with this prevalent form of suffering.

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'I recently worked with a young man, "Alan", who felt very disturbed as a result of a recent break-up with a woman to whom he was engaged to be married. Alan initially contacted me to rid himself of acute insomnia. Later, he revealed that he thought his sleeping problems might have had something to do with his recent break-up.

'Aside from the insomnia, Alan experienced himself as powerless over watching television obsessively. He avoided going to bed at night and listened relentlessly to music tapes that his girlfriend had given him. His presenting emotions included feelings of hurt, deep pain, rejection, self-pity, loneliness, hopelessness, longing, and guilt.

'We tapped together for all of the above mentioned issues and feelings. I called them "fear of sleeping", "fear of going of bed alone", "this loneliness", "deep rejection and hurt", "sadness over her leaving me", etc. We used additional Setup phrases such as...

"Even though I can't stop thinking about her..." "Even though I can't stop listening to her music..." "Even though I feel deep grief over this loss..."

'We tapped for many rounds during this one session, trying to hit all of the angles (aspects) of the aftermath of the break-up.

'Three weeks later, Alan returned for a follow-up session and described his progress as follows: First, Alan said he felt so good he couldn't believe it. He described his body as physically lighter and freer than he had ever remembered.

'He said he had never believed in the phrase, "people carry around past baggage" but, now he understood exactly what the phrase meant and how it felt to be rid of his baggage. He said, "I was able to walk down the street with a smile on my face for no good reason."

'Alan described how his insomnia had been completely "cured" and how when he sleeps now, it seems much deeper and he wakes up refreshed every morning, no matter what time he gets out of bed.

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'In addition, his friends gave him feedback that was very telling. They said they couldn't believe he was able to have a conversation about HER without being upset. They remarked on how different he seemed, which of course was deeply satisfying for him. He also noticed he no longer "saw" his ex-girlfriend in every crowd on the street whenever a woman resembling her would walk by.

'A surprise test came when a woman on the street walked by wearing the same special perfume Alan had given his girlfriend as a gift. He reported he was able to enjoy the smell, ("after all, it's a nice cologne") rather than "going crazy" with feelings of missing his girlfriend. This truly shocked him. He was also able to hear "their song" and not dissolve into an emotional mess.

'Alan has stopped calling his ex-girlfriend, and feels good about the two of them moving on with their lives.

'He reported he was able to put the relationship into perspective now, knowing he learned a lot from both his girlfriend and the intensity of the relationship. (These are cognitive shifts that were not available to him before.)

'Alan decided not to throw out all of her gifts, cards and photographs. Instead, he placed them farther away from his sight. He used to have her picture in his drawer at work where he could see it at any time he felt obsessive about her and the pain of the loss.

'Alan was deeply appreciative and felt calm about being single now.'

You can check out more success stories
on
Emotional Healing Techniques
at
[Annie O'Grady's blog](#)

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HOW YOU CAN LEARN MORE ABOUT USING EFT

- Get Annie O'Grady's new book on EFT, 'Tapping Away Your Troubles with EFT', available from www.amazon.com from July 2011.
- For personal tuition and assistance, have a session with an experienced EFT practitioner. This may be in person, or by phone (cheap rates with a phonecard), or by Skype online.
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CERT Matrix Reimpinting)
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- Browse Annie's website: www.EFTemotionalhealing.com , get free monthly South Australian newsletter.
- Attend EFT Workshops, live or online.