

# Emotional Freedom Technique

(EFT)

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EFT (tapping) is basically a self-hypnosis technique that distracts the conscious mind with the tapping (and there is some acupressure stuff too) while you are sending your unconscious mind direct signals. So you can say "let it go" or be more specific "let go of this stress" or "let go of this pain" You can also say positive things like "Feel good" or "feel calm" instead of the "let it go."

The points are :

1. Top of the head
2. The eyebrow
3. Beside the eye (on the ridge beside your eye)
4. Below the eye (on the ridge below the eye)
5. Below the Nose
6. Below the mouth and above the chin
7. One of your collar bones
8. Grab your wrist

Let go of your wrist and take a deep breath, breathe out and say "relax" or "peace" or something positive.

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Repeat as necessary. Usually I do it 2 or 3 times in a row. I have found that if it isn't working I need some water. It usually helps right away if I need to take a drink.

Tapping WITHOUT Tapping:

Your brain doesn't really notice the difference between actually doing something and imagining it. The exception is your prefrontal cortex. It DOES know the difference but it doesn't affect the rest of the brain believing something is happening even when it isn't.

That being said, if you are in an environment where tapping isn't appropriate or you will feel embarrassed, you can use your imagination and tap there!

Just SAY the points out loud or inside followed by the suggestion.

For instance:

Say/think "Top of the head---- Let go of tension"

Say/Think: "Eyebrow --- Let go of tension"

Say/Think: "Side of the eye --- Let go of tension"

Etc.

It is about 80% as effective as actual tapping (because the prefrontal cortex knows it isn't happening) so just do a couple of extra rounds than you would do with actual tapping!

How EFT is being used:

There are a ton of books out about the tapping (EFT). They are using it to de-traumatize PTSD victims in Vets hospitals. There are a lot of theories behind it... I think it is really simple hypnosis that occupies the conscious mind and lets you give yourself suggestions

So, it is a really good self hypnosis technique. Your unconscious mind knows way more than your conscious mind does. However, it also takes things very literally so be mindful of the suggestions you give yourself!

And remember that dreaming and hypnosis are basically the same thing