

EFT 101

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NOTE: Please download and Read the Full EFT Manual, before you try to use EFT in your life, will be safer and more fun to use. You can get it from- www.emofree.com

EFT is an easy and simple (but very powerful) way to heal you and help others to heal as well.

EFT is based on what the Chinese teach us about the Energetic System that the body has; this was documented around 5000 years ago.

In the 70's and 80's, the clinical psychologist Roger Callahan, create a therapeutic method based on kinesiology, which is Called "TFT" or "Thought- Field- Therapy".

Later the Engineer Gary Craig, who was a Callahan's Student continue exploring and develop, "EFT" or "Emotional Freedom Technique", so in 1993, EFT was made public.

EFT is a Method very Similar to acupuncture but without the use of Needles, instead you use the tip of your finger tapping on some of the acupunctural point, to stimulate the beginning or the end of an energetic meridian.

Basically what you do with EFT is stimulate some specific point of the body with the intention to heal, or solve a problem. What you are doing is clearing each of the most important energetic meridians. So the Energy can flow freely.

The Discovery Statement that Gary Craig did was "The cause of all negative emotions is a disruption in the body's energy system".

The distressing Memory came in a form of a disruption, like a zzzzzzzzzttt..... and after a Negative Emotion.

The Process of EFT combine two forms for interaction with the problem, the first is tapping gently on some of the energetic meridians located in our body and second, some Verbal expressions, focusing on the Negative Emotion.

The Basic Recipe consists on 4 Steps- in this Order:

1st The Set up

2nd The Sequence

3rd The 9 Gamut Procedure

4th The Sequence

The **Set up** process is when you focus on the Negative emotion and Repeat 3 times this affirmation:

"Even though I have this _____, I deeply and completely accept myself."

While continuously rubbing the Sore Spot or tapping the Karate Chop point.

The Second process is called **the sequence**, Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

EB, SE, UE, UN, Ch, CB, UA, BN, Th, IF, MF, BF, KC

The Third part of recipe is called **the 9 gamut Procedure**, probably the estrange part of this process, but very important.

Continuously tap on the Gamut point while performing each of these 9 actions:

(1) Eyes closed (2) Eyes open (3) Eyes hard down right (4) Eyes hard down left (5) Roll eyes in circle
(6) Roll eyes in other direction (7) Hum 2 seconds of a song (8) Count to 5 (9) Hum 2 seconds of a song.

And the last part, **The Sequence** (again)...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

EB, SE, UE, UN, Ch, CB, UA, BN, Th, IF, MF, BF, KC

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the remaining problem.

EFT IN A NUTSHELL

Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. **Try it on everything!!**