

EFT

Inside of your body are electrical rivers, also known as Meridians. they are flowing and nourishing all the areas of your body's landscape with Qi, or life force energy. Collectively, they form the matrix within which the physical body functions. They also act as a network of communication between the physical and the more subtle energetic bodies.

Main concepts

There are about 400 acupuncture points and 20 meridians connecting most of the points, however by the 2nd Century, 649 acupuncture points were recognized in China. These 20 meridians include the "twelve regular channels" or "twelve regular meridians", with each meridian corresponding to each organ; nourishing it and extending to an extremity. There are also "Eight Extraordinary Channels" or meridians, two of which have their own sets of points, and the remaining ones connecting points on other channels.

Twelve standard meridians

The twelve standard meridians, also called Principal Meridians, are divided into Yin and Yang groups. The Yin meridians of the arm are: Lung, Heart, and Pericardium. The Yang meridians of the arm are: Large Intestine, Small Intestine, and Triple Warmer. The Yin Meridians of the leg are Spleen, Kidney, and Liver. The Yang meridians of the leg are Stomach, Bladder, and Gall Bladder.

The table below gives a more systematic list of the twelve standard meridians.

The Eight Extraordinary Meridians represent the body's deepest level of energetic structuring. These meridians are the first to form in utero, and are carriers of Yuan Qi – the ancestral energy which corresponds to our genetic inheritance. They function as deep reservoirs from which the twelve main meridians can be replenished, and into which the 12 main channels can drain their excesses. Another name for these Eight Extraordinary Meridians is 'the Eight Curious Vessels'.

Of these eight meridians, only the Ren and the Du have their own acupuncture points; the other six utilize points belonging to the twelve main meridians.

The Eight Extras & Qigong Practice

For qigong practice, meridians 1-4 are the main ones utilized. The Du Mai flows up the spine, over the head, and ends in the upper part of the mouth. The Ren Mai flows up along the front mid-line of our torso, and ends in the lower mouth. The Ren and the Du meridians are linked into a single continuous circuit – which is how energy circulated when we were in our mother’s womb. The Chong Meridian flows vertically deep within the body, along the front of the spine, and is most closely associated with Yuan Qi (Ancestral Energy). The Chong has a close resonance with – if not an actual equivalence to – the Shushumna Nadi described in Hindu Yogic traditions. It is our energetic core. The Dai Mai circles the waist, and is the only horizontally-flowing meridian. As such, it acts as a kind of “belt” - containing the other vertically-flowing meridians. In certain Kan/Li qigong practices, we learn to spiral the Dai Meridian up to connect with the energy of the planets, stars and galaxies, and then down to connect with the core of the earth.

Now, EFT pinpoints the endpoints of the main meridians. These endpoints are located on the top of the head, on the face, just below the collarbone, and under the arms. Additionally, each endpoint corresponds to an organ in the body.

We hold the memory of past events in our bodies at a cellular level. The events of our lives are heavily influenced by this cellular history, as our cellular history guides our day to day thought patterns. According to the Law of Attraction, our thoughts and beliefs are the main forces which determine our lives, the saying, “You create your own reality” is based upon the proactive notion of holding ourselves responsible for our life events. We can decide what we would like to see happen in our lives by focusing our thoughts and allowing the essence of universal love and guidance to flow through us.

EFT is a form of acupuncture used in the form of acupressure with the fingertips. What is occurring during the method is we are interacting with the flight or flight system—the sympathetic nervous system. When you begin tapping on the acupuncture point, it acts like a flipping of a switch between what we are thinking about (bills, a confrontation, something that makes you angry, or sad) to how we would like to feel instead. It disconnects the thought from the autonomic reaction in the body...the emotion will dissipate and become calmer. It was originally created to cure phobias and post traumatic stress because one could effectively turn off these post traumatic symptoms or phobias. Tapping is also used for success; for people who want to break free of old beliefs to help create income, creativity, and overall well-being.

One of the most well known and inspirational EFT teacher is Margaret Lynch. Her videos are very well-explained, motivating, and really get the energy flowing.

Of course much of this process is out of awareness and so perhaps is difficult to recognize as operating in the play of life. But, just because something is invisible does not mean it is not real, powerful, and influential! Just look at an idea whose time has come or a dream that explodes into reality. Where was it before it made its appearance in time and space? It was a pure thought form which manifested into the physical reality. All thoughts, words, and images in our

minds hold a vibration, and as this vibration is given more direct energy, it becomes a part of our world. This is happening in every moment, as our lives are always changing, constantly attracting new people and new situations.

We can study the inner forces and shaping of successful expressions of beliefs, thoughts and images to learn how to more effectively create happier, healthier, more fulfilling lives. It is equally as important to have effective methods to help remove obstacles to implementing those approaches to success.

Research from the field of Energy Psychology supports the concept that disruptions in our energy systems caused by traumatic or stressful events or ongoing lifestyle situations result in negative emotions. A feedback loop can then form where negative emotions become a trigger to further deplete or damage the healthy flow of energy through our systems. Beliefs about life, people, work, money relationships, and health form as a result of this process. Thoughts and feelings that drive behaviors are the tip of the iceberg of belief patterns which we hold at the cellular level. They are the shadows that can keep us hostage in our own stories.

Dr. Roger Callahan, a Psychologist in CA with over 40 years experience, brought some breakthrough discoveries to the field of Energy Psychology. He found that tapping particular acupuncture point brought relief to his clients' emotional issues.

Dr. Callahan quickly realized that most of his clients needed more involved treatment than tapping one or two points. This led him to develop Thought Field Therapy (TFT). Gary Craig, a Stanford Engineer and ordained minister with a lifelong interest in psychology and personal development studied with Dr. Callahan and went on to refine and streamline the process into what is known today as EFT (Emotional Freedom Technique). Gary Craig's EFT Handbook was published in the late 1990s. This is still a relatively new practice, based on 2,000 year old Chinese and Ayurvedic traditions.

These techniques can be used to help change your relationship with self limiting beliefs, negative mental chatter, fears, anxieties, emotional baggage, allergic reactions, and physical illness. They are also used in helping to develop new skills and peak performance. Before writing this paper, I participated in a youtube session titled "EFT tapping for Writing in the Flow", and I must admit that the words from my mind are effortlessly making their way onto the screen, easier than ever before. However, I cannot give sole credit to EFT because mediation and sound healing are two vehicles to merging with the flow which I have been practicing for months.

A wonderful thing about these EFT methods is that you do not need to know the original cause of the problem and you do not need to relive painful memories. By engaging with current problem emotions, you discharge the emotional pain. You remove the imbalance in the energy systems and then can integrate the experience and even learn something positive from it. In essence you free up energy that has been frozen in your system. You harmonize the light and dark aspects within your cellular memory.

EFT is used by coaches, therapists and people in the western and alternative medical fields worldwide. It is a process that combines gentle acupressure with affirmations and deep breathing to release deeply held fears and beliefs.

EFT has been adopted by the top names of personal development and success. Jack Canfield, Tony Robbins, Eckhart Tolle, Deepak Chopra to name a few. It is also used by health benefactors, David Wolfe and Dr. Mercola to name two.

You must be willing to do a technique that looks a little silly. We voice the words to wrap our minds around the emotions, limiting beliefs, and the intensity of resistance when thinking about something. When we tune into the resistance, we start tapping lightly on the acupuncture points.

We are tapping at the speed of theta brainwaves — 4Hz to 7Hz.

The state when we are awake and our left brain is active is known as beta, which is where our brain activity is measured from 12Hz to around 20Hz. Theta is a favorable brain state for helping people solve problems and inspire creativity.

Theta brainwaves are produced during sleep and during deep states of meditation.

Additional benefits of theta brainwaves can include:

An increase in creativity,

Ability to enter altered states of consciousness,

Increased health,

Improvement in learning and mental focus,

The ability to enter the theta state while awake can help with any of the above and can make a vast difference to the person that *taps* into this hidden resource of the human mind.

A wonderful method, in addition to EFT, to access the theta state, is with brainwave entrainment. This involves listening to a recording of specially prepared music or tones that allow the user to gradually enter the theta state while still being awake.

In essence, when you are doing this meridian technique, you bypass the program mind of the intellect (your ego) around a limiting belief and access the body's subconscious intelligence to affect and release so that these beliefs are no longer an issue. To the extent that you practice, the effects are permanent. I contacted a practitioner of EFT in San Francisco to ask how many sessions it would take to relieve one of a severe emotional issue such as an eating disorder. She told me that six sessions is the standard.

The process begins by setting your intention. The process can be used around many topics — career, health, prosperity, relationships, family issues, children, fears, stress and worries — any emotional issue. It has also been found to be quite effective for the release of physical pain as well as for helping people achieve peak performance in sports, business and other personal undertakings.

As mentioned above, energy medicine and energy psychology both maintain that disturbances in the energy system are responsible for pain and discomfort whether its origin is physical or psychological. The gentle tapping of

meridian therapies on acupressure points (coupled with intention and focus) is thought to balance the energy system, with the result that the symptoms release, old patterns are erased, and new patterns can be installed.

Candace Pert, author of *Molecules of Emotions*, states, “Energy interventions impact the body’s intricate electrochemical system as well as more subtle energies.”

The theory is that as the flow of energy through your system is opened and balanced, there is a domino effect throughout the rest of the body’s systems, resulting in healthier overall function. In particular, research has been looking at how the brain, nervous and endocrine systems are affected with tapping methods, as it is these chemical hormonal structures that drive our thoughts, feelings and moods. Patterns of thought, feeling and belief have been shown to create neural nets within the body-mind, and meridian therapies may, in effect, work by dissolving them and creating “space” for new, more efficient neural nets to take their place — ones that support positive change, mood enhancement and the capacity for enhanced physical, mental, emotional and spiritual performance.

EFT can be very effective all by itself or may be combined with other approaches to accomplish your objectives. As always the key is to trust your own intuition and design a plan that works for you.

My interest is in incorporating sound and voice toning with the meridian tapping. It is understood that we can resonate with the sounds of our emotions, and surface them to our attention with our voices. I hypothesize that EFT may be brought to the next level by voicing our emotions and intentions during the EFT process through toning, rather than by speaking with words.

Commonly, EFT is used to balance negative emotions such as anxiety, and is successful in doing so instantaneously. Now, EFT can also benefit those who wish to reach higher, expanded ways of being. With the process of EFT, we can establish a new and directed flow of energy with our thoughts, words, or sounds of intention. As we tap the meridian points, we open to the energy channels and we can feed the channels whatever we would like to feed them in order to establish positive beliefs, calmness, creativity, abundance, etc!

In my eyes, EFT is an expanded method of acupuncture, as no outside tools are needed in the process. As we enter into the age of increased awareness and self-understanding, I believe we will continue to develop techniques in which we utilize and interact with our own bodies and minds to establish balance. I see yoga, EFT tapping, and vocal toning as three significant healing modalities which require only the interaction of our body, mind, and soul, with no outside tools needed.

I am however, interested in combining the force of earth crystals with the tapping method. Tourmaline, for instance can help to break up energy blockages which cause stress and confusion, and bring about calmness and clarity. The particular role played by black tourmaline is to repel negative energy. This can refer both to external energies or inner emotions, such as anger, resentment, or jealousy. I believe it may be effective to tap the points with a small piece of black tourmaline to aid the process. Perhaps instead of six sessions needed to end a negative pattern, only 3 sessions would be needed with the help of our rock friend.

"This [EFT] is very likely a tool I'll be using for the rest of my life. In all my years of learning various meditation techniques, studying healing systems, self-development methods, plus the wide array of methodologies I've been exposed to during my training in Psychology and Human Resources Management ... I've never come across anything as potent as EFT for rapidly diffusing complex emotional problems and associated physical issues. In fact for dealing with specific emotional issues (e.g. phobias, addictions, grief etc.) it's probably a more appropriate tool than meditation."

—Nyanasanti Bhikkhu

My personal FAVORITE/most energizing video:

TAPPING INTO THE VOTEX by Brad Yates

<http://www.youtube.com/watch?v=0YBGIX7jNJU>

[Video I created at tapforpeace.tumblr.com]

DEEP BREATH

I know that I am a Divine being. KARATE CHOP

I invoke the love within me to be the SOURCE of all my actions. KARATE CHOP

Sometimes, in some moments, I forget my divinity. EYEBROW

Sometimes, in some moments, I act in fear. SIDE OF EYE

I completely honor and love myself even when I act out of fear. UNDEREYE

Today i choose to love myself and see the beauty around me. UNDER NOSE

I choose to see all as a beautiful unfolding of the the great mystery. CHIN

I notice signs and synchronicities. COLLAR BONE

I choose to consciously connect with Source energy. UNDERARM

I decree my highest good always operating in this now. TOP OF HEAD

Abundance is all around me. EYEBROW

I invoke the ending of obstacles, blockages, and unhealthy belief systems. SIDE OF EYE

I am infinite light. UNDER EYE

I invoke my constant ability to be centered and balanced. UNDER NOSE

My Intuition is my God-mind, and I always trust it. CHIN

I release all judgmental projections, shame, and guilt. COLLARBONE

I am empowered by everything. UNDER ARM

I invoke and dream awake the full expression of my miraculous healing power. * TOP OF HEAD

I am open to receive the full blessings of God, Goddess, the ascended masters, angels, guides, and all beings of light
EYE BROW

I invoke the full reclaiming of my eternal self SIDE OF EYE

I am a powerful, loving, and fully aligned in abundant god-consciousness. UNDER EYE

I can easily visualize my body filled with the light of the loving universe. UNDER NOSE

I visualize myself drenched in radiant light and make the vocal expression of this image: CHIN

I invoke and dream awake the ascension and total awakening of planet earth, in this NOW. COLLARBONE

DEEP BREATH

<i>Acupuncture Point</i>	<i>Meridian</i>	<i>Releases</i>	<i>Allows</i>
TH- Top of Head	'Hundred Meeting Points'	Lack of focus	Intuition, Spirit connection, focus, wisdom, clarity
EB- Eyebrow	Bladder	Trauma, hurt, sadness, impatience, dread	Inner Peace and emotional healing
SE- Side of Eye	Gall Bladder	Rage, resentment, fear of change	Clarity, compassion, understanding
UE- Under Eye	Stomach	Fear, anxiety, worry, emptiness, nervousness	Contentment, calmness, "All is Well"
UN- Under Nose	Governing	Embarrassment, shame, guilt, powerlessness, psychological reversals	Self-empowerment, self-acceptance, compassion

<i>Acupuncture Point</i>	<i>Meridian</i>	<i>Releases</i>	<i>Allows</i>
<i>CH</i> - Chin	Central	Confusion, shame, second guessing	Certainty, clarity, self-confidence
<i>CB</i> - Collarbone	Kidney/ Adrenals	Psychological reversal, worry, indecision, general stress	Ease in moving forward, confidence, clarity
<i>UA</i> - Under Arm	Spleen	Guilt, obsessing, hopelessness, insecurity	Confidence, relaxation, compassion for self and others
<i>SS</i> - Sore Spot	Entry point	Initial emotional tension	Calmness
<i>Karate Chop</i>	Entry point/ Small Intestine	Initial Emotional Tension	Calmness

Sources:

1. MERIDIANS, CORRESPONDING ORGANS AND THEIR SYMPTOMS, http://sri.new-planet.net/Meridian_System.php
2. ACUPUNCTURE & MERIDIANS-Pathways of Chi Energy, <http://www.healing-with-eft.com/acupuncture-meridians.html>
3. EFT Videos by Margaret Lynch, <http://www.youtube.com/user/MargaretMLynch/videos?view=0>
4. The Pros and Perils of EFT/Tapping Scripts, <http://www.emofree.com/eft/pros-perils.html>
5. Tap To Feel Good, and other videos by Brad Yates, <http://taptofeelgood.com>