

Emotional Freedom Techniques

Basic Tapping Guide



Marie Holliday

EFT Master Trainer of Trainers

Contents:

1. Introduction to Marie Holliday	P3-p4
2. Objective	P4
3. A Cousin To Acupuncture	P4 – P5
4. What is Emotional Freedom Techniques?	P5 – P6
5. How is a Negative Emotion caused?	P6 – P7
6. The Discovery Statement	P7 – P8
7. Introduction to the Shortcut Tapping Points	P8 – P11
8. Location of the Tapping Acupoints	P11 – P12
9. Subjective Units of Distress (SUD's)	P12
10. How to Tap	P13
11. The Set up Phrase and Reminder Phrase	P13 – P14
12. Psychological Reversal	P14
13. What can I use EFT for?	P14
14. Being Specific and Being Persistent	P15
15. Meridians and Emotions	P15
16. Important Disclaimer	P16
17. Gratitude	p17

1. Your Trainer Marie Holliday

Hello and welcome to Emotional Freedom Techniques with myself an EFT Trainer of Trainers, Marie Holliday. I am delighted to meet you and I look forward to working with you and teaching you this basic introduction to using Emotional Freedom Techniques (EFT) for yourself and possibly you may have an interest in working towards a professional Practitioner level.

Let me share with you how I was introduced to EFT which was quite dramatic.

I had a double brain haemorrhage, here in Spain where I live, over 20 years ago. After months I couldn't work, I had lost my confidence and was left with debilitating symptoms of severe nausea and dizziness. The medical world could only help me with drugs and I remember thinking *'Is this all I have left in my life – nothing really to look forward to and feeling ill all the time'*. A local hypnotherapist suggested I try EFT which had just come to his attention or *'tapping'* as we often know it; I thought I may as well as I had nothing to lose. He gave me a little tapping chart and brief instructions how to do it. I went away and diligently tapped on the two worse symptoms. After two days I was better! It was like a Miracle and still is every time I work with EFT on clients...and animals!



How could I not learn more about this amazing technique? It really was too good to keep to myself. I started studying and constantly learning about EFT and working with anyone that would let me! Having been a professional trainer in the UK, it was a natural progression to go on to teach EFT.

I have been teaching EFT for over 20 years now and studied under Gary Craig's original teachings and exams and was lucky enough to learn with one of his friends and colleagues in Spain, Dr Alex Lees. Additionally studying with AAMET International, the biggest worldwide association for EFT which is now known as [EFT International](#).

I worked solidly as a Practitioner for all those years and progressed to a Master Trainer of Trainers having worked as Training Director and on the Executive Board for many years of AAMET. I was a professional Trainer of Trainers back in

England with private companies, Kirklees Government and the Chamber of Commerce.

I have vast experience in working with many clients with serious illness and teaching and presenting EFT which led to my working with animals for many years, so you can be assured I will guide and support you through your learning. Gary Craig described EFT as a *Gift for Life*, it certainly is and there is virtually not a day I don't use it for myself or for animals. I hope this is your Gift for Life.



2. Objective

The Objective:

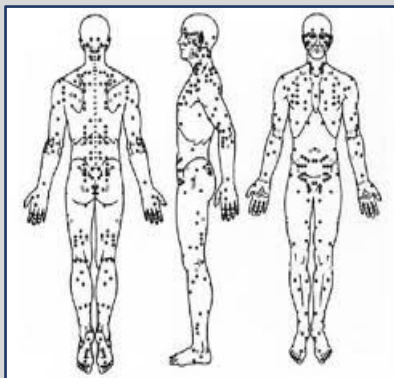
- To give a basic introduction and understanding of EFT
- To basically apply to self

3. A cousin to Acupuncture

Emotional Freedom Techniques or EFT evolved from the same concepts as acupuncture, which uses needles on points on the body along lines or pathways called meridians. This was combined with focusing on a specific issue or problem and 'tapping' with fingers on acupoints.

Emotional Freedom Techniques is classed as a *Cousin to Acupuncture* or a *DIY (Do It Yourself) Technique*.

ACUPUNCTURE



About 5,000 years ago the Chinese discovered a complex system of energy circuits or meridians that run through the body which are the centrepiece of Eastern health practices and form the modern day acupuncture, acupressure and many healing techniques.



Historically acupoints have been used throughout the ages .

Use of the meridians was first described in the book *The Yellow Emperor's Classic of Internal Medicine*, written in China. The ancient Chinese believed that there is a universal life energy called Chi or Qi present in every living creature. This energy is said to circulate throughout the body along specific pathways that are called meridians. As long as this energy flows freely throughout the meridians, health is maintained, but once the flow of energy is blocked, the system is disrupted and pain and

illness occur. Acupuncture is one of the oldest, most commonly used medical procedures throughout the world.

Acupuncture therefore works to re-program and restore normal functions by stimulating certain points on the meridians in order to free up the Chi energy.

We will see how these disruptions along the meridians can be unblocked with EFT allowing the energy to flow freely, helping to restore normal functions and bringing emotional as well as physical benefits.

4. What is Emotional Freedom Techniques?

EFT is classed as a cousin to acupuncture and is based on the premise that:

“The cause of all negative emotions is a disruption in the body's energy system”

Negative emotions are stored and often attached with the distressing memory which can disrupt our energy system and create an imbalanced body.

Therefore negative emotions can often be eliminated while stimulating specific energy points on the body combined with simple verbal statements .This stimulation removes the negative emotional component from a memory or thought and dispels the unwanted disrupted energy, leading to a smooth, rebalanced flow of energy in the meridian system.

A balanced body has the ability to start to heal itself.

Using EFT can create profound changes in emotional and physical health.

Our bodies have a profound electrical nature and this electrical system is a vital bodily system just as our other bodily systems for example: blood system, endocrine system, nervous system etc.

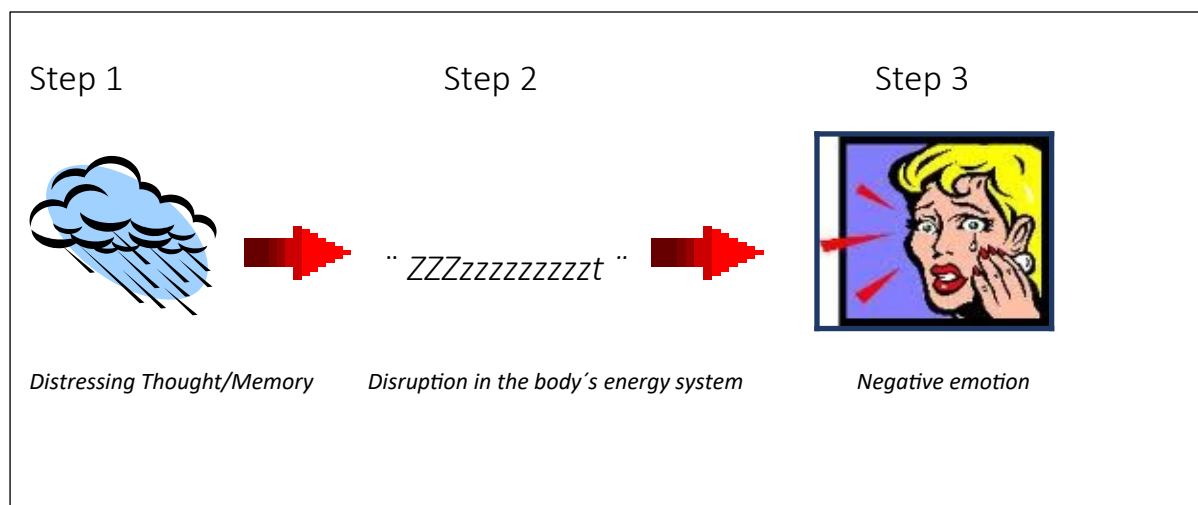
We are unable to see this electrical system; similar to electrical wiring in our homes that we are unable to see but we understand it is there physically and works; for example when we switch a light on.

Changes made by using EFT wouldn't occur if we hadn't an energy system.

When our electrical or energy system becomes imbalanced, we have an electrical effect happening that we could describe as a 'ZZZZzzzt'

Sort out the 'ZZZZzzzt' and the negative emotion goes away...along with fear, anxiety, a pain, phobia etc.

5. How is a Negative Emotion caused?



- A Distressing thought or memory
- Creates a Disruption in the body's energy system
- Which creates a Negative Emotion

Your internal response to any situation is determined by your past experiences.

Many people believe that the upsetting event or trauma in their lives is what really causes their related negative emotions.

EFT and other energy techniques recognise a different causative factor.

- The event does not cause the emotional upset.
- The thought about the event causes the energy disruption
- That in turn causes the negative emotion

When the energy disruption is treated, the emotions around the memory are released.

Any stimulus could trigger a disruption: sounds, smells, sights, tastes, objects, animals, certain environments, even just a triggering word or phrase can cause this disruption to recur.

The subconscious mind reacts according to specific rules it has learned and importantly *even when those rules are out of date*.

When working with traumatic events and energy psychology particularly EFT, the person does not need to talk about or re-live all the distressing details because being tuned in to the issue is all that is necessary.

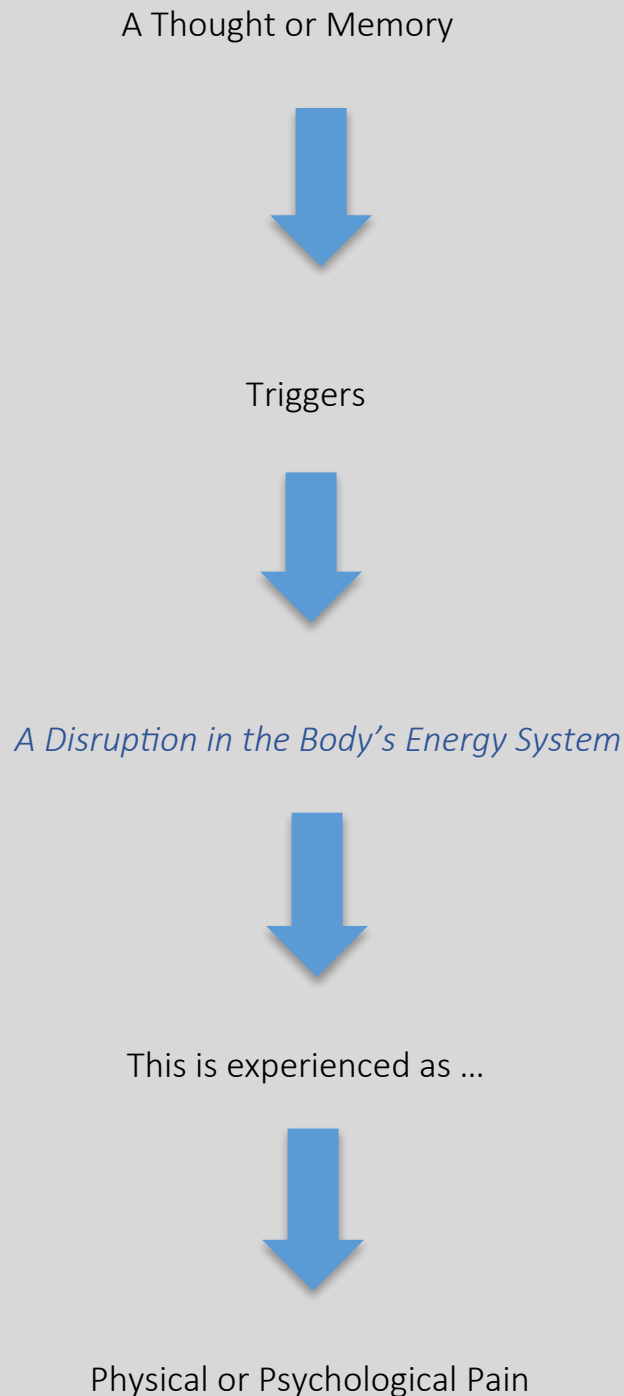
EFT helps us connect the negative emotion we are feeling, with the body.

6. The Discovery Statement

The whole essence that is central to the understanding of Emotional Freedom Techniques is this important Discovery Statement which is worth remembering or writing somewhere you can see daily; especially when '*something*' triggers you as it may offer a key area:

"The cause of all negative emotions is a disruption in the body's energy system"

The theory behind it is a simple equation which is shown below:-



7. Introduction to the Shortcut Tapping Points

The following Charts 1 and 2, show the Tapping Acupoints and learning these tapping acupoints is a key area to help you. There are other points and techniques but this is a good basis to study before the course. Therefore aim to study and locate the points and then tap as often as you can.

MARIE HOLLIDAY COPYRIGHT 3/2016 WWW.EFTONLINETAPPING.COM

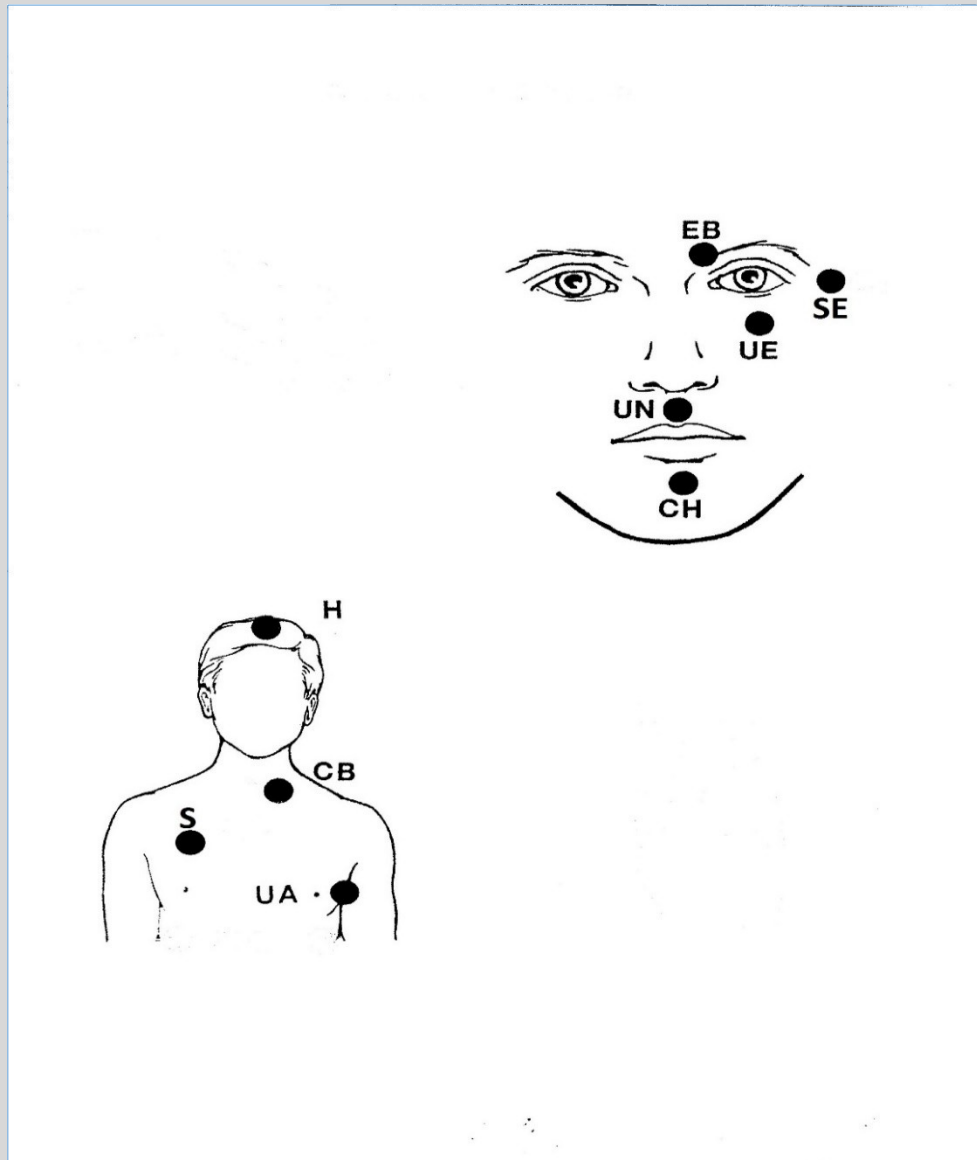


Chart 1. Face and Torso tapping acupoints

Abbreviated Tapping Acupoints Chart 1:

EB ... Eye Brow

SE ... Side of Eye

UE ... Under Eye

UN ... Under Nose

CH ... Chin

CB ... Collar Bone

UA ... Under Arm

H ... Top Head (You can start with Top of Head if you wish- or leave out)

NB: Important

*S or Sore Points is equivalent to the KC or Karate Chop Point (Side of Hand) shown in Chart 2 below and is often not used now as can be difficult to locate.

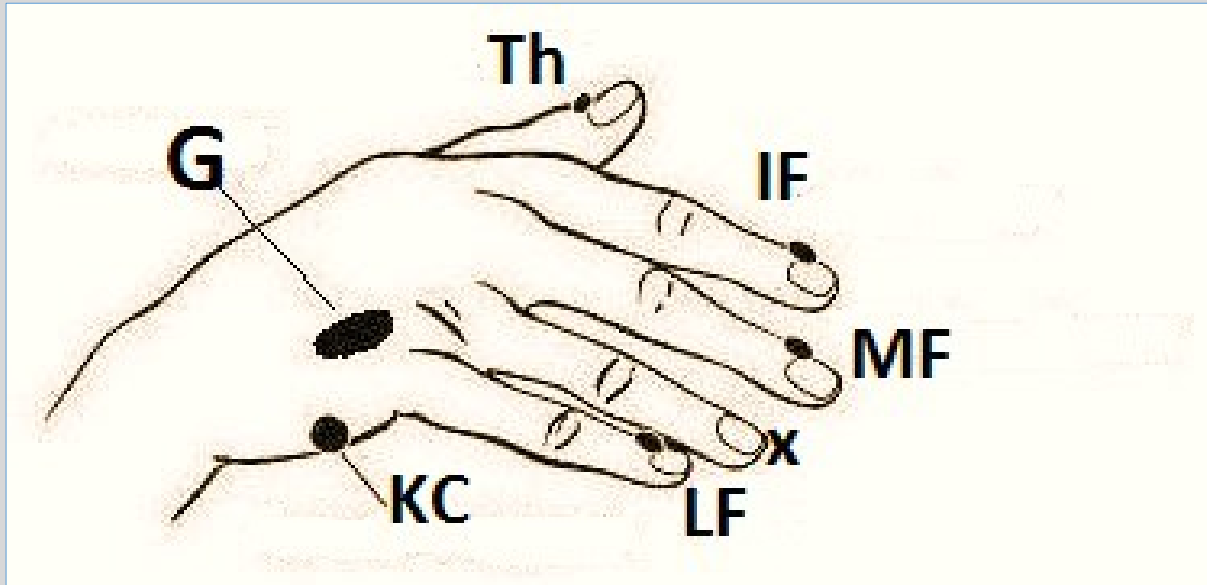


Chart 2. Hand tapping acupoints

Abbreviated Tapping Acupoints Chart 2

Th ... Thumb

IF ... Index Finger

MF ... Middle Finger

LF ... Little Finger (or BF Baby Finger)

KC ... Karate Chop is now known as Side of Hand (SoH)

G ... Gamut

X ... Ring finger *

NB: * X Leave this finger point out as it isn't necessary to tap on.

8. Location of the Tapping Acupoints

The following are detailed explanations of the acupoint tapping locations are to assist you in locating the points easily and correctly.

EB – Eye Brow - Beginning of the eye brow, on the bone of the eye socket

SE – Side of Eye - The bone at the central outer edge of the eye

UE – Under Eye - The centre of the orbital bone that forms the lower eye socket, under the eye (in line with the pupil)

UN – Under Nose - The central indent between nose and upper lip

Ch – Chin – The central indent between the lower lip and chin

CB – Collar Bone – The collar bone meets the sternum. This point is slightly more difficult to locate and is about one inch under the hollow in your throat where a man normally ties a knot in his tie and about an inch along on either side. This will be covered fully on the course.

UA – Under Arm - Approximately 4 inches under the arm pit on the side of the body; in line with the nipple on a man or centrally on the bra strap under arm on a woman

Th – Thumb -The outer edge point at the base of the thumb nail (see diagram)

IF – Index Finger - The point is at the side of the index finger at the base of the nail (see diagram)

MF – Middle Finger - The point is at the side of the middle finger at the base of the nail (see diagram)

LF – Little Finger - The point is the inside of the little finger at the base of the nail

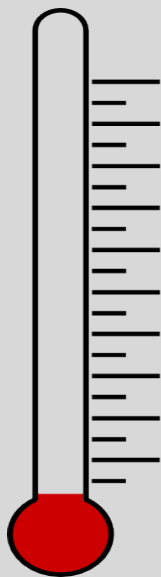
SoH - Side of Hand (was known as Karate Chop Point) - The central fleshy side of the hand.

NB: Gamut Point is in a technique ,*'9 Gamut Procedure'* -we don't use here .

G – Gamut Point – The hollow between the little finger and the ring finger on the front of the hand, approximately an inch down; there normally is an indentation.

9. Subjective Units of Distress (SUD's rating)

Rate your issue or problem on a scale of 0 to 10 as experiencing NOW



10



0

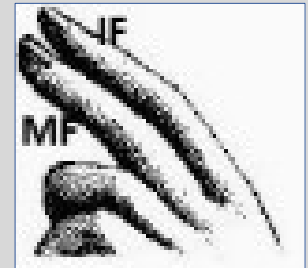


10 is the Maximum Intensity

0 is the Minimum Intensity

10. How to Tap?

Tap on each acupoint, however the amount isn't important if you tap more or less than this. Tap quite firmly but not enough to hurt yourself, with two fingers with your dominant hand but it can be either hand. Use your Index Finger (IF) and Middle Finger (MF) to tap.



Whilst the points follow on in a natural order, if you miss a point out or tap on them in a different order EFT will still work. However the natural order and flow on the charts makes them an easy memory aid for learning the acupoints.

You can tap on either side of your face, torso and hand as every acupoint with the exception of Under Nose (UN) and Chin (Ch) has the equivalent on the other side. Many people like tapping on both sides at the same time with both hands and enjoy the balanced feeling.

Sometimes the points can be very tender, sore or even painful when tapping therefore it's always good to tap gently around a tender point and note any differences when you return to the point, eventually it will dissipate and can even be the 'key' to a blockage. You can tap as often as you want and as much or as little as you want and for as long as you want.

11. The Set up Phrase and Reminder Phrase

You are now ready to start tapping and firstly need to add at the beginning of the sequence a Set Up Phrase x 3 times which is in two parts:

- 1) Tap on the Side of Hand (Karate Chop Point) *whilst ...*
- 2) Stating the Set Up Phrase including the issue or problem

The Set up Phrase is:

' Even though I have this (state problem) I deeply and completely love and accpet myself '

EG: 'Even though I have this dull ache, I deeply & completely love and accept myself'. The issue or problem becomes a Reminder Phrase that you tap on each point, for example tap on EB 'this dull ache', SE 'this dull ache' etc.

12. Psychological Reversal

The Set up Phrase is used as a neutralising statement to eliminate Psychological Reversal and to remove blockages in our body's electrical energy system. It is self defeating negative thinking which is at a deep sub conscious level and affects EFT in about 40% of cases; when it is present it will stop EFT functioning. Even the most positive people are subject to PR yet are not aware of its presence. So to simply add this Set up Phrase in the tapping sequence eliminates and neutralises psychological reversal which can impede your progress.

13. What can I use EFT for?

EFT can be used in most areas of your life and here are just a few examples:

- Stress and Anxiety
- Low self - esteem and confidence issues
- Fears and Phobias
- Relationship issues
- Pain management
- Help with serious illness
- Work/Business area
- Creative blocks
- PTSD & Traumas
- Addictions/Cravings eg: smoking, weight issues, alcohol etc
- Limiting Beliefs
- Grief
- Help with Depression
- Performance Enhancement – Sports, Arts, Music etc

14. Being Specific and Being Persistent

When tapping it's very important to be **SPECIFIC**.

So for example instead of using '*this pain*' in a set up phrase be very specific in how you are feeling at that moment in time – extremely important-in the **NOW**, not yesterday or last week. So some examples of Specific Reminder Phrases may be '*this dull pain*, '*this agonising pain*' etc.

Always be **PERSISTENT** in your tapping and never give up.

15. Meridians and Emotions

This chart was shared originally through TFT (Thought Field Therapy), the pre cursor to Gary Craigs' EFT. There are many more emotions associated with the acupoints but we generally tap with all the points, to ensure coverage.

<u>Meridian</u>	<u>Emotion</u>	<u>Tapping Point</u>
Stomach	Obsession	Under Eyes
Spleen	Rejection	Under Arm
Kidney	Fear	Collarbone
Bladder	Panic	Eyebrow
Heart	Forgiveness	Little Finger
Large Intestine	Letting Go	Index Finger
Triple Warmer	Depression	Gamut Spot
Gall Bladder	Pride	Outside Edges of Eyes
Small Intestine	Fear of New Experience	Side of Hand (KC)
Central	Shame	Chin
Governing	Embarassment	Under Nose

16 . Important Disclaimer

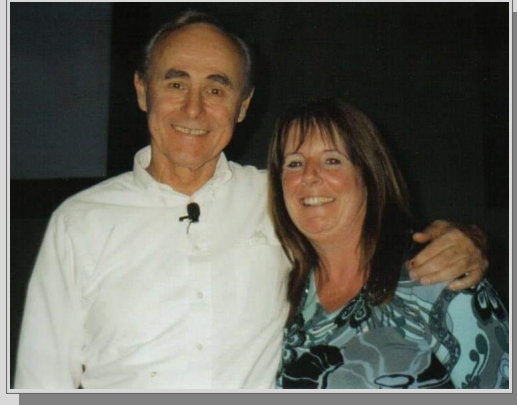
The information contained in this guide is educational in nature and is provided only as general information. As part of the information presented here I understand I will be introduced to a modality identified as Emotional Freedom Techniques (“EFT”) which is a technique referred to as a type of energy technique. To date, EFT has yielded remarkable results for relieving emotional and physical distress. EFT appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. Due to the experimental nature of EFT, and because it is a relatively new healing approach and the extent of its effectiveness, as well as its risks and benefits are not fully known, I agree to assume and accept full responsibility for any and all risks associated with studying this handbook and using EFT. I understand that if I choose to use EFT, it is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects.

The information presented in this handbook is not intended to represent that EFT is used to diagnose, treat, cure, or prevent any disease or psychological disorder. EFT is not a substitute for medical or psychological treatment. Further, I understand that Marie Holliday makes no warranty, guarantee, or prediction regarding any outcome for me using EFT for any particular issue. I agree and understand that the information presented in this handbook is solely for my own personal information and user. In order to use EFT with others, I understand I need to become sufficiently trained and qualified as an EFT practitioner. Marie Holliday accepts no responsibility or liability whatsoever for the use or misuse of the information contained in this guide and if you are unwell or have health issues, strongly advises you to seek professional and/or medical advice as appropriate before implementing any EFT, and before making any health decision.

17. In Gratitude

With huge thanks and gratitude to Gary Craig for saving my life. And that his work is continued through all the millions of people and Practitioners who now use EFT worldwide.

Marie trains internationally online and teaches EFT Courses through EFT International Association where certification is recognised worldwide.



She also teaches speciality classes on EFT with Serious Illness and EFT with Animals to Practitioner levels or for own use.

Marie welcomes you to browse through her websites and contact her regarding any query.

www.eftanimals.com

www.eftonlinetapping.com