**The Essence of EFT (Emotional Freedom Technique)**

*According to EFT, the Cause of all Negative Emotion is a Disruption in the Body’s Energy System*

**EFT provides a means of clearing the disruption and re-balancing the energy system.**

Hence, clearing the disruption and allowing the body’s energy system to re-align itself into a natural and healthy flow can clear negative emotions and any associated physical or psychological manifestations.

The same principle applies to negative beliefs. Self-limiting beliefs can be dispelled using the EFT process, leaving us free to realise our full potential, to think and act with clarity and focus, calm, relaxed and at peace with oneself, realised from the disabling negative emotions and fears.

The EFT basic procedure:

1. Prior to doing the procedure it is necessary to become aware of how you’re feeling about whatever is bothering you and give it a score from 0-10; this is technically known as the Subjective Unit of Distress (SUDS).
2. Then say aloud the Set up Statement whilst tapping the Karate Chop point
   1. **Even though I feel this** (insert specific emotion) **because** (insert reason), **I deeply and completely accept myself.**
   2. **Or I love and forgive myself**
3. The Reminder Statement
   1. This (insert specific emotion)
   2. Repeat the reminder statement to focus your thoughts whilst tapping each of the points 2-9.

If at any time you begin to feel overwhelmed by emotion, do not stop tapping. Keep tapping continuously round points 2-9 until the feeling of being overwhelmed has subsided.

If SUDS gets stuck and doesn’t reduce further you may have switched to another emotions, for example, sadness can turn to anger. So you may need to pause and rethink the issue and maybe alter the statement you’re using. Reflect about this and amend when you need to.

EFT takes a few minutes to learn (so it is a good self help technique for emotional first aid) but lots of study and practice to master. For now we can begin to use it to help us begin to heal our emotional feelings around our birthdays or any self care day that we’re preparing for ourselves. It isn’t a one minute wonder although many have reported such success, it is something that can build over days and time.

**Welcome any sighs, yawns, burps or stomach gurgles as these are all positive signs of your energy rebalancing herself!**

Ok so you know that EFT is not to take place of conventional medical care, right? So I need to state that you have to always consult a GP for medical attention and advice. EFT is useful in complementing any conventional medical treatment. This information is provided as general information and you undertake responsibility for your own emotional wellbeing.

**For more information about EFT**

For a 45 page downloadable free manual, which elaborates on the procedure [click here](http://www.eftfree.net/get-the-eftfree-manual/)

Association for the Advancement of Meridian Energy Techniques [click here](http://www.aamet.org/)

Gary Craig’s [original archive of EFT case histories](http://www.eftuniverse.com) and anecdotes from emofree.com (now under new ownership)

