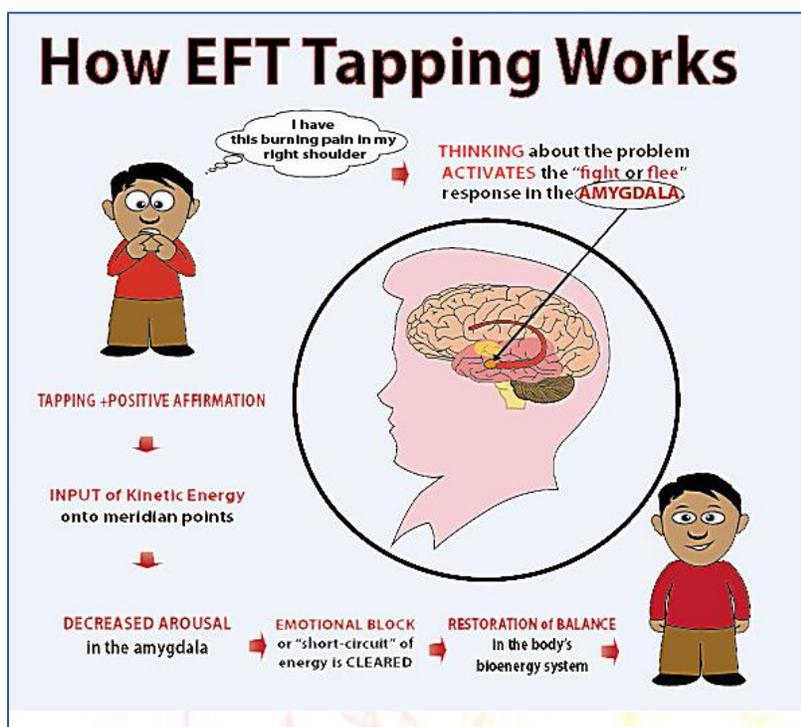


Tune Up Your Brain Module Four, Lesson Three

What is EFT and How Can It Help Your Brain?

Emotional Freedom Technique (EFT) is also known as Tapping, and it is a powerful way to deal with many emotional issues including phobias, anger, fear, and stress.

The EFT process combines tapping of the energy meridians with repetition of positive affirmations. In this way, EFT tapping combines an Eastern medicine approach with more traditional Western psychotherapies. Together, these tools can have a big impact on emotional health.



Similar to acupuncture, EFT focuses on the meridian points. Based on Chinese medicine, meridian points are thought of as areas of the body energy flows through. These pathways help balance energy flow to maintain your health. Any imbalance can influence disease or sickness.

Acupuncture uses needles to apply pressure to these energy points. EFT uses fingertip tapping to apply pressure.

Proponents say the tapping helps you access your body's

energy and send signals to the part of the brain that controls stress. By stimulating the meridian points through EFT tapping, we can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy.

EFT is an authorized treatment for war veterans with PTSD, and it's demonstrated many benefits as a treatment for anxiety, depression, physical pain, and insomnia.

It works by stimulating energy points on the surface of the skin which, when paired with various psychological procedures, send signals to the brain that impact stress chemicals such as cortisol and DHEA, deactivate limbic system arousal, and alter neural pathways.

EFT tapping is divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

The Emotional Freedom Technique Tapping Process

1. Identify the issue

In order for this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you're tapping. Focusing on only one problem at a time is the best way to enhance your outcome.

You have to be specific about each aspect of the memory or feeling that you are tapping for. Treat each aspect of a memory or issue separately. So for example, the anger at your father for embarrassing you on your 16th birthday would be treated until down to zero, and then you would treat the sadness that the day was ruined, and then the guilt that you felt for lashing out at your mom for letting him do that. Keep working at the issue until all the emotional aspects are worked out.

2. Test the initial intensity

After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue.

Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50 percent improvement level.

3. The setup

Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals:

- acknowledging the issues
- accepting yourself despite the problem

The common setup phrase is: "Even though I have this [fear or problem], I deeply and completely accept myself."

You can alter this phrase so that it fits your problem, but it must not address someone else's. For example, don't say, "Even though my mother is sick, I deeply and completely accept myself." You have to focus on how the problem makes you feel in order to relieve the distress it causes. It's better to address this situation by saying, "Even though I'm sad my mother is sick, I deeply and completely accept/love myself."

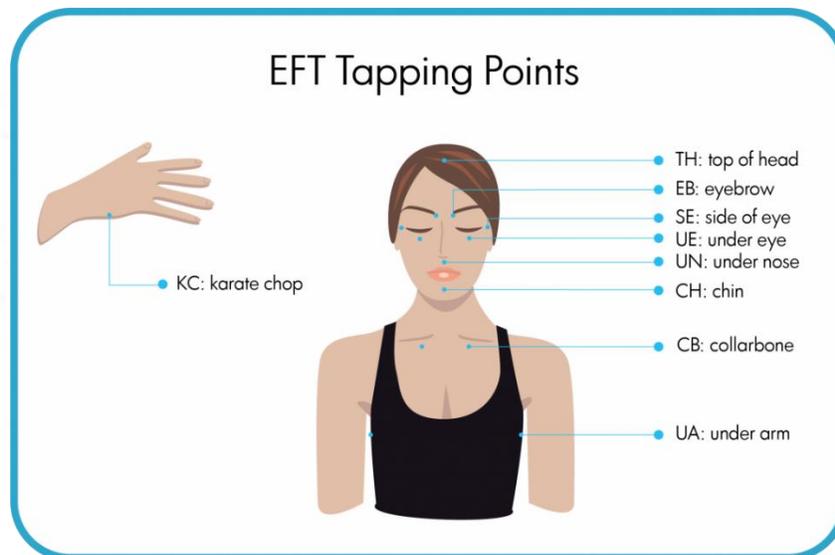
4. EFT tapping sequence

While tapping the points, recite a reminder phrase to maintain focus on your problem area. If your setup phrase/affirmation is, "Even though I'm sad my mother is sick, I deeply and completely accept myself," your reminder phrase can be, "The sadness I feel that my

mother is sick.” Recite this phrase at each tapping point. 3-7 taps in each round on each point is enough.

The sequence is the methodic tapping on the ends of nine meridian points*. Most people use two fingers to do this.

If you are familiar with meridians, it may be helpful to know which one is being affected by the tapping point, so I have included those references. But it is not important to know what they are or what they do in order to do the process. EFT mainly focuses on these nine:



karate chop: *small intestine* meridian – this is the outside of the hand, about halfway between the start of the baby finger and beginning of the wrist. While tapping this the first time, you will recite your entire affirmation five times. For example: “Even though I’m sad my mother is sick, I deeply and completely accept myself.”

top of head: *governing vessel* – the middle, top of the head. We used to call this the “soft spot” of a baby’s head – when you tap. To find it, you can just find that slightly indented spot between the two hemispheres of the brain. From now on, you will use only your reminder phrase. For example: “The sadness I feel because Mom is sick.”

eyebrow: *bladder* meridian - located at the beginning of the eyebrow, nearest the center of the face, along the top bone of the eye socket.

side of the eye: *gallbladder* meridian - located on the bone at the outside of the eye. It's not so close to the eye that it feels like you're poking yourself, and not so far away that you are tapping at the temple.

under the eye: *stomach* meridian - located on the bone under the eye about even with the pupils when you're looking straight ahead.

under the nose: *governing vessel* - the spot is roughly midway between the bottom of the nose and the top of the lip, just above the space between your two front teeth.

chin: *central vessel* - this isn't really on the chin. It's mid-way between the bottom of the lower lip and the chin, in the indentation.

beginning of the collarbone: *kidney meridian* - located about one inch down and towards the outside of where a man would tie his tie. The inside of the collarbone. An alternative is to pat the spot with the flat of a fist, with about the same pressure as you would pat a baby's back for burping.

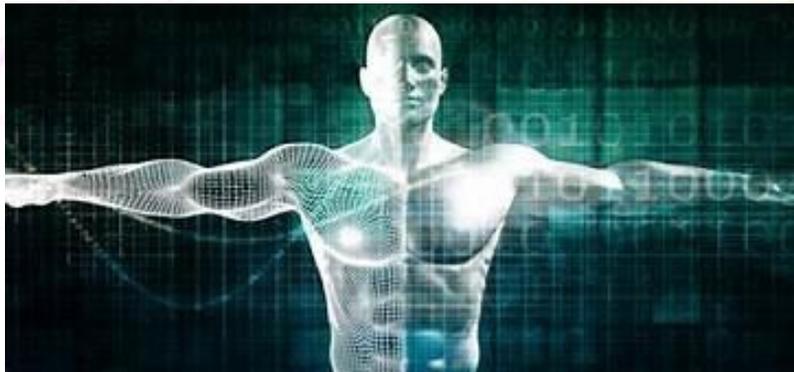
under the arm: *spleen meridian* - this is located about 4 inches below the armpit. For women, it's roughly in the middle of where the bra strap comes round to the side. For men, it's in line with the nipple.

karate chop: do this point again, to complete the sequence. This time when you tap the karate chop point, simply recite the reminder phrase.

Do a couple of rounds and then see how the negative feeling has reduced. Do more Setups and Sequences together until the aspect you've been working on has come down to zero.

5. Test the final intensity

At the end of your sequence, scan how you are feeling and rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven't reached 0, repeat this process until you do.



In our example above with the embarrassing birthday party, you would need to bring each aspect down to zero. First the anger, then the sadness, then the guilt. While you'll feel great relief if you drop from a 10 to a 4, there's still some of the memory clogging up your body and affecting you.

If this initial tapping does not seem to be doing the work after the first few times, then go on and do the next practice, which is called the *Nine Gamut Treatment*.

This closing procedure is very powerful, and I prefer to use it every time, although many practitioners these days don't use it at all. It's easy and fast, but you have to remember to keep your head still as you do this.

I have included this in my video for this module, and highly recommend using it.

Nine Gamut Treatment

Close the eyes

Open the eyes

Look hard down and to the right then center the eyes

Look hard down and to the left then center the eyes

Roll the eyes around in a complete circle one way

Roll the eyes around in a complete circle the opposite way

Hum 5 seconds of any tune

Count from 1-5 out loud and then back again

Hum 5 seconds of any tune, doesn't have to be the same one

When you finish this process, just focus on something ahead of you for a few seconds, expressing gratitude for the process. Then you can once again evaluate how you're feeling.

EFT can and often does work quickly, but sometimes we need to be persistent until all aspects of the problem have vanished. Keep tapping until the pain in the situation has been neutralized.

*** A Note about Extra Tapping Points**

When I was certified as a tapping practitioner, I was taught to also tap points on the fingers. Most people do not do this anymore, so I have not included it in the sequence I am using here.