

Fundamentals of EFT

The ABC of EFT: Awareness-Balancing-Clearing¹

It takes a little while to describe the EFT process (sometimes called The Basic Recipe) but once you're familiar with it, it's quick, simple and effective. All you need to do is bring the issue to mind, prepare your energy system and neutralise the disturbance within it by tapping on the meridian points.

1. Awareness

To eliminate the disturbance in the energy system you first need to make it available by bringing it into awareness. This is very simple all you need to do is think about it. Once you're aware of it, it's useful to measure the strength of the problem so that you can track your progress as the energy system is balanced. This is done using a simple 0-10 scale, where 0 is no discomfort, and 10 is the maximum possible distress.

For example, if you wanted to work on a troublesome memory, bring it to mind and ask yourself: "On a scale of 0 to 10, how bad is this memory right now?" This isn't a rigorous scientific measure, a feeling or a guess will do just fine. After each round of EFT use this technique to measure the intensity of your issue. When the intensity is down, or close, to zero you know you've succeeded.

2. Balancing

Now you have the problem in mind you need to prepare your energy system. This routine (sometimes called The Setup) makes sure your energy system is prepared before you attempt to clear its disruptions. In particular it removes Psychological Reversal (PR) a barrier to the effectiveness of the tapping, which is caused by self-defeating, negative thinking, which often occurs subconsciously and outside of your awareness. On average, it will be present about 40% of the time. Some people have very little of it (this is rare), others are beset by it (this also is rare), most people fall somewhere in between these two extremes. PR doesn't create any feelings within you, so you won't know if it is present, or not, and even the most positive people are subject to it. When PR is present it will stop any attempt at healing, including EFT, dead in its tracks, so it must be corrected.

Fortunately balancing the system is easy, all you have to do is:

1. Repeat an affirmation, or "Setup Statement", three times.
2. Simultaneously tap the "Karate Chop" point.

The Setup Statement

Since the cause of Psychological Reversal involves negative thinking, the correction for it includes a neutralising affirmation.

"Even though I have this _____, I'm alright, I'm OK."

The blank is filled in with a brief description of the problem you want to address.

For example:

- *Even though I have this **fear of public speaking**, I'm alright, I'm OK.*
- *Even though I have this **headache**, I'm alright, I'm OK.*
- *Even though I have this **anger towards my father**, I'm alright, I'm OK.*
- *Even though I have this **traumatic memory** I'm alright, I'm OK.*
- *Even though I have this **fear of spiders**, I'm alright, I'm OK.*

¹ Thanks to Gwyneth Moss of TrancePennine for this description of EFT.

The Karate Chop Point

The Karate Chop point (abbreviated **KC**) is located at the centre of the fleshy part of the outside of your hand between the top of the wrist and the base of the little finger, the part of your hand you would use to deliver a karate chop. Vigorously *tap* the Karate Chop point with the fingertips of the index and middle finger of the other hand.



The Reminder Phrase

To work properly you need to keep the problem issue in mind while you run through the clearing process (see below). To make that easy EFT uses a 'Reminder Phrase' to keep the mind tuned in to the issue. It is simply a word, or short phrase, that describes the problem and that you repeat out loud each time you tap one of the meridian points. In this way you continually "remind" your system about the problem you are working on. The best Reminder Phrase to use is the one you choose for the affirmation in The Setup. For example, if you are working on a fear of public speaking, The Setup affirmation would go like this:

"Even though I have this fear of public speaking, I'm alright, I'm OK."

Within this affirmation, the words - *fear of public speaking* – are ideal for use as the Reminder Phrase. Here are a few more samples taken from the selection of Setup

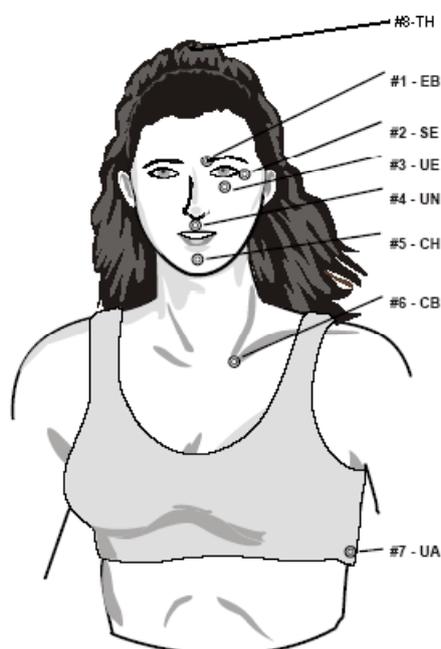
Statements:

- *Headache*
- *Anger towards my father*
- *Traumatic memory*
- *Fear of spiders*
- *Depression*

Once you've completed the balancing routine, and you have your remainder phrase, you can continue to the next stage of the process.

3. Clearing

Now you are ready to clear the imbalance in the energy system using the clearing process. Clearing is very simple, it involves tapping on the end points of the major energy meridians to balance the energy system whilst repeating the reminder phrase.



The points are described here and can be seen on the diagram.

Points on the face and body:

1. EB: Eyebrow, end of brow where it meets the top of the nose.
2. SE: Side of the eye, bone at the outer edge of the eye.
3. UE: Under the eye, directly below the centre of the eye on the bone of the eye socket.
4. UN: Under the nose, the crease below the nose and upper lip.
5. CH: Chin, under the lower lip and above chin.
6. CB: Collar bone, where the collar bone meets the sternum.
7. UA: Under the arm, side of the body in line with the nipple on a man or on the bra strap on a woman.
8. TH: Top of head, at the crown of the head.

Tap with the fingertips of your index finger and middle finger, to allow you to cover the tapping points more easily. Tap solidly (but never so hard as to hurt or bruise yourself) about 7 times on each of the tapping points; either side of the body, it doesn't matter which side you use nor does it matter if you switch sides during the sequence.

That's the end of one round of EFT.

If you need to do more than one round of tapping:

Let's say you are using the EFT process for some problem (fear, headache, anger, etc.). Sometimes the problem will vanish after just one round, at other times, one round provides only partial relief, so you will need to do one, or more, additional rounds.

Those subsequent rounds need to be adjusted slightly for best results. One of the main reasons why the first round doesn't always completely eliminate the problem is because Psychological Reversal blocks any *remaining* progress. You have already made some headway but Psychological Reversal keeps you from *getting any better*. Subsequent rounds need to address the fact that you are working on the *remaining problem*. So adjust the affirmation contained in balancing section as follows.

*"Even though I **still** have **some** of this _____, I'm alright, I'm OK."*

Please note the emphasized words (**still & some**) and how they change the emphasis of the affirmation toward the *remainder* of the problem.

- *Even though I **still** have **some** of this fear of public speaking, I'm alright, I'm OK.*
- *Even though I **still** have **some** of this headache, I'm alright, I'm OK.*
- *Even though I **still** have **some** of this anger towards my father, I'm alright, I'm OK.*
- *Even though I **still** have **some** of this traumatic memory, I'm alright, I'm OK.*
- *Even though I **still** have **some** of this fear of spiders, I'm alright, I'm OK.*
- *Even though I **still** have **some** of this depression, I'm alright, I'm OK.*

The Reminder Phrases are also easily adjusted

- **Remaining** headache
- **Remaining** anger towards my father
- **Remaining** traumatic memory
- **Remaining** fear of spiders
- **Remaining** depression

Now when you proceed with the next round of tapping you will be working on the remainder of the problem. If that still isn't enough you might need to do even more rounds of tapping.

Sometimes relief is quick and sometimes it takes persistence.

Quick Summary

1. Select your 'issue', bring it into awareness and make it specific. Become aware of it's intensity from 0 to 10.
2. Tap the Karate Chop spot whilst repeating the Setup Phrase:
"Even though I have this Etc"
3. Tap the meridian points whilst repeating the Reminder Phrase.
4. Check the intensity of the issue now.
5. If necessary, adjust the setup and reminder phrase and repeat.

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