

"If you are a health care professional or just using EFT for your own or your family's benefit, this book needs to be in your library, as it will help you integrate what some of the brightest people in the field have learned on the practical application of this powerful tool."

- Dr. Joseph Mercola, New York Times bestselling author



FREEDOM AT YOUR FINGERTIPS

GET RAPID PHYSICAL
AND EMOTIONAL RELIEF
WITH THE BREAKTHROUGH
SYSTEM OF TAPPING

THE ULTIMATE QUESTION AND ANSWER GUIDEBOOK FOR USING EMOTIONAL
FREEDOM TECHNIQUES TO FEEL MORE ALIVE AND ENERGIZED

COMPILED BY RON BALL

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The Ultimate Question & Answer Guidebook
For Using Emotional Freedom Techniques™
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INROADS PUBLISHING

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Contents

Dedication	xix
Disclaimer	xx
How to Use This Book	xxi
Foreword	xxiii
Introduction.....	xxv
The Basics of EFT: A breakthrough system for rapid physical and emotional relief • By Ron Ball	1
What is EFT?	
How was EFT developed?	
What is the body's <i>energy</i> system?	
Isn't EFT illogical?	
What if I'm skeptical about EFT?	
Is EFT something anyone can learn to do?	
What is the Apex problem?	
Is EFT part of energy medicine or energy psychology?	
What's the best way to learn EFT?	
Briefly, how do you do EFT?	
What are the EFT tapping points?	
What are the steps to doing the EFT Shortcut method?	
How do you do the classic or long version?	
When do you recommend doing the long version of EFT?	
Rather than learn EFT myself, the reason I bought this book was to find how EFT can help me and work with an EFT practitioner. What do you recommend?	
Why do some EFT practitioners use different tapping points?	
Can I tap on points on either side of my face or body?	
How should I tap?	
Why do some practitioners do EFT differently?	
How long does the change last?	
What if I'm doing EFT the <i>wrong</i> way?	
What if I believe EFT won't work for me?	
Why do you do the setup phrase?	
What are <i>aspects</i> ?	
Do I need to <i>say</i> the EFT statement or can I just <i>think</i> it?	
Why don't more people know about EFT?	
What is Psychological Reversal?	
What's the difference between the Sore Spot and the Karate Chop point?	
Is EFT safe?	

Is it a good idea for me to teach other people to use EFT?
Why is the EFT affirmation negative instead of positive?
What is the Choices Method?
I've learned EFT. Why don't I remember to do it when I have a problem?

Abundance & Prosperity: Changing beliefs and feelings to attract what you want in life • By Carol Look..... 19

How would you define abundance? Is it only about money?
I have read many books on the subject of manifesting, and I am trying very hard to attract abundance into my life. I don't understand why it's not working and I'm not attracting the abundance *I say that I want*. In your opinion, what am I doing wrong?
What is *Prosperity Consciousness* and what does it have to do with attracting abundance?
What is a limiting belief?
How do I find out if I have limiting beliefs? Does everyone have them?
Would you please give me some good examples of typical limiting beliefs to attracting wealth and abundance?
I've been making about \$50,000 every year for a long time. I definitely want and need to make more, and I believe I should be making more, so what is in the way?
How do I know, or how do you know, if I have a *comfort zone*? Maybe something else is wrong. Maybe I don't have enough credentials to make more money in my field.
How do I know which emotions are getting in my way? Isn't it normal to be anxious about money and paying the bills?
I think I understand what a *comfort zone* is, and that I probably have a few *limiting beliefs* from my family about money. However, I still don't understand why I am so stuck when I know I want to move forward. How do I stop this negative cycle?
Is being stuck the same thing as self sabotage?
And you think EFT can be used to break through these *comfort zones* and *limiting beliefs*?
So how do you use EFT as an effective tool to attract abundance?
What are some of the EFT setup phrases I might use?
What if I have concerns about being one of those "nasty" millionaires who doesn't care about others? What would some typical setup phrases be for me?
Why do so many people feel unsafe earning more money?
Do you have any final suggestions for what more I could do to make more money?

Addictions: Integrating EFT into treatments for substance or behavior dependency • By Loretta Sparks 31

- What causes an addiction?
- What is the problem with temporary relief?
- What is the difference between a habit and an addiction?
- What kind of addictive substances or behaviors are there?
- What kind of negative emotions can activate an addiction?
- What if you are not aware of any negative emotions, but there are times when you just get a craving or an urge?
- How can EFT help with cravings and urges?
- How can one stop repressing emotions?
- What does HALT mean?
- Are there any considerations in using EFT to get over an alcohol, drug or cigarette dependency?
- What does a higher level of care mean?
- What is withdrawal?
- How do you treat addiction with EFT?
- What is the most common block to treatment?
- How does one deal with Psychological Reversal?
- What are some addiction-related Psychological Reversals?
- How would one correct the Psychological Reversals on this list?
- Are there any other significant blocks to treatment?
- What corrects neurological disturbances?
- Can treatment blocks be caused by allergens?
- What can be done about allergens and energy toxins?
- Can a person's family be a block to treatment?

Alleviating Anxiety: Erasing uneasy, apprehensive feelings • By Lindsay Kenny 45

- What is anxiety?
- What causes anxiety?
- If we're all exposed to the same bad news and similar daily trials and tribulations, why are some people incapacitated with anxiety and others seem to let it roll off their backs?
- What is chronic anxiety?
- What are the long term effects of anxiety?
- How can EFT help anxiety sufferers?
- So how do I use EFT to alleviate anxiety?
- What are some effective setup phrases for simple anxiety issues?
- What about more complicated anxiety? Can EFT work on that?
- How do I phrase EFT setups for more complex anxiety?
- What do I do if EFT isn't working for my anxiety?
- How do I overcome a barrier like Reversals or SBS (Secondary Benefit Syndrome) so EFT will work for me?

How successful is EFT in overcoming anxiety?
What are some of the factors that can help me be successful
in dealing with anxiety?

Blockages & Obstacles: *Breaking through to peak performance* •

By Maryam Webster 59

What are blockages?
How do personal emotional blockages begin?
How do identify these blockages?
What are some EFT setup phrases I could use in working on
my blockages?
What if I'm reminded of other things while tapping on my
specific blockage?
What is the best way to end an EFT session after working
successfully on a blockage?
Tell me some more about how I can make the right Choices.
How do I attract what I would really rather have in my life?
I want to model success! What are the key personality traits
of those who are consistently able to remove their own
blockages and obstacles?
What can I expect when my blockages start to dissolve
through using EFT?

Children & Teens: *Using magic fingers to energize youngsters* •

By Jan Yordy..... 71

Is EFT a technique which is safe to use with children or teens?
Why is it important for parents to tap on their own issues
before approaching their child to do EFT tapping?
What are some parental EFT setup phrases to help work on
or process parental issues?
What are some ways of introducing EFT to a child?
When is the best time to use EFT with a child or teen?
What does the basic setup phrase for a child look like?
What kinds of issues are most effective to process with
children using EFT?
What is meant by surrogate tapping and how is it done?
At what age do you recommend introducing children to EFT?
Do you have any helpful strategies for showing EFT
to younger children?
Are there times when a parent should seek professional help
for an issue with their child?
Do you have some tips for making EFT more successful
for children?

Fears & Phobias: *Taming our overpowering fears* •

By Mary Stafford..... 85

What is fear?

What is happening in the body when you experience this reaction?

What is the difference between normal, self-protective fears and phobias?

What causes phobias?

What are some phobias that EFT has treated successfully?

How can I use EFT to treat my phobia, when it is so overwhelming that I can not even think about it?

How do I use EFT to treat my phobia, after I have gotten to where I can think about it?

Should I focus only on the fear while I am tapping, or are there other issues on which I should focus?

When you treat a specific phobia with EFT, do you need to treat it again the next time you encounter the situation?

How do you know when you have completely treated a phobia?

Will treating a phobia of heights, driving or snakes cause you to lose your normal self-protective fears that keep you from doing things that are unsafe?

What do you do if a phobia comes back and does not respond to tapping?

What if EFT does not work on my fear or phobia?

Can you treat the fear of dying with EFT?

Does EFT treat the common fears that keep people stuck, such as the fear of failure?

Happiness: *The ultimate success* • By Brad Yates 95

What is happiness?

Is happiness really available to anyone?

Why would anyone block happiness?

Can EFT make me happy?

What are some EFT setup phrases I might start with?

Anything Else I Should Know?

Health: *Exploring the mind/body connection* •

Dr. Alexander R. Lees 109

Why is it beneficial and valuable for all of us to learn something about the mind/body Connection?

Which came first ... the chicken or the egg?

How does it all work?

Do we know what the mind and body are talking about?

What is the difference between Mind and Brain?
 What is a neuropeptide and what does it do?
 Does this upgrading of information affect our emotions?
 Are you saying that if we have unresolved negative emotions
 we can get sick?
 Does this mean I should pay more attention to my thoughts?
 What are the pathways we can follow?
 How do our emotional states of mind affect our progress,
 and/or our health?
 How exactly do we get ourselves into these states that affect
 our health?
 What can you do to help yourself?
 What is EFT?
 So the environment is constantly upgrading our software,
 as it were?
 What happens if I use EFT enough?

Pain Management: *Relieving physical and emotional pain* •

By Gwenn Bonnell 123

How did you get involved with EFT?
 How does EFT take away pain?
 How do I know EFT will work for my pain?
 How do I address the pain with EFT?
 What if addressing the physical symptoms doesn't work
 for me?
 What if I tapped for the emotion and the physical symptoms
 but still have the pain?
 What can I do if I can't seem to find any emotion tied to this
 pain?
 Should I stop tapping if the pain starts getting worse?
 What do I do when the pain starts in one spot and then moves?
 The pain started diminishing but there is still some left, and
 it's stuck on the 0-10 level. How can I break through this
 plateau?
 Should I stop tapping when the pain disappears?
 Still nothing is happening... how long do I tap?
 What if the pain is from an accident or an emotionally
 traumatic event?
 Will EFT still be effective if there is a physical cause for the
 pain?
 What if the pain comes back?

Personal Development: *Developing a more positive relationship with your Self* • By Carol Tuttle 137

- How would you describe personal development?
- How have you used EFT for your own personal development?
- You have five children. How have you used EFT in your role as a mother to help your children to advance in their own personal development?
- What would you suggest to those who would like to start using EFT to further their own personal development?
- You've mentioned that it's good to use EFT on a daily basis. How often would you suggest it be practiced?
- What if you're in a situation in which it would not be comfortable to tap? For example, you may be with other people or in surroundings in which it wouldn't be appropriate.
- What are some other creative ways to use EFT in the pursuit of personal development?
- If EFT is so effective for helping people achieve a more successful life and in assisting them with personal development, why aren't more people using it?
- What do you say to people with concerns or issues around EFT in relation to their belief in God, specifically that EFT might somehow usurp or replace their belief in God?
How do you help people reconcile the use of EFT with their belief that God is the only power that can change us?

Procrastination: *Moving beyond excuses and smoke screens* • By Gloria Arenson 153

- How do you define procrastination?
- Can I recover from this problem?
- How can I tell if it's just a bad habit or a real problem?
- Why can't they accept my good reasons?
- Why is it so hard to stop procrastinating?
- What causes procrastination?
- Aren't most people afraid to fail?
- How can I stop worrying about being judged?
- Why be afraid of success?
- How can I tell if I fear authority?
- What does fear of the future mean?
- How can I stop feeling guilty for putting things off?

Relationships: *Crossing the feelings barrier to successful personal and business relationships* • By Paul & Layne Cutright..... 165

- How did you learn about EFT?
- How did you recognize it would apply to relationships?
- What do you mean by “triggered”?
- Can you talk about how specifically you use it in your coaching practice?
- You said “when people call”... does that mean that you do this with people over the phone?
- What do you mean by that: using it as a self-help tool?
- Does EFT ever fail to work?
- Are there ever any negative side effects for people?
- You mentioned teaching clients to do this on their own and then also coaching them along as they need it.
Do you ever teach couples or business partners or colleagues to use EFT together?
- What can you say about surrogate EFT? Do you teach this method to parents of pre-verbal children?
- When you do an EFT session, I know you utilize certain setup phrases. Are there some that you can share that are common for people who are focusing on relationships?
- How do you see your work evolving from this point forward with EFT, and what is your vision for the future of EFT itself?

Sexuality: *Healing past issues, creating greater communication and intimacy* • By Rebecca Marina 177

- How did you decide to focus on sexuality as one of your areas of your expertise?
- Why do you think our culture has difficulties discussing sex?
- How can EFT help with sexual issues?
- How would you help somebody that’s too busy or doesn’t have time for sex?
- What about improving communications?
- Can you use EFT to help get into the mood?
- Why do you emphasize saying the setup phrase with emotion?
- How can someone use EFT if they have higher sex drive than their partner?
- I’m too overweight and ashamed of my body to feel sexual.
What do you suggest?
- What about using EFT for pain during intercourse?
- What about EFT for menstrual cramps?

We're trying to conceive a child. How can I use EFT for fertility problems? More specifically, how does stress affect trying to conceive?
What about teenagers dealing with the peer pressure of having sex?
Can EFT be of use if I have a different sexual orientation?
I was sexually abused. Is EFT effective for sexual abuse issues?
What about sex and aging?

Speaking & Stage Fright: *Releasing the performance jitters and butterflies* • By Angela Treat Lyon 193

What is the cause of fear of public speaking?
What is important about the shocked or distorted energy system?
What kinds of stage fright are there?
How do you know you have stage fright?
What's a good example of a fear of public-speaking?
I experience extreme nausea. How do I deal with that?
How do I get rid of my stage fright?
What do I do once I make note of my sensations, feelings, and thoughts and how they show up in my body?

Spiritual Growth: *The inner path to emotional freedom and a thriving life* • By Rick Wilkes 205

How do we grow spiritually?
Do I have to use the name "God" to describe this spiritual connection?
How can I start having spiritual experiences?
Is blind faith required?
Do I have to become religious to be spiritual?
So, how do I connect with God?
How do I *ask* to grow spiritually?
How can I know that God always answers?
How do I *allow* myself to experience God and grow spiritually?
What should I expect to feel as I *allow*?
Does spiritual growth require much practice?
What are some of the practices I can use for spiritual growth?
How does meditation help?
What role does mindfulness play in spiritual growth?
What is the role of prayer?
Where do I go from here?

Sports Performance: *From healing injuries to improving your game* • By Stacey Vornbrock 219

- Are professional athletes willing to use EFT?
- Is EFT beneficial in healing injuries quickly?
- What about old injuries?
- How can I use EFT to increase my range of motion?
- How can I use EFT to improve my golf game?
- How can I put my body in harmony with my clubs?
- Can I use EFT to make mechanical changes?
- Is it bad to feel anxious in competition?

Stress: *Preventing damage from overload and burnout* • By Ron Ball..... 235

- What is stress?
- What is “emergency mode” or the “fight or flight “response?
- Isn’t stress just a normal and natural way of life?
- What is chronic stress?
- Is all stress bad? Is there good stress?
- What effect does stress have on my mind and body?
- What effect do our beliefs have on causing stress?
- How does stress affect children and teenagers?
- Why aren’t more people doing something about stress in their lives?
- Can I really control my stress?
- Why is EFT so good for stress?
- How can I use EFT for stress relief?

Travel: *What to do when... leavin’ on a jet plane* • By Betty Moore-Hafter..... 251

- What are some travel-related issues that can be treated with EFT?
- How would you get started in treating a fear of flying with EFT?
- What specific things could I tap for? What setup phrases would I use?
- What is reframing and how would you use it with EFT for fear of flying?
- How would you tap for the claustrophobia issue in the fear of flying? Being enclosed on the plane is a big part of the problem.
- Do you need to know the cause of your fear of flying? And if you do know when it started, does that help to make the EFT more effective?

- Once you've tapped on all the aspects and all the causes you can find, what else can you do to make sure you're ready to fly before you book a ticket?
- How do you tap in public without drawing attention to yourself?
- How would you tap for jet lag?
- What setup phrases could you use for other travel issues?

Weight Loss: *Removing self-sabotage from the weight loss equation* • By Carol Solomon..... 265

- Why EFT for weight loss?
- What is involved in using EFT for weight loss?
- How can EFT be used most effectively for weight loss?
- How can I use EFT for specific events?
- How can I use EFT for food cravings?
- What can I expect when I tap for food cravings?
- How can I identify the emotional issues?
- What are some common emotional states that lead to overeating, and how can I address them with EFT?
- How can I use EFT to stop sabotaging myself?
- How can I use EFT when I am feeling stuck?
- How can I use EFT to change my beliefs about weight loss?
- How can I use EFT to stay motivated in my weight loss plan?

Biographies..... 279

Glossary 299

FOREWORD

By Dr. Joseph Mercola

(New York Times Bestselling Author & Founder of Mercola.com, World's Most Popular Natural Health Website)

I have spent the last three decades studying health, with a particularly strong focus on how to best prevent disease. Like most other doctors, back in medical school I was brainwashed to believe that the toxic drug-and-surgery based approach to treating illness was the be-all and end-all to healing.

This is the dominant model today, as most people think of prescription drugs when they think of healthcare. It is an expensive and dangerous situation, as drugs and surgery both are really just mere treatments that have almost nothing to do with actual prevention or cure.

Fortunately, there are sections of conventional medicine that are starting to appreciate the importance of true preventive and curative health approaches. This is particularly true in the area of emotions. It is finally being widely recognized that emotions have a significant role in the etiology of disease; even the conservative Center for Disease Control acknowledges that over 85 percent of all diseases have an emotional component (and this is a very conservative estimate.)

The problem, of course, is that conventional medicine has no consistently effective tools that address the emotional dysfunction at its causal level. They rely primarily on a drug based model in conjunction with counseling and psychotherapy, which rarely seem to fully resolve the energetic and physiological dysfunctions that contribute to the disease.

When one carefully analyzes the various healing models in a non-biased manner, it becomes clear that energy psychology tools are one of the most powerful healing modalities available.

Those that have heard of me know that I am an information junkie and love to read scientific advances. I review hundreds of articles every week in preparation for publishing my health newsletter at Mercola.com,

which has become one of the most widely read health newsletters in the world. In the many tens of thousands of articles I have reviewed and in all my twenty years of clinical experience, I have yet to encounter any healing modality that is consistently as effective in resolving human health challenges as EFT.

I used to believe exercise was the most fundamental health tool; with time I modified that to nutritional biochemistry. While both of these tools, along with sleep and optimal sun exposure, are essential for health, if I had to rely on only one tool (fortunately I don't) I would have to select EFT.

Unfortunately, it took me nearly 15 years of searching after I graduated from medical school before I encountered energy psychology. My first exposure was to EFT's precursor, TFT. However, it did not seem to be time effective in a busy clinical setting that I practiced. This prejudiced me against evaluating EFT until a close friend encouraged me to consider it.

I am so glad I did, because EFT has been the most effective healing tool I have ever encountered. As Gary Craig is fond of saying, you can use it for just about everything.

Ron Ball's book, *Freedom at Your Fingertips*, provides a powerful resource to use this tool even more effectively. He has been able to coordinate some of the best therapists in this amazing field and have them contribute a chapter on their expertise.

If you are a health care professional or just using EFT for your own or your family's benefit, this book *needs* to be in your library, as it will help you to integrate what some of the brightest people in the field have learned on the practical application of this powerful tool.

Once you become more proficient with EFT through this *exceptional book*, I would strongly encourage you to subscribe to the free newsletter at Mercola.com, as it has a variety of resources that will complement what you learn in this book, and serve as a powerful synergistic combination to achieve optimal health.

INTRODUCTION

“No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway to the human spirit.... The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”

Helen Keller

In Malcolm Gladwell's bestselling book, *The Tipping Point*, he says that new ideas, products and changes move through a population like an *epidemic*. Ultimately, there becomes a moment of critical mass, the threshold, the boiling point, a place where the unexpected becomes expected and where radical change not only becomes a possibility but a certainty.

Perhaps we are at a tipping point in alternative treatments for *physical and emotional wellness*. According to a study released in 2004 by the National Center for Complementary and Alternative Medicine (NCCAM), one of the institutes of the National Institutes of Health, 36 percent of American adults have tried alternative therapies and treatments.

The most common reason was that adults believed that it would help them when combined with conventional treatments. Interestingly, another key reason was that 28 percent believed conventional treatments wouldn't help them with their health problems. It's also important to note that more than 75 percent of the medical schools in the United States now require some kind of complementary and alternative medicine coursework, according to the Association of American Medical Colleges.

You're about to learn an extraordinary new method called Emotional Freedom Techniques (EFT). In a way, it proves that everything old is new again. EFT, like other methods in energy psychology and energy

medicine, is based on the belief that our bodies have energy circuits or meridians. This dates back thousands of years. When our bodies are in balance, we are healthy. When out of balance, the result is *dis-eases*.

What if emotional and physical freedom was right there at your fingertips? What if a simple, elegant and powerful cure to healing all kinds of issues was at your disposal? What's more, what if it was something you could do for yourself anytime you needed to? All you had to do was open your mind to the possibility and discover for yourself. Would you choose to do it?

Surprisingly, most people would *not*. Most adults would wait until an authority figure or official organization told them it was okay. That's contrary to what we did as kids. As children we were naturally inquisitive about everything. We didn't make assumptions. We were constantly exploring the world to discover things for ourselves. Explorers and pioneers are the champions of new ideas and possibilities.

For most adults, it's different. They stopped being curious long ago. Now, limiting beliefs about what's possible or impossible get in their way. More importantly, a method as simple and unusual as EFT challenges a lot of people's beliefs, especially in the areas of health and psychology.

Did you know that only about 16 percent of people are innovators or early adopters willing to try something new... even wondrous things like EFT? This means that eight out of ten people resist change or anything new. Look how many years it took yoga and acupuncture to be culturally accepted.

As the reader of this book, you're one of the people open to new ideas. Instead of waiting to hear about it from others, you want to be first to find out about it. These are characteristics for innovators and early adopters. Do some of these descriptions sound like you?

- You enjoy playing, trying new things and discovering for yourself.
- You like to be first.
- You seek breakthrough benefits.

- You're intrigued by advances.
- You like to *push the edge*.
- You're open to new ideas and find it easy to imagine, understand and appreciate the benefits.
- You believe that you're in charge of your life.
- You rely on your own intuition and vision in making decisions.
- You're not willing to wait for years for ideas to be accepted by others.
- You form your own beliefs by experiences.
- You're straightforward and outspoken about what you think.
- You find change can be exciting.

Welcome, you're about to learn a breakthrough self-help system for getting rapid physical and emotional relief. Based on centuries old meridian points, EFT is a method in the area of energy psychology and energy medicine. Get ready to explore and discover the possibilities.

Be prepared to learn one of the most exciting ways you can empower yourself. Not only will you have the ability to create physical and emotional freedom, you'll open the doors to *creating* more of what you desire in life. The best part is that EFT is a powerful system available right at your fingertips to use anyplace and anytime.

There's an important Website that you'll want to refer to. It contains information from the original site by the founder of EFT, Gary Craig. The site is the preeminent source for information and case stories on EFT. It's located at EFTUniverse.com. Enjoy learning EFT as it opens doors for self-development and a pathway for physical and emotional freedom.

THE BASICS OF EFT

A breakthrough system for rapid physical and emotional relief

By Ron Ball

“Never before in history has innovation offered promise of so much to so many in so short a time.”

Bill Gates

WHAT IS EFT?

EFT stands for Emotional Freedom Techniques™. The premise of EFT is that, unlike Western medicine’s focus on our bodies as a chemical system, our bodies also have an energy system. The cause of all negative emotions is a disruption or blockage in that energy system. These blocks include fears, phobias, anger, grief, anxiety, depression, trauma, worry, guilt and other restricting emotions that also contribute to physical problems. When you clear the disruption or blockage using EFT, you have physical and emotional freedom.

HOW WAS EFT DEVELOPED?

One day, Dr. Roger Callahan, a prominent psychologist, was treating a female patient for a water phobia. She had had this fear all her life. After a year and a half, Dr. Callahan wasn’t making much headway. He decided to try some new ideas he had been studying. He had his patient tap under her eyes — an energy meridian point for the stomach. When she did this, he was astonished to find her fear of water completely gone in less than two minutes. Her water phobia went away and never returned.

Gary Craig, a Stanford University graduate and engineer with a lifelong passion for studying self-development techniques, was a student of Dr. Callahan’s. Craig developed the concept of EFT, a simpler algorithm. He

surmised that instead of diagnosing an issue and “prescribing” a specific energy meridian point to tap, do a “complete overhaul” by doing a round of tapping on the body’s major energy meridian points. That way, a diagnosis wasn’t needed.

Using an automobile for an analogy, instead of requiring a computer or other instruments to diagnose the trouble with the car engine, do a quick, complete *overhaul*. Doing a round of EFT only takes minutes. A complete *tune-up* works wonders to balance your body’s energy. You can find more information on the history and background of EFT by visiting EFTUniverse.com.

WHAT IS THE BODY’S ENERGY SYSTEM?

Our bodies are electrical in nature. Your body constantly gets electrochemical messages to keep it informed about what’s going on. Doctors use instruments to record electrical activities in your body. There’s the electroencephalograph (EEG) to check the electrical activity of the brain. The electrocardiograph (EKG) records the electrical activity of the heart.

Several thousand years ago, the Chinese discovered a complex system of energy circuits, called energy meridians, running throughout the body. Meridians are the centerpiece of Eastern medicine and health practices. Recently, Western medicine has started to pay attention to energy flows and their effect on mental and physical health. EFT uses these energy meridians to clear energy blockages in your body, contributing to physical and emotional relief.

ISN’T EFT ILLOGICAL?

It certainly doesn’t fit into what many people think is possible. When you first bring up the idea of tapping on energy meridians to clear physical and emotional issues, it’s foreign to most people. It takes awhile for the

idea to *sink in*. They simply don't have any frame of reference. They may have never heard of energy meridians, even though the system has been around in Chinese medicine for eons.

At first, EFT may seem weird to you. You may even think it looks and sounds ridiculous or silly. Once you try it and get results, you'll not only feel more comfortable about EFT, you'll be enthusiastic about it. Of course, if you're self-conscious, you can always use EFT. For example, you can try one of these setup phrases:



Even though EFT seems [ridiculous, silly or whatever description you choose], I deeply and completely accept myself anyway.

Even though I'm self-conscious about doing EFT and tapping, I deeply and completely accept myself.

Even though my friends and family might think I'm strange for tapping, I choose to do EFT anyway, and I deeply and completely accept myself.

The other thing that people have trouble with is the part of the setup phrase where you say, "... I deeply and completely accept myself," or "... I deeply and completely *love and accept myself*." That makes a lot of people uncomfortable. They don't like or accept who they are. The whole idea is quite simple. You are who you are right now in this moment. Instead of any disliking or resistance, accept who you are. This is the key to opening yourself to change.

The best thing to do is get rid of any thinking about whether or not EFT works. Just do it and discover for yourself. Then it won't matter to you whether it's illogical or not. Perhaps we need less reverence for logic and more for intuition.

WHAT IF I'M SKEPTICAL ABOUT EFT?

It's fine to be skeptical, especially with something as new and unusual as EFT. If you try EFT, you may be surprised to find that it works despite

your being skeptical. Be skeptical, but allow room to keep a sense of openness and wonder too.

IS EFT SOMETHING ANYONE CAN LEARN TO DO?

Yes, EFT is a great do-it-yourself tool. That's one of the key reasons we published this book. EFT is a leading-edge personal tool you can use to erase limiting emotions, beliefs and conditioning to realize more of what you want in life. Early on, many of the people who embraced EFT were psychologists and health-care professionals seeking the most effective new methods. Now, we want to make EFT known to the general public. You'll find that EFT is an incredibly versatile tool for self-development and peak performance. We recommend that you try EFT on everything.

WHAT IS THE APEX PROBLEM?

The Apex problem is the tendency most people have to attribute change to their *current belief system* rather than to EFT, even though EFT was most likely responsible for the change. Most people in our culture know little, if anything, about Chinese medicine, acupuncture, acupressure, or energy meridians. These practices are foreign to their beliefs, so they don't accept that these alternative therapies work. The same is true of EFT.

When a person gets results with EFT, instead of accepting that EFT helped create a positive change, they explain, give credit to or attribute the changes produced by EFT to something else within their current belief system. Quite often people will say they got distracted or relaxed and that's why it worked instead of giving credit to EFT.

IS EFT PART OF ENERGY MEDICINE OR ENERGY PSYCHOLOGY?

Yes, because you can use EFT to relieve physical and emotional issues. EFT is a body technique. It works with your body's energy to clear blocks or negative emotions. Energy medicine is based upon the belief that

changes in the life force of the body, including the electric, magnetic and electromagnetic fields, affect human health and can promote healing. Energy psychology or therapy works as a catalyst with the body's physical energies to affect desired changes in emotions, thoughts and behaviors.

WHAT'S THE BEST WAY TO LEARN EFT?

This book, *Freedom at Your Fingertips* is a great start. It's meant to give you a primer on EFT, convey benefits, describe the myriad of ways to use EFT and introduce you to some of the leading EFT experts. Also, several of the co-authors offer products and services to learn EFT. In our opinion, there isn't any book by itself that's going to effectively teach you how to do EFT. You need to see, feel and hear examples of experts doing EFT.

There are many techniques that are modifications of EFT. One of the best ways to learn the original method of EFT is by viewing the videos produced by Gary Craig. Although they are no longer for sale, you can rent them from EFTUniverse.com and EFTMastersWorldwide.com.

You can also check for certification and EFT training programs at the AAMET (Association for the Advancement of Meridian Energy Techniques at aamet.org and the Association for Comprehensive Energy Psychology at energypsych.org.

BRIEFLY, HOW DO YOU DO EFT?

EFT is like acupuncture. However, instead of using needles on specific energy meridian points, you use your fingers to tap on them. Plus, you do two other things concurrent with tapping. You concentrate on the issue that bothers you while you say a short phrase describing the issue. By doing this technique, you help erase, diminish or neutralize whatever physical or emotional issue you have. Usually, you get rapid relief.

WHAT ARE THE EFT TAPPING POINTS?

The best way to learn the EFT points is to have someone show them to you. The next best thing is to look at the tapping diagram that follows to get a visual fix on each point. Next to each point is its abbreviation and a description of where the point is located. To facilitate learning, it's best to go in the sequence indicated.

Summary of EFT points:

EB = Beginning of the Eyebrow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch = Chin

CB = Beginning of the Collarbone

BN = Below the Nipple (Also known as Under Breast point)

UA = Under the Arm

HD = Crown Area on Top of Head

Th = Thumb

IF = Index Finger

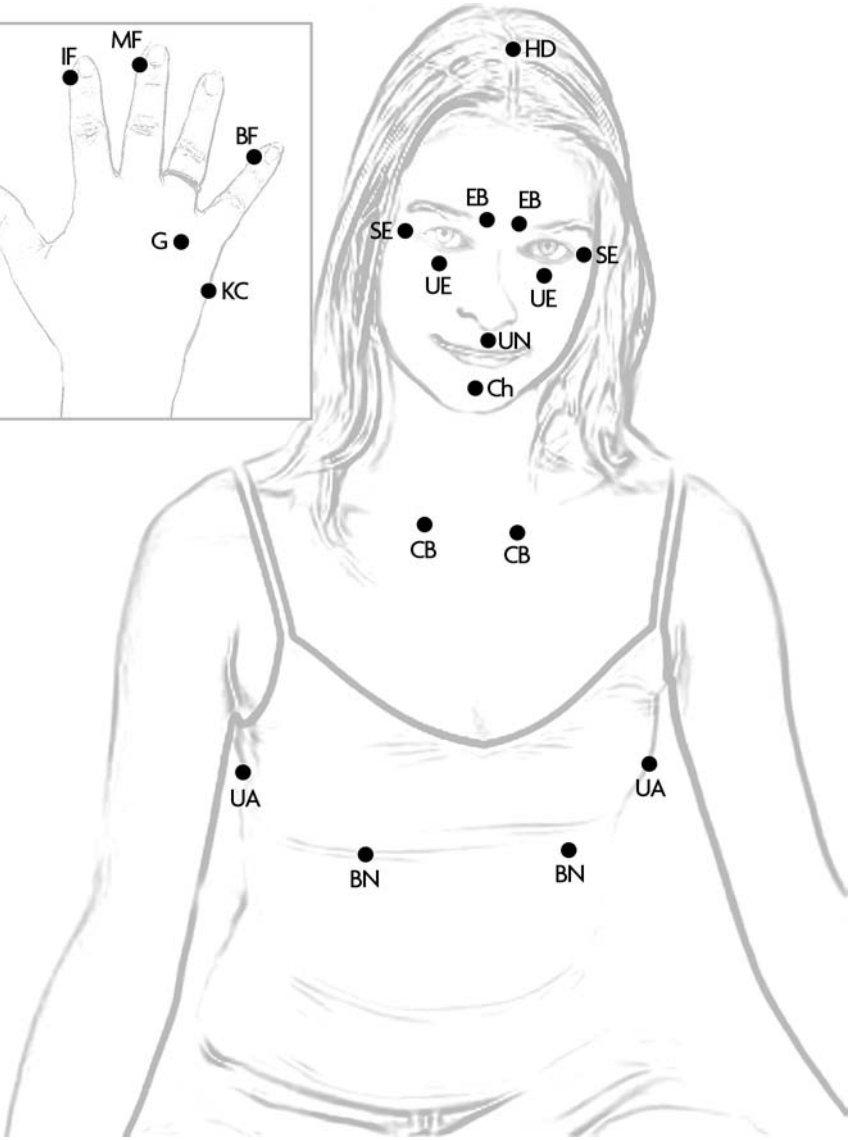
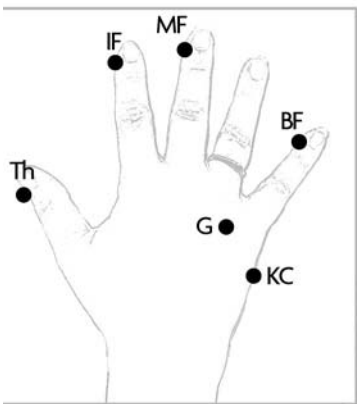
MF = Middle Finger

BF = Baby Finger

KC = Karate Chop

G = Gamut Point

As a reminder, the tapping points go down the body. Each tapping point is below the next one. Note that some people start with the top of the head point (HD) and others end with it. It's your choice. Most people skip the BN point because they feel awkward doing it and get good results without it. Although it may seem complicated at first, once you learn the points, you'll be surprised how fast you can tap through them.



WHAT ARE THE STEPS TO DOING THE EFT SHORTCUT METHOD?

There's the longer, classic way of doing EFT and the Shortcut method. In this book, we'll focus on the Shortcut method because most of the time you'll get effective results using this technique. We'll also explain the other steps to doing the classic, longer EFT *recipe*.

In summary, here are the methods to doing the Shortcut method:

1. **Pick an issue.** Think of a specific thing that you would like to change using EFT. It's important to be as specific as you can.
2. **Assess intensity.** On a SUDS (Subjective Units of Distress Scale) of zero to 10, with zero being no emotional intensity and 10 being very intense, pick a number that best represents how you feel about the issue. (It's okay to guess.) Write your number down so you can measure any changes.
3. **Create a Reminder Phrase.** This is just a short description of the problem.
4. **Do the setup.** While continuously tapping the bottom of your hand (KC is the Karate Chop point) and concentrating on the issue, repeat your setup affirmation phrase aloud three times: *“Even though I have this [whatever the issue is], I deeply and completely accept myself.”*
5. **Tap the sequence.** While repeating your Reminder Phrase, tap 7-10 times each on the EFT points indicated below:

EB, SE, UE, UN, Ch, CB, UA, HD

6. **Stop and reassess intensity.** On scale of zero to 10, is it less than the number you wrote down? If not, you may need to get more specific. If it's better, yet not at zero, repeat the steps using a modified phrase for the setup: *“Even though I still have*

some remaining [whatever the issue is], I deeply and completely accept myself.” Use the reminder phrase, “remaining [whatever the issue is].”

7. **Keep tapping.** Repeat the EFT tapping procedure with subsequent rounds until you get to zero or a level that is comfortable for you.
8. **Test.** Check periodically to find if the change holds.

HOW DO YOU DO THE CLASSIC OR LONG VERSION?

If you were going to do the longer, classic method of EFT, you'd also add tapping on the finger points and a procedure called *The Nine Gamut*. Once again, most EFT practitioners now use the Shortcut method, but it's also valuable to know how to do the longer technique.

Here are the steps to the classic method:

1. **Pick an issue.** Think of a specific thing that you would like to change using EFT. It's important to be as specific as you can.
2. **Assess intensity.** On a SUDS (Subjective Units of Distress Scale) of zero to 10, with zero being no emotional intensity and 10 being very intense, pick a number that best represents how you feel about the issue. (It's okay to guess.)
3. **Create a Reminder Phrase.** This is just a short description of the problem.
4. **Do the setup.** While continuously tapping the bottom of your hand (KC is the Karate Chop point) and concentrating on the issue, repeat your setup affirmation phrase aloud three times: *“Even though I have this [whatever the issue is], I deeply and completely accept myself.”*

5. **Tap the sequence.** While repeating your Reminder Phrase, tap 7-10 times each on the EFT points indicated including the finger points.

EB, SE, UE, UN, Ch, CB, UA, HD, Th, IF, MF, BF, KC

6. **Do the Nine Gamut.** Continuously tap on the Gamut point on your hand while doing each of these actions.
 - a. *Continuously* tap on the Gamut point in a steady rhythm while doing the following in sequence.
 - b. Close your eyes.
 - c. Open your eyes.
 - d. Quickly look down to the right toward the floor *while holding your head steady.*
 - e. Do the opposite and quickly look down to the left toward the floor.
 - f. Roll your eyes clockwise in a circle like your nose was in the center of a clock and you were trying to see all the numbers in order.
 - g. Now roll your eyes counterclockwise in the same manner.
 - h. Hum a few seconds of your favorite song.
 - i. Count rapidly from one to five.
 - j. Hum a few seconds of your favorite song again.
 - k. Take a deep breath and notice how you feel.
 - l. Repeat if necessary.
7. **Tap the sequence again (step 5).**
8. **Stop and reassess intensity.** On scale of zero to 10, is it less? If not, you may need to get more specific. If it's better, yet not at zero, repeat the steps using a modified phrase for the setup:

“Even though I still have some remaining [whatever the issue is], I deeply and completely accept myself.” Use the reminder phrase, *“remaining [whatever the issue is].”*

9. Keep tapping. Repeat the EFT tapping procedure with subsequent rounds until you get to zero or a level that is comfortable for you.
10. Test. Check periodically to find if the change holds.

WHEN DO YOU RECOMMEND DOING THE LONG VERSION OF EFT?

Most of the time, you'll get effective results using the Shortcut version of EFT. In fact, you won't see the longer version used much. If you're not making progress, perhaps you need to get more specific or do more rounds of EFT. If you still feel like you're not getting a change or shift, do the long version. Although rolling your eyes, counting and humming may seem a bit strange, the process is designed to engage both hemispheres of your brain to create changes. You can find more information on how and why the longer version works at EFTUniverse.com.

I BOUGHT THIS BOOK NOT TO LEARN EFT MYSELF BUT TO FIND HOW EFT CAN HELP ME AND TO WORK WITH AN EFT PRACTITIONER. WHAT DO YOU RECOMMEND?

All of the co-authors of this book are recognized EFT experts, usually in specialized areas. If there is an issue in which you need assistance, contact one of them. At the end of their chapters, you'll find contact information. More details about the co-authors are in the biography section at the back of the book. In many cases, the co-authors also offer books, audio/video products and other services. You can also find additional EFT practitioners at EFTUniverse.com.

WHY DO SOME EFT PRACTITIONERS USE DIFFERENT TAPPING POINTS?

Some EFT practitioners use different points because they've discovered what works best for them in producing results. They all use the basic EFT points and may include others. For example, in the *EFT Manual*, Gary Craig has included the Below the Nipple (BN) point to be complete in describing the EFT points. Some people use this point. Most people don't.

There are 361 traditional Chinese acupressure points in the body. EFT uses major meridian points. One of the meridian points that you will see a lot of people use is the Top of the Head or Crown point. EFT practitioners may also use wrist and ankle points.

There's no need to get confused by all of this. Learn the EFT points as described in this book and the *EFT Manual*. As you become more proficient in EFT, you can make adaptations.

CAN I TAP ON POINTS ON EITHER SIDE OF MY FACE OR BODY?

Yes. As we said, EFT offers a lot of flexibility. Not only can you tap on either side, you can tap on two sides at once. For example, you can tap on the left and right eyebrow points simultaneously. Find out what feels best to you.

HOW SHOULD I TAP?

Tap with one to three fingers, 7-10 times on each of the points in a way that's most comfortable to you. You'll want to feel solid tapping, yet not overdo it. You don't want to feel any discomfort.

WHY DO SOME PRACTITIONERS DO EFT DIFFERENTLY? SOME OF THEM SAY ALTERNATE PHRASES AT EACH POINT.

Some practitioners do EFT differently because EFT is as much an art as a science. Following their intuition, and their successes with EFT, they discover what works best for them in producing results. Yes, there is a classic way to do EFT that is covered in this book. We recommend that you learn EFT this way. Think of learning EFT like learning to play a piece of music. There is a certain way to play the music according to the notes written, but musicians will each play the song somewhat differently because of their own feelings and styles of playing.

HOW LONG DOES THE CHANGE LAST?

EFT results are usually permanent. When some problems reappear, it's often the result of different aspects of the problem showing up. The solution is to tap on these aspects. Other times, the cause may be energy toxins that are electromagnetic, chemical, food-related or other toxins that disrupt the body's energy system.

WHAT IF I'M DOING EFT THE WRONG WAY?

One of the great things about EFT is that it's very *forgiving*. As you learn the different EFT tapping points and how to do EFT, enjoy the process. Have fun. Instead of getting uptight about doing EFT properly, relax about it. While you're learning, don't get hung up on doing it perfectly. You'll just get in the way. Like learning anything else, the more you do EFT and refine your skills, the better you'll get at it.

WHAT IF I BELIEVE EFT WON'T WORK FOR ME?

EFT is so different, some people get judgmental about it and don't even try EFT. It's okay to be skeptical, especially about something new and unfamiliar. Just don't let that get in your way. Don't let your skepticism

prevent you from doing EFT to *discover for yourself* whether it works or not. You may just be surprised because EFT works even if you think it won't.

Sometimes you may get dramatic results. At other times, doing EFT can be more subtle. You may not even notice any changes right away. Be persistent. Remember the quote about patience and persistence from Jacob Riis. "When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow, it will split in two, and I know it was not that blow that did it, but all that had gone before."

Lastly, you could always tap about EFT not working:



Even if I think EFT won't work, I deeply and completely accept myself anyway.

WHY DO YOU DO THE SETUP PHRASE?

You say the setup phrase to ensure that your energy flow is *set up* and properly oriented. By saying the setup phrase and tapping on the Karate Chop point, you take care of any Psychological Reversals or self-sabotage that may be present.

WHAT ARE ASPECTS?

This happens quite often in EFT. While you're tapping on clearing a specific issue, another aspect comes up. It could be part of the original issue or a completely different one. You'll need to tap on all of the aspects and tap on them as separate issues.

DO I NEED TO SAY THE EFT STATEMENT OR CAN I JUST THINK IT?

We recommend that you say it aloud. In fact, you may find that you get better results by being emphatic when you say it. Say it with volume in your voice. Really put your body and emotions into saying the setup statement.

Of course, if you're sitting in a seat on an airplane, instead you'll want to think it. Mentally do EFT. Do the whole process by saying the setup statement in your mind and by imagining tapping on the different points. Imagine seeing and feeling yourself tapping on the points and hearing saying the setup statement and reminder phrases. Mental EFT can be quite effective.

WHY DON'T MORE PEOPLE KNOW ABOUT EFT?

New ideas, discoveries and inventions don't take the world by storm. They bump their way in. People's beliefs about what's possible get in the way. Only about 16 percent of people are innovators or early adopters willing to try something new.

The pioneers and explorers are the champions of new ideas. The people who embrace something like EFT are innovators or early adopters, not the majority. So it's unrealistic to expect the masses to understand or try EFT yet. As with anything else, some people want to be first. Others want to wait and see.

As we said, a method as simple and unusual as EFT challenges a lot of people's beliefs about what's possible, especially in the areas of health and psychology. Even though other cultures in the world have been working with energy meridians and similar techniques for centuries, the idea of tapping on acupuncture points can seem illogical or absurd at first. Even a breakthrough like EFT will take time to be accepted and hit the mainstream.

All we really want people to do is try EFT and discover the benefits for themselves. It's simple. It's safe. It's easy for anyone to learn. Quite often, the results are surprising and wondrous beyond *beliefs*.

WHAT IS PSYCHOLOGICAL REVERSAL?

Psychological Reversal is one of the most important things to understand in EFT. Basically, it means that the body's electricity or energy is reversed. It's going in the wrong direction. It's like having your batteries in backwards with the wrong polarities. Psychological Reversal (PR) is caused by negative thinking that often happens subconsciously outside of your awareness.

The result of PR is self-sabotage or subconscious resistance. Part of you wants to do something and part of you doesn't. The way to correct PR is by tapping on the Karate Chop point.

WHAT'S THE DIFFERENCE BETWEEN THE SORE SPOT AND THE KARATE CHOP POINT?

Basically, they both serve the same function — to eliminate Psychological Reversals or self sabotage. You can use either one. With the Sore Spot, you apply pressure and rub. To teach EFT to people, it's easier to use the Karate Chop point because it's a tapping point. It keeps things simple.

IS EFT SAFE?

Yes. EFT has no known negative side effects.

IS IT A GOOD IDEA FOR ME TO TEACH OTHER PEOPLE TO USE EFT?

One of the nice things about EFT is that you can learn the basics of how to do it in a short period of time. When people get quick, positive results

with EFT, they get enthusiastic and want to run out and teach other people how to do it. This is a mistake. Mastering EFT takes years and it's an ongoing process.

Until you become proficient with EFT, we don't recommend you teach other people. Most likely, you'll run into a situation where you won't get the results you expect. You'll be disappointed and so will the other person. In the beginning, use EFT as a self-help tool and study EFT in-depth through books, videos and trainings. If you find someone really interested in EFT, give them a copy of this book so they can learn more about EFT for themselves.

WHY IS THE EFT AFFIRMATION NEGATIVE INSTEAD OF POSITIVE?

Typically, we're taught to say affirmations in the positive. EFT is focused on addressing and erasing the negative. Unless you eliminate the energy disruption, positive affirmations won't be very effective. By stating the negative and tuning into the issue, you're acknowledging the problem. *And even though there is this problem, I'm okay.* I deeply and completely accept myself... problem and all. The phrasing is integrative. Instead of dividing or conflicting, it unites. Once you erase a negative with EFT, you're ready to *tap in* a positive affirmation.

WHAT IS THE CHOICES METHOD?

The *Choices* method was developed by Dr. Patricia Carrington. In short, instead of using the classic setup phrase of "*Even though I have this [whatever the issue is], I deeply and completely accept myself,*" you make a choice instead. For example, your setup phrase might be, "*Even though I have this [whatever the issue is], I choose to feel surprisingly calm and at peace about it.*"

After you learn the basics of EFT, you'll want to learn the Choices method. To find out more, go to EFTUniverse.com and search for "Dr. Carrington" or "choices." Also check Dr. Carrington's website at MasteringEFT.com.

I'VE LEARNED EFT. WHY DON'T I REMEMBER TO DO IT WHEN I HAVE A PROBLEM?

Like learning anything new, it takes time to develop doing EFT into a positive habit. It's like working out or exercising. Start doing it incrementally. Do it daily. Over time, it will become a habit and you will almost automatically want to do it each day. If not, there may be some block or resistance. Use EFT to uncover it. Here are some examples:



Even though I don't want to do EFT, I deeply and completely accept myself.

Even though I forget to do EFT, I deeply and completely accept myself.

Even though I'm not motivated to do EFT, I deeply and completely accept myself.

Through practice and results, you'll discover EFT to be one of the most important tools for your health and well being. The chapters that follow are written by some of the most talented and experienced EFT practitioners in the world. They offer you specific ways that you can use EFT to erase limiting barriers, paving the way for you to install empowering beliefs and emotions that propel you to create more of what you want in life.

Welcome to the wonder of Emotional Freedom Techniques. They're right there are your fingertips, anyplace and anytime you need them!

“EACH PATIENT CARRIES HIS OWN DOCTOR INSIDE HIM”

“It is reasonable to expect the doctor to recognize that science may not have all the answers to problems of health and healing.”

Norman Cousins, Winner of the Albert Schweitzer Prize for Humanitarianism

“What a Godsend!”
Dr. Chris Morgan

“A book that offers tremendous hope.”
Burton Moon

“An extraordinary reference.”
Dr. Tom Driber

“Fabulous book filled with quick, painless formulas.”
Anna Bryde

“Best book on EFT I have ever read.”
Dr. Dusan Djukich

“Full of practical gems.”
Dr. Terry Gibson

A SIMPLE, ELEGANT POWERFUL TOOL

The purpose of this book is to introduce you to one of the most simple, elegant and powerful self-help tools that you may ever come across to change your energy. It's called EFT which is short for Emotional Freedom Techniques.

EFT is based on leveraging the wisdom and healing of using energy meridians which have been around for thousands of years. Unresolved negative emotions are often the cause behind many mental and physical issues. With EFT, by simply tapping with your fingertips on certain points on your face and body, while you concentrate on whatever bothers you, EFT helps clear the energy blocks of negative, uncomfortable emotions.

Using EFT, typically a problem or condition is gone or greatly diminished in just a matter of minutes. In fact, people are usually amazed. They're surprised to find that EFT often works when nothing else seems to help. *Freedom at Your Fingertips* is loaded with a wealth of ideas and information you can put to practical use in all areas of your life immediately. Welcome to the exciting, extraordinary world of EFT.

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