

# Emotional Freedom Techniques

I am always keen to find practical ways to help my clients heal and grow, and often it is the very questions that clients raise that prompt me to seek out new approaches or solutions. This was certainly the case with my discovery of Emotional Freedom Techniques (EFT). One particular client had asked how her partner, who was an otherwise very successful businessman, could overcome his anxieties about public speaking. It's not an illness or a disability, and yet can be very limiting. We can understand rationally WHY we have a certain problem, and whilst understanding can be very useful, it does not necessarily lead to resolution of the problem.

EFT still is a highly unconventional method and yet it is completely safe, being based on balancing the natural flow of the body's energy system. Sometimes the technique works incredibly fast, sometimes it requires persistence.

What are the anxieties that are holding you back from living the authentic and rewarding life that I passionately believe we can all live? And this is not just about having more or accumulating more, it is about being more.

Just imagine what you could be if you could get rid of this stubborn headaches. Just imagine being free from these exam nerves.

Just imagine having the courage to say what you really mean, and feeling OK about it.

The list is endless and you will find examples that are relevant for you.

Allow me to share with you this technique which I have found profoundly helpful in many cases, both with myself and others, in reducing if not eliminating anxieties and pains.

1. Select the discomfort you want to work with. Choose something specific and measurable. I'll use tension in my shoulder as an example, and you can replace this with what describes your discomfort.
2. As a way of measuring how well the technique is working for you, scale the level of discomfort as you feel it now, on a scale of 1 to 10, 10 being the worst it has ever been.

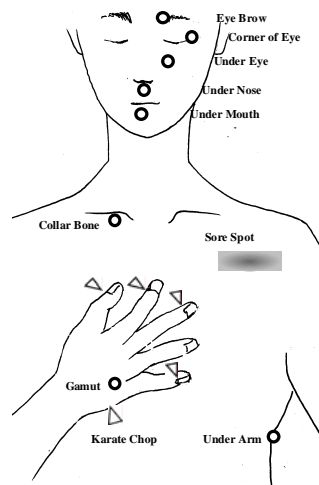
3. Do some tapping with your fingertips as follows:

Using two fingers, gently tap the 'Karate Chop' point on your hand, either hand, whilst saying to yourself: "Even though I have this [tension in my shoulder], I'm OK really" as a way of focusing on what you are dealing with.

Continue to tap the acupressure points as illustrated in the diagram, for a few seconds at a time, whilst saying to yourself:

"This [tension in my shoulder]" in order to remain focused on what it is you are eliminating. Start at the eyebrow point, side of the eye, under the eye, under the nose, under the mouth, and side of the fingers in turn and finish with the gamut point on the back of the hand.

4. Then assess the intensity of the discomfort. Continue to apply further rounds of tapping if necessary, until you have reduced it to zero or an acceptable level.



This is a basic routine. There are variations, and you can download Gary Craig's manual for free from his website [www.emofree.com](http://www.emofree.com).

Gary Craig holds that the cause of all negative emotions is a disruption in the body's energy system. Well, we have all experienced our "pains in the neck", "headaches" or found certain events "difficult to digest" and people "getting up our noses". It is generally the intensity of our response to events and people which affects us most lastingly, and we find ourselves unknowingly responding to present situations from the perspective of past hurts or conditioning.

Information isn't transformation. Try it. The applications of EFT are potentially limitless.

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