

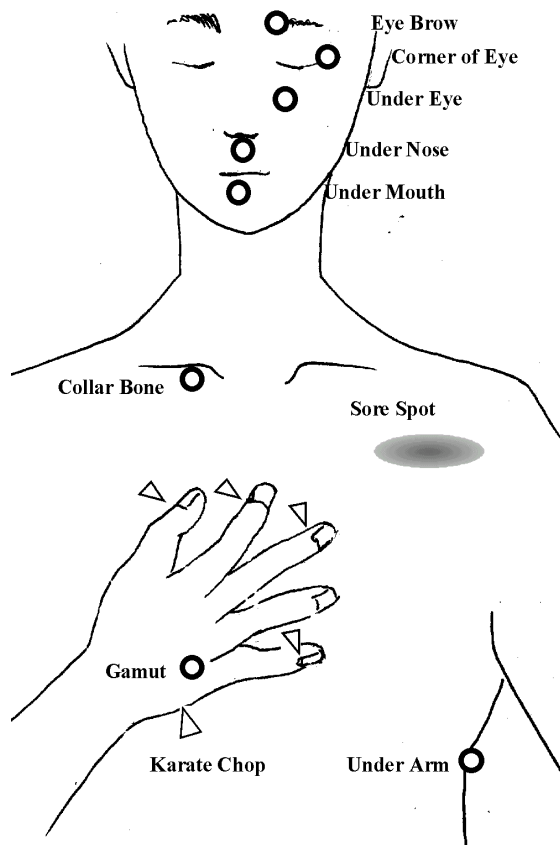
Reiki and Emotional Freedom Techniques (EFT)

By Martine Moorby

Many of us who have received Reiki, from a friend or a professional practitioner, have experienced the myriad benefits Reiki can facilitate: increased physical wellbeing, greater mental clarity or a comforting feeling of warmth and relaxation to name but a few among the most common experiences. When you train in Reiki, you have this fascinating energy, both subtle and powerful, available to you at all times. Subtly or otherwise, changes start occurring in your life. This is not uncommon. Why would you therefore want to experience or learn another technique – particularly another energy technique?

Reiki and EFT share some interesting similarities, which I would like to highlight here. There is no issue, big or small, that either Reiki or EFT separately cannot address, and no reason to believe that either system cannot achieve amazing results, as much feedback testifies. Here I wish to offer the reader my way of working with both systems, often in integrated or complementary ways.

I had an interesting conversation with a client of mine yesterday, who has enjoyed Reiki over a period of time and knows its value. At this point in time, he feels he would like something a little more “physical” and wants to try EFT.



For those who have not heard of EFT, in a nutshell, it is a meridian energy technique which requires the practitioner or the client to tap in sequence over a number of acupuncture/acupressure points whilst thinking or talking about a problem which manifests as emotional and/or physical symptoms in their lives. The aim is to balance the energy system, allowing symptoms to decrease or disappear. It has been likened to acupuncture without needles. It is also referred to as energy psychology. As the client accepts the problem, which is summed up in a “opening statement”, and rates his reaction to it on a scale of 1 to 10, he can then start tapping on it to decrease or change his response to

the issue. Let me give you a simple example:

I occasionally get hiccups, and it generally annoys me! Tapping works wonderfully for hiccups. So I will say (out loud or in my mind):

“Even though I’ve got hiccups, I’m fine and I accept myself”, a few times whilst tapping on the karate chop, the side of my hand, with the fingertips from the other hand. Then I will tap in sequence on the points as illustrated below, whilst saying to myself “these annoying hiccups”:

Bizarre as it may sound, couple of rounds or so of EFT, that is about a minute will normally stop me hiccupping!

There are two major reasons why I learnt, practise and teach EFT as well as Reiki. Firstly, as a professional, my ultimate aim is to empower people to address their own issues/blocks/dis-eases, emotional, physical or spiritual. Reiki is a self-help technique. So is EFT. So when someone works on him/herself, they are better able to be a positive presence for others. All healing starts with self-healing. Secondly, the EFT process is easy for anyone to learn, to apply for themselves as well as to apply with or for others, humans and animals and even situations.

So at EFT Level 1 I typically teach the background, the basic “processes” – ways of approaching an issue in need of healing, tapping routines, ways of checking progress – and participants practise together. Just as at Reiki 1st Degree, we teach the background and “hand positions” and best ways to channel and experience the Reiki energy. Then, at Level 2, I encourage people to trust their intuition, to expand from a prescriptive set-up phrase such as “Even though I have this [pain], I can accept myself”, to what some colleagues call “rambling” and Gary Craig, the Founder of EFT, calls “the gold in the garbage”. In other words, I tune in and allow my intuition to guide both my words and my hands. For instance, having listened carefully, questioned adroitly and picked up relevant information, I can then “let it flow”. Those of us who are familiar with Reiji Ho will know that we can simply be guided by the energy; in Reiji Ho, we allow our hands to be guided without interference from the rational analytical brain. The equivalent for EFT would be to allow the intuitive mind to speak whilst remaining alert to what the energy of the client is saying in terms of flow or lack of flow.

On a course, as well as facilitating pair work, I will also work “live” with course participants, so they have the opportunity to experience as well as witness. This can give us the opportunity to do one or several “borrowing benefits” sessions. In Reiki we can experience this as the healing we receive when we treat someone else. When practising EFT, individuals can experience relief for a personal issue, whilst actually tapping with or for someone else; it’s a form of surrogate healing. Typically, I would ask the group to identify one discomfort they could well be without, and rate its intensity on a scale of 1 to 10 (10 being the worst it’s ever been). I will ask for one volunteer to work with me, whilst inviting the rest of the group to tap along with the volunteer. The remarkable outcome is that most

participants will experience a degree of relief from their own issue, even though they weren't specifically focusing on it, as they were tapping with and for someone else. They were also tapping as a group, the intent being the wellbeing of another, and unconditional love the necessary by-product and the true healer. As with Reiki, through intention, you can also tap for another, either on yourself or in your imagination, offering healing at a distance.

Just as Mikao Usui's system was primarily focused on the personal benefits a student would derive from committing himself to the system, in terms of self-healing and self-development, Gary Craig's EFT is as much for self-healing and self-development as it is for the benefit of others.

Indeed EFT students are encouraged to do the Personal Peace Procedure after Level 1 (tapping on all the niggling aches/pains and memories they remember) over a period of time. The idea is that if you heal yourself, you raise your vibrations, and you become a different presence in the world. As you clear the emotional debris from your life and find greater acceptance and compassion for yourself and others, you are able to perhaps rediscover a sense of wonder and gratitude for the good things in life, however big or small and however these may manifest and make sense in your life. This could be a working definition of personal peace.

I believe Reiki would not disagree with that. Reiki and EFT can and do complement each other beautifully. One as a daily practice and way of life, the other to free oneself, often surprisingly quickly, of mental and emotional blocks to health/happiness/success/greater self-confidence, and both together to bring one's life into the present moment, instead of its being run by one's history, condition or circumstances.

So when yesterday my client was choosing an EFT session over a Reiki session, he was choosing to address some specific symptoms in a specific way. It may be that Reiki opened him up for the choice. It may be he will come back to Reiki later. It is likely he will benefit from both in conjunction. Reiki is never far away, and I find it difficult sometimes, to separate into discreet elements, what has become my way of being with my clients. Clients who do not specifically see me for an EFT session or a Reiki session, book a coaching session. They are seeking change on a professional, personal or spiritual level. In other words, they are seeking to release some energetic block. The 'tools' present themselves. I generally radiate Reiki with my clients, intending Reiki to envelop them in unconditional positive support, allowing them to do what they need to do in order to take a step towards wholeness. When I tap on my client, I am channeling Reiki through my fingertips. I also teach all my clients a basic EFT routine they can use for themselves, so they will go home with another tool to develop and heal themselves.