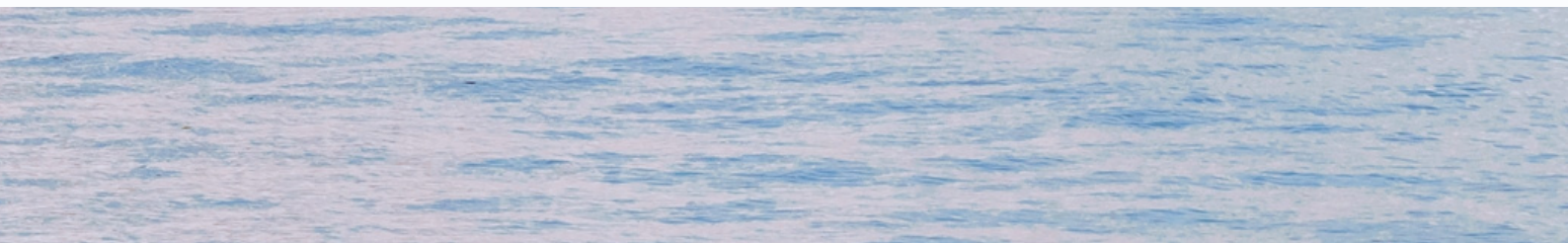




YOUR GUIDE TO

EFT Tapping

by the Quiet Rebel Bureau





PLEASE SHARE

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We would love you to share this EFT (Emotional Freedom Techniques) Tapping guide – this includes offering it as a free download from your own blog/website, sharing on social media sites, sending in emails with your newsletter, or simply just printing it for a friend.

All we ask is that you share it in its entirety.





DISCLAIMER

EMOTIONAL FREEDOM TECHNIQUES (EFT)

The information provided is intended to educate, inform, instruct, and inspire you and your personal journey towards more harmony, optimal health, more peace, and joy in your life. It is not intended to diagnose, or provide medical advice of any nature or form, including treatment

While EFT Tapping has produced remarkable clinical results, it must still be considered to be in the experimental stage and therefore you must take complete responsibility for the use of it.




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Welcome

HEALING AT THE TIP OF YOUR FINGERS

EFT (emotional freedom techniques) or tapping as it's often called is an easy to learn healing method. It can be done by anyone at any time, and it has the ability to release stored energetic blocks so that you can experience freedom of living without trauma, limiting beliefs or old patterns. It's beautiful in its simplicity and powerful beyond measure. It's a pleasure to be on this journey with you.

Lyn & Paul Thurman

www.quietrebelbureau.com

What is EFT Tapping?

AND WHAT IT CAN DO FOR YOU

EFT (Emotional Freedom Techniques) Tapping is a quick, easy way to neutralize the effects of negative emotions and to remove energy blockages.

You tap on certain meridian/acupressure points with your fingers and talk about the thoughts, feelings, situations, or symptoms that are causing you stress. It sounds a bit strange and looks a little weird but it can really work.

Our sorrows and wounds are
healed only when we touch
them with compassion.
~ Buddha

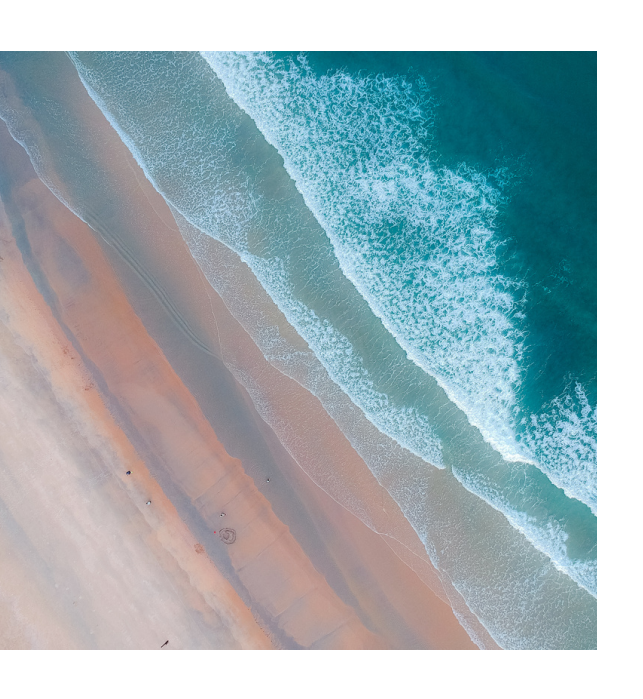


How can EFT Tapping help me?

EFT Tapping can help you work through obstacles – whether emotional, physical, mental or spiritual – that stand in your way to healing, health and clarity.

Some of the situations that EFT has been used successfully include:

- Reducing stress and anxiety
- Removing phobias and fears
- Letting go of self-limiting beliefs
- Improving or aid in healing physical conditions
- Helping with weight loss
- Managing addictions
- Improving sleep quality
- Lessening the impact of trauma or traumatic events



How long does it take to see results?

Thousands of people, ourselves included, have had amazing results with EFT Tapping and it often happens very quickly (within minutes rather than hours or days). You have to be aware that you might need to persevere and invest in several EFT sessions before you see permanent results (but one-session miracles do happen).

What are the side effects?

There are no known side effects to using EFT Tapping (well, apart from making positive changes and healing!).

Try it on anything... your life could change if you are willing to give it a try.



Healing may not be so much about getting better, as about letting go of everything that isn't you – all of the expectations, all of the beliefs – and becoming who you are.
~ Rachel Naomi Remen

The history of EFT

ANCIENT BEGINNINGS THROUGH TO MODERN TIMES

Twentieth-century pioneers in healing took ancient meridian theory and made a modern-day therapy for all

One of the first people to use acupressure points in a Western therapy setting was Dr. George Goodheart. He was a well-known and respected chiropractor in the United States, who later went on to found Applied Kinesiology. He developed what was referred to as “emotional acupuncture”.

In the 1980s, clinical psychologist Dr. Roger Callahan founded Thought Field Therapy (TFT). TFT came into being after Dr. Callahan worked with a client, 'Mary', to overcome her intense water phobia. After 18 months of conventional therapy with Callahan, she would only venture as far as the edge of a swimming pool but no further stating she had “awful feelings in her stomach.”

In one session, Callahan had the insight to ask Mary to think of the fear whilst tapping under her eye, which according to ancient energy body maps is linked to the stomach.

Without any other treatment, Mary suddenly exclaimed "It's gone! My fear of water, it's gone! I don't have those awful feelings in my stomach anymore!" Over 30 years later, Mary is said to remain completely free of her phobia.

Callahan began experimenting with tapping meridian points and discovered that by bringing in other meridian points to tap on he could increase his success rate from an alleged 20% to 97%. Initially, he called his method Callahan Techniques but later it became Thought Field Therapy.

Thought Field Therapy has specific tapping sequences for issues, which make it complicated and expensive (it was said Callahan initially charged up to \$100,000 to teach his technique).



The arrival of EFT

Building on thought field therapy

In 1991, Gary Craig became a student of Dr. Roger Callahan. He decided that the TFT protocols could be refined into something less confusing so he experimented and by the mid-1990s, Emotional Freedom Techniques was born. Gary Craig chose rather than match a problem to a specific tapping sequence, he would only use one sequence and tap all the points for every problem. This streamline version is easier to learn and also takes the intuition out of the treatment flow making results more reliable to replicate.

Over the years, Gary Craig has refined and modified EFT. Initially he included a point underneath the breast but he removed this and later included the top-of-head point. Originally, muscle testing was used but this was removed.

Since the arrival of EFT, or tapping as it has become known, it has been used by thousands of people on numerous issues. Its appeal is that it can produce fast results whilst being easy to learn.

THE SCIENCE BEHIND EFT

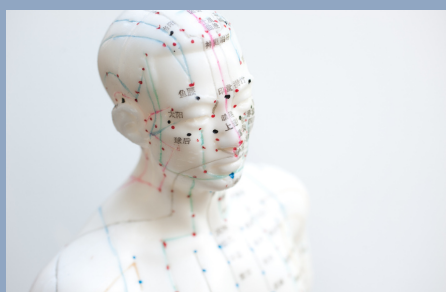
Emotional Freedom Techniques is loosely based on a mix of talk therapy and energy medicine. The points you tap are acupressure points taken from Traditional Chinese Medicine.

A 2012 scientific paper *Acupoint stimulation in treating psychological disorders: Evidence of efficacy* by D. Feinstein, published in Review of General Psychology, sheds some light on how EFT works.

It appears that tapping has a calming effect on the amygdala which is the fear-centre in our brain responsible for the 'fight or flight' response. The amygdala is activated in response to a perceived danger, either real or imaginary. The amygdala then sends signals to the body to prepare for action by releasing adrenaline and cortisol.

The aroused amygdala, in interaction with the hippocampus, also facilitates the deeper engraining of the learned information (both emotional and intellectual) in our brain and in our body. Thus, for example, if a person has been in a road accident, the experienced emotion of fear is recorded in the body and this person may experience anxiety every time she/he has to travel by car.

When doing EFT tapping, you have to tune in to an uncomfortable emotion or state that you are suffering from. When we do that, the amygdala is reactivated. However, the subsequent series of tapping on acupressure points calms the amygdala and persuades the body that nothing wrong is happening right now and it's perfectly okay to stop producing stress hormones. In this way the body unlearns the trauma and returns to functioning in a more relaxed and optimal mode.





The cause of all
negative emotions
is a disruption in the
body's energy system

GARY CRAIG, EFT FOUNDER

Using EFT Tapping

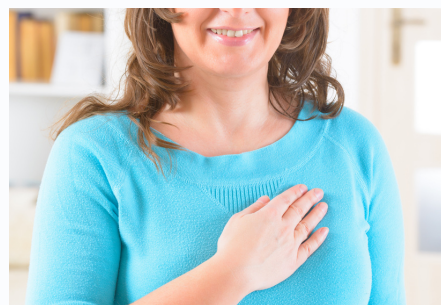
EVERYTHING YOU NEED TO KNOW TO BEGIN USING EFT

For basic EFT tapping, you only need to remember ten points on your body. There are two points that can be used with set-up statements: the karate chop point (KC) and the sore spot (SS). The KC point on the side of the hand is used more often because of the location. The sore spot is above the breasts but underneath the collarbone and this point needs to be rubbed rather than tapped.

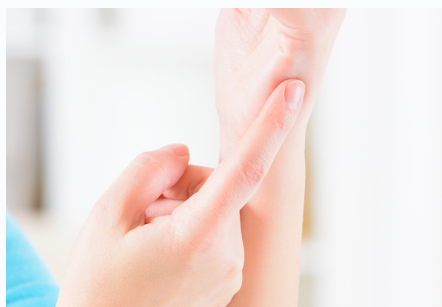
1

Sore spot (SS)

Above the breasts and underneath the collarbone.



2



Karate chop (KC)

On the side of the hand, on the part you would use to execute a Karate chop in the martial arts.

3

Top of the head (TH)

Directly in the centre at the top of your head.





Eyebrow (EB)

At the end of your eyebrow near the nose.

4



Side of eye (SE)

On the bony orbit at the side of eye.

5



Under eye (UE)

On the bony ridge just under your eye.

6



Under nose (UN)

Centre above the upper lip.

7



Chin (CH)

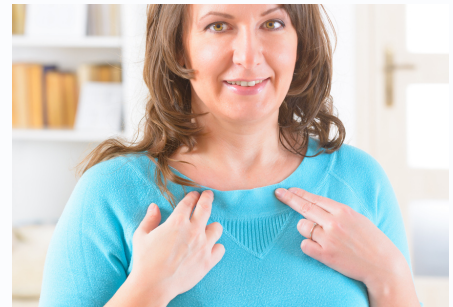
Directly under your lower lip.

8

9

Collarbone (CB)

Directly under the collarbone and next to the chest bone.



Under arm (UA)

Six inches. below your armpit

10

How do I tap?

Gently (but firm enough so you can still feel it) tap with your index and middle finger (pressed together) of either hand on the points. There is a set pattern for EFT tapping but that will be covered in the next section.

Can I use EFT Tapping by myself or do I need an expert to guide me?

You can use EFT Tapping by yourself. You just need to know the tapping routine. Of course, if you feel nervous about trying EFT Tapping or you need help sorting through your baggage then you might want to work with an expert. We'd love to help you.

EFT Tapping

IN FIVE STEPS

STEP 1

Focus on the problem

Think about what's causing you pain and holding you back from being happy. This could be a feeling, a specific event, a belief, or even a physical pain.

I'm going to show you how EFT Tapping works with a phobia: Ophidiophobia (which is the fancy name for fear of snakes). So our example is: "I have this fear of snakes."

STEP 2

Rate the intensity level you feel when focusing on your problem

Using a 0-10 scale, with 10 being distressed to the max and 0 being not distressed at all, say the first number that comes to your mind when you focus or think about your problem.

STEP 3

Create a setup statement

A setup statement is what you use when you begin tapping. It's where you name and shame the baggage you're carrying around. To create a setup statement start with "Even though", describe your problem and finish up with "I completely and deeply accept myself"

Let's continue with the fear of snakes example:



EFT TAPPING IN FIVE STEPS (CONTINUED)

Even though I have this fear of snakes, I completely and deeply accept myself.

Tapping the Karate Chop (KC) point, repeat the setup statement that you just created 3 times aloud.

“Even though I have this fear of snakes, I completely and deeply accept myself.”

“Even though I have this fear of snakes, I completely and deeply accept myself.”

“Even though I have this fear of snakes, I completely and deeply accept myself.”

STEP 4

Tap the sequence

Tap the following points 7-8 times while saying a reminder phrase.

In this example, the reminder phrase is *“this fear of snakes”*

Top of Head (H) say aloud *“this fear of snakes”*

Eyebrow (EB) – say aloud *“this fear of snakes”*

Side of the Eye (SE) say aloud *“this fear of snakes”*

Under the eye (UE) say aloud *“this fear of snakes”*

Under the nose (UN) say aloud *“this fear of snakes”*

Chin (CH) say aloud *“this fear of snakes”*

Collarbone (CB) say aloud *“this fear of snakes”*

Under the arm(UA) say aloud *“this fear of snakes”*

Repeat this pattern for two more rounds then breathe in and out deeply 3 times (and give a big, deep sigh).

EFT TAPPING IN FIVE STEPS (CONTINUED)

STEP 5

Rate the intensity level you feel when focusing on your problem again

Focus on the original problem and say the first number from 0-10 that comes into your head now.

Should the intensity level be any number above a two, start at step 3 and repeat the rest of the steps as follows: Change the setup statement to the following:

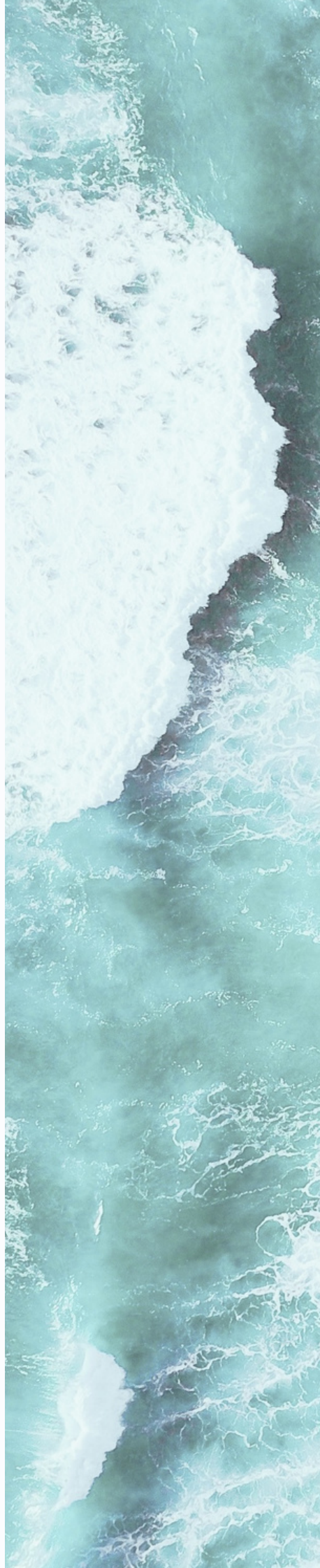
“Even though I still have some of (this fear of snakes), I completely and deeply accept myself.”

For step 4, change the reminder phrase to:

“this remaining (fear of snakes)”

Breathe in and out deeply 3 times and say the first number that comes to your mind when you focus on your problem. Continue this sequence until each specific aspect of your problem is zero intensity or until you're ready to stop working on it for the day.

Have a big glass of water and don't tap on the issue again for at least 24 hours. Often your intensity level will be lessening whilst you rest. You may be surprised how low it is after 24 hours, it has even been known to drop to zero.



5 steps overview

01

Focus on the problem or issue. Think about what's causing you pain or what is holding you back from being happy. This could be a feeling, a specific event, a belief, or even a physical pain.

02

Rate the intensity level you feel when focusing on your problem. Using a 0-10 scale, with 10 being distressed to the max and 0 being not distressed at all, say the first number that comes to your mind when you think about your issue.

03

Create a setup statement. This is what you use when you begin tapping. To create a setup statement start with "Even though" then describe your problem and finish up with "I completely and deeply accept myself."

04

Tap the sequence. Tap the Karate Chop point whilst saying the setup statement. Then tap the EFT points 7-8 times while saying a reminder phrase. The reminder phrase is a shortened version of the setup statement.

05

Rate the intensity level you feel when focusing on your problem again. Focus on the original problem and say the first number from 0-10 that comes into your head now. Modify the setup statement if necessary, and then repeat the tapping sequence until you're at a neutral (or greatly improved) point.

EFT Tapping considerations

TIPS TO GET THE MOST OUT OF TAPPING



ONE MINUTE MIRACLES

EFT has been known to produce rapid results, sometimes clearing issues with just one round of tapping. However, it's unrealistic to expect these 'one-minute miracles' but they are beautiful when they happen!



GETTING SPECIFIC

You will get better results with EFT if you are specific with your tapping. For example, if you have a headache and you tap on 'this headache' you will not release the energy as quickly or as thoroughly as if you had tapped on 'this splitting pain on the right side of my head.' Tapping generally will get general results.



VANISHING ISSUES

When you use EFT you are giving your energy system a workout. You can work on a particular issue only to find that other things that had been bothering you are gone. You are shifting energy about in your body and releasing blocks and you never quite know how many benefits you will receive.



UNRAVELLING LAYERS

When you start tapping on one issue, it's not unusual for other aspects to surface. Don't suppress these thoughts, feelings, or memories because they are presenting themselves to be released. Make a note of what comes up during a tapping round and when you have finished, tap on any emotional discomfort surrounding the new aspects. You may not logically see the connection but trust your subconscious mind to give you what needs to be released.

section 06

A tool for empowerment

Using EFT Tapping to enhance your life

Tool for empowerment

USING EFT TAPPING TO TRANSFORM YOUR LIFE

With the power to make change at your fingertips, get creative with EFT Tapping to get unstuck, destressed and moving forward.

Psychological reversal

Psychological (or polarity) reversals are energetic blocks caused by an inner conflict.

Tapping on the Karate Chop or rubbing the sore spot point not only gets you in the right frame of mind for tapping but it works on helping negate any psychological reversals that might be present. Often, the KC or SS will take care of psychological reversal and you will tap without ever being aware you have them.

When EFT doesn't seem to work efficiently then it's time to look at psychological reversals (PR).

There are external influences that can cause PRs including:

- Negative thoughts
- Addictions, including the influence of alcohol and tobacco
- Dehydration
- Toxin or substance sensitivity
- Stress
- EMF
- General polarity reversal. This is when your energy within the body is flowing erratically (usually you will be experiencing 'one of those days').

Muscle testing or dowsing can help pinpoint the causes of PR.

Self sabotage

Self sabotage is a form of internal conflict. Your conscious mind might want something very much but if your subconscious is not in alignment with it, you will sabotage your efforts. The subconscious mind will win every time.

Often with self sabotage there is a secondary gain that needs to be identified. Logically, for example, you might want to stop smoking but if you have subconsciously identified being a smoker with socialising and being accepted, you might not really want to give up.

The questions to ask are:

"What do I gain from keeping _____"
"What do I lose from removing ____"
"What challenge will I face if _____ goes?"

A set-up statement for the smoker once he had identified his self-sabotage might be something like:
Even though I don't want to stop smoking because I will lose friends, I completely and deeply love and accept myself."



Limiting beliefs

Limiting or negative beliefs stop us from moving forward. They are the stories, often untrue, that we believe.

Here are examples:

- I'm not clever enough to take the exam.
- I will never have any money.
- I'm unlucky in love.
- I never win anything.
- I'm unlucky.

EFT is a wonderful tool to release these beliefs and find empowerment.

"We speak about losing our minds as if it is a bad thing. I say, lose your mind. Do it purposefully. Find out who you really are beyond your thoughts and beliefs. Lose your mind, find your soul."
~ Vironika Tugaleva.

Troubleshooting

WHAT TO DO WHEN EFT DOESN'T WORK

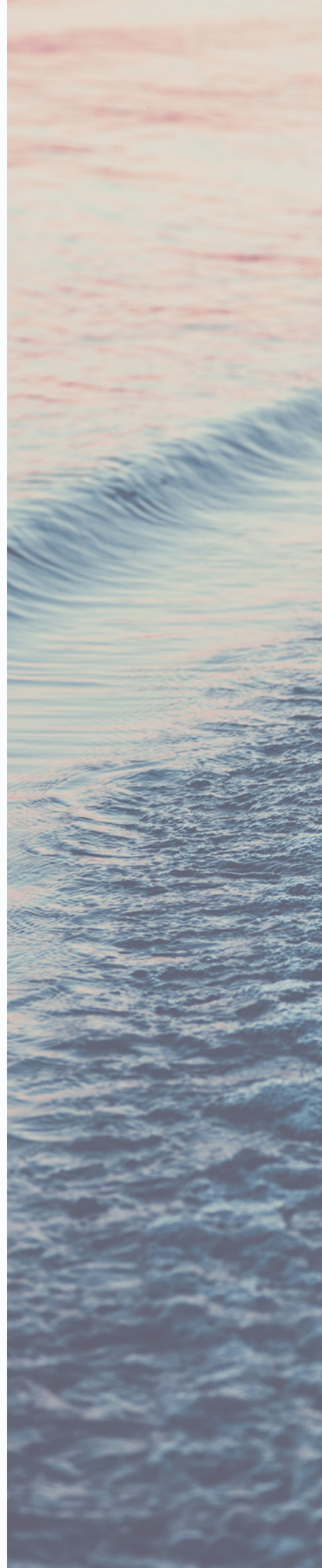
When EFT Tapping isn't working, it's usually because you haven't yet found the baggage that's holding you back. Sometimes issues are not as straight forward as you first thought because your subconscious mind can link together two seemingly unrelated issues.

Let me give you an example.

Let's say you're fearful about talking to a group of executives at a forthcoming meeting at work. It's the first time in the public speaking arena and you're nervous. You try to use EFT to calm your nerves, but it doesn't seem to shift your anxiety. After digging through your issues deeper, you remember a comment that a schoolteacher made to you years ago about your speaking voice. At the time, you felt criticised but you got over it and life went on. Only the emotional distress that you felt sent warning bells to your subconscious mind and it linked public speaking with criticism. Using EFT Tapping for the issue that happened during your school days would relieve the fear you have around speaking in public now.

When EFT Tapping isn't working then it's advisable to search for deeper roots. However, sometimes it can be as easy as taking a break and drinking water (very important, as the water seems to help bring balance).

Drugs can also alter the body's ability to realign itself as can allergies, sensitivity to substances and negativity.



PSYCHOLOGICAL REVERSAL CORRECTION EXERCISE

This exercise will help establish a proper energy flow through your meridian system when you suspect psychological reversal (a subconscious belief that is causing self-sabotage) is at play.



01

Pinch fingers of one hand together, as if picking up something small off the floor.



02

Place fingertips about an inch or so below your belly button. Your belly button area represents your Conception Vessel that flows upwards to your chin.



03

Use fingertips of other hand and tap on under-side of hand (same side as little finger) that is holding belly button spot. The little finger side of your hand represents the Small Intestine Meridian which is associated with psychological reversal.



04

Alternate tapping between side of hand and under nose. Under your nose represents the opposite end of your Governing Meridian.



05

Continue to tap between your side of hand and under nose while holding belly button point. Be sure and breathe in and out while tapping. Do this for at least 10 – 15 seconds.



Keep in touch

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We'd love to send you our Quiet Rebel Bureau newsletter. Once a week, we'll drop into your inbox with our latest insights, news and any special offers that might be of interest to you on your spiritual or healing journey.

Lyn & Paul Thurman

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Quiet Rebel Bureau

SMALL BUSINESS, BIG HEART

Following breadcrumbs of inspiration, Lyn and Paul Thurman created the QRB in 2018. Initially set-up to help and promote mind, body & spirit authors, the business morphed through the global pandemic to become a heart-led vehicle for spiritual awakening and personal development.



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