

EFT in a Nutshell for Beginners

About the Author

Penny Waite is an experienced EFT Practitioner and Master Trainer based in SW London, UK. Over the last few years, she has worked thousands of sessions with clients suffering a multitude of problems from loss of confidence to fear of flying, grief to business blocks, bad backs to panic attacks. She combines EFT with Coaching, a method of helping a client move from where they are and what they are feeling, to where they want to be and feeling how they want to feel.



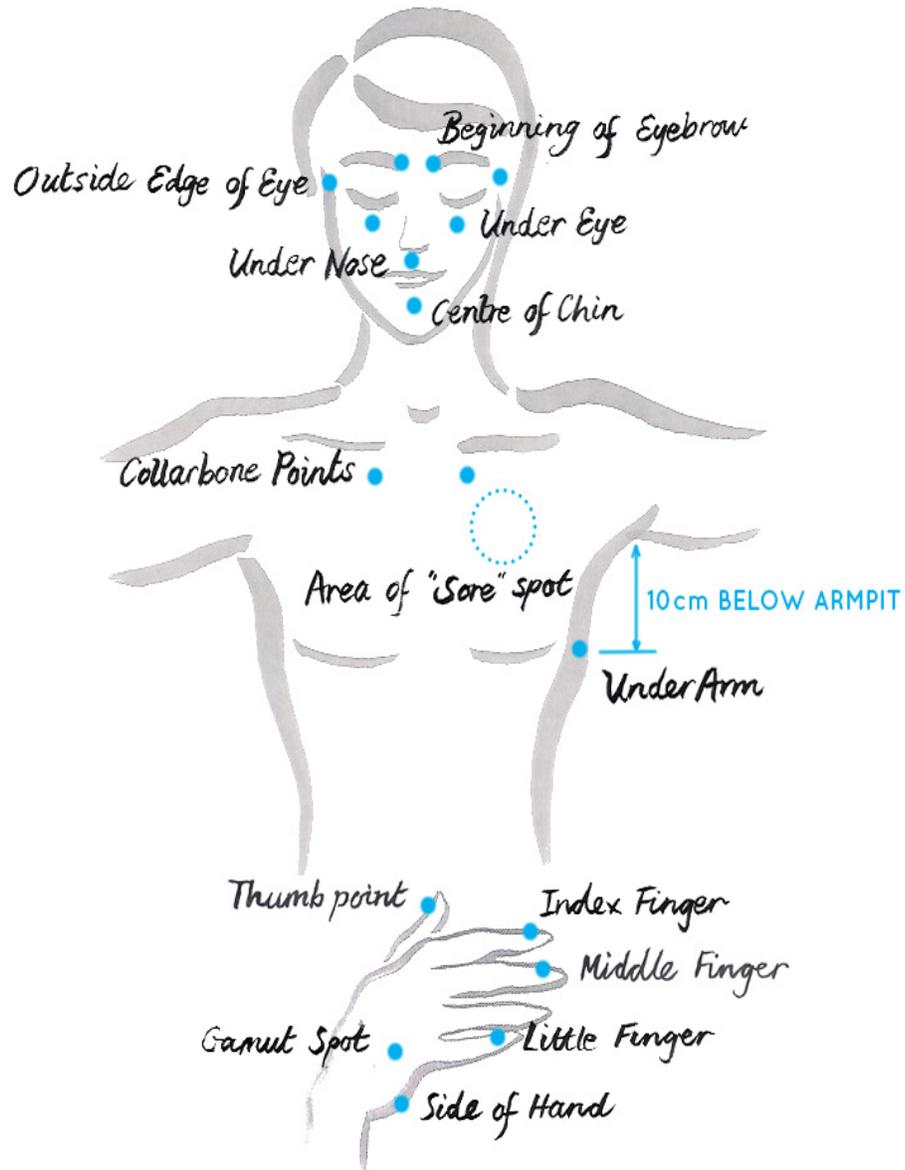
She works with clients all over the world via skype and phone, or face to face within her local area.

Penny also trains individuals as EFT Practitioners according to AAMET guidelines

Features and Benefits of EFT

- Belief changes and cognitive shifts. EFT can shift limiting beliefs in minutes.
- EFT often works rapidly (including one minute wonders)
- EFT is relatively painless. You may occasionally experience excessive intensity of emotion in which case, keep tapping to bring this down. Approach an experienced EFT practitioner when you need to.
- Results typically are lasting
- EFT often holds even when out of context. For example, a fear of flying can be removed in the safety of your own home. It is not necessary to be on a plane.
- EFT works best on specific events i.e 'the time my mother hit me because ... ' rather than 'my abusive mother' which is too general. The time when my teacher told me off in front of the class NOT 'I'm stupid, or I'm not good enough'
- The Generalisation effect. When working through specific issues, it is common for other issues not worked on, to also disappear. This is because the Sub-conscious mind sees similarities and does the work anyway.

Treatment Points



How to Use The Tapping Map

The above Treatment Points diagram shows the tapping points used in EFT today. Feel free to print it out and hang it on your wall for easy reference.

The points I have outlined below are known as the 'short cut recipe' as they have proved effective and enough for the majority of individuals using EFT. I invite you to play with all the points starting with the short-cut recipe, – is there one that you feel has a resonance for you when you tap it? Tap gently but firmly (using the fingertips of one or both hand), about 7 or 8 times on each point following the short cut recipe below. Get to know this recipe, and tap on the points whenever you feel any emotional or physical discomfort. Remember to focus in on the discomfort or problem. This is very important in EFT, as what we focus on is what we are able to shift.

- Measure the emotion or the discomfort on a scale of 1 to 10, 10 being the greatest. Write it down
- Be as specific as you can. What is the thought that brings up the emotion? Or, exactly where is the physical pain and describe it.
- Start tapping on the points beginning with the side of your hand, at the same time as focussing in on the issue you wish to shift. On this point, begin with the negative and finish with a positive e.g, 'Even though I'm angry right now because, I love and accept myself anyway'.
Repeat twice.

- Move to the eyebrow point tapping firmly and quickly.
- Speak out loud as though you are telling a friend about your issue while tapping through the points. Say one statement on each point. For example 'All this anger'. Next point, "I'm so angry about this".
- Feel free to say it how it is! If you are hopping mad about something and ready to scream, say it out loud. You are simply accepting how you feel right now with the intention of letting it go and moving into a place of clarity.
- Keep going until your scale of 1 to 10 measurement becomes a 1 or 0.
- If a point feels sore when you tap, it is because it is holding energetic or physical toxins. Keep tapping it!
- If you find your issue, after being relieved, then comes back, this is because another aspect of the same problem has surfaced. Tap again using the new aspect as your focal point.
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Tap through some of the free EFT scripts on the website

In particular, go to the Personal Peace Procedure on the downloads section of the website and follow the instructions.