



Let's kick those Old Habits!

Tapping-EFT (Emotional Freedom Technique)

EFT Tapping often works where nothing else will.

EFT breathes fresh air into the healing process by borrowing from the Chinese meridian system. While acupuncture and acupressure have been primarily focused on physical ailments, EFT addresses emotional issues.

Set Up:

Before beginning. Sit with eyes closed and think about the temptation of something negative that you consistently want.

Think about:

- how much you want it
- how it makes you feel
- what it makes you want to do

Between 1-10 (10 being the strongest) how does that temptation make you feel? Simply make a note of the feeling/thought and the # and move on to the exercise. You will come back to this feeling/thought for a reassessment at the end.

Exercise

Start with an Affirmation:

Begin with an Affirmation to work on the habit you would like to break.

Phrase: "Even though I want a drink (chocolate, cake, bread...whatever it is you are working on releasing as a negative in your life), I deeply and *profoundly love and accept myself*."

Putting more energy and emphasis on "*profoundly love and accept myself*".

Repeat:

Say the Affirmation 3 x's while TAPPING the 10 EFT points of the body (see diagrams below).

How It works:

EFT works by focusing on the negative and reminder phrase changing the message the body receives.

Tapping:

Tap 4-5 x's per site and repeat the Affirmation 3 x's

Pass Thru's:

Go through all 10 points 2-3 times or pass thru's on the body.

Done:

Take a deep breath. Reassess your feeling # out of 10. Has the feeling changed, reduced, or gone away?

Answer:

You may be saying, "Even though I still have *some* need for _____ (whatever it is) I profoundly love and accept myself".

The remaining need for whatever it is may still be there but not as strongly.

To completely beat this habit/negative behavior continue the Affirmation, Tapping and Pass Thru of the 10 points until you get to 0.

This can take a while but you can completely free yourself if you work on it.

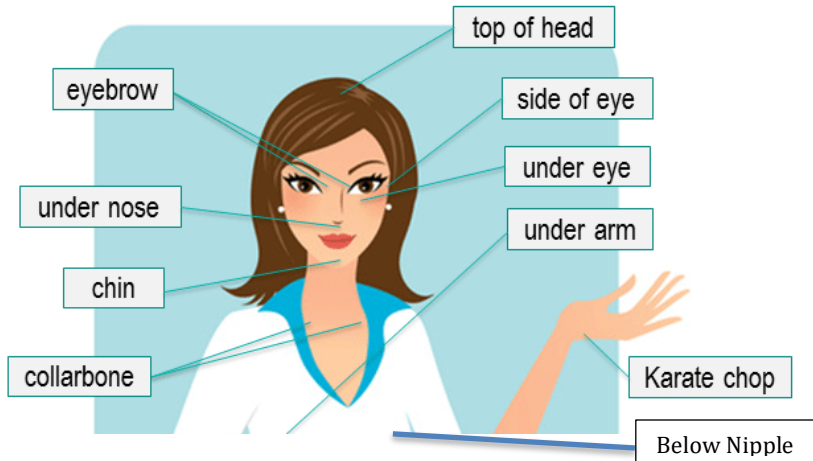
It truly is amazing!

One of the toughest habits for people is smoking and people have been known to quit by the end of one session of tapping!!!!

Like hypnosis or acupuncture, you are working on the energy paths of the brain and body.

Try it, you will truly be amazed! The mind is a powerful tool and like meditation and gratitude exercises, EFT which works on changing our thought processes. We only use one tenth of our brain on a daily basis, dig in and try this technique. You will be amazed at what you are capable of.

You can do anything you set "your *mind* to"!!!



EFT and Related Acupuncture Points

TH - Top of Head - 'Hundred Meeting Points' Meridian
Releases: Inner critic, lack of focus and 'gerbil wheel' thinking
Allows: Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity

EB - Eyebrow - Bladder Meridian
Releases: Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread
Allows: Inner peace and emotional healing

SE - Side of Eye - Gall Bladder Meridian
Releases: Rage, anger, resentment, fear of change and muddled thinking
Allows: Clarity, compassion and understanding

UE - Under Eye - Stomach Meridian
Releases: Fear, anxiety, worry, emptiness, nervousness and disappointment
Allows: Contentment, calmness, feeling safe... "All is well".

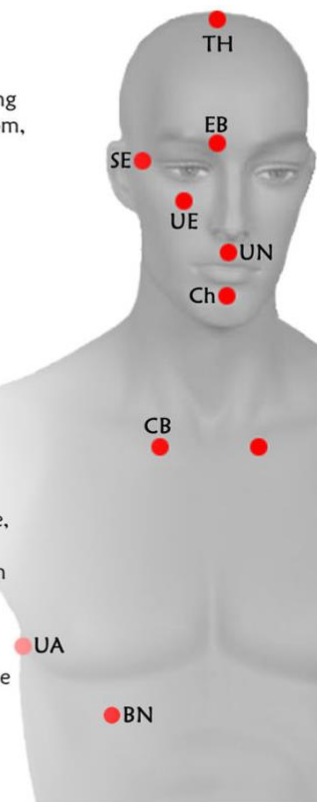
UN - Under Nose - Governing Meridian
Releases: Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals
Allows: Self-empowerment, self-acceptance and compassion

CH - Chin - Central Meridian
Releases: Confusion, uncertainty, embarrassment, shame and second guessing decisions
Allows: Certainty, clarity, self-confidence and self-acceptance

CB - Collarbone - Kidney Meridian - Adrenals
Releases: Psychological reversal, worry, indecision, feeling stuck and general stress
Allows: Ease in moving forward, confidence and clarity

UA - Under Arm - Spleen Meridian
Releases: Guilt, obsessing, worry, hopelessness, insecurity, and poor self esteem
Allows: Clarity, confidence, relaxation and compassion for self and others

BN - Below Nipple - Liver Meridian



*This chart is based on the information from Karen Nauman at
<http://www.eftpronetwork.com/content/what-emotion-goes-each-eft-tapping-points>
www.tapping.mcuniverse.com - 2009*