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Success with EFT Tapping

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Disclaimer: EFT does not replace prescribed medications or any therapy medical, psychological or physical always check with your GP before stopping any medications

Table of Contents

Chapter 1 - Introduction	4
Chapter 2 - The Tapping Points.....	5
Chapter 3 - The Reminder Phrase	9
Chapter 4 - What to Do with Fear Thoughts.....	12
Chapter 5 - Addressing Self-Critical Thoughts	15
References	17

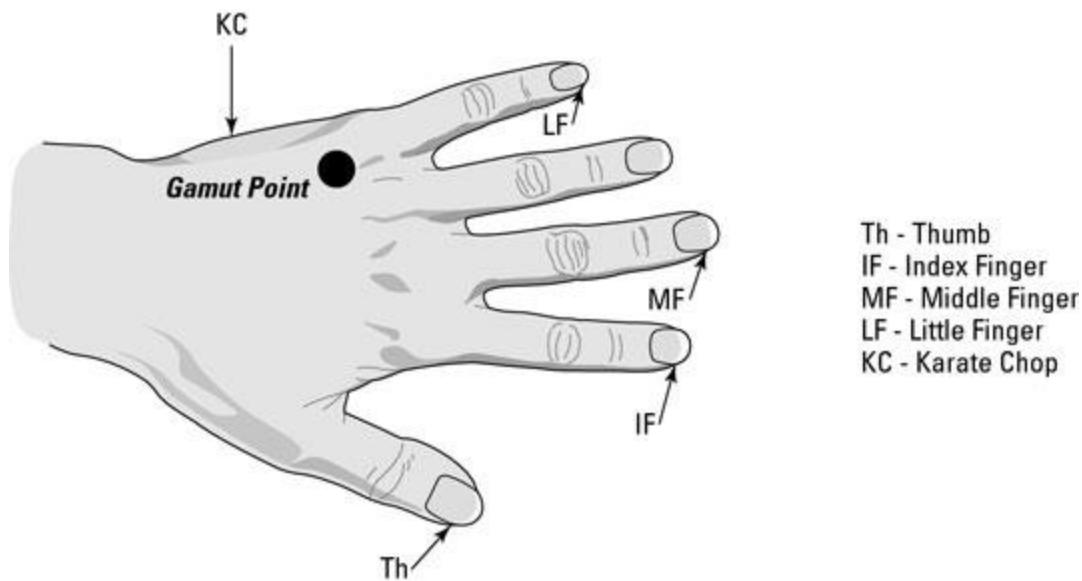
Chapter 1 - Introduction

Experts Support EFT Tapping

There has been much scientific evidence supporting the validity of EFT that has surfaced over the last few years. Many have also reported astounding success with their own personal experience using the technique. Among the professionals showing support of EFT are psychologists and personal development coaches, psychiatrists and medical doctors.

Chapter 2 - The Tapping Points

To use EFT effectively we tap particular areas of the upper body. There is a finger technique, which is very easy to master. You will also discover that there is a generalized list of positive affirmations that go along with the procedure. You should be able to successfully treat many problems by getting familiar with the tapping sequence and diligently practicing the method and using the affirmations. The method is all-inclusive for a wide range of issues, disorders and problems. You can go to <http://eft.mercola.com> to watch a short video showing the tapping procedure. This site also gives a sequence of photos demonstrating the points in an order that is easy to remember.



Tapping with the Fingers

The basic EFT tapping sequence is direct, straightforward, and easy to master within a few minutes. Don't worry if you are not absolutely precise when tapping a certain area; as long as you are within a close range of the general area, you should be able to get good results.

You begin tapping with the fingertips. Within your fingertips are acupuncture meridians. When you tap using your fingertips, you activate the meridians of the area in which you are tapping, and also the meridians within your fingertips.

It is best to use the tips of your fingers and not the finger pads. This is because the finger tips have a greater number of meridian points. If you have long fingernails, it will still work when using the finger pads. It is advised, also, that you remove any bracelets or a watch since these can interfere when tapping at the wrist meridian.

Alternatives

With traditional EFT, it was recommended that you tap using the fingertips of the index and middle finger, and only use one hand. It turns out that it doesn't matter which hand you use; either will work equally well, and since most of the points you will tap are located on both sides of the body, it matters not which side you tap on.

It also doesn't make a difference if you switch sides while you are doing the tapping. So you can, for example, tap under the left eye, and as you move down the sequence, then tap beneath your right arm. You can also tap with both hands at the same time and use all of your fingers in the process. Doing so allows coverage of a larger area and you may find it easier, since your hands can be more relaxed and a natural curved line is formed and gently applied. Either approach works equally well--the traditional way, using the two fingers of one hand, or the modified method using all the fingertips, so just choose whichever method feels most natural to you.

Another thing you can do if using both hands is to alternate slightly on the tapping. This will put each hand somewhat out of sync with the other, providing a phase variant that is felt kinesthetically, and could have an additional slight beneficial effect.

Be sure to give firm taps but not so hard that you inflict pain or bruising to yourself.



How Many Taps?

The precise number of taps on each body location is not critical, but it is recommended to tap on each of the points about five to seven times, or about the duration of time that it takes for one complete breath in and out, as there may be a benefit by tapping through one whole respiration cycle.

Is a Specific Tapping Sequence Necessary?

The points are fairly easy to memorize since you proceed downward. It has been set up this way to make it easy to remember to tap all the points, so we go from top to bottom on the body. Each point is beneath the previous one, and going through the sequence several times should cement it in your memory. *The sequence, however, is not critical and the points can be tapped in virtually any sequence and order.* The main thing is to make sure all the points are hit.

Glasses and Watch Removal for Optimal Results

It is best to remove your watch and glasses whenever possible, although this also, is not critical. The reasoning behind this is that glasses can mechanically get in your way when tapping, and your watch can interfere electromagnetically with the electromagnetic frequency, as well as interfere physically (although you can tap around it).



Tapping in Public without Embarrassment

If you wish to use EFT in a public place, you may have some concern about how it may look to others who have no idea what you are doing. You can practice it at home in privacy, and when using it in public, you can use just two fingers of one hand while saying the affirmations silently or quietly under your breath. Tapping in this way will appear that you are thinking, and it is likely that most people will not even notice.

Chapter 3 - The Reminder Phrase

Some issues can be cleared up just using one round of tapping on the various points as you say the affirmations. However, some issues require subsequent rounds of tapping. In these cases, we can utilize what is called the "reminder phrase," that is a shortened phrase, or sometimes it can be just one word, that substitutes for the longer affirmation and which will stand in to *remind* your subconscious about what the problem is that you are working to release. You repeat this reminder word or short phrase out loud as you tap each of the points in the sequence. This serves to be a continual reminder to your system of the issue at hand as you work your way through subsequent repetitions of the tapping sequence.

Of course, the best reminder phrase is the affirmation itself that was originally used, but if the setup phrase is long, a shortened version will suffice. Just pick out one or a few words that adequately will remind the system what the issue is so the process can go a little faster and you can add the extra rounds.



Here is an example. Say the issue is a fear of success; the initial or setup phrase could be: "Even though I have this fear of success, I deeply and completely accept myself." The words "fear of success" would be a perfect example to use for the

reminder phrase. You would repeat the reminder phrase "fear of success" and the affirmation "I deeply and completely accept myself," as you go through the additional tapping sequence rounds.

Other Lingering Issues That Can Present Themselves

There are occasions where the initial tapping round does not clear a problem completely. This can be especially true for areas where you may have subconscious resistance, as in fear of success. There can be many reasons for harboring such fears, and it is not necessary to delve into and explore the reasons or how these fears came about. With EFT, all that is necessary is to state the issue and begin to tap, following the prescribed sequence of affirmations and the set of points to be tapped.

Sometimes these new issues crop up in the midst of the tapping, or there may be stubborn issues that become evident during tapping. Such issues may surface in the form of images or remembered conversations or other types of interactions, and are in one way or another related to the original issue that is being worked on. They could be the central cause of the issue or some part of it, or they could have emerged as a result of uncovering some facets that had previously been hidden. The key to breaking through to your vibrant emotional health may lead to uncovering a network of connecting or related issues that must first be dealt with one by one. But again—there is no need to describe or address them in detail. A generalized statement is sufficient.

If this turns out to be the case for you, the best way to tackle it is to include as many additional sequences of tapping as necessary to be sure all the peripheral issues are dealt with and eliminated. You can adjust your affirmation to achieve good results. An example might be:

"Even though I still have some remaining fear of success, I deeply and completely love and accept myself."

The use of the words "some" and "still" alter the affirmation's presentation of the issue and shape the way your subconscious views the remainder of the issue, without having to name or address any specific accessory fears that relate to your generalized fear of success. This is another advantage of the way in which EFT works so beautifully and easily.



Chapter 4 - What to Do with Fear Thoughts

There may be occasions when fear thoughts arise. This is often the case when we are tapping to create a mindset of success, but there may be deep-rooted fears surrounding success. If such a fear thought should present itself, (or any fear thought, for that matter), it is important to not give power to it. You don't want to run away from it, and you should acknowledge it. Thank it for protecting you and thank it for sharing its concerns. It may be valuable to even write down your fear thoughts.



The good thing about writing down the fear thought is that now you can turn it around into an affirmation that expresses a positive intention. As a positive affirmation, you can now tap with it using your EFT sequence. An example of a transformed positive fear thought might be:

"Even though I have this fear of success or substitute any fear you are experiencing here, I deeply love and accept myself and I fully understand that its intention has been here to help me."

Now you can interject an affirmation that expresses exactly what you want. This usually would be the opposite of the fear, expressed in the present tense and in a positive way. Keep in mind, you do not want to deny the fear. You must acknowledge it because it exists; it is a real fear that you have. A denial of it would be false and phony.

The Real Purpose of Fear

The elegant thing about EFT is that it squarely faces what exists, acknowledging truth so that you are not caught in a fake denial trap. You come to understand that all fear arises out an evolutionary coping mechanism borne out of the mind's desire to protect the organism (you); an attempt to keep you safe by alerting you to what it perceives as potential dangers. As we go through life, some of these fears linger on but their original purpose becomes outdated and no longer valid. We come to a point in time when we wish to discard them as they no longer serve a useful purpose, and, in fact, have become a hindrance that we now want to release. EFT is the perfect vehicle for that accomplishment.

EFT becomes a gentle teacher that helps you recognize that no matter where you are in your life, or what you may have helped to contribute to or what you may have created, you always are doing the best that you can in any situation, given the awareness, the knowledge, understanding, and circumstances you find yourself in, until you are able to reach a better way of dealing with the situation. This takes self-blame and shame out of the picture.

Fear of Success

For most people, it isn't really fear of failure that keeps us stuck--often the real fear is fear of success, and this can be subconscious so it is not even within conscious awareness in many cases. The unconscious has a very clever way of keeping us in the dark about the real fear, since fear of failure brings with it such palpable, dramatic images.

Fear of success also brings with it a host of repercussions such as increased expectations from oneself, one's family, friends, and co-workers. There may also be an element of dealing with jealousy from others, but the most frightening issue of all is the inevitable *change* it will bring; most folks dread that.

A fear of negative consequences may be the underlying issue that keeps people from manifesting success in their lives. It can be fear of success in their personal life having to do with relationships, for example, or in a business setting, with accompanying fear of prosperity because of the increased responsibility and all of the trappings that go with rising up the business ladder.

When dealing with fear of success using EFT, some may release the fear after just one tapping workout. For others, it may take a few repetitions while bringing the discomfort down one notch at a time.



Chapter 5 - Addressing Self-Critical Thoughts

If you have self-critical thoughts, thoughts that you are not good enough, not doing enough or whatever it may be, it is very important to strive to transform these thoughts into positive feelings about yourself. We are not referring to vanity or arrogance. This is about showing respect for yourself, treating yourself well, and having a reverence for your miraculous self.



The goal here is unconditional self-acceptance, which starts with self-love. When you have love and respect for yourself, you do not engage in any deeds that would harm yourself or another person.

A constant assault of self-criticism fosters changes to our psyche that results in a mostly negative view of ourselves. On the other hand, self-approval engenders positive changes to the psyche. This overall viewpoint shaped by our thoughts helps create how we perceive all of our experiences and contributes to what we attract to ourselves, and this is especially true of matters relating to health issues.

A critical factor in learning how to completely love and accept yourself is to halt all self-criticism starting right now and forevermore. Love and accept who you are and the way you are. EFT affirmations can get to the heart of the issue that affects most health problems, and that has to do with accepting and loving yourself and doing away with self-criticism.

If you are like most people, a certain amount and maybe a lot of self-criticizing thoughts have been insidiously running in the background of your mind like a continuous tape loop for years. We get good at beating ourselves up. Authentic forward progress can only take place when we vow never to be self-critical again, and be determined to live up to that vow.

EFT can play a very big role in augmenting these self-accepting thoughts and releasing the old, negative thought patterns, preparing you for a life of success, prosperity and good health, both physically and emotionally.



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