



*Opening the door
to physical freedom!*

EFT *for* BACK PAIN

by Gary Craig

with contributions from 59 people practicing EFT



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Emotional Freedom Techniques

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EFT for Back Pain: A Specialized Use of Emotional Freedom Techniques

by

Gary Craig

and 59 EFT Practitioners, Instructors,
Students, and Users

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Edited by CJ Puotinen

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Important note: While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. Further, Gary Craig is not a licensed health professional and offers EFT as an ordained minister and as a personal performance coach.

Please consult qualified health practitioners regarding your use of EFT.

A Vital Guide for Reading This Book

In a nutshell, EFT is an emotional version of acupuncture, except we don't use needles. Instead, we stimulate the acupuncture meridians by tapping on them with our fingertips. This often brings forth astonishing results that are likely beyond your expectations. The procedure is easy to learn, easy to use, and easy to share with others. You will learn the basics and more in this book.

EFT is good for everything. While this book focuses on EFT's use for back pain, I must emphasize that **back pain represents but a tiny fraction of EFT's long list of successes.** For example, EFT is good for pain and symptoms of all kinds and often works where nothing else will. It is also astonishingly useful for emotional issues of every type and reduces the typical psychotherapy process from months or years down to minutes or hours. Further, those wishing to improve their performance in sports, business, public speaking, or the bedroom will also find EFT a valuable aid.

This book is like an encyclopedia. It is so comprehensive that it could easily be considered an "EFT Encyclopedia for Back Pain." Most readers will not need to read it all, but every reader will want to keep it around as a priceless resource because it contains approaches and concepts that you will not find in other health-related books.

This book contains creative approaches written by many EFT experts. EFT is an "open source" healing tool that encourages experimentation. This means that we start with an easy-to-learn, simple procedure that works beautifully in the majority of cases. After that, anyone can experiment with the process and develop other refinements. Thus, for your expanded education, we are sprinkling within this book the opinions, refinements, and creative approaches of dozens of EFTers.

Depending on your interest level, previous experience, and individual response to EFT, there are several ways to read this book.

If you are a "Newbie," or newcomer to EFT, I hope you may wish to start at the beginning and read it all the way through. By the time you reach the end, you will have an excellent chance of being completely and permanently free from pain, in addition to having a thorough understanding of EFT and the ability to share this useful technique with friends and family.

If you're impatient to get started, go straight to my **Quick Start** section on page 6. The Quick Start walks you through basic EFT, which by itself has brought relief to thousands. If basic EFT eliminates all of your pain for good, congratulations. You're one of our famous "One-Minute Wonders" and you can get on with your life. If the pain doesn't completely go away or if it returns at a later time, the rest of this book provides all the assistance you need to improve your results and make the improvements last.

If you're interested in the background of EFT and some of the technical, scientific, or engineering explanations that I'm fond of sharing, download our free EFT Manual from

the official EFT website, www.emofree.com. This book was designed as a companion to the EFT Manual and you'll learn something valuable from both.

For convenience, the manual is also available as a paperback book sold in retail bookstores and online. Look for *The EFT Manual (EFT: Emotional Freedom Techniques)* by Gary Craig, published by Energy Psychology Press, 2008.

If you're an experienced EFTer, peruse the Table of Contents and go where your curiosity and interest take you. One of my goals in writing this book is to provide as many interesting examples as possible, so that all of us – including EFT instructors and practitioners – can add to our repertoire of approaches and strategies for making EFT more effective and versatile.

Our DVDs are vital to your complete comprehension of EFT. I would like to emphasize that this book and the EFT Manual do *not* contain everything there is to know about EFT. For example, there is no substitute for the demonstrations on our DVDs, which show EFT in action in seminars conducted throughout the United States.

The DVDs offer many live demonstrations of pain relief, including back, hip, and shoulder pain. For a complete description of the contents of each DVD, go to www.emofree.com/EFTStore/ and click on “full details” for any of the collections.

Once you understand the basics by watching the first hour of the first DVD in our introductory set, you can simply tap along with an endless number of sessions designed for your use. While doing so, you will learn as you go, you'll be entertained, and, without much effort, you will collapse or neutralize issues that have until now interfered with your recovery.

As I like to remind everyone, there is more human drama, inspiration, and humor in our videotaped seminars than there is in any reality television show!

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for
BACK PAIN

Notes and Acknowledgements

The list of individuals who contributed to the development of EFT can never be complete because most of them lived over 5,000 years ago. Those are the brilliant physicians who discovered and mapped the centerpiece of EFT, namely, the subtle energies that course through our bodies. These subtle energies are also the centerpiece of acupuncture and, as a result, EFT and acupuncture are cousins. Both disciplines are growing rapidly here in the West and, as time unfolds, they are destined to have a primary role in emotional and physical healing.

In the 20th Century, other dedicated souls advanced our use of ancient techniques that utilize the body's energy. Principal among them is Dr. George Goodheart, who developed Applied Kinesiology, a forerunner of EFT. In the 1960s, Dr. Goodheart discovered that muscle testing could be used to gather important information from the body, and he went on to train many health care practitioners and publish important books and papers.

Dr. John Diamond's work deserves applause because, to my knowledge, he was one of the first psychiatrists to use and write about these subtle energies. His many pioneering concepts, together with advanced ideas from Applied Kinesiology, have formed the foundation upon which our work is constructed. Dr. Diamond's best-sellers include *Life Energy: Using the Meridians to Unlock the Power of Your Emotions* (Continuum International, 1990) and *Life Energy and the Emotions* (Eden Grove, 1997).

Dr. Roger Callahan, the clinical psychologist from whom I received my original introduction to "emotional acupressure," deserves all the credit history can give him. He was the first to bring these techniques to the public in a substantial way and he did so despite open hostility from his own profession. As you might appreciate, it takes heavy doses of conviction to plow through the ingrained beliefs of conventional thinking. Without Roger Callahan's missionary drive, we might still be sitting around theorizing about this "interesting thing."

It is upon the shoulders of these giants that I humbly stand. My own contribution to the rapidly expanding field of meridian therapies has been to reduce the unnecessary complexity that inevitably finds its way into new discoveries. EFT is an elegantly simple version of these procedures, which professionals and laypeople alike can use on a variety of problems.

I also owe a special debt of gratitude to Adrienne Fowlie, who, through a friend, introduced me to meridian tapping techniques and helped me develop EFT.

Many EFT students and practitioners helped make this book possible. I am grateful to all who contributed case studies and reports. Most of the examples given here were published in our email newsletter and are posted in the newsletter's archives on the EFT website, www.emofree.com. To contact any of our report authors, see the Resources section at the end of this book.

The names given in the reports presented here have often been changed to protect the privacy of those involved. This is especially likely if only first names are given. All of the names given here are as they originally appeared in reports published in our newsletter and on the EFT website. When a person's full name is given, it has not been changed and is used with permission.

In the interests of editorial consistency, reports from the United Kingdom, Australia, Canada, and other countries that use British spelling and punctuation have been changed to conform to standard American English.

Like most topics of special interest, EFT has its own language, words or abbreviations that have special meaning for its students and practitioners. You'll find a list of EFT terms and their definitions in the Glossary on page 234.

Introduction

This book will open your eyes to a new way of health and healing. It will most likely alleviate your back pain and keep it from ever returning while simultaneously improving your love life, your finances, your golf game, and your personal happiness. I know that sounds like hype from an infomercial. But it's true. EFT can do all of these things and more.

EFT's basic premise is that ***the cause of all negative emotions is a disruption in the body's energy system.*** I can't emphasize this concept enough. When our energy is flowing normally, without obstruction, we feel good in every way. When our energy becomes blocked or stagnant or is otherwise disrupted, negative or damaging emotions can develop along with all types of physical symptoms, including back pain.

EFT is often called *emotional acupuncture* because when you combine gentle tapping on key acupuncture points while focusing your thoughts on past events, present problems, physical discomfort, or anything else, the underlying emotional factors that contribute in any way to the situation are released along with the energy blocks along the acupuncture meridians.

Consider that:

EFT often relieves pain where nothing else will.

Further, it brings relief in 80 percent of the cases in which it's tried, and in the hands of a skilled practitioner, its success rate can exceed 95 percent.

Sometimes the pain goes away permanently while in other cases the process needs to be continued. But even if pain returns, it can usually be reduced or eliminated quickly and effectively just by repeating the procedure.

People are often astonished at the results they experience because their belief systems have not yet adapted to this common-sense process. Somehow, pain relief is supposed to be much more difficult than tapping with your fingertips on key acupuncture points.

EFT is extremely easy to use. Small children learn it quickly, and kids as young as eight or ten have no trouble teaching it to others. It's fully portable, requires no special equipment, and can be used at any time of the day or night and under any circumstances.

No drugs, surgeries, radiations, or other medical interventions are involved in EFT. In fact, it's so different from conventional medicine that the medical profession has no way of explaining its results.

It doesn't seem to matter what the patient's X-rays, blood tests, MRIs, CAT scans, or other diagnostic tests show. Pain relief is likely to occur with EFT no matter what your diagnosis. That's because we are addressing a cause for pain that is outside the medical box.

This is not to say you should ignore your physician's advice. On the contrary, I encourage you to consult with qualified health care providers. Quite a few EFT practitioners are physicians, nurses, dentists, acupuncturists, chiropractors, massage therapists, psychologists, counselors, and other health care providers. As EFT becomes more widely known, it will become easier to find licensed health care practitioners who are knowledgeable about EFT.

Using a few minutes of EFT will often end your pain for good. When it doesn't, there is likely to be some underlying emotional issue that is creating chemicals and/or tension in your body that aggravates the pain.

If that's the case, **EFT is ideal for collapsing and neutralizing emotional issues** and it often does the job in minutes. EFT was originally designed for reducing the psychotherapy process from months or years down to minutes or, in complicated cases, a few sessions.

What excites me most about EFT is its application to physical health and wellness. I'm convinced more than ever that Modern Medicine has walked right by a major contributor to chronic and acute diseases. Our unresolved angers, fears, and traumas show up in our physical bodies and manifest not just as back pain but as rheumatoid arthritis, cancer, multiple sclerosis, Parkinson's disease, and hundreds of other illnesses.

Just about everyone knows this intuitively. Whenever Los Angeles physician Eric Robins, MD, shows patients how to do EFT, he explains that past traumas can be stored in muscles and organs in the body and that releasing past events and all the emotions they generate may alleviate physical symptoms. Dr. Robins reports that most patients grasp this concept at once, and as soon as they tap away their anger, frustration, or unhappy memories, their symptoms improve.

Psychologists have always known that there are powerful connections between mind and body, but conventional talk therapy seldom cures anything, and neither do psychoactive drugs.

But balancing the body's energy can help with everything, and it's as simple as tapping on your head and torso while focusing on the problem. As Dr. Robins explains, this simple procedure releases or neutralizes the illness's underlying cause, and as soon as that happens, the illness itself disappears.

No technique or procedure works for everyone, but by all accounts, the vast majority of those who try EFT for a specific problem experience significant results. That's a

stunning result, one that would be the envy of any prescription drug, surgical procedure, or medical treatment.

EFT has come a long way in the last ten years, but it's not even a blip on conventional medicine's radar. When it is noticed, it's often relegated to the "support therapy" category, something to be used later, after conventional treatments. I hope that will soon change. Unless there is a medical emergency that requires immediate attention, EFT should be the FIRST treatment offered. This, in my observation, will dramatically reduce the need for drugs, surgery, radiation, or other conventional procedures. Even in emergencies, such as accidents or injuries, EFT can be extremely helpful, for it helps people think clearly while reducing pain and discomfort. In all situations, it speeds recovery and healing.

To satisfy my curiosity about EFT's effectiveness in the treatment of serious diseases, I recently spent two years traveling to different cities giving three-day seminars in which I worked onstage with actual patients. As a result, I know more than ever that EFT is a truly universal healing tool. The same basic approach that treats back pain, diabetes, chronic fatigue syndrome, and multiple chemical sensitivities works as well for glaucoma, muscular dystrophy, rheumatoid arthritis, asthma, allergies, pulled hamstring muscles, high blood pressure heart disease, and every other physical ailment you can name. And when it comes to fears, phobias, anger, and anxiety, EFT is in a class by itself.

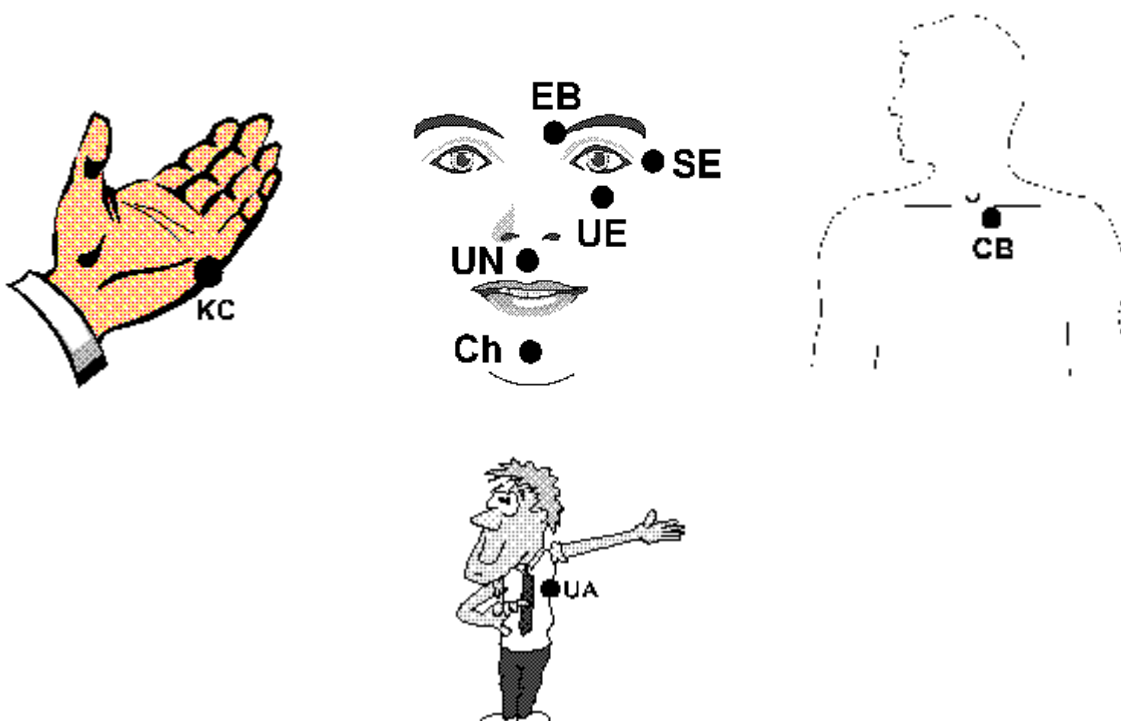
EFT is so new that it's still evolving. I encourage practitioners and newcomers alike to experiment – to try it on everything, not just on your back pain. It makes sense that if your energy is balanced, everything inside and around you benefits.

Whether you are already familiar with EFT or are a Newbie (my affectionate term for newcomers), I am very pleased to share this book with you. I know without a doubt that EFT can help you take control of your health and happiness and that the instructions and recommendations given here can completely transform your life.

Quick Start

I won't keep you in suspense. If your back is in pain and you want a head start, just follow these simple instructions. You'll perform the basic version of EFT, and your pain may disappear right away.

On a scale from zero to 10, with 10 being the worst, how much does your back hurt? Make a mental note of this number, and also check your range of motion by gently moving in different directions. The pain scale rating and range of motion are your "before" picture. When you complete the following exercise, which should take less than two minutes, compare your results.



Referring to the diagrams above, start tapping the side (KC = Karate Chop point) of one hand with the fingertips of the other hand while saying, **"Even though I have this pain in my back, I fully and completely accept myself."** Keep tapping while you say this statement three times. Say it whether or not you believe it. Belief is not required. Now move to your face and, using one or both hands, tap on all of the EFT points in sequence, moving down the body. Spend about seven taps on each point while you say the reminder phrase, **"Back pain."**

EB = Eyebrow – "Back pain"
SE = Side of Eye – "Back pain"
UE = Under Eye – "Back pain"
UN = Under Nose – "Back pain"

CH = Chin (under lip) – "Back pain"
CB = Collarbone – "Back pain"
UA = Under Arm – "Back pain"

Do this tapping sequence three times, tapping on each point approximately seven times as you move from Eyebrow to Under Arm.

When you finish, check your pain level. Has it stayed the same, gone up, or gone down? Has your range of motion changed? If you're like most people, you feel better already.

If your pain has completely disappeared, congratulations. You're done. You can get on with your life. If the pain comes back, or if you develop a new pain in your back, all you have to do is repeat the process.

If you feel better but still have some pain, tap on your Karate Chop point again but this time use the Setup Phrase, "Even though I still have some of this pain in my back, I fully and completely accept myself."

Keep tapping while you say this three times, then tap on the EFT points while saying, "This remaining pain." Complete the tapping sequence three times.

As before, check your progress by measuring your pain level and testing your range of motion. As long as you keep improving, this basic procedure will serve you well. You can repeat the sequence as often as needed. Thousands of people have reduced or eliminated their back pain in exactly this way.

If you still hurt, don't worry. This book describes many EFT techniques that are easy to learn and work fast.

Whether you stay with the basic formula or delve into EFT's exciting variations, this simple procedure can help you heal your back pain yourself.

Chapter One:

Welcome to the World of EFT

The word **world** is appropriate because in the last ten years, Emotional Freedom Techniques or EFT has become a global phenomenon. Our free manual, which has been translated by EFT practitioners into 19 languages, has been downloaded by over half a million people, and another 5,000 to 10,000 download it every month. While most EFT practitioners live in the United States, the United Kingdom, Australia, and Canada, the technique is being taught and used in dozens of countries around the world. If you'd like to study EFT in Arabic, Bulgarian, Czech, Danish, Dutch, Finnish, French, German, Greek, Gujarati (a language of India), Hungarian, Italian, Norwegian, Persian (Farsi), Polish, Portuguese (from Brazil), Russian, Slovenian, Spanish, or Turkish, simply download the manual in translation.

When I created EFT in the 1990s, my goal was to develop a procedure that is not only effective but easy to learn, easy to use, and easy to demonstrate, explain, and share. The experiences of tens of thousands of people just like you prove that EFT is all of these and more. It is also amazingly versatile, as the many reports from students and practitioners presented here and on our website demonstrate.

My original goal was to overhaul psychotherapy. That goal has been achieved, for EFT has dramatically reduced the time needed to treat almost all psychological issues. What used to take months or years now requires just a few minutes or hours. The procedure is painless and its results are lasting. If EFT did nothing but alleviate fears, anxieties, and phobias, I would have been pleased. But along the way, we kept noticing that profound physical healings were also taking place. Vision improved, headaches disappeared, cancer pains and symptoms subsided, and so on.

Western physicians pay no attention to the body's energy and its flow along the invisible channels called meridians, and they give little credence to the emotional causes of illness. These emotional factors and the energy blocks they produce are the centerpiece of EFT. By combining focused thought and emotions with the release of meridian energy blocks, EFT produces benefits in cases where the medical profession has given up. The reason is simple. We take aim at causes others have disregarded.

The EFT Manual, which is freely downloadable from www.emofree.com, was written before I realized or understood how effective EFT can be in the treatment of physical symptoms such as back pain. Accordingly, it stresses emotional healings and doesn't cover physical healings in the dramatic fashion in which they occur. Because the manual has proven to be such an effective teaching tool, I have decided to leave it as is rather than modify it to emphasize the treatment of physical symptoms. It is the emotional and energetic factors that we need to understand, and those are profusely

illustrated in its pages while physical symptoms are only briefly mentioned. For example, only two of the EFT Manual's case reports describe physical pain.

Case history #11 - Physical pain

Lea attended one of the workshops I did for hypnotherapy students. She told me before the workshop that she had a lot of tight muscles and physical pain. I walked her through EFT for relief of the pain around her neck and shoulders. It subsided within two minutes. About an hour into the three-hour workshop, I asked her if the pain in her neck and shoulders had come back. She said no and then said that the *rest of the pain in her body had subsided as well....*

This is an example of how we address one problem with EFT and discover that other healings occur along the way. In Lea's case, the relief we gave to her neck and shoulder pain spilled over to the rest of her body. We then did another round of EFT and the balance of the pain went away, and it stayed away for the rest of the workshop. Pain like this is often caused by emotional distress and that's why EFT can be so effective in addressing it. However, new emotional stresses may bring the pain back. If so, repeated uses of EFT will likely give relief.

Case history #12 - Low back pain

Donna is another example along these lines. She, too, attended one of my workshops and had such severe lower back pain that she didn't think she could stay for the entire one-day workshop. *"I just can't sit that long,"* she said. I helped her with EFT and her back did not bother her for the entire day.

These examples hint at what's possible, but the full story of EFT as a treatment for back pain deserves a book of its own.

Please keep in mind that all of the EFT techniques, approaches, formulas, and procedures described here apply not only to back pain but to *all types of pain*. They work equally well on migraines and other headaches, joint pain, arthritis, broken bones, muscle sprains, bruises, fibromyalgia, carpal tunnel syndrome, sports injuries, eyestrain, foot pain, toothaches, menstrual cramps, and indigestion. These same methods also work on all aspects of emotional pain. It's no exaggeration to say that the more you use and practice EFT, the easier it will be to apply it to *any* type of pain or discomfort – quickly and with a minimum of effort.

What exactly is EFT?

EFT is a do-it-yourself treatment method that combines acupressure (tapping on key acupuncture points, which are also called acupoints) with focused thought.

Its underlying premise is that **the cause of all negative emotions, and most of our physical symptoms, is a disruption in the body's energy system.**

At its most basic, EFT combines a short description of a problem with an “Acceptance Phrase,” a short Reminder Phrase, and tapping. The entire treatment usually takes less than a minute.

My interest in self-improvement tools goes back several decades, and by studying and experimenting over the years, I discovered several helpful techniques that I used myself and taught to others. One that I found very helpful was Neuro Linguistic Programming, or NLP. I became a Master Practitioner of NLP and used it with many people.

Then I discovered Roger Callahan, Ph.D., a Southern California psychologist who used a new kind of energy healing to eliminate intense fears and phobias in minutes. His method consisted of tapping on acupuncture points with the fingertips. It sounded too far out to take seriously, but I took a look at some of his videos and was stunned to see that this unusual form of acupressure relieved even the most intense emotions in just a few minutes with permanent, lasting results.

I was trained as an engineer at Stanford University and, like most engineers, I’m an experimentalist at heart. Theories are interesting, but results are what matter. I took Dr. Callahan’s training and became a practitioner of his techniques, and I never ceased to be amazed at the results. That’s when I began to appreciate the connections between the mind, the physical body, and the body’s energy system. Medical doctors study the electrical activity of our brains with electroencephalograms (EEGs) and our hearts with electrocardiograms (ECGs or EKGs) all the time. Electricity flows through us from the moment we’re conceived until we die.

Just where and how it flows is a fascinating study. Thousands of years ago, Chinese physicians mapped the body’s energy paths, the meridians, which are connected by hundreds of key points. They perfected a system of pulse diagnosis, in which pulses coursing through the wrist reveal whether a meridian’s energy is moving smoothly and in the right direction or is blocked, slowed, or moving incorrectly. When a meridian’s key points are stimulated with the incredibly thin needles used in acupuncture, with burning herbs held just above the surface of the skin (called moxibustion), or by fingertip massage (called acupressure), the blocks that interfere with the free flow of *Chi*, or energy, are removed. As soon as that happens, energy flows and the action or efficiency of the organ linked to the affected meridian improves. In this way, acupuncturists routinely treat all types of disease and discomfort.

In EFT, gentle fingertip tapping on key acupuncture points clears energy blocks along the body’s meridians. That by itself would improve health and well being. But EFT does much more. When tapping is combined with focused thought, especially emotional thought about physical symptoms or past events that are in any way linked to them, the symptoms clear up and so do the emotions that contributed to them. This is why EFT’s results can be so lasting. Once pain-causing emotions are cleared, they no longer trigger physical symptoms – and you’re free from debilitating emotions as well as debilitating pain.

How to learn EFT

There are several ways to learn EFT. You can start with reading the freely downloadable EFT manual from www.emofree.com. It describes the science behind EFT, its basic procedure, tips for applying it, case histories, how to correct factors that can interfere with EFT, shortcuts, and recommendations for improving results. You can read the entire manual on your computer, but most students print it out or have it printed at a copy center, then place it in a three-ring binder or have it bound for convenience. Some add blank pages for note taking, or they use Post-It notes and highlighters to mark important sections for review.

My favorite way to learn EFT is to watch our DVDs, which show EFT in action in a variety of settings, from a hotel swimming pool (“Dave’s Fear of Water”) to a Veterans Administration Hospital where Vietnam War veterans used EFT to treat their Post-Traumatic Stress Disorder, to live seminars in which people with all kinds of problems volunteered to be treated onstage. To help spread the word about EFT, these DVDs are economically priced, and they come with my written permission to make up to 100 copies of each and every disc to give away.

The official EFT website, www.emofree.com, offers many resources including my online tutorial, which is a series of instructions, explanations, and exercises that can help you move from the most basic and fundamental EFT techniques to what I call the *art of delivery*, the combination of skill and talent for presenting EFT that comes with experience and imagination.

Over 50 books about EFT have been written by practitioners, students, health care professionals, and other experts, providing instructions and all types of examples.

Still another way to learn EFT is to attend a workshop or demonstration conducted by an EFT instructor or practitioner. These are held in libraries, adult schools, restaurants, private homes, clinics, conference centers, offices, meeting rooms, and wherever people gather. You will get the most out of these workshops if you have first seen the DVDs.

And there are many opportunities to learn EFT and hone your skills online. My EFT Insights Newsletter is called “The Heartbeat of EFT” because it features breaking news, reports from users on every topic imaginable, tips from our website, and links to practitioners. In addition, dozens of EFT practitioners have their own websites with helpful reports, and there are several EFT-related forums and chat groups whose members support each other with questions, answers, recommendations, and suggestions.

My purpose in writing a series of e-books about EFT is to expand on the manual and explore, in depth, EFT’s application to common conditions. Many who are new to EFT understand its basic formula but aren’t sure what to do with it. They may have a hunch that their back pain – or the back pain of someone they are trying to help – has

something to do with an emotional issue or past event, but they don't know how to uncover or utilize that information. Most of all, they have no idea what words to use for best results.

This book is designed to help you learn EFT and immediately take it to a new level. Throughout its chapters, you'll find explanations, examples, ideas, forms to fill out, and scripts you can borrow. Best of all, the reports shared by EFT practitioners and students are actual examples of EFT in action. Among other topics it covers:

- Why EFT often works where nothing else will.
- How to use EFT for simple pain relief from any source whatsoever.
- How to use EFT when emotional issues contribute to pain.
- How to know what words to use to define, describe, and address your pain.
- How to discover what conditions might contribute to the pain.
- How to use that information in your EFT session for fast and lasting results.
- How others have used EFT to eliminate their back pain.
- Recent medical discoveries about what causes back pain.
- And everything you need to take control of your life and your very healthy back.

Why EFT often works where nothing else will

EFT approaches pain much differently than does conventional medicine and that is why it frequently provides major relief where drugs, surgery, and radiation fail miserably.

Medical schools train physicians to look at our bodies as bags of chemicals and body parts with little or no emphasis on their energetic nature. Instead, doctors examine X-rays, blood tests, and brain scans to discover why we have pain.

Interestingly, I have spoken with medical doctors who routinely examine X-rays, MRI scans, and the like, and they report that patients often have pain when there is no apparent cause ... while others have no pain where they "should" have it.

This is one of many Medical Mysteries. However, the mysterious veil lifts if we include the energetic and emotional nature of our bodies within the picture. Any seasoned EFTer can tell you story after story about healings that occurred when nothing was done except a simple balancing of the body's energy meridians.

Albert Einstein told us over 100 years ago that everything, including our bodies, is composed of energy. That is what his famous $E=mc^2$ formula is all about. It has had a profound impact on science over the last century. Nonetheless, Western medical schools basically ignore this and continue to focus on the body's chemical nature.

That is an astonishing oversight. Why did we turn our backs on this most important scientific discovery? Was it because there's not much money in it? Was it due to the influence of the drug companies? Who knows?

Our bodies abound with energy. Subtle amounts of electricity (energy) circulate throughout our bodies and are vital for brain, heart, and organ function. Without this essential energy our bodies would come to an instant halt. Every physician knows this, yet the medical folks merely measure these energies via EEG, EKG, and other medical equipment. They don't use them for healing.

While Western medicine has not yet determined how or why acupuncture works, several medical studies conducted in the United States and Europe have shown that it does, and one of the most recent, published in the *Archives of Internal Medicine* on September 24, 2007, proves its effectiveness for back pain. The most intriguing part of this study, which was conducted by physicians and researchers at leading German medical schools, is that it tested both "real" and "sham" or "pretend" acupuncture. This patient- and observer-blinded randomized controlled trial involved 1162 patients age 18 to 86, all of whom had a history of low back pain lasting several years.

Patients underwent ten 30-minute sessions, generally two sessions per week, of acupuncture according to principles of traditional Chinese medicine (387 patients); sham acupuncture, consisting of superficial needling at non-acupuncture points (387 patients); or conventional therapy, a combination of drugs, physical therapy, and exercise (388 patients).

After six months, the response rates were high for the two acupuncture groups and much lower for the conventional therapy group. In fact, the researchers concluded, the positive effect of both real (47.6 percent) and sham acupuncture (44.2 percent) was almost identical – and both were nearly twice as effective as conventional therapy, which brought relief to only 27.4 percent of the patients who used it.

These are fascinating results, for they strongly suggest that "pretend" acupuncture removes energy blocks and improves the flow of *chi*. EFT can be considered a "pretend" acupuncture, too, and it not only stimulates real acupuncture points; it combines that stimulation with intention or focused thought, which makes the treatment even more effective.

Pain's emotional causes

Medical schools provide little or no training in understanding or treating the emotional causes of illness, disease, or discomfort. They just make an occasional reference to stress aggravating certain problems, and that's as far as they go.

Yet our emotions have a profound effect on our physical symptoms. We all know this intuitively. For example, if I threw a live rattlesnake in your lap, wouldn't you have an instant emotion – such as fear – that would pump major amounts of adrenaline throughout your body?

When you are angry, doesn't your blood pressure go up? Doesn't your heart pound faster? Don't the veins in your neck stand out? Doesn't your face flush? During sexual arousal – an emotion – doesn't your body change in profound ways? And don't negative emotions sometimes cause your stomach to tighten ... your throat to constrict ... your head to ache?

These are obvious everyday proofs that our emotions profoundly impact our bodies. Yet how do these clear causes for our various symptoms escape the medical profession? Why aren't energy and emotions the front-running candidates as causes of pain and disease?

Physicians are taught early on in their training that the brain produces a wide array of chemicals that depend on our emotional moods. In fact, our brains are often referred to by the medical folks as "the world's most prolific pharmacy."

Negative emotions produce buckets of "negative chemicals" that circulate throughout the body causing excess acidity, chemical imbalances, and the like. It doesn't take a genius to predict the effect on our health of this consistent barrage of chemical insults. It is like putting bad gas in our automobiles. The eventual breakdown is both predictable and inevitable.

Positive emotions, on the other hand, generate healing chemicals and serve to produce balance. Have you ever noticed that love, laughter, and joy tend to reduce pain? Perhaps you can now see why, as EFT moves our systems from negative to positive emotions, it often provides powerful healing.

With these thoughts in mind, we see that the cause of our physical pains and symptoms must include our negative emotions because, without them, the resulting chemical imbalances would not occur.

Yet, the medical folks approach this problem AS THOUGH THE UNWANTED CHEMICALS ARE THE PROBLEM. That's why they offer drugs – additional chemicals – to counteract the effects of the unwanted chemicals. To them, that is the solution.

However, these body chemicals are NOT the problem. They are instead SYMPTOMS of the problem, and common sense would suggest that long-term, lasting relief comes from addressing the CAUSE (the negative emotions) and not the SYMPTOMS (the resulting chemicals). That's what this book is about.

I am privileged to count many dedicated physicians as my personal friends. I have endless respect for their many talents and superb training regarding the chemical nature of the body. Many medical discoveries are impressive indeed and my doctor friends have countless wonderments at their disposal.

But their approach is limited.

It focuses on chemistry and does little or nothing about the energetic and emotional causes of pain and disease. When, for example, was the last time your physician spent any quality time asking you about your anger, fear, trauma, grief, and the like? Doesn't he or she just prescribe drugs or other conventional treatments instead?

That is where EFT comes in.

My hope is that by seeing how other people improved their lives and their backs with EFT, you'll develop a new set of strategies for dealing with pain and every other challenge that comes your way.

Chapter Two:

EFT for Back Pain

Your back hurts, and you're not alone. At least 80 percent of all Americans suffer from back pain at some point in their lives, nearly 10 percent suffer from moderate to severe chronic pain, and an estimated 70 million are experiencing significant back pain right now, as you read this. Next to the common cold and upper respiratory infections, back pain is the leading cause of missed work days. Every year 200,000 Americans undergo spinal surgery in an effort to eliminate pain. In the United States alone, back pain costs almost 100 billion dollars per year in medical expenses. Back pain can turn strong people into invalids, destroy careers, wreck marriages, and cause a host of other problems.

According to medical experts, most cases of back pain are mechanical or non-organic, which means that they are not caused by illnesses such as inflammatory arthritis, infection, fractures, cancer, kidney stones, kidney disease, blood clots, or bone loss. Back pain can be a symptom of these and other diseases, but in most cases it is blamed on sprained ligaments, strained muscles, ruptured discs, irritated joints, repetitive motion injuries, slips, falls, trauma injuries, obesity, weak stomach muscles, overexertion, poor posture, improper lifting, sitting on a back-pocket wallet or billfold, sleeping on a bed that's too hard or too soft, sleeping next to a bedroom air conditioner, carrying a too-heavy back pack, alternating between sedentary and athletic activities, or simply being out of shape. You don't have to do anything dramatic to experience incapacitating back pain, either. Sometimes all it takes is a single sneeze or simply bending over to pick up a pencil.

Mark Grant, an Australian psychologist who specializes in managing chronic pain, says that chronic pain can be caused by muscle tension, changes in circulation, postural imbalances, psychological distress, and neurological damage. "It is also known," he says, "that unrelieved pain is associated with increased metabolic rate, spontaneous excitation of the central nervous system, changes in blood circulation to the brain, and changes in the limbic-hypothalamic system, the region of the brain that regulates emotions."

Acute and chronic pain

Acute back pain occurs suddenly. It's new. Chronic back pain is long-standing, permanent, or linked to old injuries.

Jennifer Schneider, MD, a specialist in pain management in Tucson, Arizona, says in her book *Living with Chronic Pain* (Healthy Living Books, Hatherleigh Press, 2004) that the nervous system is responsible for the two major types of chronic pain.

The first, called nociceptive pain, results from injury to muscles, tendons, ligaments, or internal organs. Undamaged nerve cells respond to a nearby injury by transmitting pain signals to the spinal cord and brain. The resulting pain is usually deep and throbbing, such as the pain from chronic low back problems, osteoarthritis, rheumatoid arthritis, fibromyalgia, headaches, interstitial cystitis, and chronic pelvic pain.

The second type of chronic pain, called neuropathic pain, results from abnormal nerve function or direct nerve damage. Damaged nerve fibers fire spontaneously at the injury site and along the nerve pathway, continuing even after the source of the injury has stopped sending pain messages. This type of pain can be constant or intermittent and is usually described as burning, aching, shooting, or stabbing. It sometimes radiates down the arms or legs. The medical conditions that contribute to neuropathic pain include shingles, diabetic neuropathy, reflex sympathetic dystrophy, phantom limb pain, radiculopathy, spinal stenosis, multiple sclerosis, Parkinson's disease, stroke, and spinal cord injuries.

"This type of pain," writes Dr. Schneider, "tends to involve exaggerated responses to painful stimuli, the spread of pain to areas that were not initially painful, and sensations of pain in response to normally non-painful stimuli, such light touch." It is often worse at night and may involve abnormal sensations such as tingling, pins and needles, or intense itching.

Some chronic pain syndromes involve both types of pain, such as sciatica, in which a pinched nerve causes back pain that radiates down the leg.

In addition, says Dr. Schneider, the consequences of chronic back pain typically extend well beyond the discomfort caused by pain sensations. Her list of potential physical effects includes poor wound healing, physical weakness, muscle breakdown, decreased movement that can lead to blood clots, shallow breathing and suppressed coughing that increase the risk of pneumonia, sodium and water retention in the kidneys, elevated heart rate and blood pressure, weakened immune system responses, a slowing of digestion and gastrointestinal motility, insomnia, loss of appetite and resulting weight loss, and increasing fatigue.

Those trapped in the vice of chronic back pain know that's only the beginning. As health columnist Jane Brody wrote in "Living With Pain That Just Won't Go Away" in the November 6, 2007, *New York Times*, "The psychological and social consequences of chronic pain can be enormous. Unrelenting pain can rob a person of the ability to enjoy life, maintain important relationships, fulfill spousal and parental responsibilities, perform well at a job, or work at all.

"The economic burdens can be severe," she continues, "especially when the patient is the primary breadwinner or holds a job that provides the family's health insurance. Only about half of patients with chronic pain who undergo comprehensive multidisciplinary pain rehabilitation are able to return to work. As for the notion that chronic pain patients

are often malingering – seeking attention and escape from responsibilities – pain specialists say that is nonsense. No one in his right mind – and most patients were in their right minds before the pain began – would trade a fulfilling life for the misery of chronic pain.”

There are many medical treatments for acute and chronic back pain. Unfortunately, most of them have potentially adverse side effects and very few are considered cures. Even the most aggressive treatments, such as surgery, can have disappointing results, and the most innovative treatments can be prohibitively expensive, especially for those without adequate health insurance.

Because conventional medicine has such a dismal track record, many back pain sufferers have turned to alternative or complementary treatments such as chiropractic adjustments, acupuncture, acupressure, medicinal herbs, massage, postural alignment techniques, hydrotherapy, hypnosis, therapeutic yoga, core-conditioning exercise, aromatherapy, or other modalities, all of which have brought relief to many. Most of these require repeated treatments, which can be expensive and time-consuming. And these treatments don't always work, either. The pain may never improve, or it may go away and come back, or new injuries can trigger new waves of pain in the same old places.

Why can't the medical profession cure your back pain once and for all? I believe it's because modern medicine's goal is to suppress symptoms. That's what the term *allopathic*, which is used to describe conventional Western medicine, means. Allopathic physicians focus on symptoms such as spasms and inflammation, then prescribe drugs and other treatments that suppress them. At no time do they search for the symptoms' underlying causes. As a result, physicians and the patients they treat are looking in the wrong place for answers. The true causes of back pain are not what most of us expect, *for the true causes don't have anything to do with slipped disks, strained muscles, or osteoarthritis.*

What causes chronic pain? To answer that important question, consider the discoveries of John E. Sarno, M.D. A professor of Rehabilitation Medicine at the New York University School of Medicine, Dr. Sarno is the author of three best-selling books about musculoskeletal pain, and his latest book, *The Divided Mind: The Epidemic of Mindbody Disorders* (HarperCollins, 2006), explores the many connections between our emotions and our health.

In a nutshell, Dr. Sarno says that your back hurts because you are angry. As soon as you realize that and find a way to release your anger, your back will stop hurting. This is why so many promising treatments for back pain don't work, or they work for a while but the pain keeps coming back. The underlying cause is still there, says Dr. Sarno – you're still angry – and so your body continues to generate pain.

Needless to say, Dr. Sarno's theory is controversial, but thousands of patients have responded to his treatment, and six highly regarded physicians who use his methods

contributed chapters to *The Divided Mind*. Like Dr. Sarno, they believe that the only sensible way to approach back pain and other chronic conditions is by treating the emotional factors that cause physical symptoms.

That's my approach, too, but I go a step further and address the underlying causes of the anger that contributes to pain by combining acupressure with focused thought in EFT. Not only does this approach reduce or eliminate pain in minutes for about 80 percent of those who try it (which is, by the way, an incredible success rate for any health treatment), but in many cases the pain completely clears up in a very short time and stays away with no further treatment.

Larry Burk MD, a radiologist in North Carolina, appeared on one of our DVDs and discussed these concepts with me at some length. Interestingly, he has seen many X-rays and MRIs wherein medical explanations are quite divergent from people's experiences of pain.

Pain and emotions

by Larry Burk, MD

It is instructive to note that many ailments which seem to have an underlying anatomical cause may also have a deeper emotional root as well. As a radiologist I am acutely aware of this situation, since there are many scientific studies of MRI indicating that a surprising number of people with no symptoms whatsoever have rather dramatic abnormalities on scans obtained on a volunteer basis for research purposes. Equally puzzling, there are many patients with severe debilitating pain from conditions such as fibromyalgia who have no abnormalities on any MRI scans.

In 2001, David G. Borenstein, MD, published an article in *The Journal of Bone and Joint Surgery* entitled "The Value of Magnetic Resonance Imaging of the Lumbar Spine to Predict Low-Back Pain in Asymptomatic Subjects: A Seven-Year Follow-up Study." In 1989, a group of 67 asymptomatic individuals with no history of back pain underwent magnetic resonance imaging of the lumbar spine. Twenty-one subjects (31 percent) had an identifiable abnormality of a disc or of the spinal canal. The findings on magnetic resonance scans were not predictive of the development or duration of low-back pain.

Similar studies have been reported in asymptomatic volunteers for MRI findings in the cervical and thoracic spine, the shoulder, and the knee. This research calls into question the assumed cause-and-effect relationship between symptoms and anatomical abnormalities. The same issues are raised by the fact that some patients get better when their physical pathology is corrected through surgery, and some do not. In additional research studies on the placebo effect, sham surgery has produced relief of symptoms when nothing but a skin incision was made at the time of the procedure. All of this information lends support to the

concept that deeper emotional issues are at the root, which can be addressed with EFT.

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To support the theory that pain is caused by anger and other negative emotions, here are some observations from Dr. Eric Robins, a Los Angeles physician and EFT practitioner.

### **Pain and anger by Eric Robins, M.D.**

For decades, John Sarno, M.D., has seen the worst chronic pain patients in the world. Most lived with severe pain in the neck, back, shoulder, or buttocks for 10 to 30 years. Most received multiple epidural injections, one or more surgeries, and years of physical therapy. They all had terrible mechanisms of action, such as a forklift truck falling on them or a 747 jet rolling over them, and all their X-rays looked like the "Elephant Man." They all had a good reason for their pain.

Yet even with this challenging collection of patients, Dr. Sarno has a 70-percent cure rate with regard to both pain and function, and an additional 15 percent of his patients are much improved, typically 40 to 80 percent better. He has had these results with about 12,000 patients.

Typically when a pain patient goes to a physician for help, the doctor orders an MRI scan, which invariably shows some sort of anatomic abnormality like a slipped disc. The doctor concludes that the disc is causing the pain and prescribes symptom-suppressing drugs or therapies. Unfortunately, this approach usually has poor long-term results. The pain may disappear for a while, but it soon comes back, often worse than before.

Dr. Sarno looked at the medical literature and found an interesting study in the *New England Journal of Medicine*. It showed that if you take 100 middle-aged people who have *NO* back pain and do MRI scans on them, 65 percent will have a slipped disc or spinal stenosis. In other words, these people have conditions that are blamed for most of the world's back pain, yet they experience no pain at all. He began asking himself, "If the disc isn't causing this pain, then what is?"

What he discovered is that his pain patients had chronic tension and spasm of the muscles of the neck, back, shoulder, or buttocks. When a muscle is chronically tensed, the blood can't flow through it, resulting in a relative lack of oxygen, and this is what causes severe pain.

Then Dr. Sarno asked himself, "Why would someone have chronically tensed muscles to begin with?" He realized that many of us grow up learning, on an unconscious level, that it's not okay to feel or express our anger or anxiety.



The problem of course is that as we grow up, we experience many specific events or traumas that elicit anger or anxiety. As these emotions start to emerge, our unconscious mind basically says, "It's not okay or safe to be feeling these things." Then, Dr. Sarno explains, the unconscious mind causes muscles to clamp down and tighten in order to cause a pain that takes our minds off of what we are angry or anxious about.

Almost all of us, including most physicians, believe that pain serves a useful purpose, that it protects us from more serious damage or injury. In contrast, Dr. Sarno quotes Stanley J. Coen of the Columbia University College of Physicians and Surgeons, who first suggested that psychosomatic physical symptoms were most likely a defense against harmful or toxic unconscious emotional phenomena. In other words, physical symptoms such as back pain are a reaction to unconsciously generated feelings that are repressed as a matter of self-preservation, Dr. Sarno discovered that simply becoming aware of these feelings can lead to a cure.

He obtained his amazing results by bringing folks in for two lectures. In the first lecture he'd tell them, "It's not the disc or spinal stenosis or any other anatomic abnormality that's causing your pain. Most people your age who have no pain have a slipped disc or spinal stenosis or other conditions that are normally blamed for back pain. What is causing your pain is chronic tension and spasm of the muscles."

In the second lecture he'd tell them, "Whenever you have pain, I want you to notice what you're angry or anxious about." Dr. Sarno then had his patients write in a journal, enroll in group therapy sessions, or engage in psychotherapy. He reported that about 20 percent of his patients weren't consciously aware of what they were angry or anxious about, and those patients needed to work with a therapist to get in touch with some repressed or unconscious material.

I explain Dr. Sarno's model whenever I speak to groups because he gets such amazing results, and of course the proof is in the pudding. In one of his books, he explains that this emotional model works not just for musculoskeletal pain; it can be used for most chronic or functional illnesses.

Dr. Sarno's discoveries are an important breakthrough, but the methods he recommends to handle emotional issues are archaic compared to the speed and efficiency of EFT. We can expect better and faster results by combining Dr. Sarno's insights with EFT, which is the best and fastest mind-body healing technique in clinical use in the world right now.

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In his busy clinical practice, Dr. Robins, who is a urologist, teaches EFT to patients whose symptoms don't respond to conventional treatment. He explains to them that we store trauma not only in our minds but in different parts of the body, including muscles, bones, and organs. Most patients grasp the idea immediately and offer suggestions as

to what event, memory, or problem might be stored in their kidney or bladder or other problem area. In many cases, he has cancelled scheduled surgery or taken patients off of prescription drugs because they were no longer needed. .

If Dr. Sarno can produce such amazing results just by helping people intellectually understand the underlying causes of their pain, and if Dr. Robins can help his patients cure themselves just by demonstrating EFT in a busy clinic, imagine what you can do with a little time and practice using not only basic EFT but some of the most sophisticated, effective discoveries that are used by EFT practitioners. If you read this book all the way through, practice all the exercises, and experiment with all the scripts, you'll not only be well on your way to healing your back and saying goodbye to its pain, now and forever, but you'll know far more about EFT and its art of delivery than most.

For additional information about the link between emotional trauma and back pain, see "Psychological Factors in Chronic Pain: An Introduction to Psychosomatic Pain Management" by Dietrich Klinghardt, M.D., PhD, a lecture presented at the 14th annual meeting of the American Association of Orthopaedic Medicine, Tempe Arizona, February 21, 1997, on page 257 in Appendix A.

Using EFT

Are you ready to help your body heal itself? Let's get started.

Defining the problem

Your problem is back pain, but before you begin using EFT, take a moment to define your “before” picture. One way to do this is to rate your pain on a scale from zero to 10. In EFT, we call this the Intensity Meter.

Measuring Intensity

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
none / mild discomfort / moderate discomfort / major discomfort / maximum pain

How does your back feel right now? If you have to be reminded that you're in pain, and when you look for it you remember that it's there, but only just a little, you're in the “mild discomfort” zone and you'll give it a 1, 2, or 3. If it's slightly more intense, so that you can still move around but you're consciously aware of the pain, it's a 4, 5, or 6. If the pain is a major discomfort, something you can't forget about and it interferes with your ability to move, it's a 7, 8, or 9. A pain that's the maximum you can endure, which is as bad as it gets, is a 10.

It's a good idea to rate every problem before and after you apply EFT so that you can determine how much progress you're making. Don't worry if you find it difficult to select a specific number – sometimes Newbies get distracted by this part of the procedure and worry about whether it's a 5 or a 6, or a 2 or a 3. Using the 10-point scale gets easier with practice. Just give yourself a number to get started and it will soon become automatic. For reference, jot the number down and add a few notes about where the pain is located, how it interferes with your range of motion, and whether it hurts more when you move to the left or right, stand or sit, and so forth.

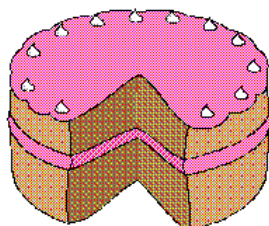
Another way to indicate the intensity of your back pain is visually, by stretching your arms wide apart for major pain and putting them close together for minor pain. This method works well for children, who find it easier to express “big” and “small” with their hands than with a number scale.

Or you might visualize your pain as a thermometer, with the red line reaching the top for major pain and falling to the bottom for minor pain. Or you might visualize a meter that looks like a gas gauge, with minor pain at the zero or empty indicator on the left side and major pain on the 100 or full indicator on the right side.

The method you choose doesn't matter as long as it works for you. Keeping track of your pain's intensity before and after treatment is the easiest way to determine whether and how effectively the treatment is working.

Now, borrowing some pages from the EFT manual, I'd like to introduce you to the Basic Recipe, the formula that is the foundation of this technique.

The Basic Recipe



A recipe has certain ingredients which must be added in a certain order. If you are baking a cake, for example, you must use sugar instead of pepper and you must add the sugar *before* you put it in the oven. Otherwise....no cake.

Basic EFT is like a cake recipe. It has specific ingredients that go together in a specific way. Just as someone who is learning to cook will get best results from following tried and true instructions, someone who is new to EFT will do well to learn the basic recipe. An accomplished chef will take a different approach, and so can you once you master the fundamentals.

Although I am going to some length to describe it in detail, the Basic Recipe is very simple and easy to do. *Once memorized, each round of it can be performed in about one minute.* It will take some practice, of course, but after a few tries the whole process will become so familiar that you can bake that emotional freedom cake in your sleep. You will then be well on your way to mastery of EFT and all the rewards it provides.

Let me interject here that various **shortcuts** are available and described later in this book and in our DVDs. I am describing the *full* Basic Recipe here because it provides an important foundation to the whole process. The proficient practitioner may want to use the shortcuts because they cut the average time involved by at least half.

The full Basic Recipe consists of four ingredients, two of which are identical. They are:

1. The Setup
2. The Sequence
3. The 9 Gamut Procedure
4. The Sequence

Ingredient #1...The Setup

Applying the Basic Recipe is something like going bowling. In bowling, there is a machine that sets up the pins by picking them up and arranging them in perfect order at the end of the alley. Once this "setup" is done, all you need to do is roll the ball down the alley to knock over the pins.

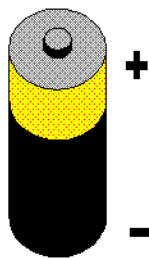
In a similar manner, the Basic Recipe has a beginning routine to "set up" your energy system as though it was a set of bowling pins. This routine (called the Setup) is vital to the whole process and prepares the energy system so that the rest of the Basic Recipe (the ball) can do its job.

Your energy system, of course, is not *really* a set of bowling pins. It is a set of subtle electric circuits. I present this bowling analogy only to give you a sense for the purpose of the Setup and the need to...**make sure your energy system is properly oriented before attempting to remove its disruptions.**

Your energy system is subject to a form of electrical interference which can block the balancing effect of these tapping procedures. When present, this interfering blockage must be removed or the Basic Recipe will not work. Removing it is the job of the Setup.

Technically speaking, this interfering blockage takes the form of a *polarity reversal* within your energy system. This is not the same thing as the *energy disruptions* which cause your negative emotions.

Another analogy may help us here. Consider a flashlight or any other device that runs on batteries. If the batteries aren't there, it won't work. Equally important, *the batteries must be installed properly*. You've noticed, I'm sure, that batteries have + and - marks on them. Those marks indicate their *polarity*. If you line up those + and - marks according to the instructions, then the electricity flows normally and your flashlight works fine.



But what happens if you put the batteries in backwards? Try it sometime. The flashlight will not work. It acts as if the batteries have been removed. That's what happens when polarity reversal is present in your energy system. It's like your batteries are in backwards. I don't mean you stop working altogether....like turn "toes up" and die....but your progress *does* become arrested in some areas.

This polarity reversal has an official name. It is called Psychological Reversal and it represents a fascinating discovery with wide-ranging applications in...**all areas of healing and personal performance.**

It is the reason why some diseases are chronic and respond very poorly to conventional treatments. It is also the reason why some people have such a difficult time losing weight or giving up addictive substances. It is, quite literally, the cause of self sabotage.

Psychological Reversal is caused by self-defeating, negative thinking which often occurs subconsciously and thus outside of your awareness. On average, it will be present – and thus hinder EFT – about 40 percent of the time. Some people have very little of it (this is rare) while others are beset by it most of the time (this also is rare). Most people fall somewhere in between these two extremes. Psychological reversal doesn't create any feelings within you so you won't know if it is present or not. Even the most positive people are subject to it....including yours truly.

When psychological reversal is present, it will stop any attempt at healing, including EFT, dead in its tracks. Therefore...**it must be corrected if the rest of the Basic Recipe is going to work.**

Being true to the 100-percent overhaul concept, we correct for Psychological Reversal *even though it might not be present*. It only takes 8 or 10 seconds to do and, if it isn't present, no harm is done. If it *is* present, however, a major impediment to your success will be out of the way.

That being said, here's how the Setup works. There are two parts to it...

You repeat an affirmation three times while you rub the "Sore Spot" or, alternatively, tap the "Karate Chop" point (these will be explained shortly).

The Affirmation

Since the cause of Psychological Reversal involves negative thinking, it should be no surprise that the correction for it includes a neutralizing affirmation. Such is the case and here it is.

Even though I have this _____, I deeply and completely accept myself.

The blank is filled in with a brief description of the problem you want to address. Here are some examples.

Even though I have this pain in my lower back, I deeply and completely accept myself.

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

Even though I have this headache, I deeply and completely accept myself.

Even though I have this anger towards my father, I deeply and completely accept myself.

Even though I have this war memory, I deeply and completely accept myself.

Even though I have this stiffness in my neck, I deeply and completely accept myself.

Even though I have these nightmares, I deeply and completely accept myself.

Even though I have this craving for alcohol, I deeply and completely accept myself.

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

Even though I have this depression, I deeply and completely accept myself.

This is only a partial list, of course, because the possible issues that are addressable by EFT are endless. You can also vary the acceptance phrase by saying:

"I accept myself even though I have this _____."

"Even though I have this _____, I deeply and profoundly accept myself."

"I love and accept myself even though I have this _____."

All of these affirmations are correct because they follow the same general format. That is, they acknowledge the problem and create self acceptance despite the existence of the problem.

That is what's necessary for the affirmation to be effective. You can use any of them but I suggest you use the recommended one because it is easy to memorize and has a good track record at getting the job done.

Now here are some interesting points about the affirmation...

It doesn't matter whether you believe the affirmation or not....just say it.

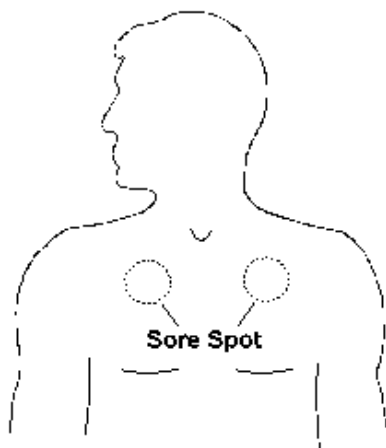
It is better to say it with feeling and emphasis, but saying it routinely will usually do the job.

It is best to say it out loud, but if you are in a social situation where you prefer to mutter it under your breath, or do it silently, then go ahead. It will probably be effective.

To add to the effectiveness of the affirmation, the Setup also includes the simultaneous rubbing of a "Sore Spot"....or....tapping on the "Karate Chop" point. They are described next.

The Sore Spot

There are two Sore Spots and it doesn't matter which one you use. They are located in the upper left and right portions of the chest and you find them as follows:



Go to the base of the throat about where a man would knot his tie. Poke around in this area and you will find a U shaped notch at the top of your sternum (breastbone). From the top of that notch go down 2 or 3 inches toward your navel and over 2 or 3 inches to your left (or right). You should now be in the upper left (or right) portion of your chest. If you press vigorously in that area (within a 2-inch radius) you will find a "Sore Spot." This is the place you will need to rub while saying the affirmation.

This spot is usually sore or tender when you rub it vigorously because lymphatic congestion occurs there. When you rub it, you are dispersing that congestion. Fortunately, after a few episodes the congestion is all dispersed and the soreness goes away. Then you can rub it with no discomfort whatsoever.

I don't mean to overplay the soreness you may feel. It's not like you will have massive, intense pain by rubbing this Sore Spot. It is certainly bearable and should cause no undue discomfort. If it does, then lighten up your pressure a little.

Also, if you've had some kind of operation in that area of the chest or if there's any medical reason whatsoever why you shouldn't be probing around in that specific area then *switch to the other side*. Both sides are equally effective. In any case, if there is any doubt, consult your health practitioner before proceeding....or.....tap the Karate Chop point instead.

The Karate Chop Point



The Karate Chop point (abbreviated **KC**) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or....stated differently....the part of your hand you would use to deliver a karate chop.

Instead of rubbing it as you would the Sore Spot, you vigorously *tap* the Karate Chop point with the fingertips of the index finger and middle finger – or all fingers – of the other hand. While you *could* use the Karate Chop point of either hand, it is usually most convenient to tap the Karate Chop point of the non-dominant hand with the fingertips of the dominant hand. If you are right-handed, tap the Karate Chop point on the left hand with the fingertips of the right hand. If you are left-handed, tap the Karate Chop point on your right hand with the fingertips of your left hand.

Should you use the Sore Spot or the Karate Chop point? After years of experience with both methods, it has been determined that rubbing the Sore Spot is a bit more effective than tapping the Karate Chop point. It doesn't have a commanding lead by any means but it *is* preferred.

Because the Setup is so important in clearing the way for the rest of the Basic Recipe to work, I urge you to use the Sore Spot rather than the Karate Chop point. It puts the odds a little more in your favor. However, the Karate Chop point is perfectly useful and will clear out any interfering blockage in the vast majority of cases. So feel free to use it if the Sore Spot is inappropriate for any reason.

You will notice that in our videotaped seminars, I often instruct people to tap the Karate Chop point instead of rub the Sore Spot. That's because it is easier to teach when I'm on stage.

Now that you understand the parts to the Setup, performing it is easy. You create a word or short phrase to fill in the blank in the affirmation and then...**simply repeat the affirmation, with emphasis, three times while continuously rubbing the Sore Spot or tapping the Karate Chop point.**

That's it. After a few practice rounds, you should be able to perform the Setup in 8 seconds or so. Now, with the Setup properly performed, you are ready for the next ingredient in the Basic Recipe....The Sequence.

Ingredient #2...The Sequence

The Sequence is very simple in concept. It involves tapping on the end points of the major energy meridians in the body and is the method by which the "zzzzzt" in the energy system is balanced out. Before locating these points for you, however, you need a few tips on how to carry out the tapping process.

Tapping tips: You can tap with either hand but it is usually more convenient to do so with your dominant hand (your right hand if you are right-handed or your left hand if you are left-handed).

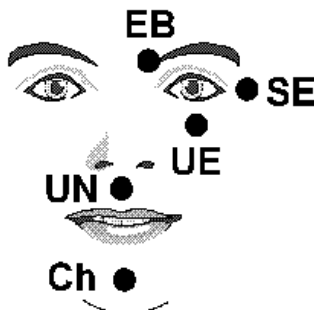
Tap with the fingertips of your index finger and middle finger. This covers a little larger area than just tapping with one fingertip and allows you to cover the tapping points more easily.

Tap solidly but never so hard as to hurt or bruise yourself.

Tap about seven times on each of the tapping points. I say about seven times because you will be repeating a "reminder phrase" (covered later) while tapping and it will be difficult to count at the same time. If you are a little over or a little under seven (five to nine, for example) that will be sufficient.

Most of the tapping points exist on either side of the body. It doesn't matter which side you use nor does it matter if you switch sides during The Sequence. For example, you can tap under your right eye and, later in The Sequence, tap under your left arm.

The points: Each energy meridian has two end points. For the purposes of the Basic Recipe, you need only tap on one end to balance out any disruptions that may exist in it. These end points are near the surface of the body and are thus more readily accessed than other points along the meridians that may be more deeply buried. What follows are instructions on how to locate the end points of those meridians that are important to the Basic Recipe. Taken together....and done in the order presented....they form The Sequence.



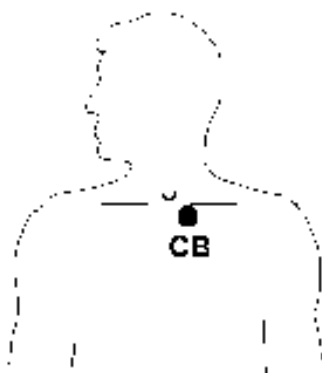
Eyebrow: At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated **EB** for beginning of the **EyeBrow**.

Side of Eye: On the bone bordering the outside corner of the eye. This point is abbreviated **SE** for **Side** of the **Eye**.

Under Eye: On the bone under an eye about 1 inch below your pupil. This point is abbreviated **UE** for **Under** the **Eye**.

Under Nose: On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated **UN** for **Under** the **Nose**.

Chin: Midway between the point of your chin and the bottom of your lower lip. Although it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated **Ch** for **Chin**.



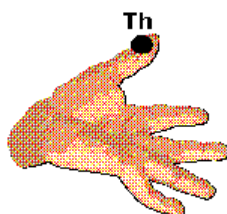
Collarbone: The junction where the sternum (breastbone), collarbone and first rib meet. Place your forefinger on the U-shaped notch at the top of the breastbone (where a man would knot his tie). Move down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated **CB** for **CollarBone** *even though it is not on the collarbone (or clavicle) per se*. It is at the *beginning* of the collarbone.



Underarm: On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated **UA** for **Under** the **Arm**.



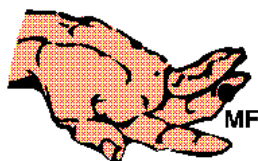
Below Nipple: For men, one inch below the nipple. For ladies, where the underskin of the breast meets the chest wall. This point is abbreviated **BN** for **B**elow **N**ipple.



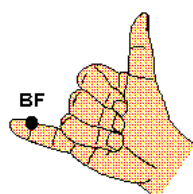
Thumb: On the outside edge of your thumb at a point even with the base of the thumbnail. This point is abbreviated **Th** for **T**humb.



Index Finger: On the side of your index finger (the side facing your thumb) at a point even with the base of the fingernail. This point is abbreviated **IF** for **I**ndex **F**inger.



Middle Finger: On the side of your middle finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated **MF** for **M**iddle **F**inger.



Baby Finger: On the inside of your baby finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated **BF** for **B**aby **F**inger.



Karate Chop: The last point is the karate chop point....which has been previously described under the section on the Setup. It is located in the middle of the fleshy part on the outside of the hand between the top of the wrist bone and the base of the baby finger. It is abbreviated **KC** for **Karate Chop**.

The abbreviations for these points are summarized below in the same order as given above.

EB = Beginning of the **EyeBrow**
SE = **Side** of the **Eye**
UE = **Under** the **Eye**
UN = **Under** the **Nose**
Ch = **Chin**
CB = Beginning of the **CollarBone**
UA = **Under** the **Arm**
BN = **Below** the **Nipple**
Th = **Thumb**
IF = **Index Finger**
MF = **Middle Finger**
BF = **Baby Finger**
KC = **Karate Chop**

Please notice that these tapping points proceed *down the body*. That is, each tapping point is *below* the one before it. That should make it a snap to memorize. A few trips through it and it should be yours forever.

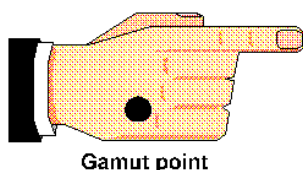
Also note that the **BN** point has been added since the making of our introductory DVDs. It was originally left out because it was awkward for ladies to tap while in social situations (restaurants, etc.). Even though the EFT results have been superb without it, I include it now for completeness.

Ingredient #3...The 9 Gamut Procedure

The 9 Gamut Procedure is, perhaps, the most bizarre looking process within EFT. Its purpose is to "fine tune" the brain and it does so via some eye movements and some humming and counting. Through connecting nerves, certain parts of the brain are stimulated when the eyes are moved. Likewise the right side of the brain (the creative side) is engaged when you hum a song and the left side (the digital side) is engaged when you count.

The 9 Gamut Procedure is a 10-second process in which nine "brain stimulating" actions are performed while continuously tapping on one of the body's energy points.....the Gamut point. It has been found, after years of experience, that this routine can add efficiency to EFT and hastens your progress towards emotional freedom....especially when *sandwiched* between 2 trips through The Sequence.

One way to help memorize the Basic Recipe is to look at it as though it was a ham sandwich. the Setup is the preparation for the ham sandwich and the sandwich itself consists of two slices of bread (The Sequence) with the ham, or middle portion, as the 9 Gamut Procedure. It looks like this...



To do the 9 Gamut Procedure, you must first locate the Gamut point. It is on the back of either hand and is 1/2 inch behind the midpoint between the knuckles at the base of the ring finger and the little finger.

If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle whose other sides converge to a point (apex) in the direction of the wrist, then the gamut point would be located at the apex of the triangle.

Next, you must perform nine different actions while tapping the Gamut point continuously. These 9 Gamut actions are:

- Eyes closed.
- Eyes open.
- Eyes hard down right while holding the head steady.
- Eyes hard down left while holding the head steady.
- Roll eyes in a circle as though your nose is at the center of a clock and you are trying to see all the numbers in order.
- Roll eyes in a circle in the reverse direction.
- Hum two seconds of a song (I usually suggest "Happy Birthday").
- Count rapidly from 1 to 5.
- Hum two seconds of a song again.

Note that these nine actions are presented in a certain order and I suggest that you memorize them in the order given. However, you can mix the order up if you wish so long as you do all nine of them....**and**....you perform the last three together as a unit. That is, you hum for two seconds, then count, then hum the song again, in that order. Years of experience have proven this to be important.

Also, note that for some people humming "Happy Birthday" causes resistance because it brings up memories of unhappy birthdays. In this case, you can either use EFT on those unhappy memories and resolve them...or...you can side-step this issue for now by substituting some other song.

Ingredient #4...The Sequence (again)

The fourth and last ingredient in the Basic Recipe was mentioned above. It is an identical trip through The Sequence.

The Reminder Phrase

Once memorized, the Basic Recipe becomes a lifetime friend. It can be applied to an almost endless list of emotional and physical problems and provides relief from most of them. However, there's one more concept we need to develop before we can apply the Basic Recipe to a given problem. It's called the Reminder Phrase.

When a football quarterback throws a pass he aims it at a particular receiver. He doesn't just throw the ball in the air and hope someone will catch it. Likewise, the Basic Recipe needs to be aimed at a specific problem. Otherwise, it will bounce around aimlessly with little or no effect.

You "aim" the Basic Recipe by applying it while "tuned in" to the problem from which you want relief. This tells your system which problem needs to be the receiver.

Remember the discovery statement which states...

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

Negative emotions come about because you are tuned into certain thoughts or circumstances which, in turn, cause your energy system to disrupt. Otherwise, you function normally. One's fear of heights is not present, for example, while one is reading the comic section of the Sunday newspaper and therefore not tuned in to the problem.

Tuning in to a problem can be done by simply thinking about it. In fact, tuning in *means* thinking about it. Thinking about the problem will bring about the energy disruptions involved which then....and only then....can be balanced by applying the Basic Recipe. Without tuning in to the problem....thereby creating those energy disruptions....the Basic Recipe does nothing.

Tuning in is seemingly a very simple process. You merely think about the problem while applying the Basic Recipe. That's it....at least in theory.

However, you may find it a bit difficult to consciously think about the problem while you are tapping, humming, counting, etc. That's why I'm introducing a Reminder Phrase that you can repeat continually while you are performing the Basic Recipe.

The Reminder Phrase is simply a word or short phrase that describes the problem and that you repeat out loud each time you tap one of the points in The Sequence. In this way you continually "remind" your system about the problem you are working on.

The best Reminder Phrase to use is usually identical to what you choose for the affirmation you use in the Setup. For example, if you are working on a fear of public speaking, the Setup affirmation would go like this....

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

Within this affirmation, the underlined words....fear of public speaking....are ideal candidates for use as the Reminder Phrase.

I sometimes use a shorter version of this Reminder Phrase when in seminars such as those presented on our DVDs. I might, for example, use "public speaking fear" or just "public speaking" instead of the somewhat longer version shown above. That's just one of the shortcuts we have grown accustomed to after years of experience with these techniques. For your purposes, however, you can simplify your life by just using the identical words for the Reminder Phrase as you use for the affirmation in the Setup. That way you will minimize any possibility for error.

Now here's an interesting point that you will most certainly notice on the audios and some of the videos. *I don't always have people repeat a Reminder Phrase.* That's because I have discovered over time that simply stating the affirmation during the Setup is usually sufficient to "tune in" to the problem at hand. The subconscious mind usually locks on to the problem throughout the Basic Recipe even though all the tapping, humming, counting, etc. would seem to be distracting.

But this is not *always* true and, with extensive training and experience, one can recognize whether or not using the Reminder Phrase is necessary. As stated, it is not usually necessary but....**when it *is* necessary it is *really* necessary and *must be used*.**

What's beautiful about EFT is that you don't need to have my experience in this regard. You don't have to be able to figure out whether or not the Reminder Phrase is necessary. You can just *assume* it is always necessary and thereby assure yourself of always being tuned in to the problem by simply repeating the Reminder Phrase as instructed. It does no harm to repeat the Reminder Phrase when it is not necessary, and it will serve as an invaluable tool when it is. This is part of the 100-percent overhaul concept mentioned earlier. We do many things in each round of the Basic Recipe that

may not be necessary for a given problem. But when a particular part of the Basic Recipe is necessary...**it is absolutely critical.**

It does no harm to include everything...even what may be unnecessary...and *it only takes one minute per round*. This includes *always* repeating the Reminder Phrase each time you tap a point during The Sequence. It costs nothing to include it....not even time....because it can be repeated within the same time it takes to tap each energy point seven times.

This concept about the Reminder Phrase is an easy one. But just to be complete, I am including a few samples below:

headache
anger towards my father
war memory
stiffness in my neck
nightmares
craving for alcohol
fear of snakes
depression

Subsequent Round Adjustments

Let's say you are using the Basic Recipe for some problem (fear, headache, anger, etc.). Sometimes the problem will simply vanish after just one round while, at other times, one round provides only partial relief. When only partial relief is obtained, you will need to do one or more additional rounds.

Those subsequent rounds need to be adjusted slightly for best results. Here's why: One of the main reasons why the first round doesn't always completely eliminate a problem is because of the re-emergence of Psychological Reversal...that interfering blockage that the Setup is designed to correct.

This time, Psychological Reversal shows up in a somewhat different form. Instead of blocking your progress altogether it now blocks any *remaining* progress. You have already made some headway but become stopped part way toward complete relief because Psychological Reversal enters in a manner that keeps you from *getting any better still*.

Since the subconscious mind tends to be very literal, the subsequent rounds of the Basic Recipe need to address the fact that you are working on the *remaining problem*. Accordingly, the affirmation contained within the Setup needs to be adjusted as does the Reminder Phrase.

Here's the adjusted format for the Setup affirmation:

*Even though I **still** have **some** of this _____, I deeply and completely accept myself.*

Please note the emphasized words (**still** and **some**) and how they change the thrust of the affirmation toward the *remainder* of the problem. It should be easy to make this adjustment and, after a little experience, you will fall into it quite naturally.

Study the adjusted affirmations below. They reflect adjustments to the original affirmations shown earlier in this section.

*Even though I **still** have **some** of this fear of public speaking, I deeply and completely accept myself.*

*Even though I **still** have **some** of this headache, I deeply and completely accept myself.*

*Even though I **still** have **some** of this anger towards my father, I deeply and completely accept myself.*

*Even though I **still** have **some** of this war memory, I deeply and completely accept myself.*

*Even though I **still** have **some** of this stiffness in my neck, I deeply and completely accept myself.*

*Even though I **still** have **some** of these nightmares, I deeply and completely accept myself.*

*Even though I **still** have **some** of this craving for alcohol, I deeply and completely accept myself.*

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

*Even though I **still** have **some** of this depression, I deeply and completely accept myself.*

The Reminder Phrase is also easily adjusted. Just put the word *remaining* before the previously used phrase. Here, as examples, are adjusted versions of the previous Reminder Phrases.

remaining headache

remaining anger towards my father

remaining war memory

remaining stiffness in my neck

remaining nightmares

remaining craving for alcohol

remaining fear of snakes

remaining depression

If your pain disappears but then returns, simply repeat EFT's Basic Recipe and the "remaining pain" reminder phrase described above. To help the improvement last longer, consider this report from Ranjana Appoo, an EFT practitioner from the U.K.

How to use EFT for pain that keeps returning to the same place by Ranjana Appoo

A while ago one of our EFT trainee practitioners sent me an email, which once again demonstrates the role that awareness plays while tuning in to a problem. She wrote,

"I had a very sharp pain in my side just a while ago and I did the tapping. The pain started to go as soon as I started to tap, and I got it to 0 out of 10. But it kept coming back after I stopped tapping! I tried a few times, and same thing happened. So (clever me!) I tapped on:

Even though this pain in my right side keeps returning after I stop tapping...

And the pain went away. Just to make sure, I tapped on:

This pain is gone for good, this pain won't return

And it hasn't! This is just a little thing, but still... From Maria"

Since I received this email, I have used a variation of this little gem:

Even though the pain keeps returning to [specific body part] after tapping, I choose for the healing to continue and to feel really good in my body.

This has been very helpful to my clients who use EFT for pain management, specifically for a lady with arthritis who has been using EFT for four months.

Even though the inflammation and pain keeps returning to my knees, hips and spine after I stop tapping, I choose for the healing to continue and to feel really good in my body.

She has found this gives her hours of pain relief. She used to tap for pain relief five or six times per day but now does it only once a day, in the morning, as her pain symptoms and inflammation are disappearing. We continue to work through areas in her life with EFT that cause her emotional pain. I must add she has also changed her diet and is now conscientious about giving her body good nutrition as well.

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## Chapter Three:

### Optional Points and Refinements

As EFT spread to those with a knowledge of acupuncture, many students and practitioners began to add tapping points. There are hundreds of acupuncture points on the human body – in fact, it's just about impossible to tap yourself anywhere without hitting one or more of them – but the most popular optional points in EFT circles are probably the top of the head and points on the wrists and ankles. None of these points are mentioned in the EFT Manual. Feel free to experiment with any or all of them.

**Top of Head.** Run an imaginary string over your head from the top of one ear to the top of the other. The highest point that the string reaches is the Top of Head point.

**Wrists.** Several meridians run through the inside and outside of the wrist. An easy way to stimulate all of the wrist points is to cross your wrists and tap them together (about where your wristwatch would be), inside wrist against inside wrist, inside wrist against outside wrist, and outside wrist against outside wrist.

**Ankle Points.** Several meridians run through the ankles. These are less widely used because they're less convenient, but many EFTers include them from time to time. To stimulate these points, simply tap on all sides of the ankle, using either or both legs.

In the reports shared by EFT users in this book, you'll see other points mentioned, including some that are used in combination. I don't personally use those points or combinations so I won't elaborate on them here. EFT is so flexible and versatile that I am never surprised when any acupressure tapping combined with focused thought produces good results.

#### Possible outcomes

There are five possible outcomes after a full round of EFT.

1. The pain level improves or goes away completely.
2. The location of the pain moves to another part of the body, even if it only moves an inch or two.
3. The quality of the pain changes from, let's say, a sharp pain to a dull ache, or from a throb to a tingle ... and so on.
4. The pain level increases.
5. Nothing happens.

I'll cover what to do about each of these possibilities in detail, but please note that...

***All of the changes in items 1 through 4 are evidence that EFT is working for you.***

**1. What do I do if the pain level improves or goes away completely?** If the pain improves but doesn't go to zero, do more EFT rounds until it reaches zero or plateaus at some improved level. If it plateaus and three or four more EFT rounds don't result in relief then you can assume that "nothing more will happen" and go to item 5 below.

If the pain goes away completely, you are done. You're one of our well-known "One-Minute Wonders," and while you may find it surprising, this is a frequent occurrence. Enjoy the results and get on with your life.

If the pain disappears but resurfaces at another time, this is evidence that more EFT is necessary. It would be a mistake to conclude that EFT "didn't work" because it obviously did. Our bodies give us many valuable messages (if we are listening) and sometimes a single pain can have several causes. You can try more rounds of standard EFT on the pain and, eventually, the pain may subside permanently. If not, just assume that "nothing more will happen" and go to item 5 below.

**2. What do I do if the location of the pain moves to another part of the body, even if it only moves an inch or two?** Any movement of the pain is cause for optimism because it suggests that the original pain has been alleviated in favor of another pain that now gets your attention. It could also mean that the original pain had an emotional cause that was "alleviated in the background" and the new pain is evidence of a new emotional cause. In either case, start over with EFT at the new location just as though it is a brand new pain – because it is.

If the pain moves again, then keep "chasing the pain" (see page 172) until the pain level falls to zero. If you get stuck on a pain that doesn't move or if you don't get relief after three or four diligent rounds of EFT, then assume that "nothing more will happen" and proceed to item 5 below.

**3. What do I do if the quality of the pain changes from, let's say, a sharp pain to a dull ache, or from a throb to a tingle ... and so on?** This is similar to item 2 above except the pain changes nature or quality instead of location. Any such quality change is cause for optimism because it suggests that the original pain has been altered.

In this case, start over with EFT as though this altered version is a new pain. Keep doing EFT rounds on any future altered pains until the pain level falls to zero. If you get stuck on an altered pain that doesn't move or if you don't get relief on it after three or four diligent rounds of EFT, then assume that "nothing more will happen" and proceed to item 5 below.

**4. What to do if the pain level increases?** Although it doesn't happen often, I have certainly seen cases where pain levels increased after one or two rounds of EFT. Many healing responses triggered by other therapies show signs of getting worse (they call it a "healing crisis") before getting better.

Three or four more rounds of EFT will usually “turn the corner” and launch noticeable relief. If not, or if the relief plateaus at a level above zero, then assume that “nothing more will happen” and proceed to item 5.

**5. What do I do if nothing happens?** The high likelihood here is that unresolved emotional issues are major contributors to the pain.

This may seem odd to you, especially if physicians have shown you X-rays or other physiological evidence explaining why you have pain. Nonetheless, I have lost count of the many “impossible pains” that have been relieved by applying EFT to anger, fear, trauma, and the like. As Dr. Sarno theorizes, the damaging chemicals and muscular tension caused by our negative emotions may be the largest contributor to pain.

It certainly appears that way to me. That’s why this book should be so valuable to so many. It goes into areas where conventional medicine does not and that’s why it often works where nothing else will.

So now we need to search for emotional causes to pain and apply EFT to them. Since we have so many differing emotional histories, this bit of detective work needs to be customized to you. I usually do this by asking questions. Here’s one:

*If there was a specific emotional event contributing to this pain, what could it be?*

The beautiful thing about this question is that it often points to a vital emotional cause even if it doesn’t seem that way at first. Your system has a way of knowing what is going on even if you see no realistic link. For example, your back pain may seem to have no connection to the memory of your third grade teacher ridiculing you in front of the class. That’s okay, just use EFT on that memory with a Setup Phrase like...

*“Even though Mrs. Johnson humiliated me in third grade....”*

Do this for as many rounds as it takes to bring your current emotional intensity on this event down to zero. When completed, you are likely to notice relief from your pain. If not, ask the question again and use EFT on the resulting emotional issue. Repeated efforts at this are likely to have two benefits: the emotional events will have lost their sting (probably permanently), and your pain should have faded considerably.

Another good question is:

*If you could live your life over again, what person or event would you just as soon skip?*

This question is more general than the previous one but its answer usually leads to important specific events that need collapsing. For example, if your answer to the above is “My brother Jake,” then you can break down your experience with Jake into all the specific events you have had with him that left you feeling angry, frustrated, afraid, etc..

With these two questions, you can uncover and resolve important issues that limit your life and cause you pain and/or other symptoms. That's very useful.

One point, though. You **MUST** come up with an answer to these questions or they will be useless. A response like "I don't know" is unacceptable. If you really *don't* know, use the first guess that comes to mind. If you don't even have a guess, then **MAKE ONE UP!**

Often a made-up issue is as good as or better than a real one. That's because it still came from you and thus it isn't totally fictitious. It still has your experiences and emotions embedded within it and it can even blend several "forgotten issues" together in a useful way.

## **Two helpful additions**

In the unlikely event that you still have not made progress, here are two other ideas:

**Have a friend do the tapping on you.** Sometimes the touch of another human being makes a difference. See how Irene Mitchell used this approach on page 240.

**Involve your whole system in the process by YELLING** all the words at the top of your voice. I have seen both tools make a difference in cases that were otherwise stuck.

For example, study this mega-important article by Rex Jantze. By yelling and dramatically emphasizing his EFT session for low back pain, he generated a long list of impressive "side benefits."

### **Emphatic EFT for low back pain brings dramatic shifts**

by Rex Jantze

I had my first really amazing breakthrough last night with EFT when I used a not-so-subtle technique. I could honestly call it a one-minute wonder. I have had chronic low back and hip pain for the last year and am unsure of where and when it began. It manifested itself during a summer tour of a theatre mask troupe I was performing in, which forced me to resign from the troupe the following fall.

Last night I went back to the EFT website to look up more articles on pain issues. I remember having seen articles where people had success by putting more emphasis on the setup statement, speaking it loudly or shouting, putting more emotion into it than they could honestly feel during the session.

I have learned that memory and learning are more successful if the person puts emotional energy into what he or she is learning or reading. This is why traumatic memory is the most persistent of memories, creating powerful filters by which we receive and transmit all other events and situations in our lives.

My friends and family regard me as a generally calm, relaxed, humorous person. Almost non-emotional. It's not that things or events don't move me. I just don't get as worked up about them. As an actor, though, I know how to get my blood boiling convincingly without being actually angry; and I can weep without being actually sad. I can get the chemicals and molecules of emotion flowing in my brain and body and actually feel the tension, the passion, the tragedy or humor, even though I know I am just faking it.

I say this now more in retrospect (I didn't pre-plan this session) because that is what I did with EFT last night – I completely exaggerated my frustration and anger and sadness regarding the pain in my back (especially the frustration), not really knowing whether it would work. Without waking the house, I shouted my frustration in my head, I tensed my body and made it feel almost psychopathically angry and upset about my pain issue, violently stabbing my karate chop point as hard and fast as I could for my Setups, then continuing the exaggerated feelings and hard tapping (if you tense enough and throw enough emotion into it, you won't really hurt yourself) as I blustered and pissed and pleaded my way through the Reminder Phrases, struggling with my faux deep frustration with how it just won't go away and I really want it to and my life is ruined if it won't cease, etc.

A round consisted of one Setup and two to three sets of tapping, including the fingers and eye movements. I swear that in four rounds of this a pain level of 8 out of 10 reduced to a 2 out of 10. And before this I could barely budge the pain with my usual EFT program, thinking and believing I had some deeper core issue I couldn't find therefore wasn't addressing. Also, I utilized two other tips I read about in the newsletter: using the word "somehow" and trying multiple postures or positions, such as sitting, standing, etc.

Interestingly, that set of EFT produced at least two other remarkable results for me. I had an amazing amount of energy this morning, more than I can ever remember having after sleeping. It was probably because, again for the first time, I did not toss and turn as I usually do, but instead relaxed last night into deep sleep. I had two vivid, colorful dreams of doing remarkable or impossible things including telekinetically moving fresh-made popcorn from the kitchen to a bowl in my room without anyone noticing, and floating an inch above the ground so that I could push myself from place to place without moving my legs.

Also, my usual habit of sleeping in (if I don't use an alarm), another problem I've been trying to break, seems to have corrected itself naturally. I woke naturally and full of energy and with a relaxed mind at 7 a.m., which is completely not my usual hardwired habit of sleeping until 10 or later.

Another more subtle change is that as I write this report, the words are just flowing out of me, quite the opposite of my usual writing block of starting a letter and then soon quitting because I don't know what or how to say what I want. And



one more – the lesser yet sharp pains between my shoulder blades have also, for now, released and disappeared – at least for this morning.

I have been also loosely studying Neuro Linguistic Programming (NLP) and other modalities on my own for a short time. NLP emphasizes that there are three primary modes or senses that people operate from (visual, auditory, kinesthetic) in the course of a day, usually with one dominating the rest. In my understanding, it is a learned and hardwired modality that most events are initially filtered through.

A possible explanation for this kind of efficiency with EFT is that people who are auditory (which I am) and visual may need to focus or push (exaggerate) their emotions a little harder into the issues and get those emotional molecules and chemicals the brain makes flowing through the body. People who are kinesthetics, as well as children, who already possess a strong attachment to their emotions, probably have more immediate success at EFT – they may possibly get faster results than the rest of us on average.

My back pain is still down at a 1 this morning, and my energy is still amazingly high as I write this. I will report more soon as I continue experimenting and exaggerating my emotions as I tap. I will attempt to define, refine, and elaborate on my procedure in detail in another letter. I intend to get my pain to a zero by the end of today. My new motto for EFT is:

*If it just can't wait ... If it just won't break ... EXAGGERATE!!*

## **Follow-Up #1, Day 2**

I have been noticing even more subtle effects from that short session than I could have dreamed. Several things I've wanted to change and have worked on previously all seem to be manifesting. My writing block has gone away. My bad food and eating habits changed dramatically, for the better, another set of issues I have desired to change. All the emotional energy I used to put into food and meals and constantly needing to eat all just vanished or shifted.

I don't exactly remember what I said in that session, but I apparently touched several nerves and pushed some major walls out of my way. I am still high on energy, though my back still feels about a 2, but that's still way better than what it was doing. By the way, I did kind of bruise myself a little from that session and am just a little sensitive in those tapping areas today. I'm not black and blue, but I am going to wait a few more days before I attempt such a violent tapping session again. (The karate chop is the only point not bruised by my EFT tantrum.) I will develop this method further, I just need a name - like The EFT Super Plunger (breaks through ALL the s#!t!) or EFT Home Wrecker (busting out ALL the walls!) or The EFT Bully (a better way to beat yourself up! Ouch!! Ahhhh...).

I didn't really go looking for a core issue, but I considered and visualized possibilities (possible events or experiences that occurred that could have been blamed on the problem) and I brought them all up in the set-up, and I did use statements like "I don't know what it is causing this, but my subconscious probably does, and I REALLY need to get over this NOW!"

## **Follow-Up #2, Day 4**

I have done nothing else other than that short session four days ago. My back remains about a 1-2, though I am now able to exercise and not hurt myself further while I strengthen those areas that are weak. As a residual effect, my relationship with food has entirely changed. It seems I am connected with and collaborating with my body on a new level. My poor eating habits (bad food choices, eating too much at one time, eating too fast, eating when I'm not hungry) have all shifted or collapsed. I kid not! I am trying to lose about 10 pounds, so this has been a remarkable start to see that happen. And I wasn't even working on that issue at that time, though it has been an emotional issue I've been trying to deal with.

My sleep pattern has changed, and I sleep more deeply and comfortably without tossing and turning – another issue that I wasn't even focused on during the session. It just got better and resolved itself on its own. There have been several other subtle or profound positive effects on other problems I have been trying to change. I am also calmer overall. I will experiment with this again in a few days, when my skin desensitizes and heals a little more from that first crazy session.

Another explanation is that there may be a subtle tail-ender in the feeling that we've come to accept and submit to the issue as being a part of us, as though it were actually okay and good for us. Or that we accept the reduction of the problem and need not go any further, since it's better than what it was, thinking, "That's good enough for now, I can accept that. It probably won't get any better."

A possible thing to try is to make an absolute resolution in the setup and reminder statements, such as

*"Even though this problem refuses to budge any further, I deeply and completely love and accept myself, and this problem is no longer an option. This problem is no longer welcome here. It is to pack its bags and leave immediately. This problem ends here, now, today. End of issue."*

I am going to try that in my next session.

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For more about increasing EFT's effectiveness, see pages 96-105 and pages 108-111.

Touch and Breathe (TAB) method

Not everyone enjoys or can do the vigorous, lively tapping that most EFTers employ, and in some situations – such as during a business meeting or when dining in public – tapping just doesn't feel comfortable for most people.

An effective alternative is the Touch and Breathe, or TAB, method developed by John Diepold, PhD. Instead of tapping on each acupoint, simply hold it with a fingertip while breathing in and breathing out. Start by holding your Sore Spot or Karate Chop point, or hold your hands together with Karate Chop points touching, while saying your Setup Phrase out loud or to yourself. Then touch and hold each of the EFT acupoints while taking a full breath in and out.

The Sequence takes a bit longer this way, but it can be more comfortable and relaxing, and it works. It's also less conspicuous. Some EFTers gently massage the acupoints, which is something many of us do instinctively while thinking or concentrating. They rub or press the upper lip, touch the Under Arm point while hugging themselves, stroke the collarbone, or scratch the top of the head.

To stimulate the hand points, hold each finger between the thumb and forefinger of the "tapping" hand while breathing in and breathing out, or place your fingertips together (index fingers touching, thumbs touching, etc.) and breathe. To activate the wrist points, simply circle your wrist with the opposite hand and hold it while breathing. To access the ankle points, reach down and touch the ankles while breathing.

One-minute wonders

We use the term "one-minute wonder" to describe EFT sessions that produce immediate results, often in people who are trying it for the first time. In those situations, EFT can seem like magic. Sometimes the response is so immediate that there isn't time to complete the Basic Recipe or even an entire tapping sequence.

Here's an example from Jane Beard, who introduced someone to EFT at a dinner party with dramatic results in less than a minute.

Year-long nagging back pain gone in 30 seconds

by Jane Beard

I was at a dinner party with many people I hadn't seen in a while, trying to explain what I am up to now, like studying EFT, and why.

One of them mentioned she had had a nagging pain in her back for most of this year. We measured her level of intensity and tapped on the Karate Chop point while she twice repeated the Setup Phrase, "*Even though I have this nagging pain in my lower back...*"

The third time we spoke the Setup, I added "...and I'm willing to let this go." Bingo! The pain left her body as she said the words. We did one round of tapping on the face and torso points and the top of the head (which I have come to call the "yarmulke spot") just for good measure. She was stunned, and so was everyone who saw it happen. Two days later, she was still pain free. That was 14 months ago, and this woman has been completely free from pain the entire time. It never came back.

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Here's another case in which the results, although they took longer than a minute, are nonetheless fast and remarkable. The pain, which had lasted for five years, disappeared in a few minutes thanks to basic EFT. Note how the author, Sylvia Ross, touches a pain spot before tapping. This helps the client "tune into" the specific pain.

## **Basic EFT quickly alleviates long-term back pain**

by Sylvia Ross

I met with Bonnie, a 58-year-old neighbor, who had been diagnosed with Chronic Fatigue Syndrome (CFS) and Fibromyalgia ten years ago. One morning she couldn't get out of bed and could barely move. She has a history of seizures but had not had any this past year. She is on six different medications, including a type of morphine for pain.

She had not had the opportunity to view the Introductory EFT video before her appointment, so that was the first step. The video is great – it makes believers out of first-time clients. Bonnie then gave me an overview of her history, which included many of the insights for CFS listed in *Messages from the Body: Their Psychological Meaning (The Body's Desk Reference)* by Dr. Michael J. Lincoln, including mental and physical abuse from her mother, being a workaholic and perfectionist, and the list goes on.

As she told her story, her stress level was rising. I was concerned about her history of seizures so I had her stop and fill out a short intake form listing two symptoms with their levels of intensity on a scale of 0 to 10. The first was upper back pain with a level of intensity of 7 out of 10. The second was lower back pain with a level of intensity of 10 out of 10. She had had pain on and off for five years. She listed her basic wellbeing at a stress level of 6.

We did one round of EFT for pain in her back and I had her gently touch and tap all the points while I rubbed the Gamut Point on her right hand. It was all very soft-spoken as I was concerned about her seizure history, and the Setup statements were basic.

*Even though I have this pain in my back at this intensity and all these memories have added to it, I completely love accept and forgive myself, and any one else.*

I asked for a rating on her pain, fully expecting not much movement, but after a look of puzzlement, she said, "It's gone!" Then she yawned at least ten times. I thought she might fall asleep at the table. At that point it was time for her to go.

She talked about how wonderful she felt and said she wanted me to see her son, who has multiple sclerosis, and her husband, who also has back problems. Taking an EFT Chart, she promised to tap at home.

A couple of days later I stopped in to see how she was doing and again she told me how well she felt and her back pain had not returned. The only tapping I did with her that time was for a trigger point on the bottom of her foot which had hurt since she had major surgery on her ankle after a car accident. I touched the spot to make sure we had located it and then we did one simple round of EFT. Again the pain was gone!

For some reason, my touching the painful area before I do a round of tapping seems to benefit the process. I use it often and have had extremely good results. Usually one or two rounds will clear the pain. It seems to work even better than verbally describing the location in the Setup Phrase, which I also do.

Two Month Update: Bennie's back pain has not returned! I saw her casually in her yard recently and she actually looked surprised when I asked her about her pain. She had gall bladder surgery a couple of weeks following her original session and had some complications from the surgery, but she assured me that she had no back pain.

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Chapter Four:

The Acceptance Phrase

The first element of every EFT Setup Phrase is a statement about the problem. But just as important is the second part, which is the Acceptance Phrase. The combined statement says that even though I have this problem, I accept myself. The Acceptance Phrase is an affirmation, which I consider crucial to the effectiveness of EFT.

But for many EFT students, the Setup Phrase is a stumbling block. In a typical workshop of several hundred people, as many as half feel uncomfortable saying, “I fully and completely accept myself.” For some the incongruity is so severe that they literally can’t speak.

EFT can help anyone resolve old emotional issues that contribute to low self-esteem or feelings of guilt or shame, but for now, if the Setup Phrase is a problem, try saying one of the following statements while you tap:

Even though I can’t yet fully and completely accept myself, I would like to some day fully and completely accept myself.

Even though I can’t quite fully and completely accept myself, I’ll be okay.

Even though it’s hard for me to say that I fully and completely accept myself, I can let go of my fear and do this work.

Even though I can’t yet accept myself, I can and do acknowledge myself.

If it’s still difficult to say that you fully and completely accept yourself, or if it feels untrue, try changing the Setup Phrase altogether to something like:

Even though I have this back pain, I would like to feel better.

Even though I have this back pain, I can enjoy life.

Even though I have this back pain, it’s going away.

As you experiment with Setup Phrases, try different variations. For example, try saying,

Even though I have this back pain, I absolutely do accept myself.

Even though I have this back pain, I love and forgive myself.

Even though I have this back pain, I forgive and accept myself and I forgive anyone and anything that contributed in any way to this pain.

Setup Phrases, by the way, can be of any length. While tapping on the Karate Chop point or massaging the Sore Spot, say whatever you like about the problem. You can also talk *to* the problem. Your Setup Phrase can last for five or ten minutes or more. The more detailed, specific, colorful, and interesting your Setup Phrase, the more likely you are to experience good results. As you read examples of how people have treated back pain with EFT throughout this book, you'll begin to appreciate the important role that imagination and intuition play in this process. Be ready to let your own imagination and intuition work on your behalf as you start tapping.

To help EFTers deal with the self-acceptance problem, Australian physician David Lake, MD, educates and entertains us with this thought-provoking article aimed at the paradoxes involved in validating one's self.

He begins by acknowledging the difficulty many people have with the "I accept myself" part of the EFT Setup Phrase and proceeds to add insights as to why this happens. He says, *"We mistakenly conclude that our mistakes and faults should never exist, that they could never be part of wholeness."* Then Dave provides steps for dealing with this problem, including some clever language. You may want to underline or highlight some of his phrases for future use.

Paradoxes in validating one's self by David Lake, MD

This report is about accepting our "dark side" using paradoxical methods.

"We do not become enlightened by imagining figures of light, but by making the darkness conscious." (Carl Jung)

The word *validate* means to *confirm* or *corroborate*. It means affirming a sense of self — both personally, and for others.

It is our work on ourselves that makes the difference in relationship with another. This work is the only area in which we have the healthy illusion of control.

We have huge problems in relationships accepting all the human qualities of another, but these are insignificant compared to the struggle of accepting ourselves *as we truly are*.

Are you accusing your close friends of having poor judgment in liking you?

How can we extend compassion to others if we blame ourselves?

"Nothing human is foreign to me" (Oscar Wilde)

EFT is for connection: *"I accept myself..."* Yet I have noticed very consistently that people hesitate when saying this phrase for the first time. Obviously a part of

them does not accept themselves. They cannot validate their self and being — it would not seem to be real or true — if it includes all the disowned and awful stuff.

This moment of awareness in an EFT session calls for a balanced and practical approach, because I think it represents *the* problem of human suffering — the underlying contracted, disconnected, life-denying state.

“Well, on the day I was born, God was sick.” (Poet Cesar Vallejo)

This “dark side” is a paradox. It has its own weird logic. If you say that you *do accept* — then because this includes the unacceptable parts of you, you are a hypocrite... You must have poor standards and don’t try hard enough. If you say that you *don’t accept* — then you are stuck with the hopelessness of being your fault-ridden self and closing the door to change. It is a double bind of monstrous proportions.

Of course the mind thinks about this in black/white and good/bad terms, but I feel certain that a dark truth is waiting for healing in this situation. Right at the start of learning EFT people encounter their own invalidation. And it fits! In this “relationship” with ourselves we are not together — we are *separated*.

The resistance is not logical, or rational, or intellectual — it is emotional and part of a negative belief.

Of course we were trained and conditioned over years to think and feel that something was wrong with *us* — because of our behavior. *“You’re a bad boy!”* instead of *“What you did was bad!”*

This is the essential invalidation. “Familiar” comes from the word for family. We hold on to these learnings (and often generalize significant ones to all people) for life in some cases. These are our good and bad “rules”. Psychotherapy books written on this subject need two men to lift them.

Getting rapport with your disowned part

Why are therapists and friends in such a hurry with us to validate the positive, and sidestep or deny the negative? I think the great challenge is in validating the “dark side”: recognizing what it means, and acknowledging its legitimate presence and linked suffering.

Few people consider that their mistakes are what they can truly call their own! And these are not necessarily “learning experiences” either — just mistakes. A friend of mine says wryly: *“I don’t know how many more of these learning experiences I can handle...”*

We mistakenly conclude that our mistakes and faults should never exist. That they could never be part of wholeness.

When a couple fights in the counseling room, I don’t stop them! I merely inquire after a lull whether this is the nature of their relationship. I tell them I don’t want to interfere with a finely-tuned system that might be working just fine in a way I can’t understand. Usually they are evenly matched. Of course each partner blames the

other and finds him or her impossible to live with. This is the relationship! So, *“What’s the problem?”*

I accept their “fault” while I tacitly encourage them to change. But if they don’t, won’t, or can’t — that’s life.

The first key to change is awareness.

“The FOCUSING approach, with its total acceptance of everything, no judgment, no fixing, but BEING PRESENT to everything that comes, is the crucial factor for me, and that’s what I try to bring to my clients.”

(Christen Kent)

Most suffering in relationships is caused by the triggering of toxic feelings of disconnection. Where is it written that those we love will never hurt us? It happens. We cause it to others too.

People hate being criticized — especially in relationships — because this intrudes into their existing self-doubt at once.

The second key is allowing the awareness to be.

We can say “yes” to this part of our being instead of “no” to the trauma it represents. This does not mean agreement, or capitulation.

We bring it out into this light — the front of the thought field — where it withers. Only secrecy, fear, shame, and hurt will feed it. There is the universal fear that our dark side will prevail, that it will drown us. *With the thoughtful and persistent use of EFT I have never seen this happen.*

The third key is using EFT to sneak up on your dark side

This is like using psychological aikido. Fancy being cheerful with all those faults...

“I’m not okay and you’re not okay – but, hey, that’s okay!”

(Mafia Self-Help Manual)

In the clinical work Steve Wells and I have been doing to “stimulate” negative beliefs with humor and paradox (while assiduously using EFT), we have noticed disproportionate benefits and results, particularly the relief from a subtle pressure to think in only one way (such as thinking in only a positive way) about the world, and a delightful irony in attitude — the very opposite of cynicism — which manifests as a healthy respect for personal faults and limitations. This leads toward self-reconciliation and wholeness.

“I’m a work in progress,” said one bemused workshop student.

General EFT

Sometimes you can approach the main event directly, using acceptance phrases such as:

"I accept myself with all my faults and failings."

"I accept myself even though I don't accept myself."

"I accept myself even though nothing works out."

"I know I'm not good enough, even if others say I am."

Reworking the problem

I use the set-up in EFT for the creative reworking of the problem, followed by interweaving paradoxical suggestions — as variations on a theme — while tapping the points.

"Even if I am a slow learner... looking through rose-colored glasses... stumbling down the road of life..."

"It wasn't me — it was my evil identical twin who did it."

Exaggeration and irony

In a light-hearted way I use the words *awful*, *terrible* and *horrible* as adjectives to "pile up the problem" and seemingly turn a molehill into a mountain.

"Although I have such an awful partner...really terrible to me...I'm doing my best"

"It's probably too hard for me to get over this..."

"This could be worse than I thought..."

"The first 40 years are the hardest..."

The paradoxical approach to the paradoxical problem

"Even though I can't accept myself, I accept that I cannot accept myself, and at least I can accept I can't accept myself."

This statement shows the truth and validation of allowing the negative and the positive to co-exist. There is a difference between being balanced and being perfect.

"I blame myself for wanting to blame myself — which I'm not doing."

"I'm the only one allowed to talk to me like that!"

Polarity phrasing

I suggest you take advantage of the way the mind works by stating the negative ideas you perceive, and adding in the positive opposite, when using EFT paradoxically:

Reminder Phrase: *"I don't accept myself at all...for lots of reasons...but I do!"*

Or the other way round (positive to negative):

Reminder Phrase: *"I'm a really good person...kind to animals...but not myself!"*

Alternate tapping on opposites

First point: *"I'm a good person"*

Second Point: *"Not all the time"*

Third Point: *"I do my best"*

Fourth Point: *"Which isn't really good enough"*

Fifth Point: *"But I keep going" etc*

The negative

This phrasing consistently brings up the negative directly, or the positive you wish for (and can't seem to have), and I find gives "leverage" in EFT. I place a large emphasis on negative statements in the context of working with someone, and do a great deal of tapping on the associations and experiences that arise. For the client I "speak the unspeakable" and "think the unthinkable" (from the tenets of Provocative Therapy) if I have excellent rapport. The effect of stimulating the negative is intense and constructive — the paradoxical miracle of the energy therapies. I prefer continual tapping on several accessible points when working in this way.

So often there are no words, but much hurt feeling, from lack of validation in the past. Work with this in the body (e.g. "this stomach emotion") if you can discover it (*"Where do you imagine this might be in your body if you had to name a place?"*), if it is easier that way.

Memories, experiences, and impressions are linked to these core beliefs. Use EFT persistently with them all to be thorough. Healing the effects of certain incidents can be life-changing! Although I think the effects of the life-denying part of any person can never be completely eliminated, with the right approach they shall not dominate. It's lonely being your own therapist, so if you find you are climbing a personal Mount Everest — get some help.

Psychologist Larry Nims says that, according to our training, conditioning, and early life experiences, we are "doing the best we can." EFT and the energy therapies have the potential to distort and shatter our invalidating perceptions permanently. EFT is for discovering your true self.

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Self-acceptance is one of our most pervasive issues. It relates to self-image and "feeling good about oneself," and almost everyone has concerns about it in at least some areas of their lives.

It is also a very global issue and, as such, is made up of many individual contributors. In a way, the degree to which we "self-accept" is a mirror for the quality of our lives.

We are privileged to have Steve Wells (one of Australia's premiere EFTers and Dr. Lake's business partner) take us through his personal journey along the road to enhanced self-acceptance. Here Steve begins with a personal and open description of his own self-acceptance dilemma and then launches into a treasure chest of techniques that deserves the applause of every reader.

Steve's descriptions may be especially helpful to those whose religious training makes them uncomfortable with EFT's Acceptance Phrase. Combining logic and common sense with the basic foundation of one's spiritual beliefs, all the while removing the emotional burden of negative self-talk, can result in profound breakthroughs that lead to a deeper and more rewarding spiritual life – and a dramatic improvement in physical health and back pain.

## **A self-acceptance experiment**

by Steve Wells

Around three months ago I set out on a 30-day "Self-Acceptance Trial." For 30 days I decided to target my own issues of non-acceptance of self as the primary issue – and apply EFT to this. The results have been astounding. In fact, this has been so beneficial that I decided to continue the program indefinitely.

In this report I'd like to summarize the process I went through and some of the gains I have made while I encourage you to start your own 30-day (or life-long) self-acceptance trial. I'll also discuss some of the distinctions I have made on the issue of self-acceptance and how they can be addressed.

For many years I suffered through various problems without realizing that underneath them all lurked a bigger problem – I didn't accept myself. Whenever I had a problem, I would be down on myself about the fact that I had it. Or what I was or wasn't doing to fix it. Or I'd just be upset at "me" in general, for not measuring up. I never realized just how pervasive this underlying lack of self-acceptance was, or how insidious its effects were on my energy, performance, and enjoyment of life... until now that I've been freed of much of the weight and pressure of it.

Earlier this year I noticed a lot of my clients were having trouble with self-acceptance. Usually this came to light when I asked them to say the EFT Setup Phrase, *"Even though I have this problem I deeply and completely accept myself."* Many clients would become upset and refuse to say the self-accepting part of the statement. How could they say they accept themselves when they very clearly did not?

I have faced this issue many times in the past and my usual approach is to have them emphasize the negative part of their self-belief and tie that in with a self-accepting statement anyway. For example,

*"Even though I don't accept myself (because of this problem), I fully and completely accept myself!"*

*“Even though I’m a terrible person (and this problem proves it), I fully and completely accept myself!”*

Many clients are able to move on at this point and successfully address the problem in question. There is something very powerful in acknowledging the negative parts of self and bringing them into the light, and Dr David Lake and I have explored this in depth in our workshops and therapy. In fact, we’ve found great value in exaggerating the negative aspects even further – an approach we call Provocative Energy Therapy.

For these clients I realized that the underlying issue of non-self-acceptance was THE problem for them while the presenting problem was just a medium through which this was being expressed. In therapy, I asked these clients to list all the things they didn’t like about themselves and apply EFT to these, beginning with the most intense items. I also had them review early parts of their life where they learned that they weren’t acceptable, and we applied EFT to these negative emotional experiences.

At the same time I was going through a period where I wasn’t really accepting myself. Basically I felt I had stalled. I wanted to move forward in my work and my life but seemed to be making little progress. Instead of doing the things I knew I needed – even wanted – to do, I was wasting many hours playing computer games. This was causing neck and shoulder tension, leading to headaches, which affected my performance and my quality of life. I had also stalled in my exercise program. My business wasn’t moving forward in the ways I knew it could. I felt like a terrible father to my children, not able to give them the attention they deserved. And I felt terrible about me.

Funnily enough, although my life was actually going pretty well, I felt miserable.

One night I found myself sitting frustrated in front of the computer, having played too many games of chess when I knew I should have been doing something better and feeling really down on myself. In my frustrated state I began typing and as I did I decided I needed to work on my own issues of self-acceptance starting right now.

My first decision was to apply EFT to all of those things I didn’t accept about myself. I began to list them and apply EFT to them, just as I had advised my clients to do.

I then decided...

*For the next 30 days, I am going to practice being happy with myself the way I am, despite my limitations, and see what happens... Each time I find myself doing something I know I “shouldn’t” be doing, I am going to say, “I accept myself even though I am doing X,” and I will conduct EFT on “doing X” and all its associated thoughts, such as, “Doing X makes me inadequate, bad, awful, etc.”*

Examples of my Setup Phrases back then include:

*“Even though I played chess on the computer tonight and that has stuffed up my neck, shoulders, jaw, and back for another evening, I fully and completely accept myself.”*

*“Even though I am a bad boy for playing chess when I should have been working, I fully and completely accept myself.”*

*“Even though I am never going to be successful if I keep taking myself backwards like this, I fully and completely accept myself.”*

I followed the thread of my thoughts as other underlying, irrational and related negative self-defeating beliefs came up, and then proceeded to tap on these.

For example,

*“Even though I am probably not going to keep up with this 30-day trial, I fully and completely accept myself.”*

*“Even though I will just have another mediocre year and not achieve real, lasting success, wealth, happiness, and joy, I fully and completely accept myself”*

*“Even though I will end up losing my family if I become too successful, I fully and completely accept myself”*

As I did the EFT on these irrational thoughts I noticed my thinking actually becoming more and more rational – It was not a case of denying problems but instead being empowered to address them head on.

I continued on, addressing other negative and limiting beliefs that have blocked my success, including beliefs about confidence (*“I’m not confident enough”*), spirituality (*“If I become really successful I might lose my soul”*), money and self worth (*“How much I charge is a reflection of my self-worth.” “I can’t charge more because I’m not worth it”*)....

I realized it wasn’t the truth of these beliefs but the intensity they provoked in me that was the problem. Some beliefs still registered as true even after tapping. However, what had changed was that I no longer evaluated myself negatively because of them. Instead, I understood how I had come to be that way, and had an increased sense that this could and would change. I wouldn’t say I became determined in the sense of will power, it was more a knowing that it is okay the way it has been, okay the way it is AND it will be okay for me to change things.

I found the same for several other emotionally laden thoughts that had been bugging me for many months.

Another interesting experience during this experiment was that in most cases when I tapped on the fact that I was putting things off or doing things other than what I “should” be doing, I became more willing and able to do the things I had been putting off. Hmmm. This self-acceptance could be the cure for procrastination.

Despite my initial success, however, I still had an underlying sense of inadequacy that I couldn't seem to shake. Then I made one change in approach that let me to a major breakthrough.

I was sitting in front of my computer that evening reviewing the notes I had made. I realized that despite some success, I was still feeling down on myself and didn't seem to be getting far enough just applying EFT to the presenting issues and related beliefs. I needed to address the issue of self-acceptance more directly.

I typed the following:

*I FULLY AND COMPLETELY ACCEPT MYSELF.*

As I considered what associations I had to the idea of accepting myself, I realized that the truth was I didn't accept myself at all. I decided this was the issue that needed to be met head-on, not all those things I'd been amassing as reasons not to accept myself.

As I began tapping, I realized that underlying my non-self-acceptance was a fear that accepting myself was bad and would lead me down the path of ego. I believed that if I accepted myself for all the things I had been doing that were wrong then I might not fix them. I might just continue to procrastinate and do things that weren't really good for me. At a deeper level I also believed I was unacceptable to God.

So I tapped on these beliefs in both positive and negative form. I applied EFT to each negative belief by putting it into the set-up statement and repeating the full statement at every tapping point. As I tapped on each statement, I paid attention to the thoughts and feelings that came up with it and applied EFT to any negative and related beliefs that were elicited.

For example:

*"EVEN THOUGH if I accept myself completely, I won't keep improving, I fully and completely accept myself."*

*"EVEN IF I fully and completely accept myself, I am still a good person."*

Underneath, I believed I would not be a good person if I accepted myself. This was connected to some deeply held spiritual beliefs from my early (negative) religious programming, so I tapped on:

*"EVEN THOUGH I fully and completely accept myself, I am still acceptable to God."*

This caused a very negative reaction. I thought: *"No I am NOT fully and completely acceptable to God! God wants me to be better and to do better..."*

So I tapped on: *"Even though God couldn't possibly accept me the way I am, I fully and completely accept myself."* And *"Even though I am completely unacceptable to God, I fully and completely accept myself."*

I then began to think: *"This (non-self-acceptance) is rubbish! Jesus forgave people their sins. Do I think God will not accept me? Forgive me? Aren't acceptance and forgiveness just two sides of the same coin?"*

I continued to explore my underlying fears. It seemed to me that too much self-acceptance could lead to me being ego-driven and making out that I was superior, like a god.

I applied EFT to this by putting it into the Setup Phrase and repeating it at every tapping point just as I had done with the previous belief statements (*"Even though if I accept myself completely I will be unacceptable to God..."* and; *"Even though if I accept myself I'm making out that I'm superior..."*)

I then thought: *"Rubbish! I'm not making myself God by accepting myself. I'm merely reveling in what HE has created. Should not I love myself AND my neighbor AS myself? How can I love my neighbor as myself if I don't love myself?"*

Finally, after several more rounds of tapping, I had an intense realization: *"Accepting myself is NOT the same as ego taking over. God loves and accepts me unconditionally, I just haven't accepted myself. Accepting myself IS good."*

A host of positive thoughts and feelings came rushing in. It was as if all the things I wanted to believe and knew were really true finally *felt* true. I felt re-connected with my true purpose and all the barriers just melted away. As these positive thoughts flooded my being, they were accompanied by a feeling of peace that is difficult to describe, a feeling that lasted several days and bathed me in its light.

For the first time I realized the true power of self-acceptance, and saw the stupidity of our prevailing belief that we need to put ourselves down in order to get ourselves to do things in order to make ourselves happy. I realized I could be happy no matter what I did, and no matter what was happening around me – and that this would not only not impede me from moving forward, it would help me to do so. I also realized being happy with myself meant I could do so much more for others...

From this point onwards I was able to effortlessly proceed with my work, attacking with relish projects on which I'd been bogged down for months. I didn't even feel like doing the things I had previously been doing that were distractions. I no longer found myself playing games on computer. I was able to reinstate my exercise program and improve on it. I started to enjoy my work again and felt I was back to working "on-purpose"... To put it simply, my life changed, and so, correspondingly, did the lives of others with whom I began to share these insights.

Now whenever problems come up, besides addressing the problem itself, I also address the issue of self-acceptance. I encourage you to do the same. I've found that whenever I confront a problem I'm now able to see the problem as separate from myself, and even when something I am doing is a problem I don't usually get down on myself about it, I just focus on the best way forward.

I believe the issue of self-acceptance, an issue that has been staring us in the face every time we do the EFT Setup, offers a doorway to a new level of being in the world, and a new level of self-growth and happiness.

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Next, here are some recommendations by EFT practitioner Betty Moore-Hafter for softening the delivery of EFT's Acceptance Phrase. Her approach is ideal for those who need to tiptoe into their issues.

Soft language to ease the EFT Acceptance Phrase

by Betty Moore-Hafter

As I understand it, the EFT Setup Phrase paves the way for healing by shifting the hard, locked-up energy of psychological reversal to the softer energy of self-acceptance. I have found that creative wording can be especially helpful toward this end. Here are some of my favorites:

1. "...with kindness and compassion" or "...without judgment"

These and similar words contribute an extra dimension of support and care, especially when the issue is a sensitive one. Tears often come to people's eyes as we add these simple words.

Even though I feel unworthy, I deeply and completely accept myself with kindness and compassion – it's been hard for me.

Even though I'm so afraid of rejection, I deeply accept myself with gentleness and compassion – I've been hurt a lot.

Even though I feel guilty for that mistake I made, I totally accept myself without judgment. I'm only human.

It was my friend and EFT colleague Carolyn Lewis who first suggested some of these expressions to me. We trade sessions and, being on the receiving end, I experienced first-hand how good it felt to hear these kind words – and how much emotion they brought up. For me, they went right to the heart. I highly recommend that fellow EFTers trade sessions. You can learn so much by being guided and sharing ideas.

2. "I want to bring healing to this."

Some people balk at the words, "I deeply accept myself" and say, "But I don't accept myself! I hate myself for this." One gentle way to proceed is to say:

Even though I don't accept myself, I can accept that this is just where I am right now. And even though I don't accept myself, I want to bring healing to this. I would like to feel better, find more peace, and reach more self-acceptance.

Whenever self-acceptance is difficult, just stating the intent for healing breaks the deadlock of self-rejection. Most people do want to heal and feel better.

3. "The truth is...."

These words can usher in powerful reframes. And when you reframe a situation while tapping, it does shift the energy and things begin to change.

Even though I crave this cigarette, the truth is, cigarettes are making me sick.

Even though I still feel guilty, the truth is, I've done nothing wrong. This is false guilt.

Even though I still feel responsible for my sister, the truth is, she is an adult. She's responsible for herself now.

4. "I'm willing to see it differently...."

Sometimes amazing things happen after adding the words, "I'm willing to see it differently." One of my clients was convinced that she could never have a child because she might abandon that child the way her father abandoned her. As we tapped through her pain from the father issue, I began adding the phrase, "and I'm willing to see it differently."

Even though my father really hurt me, I love and accept myself, and I'm willing to see it differently.

After several rounds of tapping, she seemed calm and said thoughtfully, "You know, I think my father really did love me in his own way. That's all he was capable of." She felt at peace with it for the first time. And, when I heard from her later, she and her husband were talking about having children. She knew she was not her father and would do it differently. She saw it all differently.

I often tap the EFT points with alternating reminder phrases, such as: Beginning of eyebrow, "Still feel guilty". Side of eye, "But the truth is ... " and so on.

5. "That was then and this is now."

When childhood pain is being healed, people often feel great relief when words like these are added.

Even though when I was eight years old, I cried alone and no one came. I deeply love and accept my young self. And that was then and this is now. Now I have lots of help and support.

Even though I still feel anxious, afraid that something bad will happen. I deeply accept myself. And even though my child self felt anxious all the time, afraid my father would explode, I love and accept that child self. That was then and this is now. Now I'm safe. I don't need this hyper-vigilance anymore. I can relax now.

6. "I'm open to the possibility...."

"Choice" statements are of course very empowering when we are ready for them. But sometimes stating a choice is too much of a stretch. Often, the gentlest way to introduce a better choice is to simply bring in the idea of possibility.

Even though I'm full of doubt that I can lose weight, I deeply accept myself and I'm open to the possibility that it may be easier than I think.

Even though I'm stuck in this anger and don't want to let it go, I'm open to the possibility that it would be nice to feel more peaceful about this.

Even though I don't think EFT will work for me, I deeply accept myself and I'm willing to entertain the possibility that maybe EFT will help. I'm ready for some help.

I believe that when we open the door of possibility just a crack, it is enough to start the healing process into motion.

With all of these phrases, you can keep "I deeply and completely accept myself" and add the extra phrase, or you can substitute the phrase. Experiment and see what works for you!

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## **Chapter Five:**

### **Tap While You ....**

Those who are new to EFT often ask when and how frequently they should practice tapping. The answer is: As often as you like – or, better yet, as often as possible. EFT is very flexible and forgiving. The more often you practice, the sooner EFT becomes a familiar tool that you can use without effort. The more you use it, the better it works. The more you use it, the more likely you are to remember to use it when you really need it.

I usually recommend that you start by tapping

*as soon as you wake up in the morning,  
before every meal,  
and before falling asleep at night.*

That's five times a day right there. Tap whenever you use the bathroom or take a shower and you'll add a few more. Some EFTers tap whenever they come to a stop sign or red light. Quite a few tap while they walk. You don't have to do the entire Basic Recipe – just a few quick taps as time permits will help keep your energy balanced – and as soon as you have enough time, follow up with the complete sequence. Many EFTers tap before, during, or after they pray or meditate. EFT tapping can improve any project or activity.

One of our EFT success stories is Irene Mitchell (see Appendix A, page 237), whose leg was so badly shattered in a car accident that doctors did not expect her to live. When she survived, they warned her that she probably wouldn't walk again. She learned EFT while recuperating at a rehabilitation nursing home, and the first thing she used it for was pain relief. A few fast rounds of tapping would totally eliminate the pain in her leg and hip for as long as 90 minutes, and then she would tap again. In this way she was able to stop taking pain medication. She also used EFT to improve the results of her physical therapy sessions, in some cases accomplishing in ten minutes what most people need weeks to achieve. Thanks to EFT, Irene left the nursing home several months ahead of schedule and resumed her active life – which included parasailing on a cruise vacation and dancing onstage at Disneyland!

When asked how often she tapped, Irene answered, "At least a hundred times a day. EFT was my pain medication. It got me out of the wheelchair, and it helped me fix any problem that occurred. I encourage anyone who's reading this book to use EFT as often as possible. With EFT's help, your mind and emotions can be powerful allies in helping you live a pain-free life."

When you're in a hurry, try tapping on a single point, such as the Karate Chop point, while you focus on your pain or problem. If you watch our DVDs, you'll see a workshop in which the tapping worked perfectly, and it wasn't until we saw the video that anyone noticed that I had completely forgotten to include the EFT tapping points. All we did was tap on the Karate Chop point while reciting a Setup Phrase, and it worked.

In addition, if you get in the habit of tapping on the EFT acupoints without reciting a Setup Phrase or focusing your thoughts on anything specific, that alone will help keep your energy balanced and help you live a happier life. For example, try tapping to music. This is a popular activity in some EFT workshops – it keeps the group focused and energetic – and it's an easy way to avoid an energy slump in the afternoon. Teaching children to tap to music is a great way to introduce them to EFT. Tap at whatever rhythm feels right. Experiment with classical music, rock, ballads, opera, military marches, movie soundtracks, or whatever you most enjoy.

Tap while you read your email or work at the computer. Tap while you watch TV. Tap while you talk on the phone. Tap while you study – that's an easy way to improve your reading comprehension and recall. Tap right now as you read this page.

If you tap while you describe things that you've seen or experienced, your recollections are more likely to be accurate. In fact, EFT would probably significantly improve the accuracy of eye-witness testimony. In EFT, we use the Tell a Story and Watch a Movie techniques (see page 84) to help people describe difficult events without feeling emotionally overwhelmed. With their emotions under control, they are able to think, remember, and process information more efficiently. Several EFT practitioners have reported on tapping's incredible calming effect when applied immediately after an accident, tragedy, or disaster.

Here's a great tip from EFT practitioner Rick Wilkes, which appeared in our online newsletter. I think it has special application for those experiencing back pain because it deals with underlying issues easily and automatically, without conscious effort. Some have found that their back pain completely disappeared as a result of following Rick's simple instructions.

### **The tap-while-you-gripe technique** by Rick Wilkes

Have you ever called a friend just to gripe about everything that's gone wrong in your day? The truth is that when things go wrong, we need to feel that we're not alone. So we turn to trusted friends and family to let off steam and be comforted. It's a natural part of being human. Most of us have been expressing our pain this way since we were very young children.

What I call "gripping" is just a way to retell a story with emotional intensity. And there is scientific proof that this can help us. Recent brain studies show that there's an *opportunity* when we relive an experience to have the stored emotions

of that experience heal... or become even more intense. As we recall the story and feel the emotions in our body, our brain is making a decision — one that can go either way! Here's how it works.

Let's say the story that we're telling is one in which we feel alone and unsupported. If we tell that story to a friend who is loving, present, kind, and comforting, chances are that our primitive emotional brain will no longer feel alone and unsupported, right? In the process of telling the story, we heal the emotional intensity. That is the ideal outcome.

Yet, how often has it happened to you that in the process of telling and retelling an intense story, explaining about how you were “done wrong” by someone else, you find that after the second or third or fourth retelling that the pain is now more intense than it was right after it happened? That's the risk of sharing our painful experiences with others, whether they are talk professionals or not – unless you are using a technique that consistently allows you to eliminate and then harmonize the emotional intensity. And EFT is just such a technique.

That is why I suggest that you always tap while you gripe. Tap while you complain. Tap every time you tell a story that has negative emotional intensity. Pretty soon, you'll probably notice you have a lot less in your life to gripe about!

Here's how you can get started:

You've had a bad day. You want to feel that there's someone out there that understands you, that cares about you, that takes your side. So you pick up the phone, and you call your best friend. Start tapping... and tap continuously while you talk to her!

|                  |                                                   |
|------------------|---------------------------------------------------|
| (Karate Chop)    | <i>Ring.... Ring... Hello?</i>                    |
| (Top of Head)    | <i>Oh I'm so glad I reached you.</i>              |
| (Inside Eyebrow) | <i>I have had such a terrible day!</i>            |
| (Side of Eye)    | <i>I really need someone to talk to.</i>          |
| (Under Eye)      | <i>Do you have a few minutes?</i>                 |
| (Under Nose)     | <i>First off, this *&amp;^%\$ boss of mine...</i> |

(then Chin, Collarbone, Under Arm, Karate Chop, and back to Top of Head, etc.)

The order of the points doesn't matter. The number of taps at each point doesn't matter. You can tap one point that feels good the whole call if you want. You can use the finger points. Just tap continuously while you talk. Don't stop!

Why would we do this? We talk to others to feel better, don't we? But there are two approaches to griping and complaining. The first is, alas, the more common. It is to gather people to our side in the upcoming war. We tell a story to make us “right” and the other party “wrong.” With this plan, we must *build* intensity in ourselves and in others while we plan revenge (or a lawsuit, divorce, or other dramatic action designed so we WIN and the other LOSES).

The other approach is to want to *heal* from an emotional pain, and we're mature enough to know that intensifying the fear by making us the "Victims" and others into the "Powerful Forces of True Evil" just creates war inside us, not peace.

We can make our healing far more likely if we just tap the acupoints while we express our hurt and our anger and our sadness and our feelings of being out of control. We use what has been human nature since cave folks sat around the fire — the need to tell our story to tribe members to gain their supportive energy — and we use that supportive energy in a new way that is far more likely to result in a sense of peace for all of us.

What I find is that tapping while I gripe and complain shifts my entire perspective. As the noise of the emotional disruption settles down, I am far more likely to hear my intuition guide me to steps that resolve the situation in the best possible way.

Try it for yourself. Tap the acupoints while you are on the phone. No one needs to know that you are tapping. And just notice whether you see a change that helps you feel both more peaceful and more empowered. I am confident you will.

In fact, you may find this so effective that you pick up your phone and tap while you gripe without even calling your friend. Once you get it all out of your system, then you dial... and perhaps have a very different kind of conversation.

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Can you do EFT incorrectly?

This is an interesting question. EFT is so forgiving and versatile that finding ways in which it doesn't work can be a challenge. In fact, many EFTers respond that the only way to do it wrong is to not use it.

You *can* do an incomplete EFT treatment (which will make more sense as we explore core issues and other advanced concepts), but if you combine focused thought and intention with tapping, your efforts will probably work no matter what Setup Phrase or Tapping Sequence you use.

For example, you can omit the words "Even though" and simply state the problem:

My back hurts.

You can omit the "I completely and fully accept myself" phrase and simply say:

I'm okay.

This, by the way, is how we use EFT with children. A child who's upset can say:

Even though I flunked the math test, I'm a cool kid, I'm okay.

Even though I lost my backpack and I'm mad at myself, I'm still an awesome kid.

And you don't have to tap on the EFT acupoints in any specific order. I recommend the Sequence described on page 30 because it's easy to remember, but you can:

- tap from top to bottom
- tap from bottom to top
- tap on every other point, then tap on the remaining points
- tap first on one side of the body, then the other
- tap on one side of the body and not the other
- tap really fast, at a rate of several taps per second
- tap really fast, moving at record speed from one point to the next
- tap very slowly, at the rate of one tap or less per second
- tap very slowly, staying for a full minute or more at each point
- tap on a single point and forget about the rest
- tap on a photo or drawing of yourself, another person, or an animal
- tap mentally, in your head, without touching the points at all

And the list goes on. I believe that if your intention is to treat a specific issue, like the pain in your lower back, and you combine that intention with any type of acupoint stimulation, you can expect good results.

When I created EFT, I streamlined more complicated meridian therapies that involved separate algorithms or tapping patterns for different conditions or symptoms. Each had its own tapping pattern. An algorithm for chronic pain, for example, started at the Inside Eyebrow point and went to Side of Eye, Under Eye, Under Nose, Collarbone, Under Arm, Little Finger, Collarbone, Index Finger, and Collarbone, then ended with 50 taps on the Gamut point. An algorithm for anger, bitterness, and resentment moved from Inside Eyebrow to Little Finger to Collarbone. An algorithm for emotional trauma went from the Inside Eyebrow to Side of Eye, Under Eye, Under Arm, Collarbone, Thumb, Under Arm, Collarbone, Little Finger, Collarbone, and Index Finger.

I realized that these algorithms, which are difficult to remember, especially in emergencies, could be replaced with a single tapping pattern. By the time you complete three or more rounds of tapping on the EFT acupoints, you've tapped on all of the points in a variety of combinations. The beauty of meridian therapies is that when you stimulate points that you don't need, you don't hurt yourself or cause complications – and when you tap on points that you do need, the process works.

At first I replaced algorithms with a single tapping sequence and created EFT's Basic Recipe. Then I put the 9 Gamut treatment on the shelf, for use only when I'm stuck. Then I did the same with the finger points. These tools are worth learning because they can be very helpful, but if you get good results without them, why use them? Save them for when you need them.

I now encourage people to find their own "personal" EFT acupoint and try it first. Most of us, if we pay attention, realize that we're drawn to a certain point, or we notice that every time our energy shifts, it's when we're tapping on the same point. For some it's the Under Eye; for many, it's the Under Arm or Karate Chop point. For me, it's the

Collarbone point. If you set out to relieve your back pain and you tap on a single acupoint and the pain goes away, you're done. What could be simpler?

Here is a useful tip from Jerem Egan explaining this concept in more detail.

Finding your “personal” EFT points

by Jerem Egan

One of the things I love about EFT is how user-friendly it is and how Gary actually encourages people to bring their own nuances and styles to the technique. For good examples of this, see the “Steps Toward Becoming the Ultimate Therapist” DVDs. This invitation exemplifies the beautiful intention underlying EFT to empower the user.

I have one very simple technique that I've been using this past year which works very well and saves time. After a few rounds of the Basic Recipe in which the clients have a pretty good orientation to the tapping points and we have made some progress on reducing the intensity of the issue, I begin the next round by asking them to:

- 1) Begin tapping on any point they are drawn to, and I will tap along with them and give them phrasing to say with each point..
- 2) Repeat this procedure about six or seven times, choosing points that they are drawn to – in no particular sequence.

I feel that this invitation to clients to access their own intuition, or divine guidance, is in alignment with the intention to empower them in their self-healing process. I've come to use it for at least one round for just about every issue that clients are dealing with. This approach seems to propel them into tapping more on their own as they are less worried about having to do EFT "by the book."

In the hundreds of times I've used this technique with clients, it has been effective in reducing the intensity level of the issues almost 100 percent of the time! Some clients were also drawn to points which were not in the basic recipe and they got the same positive results.

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Those who work only with mechanical EFT get good results most of the time. But mechanical EFT is not the only way, or even the official way, to use this technique. It's the foundation of EFT, and as soon as you start building on that foundation by experimenting, trying new approaches, and exploring new ways of presenting and using EFT, the sooner you will enjoy the exciting and often amazing results that this versatile procedure provides.

## How to tell whether EFT is working

Did your tapping make a difference? When the problem is pain, the test is simple – either the pain goes away or it doesn't. If it does, it's probably because EFT successfully removed energy blocks while neutralizing emotional issues that were the pain's underlying cause. But pain relief isn't the only indication of EFT's effectiveness. Here are some common signs of EFT at work in any tapping session.

***The person sighs.*** This often happens after a round of tapping and it reflects an energy shift away from stress toward relaxation.

***The person yawns.*** The yawn might or might not be accompanied by fatigue. Some people have fallen asleep in the middle of their EFT sessions, but even well-rested people yawn during and after tapping. Yawning has been associated with sleepiness, boredom, and (incorrectly) low blood oxygen levels. Behaviorists consider yawning a calming signal, a non-threatening bit of body language designed to help those nearby relax and feel safe. Recent research suggests that yawning is a way to cool the brain. Whatever its purpose, yawning in an EFT session is an important clue that energy is moving and the tapping is working.

***The person's breathing changes.*** Most of us breathe shallowly, especially when we're under stress. Longer, slower, deeper breaths are almost always a signal that EFT is working. The more balanced your energy, the smoother and more relaxed your breathing.

***The person's voice changes.*** During an EFT session it's not uncommon for someone's voice to crack, for stress or tension to make the voice actually squeak, or for the person to have trouble talking. Then, after EFT brings the person's energy into balance, his or her voice sounds deeper, rounder, fuller, more confident, stronger, and more vibrant. Speech patterns change, too, going from stumbling and inarticulate to clear, coherent, fluid, and eloquent.

***The person's posture and body language change.*** People who are depressed, anxious, frightened, or in pain sit, stand, and walk very differently from the way they do when they're comfortable, confident, relaxed, happy, and healthy. In successful EFT sessions, postural changes are often obvious. Instead of sitting hunched, with the head down and a curved spine, most people straighten up, lift their heads, and look at the world around them. Some practitioners describe their clients as blossoming like flowers as their energy clears.

***The person cries.*** The Tearless Trauma Technique (see page 87) is at the heart of EFT, and it really is possible to work through serious problems without weeping. But in many cases people do cry. Tears are often a sign of release or relief. Even if the tears are a symptom of discomfort, in which case the Tearless

Trauma Technique is used to reduce the discomfort level, the emotional change indicates that EFT is working.

***Sinuses drain.*** Congested sinuses that suddenly begin to drain reflect an energy shift.

***Facial muscles relax.*** Actually, muscles all over the body soften, but changes in facial expression, such as from tense and stressed to relaxed and comfortable, are obvious clues. EFT can make such a difference in facial expression that some practitioners call it an instant face-lift. A few rounds of effective tapping can help you look years younger as well as happier.

***Blood pressure and pulse change.*** Often people begin an EFT session with an elevated pulse rate or high blood pressure. In those cases, successful EFT tapping – even if it's for something unrelated to physical symptoms – brings both pulse and blood pressure back to normal.

***The person feels hot or cold.*** A temperature change, such as feeling suddenly hot or cold, is another indication that EFT is working. A small or large area of back pain may feel intensely warm or hot, and the pain may pulse or vibrate. Someone who feels suddenly hot may blush or turn red. Another person might break out in a cold sweat and suddenly feel chilled. All of these physiological changes indicate that EFT is working.

***The person feels vibrating energy.*** Do enough tapping and your fingers will begin to tingle. When that happens, move your open hands toward each other, moving them closer, further apart, and closer again. If you sense a vibrating energy field or a feeling of resistance that grows stronger as your hands move closer, something is happening energetically.

***A cognitive shift occurs.*** One minute you're angry and the next you're laughing. One minute the person you're mad at can't do anything right and the next you're making excuses for him. One minute you're convinced that there is only one way, one "right" and "true" way, to look at the situation and the next you realize there are many. As soon as you stop replaying a situation in the same old way and notice something new or different, and as soon as "the principle of the thing" no longer matters the way it did, it's obvious that EFT has done its job.

***The pain moves.*** This happens so often that we use the phrase "chasing the pain" (see page 172) to describe the appropriate EFT response. The pain might move a short distance, such as an inch or two, but it's often a longer distance, such as from the left eye to the right side of the forehead or from the right shoulder blade to the center of the spine. In some cases pain jumps all over the body. For example, you might be tapping for pain in the small of your back and suddenly realize that your back pain has disappeared but now your right ankle is throbbing. Moving pain is a definite indication that EFT is working.

***The pain gets worse.*** Ironically, this can be a sign that EFT is working. It often indicates that buried emotional issues are getting close to the surface. By continuing to tap and by approaching the pain and its aspects from a different perspective, your results will probably improve. It's very unusual for pain to get worse and stay worse when you're using EFT, especially when you incorporate the many shortcuts and advanced techniques explained in this book.

***The person is suddenly open to new options.*** This is an excellent sign because it shows that the person is no longer stuck in his or her old way of thinking and feeling. Balanced energy leads to clear thinking.

You could say that the overall test is whether *any* kind of change is taking place. The more things change, the more energy is moving and the more EFT is working. Even if you haven't yet achieved the results you hope for, all this moving energy is a very good sign. It's only when nothing happens – the pain stays exactly where it was, the person's attitude doesn't shift at all, and the whole situation stays stuck – that we are tempted to conclude that EFT was not effective.

Even when that happens, it's worth trying again. So much depends on the art of delivery, the search for core issues, and the examination of different aspects that a sudden breakthrough can turn an unresponsive situation into an EFT success story. I've seen this so many times that I never conclude that EFT "didn't work." Rather, I adopt the belief that EFT always works but that sometimes we have to keep searching for the problem's true emotional cause.

The next chapter will help you develop the EFT skills that bring outstanding results for yourself and your own pain, for every other problem you'd like to solve, and for anyone else – including friends, relatives, co-workers, total strangers, and even family pets. In fact, our files include reports from people who used EFT to improve the health of their house plants and the performance of their cars, computers, and household appliances.

I shouldn't be surprised. After all, I told them to try it on everything! And you can, too.

## Chapter Six:

# Exploring Underlying Issues

Every once in a while, someone tries the basic EFT formula and gets immediate, lasting results. The problem disappears in a single session and never comes back. We call these success stories “One-Minute Wonders,” and they can and do happen, even with incapacitating back pain.

But in many cases, at some point after mechanical EFT reduces or eliminates the pain, it comes back. If this happens to you, don’t assume that EFT didn’t work. EFT worked fine on the problem you treated, but now a new **aspect** has presented itself, and that aspect needs attention, too.

### Introducing Aspects

Aspects are the various facets, features, portions, and pieces of a situation. Although EFT resolves many problems in a straightforward manner, different aspects can complicate just about any problem you address with EFT. Fortunately, they can be handled easily.

Consider all the aspects of back pain. In addition to having underlying emotional causes, which can be many, the pain you experience while lying down may be different from the pain you experience while standing up. The pain you experience while walking can be different from the pain you feel while bending or stretching. Other aspects include your location, companions, activities, surroundings, sights, sounds, smells, and experiences. The pain is probably linked to past events that are linked to other past events, creating a daisy chain of things that happened. The links that tie the events together exist only in your mind, but linked they are, from the present moment back to childhood.

Aspects are important in EFT. Each aspect qualifies as a separate problem even when they all relate to the same pain or the same larger problem. Some problems have so many pieces or aspects that the difficulty will not be completely resolved until all of them – or at least several of them – are addressed.

Experienced EFTers often compare this procedure to peeling an onion. You get rid of one layer only to discover another. When a problem has many layers or aspects, neutralizing them with EFT can seem like a daunting project. But considering how quickly those layers can be dealt with and how beneficial the results are, the project is more exciting than intimidating. And the rewards are priceless.

## **Be specific**

If you want fast, impressive results with EFT, be specific. Vague statements generate vague outcomes. The biggest mistake made by newcomers is using EFT on issues that are too global. Global problems are broad and hazy. They aren't well defined. Even with perseverance, which can almost always make a difference, global statements are less likely to produce results than specific statements about specific events.

I have been beating the drum for many years about being specific with EFT, urging EFTers to break emotional issues into the events that underlie them. When we do this, we address true causes and not just symptoms. While there is a skill to doing this, those who take this approach have watched their success rates climb impressively. They are also doing deeper, more meaningful work.

I have found, and demonstrated consistently, that applying EFT to the *smallest component* of a bothersome memory almost always works. In fact, I have rarely failed to gain success in this way in my last several hundred attempts. This idea has the potential to substantially improve EFT's success rate and pave the way for healing in areas previously thought difficult or impossible.

Many newcomers to EFT present their emotional issues in very global terms. They say things like:

*I feel abandoned.*

*I was an abused child"*

*I have low self-esteem.*

*I'm depressed.*

*I'm always anxious.*

*I hate my father.*

*I can't do anything right.*

*I feel overwhelmed.*

To them, *that* is the problem and *that* is what they want EFT to fix.

But, despite the person's perception, *that* is not the problem at all. Those feelings are merely symptoms of the problem. The real problem is that unresolved specific events, memories, and emotions cause the larger issue. How can one feel abandoned or abused, for example, unless specific events occurred in one's life to cause those feelings? The feelings didn't just appear out of the ether. They must have had a cause.

If we consider the larger issue (such as abandonment) to be a table top, then the table's legs represent specific events that support the table (my mother died when I was seven; my father walked out on us when I was eleven; I got lost on a hiking trip in the Sierra mountains; etc.)

Obviously, if we reduce an issue to the specific events supporting it and then collapse its table legs, the table top will fall for lack of support. In this way we address the true causes (specific events and emotions linked to them) rather than just symptoms.

Unfortunately, many EFT practitioners still apply EFT to the table top and not the supporting table legs. Thus they might start with....

*Even though I have this feeling of abandonment....*

Being too global like this is the number-one error made by new EFTers and some seasoned ones, too. Interestingly, this approach will sometimes get results but it is not nearly as thorough or precise as going for the supporting table legs first.

Also, because this global approach lacks precision, those using it are more likely to report that their issues "come back." What "come back," of course, are unresolved aspects (table legs) that were not previously addressed.

In addition, approaching an issue in a vague or global manner creates an environment in which the person's attention shifts from event to event. You can be much more accurate and achieve greater success if you reduce those global issues (table tops) to the specific events (table legs) that cause them. Examples for the global issue of "I feel abandoned" could include:

*The time my mother left me in the shopping mall when I was in second grade.*

*The time my father told me to leave home when I was twelve.*

*The time my third-grade teacher gave me that "I don't care about you" look.*

These specific events are much easier to deal with than the global issues they created. If you deal with them one at a time without letting your attention shift, it will be easy to clear them – and by clearing the emotions stored in these small specific events, you'll automatically repair the larger global issue.

## **Two points about this idea deserve special attention:**

**1. There can be hundreds or thousands of such specific events underlying a larger issue and thus, theoretically, addressing all of them can be a tedious process.** Fortunately, you do not have to address every specific event to collapse the larger issue. You can usually do the job by collapsing somewhere between five and twenty of its table legs. This is because there is usually a commonality or "general theme" among those specific events. After EFT appropriately collapses a few of the table legs, a "Generalization Effect" occurs that serves to collapse the rest.

**The Generalization Effect** is a fascinating feature of EFT. I call it that because after you address a few related problems with EFT, the process starts to generalize over all of them. For example, someone who has a hundred traumatic memories of being abused usually finds that after using EFT on only five or ten of them, they all vanish. This is startling to some people because they have so many traumas in their life, they assume they are in for unending sessions with these techniques. Not so – at least, not usually. EFT often clears out a whole forest after cutting down just a few trees. You'll see an excellent example of this Generalization Effect in our DVD's session with Rich, the first veteran on the "Six Days at the VA" video in the EFT Course DVD set.

**2. Sometimes the specific event is too long and has so many pieces to it that it should be treated as a separate table top.** The example given above (*The time my mother left me in the shopping mall when I was in second grade*) is such a candidate. Why? Because the event was likely several hours in length and probably contains many pieces such as *the fear of being all by myself; the fear of all those big adults walking around me; the "I-don't-care look" in mother's eyes when I arrived home; the guilt I felt for what I might have done to cause this;* and so on. Each of those pieces is a specific event all by itself and should be addressed separately.

There is an art to identifying which issues are table tops and which are legs, but that comes with experience and practice. When in doubt, go for the smallest pieces. Your success rates will improve when you do. I've seen entire issues collapse by just addressing a small but important piece such as *"the hateful look in my father's eye."* Sometimes the entire global issue can be reduced to a two-second specific event and collapsed in moments with EFT.

When we work with physical symptoms such as severe back pain, the pain itself can be a global issue. After all, if Dr. John Sarno is correct, the reason your back hurts is because you are angry. If you use EFT on the issues you're angry about, your pain will disappear.

But you can also tap specifically for the pain and enjoy an immediate reduction of symptoms. Being free from pain for even a short while can help you think more clearly and use EFT more effectively. Addressing the emotional issues that underlie the pain can keep it from coming back. Until you have an opportunity to do that, use tapping as a first-aid treatment. The results might not be permanent, but they will help you feel more comfortable.

The Setup Phrases we used while introducing the Basic Recipe and mechanical EFT are specific in that they refer to pain and its location, but they are global compared to the statements we could be using. Here are some questions that will help you define your pain more specifically.

## Defining the pain

EFT practitioners like to ask questions, and for many newcomers, the questions are unusual or downright weird. But if you enter into the spirit of the game, specific questions, especially those that invite you to use your imagination, can remove some of the barriers that surround chronic pain and its underlying issues. To help improve your receptiveness to these ideas, tap on the EFT acupoints while you read and answer the following. The examples that follow are from actual EFT clients and students.

When you answer these questions yourself, try keeping track of your descriptions on the forms in Appendix C, pages 275 and 277.

**1. Describe the pain.** Where is it? How big is it? What shape is it? What number do you give it on the zero-to-10 scale?

*It's a rectangular box about the size and shape of a videotape buried deep in my shoulder, and it's a 9 right now*

*It's a flattened oval, the size and shape of a squashed grapefruit. It covers my lower back. I can't move. It's a 10.*



*It's three small hard marbles in my upper right hip. When I press against them the pain is a 6 or 7. When I try to do yoga, it's a 9 or 10.*

*It's a heavy wet blanket that covers my spine. It's a pretty constant 5 or 6. I can still walk and move, but it hurts all the time and weighs me down, and I always know it's there.*

**2. What color is it?** Is it bright or dull? Glossy or matte? Solid or dappled? Vivid or muted? Neon or pastel? Transparent or opaque? Clear or hazy? Blurry or in focus?

*It's bright yellow with orange flecks at the edges like a flame.*

*It's a deep red-orange.*

*It's navy blue, like a dark velvet blue.*

*It's a bright, clearly delineated orange oval surrounded by an indistinct reddish swirling cloud.*

*It's a grimy dull mustard yellow. It needs a bath.*

*It's a bright electric neon blue.*

*It's black. When it lightens up, it's charcoal gray.*

**3. What is its texture?** Is it rough or smooth? Hard or soft? Solid or spongy? Does it hold its shape or shift and change?

*It's hard with a rough, grainy surface.*

*It's very hard and spiky, with thorns all over.*

*It's soft and oozy, like Jell-O. It undulates.*

*It's fuzzy.*

*It's raspy, like rough sandpaper.*

*It's a ball of electricity that shoots lightning bolts down my spine.*

*It's thin and sharp like a needle or an ice pick.*

**4. Does it make a sound?** Do you hear a noise, a voice, a rustle, a crackle?

*It's a dull, heavy, background roar, like highway traffic.*

*It crackles, like a wood fire or like paper burning.*

*It's shrill, like a dentist's drill.*

*I hear a lot of static.*

*It grates and grinds, making a noise like gravel.*

**5. Is the pain steady, or does it pulse or throb?** Is the throbbing intermittent or ongoing? Does the pain come in waves? Does it have a rhythm?

*It's a dull, throbbing, monotonous pain that never stops.*

*It comes and goes. When I least expect it, it zaps me hard.*

*It's like the tides. It starts in the morning at a low level and rises up all day, then at night it recedes.*

*It moves in ripples or waves, starting in my right hip and moving across my back to my left shoulder.*

**6. What does the pain remind you of?** One way to get a good answer to this important question is to say, "This pain reminds me of \_\_\_\_\_," or, "This pain makes me think of \_\_\_\_\_," and wait for your mind to fill in the blank.

*This pain reminds me of being sick when I was a kid and feeling totally helpless.*

*This reminds me of the time I painted the house because I couldn't afford to hire anyone and I sprained my back.*

*This pain makes me think of how much I hate my job.*

*This pain makes me think about my sister-in-law and all the time I had to spend with her planning my niece's wedding. I'm still exhausted.*

**7. When did the pain first appear?** What were you doing? What was happening in your life? What is your pain's history?

*This pain started the week my brother got arrested.*

*This pain started right after I found out I was pregnant.*

*The day I got laid off, I came home from work and tripped on the stair. I've been hurting ever since.*

*My back has been in spasms ever since my wife walked out on me.*

**8. How does the pain make you feel?** This is another crucial question because EFT is Emotional Freedom Techniques, and emotions are the underlying cause of most pain. Does the pain make you angry, frustrated, upset, sad, depressed, irritated, or confused?

*I feel guilty because I'm impatient with everyone, including the cat.*

*Are you kidding? I'm furious! This pain has wrecked my life!*

*I get so discouraged. Everything's an effort. Nothing seems to help. Why bother trying?*

*I'm worried about everything – my business, the kids, money. All I do is hurt and feel sick about not being able to do anything.*

**9. Is there anything else we need to know about this pain?** A good way to ask this question is to say, "This pain must be here because \_\_\_\_\_," or, "This pain makes me realize \_\_\_\_\_,"

*This dark gloomy black awful wet blanket of pain must be here because my adjustable rate mortgage is going up again, I may lose the house, and I'm too depressed to think straight.*

*This bright orange ball of pain in my lower back makes me realize how much I hate living next door to my sister.*

*This pain makes me realize what a big mistake it was to buy a new truck..*

*This pain is here to punish me for what I did last summer.*

**10. Has your condition been diagnosed by a physician?** If so, including this information is another way to be specific. For many, a medical diagnosis complete with official terminology makes the diagnosis "real."

*Even though I was diagnosed with herniated nucleus pulposus lumbar spine at the L5 level....*

*Even though I have a C5-C6 cervical herniated disc that is compressing my spinal cord...*

*Even though I have degenerative adult scoliosis...*

If you don't have a specific diagnosis, you can still take advantage of the power that medical terminology holds over most of us. Borrowing from the preceding descriptions of back pain, consider saying:

*Even though I have deep, throbbing nociceptive pain resulting from old injuries and involving muscle tension, changes in circulation, postural imbalances, psychological distress, neurological effects, spontaneous excitation of the central nervous system, and changes in my limbic-hypothalamic system....*

*Even though I have chronic neuropathic pain from nerve damage, resulting in exaggerated responses to painful stimuli and constant or intermittent burning, aching, shooting, or stabbing pain that fires spontaneously at old injury sites and at other locations along the nerve pathway....*

As you examine the pain, keep tapping and adding to your description so that your Setup Phrase keeps growing. Remember, the Setup Phrase can be as long as you like, and the more you talk to yourself about the pain, the more likely you are to create descriptions that work.

*Even though I have this pain that's the size and shape of a squashed grapefruit in the small of my back....*

*Even though I have this bright orange grapefruit-sized pain in the small of my back....*

*Even though I have this hard, spiky, thorny bright orange pain the size of a squashed grapefruit in the small of my back....*

*Even though I have this hard, spiky, thorny bright orange pain the size of a squashed grapefruit that doesn't make any noise, it's quiet and lethal...*

*Even though I have this hard, thorny, silent spiky bright red-orange grapefruit pain that shoots flaming lightning bolts that stab like sharp needles through my lower back and up my spine....*

*This hard, thorny red-orange pain reminds me of when I had a tooth infection and had to go to the dentist, and I felt so helpless and frustrated....*

*Even though this spiky orange grapefruit pain is interfering with everything in my life so I can't do anything or go anywhere, I can't work, I can't think, it's so frustrating, it makes me so angry, I'm so upset, I feel so helpless, I'm just a wreck, and it's all because of this grapefruit in my back.....*

**11. When you finish tapping, test your results.** Can you move? Can you stand, sit, bend, walk, or whatever you couldn't do before? Compare your pain now to the pain you described at the beginning of this exercise. Measure it on the Intensity Scale. Picture its size, shape, color, texture, and other descriptions. How is it different?

*Now my hard red-orange spiky thorny grapefruit pain is a small square box. It isn't red-orange any more, it's lime green. It isn't spiky or thorny any more, it's*

*smooth. It isn't a 10 any more on the pain scale, it's a zero. It isn't angry and disruptive any more, it's well behaved and apologetic. It didn't mean to hurt me. I feel safe now. I don't feel helpless. When I bend to the left or right, I can't find any pain at all.*

*It was dark brownish yellow and now it's very pale, clear, pastel yellow, almost transparent. It was the size and shape of a golf ball, and now it's smaller than a marble. It hurts a lot less, but I can still feel it when I stand up. I'd say it went from an 8 to a 2 or maybe a 3.*

**12. Measure your progress.** If the pain has completely disappeared, congratulations! Enjoy resuming your normal activities. If the pain has improved but has not completely disappeared, start your next round of EFT with “Even though I still have....” That’s the Setup Phrase to use for whatever pain may be left, for pain that has moved, and for pain that has changed its shape and size but is still with you.

*Even though the pain is still there a little...*

*Even though I still have some of this pain in a small smooth navy blue box on the right side of my spine just below my neck....*

*Even though I still have some of this pain in a soft, round green grape that's stuck in my left shoulder.... It's barely a 3 but it's still there, but I can feel it getting softer and dissolving....*

## **The “core issues” of back pain**

Core issues are the major events or problems that underlie our symptoms. When it comes to back pain, core issues are the gold nuggets that, if we can only find and treat them with EFT, provide rapid relief.

The problem with core issues is that they're not always easy to find. We hide them from ourselves. They're painful. Our subconscious minds don't want us to go there. Our conscious minds are usually clueless – they have no idea what events or memories are lurking beneath the surface or how those events and memories might be causing pain.

In his book *The Divided Mind*, John Sarno, MD, describes Tension Myositis Syndrome, or TMS, as a modern pain-causing epidemic. “In this condition,” he writes, “the brain orders a reduction of blood flow to a specific part of the body, resulting in mild oxygen deprivation, which causes pain and other symptoms, depending on what tissues have been oxygen-deprived.”

According to Dr. Sarno, in addition to afflicting millions with back pain, sore necks, painful joints, carpal tunnel syndrome, fibromyalgia, post-polio syndrome, and muscle strains, TMS is the underlying cause of digestive problems such as gastroesophageal

reflux, peptic ulcer, hiatus hernia, irritable bowel syndrome, and spastic colitis, as well as tension headache, migraine headache, prostatitis, sexual dysfunction, and tinnitus (ringing in the ears). That's quite a list!

Where does pain come from and why? According to Dr. Sarno, pain serves only one purpose. He disagrees with those who believe that pain protects us from further injury or that it has other physiological benefits. Dr. Sarno believes that pain is a reaction to an unconscious emotion and that its sole purpose is to distract the mind from that emotion. He explains:

Psychosomatic symptoms are created to assist the repression of rage and other unacceptable feelings. Although it is not entirely clear why these unconscious feelings strive to become conscious, it is abundantly clear why the brain resists the attempt. Some of those feelings are believed to be too dangerous or embarrassing or otherwise unacceptable to be brought into the light of day, while others are simply too painful to be experienced consciously.

To eliminate their pain, Dr. Sarno instructs his patients and readers to recognize pain as a symptom of anger and other negative emotions. He tells them to resume their normal lives instead of lying in bed or restricting their activities. He says that simply understanding the mind-body connection and realizing that their backs hurt because they are angry is enough to cure most patients.

Dr. Sarno is a professor of Rehabilitation Medicine at the New York University School of Medicine. It's startling to read a book in which a physician of his stature attacks the medical profession for misunderstanding the causes of back pain, routinely misdiagnosing this condition, and prescribing ineffective treatments that have nothing to do with pain's actual roots. He explains that patients are almost always misinformed and frightened by their medical and non-medical advisors, whose advice tends to worsen their back pain symptoms.

The four sources of rage that Dr. Sarno instructs his patients to watch for are

1. Harmful emotions, such as anger, hurt, and sadness, that can be traced back to childhood;
2. Anger stemming from self-imposed pressures to be perfect and good;
3. Anger generated by the pressures of life; and
4. Miscellaneous emotions like guilt, shame, insecurity, fear, and vulnerability, which also feed the anger reservoir.

His compelling theory leads straight to EFT, which can neutralize harmful emotions in record time, and to our search for core issues.

You could simply use mechanical EFT and say, “Even though my back hurts, I fully and completely accept myself,” but if you want to address the pain so it goes away and never comes back, it’s time to start delving beneath the surface by asking yourself the right questions. It’s like being a detective.

Some questions that are routinely asked by EFT practitioners in this situation are: When did the pain begin? What were you doing? What was going on in your life? Who was with you? What happened in your relationship? What was going on at work? Sometimes the answers are obvious. Sometimes they’re not.

If you can’t think of any obvious connections right away, let your mind relax and drift while you think, “If only...” All of us have “if only” moments. They’re sad and filled with remorse or regret. *If only I had married Jane... If only I hadn’t moved to Los Angeles.... If only I’d stayed in school...*

“If I could do it all over” is a similar statement. What would you do over? What person or event would you skip if you could live your life again?

## **The Personal Peace Procedure**

In my online tutorial, I describe the **Personal Peace Procedure**, which is an easy exercise that can be worked on whenever you practice EFT. Try it now. The sooner you start, the sooner you’ll experience true personal peace.

**1. Make a list.** On a blank sheet of paper, or on copies of the forms on pages 279 and 280, make a list of every bothersome specific event you can remember. If you don’t find at least 50, you are either going at this half-heartedly or you have been living on some other planet. Many people will find hundreds.

**2. List everything.** While making your list you may find that some events don’t seem to cause you any current discomfort. That’s okay. List them anyway. The mere fact that you remember them suggests a need for resolution.

**3. Give each event a title** as though it is a mini-movie. Examples: *Dad hit me in the kitchen-- I stole Suzie’s sandwich-- I almost slipped and fell into the Grand Canyon-- My third grade class ridiculed me when I gave that speech-- Mom locked me in a closet for two days-- Mrs. Adams told me I was stupid.*

**4. Tap for the big ones.** When the list is complete, pick out the biggest redwoods in your negative forest and apply EFT to each one of them until you either laugh about it or just can’t think about it any more. Be sure to notice any aspects that may come up and consider them separate trees in your negative forest. Apply EFT to them accordingly. Be sure to keep after each event until it is resolved. After the biggest redwoods are removed, look for the next-biggest, etc.

**5. Work on at least one event movie per day** – preferably three – for three months. It takes only minutes per day. At this rate you will have resolved 90 to 270 specific events in three months. Then notice how your body feels better. Note, too, how your threshold for getting upset is much lower. Note how your relationships are better and how many of your therapy type issues just don't seem to be there any more. Revisit some of those specific events and notice how those previously intense incidents have faded into nothingness. Note any improvements in your blood pressure, pulse, and breathing ability, and of course note the improvements in your back pain and range of motion.

I ask you to consciously notice these things because, unless you do, the quality healing you will have undergone may be so subtle that you don't notice it. You may even dismiss it by saying, "Oh well, it was never much of a problem anyway." This happens repeatedly with EFT and thus I bring it to your awareness.

**6. If necessary, see your physician.** If you are taking prescription medications, you may feel the need to discontinue them. Please do so **ONLY** under the supervision of a qualified physician.

It is my hope that the Personal Peace Procedure will become a worldwide routine. A few minutes per day will make a monumental difference in school performance, relationships, health, and our quality of life. But these are meaningless words unless you put the idea into practice. As my good friend Howard Wight writes, *"If you are ultimately going to do something important that will make a real difference...do it now."*

## **The Watch a Movie and Tell a Story Techniques**

In our search for core issues, we often use the Movie and Story Techniques. In both methods, you review a past event while tapping to reduce its emotional charge. The difference between the two is that in the Movie Technique, you watch events unfold in your mind, as though you're watching a movie, while in the Story Technique, you describe the events aloud.

The "plot" of the movie or story is usually very short. The key event lasted only a few seconds or a minute at most. However, if jumping straight to the key event is too painful, the movie or story can begin a few minutes before the key event.

The event may have hurt, but its retelling doesn't have to.

Unlike psychotherapy techniques that require clients to relive unpleasant past events in excruciating detail, EFT's approach is gentle and flexible. You watch the movie or tell the story until you reach a point that feels uncomfortable. Instead of forcing yourself to push on, step back and tap until the emotional intensity fades.



When you feel comfortable again, resume the movie or story. When feelings rise up again, take a step back and tap. In this simple two-steps-forward and one-step-back process, you can revisit any trauma and completely neutralize its emotional impact in minutes.

Our bodies store traumas, and our mental movies are keys that unlock emotions that are stored with those traumas. Because EFT tapping reduces the emotional charge attached to past events, it transforms the traumas, memories, energy blocks, targeted body parts, and emotions that were previously locked together. With the emotional charge gone, the traumas become normal memories, the connections disappear, and the pain once associated with them vanishes as well.

## **Visual, auditory, and kinesthetic experience**

In order to tell stories or watch movies about past events, we have to reconstruct them. How we do this depends on how we experience the world. Are you a visual person who notices how things look? An auditory person who notices how things sound? A kinesthetic person who focuses on how things feel? Understanding your approach to life will make it easier to create effective Setup Phrases and find core issues.

Most of us are primarily visual. That is, we see things in our minds, so we find it easy to imagine and describe objects, colors, and other visual details. If this is how you “see the world,” think about the issues you want to address with EFT in visual terms. For example, questions that work well for visual people include:

What did you see?  
What color was the car?  
What kind of clouds were in the sky?  
How large was the building? What did it look like?  
What was he wearing?  
What does your pain look like? What shape is it? What color?

The rest of us are primarily auditory. We replay conversations and hear people’s voices and other sound effects in our minds. Questions that work well for auditory people include:

What did you hear?  
How noisy or quiet was it?  
What music was playing?  
Was the cat purring?  
Did the door squeak?  
Did she speak with an accent?  
Could you hear birds chirping?  
Could you hear the waterfall? Fountain? Ocean waves? River rapids?  
Does your pain make a noise? What does it sound like?

Visual details and sounds remembered from past events make the scenes of our movies and stories complete. EFT practitioners find that most people respond well to questions concerning appearance and/or sound.

But a few of us are primarily kinesthetic. Kinesthetic types don't experience the world by seeing or hearing things; instead, they feel them physically. For someone who experiences the world through touch, texture, and other physical sensations, questions about sights and sounds do little to recreate past events.

Instead, kinesthetic types respond best to questions such as:

What did it feel like?  
What was the sand's texture?  
Could you feel the car losing speed?  
Did the package feel heavy?  
Where exactly does your back hurt?  
Can you feel bones grinding under your pain?  
Do the muscles feel hot and swollen? Cold and frozen?

Paul Zelizer adapts our EFT Movie Technique to fit a kinesthetic client in this interesting report.

## **The Movie Technique for a kinesthetic back pain patient by Paul Zelizer**

Recently I was working on Jeff, who had several frozen muscles in his lower back on his right side resulting from a series of accidents over a period of 15 years. Jeff's left side had responded to numerous acupuncture, chiropractic, and bodywork treatments but the right side did not respond and was still frozen and at times painful.

Jeff is a body worker and a martial arts instructor. He is one of the most kinesthetic learners I have ever met. So my attempts to get more information through the interview method I use in physical pain situations, using lots of visual imagery, didn't go far.

I love to focus on intuition in EFT, so I listened to my intuition, which kept going back to the Movie Technique. I wasn't sure why, but it seemed very important. I wondered how I could use the Movie Technique with someone who is heavily kinesthetic. We were working in a room with a massage table, so I had Jeff lie on the table and show me where the pain was. He showed me where his back started freezing up and hurting when he twisted, then he showed me exactly the point in the twist where the freezing started. A light bulb went on in my head.

I had Jeff go to exactly the point where the freezing and pain started and then asked him to "back off two degrees". In the Movie Technique, you ask the client

to visually go to the place in the movie just before there is any significant emotional pain and tap there. While Jeff stayed in that position, which didn't hurt at all, we started tapping.

*Even though there is this pain in my lower right back that started when that drunk hit me...*

We used reminder phrases like *the pain in my lower right back* and *this pain from the accident with that drunk*.

After two rounds, Jeff could move forward in the kinesthetic movie. His range of motion increased about 20 percent. Then, he came to another point of pain and frozen muscles. I asked him if it was okay if I touched that place while he went just to the point of feeling frozen and then back off two degrees. He said yes. While I gave gentle pressure with two fingers, I asked him to bring his attention to that spot and see if he could get a sense of what was being stored there.

He had a memory of two other accidents from when he was younger that did not involve cars. We got some details about those two accidents and tapped on them. Within two rounds, his pain and frozen muscles were releasing. In about 40 minutes they were completely gone. Jeff now has equal range of motion on both the left and right. Given that he had been working on the area with acupuncture, chiropractic, and bodywork for more than ten years, we were both quite surprised.

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The Tearless Trauma Technique

The Movie and Story Techniques are powerful and effective, but in some situations, as gentle as they are, they can still be too intense, too overwhelming, too frightening, or too uncomfortable.

I always remind people that in EFT, you don't have to feel worse in order to feel better. If the memory of a traumatic past event is simply too painful to think about, the Tearless Trauma Technique can help.

Since I first introduced this technique, it has been used with great success by many. However, the term "tearless" does not mean that no one has ever shed tears or experienced discomfort while using it. Indeed, some people respond with tears or other forms of distress at the mere mention of their issue. Please consider The Tearless Trauma Technique as a method for eliminating distress with a minimum of discomfort.

In most of our EFT work, we recreate specific memories and then tap to neutralize their emotional charge. But in the Tearless Trauma Technique, we don't recreate anything. We just think about the traumatic event from a distance, in the most general way, while tapping.

I know that procedures that avoid or minimize emotional pain are criticized by some members of the healing community who believe that traumatic experiences must be thoroughly re-experienced before they can be completely relieved. I personally don't see why pain is at all necessary for healing to take place, although I would welcome debate on this. I feel confident saying this because I have taken care of a mountain of traumatic incidents (some of them VERY severe) and, after their healing, the clients have no interest at all in exploring insights or analyzing the "why" of their past experiences. More importantly, they are for the first time in their lives free from incapacitating emotional pain, and the results last. The pain never returns.

As soon as their energy shifts, there is a visible and obvious cognition change in the way these clients talk about once-troublesome incidents. They seem done with their issues because the resolution that is so highly valued by more intense techniques seems to take place within the EFT session with minimal pain. To me, this is so profound that it tempts me to rename the process "Peace without Pain."

The Tearless Trauma Technique works well in groups, in one-on-one sessions, and even for those working alone.

1. Start by identifying a specific traumatic incident from your past. Choose something that is at least three years old to minimize any complications from the dynamics of a current event. An example might be "the time my father punched me when I was 12." In contrast, "my father abused me" would be too broad because, chances are, the abuse took place over many incidents. Throughout this exercise, remind yourself to stay on your original issue because it's easy to shift to other issues as you tap.

2. Now GUESS at what your emotional intensity would be (on the 0-10 scale) *IF* you were to vividly imagine the incident. *DO NOT* actually imagine it (although many close their eyes and do this anyway). This GUESS is a surprisingly useful estimate ... and it serves to minimize emotional pain. Write your GUESS down. This guess represents your memory's emotional intensity.

3. Next, develop a phrase to use for the EFT process, such as "this father-punch emotion," and then proceed with a round of tapping.

4. After this round of tapping, take another GUESS as to what your emotional intensity about the subject is now and write it down.

5. If your emotional intensity is still strong, perform more rounds of EFT using the same phrase. In my experience, a total of three or four rounds will bring just about everyone down to GUESSES of 0 to 3.

6. Perform another round of tapping once you come down to acceptably low GUESSES. After this round, try to vividly imagine and actually relive the incident. Notice that this is the first time you are being asked to do this. All previous times have been relatively painless GUESSES. In my experience, just about everyone goes straight to zero and the rest are at very low numbers.

I urge everyone who works with trauma to try this. Try it on groups. Try it on individuals. Try it on war veterans, rape victims, and torture victims. Try it wherever trauma is involved, especially with those who are afraid of the intensity they usually feel when discussing or "getting into" their incident.

The energy based therapies have been very impressive in their ability to handle negative emotions. That is indelibly clear to practitioners using these procedures. I think the above technique, properly mastered, adds a useful component to the "art of delivery."

Using the Tearless Trauma Technique by Steve Wells

I just spent the weekend presenting a personal development seminar incorporating EFT and other Energy Therapy techniques. I tried out the Tearless Trauma Technique and it worked exactly as described.

Sixteen people were all at an 8, 9, or 10 when guessing the intensity of their traumas at the beginning of this exercise. Eleven went to zero or near zero after four rounds of tapping. The others were all at 4 or 5, and two more rounds took care of most of this. During the break, I offered to help one woman whose level of discomfort remained at a 4, but she told me she really saw how she could get beyond this herself and wanted to do so as she felt empowered by the technique.

Most of the participants were absolutely astounded when they tried to re-access their original feelings and weren't able to. One gentleman reported that an incredible feeling of sadness he'd been experiencing almost his whole life regarding his father was absolutely gone and he was now experiencing a feeling of complete peace. You should have seen the way his face shone. This guy had previously had a taste of EFT in another seminar. He came to this one because after he used EFT to deal with his constant anger and anxiety, his wife said it was like getting a new husband. Needless to say, she was VERY happy for him to come back and do more. I think now his own mother wouldn't recognize him.

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To help yourself or someone else make the transition from the Tearless Trauma Technique to the Tell a Story or Watch a Movie Technique, try some of these strategies.

**Give the traumatic event a title**, as though it's a story or movie, but don't get involved with the plot. All the event needs at this point is a title. After using the Tearless Trauma Technique to reduce the emotional charge of the title, take a look at the movie and see whether the plot still carries an emotional charge. You may notice that what used to appear on your mental screen as vivid, colorful, full-sound action shots are now faded, fuzzy, out of focus, vague, and tired looking. The sound quality has deteriorated. The compelling moment-by-moment action sequence has been replaced with something far less specific.

**Store the traumatic episode in a box** and place it on a table or chair before using the Tearless Trauma Technique to reduce the event's emotional charge. When you feel completely neutral about the box, open it up and see what's inside. Thanks to EFT tapping, the contents should look old, faded, distant, no longer powerful, and in fact a little boring.

**Hold a real or imaginary book and picture its title on the cover.** This is a book about your traumatic event. Set it down, perform the Tearless Trauma Technique, and when you feel neutral about the book, open it up and see what's inside. You may yawn with boredom. Any lack of interest on your part is an indication that the technique has done its job.

## **Chapter Seven:**

# **Choices, Solutions, and Tapping Tips**

### **Dr. Patricia Carrington's "Choices" Method**

Patricia Carrington, Ph.D., Associate Clinical Professor at the UMDNJ-Robert Wood Johnson Medical School in New Jersey, was one of the first clinical psychologists to incorporate EFT into her professional practice. She not only became a leading practitioner of Emotional Freedom Techniques, she made an important contribution to its Setup Phrase.

Basic or mechanical EFT focuses entirely on problems. It starts with statements like, "Even though I have this pain in my back.." or, "Even though my shoulder is in agony..." and ends with the phrase, "I deeply and completely accept myself." The treatment then proceeds with the repetition of a "problem" reminder phrase such as the phrase, "This pain."

There's no doubt that by using this type of Setup Phrase, you can tap a problem out. But Dr. Carrington took a different approach and showed that you can also tap a *solution* in.

She did this by adding "I choose" to the last portion of the Setup Phrase, making it possible for the person to define or describe a specific desired outcome by inserting an affirmation or positive statement after the words "I choose."

As she explains:

When I was using EFT with my own clients in psychotherapy, I soon discovered that I could get even better results if I allowed them to insert their own positive affirmations into the EFT statement. This way the Setup Phrase became perfectly suited to the problems they were addressing.

For example, if a person's hand was throbbing, I would suggest an EFT statement such as, "Even though my hand is throbbing, I choose to have my hand be comfortable and pain free." This immediately makes perfect sense to the injured person; it expresses precisely what they want to bring about – the cessation of pain and the healing of their hand.

It was through experimenting with my own clients that the EFT Choices Method was born. In it, the person applying the method identifies the outcome that they would truly like to have for the problem at hand, and then puts this desired outcome into a phrase which they use at the end of the Setup phrase. Instead of

“I deeply and completely accept myself,” this phrase commences with the words “I choose.”

It’s important to note that “I choose” is not used in the format of a traditional affirmation. The latter is a statement that is intentionally contrary to fact, as, for example when a person living in a dingy basement apartment says, “I live in a beautiful sunny home.” This statement is intentionally contrary to fact. According to the rules of traditional affirmations it will result in subconscious programming that attracts the “beautiful sunny” home of the person’s dreams. All too often, however, traditional affirmations result in doubt and skepticism on the part of those who repeat them, particularly if the affirmation is in too sharp a contrast to their current state of affairs.

When people tell themselves that they live in a beautiful sunny home when in fact that is obviously not true, the traditional affirmation is apt to create what EFT refers to as a “Tail-ender”. A little doubting self-statement in the back of our minds says, “Oh yeah? I know that’s absurd!” or “I’ll *NEVER* have that!” or “I feel like a fool for saying this.”

Such self-doubts are stilled, however, when you place the words “I choose” at the beginning of your affirmation statement. For example, if the person described above were to say, “Even though I live in a dingy basement apartment, I choose to live in a lovely sunny home,” the statement would be immediately believable because anyone has the right to make a “choice” and this doesn’t contradict the situation they are in.

This method of injecting “Choices” into EFT soon developed into a definite protocol which I found to be extremely effective, not only for my own clients and workshop participants, but for many others as well. I then formalized the Choices Method and began training other people to use it. It was almost immediately greeted with enthusiasm in the EFT community, and today many thousands of people are using EFT Choices statements. In particular, psychotherapists, counselors, and personal performance coaches are using the Choices Method because it so precisely targets their clients’ problems.

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Dr. Carrington’s six rules for phrasing Choices statements are sensible and effective:

1. Be specific.
2. Create *pulling* Choices .
3. Go for the best possible outcome
4. State your Choices in the *positive*
5. Make Choices that apply to *you*
6. Make Choices that are easy to pronounce

“Pulling Choices” use words that draw you in and make you feel involved. They are the opposite of dull and boring statements. Dr. Carrington begins with the example, “I choose to express myself in a way that gets my points across to Susan,” which is a perfectly accurate statement as far as it goes. But, she says, an even more appealing version might be, “I choose to find a *creative* way to get my points across to Susan.” As she explains, the word *creative* gives the statement some excitement and suspense. You wonder what would be a *creative* way to get your points across. As she says, “Curiosity is a powerful motivator. “ *Surprise* is another word that can draw us in, so another effective statement could be, “I choose to *surprise myself* by finding easy and enjoyable ways to get my points across to Susan.” *Easy* and *enjoyable* are pulling words, too, and they help make this a compelling statement.

Here’s an example of a Setup Phrase that falls short of the six recommendations:

Even though my back hurts, I choose to have it not hurt.

Following Dr. Carrington’s suggestions, we can add specific details about the pain, insert some interesting or compelling ideas, describe what we’d rather have, replace negative words (no, not, can’t, won’t, etc.) with positive words, and create a personally rewarding Choices Phrase. For example:

Even though I have this sharp, red, throbbing, angry, hard, pyramid-shaped pain stabbing the small of my back just to the left of my spine, I choose to be delighted by how easy it is to enjoy a relaxed, pain-free game of golf tomorrow, with full range of motion, perfect coordination, and my best score yet.

Even though my back has me crying in pain, and I can’t believe that this tapping business is going to make any difference at all, I choose to have this whole situation work to my advantage. I choose to have fun doing these EFT exercises in the most ingenious way, with the enthusiastic cooperation of my brilliant subconscious mind, so that the whole process is easy, comfortable, and effortless, and my back feels completely well.

While tapping on the EFT acupoints, try alternating between “problem” and “solution” reminder phrases.

For example, in the first round of tapping, use “problem” reminders:

Top of Head:	<i>stabbing pain</i>
Inside Eyebrow:	<i>so frustrating</i>
Side of Eye:	<i>terrible pain</i>
Under Eye:	<i>can’t move</i>

and so on, through all the tapping points

Or use the same complete “problem” sentence on all of the acupoints, such as:

Top of Head	<i>I'm upset because my back is in agony.</i>
Inside Eyebrow:	<i>I'm upset because my back is in agony.</i>
Side of Eye:	<i>I'm upset because my back is in agony.</i>

and so on, through all the tapping points.

Then, in the second round of tapping, use only positive “solution” phrases, such as:

Top of Head:	<i>better already</i>
Inside Eyebrow:	<i>pain-free</i>
Side of Eye:	<i>complete range of motion</i>
Under Eye:	<i>everything's easy</i>

and so on, through all the tapping points

Or use the same complete “solution” sentence on all of the acupoints, such as:

Top of Head:	<i>I choose to feel completely well in every way.</i>
Inside Eyebrow:	<i>I choose to feel completely well in every way.</i>
Side of Eye:	<i>I choose to feel completely well in every way.</i>

and so on, through all the tapping points.

In the third and final round of tapping, alternate between “problem” and “solution” phrases, such as:

Top of Head:	<i>stabbing pain</i>
Inside Eyebrow:	<i>I feel wonderful</i>
Side of Eye:	<i>sharp spasms</i>
Under Eye:	<i>full range of motion</i>
Under Nose:	<i>so frustrating</i>

and so on, through all the tapping points, always ending on a “solution” phrase.

Or alternate between the two complete sentences used above:

Top of Head:	<i>I'm upset because my back is in agony.</i>
Inside Eyebrow:	<i>I choose to feel completely well in every way.</i>
Side of Eye:	<i>I'm upset because my back is in agony.</i>
Under Eye:	<i>I choose to feel completely well in every way.</i>

and so on, through all the tapping points.

To be sure your final phrase is positive (you should always end on a positive note), finish by tapping on the Inside Eyebrow point while saying a positive reminder phrase.

Some practitioners start with problem reminder phrases in the first round of tapping, alternate between problem and solution reminder phrases in the second, and devote the third round entirely to solution statements.

Some begin with the basic EFT Setup Phrase (“Even though ____, I fully and completely accept myself,” or something similar) for their first two Setup Phrases and switch to Choices phrasing for the third Setup Phrase.

Some use only one Setup Phrase and incorporate everything in it before they start tapping the acupoints. Like EFT itself, the Choices Method is flexible, and there is no single “right” way to use it.

The Choices Method is brilliant because it helps people figure out not only what they don’t want but what they do want, it installs affirmations and positive statements, and it helps speed results. Patricia Carrington is truly an EFT pioneer, and I applaud her discoveries.

EFT tapping tips

Experience is the best teacher, and as you experiment with EFT, you will develop your own approach. In the mean time, tap while you read reports about EFT sessions that work. This simple practice will help you incorporate many different approaches into your EFT repertoire.

For example, here is how EFT practitioner Jerem Egan dealt with a client’s upper back and neck pain. Notice how he incorporates her belief that nothing can help her pain and then describes the pain, deals with the pain as it moves from one location to another (“chasing the pain”), and invites her divine consciousness to participate in the healing.

Incorporating several approaches in one EFT session by Jerem Egan

K.S. had tried many natural and allopathic treatments for over 15 years without much relief for her chronic upper back and neck pain.

We started out with:

Even though I don’t believe that anything can help my pain...
Even though I don’t believe EFT can help...
Even though I have this right-side neck pain...
Even though I have this right-side neck pain when I move this way...

At this point, her pain began to move and we chased it from one part of the neck to another, then to the nape of the neck, then to the shoulder area, addressing each area as a separate aspect.

We used the Basic Recipe for at least two rounds on each of these different aspects, including the 9 Gamut treatment. The 9 Gamut treatment seemed to make a difference and improve the results.

Then I had her tap while saying things like:

My divine consciousness flows through me and heals any part of me that's out of balance...

My divine consciousness is always available; it is within me and all around me; it has unlimited healing potential; I choose to keep inviting this unlimited divine healing energy into my energy system on an ongoing basis. I love my neck. It's a great neck. It's the best neck I've ever had!

Humor is always helpful, and soon K.S. was laughing and relaxing. We also addressed her issues about stress at work, which were important to the overall picture.

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Dr. Carol Look offers ten innovative tapping tips that can help experts and novices alike improve their results. All of these are excellent ways to help take your EFT skills to the next level.

## **Top ten tapping tips** by Dr. Carol Look

I have compiled a list of my favorite tapping tips that have had a dramatic influence on my work and results with clients. Use any that work for you, but I highly recommend trying them all before you dismiss them, especially the ultra simple ones.

### **1. Opposite Hand Tapping:**

When tapping on yourself, use your non-dominant hand for a full day, then switch back to your dominant hand on the following day, and back again the next day. You could also alternate hands from round to round of EFT. In my personal opinion, alternating in this way is very helpful because it allows you to more fully integrate the emotional material that you are working on. Of course, we usually favor one side, tending to be right-handed or left-handed, so making use of the "other" hand while tapping through emotional conflicts helps to more fully neutralize the issues. For those who do telephone sessions as either client or practitioner, switch the phone from side to side regularly as well, so alternating ears are "hearing."

Here is another variation...**Cross Over Tapping:** Cross your hands over each other when you tap---so your right hand is tapping on your left side of your face

and body, and your left hand is tapping on the right...at the same time. Also, consider tapping while in different positions. Aren't you always sitting down while tapping? Try standing up when using EFT, try lying down, and tap while you are rolled over on your side. Notice if any new material surfaces. Our bodies are brilliant, and they have stored so much information for us.

## **2. Argument Tapping**

I love using this process with clients in a group setting because most people find it surprising and amusing and seem to get something of value out of it. When you are tapping, voice both sides of an argument with another person around an issue of self-esteem or conflict about yourself. For instance, let's say your mother or father said you "wouldn't amount to anything"...or that "people like you can't get wealthy"...or that "people like you are never satisfied"...etc. Take both sides and argue the points while you tap, alternating the sides with each consecutive point. For instance, start with the karate chop point, and say, *Even though he said I was no good and wouldn't amount to anything, I choose to accept myself now anyway...* Then move to the regular sequence of points and tap as if you are arguing with another person as follows:

Eyebrow: *You won't amount to anything...*

Side of Eye: *Yes, I will...*

Under Eye: *No you won't...*

Under Nose: *Yes I will...*

Chin: *Don't be ridiculous...*

Collarbone: *I'm smart enough...*

Under Arm: *Who are you kidding?*

Top of Head: *I know I can do it...*

Be sure to follow how the argument is "looping" in your memory, and vigorously argue both sides. This will help chop down a lot of "trees in your forest." Proceed with other similar arguments. The Argument Tapping technique is wonderful for the brain, for the emotional release, and I expect that the absurdity of it all will surface for many of you and feel quite relieving.

This is also useful for getting the tail-enders into your tapping. The next variation of Argument Tapping is to argue with *yourself* while tapping. When you are tapping and saying something positive, for instance, *I know I have what it takes to be successful...*you might "hear" a tail-enders that says *"No I don't!"* Use whatever tail-enders that come up for you in your current round of EFT. So again, you are arguing, but this time with yourself. It would sound like this:

Eyebrow: *I have what it takes to be successful...*

Side of Eye: *No I don't...*

Under Eye: *I am smart enough to figure this out...*

Under Nose: *No I'm not!*

Chin: *Yes I am!*

Collarbone: *No I'm not...*

Under Arm: *I accept my feelings...*

Top of Head: *I appreciate who I am...*

### **3. Refusal Tapping**

When you are using EFT, do one full round of Refusal Tapping to get over the issue you have selected. We have all been told what to do, controlled on a regular basis, influenced by others and manipulated all our lives, and when trying to change, it is very natural to experience an enormous amount of emotional resistance. Part of us believes the change is threatening to our survival. Try giving this part of you a voice for a change, and feel the relief of saying "No!" Don't be surprised when this technique speeds up the change you were intending. Refusal Tapping is very helpful with chronic illnesses. Your round from the eyebrow point to the top of the head would proceed as follows:

Eyebrow: *I refuse to give this up...*

Side of Eye: *Don't even try to make me...*

Under Eye: *I am so happy I don't have to get rid of this...*

Under Nose: *I refuse to change...*

Chin: *You can't make me...*

Collarbone: *Ha ha, I'm keeping this problem...*

Under the Arm: *You can't make me get over this...*

Top of the Head: *I REFUSE TO LET GO OF THIS ISSUE.*

### **4. Look in the Mirror**

While tapping several rounds in a row, look into the mirror. This will help you in several areas.

This extra boost will encourage you to absorb the positive affirmation of the setup statement more fully (*I deeply and completely love and accept myself*).

It will help you when you need to use visualization instead of regular tapping if you are in a public place and don't feel free to tap on your face and body. You will now have a picture and corresponding memory of what you look like when you tap.

This technique will allow you to see the subtle changes that occur in muscle tone, color and energy in your face and body as you tap. Definitely make use of these clues.

Look into a mirror as you tap for your deepest emotional conflicts. This works especially well for chronic low self-esteem issues.

Sometimes my clients who are calling for a phone session from their office look at their reflection in their computer screen to enhance the emotional release during the session.

In the same way that affirmations will automatically bring up a 'tail-ender,' looking in the mirror when you say 'I deeply and completely accept myself' will trigger discomfort that is then exposed and addressed during the treatment.

## **5. Singing Affirmations (while you tap)**

You may either sing the entire round from negative to positive, or just use singing on the second round when you are "installing" the positive statements. As usual, I do the first round focusing on the "problem" and often switch during a second round (before doing Setup Phrases again) to more positive statements (such as Pat Carrington's CHOICES), goals, and intentions. So during this second round, sing your affirmations instead of speaking them. This helps activate the right brain (which is why we use humming in the 9-gamut procedure) and any time we are doing something to promote balance between our two hemispheres of the brain, we are moving towards emotional and physical health.

## **6. Thank-You Tapping**

Do at least three rounds in a row while tapping on your "Thank You List." For example:

*Eyebrow: Thank you God (Spirit, Universe, Higher Power, Source, Universal Intelligence) for such an abundance of loving friends in my life.*

*Side of Eye: Thank you God for bringing me the perfect clients for my business.*

*Under the Eye: Thank you God for resolving that disagreement so quickly.*

*Under the Nose: Thank you God for bringing that wonderful miracle through me to my client who was in pain.*

*Chin: Thank you God for my vibrant health and energy.*

*Collarbone: Thank you God for all the blessings I have in my life today.*

*Under Arm: Thank you God for bringing me such peace in my life.*

*Top of the Head: Thank you God for continued guidance and clarity on my path.*

## **7. Guest Tapping**

When you are tapping at home alone, wouldn't you like some extra help? Choose your favorite EFT practitioner, someone you want to give a test run, or Gary Craig, and pretend he or she is tapping for and with you. Picture it, feel it, hear the person's voice (you might have this in your head from a class or some of the videos). This will help those of you who don't think you're good enough at tapping (even though you are...) and it opens up your treatment options tremendously. Allow your intuition to choose someone. And don't be surprised when the "guest tapper" comes up with profoundly brilliant ideas!

## **8. Photo Tapping**

Take out old family photos and identify feelings, themes, incidents and thoughts that were going on when the pictures were taken. You might even take out your high school year book (since High School seems to be so fraught with conflicted feelings for many people...) and tap a few rounds while you are looking at yourself. You may be shocked at how effective this is for bringing up emotions you thought had been "handled." Here are some options:

Look at yourself in the selected photo objectively, and use words as if you are treating someone else... *Even though he was feeling so vulnerable back then, he has a good heart and meant well...Even though he was so scared back then, he's a great person and has really matured.*

Use the first person singular... *Even though I was miserable during this time because of that incident, I deeply and completely love and accept myself...Even though I was feeling so sad because of the rejection...Even though I was confused...Even though I didn't realize I was such a geek..*

Do the same for family members when you see them in the photos: *Even though he was angry and said that hurtful thing to me...I deeply and completely love and accept myself...Even though he was drunk in that photo and I remember the fight we had, I choose to release the pain of it now and accept both of us.*

## **9. Past Tense Tapping**

After you have completed two or three rounds on whatever issue you have chosen, do a final round in the past tense, feeling what it would feel like if you had completely gotten over the problem (even if you haven't yet). Communicating to yourself this way is very effective. Really *FEEL* the relief you feel now that it is over!! This is critical.

Eyebrow: *I am so grateful I got over this problem...*

Side of Eye: *I'm so relieved this is over...*

Under Eye: *I am so happy I am free of this conflict...*

Under Nose: *It's about time I got over that!*



Chin: *Finally, it is in my past where it belongs...*

Collarbone: *At last, relief and peace on this issue...*

Under Arm: *I so appreciate all the progress I have made...*

Top of Head: *Finally, I feel peace from that problem.*

## **10. "You" Tapping**

While tapping on one of your own issues, use the "second person singular" over and over. For example, setup statements at the karate chop point would be: *Even though you made a mistake, you were trying to do it right and are allowed not to be perfect...Even though you didn't mean to hurt her, consider accepting all of you and your feelings...Even though you don't want to forgive yourself, try accepting your feelings anyway.* Then tap the sequence of points using "you" as the subject:

Eyebrow: *You made a mistake...*

Side of Eye: *So what?*

Under Eye: *You meant well...*

Under the Nose: *You are human...*

Chin: *You don't need to be perfect...*

Collarbone: *You are lovable anyway...*

Under Arm: *You are such a good person...*

Top of head: *You are totally lovable and worthy anyway.*

## **11. Kiss and Tap**

Here's a bonus tapping tip. Kiss someone you love on all the face points and say I love you. Great for kids! Great for lovers! Also, kiss yourself on the finger points of both hands, the karate chop point on both sides, the gamut spot, and any other spots you can reach. Do this very tenderly.

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When EFT doesn't work

EFT can work in the most extreme conditions, when many factors could be expected to interfere with its success, so there are no hard and fast rules about when and where it will work and where it won't. But from time to time conditions do interfere. The following are common problems that are easily corrected. If you find that EFT isn't working – you or the person you're working with experience no change and the situation seems stuck – try these remedies.

1. There may be a problem with energy in the room, or you may be exposed to an energy toxin. Try going outside or into another room. There are many possible sources of electromagnetic interference, including fluorescent lighting. An easy way to help clear your mind and body is to go outdoors and stand for several minutes with your bare feet on bare ground, grass, sand, concrete, or rocks. The earth supplies a constant supply of free electrons, which are anti-inflammatory and help balance energy. Wearing shoes, being indoors, and riding in cars insulates us from those free electrons.

Our modern lifestyles also deprive us of full-spectrum natural light, which our endocrine systems need in order to function well. To remedy that problem, spend as much time as possible outdoors, on a screened porch, or near an open window or doorway – without wearing sunglasses, reading glasses, or contact lenses, all of which prevent the transmission of full-spectrum light. A shady location is fine so long as your eyes have access to natural light.

In addition, being outdoors (assuming the air quality is reasonable) provides fresh air and oxygen. Take several deep breaths, really filling your lungs. Then try your Setup Phrase and tapping sequence again.

2. Maybe it's something you ate. A few years ago I worked with a woman who had suffered major bouts of depression since age nine. When I first met her, Louella was suicidal. Tears came easily and "hopeless" seemed to be her favorite word. EFT tapping helped, but whenever her depression lifted a little, it came right back – and this continued after we found and treated several core issues, relieving her back pain and asthma along the way.

During our sixth partially successful session, she felt better until she ate an apple. Within minutes she was on the brink of a panic attack, her depression shot back to a 10, she acted as though she had taken a drug, and she fell asleep for several hours.

We invented a “detective diet” to establish what other foods might be causing her problem. She agreed to eat only organic foods (the apple that put her to sleep was not organically grown), eat one food at a time, and wait one hour between foods.

From the moment Louella started this detective diet, her depression began to lift, and within 24 hours it completely disappeared. She began sleeping normally, went on long hikes with friends, enjoyed dancing again, and vacationed in Spain. She learned to avoid wheat, which was the only organic food that triggered an adverse reaction. As long as she stayed away from wheat and commercially grown fruits and vegetables, she felt terrific.

Louella's food sensitivities are not unusual. Many holistic physicians routinely recommend that their patients stop eating common allergens, like wheat and dairy products, and in many cases their health improves right away.

Many EFTers notice that when they eat certain foods, they soon feel tired, their memory declines, simple projects seem suddenly complicated, and even the simplest EFT tapping requires exhausting effort. In fact, many forget all about EFT. Responses to

food are individual, but many experience this kind of fatigue soon after they eat sweets and simple carbohydrates.

Those familiar with Applied Kinesiology (see Appendix B, page 265-272) can use muscle testing to check for food sensitivities. There are also blood tests that diagnose sensitivities to specific foods. But one of the easiest ways to discover which foods and substances have an adverse effect on your health, disrupt your energy, and interfere with the effectiveness of EFT is to take your pulse.

Arthur Coca, MD, founder of the *Journal of Immunology*, was a highly regarded research scientist in New York in the 1950s. He worked on the cutting edge of medical technology, but the discovery that brought him the most satisfaction was the least complicated. He observed that if you eat a food that agrees with you, your pulse will remain stable. If you eat one that doesn't, your pulse will increase. In his medical practice and through the book he wrote (*The Pulse Test*), Dr. Coca trained thousands to monitor their diets and avoid their personal allergens. With this simple technique, he not only treated but cured all types of health problems, including serious diseases.

For details about the Pulse Test and how to use it to improve your EFT results, see Appendix B, page 262.

3. Try varying the Setup Phrase. Try switching from the Karate Chop point to the Sore Spot for your set-up phrase, or vice versa.

Also, your set-up phrase may be too general, too global. Make it more specific. Focus on a single incident or a single upsetting detail in an incident. By alternating between the Sore Spot and Karate Chop point and by focusing on the details of upsetting past events, you'll make rapid progress. If the Acceptance Phrase is a stumbling block, use the suggestions in Chapter Four (page 50) to change it.

4. You may not know what to tap for. This is not unusual, especially for beginners. It's hard to know what issue to choose, which detail to select, or how to address an issue once you find it. Your subconscious mind can be your ally here. Try using a Setup Phrase that invites the subconscious mind to communicate, such as:

Even though I don't know how to use EFT for this problem, I know that my imagination will come up with an appropriate phrase.

Even though I don't know how to define this problem, the right words will come to me without effort.

Even though I can't think right now, I know that deep within me my clever, intelligent mind understands exactly what I hope to accomplish, and it is organizing my thoughts in the best possible way for a good outcome.

5. You may need to do more repetitions. I often say that the secrets to success with EFT are focus and perseverance. As long as you experience at least some improvement, you are moving in the right direction. EFT practitioners and students often

report that when they felt stuck, going nowhere, but continued to tap and tap and tap – suddenly everything shifted.

6. You may be avoiding unhappy memories. Some people feel uncomfortable saying negative Setup Phrases. They're afraid that thinking about a problem will make it worse. This fear is actually a wonderful tapping subject. By focusing on their fear of tapping, many EFT novices have jumped straight to core issues with excellent results. Example: *I don't want to tap on my weight problem.*

There's your opportunity! Start tapping on:

Even though I don't want to tap on my weight problem, it makes me uncomfortable, I'd rather not even think about it, I don't want to do this, I don't want to think about _____, and I definitely don't want to remember _____.

Let your mind fill in the blanks. Unhappy memories are what make EFT work. Welcome those unhappy memories and start tapping.

EFT is not designed to be a painful procedure. Just tap and think about an unhappy event from a distance, then move a little closer. If it begins to feel painful, back up and tap until the feeling subsides. Then continue. Thanks to EFT tapping, you won't have to relive the experience. You can observe it from a distance without being emotionally involved. This step-by-step procedure, which we call the Tearless Trauma Technique, has freed EFTers of all ages from the shackles of painful memories while neutralizing core issues that created their pain and discomfort.

7. Try tapping more often. Try to tap at least five times a day – and more often when you think of it. Set a tapping goal, such as tapping every hour on the hour or at a certain time of day. Tap while you read this book. Find a tapping buddy, someone who can tap with you in person or on the phone, and tap with that person at every opportunity. Recruit friends or family members to form a tapping group. Tap while you watch TV. Tap while you walk the dog. Tap before every meal, whenever you use the bathroom, and whenever you take a bath or shower. Serious EFTers are ingenious about creating time to tap throughout the day.

8. Look for new perspectives. Always try to find a new way of looking at an old, stuck issue. Review pages 76-80, which offer different ways of describing pain. Approach your problem from new directions. Involve your imagination. Think of the problem as a play or movie and put your favorite actors in the cast. Think of it as a computer game and visualize its special effects. Go back to the Personal Peace Procedure (see page 83) and work through a dozen different issues.

9. Watch yourself in a mirror as you tap. As Carol Look notes on page 98, mirror tapping is an excellent way to discover phrases and statements that make you feel uncomfortable. For example, some are able to say "I fully and completely accept and

love myself” if they’re looking at a wall, but not if they’re looking at themselves in a mirror. Once EFT neutralizes negative emotions and you install positive emotions and affirmations in their place, mirror tapping can strengthen those positive results, making them a more powerful part of you.

10. Shout it out! If the set-up phrase isn’t getting through, you may not be saying it loudly enough. In many of my seminars, I’ve had people SHOUT their set-up phrases. Some people do this in their cars with the radio volume turned up. Others do it in the shower. To involve your entire being in this exercise, use emphatic gestures or jump up and down. See Rex Jantze’s interesting report on this approach on pages 43-46.

11. Get some vigorous exercise. There’s a definite connection between the lymph system and the body’s energy system. When you’re sedentary, lymph doesn’t circulate, so the body’s waste removal slows down, and that interferes with not only EFT but your overall health and thought processes. Some exciting EFT results have been achieved immediately after a vigorous physical workout. Try jogging, going for a hike, swimming as fast as you can, bouncing on a rebounder (miniature trampoline), or riding a bike immediately before your next tapping session.

12. Clear your energy. Donna Eden, author of the best seller *Energy Medicine* and co-author (with David Feinstein and me) of *The Promise of Energy Psychology*, has taught thousands how to clear their energy and keep it balanced with tapping and other exercises. See any of Donna’s books or videos for instructions.

Try all of these techniques and keep track of your results so you’ll know which strategies work best for you..

As mentioned, perseverance and repetition can be essential, both when you’re dealing with complex problems that have many aspects and as you search for core issues, examine your situation from different perspectives, and experiment with EFT. Here Cathleen Campbell describes how it took months of effort and the help of an EFT coach to work through the many layers of her disabling back pain. Was the effort worth it? Read on.

How perseverance and a very long setup cured my back by Cathleen Campbell

Thirteen years ago I was so badly injured after a fall that the neurological surgeon said, “You’d better go right home, gather your papers, and get all your business in order. Once paralysis has been experienced with an injury like yours, you’re bound to experience it again, and next time the damage will more than likely be permanent. It’s best not to expect to keep walking.”

I was in the prime of my life, used to blasting away at corporate ceilings, dancing the night away in posh clubs, wearing all the latest designer stuff I could get my hands on, and feeling immortal the way only young things in their twenties can.

My immediate response was a clear-headed and calm, “Um, doctor, I’m sorry... I don’t understand. How will I go dancing?”

When I left the doctor’s office, I did get my things in order, but not my papers. I got my thoughts in order. Somehow I knew deep inside that the excruciating pain and immobility that resulted from having ruptured three cervical vertebrae (C5, C6, and C7) didn’t have to last. Somehow I knew there had to be something out there, some way to heal. And so I began my quest for health.

The doctors signed me up for physical therapy several times a week, and I went for almost two years. It was horrible and didn’t begin to assuage the pain. For three years after the accident it took me two hours each morning to get up, shower, do my hair, and get dressed. Each step of the way I had to lie back down, use ice packs, pray, cry, or scream. By the time I got to my commute, the former half hour took nearly another two. I had to wait for trains that weren’t crowded so I could sit, and I walked slower than a granny with a walker. Once in my office, I needed another half hour to rest my head and gather enough strength to get through the day. The commute home was harsh, and then I went straight to the couch so I could lie there in agony.

I put my car in storage, put all my high heels in the back of the closet, and bought bigger clothes. The steroids that reduced inflammation made me gain almost 40 pounds. My friends dwindled away. I always canceled plans at the last minute because of the pain, plus I was broke from spending any money I did have on anything that might help, like special pillows and massages.

In the spring of 2002, I sought out a coach to help me find a new career. Little by little she introduced me to EFT for various job issues, and it helped. By that fall, she was encouraging me to “use it on everything,” so I asked her to help with my biggest challenge, the pain in my neck and back.

At first we tried approaching the pain head-on, but that produced little result. After a few sessions I was so depressed and discouraged that I would be sobbing before we started. Every aspect of every issue was so ... *painful!* It took about six months to work through the many issues surrounding my pain, including my father’s similar injury and my own negative feelings about everything that had ever happened in my life. I used EFT to lose the extra weight, let go of the past, and address all kinds of issues. The first major breakthrough occurred when, after an especially productive session that cleared out a lot of negative energy, I realized that *I could stand on my own two feet*. What a perfect metaphor. We kept using those words in the session, and I could actually feel my spine strengthening and lengthening. Now I was ready to install positive statements like:

Even though they stabbed me in the back, the truth is they were doing the best they could and I’m always safe and secure because I love, accept, and forgive myself.

Even though _____ is a pain in the neck, the truth is I understand, and I feel only compassion as I love, accept, and forgive myself.

Even though I've felt completely unsupported, I know the truth is that I'm a strong person, I can support myself, and I have all the resources and support I want and need.

Even though I had this injury and all these emotional and psychological factors that kept holding me in pain, I choose to be pain-free now.

The pain would waver a bit, but it kept coming back. That's when I started phrasing my goals as questions, especially, "Why is this pain gone for good?" A breakthrough felt near at hand. We tapped on:

Even though I have this bona fide injury, with medical proof including films, tests, and all those doctors, and even though I had these feelings, thoughts, and beliefs that kept me in pain, the truth is that I've cleared all the energy around these things, I take care of myself, I love myself, and I no longer need THIS PAIN in my neck, upper back, right arm, and right hand, because I am healed from the inside out and I now direct my subconscious mind to help my body and conscious mind release THIS PAIN for good, because it is safe for me to do so because I love, accept, and forgive my pain and anyone and anything that ever had anything to do with my having THIS PAIN, and so it is.

I took a long, deep breath and suddenly felt a large "pop." It wasn't physical and there wasn't a sound, but that's the best way I can describe it. We went to town on reminders for "this pain" and "the feelings that gave me this pain" and "the people who gave me this pain." When we were done with all the negative reminders we went back to the beginning using positive reminders such as "this joyful neck" or "this peaceful relaxed shoulder."

That was the single longest round of EFT I have ever done. We somehow knew we needed to keep going at it over and over again until it was really set in place. When we finally stopped, I took a deep breath and slowly came back into focus. It has been six years since that astounding session and even now I get choked up remembering it.

Last New Year's Eve, I spent the early part of the evening chasing half a dozen children under the age of 13, all relatives and friends' kids, around my parents' back yard, slipping, sliding, screaming, tackling, and being tackled, the kind of activities the neurosurgeon predicted I would never again experience. When the last kid had tackled me, I walked back to the patio and lifted my champagne glass in a toast to EFT. Then I went dancing.

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EFT instructor Barbara Smith wrote the following for our email newsletter. She makes several helpful observations.

## **When EFT doesn't work at home**

by Barbara Smith

Have you ever thought, "I tried that EFT and it didn't work," or, "How is it that I am tapping all this time and getting so nowhere?" If you have temporarily faltered in your EFT journey, these tips are for you.

### **1. The One-Minute Wonder**

Sometimes, when we first learn EFT, we are fortunate enough to experience or watch one of those amazing demonstrations that result in profound, and seemingly instant, change. We refer to these as a One-Minute Wonders. They are so exciting and satisfying. They seem so easy and so effective. No wonder people talk about EFT as the best thing since sliced bread. This kind of transforming success can build our expectation that every session will be like that. When we try it out at home on our own and the problem does not instantly resolve, we feel disappointed and discouraged. We may wonder if there is something the matter with us. Sometimes we lose heart and give up.

The one-minute wonders that you see in demonstrations do happen, but not all the time. Trainers who work with groups are usually very experienced and able to employ a range of sophisticated EFT techniques. Good trainers make intuitive judgments about which issue to address, the language to use, and the best technique for the situation. You as a Newbie are still learning the basics. Keep tapping until the process becomes second nature.

### **2. When EFT hasn't worked YET**

It would be easy to head this paragraph "EFT doesn't work for me". This is what disappointed clients say. But when I reframe it as "EFT hasn't worked YET," I shift our focus away from failure and we can hold the "yet" as a positive intention.

The metaphor that guides me here and the one I use most frequently is the image of water dripping on a stone. It might take a while to see the effect, but every time EFT "doesn't work," we learn another lesson about ourselves and about what works and what doesn't work for each situation.

### **3. Do EFT for EFT**

When someone tells me that he or she forgot to use EFT at home, or decided not to use it, we might discuss the reasons, and the client may promise to "try harder." At that point, I suggest that tapping now would be useful, and that we will do EFT for EFT.

*Even though this tapping stuff isn't working, I fully and completely accept myself....*



*Even though I forget to do EFT when it would be really useful ....*

*Even though I have messed it up ...*

*Even though I give up on EFT before I'm fully over the problem ....*

When we have lowered our discomfort, frustration, or anxiety about the EFT not working, we will be free to address the next layer of presenting issues. We may even find some specific events involving our own beliefs about success, and we would tap for those. This meta-level of tapping can be very useful.

#### **4. The “felt” experience**

One of the ways we know that EFT is really working for us is through “felt” experience. Most adults do not notice the changes in skin temperature, the constant shifts of muscle tension, and the tightness or lack of muscle tone at any moment. When the EFT seems not to be working, you have probably forgotten to notice what is happening in your body,

It is very useful to stop and notice exactly what has changed. Has the tension gone out of your chest, are your shoulders tense or relaxed, or has the mental picture changed? Does your body feel lighter, your breath easier? Has the thought changed? Teach yourself to notice these changes using all of your senses. Later, you can refer back to the specific experience to find what you might be overlooking or to recapture the feeling of success that you previously discovered.

#### **5. EFT will never work for me**

There are some situations where beginners can give up or feel hopeless. There are many reasons that may stop you from reaching instant success. One reason is psychological reversal. When we first learn EFT, we begin to work on ourselves using the basic skills. We don't have enough experience and confidence to treat some deeper issues. This is the time to work one-to-one, in person, by phone, or in a group, with an experienced practitioner who is familiar with the more sophisticated applications of EFT and who will help you recognize and address core experiences and hidden beliefs that may block you from change.

#### **6. What words were you using?**

When people tell me that the EFT didn't work, I ask for specific information about the issue, its aspects, and the phrases the client was saying. This is the way to get specific about what happened or where the protocol might be improved. Write down the issue, the reminder phrase you are using, and the intensity level of your distress in relation to this issue. This is especially important if you are working on your own. Note every change in aspect, and/or intensity after each round. In this way, you will be able to look back and remind yourself of your progress and previous successes. If you are helping someone else with EFT, this record will ensure you can quickly identify any issues that may have been overlooked.

## **7. Too much too fast?**

Because EFT is not working at home does not mean that EFT will not work. It just means it has not worked – yet. Sometime the reason is that we have tried to address one of our truly big issues, one whose distress level is overwhelming. Try some practice sessions on less intense issues, or choose a less arousing aspect of your problem before going back to the BIG ONE.

## **8. The EFT Skeptics' Society**

Most of us have had years of experience of using the thinking-talking-trying harder process of therapeutic change, and in the beginning we may find ourselves drifting back to a talk model, because we find it very difficult to believe that something as strange as EFT will really work.

Those of us who are health professionals know that many of our colleagues are still skeptical about EFT. I remember that it took me some time before I routinely used EFT on myself. I chose a few colleagues with whom to share what I was learning, and gradually I became more confident about presenting EFT to others. Now I use it on everything and cannot imagine how I ever lived without EFT.

Find a friend, colleague or professional who knows and uses EFT. If you don't know any EFT person near you, arrange some telephone coaching, subscribe to an EFT newsletter, and read accounts from others about their success with EFT. Keep up to date with innovations through internet newsletters. Support may be the very thing that makes the difference.

Once you have achieved a high rate of success with EFT in your own life, other people's skepticism really does not matter. You can change your response to others with a little tapping: *Even though I really hate the way she rolls her eyes when I mention EFT....*

## **9. Testing, testing, testing**

Are you testing at home? What are you testing? In my practice this is the thing that new clients find the most difficult to do consistently at home. Is it possible that you wandered off target?

Before you decide that EFT is not working for you, write down your distress level and the problem's aspects for every round. Some issues take several rounds before they completely clear. I suggest to my clients that if they think there is no change, they should be prepared to do up to five rounds at any one level of intensity before they move to a new aspect or topic. If you carefully record your intensity rate and are clear about the aspect you're treating, you will probably find yourself making progress.

## **10. Back to basics with “The EFT Course”**

The EFT Course is presented in Gary Craig's EFT Manual and introductory DVDs. The EFT manual remains the definitive source of EFT theory and practice.

Experienced therapists have been integrating EFT with many other psychological and physiological forms of healing, while others have been creating variations that we sometimes call EFT's "cousins." If EFT is not working for you, check to be sure that you are following all of the EFT basics in your sessions at home.

Then, in the words of family therapist Virginia Satir, *"Try it on everything and swallow only what fits."*

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Chapter Eight:

EFT in Action for Back Pain

There are so many ways in which EFT has relieved pain that it's impossible to describe them all, but thanks to reports from EFT practitioners and instructors, I have many examples to share. Tap your EFT points while you read these descriptions, and when you come across a story that resonates with you, try inserting your own situation and see what happens.

Here, from EFT instructor Maggie Adkins, are three approaches that can help you explore your pain.

Three methods for working with pain

by Maggie Adkins

There are numerous ways to work with pain using EFT. Sometimes pain just shifts while you are working on another issue. That issue could be anything – past trauma; anger; grief; sadness, or a myriad of other issues. At other times, you may want to do EFT while focused specifically on pain. Here are three ways to work with pain in the body.

1. Focus on the actual pain:

Even though I have this lightning bolt pain in my side....

Even though I have this throbbing headache in the front of my head.....

Even though I have this dull ache in my left knee....

2. Focus on how you feel about the pain.

Even though I'm afraid if this pain keeps up, I won't be able to dance anymore.....

Even though I'm terrified I'll lose my job if this pain gets worse.....

Even though if I were the person I think I am, I would have gotten rid of this pain long ago.....

Even though I have these emotions about having this pain.....

3. Find an emotion or quality in the pain or part of the body in pain

Even though I have this resentment in my shoulder.....

Even though I have this anger in my lower back – nobody ever supported me and I'm tired of doing it all myself.....

Even though I have this shame/grief/sadness (whatever it is) in my back....

These are just a few ideas. Use your genius and your intuition.

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Now we'll take a look at some of those famous EFT One-Minute Wonders. The first is from Graham Batchelor, who runs a sports injury clinic in the UK and who was astonished at how well EFT helped his client's severe pain from a back injury.

### **Pain from severe lower back injury is resolved with three rounds of EFT**

by Graham Batchelor

Your free introduction manual to EFT whetted my appetite and I so ordered your DVD package. It arrived very quickly into the UK, and I became so enthralled that I spent almost all my time over the next 14 days engrossed in the material. I must confess I did neglect my sports injury clinic but something told me that EFT was the way forward and the more knowledge I could gain, the better my results with treatments would be.

This was proven to be correct when an appointment was made by a 45-year-old gentleman who told me that following a serious injury to his lower back at work, he was hospitalized for six months and confined to a wheelchair for a further two years. Physiotherapists had worked with him over this period and eventually got him walking with the aid of two crutches, but he was only able to cover about 30 meters (100 feet) at a time. Although he was on powerful analgesics, he still suffered a large amount of pain, and he was told that little more could be done for him. He made an appointment for the next day.

When he arrived, I could tell from his efforts to walk that his lower back and legs were pain-ridden. His posture was very lopsided, and he was completely exhausted from the efforts to get to me. He found it very difficult to get onto the treatment couch but insisted on doing so.

Although I had only just gained a small understanding of EFT, I began talking through the problems he had faced since the injury. It became obvious that he felt exceptionally guilty about his inability to help his wife when cancer struck and she underwent a major operation. He was also concerned that his earning power had dropped to zero. He indicated his quality of life was only a 2 on the "positive" 0-to-10 scale.

I gained his permission to try EFT with him and began with the Karate Chop point. We went through a basic setup procedure using:

*Even though I have this serious injury...*

*Even though I could not help my wife in her time of urgent need...*

*Even though I can no longer support my family...*

When we reached the collarbone point, he began sobbing, his breathing became labored, and his lower body began twitching. We stopped and I explained that I thought he was going through a very strong emotional release. He gradually regained composure and we carried on.

At the end of the second round he requested that we continue, indicating he felt much better emotionally and his pain was reducing. After the third round I prepared to help him off the couch. Amazingly, he stood by himself and, using only one stick, began walking around the treatment room.

I advised him not to be too adventurous and to take things a little easy. With tears of happiness in his eyes, he could not thank me enough. I explained that EFT and he himself were the healers and I was only a channel. Talking through his treatment, he now said he felt his quality of life had gone to a wonderful 9 out of 10 and he could not wait to get home to his wife. I talked to him and his wife three days later and neither could believe his recovery.

After running a sports injury clinic using shiatsu, Reiki, and other healing techniques for almost 20 years, I cannot believe how EFT helped this patient. I intend to use it at every opportunity. I look forward to getting much more experience and understanding, but for this first attempt, I truly am amazed.

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Graham was concerned about his client's welfare when he warned him not to do too much now that he felt better, but I agree with Dr. Sarno that as soon as we let go of the emotional factors that keep us in pain, we can safely resume of our normal activities. EFT is always available as a first-aid treatment if we need it.

Here's a report from Ava Evans that verifies EFT's effectiveness as a pain reliever – one that can out-perform prescription drugs and doesn't have their adverse side-effects.

Relief for 30 years of back pain from a car accident – no more Vicodin by Ava Evans

My friend Liz is well into her 80s and she has been suffering with back problems for over 30 years. Her back pain began when she was in a car accident 30 years ago. She was at a red light and a woman slammed into her going over 30 miles an hour. Liz has severe disc damage and sciatica pain, which has gotten progressively worse over the years. She has to walk with a cane and every time she moves, it hurts. Vicodin, the pain medication she had to be on just to get through the day, made her sleep as much as 12 hours at a time.

I'm a Certified Hypnotist, so I began coming to her home doing hypnotherapy to help her out. When she was in trance her pain improved and she felt better. I made a tape for her and returned two more times, each time making her a tape she could listen to before bed. Although she felt more comfortable when she slept and was much more relaxed, she still needed the Vicodin.

The third time I came we spoke about EFT; I explained how it worked and asked if she would be willing to give it a try. Liz was interested and willing. When I asked what feeling was strongest when she thought about the accident and her back pain, she said, "Anger." She rated the anger at a level of intensity of more than 10 on a scale of 0 to 10.

So we went back to that car accident and tapped on,

Even though I have this intense anger at that idiotic woman who hit me in my car that day...

Even though I am so angry at that idiotic woman and all this pain I've had from this accident...

After three rounds of tapping, the pain came down, to a 3. I asked what else was coming up and Liz told me her husband (who is deceased) and their business manager had pushed her to drop the lawsuit she wanted to pursue and just seek medical damages.

She was really angry with them and resentful about that. We then tapped on the anger and resentment toward her husband and their business manager. Liz was in a neck brace for six months after the accident and she has been paying her own medical bills for many years. She was very upset at the thought of all the expense, pain, and suffering.

We did two to three rounds of that and she came down to an intensity level of ONE out of 10. She was shocked, she said, "I think this is the first time in years I felt this much relief." We did another round she stayed at a one.

I called her a week or two later and asked how she was. She said, "Great" and I asked her to tell me about it. She had only taken one Tylenol that week, no other pain medication, and she was thrilled. She had told her doctor about it and he said, "Yeah, that makes sense tapping on acupuncture points; that could work."

I am so happy for her and I felt so good that I could give her such a wonderful gift. This is just one of many happy endings from combining hypnosis and EFT.

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Doing EFT over the phone can be highly effective, as is clearly illustrated in this report by seasoned EFTer Aileen Nobles. As she explains, "*...Our bodies have almost unlimited restorative healing capabilities if there is a free flow of energy in the meridians. Whenever our physical body is feeling less than perfect, it is asking us to look at our emotional body.*"

## **Eight months of chronic back pain disappears in 20 minutes over the phone**

by Aileen Nobles

When I spoke to Joanie on the phone she was terrified and desperate. She was in so much pain, and yet so afraid of having a session that she had previously canceled me twice. The third time she kept her phone appointment. She suffered from chronic pain down the right side of her neck and shoulder, down her back and into her arm and hand. This pain had been going on for eight months and she told me she had only had a couple of hours sleep a night for many months. She had not been able to work, was depressed and she was at her wits' end. Her pain level was consistently at a 9 or 10 on a scale of 0 to 10.

When I asked her what happened in her life around eight months ago she couldn't remember anything of importance. I explained that our bodies have almost unlimited restorative healing capabilities if there is a free flow of energy in the meridians. Whenever our physical body is feeling less than perfect, it is asking us to look at our emotional body. Something had probably happened around the time this pain started.

Intuitively I knew that working on the pain alone was not going to produce the change I wanted. The fact that she had canceled me twice and was so afraid led me to believe some kind of emotional trauma was being suppressed. Again I asked her if anything out of the ordinary had happened eight months ago when this pain started. She couldn't think of anything.

I mentioned that even though she couldn't think of anything right now her subconscious and super conscious were both holding the necessary information. I suggested we start tapping and we would see if anything came up.

*Even though I can't remember what happened eight months ago...*

*Even though part of me may be afraid to remember if anything happened that was very upsetting, I'm still quite wonderful anyway.*

We moved to the gamut point and tapped on:

*My subconscious knows if anything happened, and my super conscious is always protecting me.*

*I would like to believe that I am in safe hands, and it's safe for me to bring any situation connected with my pain into my conscious mind.*

Bingo! Joanie blurted out that eight months ago her mother died! Yes, that was a painful experience! Joanie's mother had always been a strong support system, helping Joanie to believe in herself. She depended on her mother so much that she had always been afraid that without her mother she wouldn't want to live. Joanie was married to a very sweet and gentle man, and when her mother crossed over she didn't want him to know that she felt like dying. She didn't want him to feel that her mother meant more to her than his love for her.



She had so much internal pain connected with the loss of her support system ... her mother, and guilt over not wanting to hurt her husband that she stuffed it all inside. She chose not to deal with it to the point of blocking it out ... but her physical body had other ideas. We tapped on:

*My husband loves me so much he does not want me to be in pain and its okay to talk to him about how much I miss my mother.*

*I'm safe and loved and he will understand how I feel.*

*Now that I am safe enough to acknowledge my inner pain, it no longer needs to manifest as outer pain.*

*Thank you wonderful physical body for bringing my attention to emotions that needed to be addressed.*

We did a few rounds on releasing the sadness.

*I have a lot of pain inside as I miss my mother so much.*

Joanie then held the points under her eyes without tapping. *My pain on the inside is manifesting on the outside, I'd like to let it go.* She took three deep breaths. *My pain on the inside no longer needs to manifest on the outside as I allow myself to release it.* She took three more deep breaths, and we began to reframe the loss. Joanie acknowledged that her mother would not want her to be sad and in pain, and being sad wasn't accomplishing anything useful. Her mother would want her to become strong and enjoy her wonderful husband. We continued tapping:

*The last thing my mother would want is for me to be in pain.*

*My mother always wanted me to be happy with my husband.*

Joanie's level of pain was now down to 2 out of 10 and was in her neck. We continued tapping:

*Even though I have this two pain in my neck I really am terrific anyway.*

*Even if this pain in my neck is me, I'm still quite wonderful anyway.*

*I don't need to be a pain in the neck to myself or anyone else, I'm ready to heal and be happy and productive.*

She laughed out loud and said the pain was all gone, and she was looking forward to speaking openly with her husband. Joanie no longer had any guilt connected with not loving her husband enough, as she accepted how we love different people differently. Her love for her husband was very special in its own unique way.

We talked about her going back to work and feeling as if she had a purpose, she was so amazed and excited that she was pain free and felt so differently than she had at the beginning of the phone call. She did start working again with her husband and is still pain free.

Again and again I see pain and illness lift and disappear even when painkillers are not having any effect. What an incredible tool we have in our own hands.

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It isn't every day that attorneys relieve their clients of back pain. Notice how attorney Ted Robinson aims EFT at emotional issues to clear up his client's pain. Notice also how the client tries to "explain away" the result. This often happens with astonished newcomers to EFT. They have a hard time believing that fingertip tapping could have such immediate and profound effects.

Attorney relieves client's back pain

by Ted Robinson

I was with a young woman who was charged with two felonies for forging a prescription for oxycodone, which she said she had to do because of severe back pain after an auto accident. She claimed her insurance ran out and the doctor wouldn't give her any more prescriptions, so she arranged to have some blanks given to her and she forged them to get her pain relievers. She said she had a ruptured disc between L-4/L-5. Of course, as soon as we left the court, I suggested we give EFT a try.

Her 0-10 intensity was a 6 or 7. Then after a simple set-up of "this pain in my back that's a 7," I started the sequence with "This pain in my back" and repeated it as we went through the points. I was shortly drawn to add other wording like,

Even though I'm carrying my whole family around on my back...

Even though it's not fair.."

Even though I have the entire responsibility for our entire family on my shoulders and back..."

Within about 90 seconds I noticed her moving her back to check to see if it still hurt. Her expression was somewhat quizzical and she looked at me and said, "It feels better ... much better. But you made me think about all that tapping instead of my back, right?"

I said no, it was just the energy being balanced and the underlying issues being recognized. She was much happier and relieved knowing she had a new way to deal with her pain. She also realized that if she had such a method ahead of time, she never would have been arrested or be facing jail time.

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Here's a report from Allen Grootboom, who lives in South Africa. I like to share this one with skeptics who dismiss EFT as the placebo effect in action. You truly don't have to believe in EFT for it to work.

## **After three years of back pain, skeptic tries EFT and is now pain-free**

by Allen Grootboom

I just have to share with you. I am a total neophyte when it comes to EFT. If there are skeptics around, I am of the first kind. Three years ago I had a bad fall while sandboarding, resulting in a minor fracture on my spine. The healing was complete, but I could not sit upright for any length of time without my back hurting. I have been struggling with this for more than three years, during which it has made traveling and sitting for any length of time difficult.

While traveling on a bus, I read through some EFT success stories. My back started hurting as usual. The skeptic in me challenged me to try EFT. I began with the setup and worked through the different points and the Gamut points. I did both sides of the body and waited.

Like ice cream melting silently at room temperature, the pain eased off and completely vanished. I sat still, disbelieving, waiting for the pain to come back as the bus swayed along for another half hour. It did not.

It has been a few days, and the pain has not returned. The conclusion is simple: EFT works! No gimmick! Thanks for this new way of working with mind and body.

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Skeptics should also read this report from Maria Cooke in England about her sister's hip pain. The placebo effect requires belief by the client and, in this case, that belief was simply nowhere to be found. As Maria's sister says repeatedly, *"This is mad. This is bonkers."*

My sister's hip pain vanishes despite her skepticism

by Maria Cooke

Just thought I'd relay one of my first experiences of using EFT after finishing advanced EFT training. My sister phoned me in desperation to say she was suffering from quite severe hip pain. She had to go to London the next day and was worried that she would be unable to drive because of the pain. So she asked me to come round and do EFT on her. I felt I couldn't refuse as she was desperate, but I was very nervous – mainly because she is very skeptical about anything that "can't be seen" and I worried that if it didn't work, it would confirm her beliefs.

I went to her house reluctantly and delayed doing anything as long as I could by engaging her in chat in the kitchen. Eventually she asked, "Are we going to do

this?" We went up to her bedroom where we could get some privacy. She sat on the bed and I sat on a chair in front of her, still very nervous.

I asked her on a scale of 1 to 10 how bad the pain was. She replied 4. I asked her to stand up and again asked her to rate the pain. She winced and said it was 7. We started tapping with

Even though I've got this 7 pain in my left hip...

and we did a few rounds. I asked her to stand up again and rate the pain. She responded, "This is mad, this is bonkers". I asked her what was happening and she said the pain had gone down to a 4 out of 10.

We tapped again, until it went down to 2. In between tapping, my sister kept repeating, "This is mad," and I agreed! Eventually she had just a twinge left and we tapped on the twinge until it disappeared. She was very relieved (as was I – thank you, God) but still kept saying, "This is bonkers." It took about 10 minutes in all.

My sister's husband returned from work shortly afterwards and asked, "Well?" She replied, still incredulous, "The pain's gone". She saw me out to the front door and said, "Thanks," as if I'd just given her a gift (which I had, of course).

I walked back to my house filled with relief and amazement that it had worked despite my nervousness and reticence and my sister's skepticism. She drove to London the next day with no problem and later told me that when she woke next morning, she had a twinge in her hip and just tapped it away.

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I often imagine what our medical system will be like when EFT is accepted as the universal healing tool that it is. One way that EFT is slowly gaining recognition in health care circles is by treating health care providers themselves. Here's a report from Utahna Tassie about how EFT handled a nurse's back and hip pain.

### **Instant relief of back and hip pain astonishes nurse** by Utahna Tassie

A new client, Megan, who is in her early thirties, came in today with back and hip pain that she's had for over two years. She had already tried "everything" and has been in physical therapy for a long time for the condition. She said the next step was going to be acupuncture, although she didn't have much hope. She was familiar with the chakras, but not the meridians. Since her husband had dropped her off and was planning to come back to pick her up in just over an hour, my goal was to be quick and efficient, yet warm and compassionate to her needs.

I gave her a little education (actually about 10 minutes worth), and offered up some possible negative emotions she could be holding in those damaged tissues. She didn't think any of them related, but something came up about a broken relationship and she mentioned that the pain in her back, which she thought was caused by all the lifting she does as a nurse, had started around the same time as the relationship's breakup..

I then did about *90 seconds of tapping* for her back and hip pain, repeating back some of the exact words she had said to me earlier. It was only one complete run through the points (the complete Basic Recipe), including the top of the head and the 9-Gamut treatment, but it was MAGICAL!

My client reached around herself to grab her back and she wiggled in her chair, then she stood up and wiggled some more. She was all teary-eyed and looked like she was in shock. Her expression was absolutely priceless to me! She was stunned at how quickly the pain left her body.

She said, "I just can't believe it! I always have pain when I sit! That pain was there for two years and now it's completely gone! – *in ONE minute!*"

One of the neatest things about all of this for me is that Megan is a nurse! She knew this kind of healing wasn't possible before, but she certainly experienced a paradigm shift today! It gives me great satisfaction to help open people's minds to what is possible when they allow their own magnificence to come through.

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Sejual Shah, who lives in the United Kingdom, gives us a straightforward use of EFT for a friend's back strain. His recovery took place so quickly that she recommended that he keep a small amount of pain to prevent him from re-injuring himself. While that cautious approach may be sensible from a conventional medical perspective, the likelihood is – following Dr. Sarno's recommendations – that her friend could have safely resumed his normal activities right away without fear of further injury. Even if some pain did return, he could immediately use EFT to eliminate it.

EFT for a friend's back strain

by Sejual Shah

I was passing my friend Paul's shop today when he called me in for some help. Paul is an enthusiastic cyclist and likes to compete. He's in training at the moment for some races next year. While training yesterday he strained his back. He was cycling in heavy winds and rain and had to push himself to keep going. He felt pain at an intensity level of 7 on a scale of 0 to 10, between his L3 and L4 vertebrae.

I decided to focus on his physical symptoms as there were other people around and I didn't think it appropriate to go into personal stuff in that type of situation.

Even though I've got this 7 pain in my back... Even though I might have pushed myself too far... Even though I hate cycling in the wind and rain...

We got the pain down to a 3. Paul mentioned he might have been working himself too hard by going in the wrong gear on his bike. That gave me an idea.

Even though I might have put my back into the wrong gear while peddling... Even though my back needs help in being in the right gear, I'm fine with that and I ask it to change gears to be better.

After less than ten minutes Paul's pain was a barely felt ache, between a zero and 1 in intensity. We had not used any medicines, just simple tapping and wordplay.

I suggested that it was sensible to keep the little ache and not go to zero so that his body could protect him from overdoing things. Paul's water softener business requires him to lift heavy bags of salt on a daily basis. He thought this sensible, as he's had serious back problems previously. We're going to get together for some further sessions to work on those issues and improving sports performance.

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Here's an example from EFT instructor CJ Puotinen of how EFT can be administered by phone, resulting in the same astonishing results as an in-person session. This success story was more like a Half-Hour Wonder than a One-Minute Wonder, partly because it takes more time to describe the tapping points and how to use them when you're working by phone.

### **Three-week incapacitating back pain relieved in one phone session**

by CJ Puotinen

While confirming registrations for an upcoming workshop, I left a phone message for Holly Anne Shelowitz, a nutrition counselor in Kingston, NY. When Holly called back, she explained that she hadn't replied to my emails because she hadn't been able to access her computer for three weeks. She had injured her back and had been in bed that whole time. Friends were staying with her in shifts 24 hours a day because she needed help doing everything. Every movement was excruciatingly painful.

"I don't know anything about EFT," she said, "but I was wondering if there is some way I can get started now, before the workshop, in case it would help with the pain."

I asked her to describe the pain, beginning with its size, shape, and location. She said it had at first covered her entire back, but it was now in the small of her back. In response to my questions (is it bigger than a breadbox, is it square or round, what is its three-dimensional shape, is it soft or hard, is it smooth or rough, what color is it, does it make a sound, does it move or pulse) she described it as the size and shape of a slightly squashed grapefruit, red-orange

in color, with a hard spiky, thorny surface, not making any noise, and not moving or pulsing.

We slowly went through the EFT tapping points. She used a phone headset, which freed her hands for tapping, and soon she was tapping along at a good clip, saying,

*Even though there's a pain in the small of my back that's the size and shape of a slightly squashed hard red-orange grapefruit, and it's covered with thorns and spikes, and it's just stuck there and it won't move except to cause a lot of pain whenever I move, and it has turned me into an invalid, in fact I'm a total mess, I fully and completely accept myself.*

*Even though this pain is overwhelming and it's kept me flat on my back for three weeks and my back is a mess and my life is a mess, I fully and completely accept myself, I love and forgive myself, I forgive this pain, I forgive my back, and I choose to be pleasantly surprised at how easy it is to relax and let go of this pain and feel better.*

*Even though this tapping business is very strange, I'm desperate enough to try anything, and who knows, maybe it will unblock some blocked energy and let my meridians flow the way they're supposed to, and maybe I'll feel a little better in a few minutes.*

These statements were interspersed with the EFT point tapping, starting at the top of her head, the third eye at the center of her forehead, inside eyebrow, outside eye, under the eye, under the nose, under the lip, collar bone, under the arm, and several taps across the upper abdomen. My husband's Tibetan acupuncturist suggested that rather than focus on a specific liver point, we tap all over the upper abdomen, from waist to part way up the rib cage and from far right to far left, because several meridians run through that area, and the more places we tap, the more likely we are to hit meridians that will help.

At each tapping point, I had Holly say a different reminder phrase: pain, hurts, red-orange, hard, spiky, thorns, rough, hard, difficult, squashed grapefruit, etc.

After a few quick rounds of head-to-torso tapping, Holly sounded more relaxed. I assumed that her pain was diminishing, but I wanted to give her a good foundation for future reference, so instead of asking how she felt, I taught her the hand points, explaining that she might not need them but it's good to know how to use them just in case. We completed the finger tapping by tapping the fingertips of the right hand against the nails of the left hand, and vice versa.

After a few rounds that incorporated the hand points, we did the 9 Gamut treatment. I called it the "brain-balancer" and explained that it brings the left and right brains into balance. Holly was happy to learn this simple procedure.

Then I asked Holly how she felt about the pain. Soon she was saying, while tapping on her karate chop point,

*Even though I'm furious with this pain, totally angry and upset, here I am stuck in bed, not able to work, not able to go anywhere, not able to do*

*anything by myself, dependent on everyone, it's so frustrating, my body betrayed me, I have no control over my body or anything, it's so upsetting! Even though I hate all this, I fully and completely accept myself, I love and forgive myself, I forgive myself for hurting my back, I forgive my back for being hurt, I forgive anyone and anything that had anything to do with my being in this condition, and I choose to amaze myself at how easy it is to let go of this hard, thorny, excruciating red-orange spiky pain, to let it go, to release it and everything that has contributed to it in any way, and I choose to be completely well, I choose to let my body heal itself from the inside, I choose to relax and be happy, and that's the truth!*

Tap tap tap tap tap with appropriate reminder phrases: angry, frustrated, body betrayed me, upset, etc., followed in the next round by positive reminder phrases: *let go, release, forgive, love, good back, strong back, happy back.*

Just to be sure we were clearing everything that might be a factor, I started Holly on a new Setup Phrase, saying,

*Here I am stuck in bed, I've been here for three weeks, life is passing me by while I stare at the ceiling, I may be here forever, and I find, as I lie here thinking about everything, that this reminds me of \_\_\_\_\_*

Holly stopped, then realized that I was waiting for her to fill in the blank. "This reminds me of when I had an infected tooth," she said, "and I was lying in the dentist's chair with all that cotton and stuff in my mouth, totally helpless, not in control of anything, not able to move because of a condition I could do nothing to fix. It was the most awful feeling. I was afraid and upset and helpless, and I think feeling helpless is what bothered me the most."

So we tapped on

*Even though I feel helpless, just as helpless as when I was stuck in the dentist's chair, and even though I have to rely on friends for help to do everything because I'm helpless, and even though I can't do anything for myself, can't work, can't walk, can't sit up, can't do anything by myself or for myself, I'm as helpless as a baby, I'm paralyzed, I'm stuck, I'm helpless, nevertheless I fully and completely accept myself, I love myself, I love my back, I forgive myself and my back and everything and everyone for anything and everything, and I choose to be completely well, I choose to release all this and let it go, I choose to say goodbye to the pain.*

*I know that in some way this pain that has kept me in bed for three weeks was my body's attempt to keep me safe, so with gratitude I thank the part of me that controls this pain, I love and bless it, I acknowledge its excellent work, it has done its job very well, and now that it realizes that the useful purpose it served is now complete, it can let go now, right now, and it can know how much I appreciate its good work. It can come back when it's needed and necessary, and for now it can let the pain subside, it can release the pain, it can let go while I thank it for doing such a good job. I choose to be delighted at how easy it is to let the pain go, and the part of me that controls the pain can thoroughly enjoy how easy it is to release*



*this pain now. I thank this pain, I bless this pain, and I release this pain now.*

At the end of all this, Holly sighed a deep, deep sigh, a good sign that her energy was shifting. And now when she laughed, it wasn't a nervous pain-filled laugh, it was a relaxed laugh, a laugh with relief and a spark of hope and joy in it.

I asked Holly whether her pain was still the size and shape of a slightly squashed grapefruit.

"No!" she exclaimed. "It's a little cube, like a small box, and it isn't red-orange any more, it's a deep velvet blue, and it isn't rough and spiny any more, it has a smooth velvet surface. It's almost gone!"

Now we tapped on:

*Even though I have this small velvet blue box of pain in the small of my back, I fully and completely love and accept myself. Even though there is still a little box of blue velvet pain in the small of my back, the pain is disappearing, it is going away, my body is healing itself from the inside out, I feel better already, I feel so much better, I really feel completely well.*

At the end of two or three rounds of tapping, Holly couldn't find the pain at all. It had disappeared.

"okay," I said, "let's see if we can find it again. Do you feel like sitting up?"

Holly realized that she probably could, and she did. I asked her to bend to the left, right, forward, and back to see if she could find the pain, and she couldn't. It was gone.

"Feel like standing up?" I asked.

"Oh, gosh," said Holly. "Do you think I should? I mean, do you think I can?"

"Well," I said, "your friend is there to help."

Her friend had in fact been rolling his eyes as he watched Holly tap and talk, but now he had something useful to do, so he stood beside her as she took a tentative move toward standing.

"I can't!" she cried and sat back. But it was not pain that interfered this time, it was fear. We tapped on:

*Even though I'm afraid to stand, I feel dizzy, I'm afraid I'll fall, I think I'll faint, I'm afraid I'll injure myself all over again and I'll be right back where I started. I'm afraid this won't work. I'm afraid to try. I'm too afraid to think straight. On the other hand, I trust my strong, healthy body, which is healing itself from the inside out. I trust my brilliant mind, which is directing all my nerves and muscles to stand me up straight and keep me there. I love and trust my body and mind and nerves and bones and muscles and everything else. I choose to let go of the fear. I'm going to stand up now.*

And she did! Holly was amazed. She kept laughing. "I can't believe it! I'm standing up! It was so easy!" And she couldn't find the pain, even when she leaned to the left, right, forward, and back, and even when she bent her right leg

and pulled it toward her, then did the same with her left leg. She felt a little stiff from all that bed rest, but we tapped on the stiffness and she soon felt more limber.

Then she said, sounding shy and tentative, like a little girl, “It’s such a beautiful day, it’s so lovely outside, I wonder – do you think that maybe – could I maybe – do you think I could, well, could I go for a walk? Outside? By the lake?”

I burst out laughing. “Tap with me,” I said.

*Even though I’ve spent the last half hour lying on my back, tapping on my head, and saying all kinds of ridiculous things with someone I’ve never met in my life, and now I’m asking this total stranger who’s 70 miles away for permission to go for a walk? Do I need my head examined?*

We zipped through the tapping points, saying,

*Going for a walk! I feel terrific! Going outside! Beautiful day! The end!  
Goodbye!*

Holly and her friend took a 20-minute walk by the lake, and she felt completely fine. She immediately resumed her work and her normal activities. Nearly two years have passed since Holly’s introduction to EFT, and during that entire time she has felt only an occasional minor twinge of pain, especially when she’s under stress. Whenever that happens, she taps and the pain disappears.

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Chapter Nine:

EFT as First Aid

Some of my favorite reports are from Newbies and experienced EFTers who use tapping as a first-aid treatment. As the following examples show, this can be an effective strategy for old injuries as well as accidents or episodes of back strain or pain that just occurred. In this next example, the client was a newcomer to EFT who used it on herself. No outside assistance was involved or needed.

Back pain subsides and spine goes into alignment after 14 years of chronic pain

by Evelia A. Sanchez

Fourteen years ago, my friend was hit by a bus and was left with terrible neck and back problems. She was in so much pain that she would go into spasms during which she could move only by hobbling and dragging one leg.

She went to many different doctors and healers but found only temporary relief for her now-crooked back and disabling pain. Her best relief came from a chiropractic treatment, but the results were only temporary and she had to go every one to three months. She did this for the last 13 years. It was terribly expensive for a woman on a small pension.

When I realized that EFT could help her, I taught it to her. I instructed her to do the work as often as she could and to let me know what happened. That was a year ago and I am proud to let everyone know that she has not needed a back adjustment in all that time.

For the first month she tapped every time she was in pain. Her back shifted quickly and the pain shifted dramatically. She could feel tingles go up and down her spine as she worked on it and that's how she knew something was changing.

She continued to go to the chiropractor just to monitor her back with X-rays, but she has not needed to have her back adjusted since starting EFT. She says that on her last visit the doctor told her that her back was almost perfectly aligned. He was so happy to report this, and he believes it was his work that helped her.

I begged her to tell him about EFT but she says he is not open to it and she does not want to offend him. Oh, well. We know the truth and he has documented it for us. Great job, EFT!

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Here is another great example of EFT's use as "on-the-spot first aid." Susan Bolstad from Norway mechanically applies EFT to her mother's severe spinal pain over the phone and gets excellent results.

## **EFT for a painful spinal disc**

by Susan Bolstad

I moved to Norway from Pennsylvania 20 years ago, and my parents still call me every other week to catch up on news of their children and grandchildren. My mother was recovering from pneumonia a few weeks after she got a vaccine for it, oddly enough. I thought she sounded pretty well considering what she had been through, including a hospital stay with different antibiotics pumped into her system as well as saline for the dehydration. Because of the severity of the pneumonia, we were very relieved that she was recovering and did not give any thought to any other problems or pain she may have been experiencing.

But while we were chatting over the phone, my mother's voice changed. She was in excruciating pain. It had recently been discovered that one of the discs in her back, third from the base, is shattered. This may have occurred during a fall down the steps many years before. The pieces of the disc are sharp and press against her spine, causing her this immense and acute pain, a 10 on the 0-to-10 intensity scale. Her voice changed as she tried to get relief, then she also was panicking due to the intensity of her pain and crying out that she couldn't breathe. I felt I had to help somehow. How could I do that from so many thousands of miles away? I began to pray intently and with love and envisioned my mother wrapped in an angel's arms. I also instructed her to tap her EFT points, though I could not know if she was able to or whether she even wanted to do that.

I had once tapped with her for an oncoming migraine in a Chinese restaurant, and though she was skeptical, her symptoms disappeared and she said several times, "It is really odd but I don't have the flashing lights anymore. I feel fine." That day, in 2003, she was able to enjoy a lovely meal at the restaurant with her three grandchildren from two continents, a rare and special occasion.

She knows that I now drive after a life-long driving phobia, due to using EFT, and that her son-in-law is cured of his constant and realistic nightmares, after her grandson tapped on him for that when he was eight years old! But still I didn't feel she was convinced and so I wasn't sure if she would go along with it. Also she seemed to be retreating and less able to listen because of the pain.

I instructed through her painful cries to tap on her inside eyebrow, outside the eye on that bone, under the eye, under the nose...at this point her pain was so bad I wasn't sure if she was on the phone at all as she said she had to go and I thought she was applying a pain patch to the area. I then tried to think quickly and, having found much relief from pain and also fear by using the Karate Chop point as well as the Gamut point on the back of hand in others I have helped, I tried to send out a message to locate these spots.

I soon realized that I was only speaking to my father. What had happened to my mother? It was so quiet, I wondered whether she had passed out. I asked my father and he said she was standing nearby. Then she came back to the phone and when I asked her what happened, she said the pain was gone.

I asked if she had applied a pain patch and was it starting to work. “I tapped,” she said calmly, “Those painkillers don’t do anything for me. Now, where was that spot on the hand?”

I can’t express how wonderful it was to be able to pass along the technique of EFT over the phone from such a distance, in an acute situation, and have my mother experience that kind of relief. I thought that perhaps it might help to pass along information to my parents via email tying what they are familiar with on the subject of physiology, with meridians and the tapping effect, in order to help them feel willing to use the technique in the future.

In my experience I find myself at times attempting to bridge a gap between those who are only familiar with conventional methods and those who are willing to try “anything that works.” The latter need no convincing, as they know “the proof is in the pudding.” The former would like some reassurances that there is something tangible supporting tapping.

I found an excerpt in a book entitled *Acupressure: How to Cure Common Ailments the Natural Way* by Michael Reed Gach. He wrote, “Stimulating these points with pressure, needles, or heat triggers the release of endorphins, which are the neurochemicals that relieve pain. As a result, pain is blocked and the flow of blood and oxygen to the affected area is increased. This causes the muscles to relax and promotes healing.”

I have used EFT in my own life with various challenges in the family, as well as on friends, acquaintances and a few clients. The fact that one can use EFT anywhere, at any time, on just about anything, using no drugs and without interfering with other therapies, makes me happy and confident about using the technique.

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In the following case, Peggy Lawson uses EFT to relieve her dentist’s substantial back pain. In the process, she “borrows benefits” and reduces her own dental pain and discomfort. Borrowing benefits, explained on page 181, is one of the many advantages we receive when we tap on behalf of others. Your own circumstances, whatever they are, improve without conscious effort on your part. How’s that for a win-win situation?

How I fixed my dentist's back pain

by Peggy Lawson

I had an appointment at the dentist the other day. He had already cancelled a previous appointment because he had hurt his back.

When I arrived at his office, the dental assistant informed me that he was still in a lot of pain, but he was working because he didn't want to disappoint any more of his patients. When the dentist walked in, I could see the pain in his eyes. It occurred to me that I truly didn't want anyone who was in that much pain working in my mouth.

I asked him if he could think of any emotional reason for the pain in his back and he said, *"No, I don't think so. And it's not exactly in my back, it's more in my, ahem, lower left cheek."*

When I asked him if he was willing to allow me to show him something that might help him, he recoiled and said, *"Will it hurt?"* My eyes slid over to the huge syringe with the four-inch needle that he was preparing to stick in my jaw, and I dryly replied, *"Not as much as that's going to hurt me!"*

He was desperate and willing to try anything. So I sat up in the chair, and we did four rounds of EFT.

Even though my lower back hurts...

Even though I have this pain in my left cheek...

Finally I said:

Even though I have a big pain in my ass...

Which, after two rounds, left him chuckling, but more importantly, pain-free. Free to work on me next! This next part is incredible to me.

I don't have any phobias about going to the dentist, but it's not something I look forward to, either. I hate when the needle goes into my jaw, and I really dislike the way the numbness makes my lips feel ten sizes larger and I can't even tell if I'm drooling or not. The numbness taking its time to wear off is very unpleasant also, and I sometimes bite the inside of my mouth until it does. I had none of that!

I didn't even feel the needle going into my gum, and I never felt any pain or any unpleasant numb feeling. It was as if I hadn't needed an anesthetic at all. It was amazing to me. Apparently, since I had spent several minutes tapping for and with him, I borrowed the benefits of EFT from the dentist! I can't remember when that's ever happened to me before, and I tap on a lot of people!

I highly recommend tapping on your dentist next time it's necessary to go, if he or she will let you, and see if it doesn't help you!

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When Carolyn Reuben's postman got bit by a dog, she hoped that EFT would speed his recovery. She did more than that, as she explains in this next report.

## **Relieving the postman's pains**

by Carolyn Reuben

This morning I rushed to the door to greet our postman, who had been bitten by our neighbor's dog yesterday. The dog took a chunk of flesh from his thigh. I asked if it hurt. He said it did, but not as much as his back. At first I urged him to take a few moments off his route later in the week and come in to my medical office around the corner, but then I realized now was when he was in pain, so now was when I needed to treat him.

"Would you rather be doing something else today?" I asked, and he said "snowboarding!" It's a beautiful sunshiny California day in the 70s so we both laughed at the thought of a snowy mountainside and I launched into my spiel, tapping on myself as he stood there at my door stoop, heavy mail bag on his right side, a huge gauze patch on his left thigh held on by lots of medical tape, and several houses' worth of mail in his arms, including my own thick batch of mail:

*Even though I would love to be anywhere but here, especially snowboarding today...*

*Even though when I come into this neighborhood now I am fearful and wonder if I'm going to be bit by that dog or another dog...*

*Even though I tense up on the route, worried about the pain of being bit...*

*Even though I can remember the fear yesterday as I realized that dog was lunging at me and I remember the pain of her jaws clamping onto my thigh...*

*Even though I really would prefer to be following my heart and expressing my creative self and doing any number of other things for myself right now rather than delivering other people's mail...*

*Even though I want to be doing something else ... but the security and the paycheck and the pension of this job keeps me here day after day...*

There were a few other setups along the same line. After every few setups I asked how we were doing pain-wise and the level of intensity went from 7 to 8 out of 10 down to 5 ... down to 2 ... and finally down to 0 out of 10, both for the pain of the bite and the pain in his back.

Then I took my mail out of his hands and went inside and he went back to his route with an enormous smile on his face, in comfort.

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This next case from Philip Davis from the United Kingdom describes his treatment of a student in an EFT seminar for upper back pain. When he asks her to find an emotional reason for the pain and she isn't able to, he has her describe any emotional event that comes to mind. As you will see, this was quite effective. Another way to go about this is to ask the client to make up a specific event. I have found this to work very well, too.

Incidentally, the made-up memory is not altogether made-up. It comes from within the person and thus typically has many useful elements within it. In fact, sometimes the made-up issue is better than a real one.

Treating upper back pain in an EFT seminar

by Philip Davis

In one of our EFT seminars a lady complained of a pain in her upper back, on her right shoulder blade. She had had the pain for 18 months, and said its intensity was about an 8 or 9.

We did the straightforward Basic Recipe, starting by tapping on the Karate Chop point while saying,

Even though I have this pain in my right shoulder blade...

Her pain fell to a 7.

I asked her to give the pain a color. She said it was a black pain. I also asked her to be more specific about where the pain was. She described it as being under her shoulder blade and towards the bottom.

So we tapped on

Even though I have this black pain underneath the bottom of my right shoulder blade...

Her pain went to a 6 or maybe 6½.

At this point, I saw that we were not going to remove this pain quickly. I was sure that with persistence, we could have done it, but I wanted to be more elegant than that. The fact that the pain was only reducing by one point on each round told me that this issue had to be tackled in a different way. In my experience, it is also a strong indicator that the emotional problems causing the pain were most likely near the surface.

So I said to her, "If there was an emotional cause for this pain, what would it be?" She replied, "I have no idea." I said, "I know you have no idea what the emotional cause might be for this pain, but if you DID know, what would it be?" I love this way of turning things around because sometimes it can pay big dividends. But this time, she looked blank again and said, "No idea."

I asked her to think of ANY emotional event in her life. I find that when clients are tuned into a problem, the chances are that they will guess at the right one. She said, "Sending my mother into a home."

At this point I saw that there were tears in her eyes. I guessed she was at a 9 or 10 on that issue. We tapped without saying anything for three or four rounds of the shortcut sequence to reduce the distress. This worked well and she was ready to continue. I then started a long, rambling setup patterned after the setups

Gary uses. Space or my memory doesn't permit me to say everything here that I included but I introduced the idea that the guilt she was feeling had manifested as pain in her shoulder blade. We then tapped on:

Guilt over sending my mother into a home.

Guilt.

Guilt in my shoulder blade.

Mother guilt in my shoulder blade.

Her intensity level over the guilt went straight down to a zero. She said, "Actually, she does quite enjoy it there," which made everyone laugh.

Her pain in the shoulder blade went down to a zero at the same time. This was six weeks ago and she has been pain-free ever since.

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Licensed massage practitioner Roseanna Ellis applies EFT everywhere she can. Here she describes how she successfully applied EFT to strangers. If you sometimes feel timid in explaining EFT to people you don't know, take a lesson from Roseanna on how to do it.

## **EFT takes care of a headache, knee pain, and back pain while on vacation**

by Roseanna Ellis

An EFTer's work is never done, even on vacation.

I was in a department store buying something I needed for my trip. I was ready to pay when the salesperson behind the counter acted upset and complained of a bad headache. She called out for a replacement. While they were coming to release her I asked what her level of pain was on a scale of 0 to 10. She answered that the pain was an 8.

With time and a line of people behind me, I just asked her to trust me. I reached across the counter and began to tap on her, and told her to say, "This headache at a level 8." She looked at me funny but repeated the statement and the pain went down to a 5 out of 10. We repeated the tapping again with "This pain at a level 5." She stared at me in shock and said, "It's gone." The replacement arrived and the salesperson said, "Don't bother, I'm fine now." I gave her a card with the EFT website and left.

In Ireland the lady we rented the house from was limping badly. She was 55 years old and complained of bad knee pain which she had for years. The next evening I went to her and gave her a treatment. We tapped for the pain which only went down from an intensity level of 9 out of 10 to a 7 out of 10.

I asked what emotion was linked to the pain. She answered, "Fear," and told me her daughter of 30 had been diagnosed with cancer few years ago. We tapped for:

*This fear in my knee.*

*This fear of my daughter's illness.*

*This worry about my daughter's life.*

*This guilty feeling.*

*I feel so helpless, and*

*Even though I may be punishing myself....*

The pain went to 0 out of 10. Two days later I saw her limping again. She said that she was feeling so good that she went into town and spent the whole day walking around doing errands. She claimed the pain was only an intensity level of 3 out of 10. We tapped on her 3 pain and within two rounds it was 0 out of 10 and was still a 0 when I left at the end of the week.

I traveled up to Dublin and visited dear friends. Maura is 77 years old. She stated that she had fallen a few months ago and had hurt her back. No broken bones, but the back pain was at a level 6 out of 10. As soon as I probed into the tissue the pain scale jumped to a 10 out of 10. The issues we tapped for were:

*This pain. This anger over this pain. This frustration over this pain.*

Within twenty minutes it was gone. Even when I probed in deeply the pain level remained 0 out of 10. Even though I had worked on her frozen shoulder on my last visit with great success, she was still amazed at the EFT results. A week later she called and stated, "I still can't believe it, but it is completely gone."

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Ray Perkel from New Zealand does a first-class job of eliminating his friend's back pain even though other methods had failed. His report clearly illustrates how suppressed and stressful emotions can remain stored in the body and reappear years or even decades later as pain and illness.

Releasing old memories eliminates pain from disc disease by Ray Perkel

My friend Akiva was suffering from chronic debilitating pain in his upper back, with referred pain in his right shoulder and neck. In addition to struggling to get a good night's sleep, he could not turn his head easily when driving, nor could he do his customary stretches upon waking in the morning.

Three consecutive weeks of intensive twice-weekly physiotherapy had failed to have any effect at all. His doctor and physiotherapist recommended X-rays. He thought his shoulder might be dislocated although there had been no injury to cause such a condition. The X-rays showed that he has degenerative disc disease. Compressed discs in the upper spine put pressure on the nerves

causing muscle spasms and the pain in the shoulder. There was no evidence of any damage to the shoulder. Akiva turned to his doctor for advice.

The doctor, who happens to be my doctor too and is also a friend of mine, incorporates homeopathy and acupuncture into his conventional and very successful medical practice. A couple of weeks prior to Akiva's conversation with him I introduced the doctor to Gary Craig's website. I had told him about my experience with EFT and that I was training to be a practitioner. When Akiva approached him he recommended that he call on me for EFT treatment as he believed that this modality would be the most effective for his condition. I was greatly moved by the humility and openness of this respected, highly experienced professional referring his patient to me, an inexperienced lay healer.

We did three sessions with extremely positive results. In the first session Akiva rated his pain intensity at 8 on a scale of 0 to 10. We began the session with a few rounds of chasing the pain. The pain kept shifting position and he felt small increments of relief with each round of tapping.

Unexpectedly, he noticed a feeling of tension in his stomach area. I asked him to describe the emotion associated with that sensation and he reported feeling frustration with a tinge of anger. I asked him to recall any event which he associated with that feeling. He instantly remembered a water-skiing experience that had occurred 15 or 20 years earlier.

A family member was driving the speed boat with Akiva in tow on water skis. When accelerating the boat in order to start Akiva up on his skis, the driver kept making the boat surge forward much too fast and in a jerky and rough manner so that Akiva lost his balance and fell into the water several times. He recalled feeling humiliated, frustrated, resentful, and angry. We tapped on these emotions. He immediately experienced a significant drop in the pain to a 4. He was delighted and very impressed with the process.

When we met a few days later for our second session, Akiva told me that in the intervening period the pain had spontaneously eased up further each day. It was now down to about a 3. He was sleeping peacefully and had much more mobility in his neck and shoulders.

Continuing with the theme of powerlessness, he recalled how as a child he was repeatedly bullied by the kids next door, who would gang up on him, pin him down, and spit in his face. Tapping on this reduced Akiva's pain down to around a 2.

About a week later we did a third and final session. After chasing the pain for a couple of rounds, the issues of humiliation and frustration once again came up. Akiva recalled himself at age five being alone at home while his parents worked. The family's domestic worker would hold him upside down by his ankles and painfully smack the soles of his feet with a slipper as punishment for bed-wetting. (The punishment didn't help!). Tapping on this emotional memory reduced his present pain down to a 1.

Akiva experienced a steady reduction of pain over the period of the treatment and it has stabilized at an almost imperceptible intensity of around 0.5 out of 10.

He says that, although there is still a subtle sensation of his former condition, his life has "returned to normal again" and his shoulder and back do not bother him in the least.

I am fascinated by the apparent link of Akiva's waterskiing experience with his pain in the upper back and shoulders because these are the muscles with which a water skier takes the strain of being pulled by the rope attached to the speed boat. It appears to be there that Akiva unconsciously stored unexpressed emotional energy relating to powerlessness and anger, even in early childhood.

This case seems to illustrate clearly how stressful and suppressed emotional memories can store themselves in the body and eventually present as pain or disease, even decades later. EFT offers a remarkably direct and powerful way of healing these kinds of conditions. I am very grateful for having been given the skills to facilitate such healing.

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Here is another example of the link between our emotional and physical issues. Dr. Carol Look addressed ONLY her client's emotional issues with EFT and, as a side effect, generated major relief from severe physical pain in her back and knees.

### **Terri's pain relief: "I woke up one morning and realized I could move..."**

by Dr. Carol Look

Terri first discovered tapping at one of Gary's workshops in Chicago. She followed up with a few private sessions with me as well as a teleclass series. Sometime around the third week of the teleclass, she announced, *"I woke up one morning and realized I didn't have pain any more!"* Terri's case demonstrates how her emotional conflicts showed up in long-term physical pain, even though we never "worked on" her pain issues. Her case is also all about persistence and payoff. Here are the details of our work together.

Terri suffered from low self-esteem and success blocks and wanted to release anger, resentment, and fear from her life. She focused mainly on leftover issues from her abusive marriage, describing herself as suffering from "battered wife syndrome." When she finally divorced her husband, he announced to her in the courtroom *"This is the sorriest day in your life because you will never be able to take care of yourself and everyone knows you will never amount to anything."* Terri said she felt completely humiliated in front of everyone and, of course, she believed what he said.

Terri's husband had been controlling and verbally abusive throughout their marriage. *"He pushed me around emotionally from the beginning."* She was expected to "keep his palace spotless" while he never lifted a finger. She knew she shouldn't have married him and realized in hindsight that she was desperately trying to escape her strict and controlling family.

We applied EFT on her feelings about her husband as follows:

*Even though he controlled everything I did, and I couldn't stand it, I deeply and completely accept all of me.*

*Even though I feel rage about his behavior, I choose to accept how I feel.*

*Even though I felt trapped with him and couldn't get away, I appreciate the freedom I enjoy now.*

*Even though I'm mad at myself for letting him treat me this way, I forgive myself for these mistakes.*

*Even though I was afraid to leave and thought I deserved it, I accept all my feelings and my behavior.*

*Even though I feel resentful and I shouldn't have let him control me, I accept my feelings anyway.*

*Even though he completely humiliated me, and I'll never forget it, I know he is in the past now and I can move on.*

*Even though he said I couldn't take care of myself and I believed him, I release that belief for good.*

*Even though I was afraid he was right about me, I choose to know I can take care of myself.*

*Even though I thought I deserved the abuse, I accept that I was wrong about that.*

*Even though he said I couldn't live without him, he was wrong and that's okay.*

I often gave Terri the assignment to repeat positive phrases while tapping, such as, *"I deserve to be free...I love taking care of myself...I appreciate everything about me...I feel so good about my life...I accept all the joy that is available to me."*

Of course working on the issues around her marriage allowed Terri to think more about her upbringing, which she had never really focused on before. Her parents were extremely strict and expected her to behave as an adult even in childhood. She was never allowed to play with other kids after school – her parents thought it was a "waste of time." She was expected to come home without participating in any after-school activities to work on the family farm. If Terri missed the bus in the morning for school, she was expected to stay home and work on the farm as well. She said, *"There was never any love in my home. I was always trying to get my father's approval,"* but she never felt sure he loved her.

We tapped as follows:

*Even though I couldn't get his attention or love, I deeply and completely accept all of me.*

*Even though I always need to be better because I'm convinced I'm not good enough, I am realizing that I am valuable anyway.*

*Even though they didn't really love me in ways I could feel, I know they cared for me anyway.*

*Even though I have tried to rebel against their control all my life, I forgive them and I forgive myself.*

*Even though I felt oppressed all my life, I choose to feel free now.*

*Even though I am surprised by how angry I feel at them, I forgive myself and release the rage.*

*Even though I felt trapped my whole life, I choose to enjoy my freedom now.*

*Even though I never got my father's approval, I choose to approve of myself now.*

Terri tapped in between sessions while reciting positive statements such as, *"I love my freedom...I enjoy being free...I deserve to feel good...I did enough and am enough...I forgive them...I forgive myself...I deserve a good life."*

Three weeks into the teleclass, Terri announced to me and the class, *"By the way, my pain has gone away!"* Please note that I didn't even know she suffered from knee and back pain and had never ever focused on those symptoms.

Terri said she had suffered with terrible knee pain for 15 years. She had surgery on both knees to try to relieve the pain, but it came back. One knee usually had pain as high as an 8 while the other hovered around a 4 most of the time. She often went to bed with ice packs and in tears. She also "couldn't move in the morning" from the stiffness and pain in her back and knees. Today she occasionally notices slight knee pain if she overdoes physical activity during the day, but other than that, she considers herself completely pain-free.

Terri had two back operations 30 years ago for ruptured discs. She had been in chronic pain with her back with a discomfort level at around a 4 ever since. After all this tapping for rage, hurt, fear and resentment, she reported that her back pain was a zero. *"I can't believe that I can get up in the morning and get right out of bed!"* When I asked her if she had "added" anything else to her life that might account for the pain relief, she said "Absolutely not. EFT is the only thing I have done in the past six months."

By the way, as it turns out, her ex-husband was wrong. Not only has she been able to take care of herself financially, but many essential relationships in her life have improved and she resolved her fear of being controlled enough to accept a marriage proposal from a wonderful man who has no interest in controlling her.

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"Bedside EFT" is a new term introduced by EFT practitioner Holly Holmes-Meredith. It comes from her many rewarding experiences with the application of EFT to hospital patients. As might be expected, hospital patients often have fears, angers, and other intense emotions that tend to exacerbate their pain and inhibit their healing. EFT can make a big difference, as the following three cases illustrate.

“Bedside EFT” for patient pain relief

by Holly Holmes-Meredith

Using EFT for pain management can be one of the most rewarding applications for both the receiver and the practitioner of EFT. Watching a person move from pain to relaxation and more well-being in a matter of a few minutes is truly an experience of grace. Here is an example of an EFT session conducted at the bedside of women in pain and in physical and emotional crisis.

Betsy, a colleague and fellow hypnotherapist called our office administrator to say she wouldn't be seeing clients during the week because she had been flat on her back in pain for four days. Her pain level fluctuated between an 8 to 10 on the intensity scale. The only time Betsy had left her bed was to crawl to the bathroom. Her back muscles were in constant spasms and she was taking the prescription drug Vicoden, which seemed to barely diminish the pain. She had hardly slept in four days. When I got Betsy's message I called her to tell her I would be over that night to see if we could work together to help her get some relief.

Betsy has not taken the EFT course but she had had a very brief introduction to the Basic Recipe when I tapped for with months ago for some ankle pain . I think she was expecting that we would do hypnosis for pain and yet she was very receptive to doing EFT when I arrived. She was in bed and in misery. Her pain was a 9.

I did the tapping for Betsy. All she had to do was lie in bed, verbalize the set up and keep track of her aspects. We worked for about 45 minutes and discovered many emotional aspects to her pain. She was resentful towards her family for not being "backed-up" and supported. She was exhausted from running the household and caring for her son and husband. Issues of her co-dependence and martyrdom also surfaced as aspects related to her back pain.

The tears flowed and the pain began to subside. Betsy started to understand how her energy system and muscles held all of the emotions and resentments she felt unconsciously. After our 45 minutes of tapping she was at a level 2 on intensity scale. She was also exhausted, unable to tap any more and needing sleep. After four days of not walking, she got out of bed and walked me to the door to say good bye and thanks. Finally her pain cycle was broken and she could get some sleep.

I spoke with Betsy the next day. The pain was dramatically reduced and she had slept well. Our EFT session significantly reduced Betsy's physical and emotional crisis. She was scheduled for an MRI and a consultation with a back specialist.

Betsy's test results show a bone spur on the vertebrae and so she is considering surgery. She is managing the pain with EFT, and hypnosis and is back to work. She also realizes she has relationship work to do with her family and family of origin. I am enrolling her in our next EFT class so she can take her healing to the next level.

I have worked with other patients who were hospitalized in intense pain, and whether they were recovering from surgery or dying of cancer, EFT alleviated their suffering. Life presents many opportunities for you to share your skills in times of pain and transition. The personal rewards of assisting someone in a crisis are sweet and profound.

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When it comes to coping with emergencies, EFT is one of the most effective treatments you can find. It doesn't replace necessary medical care but it reduces stress levels, helps the patient think more clearly, and improves the outcome of medical treatment.

In this next example, Dr. Larry Stewart was about to call for an ambulance when his wife pinched a nerve in her back. Thanks to EFT, the ambulance wasn't needed.

### **EFT cancels an ambulance call**

by Dr. Larry Stewart

Two weeks ago, at 8:00 on Saturday morning, I awakened to hear my wife's cries of pain. Shirley had picked up a stack of magazines and in the process had pinched a nerve in her back (she's done it before) and was lying on the ground, crying from the pain. I started to call an ambulance, but I decided to see if I could offer some immediate relief from some of the pain. She rated the pain in her back as a solid 10 and the numbness in her toes rated an 8 on the big toe and 10 on the small ones.

We tapped, but no change. We tapped again, and she felt a little relief. About 15 rounds of tapping, she was down to a 1 on the back pain, a zero on the numbness in her big toe, and a 2 or 3 on the numbness in her smaller toes. She rested and continued to tap every few hours through the weekend. We finally got her to her physician and chiropractor on Monday.

For the next few days, anytime the pain crept up, she would tap. She continued to tap for the numbness. Ten days later, she is able to walk normally again. Whenever this happened before, it meant days in bed followed by months of pain and numbness. I'm convinced that EFT helped, at least to relieve the neuro-muscular tension that accompanied the injury.

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From time to time we receive reports from EFTers who are injured in car crashes and other mishaps, describing how tapping reduced their pain, kept them calm, and helped them cope with whatever happened before and after the accident. When Barbara Cohn totaled her car, the first thing she did was focus on EFT.

EFT and my car crash

by Barbara Cohn

Day before yesterday, I was in a really bad car accident in New York City. In fact, my car is totaled. I've been studying EFT for a few months and had just completed the Level 2 and Level 3 workshops, so, faced with the shock of being in an accident and not really sure what happened, I began tapping. Right away I was interrupted by helpful witness/ bystanders who opened my car door and proceeded to check me out and tell me not to move and that an ambulance and the police were coming. I ached all over but I could move all my parts and the only blood was from where the seatbelt scraped my neck and where I bit my tongue.

Before I could begin tapping in earnest, the ambulance arrived and the paramedics used the standard things like a collar and back board, even though I knew I didn't need them and said so. Getting me from the car using the back board and the collar really hurt, partly because I am not a skinny woman and in part because the way they did it really hurt my bruises!

As soon as I was in the ambulance and lashed to the board and gurney, I began tapping about my aches and shock and the trauma of the car hitting the metal stanchion of the overhead subway. I knew that the paramedics who were writing up stuff would think I needed psychiatric help if they heard me doing setups so I said the Setup Phrases in my head and physically tapped on the Karate Chop point, and then the crown chakra on the top of my head, the third eye, the face points, the collarbone, the underarm, and the abdomen rib points. When that didn't seem enough I tapped on the finger points.

I tapped for my guilt about totaling the car and said I forgive myself even though I still really wasn't sure what happened. I tapped for the driver of the other car, who claimed I hit him, and I forgave him because I didn't know whether he was right or wrong and at that point it didn't matter. I can't remember all the setup statements I used because I tapped on everything I could think of, including my son's reaction to the loss of the car and my daughter's reaction to the fact that she now had no car to use. I even did a mental movie and saw myself hitting the pole and being unable to move out of the way. I wasn't tired, but each round of tapping produced yawns, so I knew something was happening. In the hospital they put an IV needle in my arm in case it was needed, so imagine, if you will, tapping one-handed because of being lashed to a board, attached to a collar to prevent you from moving your neck, with tape over your forehead to keep you still on the gurney, and with an IV needle in your arm.

At the hospital it was hurry up and wait because I wasn't logged in right away, so I kept tapping about my bruises, aches and pains, how awful the board was, the pain in my head from being on the board, and the bruise at the gamut point that was black and swollen but not painful. I tapped for my swollen and bleeding

tongue and how it hurt to swallow around the lump in my throat. I even did one 9-Gamut round just to be on the safe side.

My husband arrived at the hospital about 11:30 AM and, seeing me tapping, didn't interrupt. He stayed with me and I continued to tap saying the setups mentally. Occasionally we talked and then I'd go back to tapping. After maybe another hour I finally saw a doctor and I was still tapping. I told him I was doing EFT. He had never heard of it and I wasn't really up to explaining, so I made a mental note to send him some information about it later.

I still have some aches and pains from injured muscles and I've been tapping on them, individually and compositely. I have a thermopedic mattress topper so I was able to sleep comfortably even before I managed to remove all the pain aspects. I did take some Tylenol but it was the tapping that made the difference. I wasn't able to breathe deeply due to a rib bruise but I kept tapping and finally got some relief after thinking about the pain being like a strap around my chest. In fact, I pictured a thick brown belt with a silver buckle that I was opening so I could throw the belt away. Finally, when I was lying down, the tightness eased and I was able to breathe deeper. Of course when I got up many of the aches came back, but anyone could see that the healing was proceeding faster than usual.

All in all, I feel incredibly fortunate to have survived the accident – and even more fortunate to have a tool like EFT to work with any time, anywhere, even under adverse conditions. Oh, and my husband has become a believer, too.

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In this last first-aid example, JoAnn SkyWatcher was dancing one night when she fell hard on her hip. Read on to find out how she relieved the problem.

## **EFT prevents bruising and pain after a fall**

by JoAnn SkyWatcher

Recently my husband and I went to a friend's retirement party for which my husband put together some great music from the '60s and '70s for all of us to dance to. Toward the end of the party, another woman and I decided to spin each other. We held hands and pivoted, pulling our heads back to gain momentum. We spun faster and faster.

My inner child was having a blast and we were laughing like crazy when suddenly her shoe slipped off her foot. She lost her balance and fell down, with me tumbling after her. When I hit the thinly carpeted floor, I struck my left hip with great force. Ouch!!! That hurt like hell! I felt pretty stupid and I was afraid that I might have broken my hip. Slowly, I was able to turn myself over and get up on my hands and knees, then rose tentatively and stood. I hobbled into the

bathroom and behind the closed door I started to use EFT. I tapped for the pain that I had in my hip and for feelings that I didn't want to stay in my hip. The level of intensity of the pain was a 7 or 8 on a scale of 0 to 10.

*Even though I feel really stupid for spinning so fast and falling down on the hard floor...*

*Even though my left hip hurts like hell ... it is turning into a big yellow bruise*

*Even though someone my age shouldn't be doing something as dangerous as spinning really fast...*

*Even though it was incredibly fun until we hit the hard floor...*

*Even though people may have thought that I was crazy...*

*Even though I feel embarrassed for acting like a kid...*

*Even though I feel like an idiot...*

*Even though I feel grateful that I didn't break my hip...*

Tapping for about ten minutes brought the level of intensity of the pain down to a 3 or 4 out of 10. My husband drove us home after the party and I tapped again using some of the above Setup Phrases. The next day I tapped some more, and also tapped for feeling stiff.

I didn't get even a bruise (I tend to bruise relatively easily). Further, I didn't feel any pain unless I touched the area on my left hip that I landed on, and then I only felt a tender spot.

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Chapter Ten:

The Search for Core Issues

Sometimes back pain is part of a larger problem, a symptom of a deeper, more important underlying situation. By far the fastest way to resolve a complex issue or clear up pain that resists treatment is to discover its **core issue** (see page 81). Core issues are fundamental emotional imbalances, usually related to traumatic events.

There are many ways to approach core issues. In some cases they are obvious to the person in pain. When asked about when the pain started or what might be contributing to it, the reply is immediate. “I’ll bet it has something to do with my husband’s heart attack last fall.” “My back hurts whenever I think about my wife’s affair.” “My back has been killing me ever since my business failed.”

But most of the time, core issues are hidden from view. This is because the subconscious mind is a clever protector of secrets, including those that we hide from ourselves.

In some cases, our subconscious minds hide secrets that are truly awful. But when revealed to the light of day, most of our personal secrets don’t amount to much.

The reason Tom can’t give a presentation at work is because his fourth grade teacher embarrassed him in front of the class. The reason Ann can’t lose weight is because when she was eight years old, her mother told her she would always be too fat to wear a swim suit. The reason John can’t propose to Marie is because his older sister always told him that he was such a loser, no one would ever marry him.

As long as they hold an emotional charge, these secrets are powerful enough to shape a person’s life – but as soon as they are uncovered and neutralized with EFT, core issues like these lose their power and become insignificant old memories.

This aspect of EFT never ceases to amaze me. Again and again I’ve worked with people while they dealt with incredibly painful memories, memories that controlled their lives and dictated where they would live, what career they would follow, what friends they would have, and everything else. Suddenly, after a few rounds of EFT tapping, they are completely transformed and no longer frightened, anxious, or afraid of old events. Instead, they’re able to describe them as easily as if they were talking about the weather. As soon as old events and old memories lose their emotional charge, they lose their place of power in the subconscious mind.

Core Issue Questions

Two of the tools we use to find core issues are questions and fill-in-the-blank statements, such as:

What does this back pain remind me of?

When was the first time I felt this same pain?

If there is a deeper emotion underlying this pain, what might it be?

If this back pain were a book or a movie, what would its title be?

If it were a Broadway play, what would its plot be?

If I set this back pain to music, what would it be and why – a country song, hard rock, a symphony, a melancholy Argentine tango, a John Philip Sousa march?

Who or what is the pain in my back?

If I could live my life over again, what person or event would I prefer to skip?

When I relax and let my mind drift, I realize that this pain might have something to do with ____.

When I think about the pain in my back, I realize ____.

The worst mistake I ever made was to ____.

I have this big red ball of rage in my back, and it's all because ____ ...

Sometimes the questions aren't necessary because you intuitively know what the core issue is. But core issues are often clever about hiding, so being a good detective is an EFT asset.

If you can't think of anything, you can use EFT to ask your subconscious mind for assistance by tapping while you say:

Even though I can't think of anything right now, I'll let my clever subconscious mind answer these questions with answers that help.

Even though I have no idea where this pain came from or what words to use to find the cause, I choose to effortlessly and effectively allow my brilliant subconscious mind to uncover the core issue and bring the most effective thoughts, ideas, and words to my conscious mind for best results.

Even though my mind is a blank, my brilliant subconscious mind knows what to do to help this technique work.

Sometimes mentioning specific emotions will help trigger a memory. Try tapping while you say:

Even though I might have anger, sadness, guilt, sorrow, hurt, frustration, or other emotions that I can't identify, and they're here under the surface, I love and accept myself, I bless and forgive myself, and even though those feelings are hidden for now, I choose to welcome them as they emerge, knowing that it's safe to invite them into my conscious mind because with the help of EFT tapping, I can be safe in every way, no matter what.

Even though I may have anger in my back, I deeply and completely accept myself....

Even though I can't come up with specific emotions or past events, the truth is that when I think about betrayal, I clearly remember ____.

....when I think about feeling lost and helpless....

....when I think about feeling overwhelmed and confused....

.... when I think about that crushing blow of disappointment, as though the floor had fallen out from under me, I remember how my peripheral vision closed in, as though I was in a dark tunnel, and my heart stopped....

Some EFT practitioners receive inspiration and guidance from books that diagnose the emotional causes of physical ailments. Two of the most popular are *Heal Your Body A–Z: The Mental Causes for Physical Illness and the Way to Overcome Them* by Louise L. Hay (Hay House, 1988) and *Messages from the Body: Their Psychological Meaning* by Michael J. Lincoln, Ph.D. (Talking Hearts, 2006).

In *Heal Your Body A–Z*, Louise Hay lists physical symptoms with their probable causes and affirmations (“new thought patterns”) that help correct them. For example, she describes the back as representing the support of life, affirming, “I know that Life always supports me.” She links lower back problems with a fear of money and lack of financial support and affirms, “I trust the process of life. All I need is always taken care of. I am safe.” Middle back problems are associated with guilt, a feeling of being stuck in all that stuff back there, and the mantra, “Get off my back.” Her recommended new thought pattern is to release the past and move forward with love in your heart. For upper back pain, which she attributes to a lack of emotional support, feeling unloved, and holding back love, she recommends focusing on thoughts of self-approval. “I love and approve of myself. Life supports and loves me.”

You can turn any of these statements into an EFT Setup Phrase. For example:

Even though my lower back hurts and it's probably because I'm so worried about money, I choose to replace thoughts of lack with thoughts of abundance. Now my mantra is, "All my needs are taken care of."

Even though my middle back hurts, and I just want the world to get off my back, I would like to let go of all the guilt in my back and dwell on the thought that I have released the past and move forward with love in my heart.

Even though my upper back hurts just the way my heart hurts because no one loves me the way I want to be loved, I choose to affirm that life supports and loves me and I love and approve of myself.

In *Messages from the Body*, Dr. Lincoln devotes several pages to back pain, backaches, and back problems. Among other things, he links back pain to feeling overwhelmed by excess demands over which the person feels resentment, isolation, loneliness, and a sense of separation; a fear of losing and of not being in control; growing up in a dysfunctional family that coped with problems by denying them; an overriding concern with what others think; and issues involving self-acceptance

If you identify with any of these themes, EFT can immediately address them.

If you're still not able to come up with an event, memory, or connection, no problem. Just make something up. As I often say, a made-up example can work even better than an actual event or memory.

As soon as you have something, real or imaginary, that's connected in any way to your pain, create a short or long Setup Phrase around it and begin tapping.

EFT can enhance any type of treatment or therapy, which is why so many chiropractors, physical therapists, massage therapists, physicians, personal trainers, nurses, and other health care practitioners incorporate tapping into their professional work. Here are two interesting reports from Roseanna Ellis, who has been using EFT with chronic pain clients for over three years. Roseanna is a licensed massage practitioner and physical therapist assistant.

Core issues release severe back pain by Roseanna Ellis

On a Friday night in the summer of 2006, I received a call from a woman begging me to come to her home because she had severe back pain. She said, "I threw my back out and I won't be able to see my doctor until Monday. Please come now."

When I arrived, Mary could barely walk. I treated her in the living room because she was unable to climb the stairs.

I tried all the therapy tricks I knew for about half an hour to no avail. Then I asked her, "What was happening when you first threw your back out?"

She said, "I was watching my daughter try on her wedding dress." Then she talked about the stress of the wedding and how everything was going wrong. We tapped for the stress, for everything going wrong, and how I can't take it, I can't rely on anyone.

The pain decreased from a 10 to a 4. She was able to get on and off my treatment table with slight discomfort, but she was very restricted in range of motion.

I asked her, "Why would your body be afraid to move?"

She answered, "I am a control freak and the wedding planner is not doing things my way and it is freaking me out."

We tapped for

Even though I am a control freak, I choose to believe that others can also be awesome at what they do. Even though I am a control freak, I choose to give this wedding planner an opportunity to help me. Even though this control freak attitude is causing this immense pain and robbing me of the joy of my daughter's wedding dreams, I choose to get over this nasty habit.

This helped her a lot. She was able to move her body in every direction with a pain level that had fallen to one. I asked her what was keeping the pain at a one. She answered, "It is very hard for me to give up control."

We tapped for:

Even though I am making this wedding all about me and not my daughter, I deeply love myself and my daughter.

That did the trick. She sat up with a shocked look on her face and said, "You're right, it is more about me than my daughter." With that she exclaimed that the pain was a zero, jumped off the table, and gave me a great big hug.

I went over the next morning to give her a good stretch. She was still completely free from pain.

In another case, a 50-year-old man came to see me complaining of low back pain that was so intense, it measured a 10 on the 0-to-10 scale. He had very limited range of motion and could not bend over or twist without being in agony.

He was afraid that he would not be able to heal and would have to give up his golf, which he loved so much. He also feared getting old and becoming helpless.

We performed EFT for the issues of being bent over, being afraid of getting old, being afraid to move because of pain, and fearing that he would have to give up golf, his favorite sport.

Within about fifteen minutes his range of motion had improved and his pain decreased to seven. Then he began to speak about his stress at work. We tapped for his stress until his intensity fell to a zero for stress. His pain fell to zero and he began to move more easily. We tapped before every motion he performed until all motion was normal and he could twist and bend without pain. In fact, he was able to bend enough to touch the floor. Needless to say, he was very pleased with his session.

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Our aches and pains can be attached to all kinds of past events, and often you won't realize until you start tapping what memories might be involved. In many cases the calendar plays a role, subconsciously reminding us of unhappy past events. In this next example, Nancy Privett works with a woman whose severe shoulder pain is connected to a painful anniversary.

## **Shoulder pain and a painful anniversary**

by Nancy Privett

Marie came to see me to use EFT for her sore left shoulder and upper arm. This area had been hurting for a few days. The muscles all around the shoulder were sore, as well as the ones going up into her neck and down into her upper arm. She had limited mobility and could not reach behind her to fasten her bra.

I asked Marie what had been going on around the time when she noticed the sore muscles and the only thing that came to her mind was that a few days previously she had been to New York City to see a show with friends and had been holding her purse tightly against her left side with her arm. The next day she woke up with the soreness.

I noticed that when Marie mentioned her problem she said: "I feel like my mother, all crippled up and can't move." When I asked about that, she said that her mother, who had died eight years previously and who had lived with Marie and her family for the last several years of her life, had a lot of physical problems, including arthritis in her shoulders.

Marie repeated the phrase about feeling like her mother several times when talking about her shoulder, which was a clue that the physical symptoms might be connected emotionally with something to do with her relationship with her mother. However, we began tapping on the physical limitations and pain, and right away Marie felt a difference. She went from a discomfort level of 8 on a scale of 0 to 10 to about a 5 out of 10. Some phrases we used were:

*Even though I have this soreness in my shoulder...*

*Even though I can't move my arm the way I want to...*

*Even though I have this pain in my upper arm...*

*Even though it hurts to raise my arm...*

*Even though I can't reach behind my back...*

*Even though this pain goes up into my neck...*

*Even though it hurts more now in my neck than in my shoulder...*

The discomfort was staying at a 5, so I decided to use something I learned from a previous EFT newsletter article, (sorry I can't remember the reference) based on NLP language. I have had good results with this technique before.

I asked Marie to focus on the discomfort and answer the following as quickly as possible: What color is the discomfort? Is it bigger or smaller than your hand? Is it transparent or solid? Is it moving or still? And, most importantly: If it were associated with a feeling, what would that be?

To Marie's surprise, the answer to the last question was "sadness." So we tapped on that:

*Even though I have this sadness in my shoulder....*

Before we had completed the round of tapping, she said, "Oh! Of course!" She then told me that the eighth anniversary of her mother's death was in three days, and she was going to be away on a business trip on that day. She began crying, saying that she didn't realize how important it was to be home on that day. (Her mother had died suddenly and unexpectedly at home, in Marie's arms.) We then tapped on:

*Even though I am very sad that I won't be home on the anniversary of mom's death...*

When that round ended, Marie said that she had always felt bad about the event of her mother's death because, even though her mother had died in her arms, Marie felt like she hadn't said the right things to her as she was passing in order to comfort her. We tapped on:

*Even though I feel guilty and bad that I didn't give mom the comfort she needed as she was dying in my arms...*

*Even though I didn't say the right thing to her as she died in my arms...*

*Even though I should have known the right thing to say to comfort mom as she was dying in my arms...*

Notice the reference to the fact that Marie's mother had died in Marie's arms, and it was her shoulder and upper arm that was now hurting.

I then suggested to Marie that it really was a lovely and comforting thing in itself that her mother died in her daughter's arms. I said, "Just think, when you die, wouldn't it be nice to be in held in one of your children's arms when it happened?" She said she hadn't thought of that, but it was true.

The session was ending and Marie's shoulder discomfort was still a 5 on a scale of 0 to 10, but she said that "everything feels different." I had an intuitive feeling that after sleeping, her balance would be restored in the morning.

The next morning she called to say that she felt great and that all her shoulder and arm and neck pain was completely gone. She also felt lighter about her mother's death and didn't feel the sadness that she wouldn't be home for the anniversary. EFT resolved both the physical symptoms and the underlying emotional cause.

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In the following case, Linda Thompson of Nova Scotia applies EFT to a young girl for her recurring back pain. The results were amplified when she discovered the hidden issue that had triggered her severe pain.

Back pain from scoliosis and spinal bifida disappears after core issue is uncovered

by Linda Thompson

Sam is the 14-year-old daughter of a friend who lives just down the street. She is a vibrant, beautiful young lady with a wonderful, fresh sense of humor. The family moved from England last May and I immediately connected with them.

Sam has been suffering with extreme back pain since age seven and was recently diagnosed with scoliosis and mild spinal bifida. This Saturday our phone rang, and when my husband answered, I overheard him telling someone that we didn't have any pills for back pain. When I learned it was Sam, I took the phone.

She sounded terrible and I asked her what was wrong. She said she was in such pain, she wanted to know if we had any pills we could give her. I said no but I could come down to do EFT on her. Her voice sounded as though her tongue was swollen and I suspected she had already taken too many drugs, and she admitted taking three extra-strength pain killers. I worried that she had overdosed as she is just a tiny thing, and I got down there as soon as I could.

She was still in her robe as she found it difficult to get out of bed. I immediately tapped with her for the pain, which was at an 8 even after the drugs. I got her to describe it and went immediately to

Even though I have this terrible sharp pain in my back, I'm still a really cool chick.

From past experience with her, I knew she would smile at that.

After one round she was down to a 5 and after two rounds the pain was completely eradicated. Even I was surprised as she moved around and tried without success to find the pain. Her face lit up and she hugged me and said her back had never felt so good. I then asked her how the drugs made her feel and she replied, "Gunky." So we tapped on how:

Even though I took those pills and they are making me feel gunky, I need to get them out of my system so that I can enjoy the day and hang out with my friends, because I'm still a really cool chick.

Just one round of tapping and she felt good again. Later that day she had a driving lesson with my husband and the pain had not returned. She was bright and full of smiles.

I had a feeling her pain might come back, though, and on Monday night her mother drove her over. Sam was distraught but at my request had not taken any drugs. We immediately began tapping on the pain but it didn't change one little bit. Her pain level was a 9 and she also had menstrual pain at the same intensity. It went down to an 8 and then it was worse in her back and then worse in her abdomen. I tried to pull out of her what had happened that day but was concerned that she may have trouble verbalizing it as her mother was right there. I told her she could just think about it but Sam was adamant that nothing had happened and nothing was going on.

I asked her to say

Even though there may be some emotions behind this pain, I don't know what they could be, maybe hurt, maybe sadness, who knows, I'm just 14 and I'm allowed to have all these feelings and I'm still a really cool chick.

The pain went down to a 3 – AHA!

Her mother finally piped up and said, "Oh, come on Sam, what about that boy Paul?" and Sam immediately blushed – AHA again! Sam told me that she really liked him but he didn't like her. We tapped on,

Even though Paul doesn't like me and I'm trying really hard.....

This produced LOTS OF TEARS.....I told her to stay with it and I kept tapping on the hurt, the pain etc.. and then she finally smiled. She also revealed that the boy who told her that Paul didn't like her was her good friend's boyfriend. He told her that Paul didn't like her but that he did. She felt guilty about that, and so we tapped on:

Even though I have Paul and Susan and Kevin in my back, it's not worth carrying them around with me because it's causing me pain, and even though they are having a party in my back, I would like for them to get out and leave me alone, and I know for sure I'm a really cool chick.

She stood up and all the pain was a zero!

On her way home she told her mom how happy she was and she didn't know how she could ever repay me. That was enough payment for me. Her mom also

told me that she herself was almost brought to tears watching the whole process. I really enjoy children as they are such a clean slate and so receptive to the process. It's approximately two weeks later and Sam reports that she is still pain free.

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In recent correspondence with Catherine O'Driscoll, my friend from Scotland, she sent me this important EFT experience. It is one of those cases where conventional healing practitioners had difficulty even labeling the problem. Relieving it, of course, was considered impossible. This is not just an "EFT does it again" story. It goes beyond that by illustrating the following fine points in the "art of delivery" by demonstrating:

1. How clients can fool themselves about what the problem really is.
2. How following your instincts (intuition) can often get to the heart of the matter.
3. How hitting the emotional bullseye (core issues) can provide substantial relief for a severe physical issue – after all else has failed.

Catherine also provides excellent use of language in her eventual Setup phrasing wherein she let the process roll out of her intuitively. This is a fascinating process that is illustrated in detail in our DVD, "Steps Toward becoming The Ultimate Therapist."

## **Neck pain relief after finding the emotional core issue**

by Catherine O'Driscoll

Glen is a true gentleman who came to me with his head hanging forward, in absolute pain. He has been wearing a neck collar for three months now. His doctor referred him to a specialist and the specialist referred him to another specialist. A physiotherapist was involved. Eventually, Glen took himself to a chiropractor.

No one was sure what was wrong with Glen. CAT scans were next. The experts hadn't seen anything like this before. The chiropractor said the closest description of his condition was a thing called 'drop neck' which horses suffer. The physiotherapist had been looking in all her medical books. She thought it might be a condition called Dystonia.

Dystonia is an incurable neurological condition. The specialist was talking about an operation – an operation that is chancy at best. It could go horribly wrong.

Glen was terrified that he might have to stop working. He had no idea how he would pay his bills if this condition couldn't be cured. He was terrified that he would never get better. We tapped on this:

*Even though I might never get better . . . Even though I might not be able to work...*

Throughout the hour-long consultation, we measured Glen's neck pain on a 0-10 scale. It stayed up there at 10 throughout.

Now, I knew darned well that Glen didn't have an incurable condition. To me, he was suffering from stress. I knew this because Glen is my brother-in-law, and I've watched him cope with tremendous obstacles over the last few years. At last I had him in my treatment room. He lives in England and I live in Scotland, so I was determined to help Glen recover while he was here.

Here are just some of the obvious stress issues involved.

1. Glen and his wife (my sister) Leslie are great animal lovers. To them, their dogs are their children. Three of their dogs died last year, and their grief was huge.
2. Our father has been suffering from dementia for the last three years. He's been living in a home and my sisters and their husbands have been visiting him every day, staying for hours and coping with a man who they remember as someone very special, but who was now throwing furniture at them, and raving, or crying, or singing, or pacing up and down. They've been going through terrible emotional turmoil, watching my father suffer.
3. Leslie and Glen have also been coping with Glen's mother who also has dementia, and her sister who has had several strokes. Glen and Les had to fly to Ireland and attend to their affairs, selling the family home and auctioning off their possessions to pay for nursing care. Glen has been traveling to and from Ireland every two months to attend to his mother and aunt and their needs. This means that Glen has no holiday allocation left.
4. And then Leslie came down with clinical depression, leaving Glen to take the burden of it all. She's getting better – but that's another EFT story.

So Glen and I sat in my treatment room and discussed all that has been happening. I asked Glen if he felt that life was a bit of a burden and if he sometimes resented what was happening. I asked if he felt unsupported. "No," he said. *"I'm just glad that I'm there to help my mother. I'm glad that I can help Les through her depression. It's great to be there for your dad."*

Now, it comes in handy sometimes to be a selfish sort of a person – someone (like me) who would moan like mad if I had all the responsibilities Glen had. It didn't make sense to me that Glen didn't mind just a little bit. He told me that he had had a fabulous childhood. He said he really felt a lot of guilt about joining the RAF and gadding about and leaving his mum alone when he was a young man. He was glad to make it up to her now.

We tapped on all sorts of things relating to Glen's neck pain. The pain itself, the fear surrounding the pain, the incurable diagnosis. The pain level stayed at 10.

And then, almost despairing, I decided to go for broke. Tapping his karate chop point, Glen repeated after me (whether he agreed or resonated with what I was asking him to say or not):

*Even though I have this incurable neck pain.... And even though I let my mum down when I was younger.... I love myself.... I'm okay.... And even though life is a tremendous burden. And life is a pain in the neck. And I can't fix everything for everyone. And I can't stop people suffering. I'm*

*okay. I accept myself. And even though I can't cope with everything and I feel unsupported.... I matter.... And I thank my body for giving me this gift.... For telling me I have to stop and think of me too.... And even though I can't fix everything.... I'm a good boy...*

At which point, Glen burst out laughing and his neck pain lifted. We walked into the garden giggling like little children, with sparks of light flying around us.

The next day, Glen had no need of his neck collar. He and Leslie tapped on it again last night, and Glen felt further relief. He knows now that he will be able to continue working. He knows that there's no need for a dangerous operation. He knows that his body was giving him a precious gift: the knowledge that he also has to be on his list of people who matter. Like Leslie's depression, Glen's body was saying, 'enough' – and it made him listen.

I shudder to think what would have happened had EFT not been there for Glen. He won't stop helping his loved ones, but he's going to start helping himself as well.

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Sometimes when events overwhelm us, it's hard to think straight. There just isn't time to peruse your entire life looking for core issues. In this next report, Debbie Falzon used the phrase *“Even though this should be working and it's not and I don't know why”* as a means of discovering her problem's underlying cause.

Back pain: Even though this should be working and it's not and I don't know why by Debbie Falzon

About 18 months ago my daughter, Richelle, was seriously ill and was rushed to the hospital. The doctors ran numerous tests and treated her for meningococcal and meningitis. I was a mess emotionally and that first night I could hardly walk because of my lower back pain. I had a car accident in 1985 and have suffered with neck and back problems as a result ever since.

When I returned home I used a bioresonance meridian device that I came across many years ago. I have used this system with clients as well as on myself and family with remarkable results. Like EFT, it works on the meridians, but its benefits are limited to physical issues only, and there were many times when clients wouldn't respond past a certain point. That's when I started looking into EFT. Because EFT involves the emotions as well as physical symptoms, it works even better.

In this emergency, I used the bioresonance system every few hours and applied a steady stream of EFT tapping for not only my lower back pain and neck stiffness but everything else I could think of. Although these treatments were

helping, I couldn't get below an intensity level 4 or 5, which was very frustrating.

As I lay there I started to tap on "*Even though this should be working, it's not and I don't know why.*" I then had a flash of myself in the hospital when I was seven months pregnant with Richelle. I had been overdoing things and was in danger of losing her. I needed complete and total bed rest.

When she was born she screamed from sunup to sundown. She had colic, an intolerance to lactose, and gastric reflux. She used to hold her breath and turn blue in the face. All of her symptoms terrified me and I was convinced I was going to lose her.

As soon as I tapped on "*my fear of losing Richelle,*" my lower back pain and neck stiffness completely vanished and didn't come back. This just blew me away.

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Core issues can involve any subject imaginable. Here's a case from Colleen Flanagan in which the core issue involved a woman's business.

## **Back pain disappears after doing EFT for entrepreneurial worries**

by Colleen Flanagan

My friend Bernadette visited me and mentioned she'd been having daily lower backaches. Earlier in the year Bernadette had left a secure corporate job to start her own business. Like many new business owners, she felt uncomfortable experiencing the emotional roller coaster of being overwhelmed with too much business and then, at other times, not having enough.

As we discussed our entrepreneurial challenges over lunch, Bernadette's back pain worsened. After our meal, she tried to rise from my dining room chair but the excruciating pain caused her to sit back down. She said she'd never had lower back pain this severe and would have to wait for the holiday weekend to end before she could visit her chiropractor.

I suggested an EFT session. She insisted it wasn't emotional but physical, as her spine must have shifted out of alignment. I opened Louise Hay's book *Heal Your Body A - Z* and showed her the entry for lower back pain: *Fear of money. Lack of financial support.* She agreed to tap with me, as she didn't want to spend the rest of the weekend in pain, which she described as a 9 on the intensity scale. We started with setup statements on her fears of financial failure:

*Even though I'm afraid my business will fail and I'll have to return to a stressful office job....*

*Even though I'm afraid I'll fail to repay the loan because my business isn't doing as well as I'd expected....*



*Even though I've made many business mistakes, I forgive myself and choose to think of them as steps to success....*

*Even though I'm afraid I won't survive this emotional and financial roller coaster, I now accept these feast or famine business cycles and I release my fears of failure....*

Bernadette tried to stand up again and said her back pain was now at level 7. She couldn't think of any other conscious financial worries. Using surrogate muscle testing, I identified subconscious fears of rejection and success causing the remaining back pain. We continued tapping, starting with rejection fears:

*Even though I'm afraid of being rejected on cold calls when I market my business to others, I now believe that I'm offering a helpful service that people need....*

*Even though I'm afraid that prospective customers will reject my marketing materials and I'll never get another chance with those prospects...*

*Even though I'm afraid that customers will use my services once then reject me for a competitor....*

At this point, Bernadette's back pain was at level 3. Muscle testing indicated that her fears of the consequences of success remained. So we tapped on:

*Even though I'm afraid that I might become so successful that I'll mismanage my finances and lose it all...*

*Even though I'm afraid family members will ask to borrow money from me if I'm too successful....*

*Even though I'm afraid I can't handle the stress of too many customers' demands and I might not have enough free time or privacy....*

Bernadette said that after tapping on the last setup statement, she felt anxious because she recalled being assigned several difficult projects at the same time during her previous employment. We had uncovered a three-year-old fear trigger of feeling overwhelmed by too much work, which contributed to her current anxiety. We tapped with this setup statement:

*Even though I felt overwhelmed and unable to cope with the stresses of all those projects at my last job, I release all negative feelings from that time and remember that I am now a safe, empowered, successful entrepreneur!*

I asked Bernadette how she felt about the financial issues she had previously feared. She felt confident that she could handle anything and felt a bit silly to be worrying about things that never happened.

Next, we tapped in positive Law of Attraction affirmations about how she envisioned her income and bank account growing, her business succeeding, and her efforts helping many people. I then asked her to slowly stand up. Bernadette gingerly rose from the chair, expecting to feel at least minor pain. She straightened up, flashed a big smile, and exclaimed, "I don't believe it! The pain's gone!"

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Here's another core issue report, this one involving cats.

How cats became the core issue behind lower back pain

by Dr. Kay Heaston

Amazing how we can move from low back pain to the subject of two beautiful cats! It was a lesson for me and a first-time experience with EFT for Carole.

Carole had just moved to Ohio from Florida. She came into my office complaining of low back pain. I had just enough time to give her a preliminary treatment, after which she stood up, looked me in the eye and said, "I want complete relief!" She was insistent and kept repeating, "I must have relief today."

I explained how the nervous system works, how she did get some relief, how she needed to try ice, stay in motion, don't sit for long periods, and come back later in the afternoon. She became so insistent that she needed relief that I finally told her to walk around, get a drink of water, and I would work with her as soon as I had a break in my schedule. She seemed content with that plan.

Her wait was twenty minutes. At this point I knew I was going to use EFT. She had never heard of it, but she knew that acupuncture without needles sounded like a good thing. Before we started tapping she reported her low back pain at an 8 on the 0 – 10 scale. Initially we tapped on

Even though I just picked up a few boxes and now my back hurts...

Her level of intensity moved down to a 7. I asked her if anything else came to mind. She looked up at me and with great enthusiasm said, "I know what it is! It is about my cats." At this point she began to tear up. She explained that she had to take her cats to the Humane Society before her move. They were so beautiful that the shelter attendant told her she would have no trouble finding new homes for them. Even though Carole had to give up her cats when moving to Ohio, she was feeling (in her words) guilt and sadness. We tapped two more rounds on the guilt and sadness concerning the cats. She was amazed that her relief was complete. Her back pain was a zero and her emotional "cat pain" was zero.

It has been two months and Carole reports: No pain, no guilt or sadness, and she has been moving boxes while arranging her new home. Yippee for EFT!

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## **Clarifying core issues on paper**

Psychologist Steve Wells from Australia uses a simple but powerful method for getting the most out of EFT by thoroughly documenting core issues.

He calls the process "journaling" and, in essence, it involves writing down all those extra aspects, beliefs, and thoughts that show up during the EFT process. Each such item represents a new avenue for personal EFT exploration and, unless captured in writing,

tends to be forgotten. Writing down and addressing this daisy chain of events allows a more in-depth EFT experience.

This concept does not have to be limited to those wanting to apply EFT to themselves. It offers a similar in-depth experience when healing practitioners ask their clients to do this. Clients can journal during the session or as homework between sessions. Either way, new perspectives leading to core issues and the like are likely to surface. Very helpful indeed.

## **Journaling and core issues**

by Steve Wells

I have found it quite productive to do a journaling process with EFT while sitting in front of my computer. I begin by typing out a description of the challenge, problem, negative thought, negative belief or behavior that I want to work on. Then I do a round or two of EFT on that problem. As more thoughts and feelings come up, I type these onto the screen.

I can type quite quickly and as I work through various aspects it is very helpful to see – as well as feel – the shifts that occur literally in front of my eyes. Whether the aspects that come up are feelings, memories, thoughts, or belief statements, I type them onto the screen and then include them in a new tapping sequence.

As I type I find I gain greater clarity and conscious understanding of my issues and I find that the subsequent tapping rounds I do are more focused and therefore more productive. While I have found that typing onto the screen works for me because I can do so very rapidly, those who write faster than they type, or who prefer to write, could complete notes in a paper journal as they tap through the various aspects.

I find the best feature regarding this approach occurs at the end of the tapping session. When I go back over the stuff I have typed onto the screen, I get to see just how far I have moved from where I began. Often I am amazed at just how much ground I have covered, and also gratified to find that the issues or aspects I started with no longer bother me anymore.

I have found that in regular tapping sessions, my natural tendency is to just move onto the next aspect that comes up. As the previous aspects drop naturally from my consciousness, it is easy to forget that I was pretty upset when I first sat down to tap. Many times I haven't realized the full benefit of my regular tapping sessions until long after the fact, when I confront a situation that would otherwise upset me and it doesn't any longer. I'm sure this situation is familiar to many who do the tapping on a regular basis.

The journaling process overcomes these challenges and not only assists you in clarifying aspects as you go but also allows you to realize and celebrate the changes you have made immediately after you make them. I find this immediate feedback on results to be a very gratifying element of the approach and I recommend it to everyone who wants to go further in their tapping sessions.

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Bypassing core issues

For the record, it's possible to treat back pain with simple Setup Phrases that acknowledge core issues without specifically addressing them. For example:

Even though I don't know where this pain came from, it doesn't matter how the pain started because my body is already, at a deep level, repairing itself, fixing my energy flow, and correcting whatever underlying causes might be contributing to the pain..

Even though there may be underlying emotional causes for this pain in my back, and my conscious mind doesn't know what they are, it doesn't matter because my subconscious mind is already removing the emotional charge that connects me to events and memories that helped trigger this pain.

Even though I've been trying without success to find the core issues that created this pain in my back, I fully and completely accept myself, and I realize that I may never know what the causes are, and that's okay because my mind and body are already removing the emotional causes, performing subconscious surgery, releasing energy blocks and the pain that they cause..

Even though I feel disappointed and frustrated because I can't figure out where this pain in my back came from or why it had to be there, it truly doesn't matter because I choose to let go of this pain and release it safely and effectively, just by balancing my body's energy.

Even though my conscious mind isn't able to make sense of this pain in my back, I fully and completely accept myself, I love and forgive myself, I love and forgive my back, and I rejoice that my body knows exactly what to do to release this pain and let it go.

Sneaking up on the core issue

Sometimes the emotional reason for back pain is an issue so overwhelming that it seems beyond help. It's the "Big One" that the person doesn't want to touch. It may be a major form of guilt they don't want to face or a trauma they don't want to revisit. Whatever it is, they "don't want to go there" and often won't even mention it to their therapist for fear the therapist will try to drag them through it.

Often they learn to dull the pain or sweep it under the rug. But it seethes under the surface anyway, influencing their thoughts, their responses and their everyday lives. It represents pain. It's like walking on thorns. They would rather retain their less-than-truly-functional lives than come face to face with this issue. Their lives will get better, they hope, if they just address life's minor irritations and leave the "Big One" alone.

Fortunately, we have a method with EFT whereby we can tip-toe up to the issue, circle around it, take the edge off and gradually spiral in closer until that festering boil is

skillfully lanced. All this with minimal pain. The concept is simple but it may take some practice before the practitioner can claim mastery.

It starts with a very general approach. I suggest asking the client simply say....

The Big One

and then rank their 0-10 intensity regarding the mere mention of the issue. I also ask them to rank their pain and any other current physical symptoms, such as a pounding heart, sweating, constricted throat, etc. We then use EFT in a general way to help take the edge off.

Even though I have discomfort about this issue.....

Even though this thing seems too big for me.....

Even though just thinking about it bothers me....

Even though my heart is pounding....

Even though (other physical symptoms)....

The details of the issue are ignored for now because the main purpose here is to minimize pain by taking the edge off. We are purposely sneaking up on the problem with gentleness as our goal. Do several rounds of EFT in this more general way until you see or experience signs of relaxation. That tell-tale "sigh" that I point out in our videotapes is a good clue. Then I ask them to say again....

The Big One

and re-rank their 0-10 intensities on this statement. Chances are the emotional responses will be lower and the physical symptoms will likely be down as well. I keep repeating this procedure until it seems appropriate to ask...

Is there any part of this issue that you could talk about comfortably?

This simple procedure often opens the door, making it possible for the person to acknowledge or describe at least part of the issue. From there, it is simply a matter of getting more and more detailed. Take some of the edge off, get more detailed. Take some of the edge off, get more detailed. Take some of the edge off, get more detailed.

The client may experience some emotional discomfort in the process. After all, this *IS* the "Big One." But, in my experience, it is much less than it might have been *AND* this is probably the last time they will have any such discomfort (if they have any at all). Assuming our usual degree of success, they can now walk on velvet instead of thorns.

Chapter Eleven:

Eliminating Self-sabotage

In any new project there are several ways in which we can interfere with our own progress. By becoming familiar with these ways, you can recognize them when they appear and then use EFT tapping to remove them.

By far the easiest way to reach a goal is with the cooperation of your subconscious mind. If there's agreement or congruence between what your conscious mind wants and what your subconscious mind has been programmed to accept as possible, everything is likely to flow smoothly toward the goal. But if there's disagreement or incongruence, the conscious mind doesn't have a chance. In that situation, the subconscious mind always wins. Somehow circumstances will conspire to prevent you from reaching your goal, and the conscious mind will probably never understand what happened or why. It will simply forget about the project or attribute your failure to bad luck or circumstances. It won't know that you yourself went out of your way to prevent your own success.

If you have ever made a New Year's resolution regarding your health or physical fitness, you may understand this syndrome all too well. Your conscious mind really wants to get your body into shape and enjoy the benefits of physical fitness, and you may even start your new exercise program with enthusiasm. But a week later, you're back on the sofa watching TV and eating potato chips.

If your back hurts, a vigorous exercise plan is probably the last thing from your mind, but it's a goal worth setting because the muscles that support your back, sides, and trunk work together to keep your back strong, flexible, and free from pain. As soon as you can, start walking, stretching, lifting weights, and doing exercises that build strength and stamina.

In addition, the combination of vigorous exercise and EFT is mutually reinforcing – exercise and the lymph circulation it stimulates helps make EFT more effective, and EFT helps improve the positive effects of physical exercise.

Still, understanding this intellectually and embracing it emotionally are two different concepts. Do you resist exercising for reasons that have nothing to do with muscle spasms and pain? Sometimes the reasons for resisting are deeper than you think. Here Dr. Carol Solomon shows us how to get to these deeper issues and collapse them with EFT.

Using EFT to overcome the resistance to exercise

by Dr. Carol Solomon

My clients often develop resistance to exercise. They want to exercise, but either they don't feel motivated or don't enjoy it. They know they "should" exercise, but it can easily turn into an internal power struggle.

There can be other obstacles to overcome as well. Some women feel embarrassed, ashamed and/or self-conscious to go the gym at their current weight. So they avoid the activity that could actually help them lose weight. Others have perfectionist qualities; they think it won't make a difference, or it's not "worth it" unless they have time for a full 60-minute workout. So they don't go at all.

My client Susan wanted to talk about her resistance to going to the gym. She started out saying, "I love it ... and I know I should do it, but it's not part of my routine ... I need to make a plan." My intuition told me there was something deeper. I said, "Susan, it's not about planning." She said, "Why should I get excited or feel positive about anything? You know the other shoe is going to drop."

Two years ago, Susan's husband died while undergoing a routine sinus surgery. She pulled her life together and even began a new relationship. One week before this session, her new beau was diagnosed with colon cancer. It was no wonder that Susan felt as she did.

Even though I don't want to get excited about anything because I know the other shoe is going to drop...

Even though nothing turns out right for me, I choose to move forward anyway.

Even though everything always gets messed up...

Eyebrow: Why should I get excited?

Side of Eye: I know the other shoe is going to drop

Under the Eye: Things never turn out right for me

Under the Nose: Why bother?

Chin: I feel cursed

Collarbone: It's not fair

Under the Arm: I've tried so hard

Top of Head: Everything always gets messed up

Susan was also worried that she wouldn't keep up her momentum. In the 2 years since her husband's death, she had one crisis after another and couldn't follow through in her usual manner. Several attempts to make changes in her career got derailed when multiple crises occurred.

Even though I'm afraid I'll lose my momentum again... Even though I'm afraid I won't be able to maintain it... Even though I'm afraid something will happen, I choose to move forward anyway.

Eyebrow: I've tried so hard

Side of Eye: Everything's a crisis

Under the Eye: I'm afraid something will happen

Under the Nose: I'll just lose momentum again

Chin: I won't be able to maintain it

Collarbone: I'm not going to do it

Under the Arm: You can't make me

Top of Head: I don't want to be disappointed again

Eyebrow: I choose to release these fears

Side of Eye: I choose to move forward

Under the Eye: I choose peace

Under the Nose: I choose happiness

Chin: I choose serenity

Collarbone: I am grateful for all of the opportunities in my life

Under the Arm: I choose to let it be fun and easy

Top of Head: I can handle whatever comes

Since that session, which consisted of only two rounds of EFT, Susan began exercising with ease every day. She has also started a website and moved forward with significant changes in her career.

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## **Conditions that interfere**

Now let's consider some of the conditions that can interfere with your ability to reach the goals that you set, all of which can be addressed with EFT.

## **Psychological reversal**

The first obstacle that can interfere with your reaching a goal – such as the complete and total elimination of back pain – is your energy flow. If your energy is flowing in the right direction without obstacles or blockages, you're on your way. If your energy is blocked or reversed, the problem we call **psychological reversal** or **polarity reversal** interferes.



Tapping on the Karate Chop point or massaging the Sore Spot corrects this problem and gets the energy flowing as it should. It's possible to test for psychological reversal with muscle testing (kinesiology), but we save time by assuming that we might be psychologically reversed – it's a state that we all move in and out of several times a day – and correct the reversal before we start tapping. Thus, your Setup Phrase performs two vital functions: it focuses your mind on the problem you want to address, and it corrects psychological reversal if it happens to be in effect.

## **Self-talk and the writings on your walls**

The second potential stumbling block is your subconscious mind and its programming, which is reflected by your **self-talk**, the thoughts and statements that rattle around in your head at all hours of the day and night that have anything to do with you.

I call your self-talk's programming **the writings on your walls**. This writing contains all of the “rules” you grew up with – statements you heard as a child, reflecting your family or cultural conditioning, and ideas or notions, especially about yourself, that you've absorbed throughout your life.

*It's hereditary. Back pain runs in my family.*

*The doctor looked at my x-rays and said I'll never stop hurting. He's a doctor, he must be right.*

*Everyone is used to me this way. This is how I'm supposed to be.*

*I'll never get any better. I've been disappointed too many times. Nothing works for me.*

*My job is here at home taking care of everyone. That's just how it is.*

*My job is running a business to support my family. That's what I'm supposed to do.*

## **Tail-enders**

Closely related to the writings on our walls are the **tail-enders** they inspire. Tail-enders are the “yes, but” statements that pop up when we try to set new goals or write new affirmations.

The most obvious tail-enders are the words we hear in our minds when we try out a new idea. These words often have a sarcastic ring to them: *Yeah, right. When pigs fly. I'll believe that when I see it. You must be kidding. Forget it. No way. Impossible.*

They are the nemesis of affirmations. A standard piece of advice in metaphysical circles is to turn negative self-talk around by stating the opposite. For example, if you hear yourself saying, "This is going to be a terrible day," try switching that to, "This is going to be a wonderful day." If your conscious and subconscious minds accept the affirmation, it probably will be a wonderful day – but what if they don't? That's when tail-enders create mischief.

Tail-enders can show up at the end of a "choices" statement, where you describe your goal, such as in this example:

*Even though this back pain is killing me, I choose to be completely free from pain and enjoy full range of motion...*

*.... but I know that's never going to happen.*

*.... but I really don't deserve to be well.*

*.... but if I get well, I'm afraid my husband won't be as attentive and considerate as he is when I'm in pain.*

*.... I'll have to go back to the job I hate.*

*.... my daughter will be upset.*

## **Secondary gain**

Many tail-enders reflect a problem called **secondary gain**. Secondary gain is a psychiatric term meaning that the person has a hidden or unconscious reason for holding onto an undesirable condition.

The term applies to chronic pain cases in which the patient will lose certain benefits if he or she gets well, such as attention from others, monetary compensation for disability, or the ability to keep denying the original cause of the pain.

In metaphysics, the term "secondary gain" helps explain why we seem to run into barriers when it comes to manifesting our good. This occurs when we put a great deal of energy into visualizing, affirming, and treating for a new level of good and it either doesn't happen or the situation actually gets worse. The subconscious mind feels more secure in the disadvantaged state than going for improvement.

So your conscious mind might be saying:

*I sincerely want to get over this problem....*

while your subconscious mind says:

*I don't want to get over this problem because....*

*I can't ever get over this problem because...*

*It would be dangerous for me to get over this problem....*

*I can't afford to get over this problem...*

What benefits do you receive from your back pain? Does keeping the pain feel safe? Does releasing it feel dangerous? Does keeping the pain generate sympathy from others that you won't receive if you're well? Does keeping the pain allow you to avoid unpleasant situations? Does keeping the pain give you financial rewards that you won't receive if you get well? Do you feel you don't deserve to be well? Do you fear that if you get well, something bad will happen?

*I don't want to give up my back pain because....*

*.... if I get completely well, I'll lose my disability payments and I'll have to get a job, and who knows how long that will take, and I've been unemployed for so long that I wouldn't know where to go or what to do, and the whole idea is just too stressful....*

*.... if I get completely well, I'll have to move....*

*.... my back pain is such an important part of my identity that I won't know who I'll be if it goes away....*

*.... it's just too difficult....*

Some short, effective Setup Phrases that help neutralize the benefits of secondary gain include:

*Even though I prefer to keep my back pain because \_\_\_\_\_, I deeply and completely accept myself anyway....*

*Even though part of me wants to stay sick, disabled, and incapacitated, I fully and completely accept myself....*

*Even though I like having this problem and intend to keep it and no one can make me give it up, so there, I nevertheless love and accept myself, I forgive and bless myself, I forgive my back, I forgive the part of me that keeps holding onto it, and I choose to facilitate the rapid healing of my back and all my emotions by releasing all my energy blocks beginning right now....*

A comprehensive Setup Phrase can deal with all of these stumbling blocks – psychological reversal, writings on your walls, tail-enders, and secondary gain issues – allowing you to reach your new goal with the full cooperation of your subconscious mind. Because it's important to release fears of not being able to cope or of being in danger if you let go of the pain, these Setup Phrases can include safety nets, reassurances that your brilliant subconscious mind can and will put you in the right place at the right time to bring benefits, not loss, into your life as you release the pain.

*Even though I don't deserve to be completely well and free from pain, and I don't even want to get well, and I certainly don't deserve to get well, I choose to enthusiastically and creatively release all the guilt I used to feel about mistakes I made in the past...*

*Even though my back pain support group (or my friend Jane or my mom or my husband) will be upset if I get completely well and don't need their help any more, I choose to enjoy my own excellent health and my own independent, happy life knowing that they will adjust and adapt just fine...*

*Even though if I get completely well, I won't be eligible for disability payments any more, I welcome my perfect new job, which comes to me easily, comfortably, and with only good results.*

*Even though I have been receiving benefits from this back pain for a long time, I fully and completely accept myself. Even though I keep getting rewards for maintaining this back pain, I love and forgive myself. Even though this back pain prevents me from accomplishing my goals, and even though I may never let go of this back pain, I fully and completely accept myself, I love and forgive myself, I forgive my back, and I choose to be pleasantly surprised at how easy it is to instruct my subconscious mind to remove my attachment to any and all of the benefits and rewards that I receive or derive from maintaining this pain. I choose instead to receive rewards and benefits from releasing all of the pain in my back, opening myself to a new direction, and enjoying a new way of thinking and living. I choose to think and live in harmony with my goal of living a pain-free life beginning right now..*

Of course, these statements are magnets for tail-enders, writings on your walls, and other psychological interference, but all of these can be treated with EFT. Just notice what comes into your mind and keep tapping.

## **Saying goodbye to the past**

Another way to release core issues that are related to past events and contribute to self-sabotage is to tap while saying,

*Even though \_\_\_\_\_ happened, it doesn't have to cause pain in my back any more. Even though \_\_\_\_\_ happened and I can't change the past, I can change my emotional connection to the past. Even though \_\_\_\_\_ happened, it doesn't affect me any more, I can relax about it and let it go.*

## **Then what?**

Try tapping on any of the EFT points as you ask yourself “Then what?” Do this as you contemplate how your life will change when your pain disappears. Every time a thought comes into your mind, whether positive or negative, carry it through to its logical conclusion by asking, “Then what?”

*If I get completely well, my sister will be upset. Then what? She might not speak to me for days. Then what? She doesn't like it when I make unexpected plans. Then what? She's older than I am and she likes to tell me what to do. Then what? I guess she'll just have to get used to it!*

*If I get completely well, people will expect me to go back to volunteering at my husband's service club. Then what? It's so hard to say no. Then what? Then I wind up doing things I really don't want to do, like cleaning all those chairs or setting up refreshments. Then what? My husband and all his friends are used to me being there and helping out. Then what? I was raised to be helpful. Then what? I guess I care too much about what other people think. Then what? Even people I barely know. Then what? Which is really dumb because then I don't have time for what really matters. Then what? And it's not like I'm getting paid for this. I might as well be an indentured servant. Then what? I'm getting mad just thinking about it. Then what? I'll bet that's why my back hurts. Then what? I think I'll start tapping on how mad I am that they take advantage of me all the time, and how I'm even madder at myself for encouraging them to do that.*

## **What if?**

Another popular question in EFT circles is “What if?” Try asking a different “What if?” question while tapping each EFT acupoint.

*What if my back pain completely disappears? What if it doesn't? What if it never comes back? What if it does? What if I don't have to suffer any more from this back pain? What if I've cleared it away for good? What if my brilliant subconscious mind takes care of all the necessary reprogramming so that the pain goes away without my having to think about it?*

*What if I forgive the people I blame for my problems? What if other people blame me for their problems? What if I can't please everyone, no matter how hard I try? What if I dwell on positive thoughts? What if I release anger before it has a chance to lodge in my muscles? What if I forget to be angry? What if I feel terrific every day?*

Try tapping on the EFT points while you asking these and other questions out loud or to yourself. Just tapping while you consider all the aspects of your recovery helps release underlying issues and energy blocks. You can also do a complete round of EFT tapping to release any thought, memory, event, or idea that comes to mind.

Here's an excellent explanation from Dr. Carol Look on using "What if?" questions for pain:

## **Effectively using "What if?" in EFT Setup Phrases** by Dr. Carol Look

"*WHAT IF*" tapping is one of my favorite EFT strategies to bring clients (or myself) closer to their goals. As one of my clients said, "*WHAT IF?* is a fascinating question...it opens up so many possibilities!" Fascinating indeed, and a powerful variation on the basic EFT Setup Phrases. I have found that it allows clients to pose questions without feeling too threatened at the thought of releasing their struggles. It does seem to leave the door open for new options, and any time we feel freer and see more choices in front of us, the healing momentum can begin.

The question "*WHAT IF?*" allows us to imagine the future, without too many strong tail-enders getting in the way. When the tail-enders do surface, of course EFT is the best tool for neutralizing them. The *WHAT IF* tapping strategy can be applied to either physical or emotional challenges and conflicts.

*Even though I have this pain in my back, WHAT IF I could release it right now?*

*Even though I've had this pain for years, WHAT IF my body knows how to get rid of it and I can feel comfortable instead?*

*Even though I feel this chronic pain in my \_\_\_\_\_, WHAT IF I could wake up tomorrow feeling energetic and strong again?*

Then tap on the sequence of tapping points as follows:

Eyebrow: *WHAT IF I could feel comfortable and pain free today?*

Side of Eye: *WHAT IF I could remember the emotional cause and move on anyway?*

Under Eye: *WHAT IF I don't need the pain any more?*

Under Nose: *WHAT IF I don't have to suffer with this pain from now on?*

Chin: *WHAT IF I could feel young and energetic now?*

Collarbone: *WHAT IF my body has already begun to release the pain and discomfort?*

Under Arm: *WHAT IF I could feel joyful and pain free from now on?*

Top of Head: *WHAT IF I have finally cleared this pain problem once and for all?*

Using the "WHAT IF" statements as the affirmation phrases of the first set-up statements is bound to trigger tail-enders (those 'yes-buts' that tend show up after saying something positive). That's what we want, so we can get to the bottom of limiting beliefs about human bodies. When these "tail-enders" surface, use them in subsequent rounds of EFT. Perhaps you "heard" a tail-enders such as *"there's no way to get rid of this pain, I've tried everything!"* Proceed with your next EFT round as follows:

*Even though I've had this problem for too long to get better now, I deeply and completely love and accept my whole body.*

*Even though I've tried everything and nothing works on me, I deeply and completely love and accept myself anyway.*

*Even though my pain/ailment is "chronic" and isn't supposed to go away, I love and appreciate my whole body anyway.*

Then tap on the sequence of tapping points as follows:

*Eyebrow: WHAT IF my pain could be relieved quickly?*

*Side of Eye: WHAT IF I just haven't been trying the right techniques for it?*

*Under Eye: WHAT IF I don't need the pain any more and can enjoy my body?*

*Under Nose: WHAT IF I don't have to suffer with this pain the way I thought I had to?*

*Chin: WHAT IF I could feel young and energetic from now on?*

*Collarbone: WHAT IF my body has already begun to release the pain and discomfort?*

*Under Arm: WHAT IF I could feel strength and stamina in my whole body again?*

*Top of Head: WHAT IF I have finally cleared this pain problem once and for all?*

If you "heard" even more tail-enders, continue using EFT until you can actually say out loud *"What if I could be pain free from now on"* and believe this is possible!

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Chapter Twelve:

Improving Results

In some cases, EFT may be working very well without your realizing it. In others, success may follow a simple change of strategy. This chapter explores some common reactions and provides suggestions for dealing with them.

Chasing the pain

One result that often confuses those new to EFT is that with each round of tapping, their pain may find a new location, going from lower back to shoulder, from shoulder to neck, from neck to knee, and so on. This was described on pages 96 and 134.

I believe that this moving pain is evidence of changing emotional issues and a clue that at least one core issue is working its way toward the surface. As you relieve each pain with EFT tapping, you relieve the emotional issues behind it. Staying with the pain and tapping through all of its manifestations usually causes its gradual reduction and elimination, especially if you stop along the way to tap on any emotionally charged memories that come to mind.

An example of chasing the pain might be:

Even though I have this sharp pointy arrow-like pain in my lower back....

Even though the pain in my lower back has disappeared, I now have a throbbing hot orange ball of pain at the base of my neck....

Even though I now have this small hard shiny black box of pain in my right hip...

Even though I now have this dull aching pain in my right thigh....

Even though I now have this sharp pointy red pain in my right knee...

Approach each of these new locations as though it is a new pain with a new Setup Phrase and tapping sequence.

In the next report, Marie LaForce, a registered nurse, describes how her client's pain moved from one location to another. This is a good example of how EFT's Basic Recipe did a thorough job of relieving pain. Because the pain eventually came back, I think that exploring emotional issues that may be contributing to the pain and, for that matter, the overall condition (Spinal Stenosis) would be of further value.

Chasing spinal stenosis pain

by Marie LaForce

I saw a woman who was in pain for the entire summer and wasn't sure why. This fall she was diagnosed with spinal stenosis, a narrowing of the spinal column that was putting pressure on her nerves. She had been seeing a physical therapist for about three weeks and was not getting much relief from her pain. I asked her if she'd like to try EFT. She said, "*Why not?*"

We focused on the physical symptoms and began with her rubbing on the sore spot.

Even though I have this pain in my left butt cheek, I deeply and completely accept myself.

We followed the pain as it seemed most predominant (where she noticed it).

Even though I have this pain in my left hip....

Even though I have this pain in my left knee...

Even though I have this pain in my left thigh...

Even though I have this pain in my left hip...

The entire basic recipe was applied after each of the Setups with no shortcuts. After tapping on "my hip" for the second time, she reported that the pain was gone. She got up and moved. The pain was still gone. As she sat on the couch, she told me that she generally wasn't able to sit for that length of time without feeling very uncomfortable. She had no pain at all when I left.

I called her a month later. She said the pain stayed away for about a week and gradually started to reappear. When I talked to her she was quite uncomfortable again. I believe that continued tapping on the pain or other issues such as support (problems with the spine), etc., would have helped her to get at the additional aspects that were coming up.

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This next case includes both a search for core issues and examples of chasing the pain. It also deals with anger and forgiveness, which can play an important role in back pain and its relief.

## **Woman says “EFT doesn’t work for me”**

by CJ Puotinen

A woman who called for information about an EFT workshop explained that she wanted to attend so that she could learn how to help her daughter. “I already know that EFT won’t work for me,” she said.

I asked how she knew that and she said she had worked with an EFT practitioner for several sessions without experiencing any kind of change or improvement. She had had polio as a child and now has post-polio syndrome, which causes a progressive loss of motor neurons and muscle function. As a result, she can no longer work. Because of incapacitating pain in her upper back and shoulder, she had surgery, but the surgeon botched the operation and now she worried about her deteriorating muscles and loss of function.

I had some free time that afternoon, so I offered to tap with her over the phone. Her pain seemed a logical place to start. In response to my questions about her pain and how she felt about it, she described her worst symptom as a rough-surfaced red softball-sized pain in her left shoulder projecting a spike that stabbed straight to her shoulder blade.

We tapped on:

*Even though I have this hard, rough, red ball of pain in my shoulder and upper back, and its spike is stabbing my shoulder blade, I fully and completely accept myself.*

*Even though this pain is incapacitating, irritating, and thoroughly frustrating, I love and forgive myself, I forgive my shoulder, I forgive the pain, and I forgive anyone and anything that might be contributing to it. I forgive my body for falling apart, I forgive myself for getting fat as a house, I forgive myself for being as weak as a kitten, I forgive myself for every disappointment and irritation and moment of impatience that has made me feel worse.*

*Even though this red ball of pain makes me angry, furious, and upset, I fully and completely accept myself.*

*Even though I’m terrified of being helpless, living the rest of my life in a wheelchair, dying before I’m ready, and leaving behind people who love and need me, I choose to release this pain now.*

*Even though EFT doesn’t work for me, I’ve proven that it doesn’t, I’ve spent a lot of money and effort working with EFT and it just doesn’t help me, I choose to discover how easy it is to set the past aside, to forgive and let go of the past, to live in the present moment, and to let my body heal itself from the inside out.*

This is a very condensed description of a tapping session that took half an hour or so, with frequent stops for questions on my part and descriptions on hers. We alternated between long Setup Phrases, during which she tapped on her Karate Chop point or rubbed her Sore Spot, and “problem” reminder phrases that

changed at each EFT tapping point, such as *pain, shoulder, hurts, angry, can't work, frustrated, red ball, steel spike, this pain*, and *upset*, followed by "solution" reminders during the next round, such as *feeling better, I'm well, pain is receding, life is good, I'm happy, my body is healing, balanced energy, strong muscles, strong bones, good heart, love all around me, I can be happy, I can be well, and I'm completely well*.

I thought she had to be making progress because her voice kept growing more relaxed, her breathing sounded slower and deeper, and her sense of humor returned. Suddenly she exclaimed, "My shoulder feels hot! What does that mean?" She also had a massive draining of the sinuses on her left side, just above the painful shoulder.

I said, "I think it means that your energy is shifting and that maybe EFT works for you after all. What does your shoulder pain look like now?"

She realized that the pain had completely left her shoulder, but now it was lodged in her spine. After we tapped for the pain in her spine, she discovered that it had moved to her neck. After another round of tapping, it moved to her shoulder blade, then into her head. In each case, we addressed the pain with mechanical EFT:

*Even though the pain has moved to my spine, I fully and completely accept myself. Even though it has now lodged in my spine, I love and accept myself. Even though the pain is stuck in my spine, I forgive this pain and let it go.*

Tap, tap, tap. Then she would check to see where it went, and we'd tap for the new location.

"This is called 'chasing the pain,'" I told her. "It's not uncommon, and it's a good sign. It means your energy is shifting, your meridians are clearing, and your body is beginning to heal itself."

From time to time I would stop and ask whether her condition or the pain reminded her of anything. These questions made no sense to her and had begun to annoy her when suddenly she exclaimed, "Yes! This does remind me of something! When I was five years old, I spent a year in an iron lung. I lived in a terrible institution with a very abusive staff. All of us kids were beat and punished all the time. Our parents weren't allowed to visit at all for the first nine months, and then they were allowed to come only on Sundays. Every Sunday the staff would line us up and warn us that if we complained about anything, we would never see our parents again. The pain I'm feeling now reminds me of having polio when I was young and spending all that time in the iron lung."

We tapped on forgiving the abusive staff, which took some doing, but she realized that holding on to hurt and hatred fueled her pain, not her healing.

We tapped on:

*Even though what they did was unforgivable...*

*Even though it's impossible to forgive them...*

*Even though I don't want to forgive them, I don't even want to think about them, I choose to let my energy be balanced and flow freely, and I know that when my energy is balanced and flowing freely, all my thoughts are positive and forgiving. I feel sorry for those people. They were doing the best they could with their limited resources. I feel compassion for those people, as they must have been desperately unhappy. I release the feelings I have carried around all my life toward those poor, unhappy, trapped, angry people. They must have felt overwhelmed. They must have felt desperate. Who knows how they felt. How they felt doesn't matter. What matters is how I feel today, right now, and I choose to release everything except positive, compassionate, loving feelings toward myself and everyone on the planet.*

While tapping, she felt a connection between what she experienced as a child in the hospital with polio and what happened during and after her recent surgery. "Once again I was left completely at the mercy of people in the medical field," she said, "and I could not take care of myself. I could not protect myself from them. It was a feeling of complete and utter helplessness."

This realization triggered a flood of tears. I had told her we were using the Tearless Trauma Technique, and if she felt uncomfortable, it would not be necessary to continue. We could back off and tap the uncomfortable thoughts down to a zero before continuing. At first she didn't know why she was crying, so we tapped on how

*Even though I'm crying and I don't know why, all of a sudden I'm full of tears and I don't understand it, I fully and completely accept myself....*

Then she realized that her tears were triggered by feelings of helplessness, both after her recent unsuccessful surgery and long ago, during her year in the iron lung.

That's when we tackled the surgeon who did everything wrong when he operated on her shoulder. We tapped about every mistake he made and every problem he caused and how she would love to hang him by his incompetent thumbs from a bridge, how she would cheerfully run over him with a truck, a tank, a bulldozer, how she would be delighted to blow him up with dynamite, or just watch him drown and disappear.

We tapped about every hassle presented by the insurance companies, every irritating follow-up visit with doctors and physical therapists, every symptom, and every disappointment. Then we tapped on how

*Even though I'm really mad, upset, angry, disappointed, disillusioned, and stressed to the max, I nonetheless choose to release all that unbalanced energy and those unhappy thoughts, and I choose to let my body heal itself from the inside out. I choose to be well. I choose to have strong bones, strong muscles, a strong heart, and a strong, positive mind. I'm a survivor. Look at all that I've been through. I wasn't supposed to live, then I wasn't supposed to walk, then I wasn't expected to do much of anything, but I did all kinds of things, I ran a business, traveled, married, raised a*

*family, and made a wonderful life for myself. I'm strong. I'm capable. I can do anything. I choose to let go of the past. I choose to bless the past for it has brought me to this perfect moment. I choose to be here now. I even choose to forgive Dr. O.*

By the end of our session, which lasted about an hour altogether, she still had some pain, but it was less than what she had started with and it had moved to yet another location. It was difficult for her to comprehend that EFT had removed energy blocks, allowed her energy to flow freely, and done something to improve her condition, but she decided to just relax about it and enjoy whatever relief she experienced.

The next day, she sent the following email:

*"First, even though some of what we did yesterday brought me to tears, I felt better afterwards. Also, you made it clear that something was working, even though the pain kept moving somewhere else. I believe that yesterday brought forth a long-forgotten memory of my stay in the hospital as a child with polio. I remembered that we children were punished severely if we cried. I learned very quickly to become invisible and not be noticed. I learned survival skills – give those in charge what they want. I had forgotten all about the forbidden crying. Now it makes sense why I never cried as a child or as an adult. I thought it was because I didn't want to reveal any weakness or vulnerability. I didn't cry until more recent years. Instead, I got angry. But no crying. Once when I was a teen, I suppressed crying so much while watching 'West Side Story' that I had to leave the show and was physically ill. So I tapped that it was okay to cry."*

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Incorporating parts

We all have parts, and our various parts don't always cooperate. Some EFT practitioners incorporate the inner child, inner adult, and other named parts in their Setup Phrases. Here is an easy way to organize your Setup Phrase so that all of your parts work well together.

Even though PART OF ME thinks that [negative belief], the REST OF ME knows [positive truth], and I'm WILLING TO [positive action].

For example:

Even though part of me knows that I'll never get rid of this back pain, the rest of me knows that I've been pain-free in the past, and I'm willing to practice this technique and accept good results.

Even though part of me thinks that EFT will never work for me, the rest of me knows that any technique that works well for thousands of others can work for me, too, and I'm willing to practice on myself in order to become proficient at balancing my energy and enjoying a healthy back.

Even though part of me thinks that my doctor is right, that I really do need surgery for my herniated discs, the rest of me knows that doctors aren't always right, and I'm willing to try other methods first, to give my body a chance to heal itself.

Clay LaPorte, an EFT student with severe back pain, discovered that tapping while talking to a protective part of himself was the key to releasing his chronic discomfort.

Communicating with myself

by Clay LaPorte

About six months after my divorce 11 years ago, I noticed that the amount of time I could sleep on my back was slowly dwindling. At first it wasn't a big deal. Then over the years it got more painful, and the time I could comfortably be on my back decreased from about seven hours a night to about five minutes. I called it "my back attack," because that was the only sleeping position that bothered me.

I performed EFT on my back for about six months, tapping for every issue surrounding the divorce that I could imagine – all the events leading up to it and all the events after it. Nothing worked for long. I had four separate releases of all my pain, but each one lasted only one or two days. I could not find the right issue to tap on that would give permanent relief. That was frustrating, to say the least.

All along I knew that some part of my body was "protecting" me from some aspect of the divorce. I started referring to that part of me as "he," as a separate being who lived inside me. I felt I had adequately dealt with all my divorce issues and I had no discomfort regarding anything concerning it, but he saw it otherwise. I tried to convince him that he did not need to keep protecting me any more. In fact, I told him that the protection he was giving me was now harming my body, both physically and emotionally. All my pleading was to no avail. Finally an idea came to me.

I realized that if I couldn't convince that part of me to stop protecting me, I needed to somehow prove to him that I no longer needed his protection.

Every night just before going to bed I would tap and ask that part of me to take a few hours off from his job. I suggested that he just sit back and observe whether I was safe. If he felt I wasn't, I asked him to jump back on the job and resume his duties.

That worked pretty well, so I asked if he wouldn't mind taking off a few more hours, like about eight or so, something like a mini vacation for himself after all his non-stop hard work over the years. If he would do that, it would get me through the entire night without pain. WOW! It worked! Night after night it worked! I was on to something here.

To make sure he didn't think I was taking advantage of the situation, I told him that after the eight hours were up, I wanted him back on the job during the day. I wanted him to know how much I appreciated all the work he'd been doing for the last 11 years and didn't want him to feel that he was without a job unless he felt comfortable retiring.

Thanks to this arrangement, I've been free from pain for the last four months. Three months ago, that protective part of me agreed to retire. This arrangement worked well for both of us. It allowed us to experience what we really want, which is peace.

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## **Think in pictures**

According to dyslexia researchers, relevant pictures or visual images are stored completely differently from words that denote relationships such as *with, below, and, in spite of, even though, but, between*, etc.

This implies that grammatically correct Setup Phrases may be irrelevant, at least where the mind is concerned.

All that's needed is the ability to focus on an incident, event, or feeling together with the part of the formula that embraces self-acceptance. Instead of focusing on a Setup Phrase, try picturing or imagining the situation you would like to change, or the feeling you would like to change, while tapping the Karate Chop point or massaging your Sore Spot, all the while thinking "I'm okay" or "It's okay."

Try this now with whatever event helped trigger your most recent pain. Start by measuring your pain on the intensity scale or measure your range of motion. Then visualize what happened while you think or say, "I'm okay." If desired, tap the EFT acupoints as well, saying "It's okay" at each one. Has your pain level decreased? Has your range of motion increased? If you feel better but still have some pain, simply do this procedure again.

Other images and memories may come to mind while you tap. Welcome them and tap on them, too. For those who are strongly visual, thinking in pictures can be a terrific shortcut.

## **Try mental tapping**

Instead of tapping with your fingers, tap with your imagination. This requires focus and concentration, but when you tune out everything else and really feel the connection, this method works very well.

Try a little mental tapping every day. Its obvious advantages are that it can be done anywhere at any time, it's totally discreet, it won't disrupt anything, and no one will realize you're doing anything unusual.

Some who try this method visualize themselves tapping as though they're watching themselves in a mirror.

Another way to tap mentally is to picture a laser light shining straight onto your EFT points. The laser can be any color.

Still another approach is to imagine each EFT point pulsing or popping up on its own, like a button.

You can combine mental tapping with surrogate or proxy tapping (see page 180) to send balanced energy to others. As explained in the next section (Borrowing Benefits), this technique will help your back pain, too.

When you try mental tapping for the first time, do it in a quiet location with no distractions. With practice, you'll be able to tap in your mind with good results even in noisy environments.

## **Surrogate or proxy tapping**

In surrogate or proxy tapping, you tap on something else – usually yourself or a photo – in place of the person you hope to help.

EFT practitioners do proxy tapping all the time when they tap in person or by phone with clients for their clients' problems. Students attending EFT workshops do it whenever they tap along with someone whose problem is being treated onstage. Anyone who taps along with our instructional DVDs does it, too. You will automatically do surrogate or proxy tapping whenever you work with a tapping buddy or with an EFT group.

Surrogate tapping can be used from any distance, from a few inches to thousands of miles. It can be done at any time, whenever you think of the person. You can tap on yourself for your own emotional responses at the same time, especially for emotions like worry, frustration, impatience, guilt, anger, fear, grief, or depression.



You can also do surrogate tapping to help animals, including family pets, animals in zoos or on farms, and wild animals.

There are three basic ways to proceed. You can:

Tap as though you are the person or animal you want to help,

Tap as though you are talking to the person or animal you want to help, or

Tap as though you are describing the person or animal you want to help.

For example, your friend Tom hurt his back playing baseball. If you're tapping with him in person, simply tap on yourself while saying his Setup Phrases along with him as both of you tap together:

*Even though I hurt my back sliding into second base, I fully and completely accept myself. Even though I took a chance and it didn't pay off, I got tagged out and now my back is throbbing, I forgive and accept myself. Even though it was dumb to try stealing bases at my age, I did what I did and now I choose to release all this pain in my back....*

If you're by yourself and thinking about Tom, you can tap on yourself while using the same first-person Setup Phrase, above, or you can use a second-person Setup Phrase, as though you are talking to Tom:

*Tom, even though you hurt your back sliding into second, I fully and completely accept you. Even though you took a chance that didn't pay off, you got tagged out and now your back is throbbing, you can forgive and accept yourself. Even though you're getting a little old to be stealing bases, the game is over, and now you can release all the pain in your back....*

Or you can use a third-person Setup Phrase, as though you're talking about Tom:

*Even though Tom hurt his back sliding into second, I fully and completely accept him. Even though he took a chance that didn't pay off, he got tagged out and now his back is throbbing, he can forgive and accept himself. Even though he's getting a little old to be stealing bases, the game is over, and now he can release all the pain in his back...*

## **Borrowing Benefits**

Did you know that tapping on behalf of others can help clear your own back pain? This is one of the more unusual aspects of EFT, and it's one of the most exciting. Talk about a win-win situation. Every time you help someone else, you help yourself.

You can borrow benefits by tapping as you study this book, sending your energy to the people whose stories you're reading. You can borrow benefits by tapping as you watch our EFT seminars on DVD, or watch the news on television, or watch commercials for back pain remedies and anything else. You can tap on behalf of characters in books, plays, movies, magazines, and online reports. You can tap on behalf of your boss, co-workers, customers, friends, neighbors, children, spouse, parents, other relatives, and people you've never met. Whenever you practice sending balanced energy their way, you'll feel better yourself. And if they're real people with real problems, your energy will make a difference in their lives as well.

You can do this tapping in person, such as while showing your brother-in-law how to relieve his sciatica, or from a distance (see surrogate or proxy tapping, page 180), or by phone.

The Borrowing Benefits phenomenon is so powerful and fascinating that I conducted an entire seminar on this theme, and it's available on DVD. At the beginning of each section, I remind those watching to select a personal problem, focus on it for a moment, and then set it aside. While your conscious mind is busy tapping along with the seminar audience, your subconscious mind will include your own situation in every tapping session.

The benefits you receive, or "borrow," don't have to be related in any way to the situations you tap for. If your back is hurting, just focus for a moment on how it hurts, then give your undivided attention to the person you want to help. You can tap with a golfer to improve his swing, tap with a student to improve her grades, tap with a dieter about losing weight, or even tap for the family dog to help her indigestion – and all the while, your back will feel better.

In one EFT workshop, a man who owned a small business was stressed and distracted by a financial crisis that he didn't know how to resolve. He felt too overwhelmed to think straight. The instructor asked whether anyone in the group was in pain, and a woman asked for help with her menstrual cramps. Soon everyone in the room was tapping and saying, "Even though these cramps are killing me, I fully and completely accept myself..." Two minutes later the woman exclaimed that her cramps had completely disappeared – and the businessman excitedly announced, "While I was tapping about my menstrual cramps, I realized exactly how to fix my company's problem."

After introducing the "Borrowing Benefits" feature of EFT, I received many enthusiastic responses. For many, it represents a big step toward speed and efficiency in the delivery of these procedures.

The process also provides an additional measure of emotional safety. As you know, EFT is normally quite gentle but a few people tune in to some pretty intense stuff and it takes awhile to bring them down. With the Borrowing Benefits feature, however, clients merely identify their issues and then tap along with someone else on an issue that is seemingly quite different. Thus a sort of detachment is injected into the process while the original issues are being addressed "in the background." In this way it's like the Tearless Trauma Technique (see page 87).

This way of defining and approaching problems, in my experience, helps to minimize any unwanted intensity while still getting the job done. The process may or may not give complete resolution to an issue but, properly done, it is likely to at least take the edge off, and probably much more. Very efficient. Very useful. Very humane.

Borrowing Benefits can also be a superb way to conveniently get at core issues so that truly deep work can be done. An easy way to tap along with creative EFT sessions is to pick certain from our EFT training videos, which are filled with actual sessions, many of which are quite involved. You can identify your own issue and then tap along with the video while in your living room.

Here's an example of this from Melissa Derasmo.

### **Borrowing benefits from DVDs eliminates shoulder and neck pain**

by Melissa Derasmo

This is just a note to confirm yet again the enormous value of your DVDs. I had been struggling with a severe neck and shoulder pain (always hovering around a level of intensity of 8 out of 10) for the last six months and had been tapping for it for the last four months with little to no improvement. I was quite convinced that this sharp pain fell into the impossible-to-fix category – until I watched your session with Beth on the “From EFT to the Palace of Possibilities” DVD set.

As a habit, I tap along with every session on the DVDs, and this one was no exception. It appears that Beth's chronic pain was due in part to her issue of considering herself a savior – someone who needed to save everyone and fix the world. While this was not at all something I could identify with, I tapped along anyway. When the session was over, Beth's pain was gone – and so was mine!

This really shocked me. I had no idea that my wanting to fix everyone I met with EFT was in fact, my way of playing the savior. I did quite a few rounds on every aspect I could come up with on this subject and the pain has yet to reappear – and I'm quite sure that it won't.

So a major thank-you for this session you did with Beth. I was able to get such wonderful results just by tapping along!

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Last, here is a suggestion for Borrowing Benefits while watching television or movies from Dr. Carol Look. She writes, “I ask clients who watch a great deal of television or frequent movie theatres to tap for the characters' distress: ‘Even though she feels insecure around that man....’ ‘Even though she won't admit the failure is her fault....’ ‘Even though he's afraid to confront the situation....’ The clients do not have to identify their own issues first, just tap for the distress that their own system can't help but tune into as a result of witnessing someone else's discomfort on the big screen.”

You can even tap for the people in back pain commercials.

This is a clever way of helping the subconscious mind neutralize some of the emotional charge connected to past events, making it easier to recognize, deal with, or simply release old problems. Tapping on behalf of fictional characters or real people you've never met brings you as many benefits as tapping on behalf of your best friend. Isn't that fascinating?

Additional tapping procedures

You may not ever need the floor-to-ceiling eye roll, the collarbone breathing exercise, or the 9 Gamut treatment, but take a minute to become familiar with them so that you'll have them in your repertoire of EFT procedures. These techniques are both subtle and powerful, and they can trigger a breakthrough when blocked energy refuses to move.

The floor-to-ceiling eye roll

This is a useful short cut when you have brought the intensity of the problem down to a low level, such as a 1 or 2 on the zero-to-10 scale. It takes only six seconds to perform and, when successful, it will take you to zero without having to do another round of The basic recipe.

To perform it, simply repeat your reminder phrase while you tap the Gamut point continuously (hold your head steady) and take six seconds to slowly move your eyes from hard down to the floor to hard up to the ceiling.

Remember that this is an eye exercise, and your eyes are more likely to roll smoothly if they have something to follow. To achieve this result, hold both arms straight down in front of you. Keeping your head straight, lower your gaze to the floor. Begin tapping with one hand on the Gamut point of the other, and slowly raise both hands (keep your elbows straight) until they are straight out in front of you, then continue moving up until they are pointing straight at the ceiling.

At the beginning of this eye exercise, while you face straight ahead, you won't be able to see either hand. As you slowly swing your hands up, the fingertips of the tapped-on hand will move into view. Keep your eyes on the fingertips while your hand continues all the way up to the ceiling, at which point they will disappear again.

Reverse the direction and slowly bring your hands back down, tapping on the Gamut point all the while.

Collarbone breathing

In a few cases, perhaps five percent, a unique form of energy disorganization occurs within the body that impedes the progress of EFT. Its details are well beyond the scope of this book but I *can* show you how to correct the problem. I call it the Collarbone

Breathing Problem not because there is something wrong with anyone's collarbones or one's breathing. Rather, it is named for its correction, the collarbone breathing exercise. This correction was developed by Dr. Roger Callahan and need only be "thrown in" in cases where persistence with basic EFT is not showing results. It takes about two minutes to perform, and it may clear the way for the normal operation of otherwise impeded EFT procedures.

Collarbone breathing exercise

While you can start with either hand, I'm going to assume you are starting with the right hand. Keep your elbows and arms away from your body so that the only things touching it are your fingertips and knuckles. Most people tend to drop their elbows, so remind yourself throughout the exercise to keep your elbows up, parallel to the floor, not touching the torso.

Place two fingers of your right hand on your right collarbone point. With two fingers of your left hand (keep your right elbow up), tap the right hand's Gamut point continuously while you perform the following five breathing exercises:

Breathe half way in and hold it for seven taps.

Breathe all the way in and hold it for seven taps.

Breathe half way out and hold it for seven taps.

Breathe all the way out and hold it for seven taps.

Breathe normally for seven taps.

Place the two fingers of your right hand on your *left* collarbone point and, while continuously tapping the Gamut point, do the five breathing exercises.

Next, bend the fingers of your right hand so that the second joint or "knuckles" are prominent. Place these knuckles on your right collarbone point and tap the right hand's Gamut point continuously while doing the five breathing exercises.

Repeat this by placing the right knuckles on the left collarbone point.

You are now half way done. You complete the collarbone breathing exercise by repeating the entire procedure using the fingertips and knuckles of the *left* hand. You will be tapping the *left* Gamut point with the fingertips of the *right* hand.

If you have used EFT persistently and your results are either slow or non-existent, start each round of basic EFT with the collarbone breathing exercise. You may find that it "clears the way" and allows dramatic relief.

More about the 9 Gamut treatment

Although I seldom use the 9 Gamut treatment any more, it has its uses. Here are some insights from Mair Llewellyn, an EFT practitioner and instructor in the U.K.

Advantages of the 9 Gamut procedure

by Mair Llewellyn

I really wanted to write this article because I discovered the advantages of using the 9 Gamut procedure. Most practitioners (myself included) don't use it much because the shortcut version of the basic recipe usually does the job. However, there are times when it can be quite useful.

The procedure has four disadvantages.

1. The first relates to time. We are all becoming more time-conscious. We want that quick fix or magic potion. This perceived pressure of time constraints means that the EFT shortcut methods are more attractive. Using the full Basic Recipe (which includes the Gamut point) takes longer for each round, and during a day full of tapping, this adds up to extra time.
2. On the face of it, EFT is pretty weird and the 9 Gamut procedure does not dispel its New Age image. The 9 Gamut procedure was one of the major reasons why I resisted introducing EFT to my clients in the early days of learning EFT. If clients feel as I did then, it is possible that introducing the 9 Gamut procedure could break rapport.
3. If a therapist feels discomfort about introducing the EFT basic recipe process which includes the 9 Gamut routine this could be unconsciously transmitted to clients. This feeling could also affect the benefits of EFT. Why use this point at all? It appears as if EFT works perfectly effectively without the Gamut point, anyway.
4. When using the whole of the basic recipe - which includes the 9 Gamut procedure, there is more to master. Clients often say, "I'll never remember all of that." For reasons of simplicity and ease of learning, it is better to keep the 9 Gamut procedure on the shelf.

Four advantages of using the 9 Gamut procedure

1. One important advantage, for me at least, is that I actually love the 9 Gamut procedure. I frequently use it and sell it really well to my clients. Introducing the 9 Gamut procedure to clients can make the process more believable. On the face of it this statement is a contradiction of my earlier observations. Let me explain why I say this.

Many clients who come to me have an understanding of the function of the left and right hemispheres of the brain. Lay people know that one side is creative and the other side more logical and rational. This knowledge can often be a very effective bridge to explain how EFT and particularly the 9 Gamut procedure

works. Describing the humming in terms of being processed by the creative side of the brain and the counting by the logical side links in well with why we go from one to the other. Switching from one function to another makes sense in tuning into information stored in specific hemispheres of the brain. I'm excited about it, so I guess the way I introduce it is pretty persuasive too.

The Gamut point also meshes very well with the NLP eye accessing cues explanation on information processing. In addition to this, clients who come for therapy, especially professional health care workers, frequently know of the effectiveness of EMDR. For these reasons alone, clients with this already existing belief system buy into the process more readily. That's a great start even before we begin the tapping. This adds to the known high percentage value of the placebo effect.

A further sector of the population that also likes the explanation as to how the 9 Gamut procedure accesses information in the brain, is the analytical client. This client loves to have an explanation that can make sense to them. For these clients I give examples of how the EEG machine lights up in various parts of the brain when memories are revisited. This explanation can be expanded upon if it is appropriate to do so. I do this by discussing in more detail the eye accessing cues. First of all, I ask clients various questions that lead them to pick up information from the archives of their mind. This information could be visual, auditory or/and sensory based pieces of memory. Whilst they do this, I ask them to notice what is happening to their eye movements. This is not only interesting, but also a valuable piece of information in self awareness and of observing others.

The "ah ha" of awareness enhances knowledge of how fragments of memory held in different part of our brains can be tuned into and tapped upon. Connection to sensory experiences such as taste, smell, imagery and auditory aspects ensures that clean and lasting interventions are more likely to happen. An example of this happened whilst I was working with a client with a severe needle phobia. We tapped upon what we thought were all the aspects of this problem. When testing it in the real world we found that when his doctor was ready to give him the injection - it was the sensory feeling of the liquid going into his body that was the trigger to the fear.

2. Secondly, using the Gamut point can frequently give the therapist and client additional feedback. Whilst the client thinks of the problem rather than verbalizes it - previously unknown unconscious memories can be more readily available. At this time, the 9 Gamut procedure frequently opens other observational doors. Watching particularly how the eyes are tracking through the circle movement can offer cues to where blocks may be held. This feedback can also give a lead into a client's favored representational system. The combination of being aware of their use of vocabulary and how they use their eyes during memory retrieval builds on our mastery of EFT. Blocks clear with continued therapy and improvements in tracking of the eyes also show that too.

3. The third advantage of using the 9 Gamut procedure is giving clients time for going inside. These moments of silence whilst tapping this point, without dialogue presents a pause to facilitate self awareness. The break in the reminder phrase allows the client to become re-orientated. Often this time offers insight and the chance for magical cognitive shifts.

4. Finally, the fourth advantage of the 9 Gamut procedure. It is especially helpful and unobtrusive to apply gentle pressure to this point when there is pain or emotional trauma. When clients are experiencing pain and emotional upset this point is far less invasive for a therapist to touch. It can also be subtly stimulated by clients personally with great effect. It can be introduced as an easily accessible pressure point to stimulate (without the eye movements etc). This is profoundly helpful in the arena of public speaking or sports. Many clients who experience anxiety or panic attacks tell me they use this point with great results. This could be whilst traveling on public transport, waiting in a queue or at other trigger times.

The two-point method

In addition to this, I have had many instances where I use the Gamut point and the KC point combined. This is easily done by exerting gentle pressure with the thumb (on the Gamut point) and index finger (on the KC point) on the client's hand. For some time this has seemed an intuitively right thing to do. I use this two point combination when the face, CB or UA points would have been too invasive to use. For instance, if a client is in severe physical or emotional pain. I have also noticed that in situations where it is appropriate to do so - it is especially comforting to hold a client's hand with one of your hands. Then, with your other hand gently apply pressure or massage to your client on these two points simultaneously.

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## **Reframing the pain**

I'm always delighted to see how EFT practitioners incorporate NLP (Neuro Linguistic Programming) techniques into their Setup Phrases. Here Dr. Patricia Carrington explains "reframing," an NLP procedure, to our newsletter readers. It's a sophisticated approach to take when you're looking for a fresh perspective, and while it works especially well for pain, as this example illustrates, it can be used for any problem.

### **Reframing the pain**

by Dr. Patricia Carrington

The following method makes use of a practice called "reframing" This involves removing your thoughts about pain or discomfort from their present context – usually by changing the words you are using in your mind to describe this condition to yourself – and placing the pain in an entirely new context by looking at it in a completely different way.



Let me give you an example of how this works. It involves an incident recounted by the leader of a workshop that I attended many years ago. This man happened to be addressing problems of vision at the time and wanted us to understand the powerful relationship between mind and body and the effects of *reframing* a pain or distress. To illustrate his point, he told us of his own experience years before.

He had suddenly developed what the doctors declared to be an "inoperable brain tumor" when he was in his mid-30s, and because there was at least a slim chance that he might survive the operation, and because he therefore opted to have it, a very risky surgery was performed.

This man vividly remembers lying in the hospital after the operation in a state of silent despair, listening to the comments of medical personnel around him to the effect that his condition was "hopeless" and there was "nothing they could do for him." He felt devastatingly alone and completely abandoned.

As the days passed in the hospital, he subsequently developed a strange and disturbing symptom. Several times a day he would feel as though a "bolt of lightening" were shooting through him and throwing him to the floor or back into the bed as the case might be. It was terrifying and seemed to him that he was being struck a mortal blow each time it happened.

Then one day something unusual occurred. Within him something seemed to tell him what to do and quite suddenly he decided on his own to view these periodic shocks in an entirely new light. He decided to *re-label* them in his mind as *evidence of healing*. From that moment on, each time one of these shocks occurred he would say to his body, "Thank you. I know you are healing me." After he started doing this he actually began to welcome the shocks as evidence of the "healing" that his doctors had told him could never happen.

Not only did this transform this man's experience while he was in the hospital, but he began mysteriously to mend despite the dire predictions of the medical staff. He was eventually discharged from the hospital as being "in remission" for some unidentified reason.

This was more than 30 years ago. He has remained without a recurrence of the brain tumor ever since. He did not of course have EFT to assist in this natural "reframe," but it *is* available to us today and any of us can make use of a similar strategy. Here is how you can use EFT in this manner with respect to pain or other forms of physical distress which you might be experiencing.

First, identify the physical pain, distress or discomfort that you would like to be rid of, and call it "this pain..." or "this distress..." Then write down a detailed description of just what the pain is, or clearly articulate it to yourself verbally if you do not have access to pencil and paper. For example you might characterize your condition as "This pain on the right side of my left hand," adding any other details you choose to identify it. Make your description as detailed as possible. Later, when doing EFT, you will be referring to it as simply "this pain" or "this distress," and you will know exactly what you mean by that phrase.

Give an Intensity Rating to the pain on a zero to 10 point scale and formulate a Reframing EFT statement for it such as:

*Even though I have this pain (distress, etc.), I choose to know that it is here to heal me*

*I thank the Universe for sending me this pain (distress, etc.) to bring about a breakthrough in my healing."*

Try not to figure out just what this "healing" is, or whether it will appear in the form of a physical transformation, a sudden liberating insight, a new style of coping, or as a result of a situation occurring that will forever change your life. Simply do not try to guess what form it may take, but know that a healing will take place and that the pain is a *signal* of that healing. Then use EFT as follows:

On the karate shop spot (or the psychological reversal spot of your preference) repeat your full EFT statement three times while tapping and saying something along the lines of:

*Even though I have this pain, I choose to know that it is here to heal me.*

*Even though I have this distress, I thank the Universe for healing me through this pain.*

Then do one round of EFT, starting with the Inner Eyebrow spot, and repeat the negative part of this statement (this pain....this pain...etc.) at each tapping point.

Next, do one whole round of EFT stating the positive phrase only:

*I thank the Universe for healing me through this pain.*

*I thank the Universe for allowing this pain to bring me an important change for the good.*

Take your Intensity Rating once again and note how you feel about the pain now. Keep repeating this EFT sequence until you feel a noticeable shift. Hopefully eventually you will begin to feel that your uncomfortable symptom is now a "friend" with a positive message for you.

When you do, take a paper and pencil and write down, one beneath the other, every possible positive "message" that this condition might be trying to convey to you. Let your imagination run wild when you do this. Never mind the logic of the statement, just *write it down*, as in:

*The pain is telling me that I can survive this big (scary, uncomfortable, painful etc.) situation, and still be alive and hopeful.*

*It is telling me that I am far more resourceful than I had any idea I could possibly be.*

*It is telling me that there are many more ways to handle this than I realized.*

*It is reminding me of the persistence of life – my body's wish to help me heal. etc.*

There are no limits to the kind of constructive messages that may come to your mind if you allow yourself to do this experiment.

You may want to finish by doing a round of tapping on *only* the positive phrase that contains one of the above messages (repeating. "the robustness of life,,, the robustness of life...", or "my amazing capacity to heal... my amazing capacity to heal") at each tapping point.

Later, you can repeat this positive round of tapping at intervals as needed. Then retake your Intensity Level and see how much discomfort you have.

This method can be so transformative when it works that I would strongly suggest you try it the next time you have the need to reduce a distressing physical symptom. It can bring a powerful message to you about your own ability to heal yourself.

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Chapter Thirteen:

Pain, Anger, and Metaphors

By now you have a solid understanding of how EFT can be used to relieve back pain and every other kind of pain. In fact, at this point you know more than many EFT practitioners. You've gone far beyond mechanical EFT and are well on your way to EFT artistry.

At this point I'd like to return to Dr. Sarno's theory of back pain – that your back hurts because you're angry – and focus on using EFT as a tool for forgiving, forgetting, and letting go of anger.

Take another look at the words and phrases you use unconsciously and habitually.

Metaphors and back pain

Metaphors are colorful words or phrases that we use as analogies to describe things, people, and situations. They can be entertaining and expressive, but psychologists warn that our bodies take all of the words we use seriously.

She's such a pain in the neck.

If you refer to someone in your life as a "pain in the neck" long enough or often enough, guess what – you can wind up with a pain in your neck.

That's why skilled EFT practitioners ask their pain clients questions like:

Who's stuck in your spine?

Who is the pain in your neck?

What's the heavy weight that you're carrying?

Who stabbed you in the back?

Think of what your body might do with some common expressions like:

My back is killing me.

This pain is driving me crazy.

It's always a good idea to pay attention to the images we use – and to be sure that our bodies aren't interpreting those images as instructions! The following report by Gary Clark demonstrates this principle well.

Clearing a back pain metaphor

by Gary Clark

After watching the first three sets of EFT instruction DVDs, I decided to start using EFT in my practice. I am a Myotherapist so I deal mainly with people's muscle pain.

When a new patient arrived to have her back pain treated, I was surprised to find that she didn't have much in the way of the trigger points that usually cause this type of pain.

After dealing with the few soft-tissue problems I could find, her pain level fell from a 10 to an 8.

"Okay," I said, "can you point to the exact place where it hurts?"

She indicated the top of the sacrum. I placed my hand there and said, "If this part of your back could talk to you, what would it say?"

Quick as a flash she said, "Escape."

"And what do you want to escape from?"

"Work." she replied.

"And what is it about work that you want to escape from?"

"Oh," she said, "I run my own business, and work has been terribly slow lately. It's a real pain in the butt."

"Did you hear what you just said?" I asked.

"Oh my God," she exclaimed, "I've been telling everyone for the last three weeks that work is a pain in the butt."

I grinned and said, "Be careful what you wish for. You just might get it."

I quickly taught her EFT and we did two rounds of

Even though I have been saying that work is a pain in the butt, I truly and deeply accept myself

Those two rounds completely cleared the pain. Later, I couldn't help thinking that I could have saved us both a lot of time if I had used EFT right away.

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Here is a fascinating report from EFT practitioner Dale Teplitz about how literal the mind can be when it generates pain.

## **Shooting back pain – an amazing metaphor**

by Dale Teplitz

Metaphors often crop up while doing EFT. I find them of great value in providing clues to the cause of physical and emotional pain. Sorting through the metaphors and all their possible meanings is often well worth the effort. Metaphors can provide examples of how we literally “store” trauma and experiences in our body’s energy system. The EFT practitioner can be of value by noticing the metaphor and taking the client in that direction. Here is a stunning example in which the client identified her own metaphor.

Betty attended a Level 2 EFT workshop that I taught in Los Angeles in March, 2006. When I asked whether anyone had a difficult physical symptom they would like to work on in front of the group, Betty volunteered. She had been trying to rid herself of low back pain for years. She suggested that it was a really tough one! Nothing she tried had worked. She was stumped about the relationship between this pain and any particular emotions.

As she bravely ascended the podium to work with me, Betty reported having a sharp pain that ran from her lower back to her right foot. Her doctor called it sciatica.

Betty is a very bright, articulate, and introspective woman in her sixties who has been a marriage and family therapist for over 20 years. She spent much of her adult life as a tireless seeker of healing for her own childhood wounds as well as those of her clients.

Her life was filled with struggles, which began at the moment of her own birth, a traumatic c-section. Many serious challenges involving family relationship issues followed.

When Betty was a vulnerable 14 years old, her father took his own life. At that moment, her childhood ended. She was forced to become the “parent” to her mother. Her young life was filled with burden.

In the workshop, we began tapping about her back pain with the basic EFT recipe. While tapping, I encouraged her to describe the pain in increasingly specific ways. When I asked how the pain moved, she reported that it “shot” from her lower back to the large toe of her right foot.

As she traced the pain with her hand to demonstrate to us where it was, her jaw dropped. In this “light bulb” moment, Betty remembered that when her father ended his life, he tied a shoelace from the big toe of his right foot to the trigger of the shotgun he used to shoot himself in the head. He was literally “shooting from the toe!”

All of us, including Betty, were astonished at the unfolding metaphor. By the look on her face, she had no doubt about the connection between the shooting pain to her toe and her father's death. Betty and I began to unravel the metaphor as we tapped each point.

*This shooting pain. This shooting toe pain. Dad shooting himself in the head pain.....*

For every thought and memory she expressed, we tapped. Layers of deep trauma, shame, and grief welled up and were collapsed with EFT within minutes. They were gradually replaced with compassion for what she and her father had been through. The shooting pain disappeared. Betty looked lighter!

Eighteen months later, Betty reports that the shooting pain has not returned. Although now retired from counseling, Betty continues to use EFT as an important piece to the healing puzzle for herself, her family and friends.

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The next report illustrates how quickly a well-timed question can stop pain in its tracks. When Gillian Wightman's son complained of a stabbing pain between his shoulder blades, she asked him who stabbed him in the back. Great question!

She stabbed him in the back

by Gillian Wightman

Two years ago my son, who was then 16, had an acute stabbing pain in his back. He resisted the idea of using EFT for the pain as he argued it was a physical problem that needed manipulation. My husband and I are trained in CranioSacral therapy so I knew I had the skills to treat him if this was the case. However, I also knew this pain had started when it became clear that things had changed between him and a girl he had had a crush on for years. They had not embarked on a relationship but had an understanding, and one night at a group event she treated him very badly. I think it was her clumsy way of letting him know her feelings had changed that hurt him so much. The pain appeared the next day.

When he came begging for help with his back, I got him to lie on the couch and put my hands under his back, where the pain was, right in between the shoulder blades. I asked him how the pain felt and he described it as if a knife was stabbing into his back. I waited a little and then asked,

So who stabbed you in the back?

He shouted out, "BECKY!" Then he said, "Oh my, you got me didn't you? How do you do that?" He was laughing and he agreed to try EFT. We worked through all his feelings of frustration and confusion. She wouldn't talk to him and he had no idea what had happened or what he had done wrong. There were a lot of very painful emotions in his back. We started with

Even though Becky stabbed me in the back...

and that immediately brought his pain from a 10 down to a 2 or 3. We then fine-tuned it by tapping for different aspects of his anger, hurt, and confusion. Tapping through all of his heartbreak totally relieved this acute pain and I am happy to say he now enjoys a good platonic relationship with this girl.

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Sue Hannibal provides another “stab in the back” pain story. This one involves a woman whose back hurt for 17 years – until a simple EFT demonstration at a senior center handled it.

## **Sadness and a 17-year-old back pain**

by Sue Hannibal

When I first started my practice, it seemed like a first-year internship. Most people had what appeared on the surface to be simple issues: back pain, phobias, anger, grief, etc. I had yet to learn that most emotional issues, especially those that have somatized (taken root) in the body, are more like icebergs where the majority of the trauma is hidden just under the surface.

One day I taught an introduction to EFT class at a senior citizens community. I had finished the basics and asked for a volunteer when a woman in her mid-70's came forward and immediately began to cry.

“I lost my son 17 years ago,” she sobbed.

I glanced at the audience. A few women were wiping tears away. Nobody moved. At that instant, guidance came to the rescue. One word appeared in my mind with the perception that it had just been whispered from over my left shoulder.

“Suicide.”

I reached for the woman's hand.

“I'm so sorry you lost your son. Seventeen years is a long time, and I think your son would not want you to suffer this way. You can let go of the grief without letting go of your son. You can stay connected to him through love instead of pain. Can you accept this?”

She nodded. “Yes, I want to let this go.”

I said, “Ok, just follow along with the tapping. Do what I do and repeat what I say. It won't hurt.”

We tapped:

*Even though I lost my son 17 years ago, and even though I've never gotten over it, it's safe to let this grief and pain go now. Even though part*



*of me wants to hold on to my son through this grief, I choose to stay connected to him through our love for each other instead of this pain.*

We simply tapped “this grief and pain, this heartache, I miss my son,” over and over on all the points for the first round, including the 9 Gamut procedure, then followed immediately with a second round of “this remaining grief and pain, this remaining loss, this remaining heartache.”

After two rounds, I asked her to rate it on the 0-10 scale. (There was no need to rate it at the beginning, she was clearly a 10+.) She paused for a moment, with both hands over her heart and said, “I feel peaceful now. I think it’s gone.” Then she hugged me and returned to her seat.

The next day I called to check on her. She said that she’d slept well for the first time in the 17 years since her son died, and that her chronic back pain, for which she’d seen doctors, chiropractors, and therapists and for which she had taken pain meds for years, had vanished. I took the opportunity to ask if her son had taken his own life, and she confirmed that he had.

That early session taught me the importance of not only asking for a 0-10 rating, but to always ask, “Where do you feel that in your body?” Now I correlate that information with the chakra system, and it gives me a wealth of information about the possible originating traumas that could be fueling the problem. For example, her back pain was centered in her upper mid-back, where the back heart chakra is located. It’s not hard to see how a person might internalize a loved one’s suicide as a betrayal, a “stab in the back.” That horrific suicide, combined with the crushing grief of losing a child, was carried “on her back.”

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Here is a creative article by Kim Eisen that shows how an important core issue can be discovered through some simple conversation. Note how her client's severe pain and range of motion problem subsided within a few minutes of aiming EFT at the true cause.

Range of motion metaphor releases shoulder pain by Kim Eisen

Lovely metaphors. If we could only understand them on all levels, we could get to the heart of many issues with our clients and ourselves just by understanding the metaphor itself.

Lisa came to me quite upset because after being a yoga student and teacher for years, she had severe shoulder pain and couldn't do most of the positions and movements required for her daily regimen. Lisa didn't just do yoga, she loved it and it was a way of life for her. But a part of her had given up and she thought she would ever be able to re-establish her daily routine.

I asked Lisa to show me what exactly was going on. Having taken some yoga, I could see exactly where she couldn't complete a movement. Her right arm couldn't go above her shoulder and barely went beyond her side when she tried to move it behind her back. The pain stopped it cold. On the intensity scale, it was a 10 out of 10.

Here is the questioning phase.

Kim: When did you first notice this?

Lisa: Oh, probably in February.

Kim: What was happening in your life in February?

Lisa: Oh, nothing, really.

Kim: Oh, so nothing was going on in February, nothing?

Lisa: Well, went on a vacation.

Kim: Oh, so how was that?

Lisa: Well, I love to travel and have been so many great places and love to go to new places and see new things. But I've been traveling with this friend the last few years and we always have to go where she wants to go and it's always back to the same places over and over again.

Kim: Oh, so she's affecting your range of motion in traveling?

Lisa: Well, yeah, but I don't have any one else to go with and I don't want to not travel.

Kim: Oh, so she's affecting your range in motion.

Lisa: Oh my God! [light bulb]

So we tapped:

Even though Jane is affecting my range in motion...

Even though Jane is affecting where and when I go anywhere because she's so controlling...

Even though I don't think I can find anyone else to go on vacation with...

Don't know if I can find someone else.

Even though I really want to continue traveling the world and I'm scared she won't want to go with me if I say where I want to go...

I'm scared of what will happen.

Even though she's the only one in the whole wide world that will travel with me [being sarcastic] I choose to allow myself to be open to others that might want to.

At this point we checked and to her surprise she had an 80-percent increase in range of motion and her pain had fallen to a 2 out of 10. We finished up with the following tapping.

Even though I've allowed her to control my range of motion, I'm taking back my power and I'm going to go where I want.

Even though, she may not like it ... tough, I'm going where I want to go.

I'm just going to allow the possibility that others are out there and we can decide where we'll want to go together.

We checked again and she had 100-percent range of motion with no pain at all.

I followed up one week later and she still had full range of motion. One and a half months later, she is still doing great. She had spoken to Jane and they just made plans for a two-month trip to Africa, which is where Lisa wanted to go.

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## **Letting go of anger**

If the healing process has one main theme, in my mind, it's forgiveness. EFT will work even if you hold onto grudges, but it works better if you let them go. After all, grudges and anger are negative emotions, and negative emotions occupy the same meridian energy blocks that cause pain.

Occasionally someone demonstrates just how powerful the connection is. Consider what happened to Caroline, who worked for many years as a school bus driver. Two years ago, her school van was rear-ended by a truck in an accident that left her with painful injuries.

Caroline attended an EFT training class seven months after the accident, not because she was interested in the subject but because she was delivering something for the instructor. As long as she was there, she decided to tap along with the group and she was soon startled to realize that over 70 percent of her chronic pain from the accident had spontaneously disappeared. "I can't believe it," she exclaimed. "This stuff works better than seven months of physical therapy!"

Soon the whole class was tapping with her, focusing on the accident, the school van, the pain, the seven months of physical therapy, and the frustration of being injured. Caroline kept feeling better and better. In fact, her pain completely disappeared – until the instructor had everyone say, "I completely forgive the man who rear-ended my van."

While the rest of the class continued tapping, Caroline froze. Her eyes grew wide with that deer-in-the-headlights look, she couldn't move, and as soon as the round was over, she complained, "Now the pain is worse than it was before."

Despite understanding that there was a clear connection between her unforgiveness and her pain, Caroline found it impossible to let go of her anger toward the other driver. As she told the class, "I can't forgive him. That's God's job. If God wants to forgive him, that's fine, but it's not my job."

With a great deal of coaxing, she was eventually able to say something far less threatening. She tapped and said,

*Even though I can't forgive the guy who crashed into me, I would like to consider the possibility of perhaps one day, some day, maybe forgiving him just a little.*

That was at least a tiny step in the right direction, but more than that she refused to consider.

Still, the message got through, and every day Caroline's body reminded her of the pain that unforgiveness can cause. A large black sun just to the right of her shoulder blade shot painful black rays into her back and shoulder, interfering with her sleep, exercise, and every other aspect of her life. Caroline understood intellectually that the pain was linked to her anger, and she tried through prayer and meditation to release it, but without success. When she became sufficiently desperate, she asked the EFT instructor for help.

Caroline was soon combining EFT with forgiveness exercises and Dr. Carrington's one-percent solution (see page 217). She focused on her anger and frustration toward the man who was her boss at the time of the accident because he refused to call an ambulance, insisting that she didn't need medical attention. She drove herself to her own doctor, who believed her brain was bleeding and sent her to an emergency room where she was treated for multiple injuries.

At the time of the accident, while she waited at a red light behind other vehicles, Caroline had a split second before impact in which to turn the wheel so that her van didn't crash into the car in front of her. Instead of being applauded for preventing death or injury to others, she was blamed for causing the accident. Workman's compensation bureaucrats denied her claim while making false accusations and repeatedly misplacing her proof of injury.

Caroline had many legitimate grievances, but as she tapped, vented, and occasionally cried, her dark cloud of anger, frustration, and unforgiveness lifted, and she was soon saying, "It was just an accident. It's over. And thanks to being laid off, I went back to school, took classes that I would never have been able to take, completed my training as an Emergency Medical Technician, and am enrolled in a PhD program. If it weren't for the accident, I would never have been able to do these things." Note the cognitive shift here. For almost two years, Caroline had repeated her story to anyone who would listen with the same words and the same story line. Suddenly her perspective shifted and she looked at it entirely differently.

By the end of her 20-minute session, Caroline was enthusiastically tapping to release not just one percent of her anger and unforgiveness, but rather all of it, and she was laughing, rejoicing, sighing, stretching, and thoroughly enjoying her new pain-free life. In the two months that followed, she reported ever-increasing freedom from pain, improved range of motion, and growing happiness and optimism.

In the early days of EFT, Adrienne Fowlie and I were giving a workshop for therapists. To test us, some of the therapists brought their “tough clients” for us to work with, one of whom was a middle-aged lady who had been in several automobile accidents two years prior. I remember her telling me that she had a metal plate in her neck and that her right arm was beset with pain that was ALWAYS at a 9 or 10. I mean ALWAYS. It never let up.

We did two rounds of basic EFT on her arm pain with no result. Then I asked her,

*If there was an emotional contributor to this pain, what would it be?*

She didn't hesitate for even an instant and let loose an angry tirade about the driver of the car that hit her, the incompetence of her physicians, and on and on. There was nothing subtle about her anger. Her face took on a red complexion and the veins stood out in her neck. If she were a volcano, I would have evacuated the building.

We did two or three rounds – about two minutes total – of tapping on the anger and she quickly calmed down. She spoke of the incident in much calmer terms and the pain in her arm went to zero. Further, her therapist phoned Adrienne two months later and reported that the arm pain remained at a zero. It never came back.

Anger is one of those emotions that can help us or harm us. In fairness to anger, it can motivate us to act in order to change harmful situations, but most of the time it just festers or causes new problems. Fortunately, once we uncover anger, it's easy to treat and transform with EFT.

Here's a similar example from Dr. El March.

### **Severe back pain subsides after anger issue uncovered** by Dr. El March

I've been in the field of Orthomolecular Medicine for many years, so when Ed came to me for lower back pain after three months of not being able to go to work or move in any direction, we tried a number of things in an effort to get him up and running.

I sent him to chiropractors, had him do exercises, and put him on mega- vitamin therapy, only to have him return with severe pain every few months and later every few years. This year Ed came to my office completely stiff and in great pain, looking for more exercises and advice to ease the situation. This time I decided to try the EFT method on him and with his permission we started.

I knew that he had been suffering from this problem for more than ten years. I first did three rounds of basic EFT and tapped with him for the pain, which went from a 10 to 5 and back up to 10 again.

We started talking and I learned he had been laid off from his job couple of years back and is now in business for himself. His business is stressful and he cannot afford to take the time off.

So we tapped for:

*Even though this pain is the only way that I can rest and spend some time at home without feeling guilty that I'm not making any income...*

We also tapped on:

*Even though I don't believe this method is going to do anything for me...*

During these rounds of tapping the pain dropped to an 8 and then to a 5, but no matter how many more rounds we did, it stayed stuck, going back and forth between 5 and 8.

Then I asked Ed to explain his emotions toward the pain and he said, "Anger." He went on to tell me the story of how his back pain had come about.

*I was employed at a financial institution as a senior computer center analyst. On the day this happened I was monitoring the progress on a job I had given one of my staff to do when some computers were delivered to our laboratory. As I was looking for someone to set the computers up, my manager, Dan, walked in and asked me to haul the computers to a different location in the lab where they were waiting for installation.*

*I felt his action was uncalled for and disrespectful to my seniority and grade level. This was completely out of line and not part of my functions, and I felt belittled in front of the employees who reported directly to me. As I was lifting one of the boxes, the muscle in my back made a noise and I felt heat rushing through my lower back. I couldn't move after that. I was sent home and stayed on short-term disability for about three months. I first came to see you one month before I went back to work.*

After hearing this explanation, I decided to tap with Ed on the feelings he had going back to 1994 and his manager's actions:

*Even though my manager was disrespectful to me and belittled me in front of my staff and I don't believe he had the right to ask me to do what he did, I completely and lovingly accept myself, I love and respect myself, I forgive myself and I forgive Dan.*

Once we finished tapping on this the pain dropped from 8 to 3. Ed kept calling Dan an ass so I did another round of tapping on:

*Even though Dan behaved like a complete ass and was completely out of line for asking me to move the computers, I completely and lovingly accept myself. I love and forgive myself and I forgive Dan.*

Two rounds of EFT and Ed's pain was completely gone. He was amazed and did not believe it would last. I checked with him the next day, the next week, and again a few months later. The pain has still not returned.

I think EFT has added quite an edge to my regular practices. I have used it on myself and family members to quickly treat shoulder pain, headaches, nausea, and so on. This method is absolutely invaluable.

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Kaye Bewley in the U.K. describes how her client failed to achieve any relief for her long-held back pain from either the medical profession or alternative therapies. Note how Kaye handled the core issue, which her client did not want to express.

Anger and rage are at the root of this back pain

by Kaye Bewley

When Alison arrived on my doorstep, her face was creased with a deep, furrowed frown. She had the look of someone who had been in pain for a long time and had come to accept it as a burden. Alison said she had been plagued with a pain in her upper back for about four years and pain in her lower back for the past 25 years.

Recently she had taken drugs for the pain and unfortunately reacted very badly to them. She even had to be admitted to the hospital's coronary ward because they thought she was having a heart attack. She said it felt as though a tight band had been drawn across her chest. Also, the weekend prior to seeing me, she had been doing some exercises and strained her shoulder so badly that she couldn't raise her arm.

She wondered whether EFT would be able to do something for her as she had already spent over £2,000 on alternative therapies that hadn't worked.

We sat down and concentrated on the pain in her back, which she rated at an 8. After one round it went down slightly to 7, so we completed another couple of rounds, one with negative statements such as,

I don't want to release this pain in my back...

and the next with positive statements such as,

I may consider releasing this pain in my back....

I can choose to be without this pain in my back....

After completing these rounds, she rated the pain as going down to a 5, and for the first time in a long time, she smiled.

Another few rounds concentrated on the pain in her back, after which we tentatively began to explore the emotional issues that might be behind it.

Alison mentioned that her social life was okay, but she admitted to having some problems at work, such as having to cover for everyone who had been off sick and feeling as though she couldn't let the company down. She had recently been verbally abused by a customer without any support from her boss, who witnessed the situation. She had also been given extra tasks which were beyond her physical capabilities. We went through another round of tapping on specific

issues related to these instances, and finally came to the crux of her pain – anger.

She began to explore some problems she had been experiencing with a manipulative, inconsiderate step-brother. He had upset one of her friends with his cheating and lies, and she felt very hurt by that.

She said there were many scenes that gave rise to the angry feelings inside, but when I asked her to describe one, she said she didn't want to express it. This was okay, as with EFT the therapist doesn't need to know all the details of your emotional experiences, so we simply picked a word that related to the scene and concentrated on that.

Thus a “rage” rating of 8 was decided upon and we tapped on the EFT points. Three rounds of tapping brought her anger levels down from 8 to 7½ ... then to 5 ... then to 2.

Alison then mentioned a couple of long-standing issues that were coming into focus about her step-brother. She felt angry because he wasn't supportive towards her parents when they became ill. Her rage at him in that particular situation was higher than a 10, but after tapping for several rounds, we managed to bring it down to a 3, which was wonderful.

At this point we took a well-earned breather and I explained about how the words of others condition our thoughts. I gave a few examples, but none of them fit with her until I asked her if she had ever been told by her parents not to leave the table until she had finished her meal.

Aha! She said her mum always made her sit at the table and finish her vegetables and threatened her with not being able to have her pudding if she didn't eat all of her main meal.

She found the funny side of this as we tapped on it, using it as a metaphor for the way things kept happening in her life now. We found a pattern in that she always had to work hard before she was able to get any pleasure in life, but she ended up not getting any pleasure after all because she there was always something she had to do before she was able to relax.

Now she found herself working hard under the management of a boss who didn't stand up for her and under the direction of supervisor who made her do work she wasn't able to keep up with physically, on top of which she had to take care of her parents and deal with her step-brother.

She tapped while saying:

Even though I care for people and am able to help them through difficulties, I may consider having a little bit of fun for myself as well.

Even though I don't feel supported by anyone, and this is showing up as a pain in my back, I can accept and love all of me and deserve some pleasure in life.

Even though I feel as though I have to work all the time without enjoying any pleasures, I know it doesn't have to be like this, I can have my cake and eat it, too.

We decided to wind the session down at that point. After 60 minutes of tapping, Alison said that her feelings of rage had lessened a lot and that the pain in her back and shoulder had reduced. She also said that after all the money she had spent on alternative therapies over the past few years, she had never experienced as much relief as she had with EFT. Best of all, the EFT worked in a remarkably short space of time!

A few weeks later Alison reported that she was quite happy with the way the session had gone and that her back was much more comfortable. She added that she received a pleasant side effect of feeling calmer than she had ever felt in her life.

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As long as your subconscious mind has a reason for holding onto anger, it can be difficult if not impossible to dissolve. A leading reason for justifying anger and unforgiveness is the notion that if we forgive someone for something unforgivable, we're condoning what he or she did. Worse, we're encouraging that person to repeat the action or do something worse.

## **When it's impossible to forgive**

by Cathleen Campbell

Often the concept of forgiveness is distasteful or seemingly impossible because it conveys a sense that what the offender did would be accepted or allowed without an apology, or that forgiveness would somehow signal to the offender that they could repeat the offense. We want the person who hurt us to acknowledge that pain, to convey their deep sorrow, and finally convince us that they will never again put us in such misery. Since our feelings are so strong, we believe we must be right and if we can't be right then not only must we be wrong but our pain would then be wrong, too. In such a state it's impossible to see that both parties could actually be right, or that perhaps there's some grey area in which no one is fully wrong. To comprehend and acknowledge all of this while in an acute state of pain is simply too much to bear.

But when we suspend judgment and simply tap for release, all sorts of new and interesting ideas begin to come to the surface. Since we are not asking ourselves to agree that something horribly wrong is now miraculously okay, our guard doesn't go up as firm and fast.

Shifting from the unproductive cycle of "they're wrong and I'm right" allows us to release our feelings of injustice. Sometimes the shifts can be so quick and dramatic that instead of maintaining the pain or grudge, a sense of understanding

redefines the entire problem and we end up seeing the offender as the real victim!

Most often, though, asking our subconscious to help our conscious mind with understanding gives us new insights that allow us to slowly dissolve the pain. Even better, it helps us create new tactics with which to handle the situation. In situations that are ongoing, such as having to be around an offensive coworker or a family member, bringing new understanding into the equation gives us a new perspective from which to create the new reality we so dearly wish to live.

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Here's a report from EFT practitioner Stefan Gonick on this important issue.

Letting go of anger that feels necessary

by Stefan Gonick

I worked with three clients recently who had anger issues for which EFT tapping didn't initially help much at all. In each case, the person was angry about a serious offense that happened a very long time ago. There was nothing to be done or even said to the offending person, and in one case the offender had died. These clients were aware that the offenders from long ago were not being affected at all by their anger and that they were the only ones suffering. However, neither these realizations nor EFT relieved their anger.

When this happened with the first client, we were stuck for a while, but then I had a flash of intuition. I asked my client whether she felt that letting go of her anger would mean that the other person would somehow "get away with" what he did. A light bulb went on in her mind and she agreed.

She subconsciously felt that her anger was, in a cosmic justice sort of way, keeping the other person "accountable" for what he did. She was afraid that if she let go of her anger, it would mean that what he did to her "didn't matter" and he would "get away with it" without any consequences. The dilemma was that she herself was only person actually being affected by her anger, but it felt as though letting go of it would be to his benefit. So, we tapped on:

Even though he'll get away with what he did if I don't stay angry...

Even though he won't be accountable without my anger...

Even though my anger matters regarding what he did to me....

Later in the tapping we included affirming phrases like:

I release him to the Universe....

He is subject to his own karma....

I choose peace for myself....

After a several rounds of this nature, my client's anger disappeared and she felt great relief and peace around the issue.

After encountering this same situation with the next two clients in a row, I felt that this insight might be helpful to others, and it was. So, if you find yourself having a hard time relieving your anger through tapping, look deeper within to see if issues of "cosmic justice" are getting in your way.

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Australian EFT practitioner Angie Muccillo describes an EFT exercise that has widespread uses. The basic idea is to tap while you listen to your body in a unique way and let it tell you about the real issues underlying your pain. Along the way, you may discover metaphors that make core issues obvious or that help you understand just where your anger, discomfort, dissatisfaction, frustration, and pain are really coming from. If you haven't ever had a meaningful two-way conversation with your body, now's the time to begin.

## **What your aching body has to say**

by Angie Muccillo

You complain about your body – that damn shoulder, those bung knees, your sore back, that creaky neck – but how about giving your body a chance to complain about you? I wonder what it would have to say.

The purpose of this exercise is to give your painful body parts a chance to voice their point of view and express their pain and hurt while giving you a chance to really listen and take note. In this exercise, you will be paying attention to your aching, screaming body parts. This is an exercise in "in-tuition" or learning from within. It involves tuning in to your body and learning what it needs by listening to how it feels.

Communicating with your body in this way can re-establish or strengthen your connection to it. Sometimes we spend so much time complaining about our pain (either silently or aloud) that we forget to stop and listen for the message in the pain. Once we understand what our shoulder is angry about, for example, we can release it with EFT.

Let's see what a typical shoulder has to say. If you have a shoulder complaint of any sort, do your shoulder a favor and tap along. Simply tap the EFT points continuously as you read this script and borrow the benefits from this shoulder complaint. This is one uptight shoulder!

### **A Word From Your Shoulder Complaint**

Hi, it's me, your shoulder. Yes, that's right. REMEMBER ME? It's nice to be heard FINALLY! Where do I begin? I've tried and tried to get your attention over and over again but you just won't listen to me. I have sent you repeated pain signals and messages but you ignore all my warnings and push on despite them. What's that all about? I don't understand why I have to get so red and angry to be heard. It's the only time you acknowledge me - and when you do, all I get is condemned. "That damn shoulder!" you cry. I feel like hunching over every time you hurl abuse at me. How do you think that makes me feel?

You complain about me. Well, you know what? I've got a few complaints of my own. I've been carrying your load and burdens all these years and what sort of appreciation do I get? NONE! To be honest I am fed up and angry with you for treating me so badly. I've been supporting you all these years but I'm cracking and crumbling under the pressure. All I want is to know that I am doing a good job. Just the slightest acknowledgment would do. Some positive attention for a change would be greatly appreciated.

BUT you keep saying 'yes', when you mean 'no.' I'm sick and tired of it. I wish you would follow your 'no's' for a change. But because you don't follow your 'no's', you always end up over-committing yourself and working too long and too hard and you don't even enjoy it most of the time. Then you take it all out on me and complain incessantly about how I bother you and what a pain I am and how I stop you from doing what you need to do. I just tighten up more and more every time I hear you say yes to something you don't want to do or be or have. I'm sick and tired of being tied up in knots all the time!

If you insist on carrying all those burdens and don't learn to say no when you mean no, then I'm going to have to say it for you by flaring up and firing a few more pain signals your way. I might even freeze right up so you can't move and then you'll be forced to stop what you are doing right there and then. I know that may seem a little harsh but that way you might get the message that I'm overworked and overtired and deserve a holiday!! Here's the deal. I'll rush you a load of those feel good chemicals you like so much, just as soon as you relax and give me a break! Deal?

Here are some step-by-step guidelines for writing your own script – How to "Take Note" of Your Complaints

Step 1. Choose a physical complaint, and ask your complaint to state its own complaints.

Step 2. Invite your aching body part to speak up. Ask for the loudest complaint to come forward and deal with this one first.

Step 3. Focus on the area of your body you would like to heal – shoulder, neck, back, stomach – and ask it to tell you how it feels. Encourage your chosen body part to express any complaints and upsets openly and honestly and without holding back. Listen carefully and write down everything you are being told, take note of every complaint, every unheard request and every upset. You are at the service of your body here. Your job is simply to take note. Allow yourself to be creative in the process.

Step 4. Once you have finished your script, read it aloud and either tap continuously on the EFT points or rub the sore spot until you get to the end of the script and then use a reminder phrase at each point such as, "this (name of body part) complaint."

Step 5. Write a reply to your complaint in the form of a Self Care Plan. This is your chance to address your body's complaints. Write to your complaint or simply talk to it about your intentions to address its concerns. You may want to start by

acknowledging its complaints and showing empathy for what it is experiencing. You can then explain what you plan to do (what action you will take) to address these complaints. For example, a Self Care Plan for the above shoulder complaint might sound something like the letter below. Again tap along to borrow the benefits.

Dear Shoulder – Yes, I hear you loud and clear now that I've stopped and taken time out of my busy schedule to take note of how you feel about all this. I know I've been a pain to live with lately, but things are going to change now. Even though in the past I was guilty of not listening to you, from now on I vow to tune in to how you are feeling and do what is necessary to take care of it. As soon as I start to receive a pain signal from you, I will promise to stop and look at what I'm doing that is overloading you. I vow to take care, respect, praise, and appreciate you for your hard work.

Yes, you have carried me all this time and now I take the time to show my appreciation. How's this - I will ensure that you get a massage at least once a fortnight, or weekly if your complaining gets too loud. I will take your advice and start saying no, when I mean no. *Even though I've been guilty of saying 'yes' when I mean 'no,' I choose to follow my 'no's' from now on.* I will take a long hard look at what I take on and whether it is in my best interest. I put you first and focus on getting balance back into my life so that you don't have to work so hard. Hey and guess what! I just went to see the boss and I've put in for 6 weeks off. Now does that sound like a "Self Care Plan" or what?

If you have difficulty tuning into to your body and you can't 'hear' the messages, try these little EFT Tune Ups:

*Even though I can't tune in to what my body is trying to tell me, I choose to listen for the message in the pain.*

*Even though I'm so out of touch with my body's needs, I choose to practice listening and taking note of what my body is trying to tell me.*

*Even though until now I have neglected and ignored the messages from my body, I choose to pay more attention from now on.*

The more you take note of your body's complaints and tap on these complaints, the less likely it is that your body will complain at all. You can apply this process to all your physical complaints, starting with the loudest ones first.

Using this technique regularly may lead to pain reduction. It can also be used in a preventative manner by helping you stay in tune with your body and giving it what it needs for optimum health, whether it is better nutrition, more rest, more exercise, recovery time, letting go of certain obligations, cutting back work hours, increasing recreation time, increasing creative pursuits, or other factors that are there, in your body, waiting to be discovered.

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Here are some innovative approaches to chronic pain by Sangeeta Bhagwat from India. These same ideas can be useful for a wide variety of ailments. For those not familiar with paracetamol, which Sangeeta mentions in her report, it is the nonprescription painkiller known in the U.S. as acetaminophen (Tylenol).

EFT and skillful metaphors for Rheumatoid Arthritis pain by Sangeeta Bhagwat

I have been working with Mrs. J for her Rheumatoid Arthritis (RA) symptoms. RA pain is constant and terrible. As she had tried several allopathic (conventional) and Ayurvedic (traditional Indian) medicines over the years, her homeopath asked her to avoid taking any medicines for about 15 to 20 days, to allow her body to detoxify. She continued her painkillers and a sleeping pill.

One day, her pain was highly unbearable, so she asked me to try EFT. She was complaining of severe pain in her shoulders. I first did one round using,

Even though I have this unbearable pain in my shoulders, I deeply and completely love, forgive and accept myself.

She reported a reduction in her level of intensity from 8 to 7.5 out of 10. I then asked her to describe the pain, asking her whether it had a color or texture. She replied that it was dark grey and like a sticky liquid.

So I started tapping on her with the following setup:

Even though I have this dark grey, sticky pain weighing down my shoulders, I choose to drain it away.

While I was tapping, I told her to imagine a tube draining away this pain, while she repeated “*drain away*” at each point. Two rounds reduced her level of intensity to 2 out of 10.

I asked her to describe the pain again. She said it was now dark and thick. So while tapping at the Karate Chop point, we used

Even though I have this stubborn, dark and sticky pain in my shoulders, I apply heat to it so that it becomes thinner and can drain away easily. I drain away this remaining pain.

The pain subsided. I worked on some more underlying emotional issues and gave her homework rounds to do.

After a few days, she again called with severe shoulder pain. When asked to describe it, she called the pain "four huge boulders." So I used

Even though these four heavy boulders are weighing me down, I choose to break them with a laser gun.

That did not work, so I changed it to

Even though these four boulders are weighing me down, I choose to hammer them to pieces,

with "hammer" as the reminder phrase. Immediately, she felt that the boulders had shattered to pieces and the pain had "rolled away".

She then stood up with some difficulty and said that the pain had dropped to around her hips. When asked to describe it, she said it was like a string of heavy rocks around her hip. So I used

Even though I have this money belt of painful rocks around my hip, I deeply and completely love, forgive and accept myself.

There was only a marginal movement in her level of intensity.

I felt that she was reluctant to let go of the pain, so I changed the setup to

Even though this pain is terrible, I don't want to change. I am used to it and don't want to let go.

After tapping one shortcut round of this, I changed the setup to

Even though I don't want to let go of these ten rocks I have around my hip, perhaps I could let go of just one.

After this round, she said three rocks had fallen off. So I repeated the setup with seven *remaining rocks*. Shortly there was only one left. So I made the setup

I can keep this one rock, as I am so used to it.

However, on completing the round, there were no "rocks" left!

With regular tapping, Mrs. J was gradually able to reduce pain and swelling. She reduced her medication to one painkiller a day and no sleeping pills. Her homeopath also started treatment. After about two weeks, he told her to consider dropping her painkiller and if necessary, using a paracetamol instead.

She was highly troubled by this as she felt that she was dependent on the painkiller and without it, the pain would be unbearable. We discussed the possible side effects of painkillers and I suggested we try tapping in the paracetamol as a substitute. She agreed.

So we did one round using

Even though I think that only the prescription painkiller can provide relief from terrible pain, taking the paracetamol will prove to be equally effective for me.

Happily, she made the transition very smoothly and says that the paracetamol worked as effectively as the strong painkiller she had been using. We plan to tap away her dependence on this pill after a couple of days. I think this may be a useful way to taper people off addictive and strong medications.

In our last session, after some discussion, she felt that she was facing an internal battle, where there was a part of her that wanted to return to complete health and another that felt attached to the disease as it had served in getting her attention from others and kept family tied to her. (Fear of rejection is one of her major underlying emotional issues).

I asked her to give this defiant part of herself a name and appearance. She called it "Inflexibility" and said it looked like a shadowy image of herself. We tapped for

Even though Inflexibility does not want me to change and be well, I deeply and completely love, forgive and accept myself.

She felt that the image was shrinking in size, until it looked like a small girl with two plaits, wearing a sari. Unsurprisingly, it reminded her of herself as a child. We next tapped on

Even though Inflexibility has been staging this scary drama where I suffer a great deal of pain and I allowed myself to be conned by this play, I deeply and completely love, forgive and accept myself,

This was followed by

There is nothing to fear, I am safe and well.

In her mind, the little girl burst into tears, so I told her to hug her and tapped

Even though she scared me, she meant no harm. She was doing the best she knew. I deeply and completely love, forgive and accept her.

At the end of this session, Mrs. J was feeling substantially lighter, happier and stronger. She felt optimistic about improvement and is now more motivated to fight her symptoms. Clearly, there is more work required, but there has certainly been noticeable improvement in her. I think the combination of EFT and homeopathy is proving to be highly effective for reducing her symptoms, in a relatively short time.

UPDATE: I have been in regular touch with Mrs J over the past months. She is one of the most consistent and persistent tappers that I know. When I wrote the above report nine months ago, her Rheumatoid Factor was 72. She has been taking homeopathic treatment and continues with extensive tapping. In December 2007, seven months after she started tapping, her Rheumatoid Factor was down to 4. Her homeopathic doctor believes that she no longer has RA and her present symptoms are likely caused by cold weather and unresolved emotional issues.

Mrs J has unearthed many such emotional issues and has been working on various incidents and issues in her life. With the help of a pendulum and substance sensitivity charts, we found her to be sensitive to calcium and iron. After tapping for the same, she feels that her supplements are finally beginning to show a positive impact on her strength and energy. She has often noticed pain relief while tapping for issues related to forgiveness, rigidity and resistance to change. On many occasions, Mrs J requires the Collarbone Breathing Technique for Psychological Reversal.

Mrs J continues to have frequent episodes of stubborn pain and skin problems. While there are many emotional and physical problems yet to be healed, she has already made incredible progress, and her commitment and faith in EFT is unshaken.

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## **Chapter Fourteen:**

# **The Art of Forgiveness**

We may intellectually understand that forgiveness is a good thing, but realizing that same fact emotionally can be a challenge. This is true even after we give ourselves vivid demonstrations of how closely our pain is tied to anger, the way Caroline, the school bus driver on page 199, did. We may even practice a religion that emphasizes forgiveness. Yet some of us would rather keep the pain forever than let go of the anger.

If this is your situation, you'll find it difficult if not impossible to tap through a Setup Phrase that forgives the cause of your pain, such as:

*Even though this pain gets worse when I think about my boss and how he treated me, I forgive him now.*

*Even though this pain gets worse whenever I think of how my sister betrayed me, I choose to forgive her and get on with my life.*

*Even though it's hard to forgive him for what he did, I know that holding on to my anger only makes the pain worse, so I choose to forgive him now and let the pain go.*

*Even though I blame myself for this pain, I love and forgive myself anyway.*

Forgiveness comes in many shades and, for some, forgiveness is truly impossible – at least for the time being. Some clients dig in their heels at the mere mention of "forgiving that bastard" and will go no further if forgiveness is the goal.

### **Add “understanding”**

Fortunately, the word “understand” carries less emotional baggage than the word “forgive,” so adding it to the Setup Phrase can help ease the transition from guilt or blame toward forgiveness and release.

*Even though this pain gets worse when I think about my boss and how he treated me, I understand how this all happened.*

*Even though this pain gets worse whenever I think of how my sister betrayed me, I understand why she did what she did.*

*Even though it's hard to forgive him for what he did, I know that holding on to my anger only makes the pain worse, so I choose to understand his situation now and let the pain go.*

*Even though I blame myself for this pain, I understand why I did what I did, which was the best I could do at the time.*

This substitution can help you switch mental gears and look at any situation differently. Whenever this happens while you're telling an old, familiar story, it's a clear indication that your energy blocks are clearing. Any "cognitive shift," as psychologists call it, is a sign that EFT is working.

Cathleen Campbell offers the following examples.

### **Replacing "forgiveness" with "understanding"** by Cathleen Campbell

I often substitute the word "understanding" for "forgive" in Setup Phrases when clients just aren't making progress. It's exciting to see how quickly this simple switch can change a stuck situation.

One woman wanted to quit smoking, and although we got through a few layers – she decided she hated the smell of smoke and the taste – she realized that she wasn't letting go of the habit or whatever was motivating her to keep smoking. We worked on forgiving herself and others, but that wasn't helping much. She finally broke through when she realized that she didn't WANT to forgive her family.

*Even though I want to quit smoking and I can't, I choose to understand myself and my choices because I love and accept myself.*

*Even though I am tired, frustrated, and need to be alone, I choose to understand my family and love myself and all of them.*

After a few rounds of "understanding," she suddenly sighed deeply and said, "Oh...yeah. That's why I can't give it up. It's the only way I can get away from them all!" She had been using her smoking as a way to get away from her elderly parents, who required her care, and her kids, who were less than helpful.. Smoking was not allowed in the house, so it offered real benefits. She realized she had major anger toward her family – for being so overwhelming to her – and also at herself, especially when she realized that she was using smoking, a habit she truly didn't enjoy, as a way to get some "me" time.

Another woman hated her mother. As soon as we substituted "understanding" for "forgiveness," she realized that she was living the life her mother had always wanted but couldn't have for herself, and that's why her mother was always

criticizing her. This realization brought a breakthrough that removed painful emotional blocks from the word “forgive.”

A young woman had a stabbing pain in her back that wouldn’t subside until we switched from “forgiving” her boyfriend to “understanding” him. Suddenly the pain in her back disappeared as she realized her boyfriend wasn’t intentionally trying to hurt her. He was simply dealing with his own pain.

A woman with neck pain wasn’t making any progress with statements about forgiving her coworkers because she knew they hadn’t done anything wrong to her. But as soon as we substituted “understand” for “forgive,” she could clearly see that both her work load and her associates at work were sources of stress, tension, and pressure that left her neck tensing and cramping in pain.

My last example is a salesman who had a severe fear of making cold calls because of how mean the secretaries and administrative staff could be when he contacted them. As soon as we switched from “forgive” to “understand,” he relaxed and understood that they were just doing their job and weren’t actually being mean.

Switching from the word “forgive” to the word “understand” can sometimes make a world of difference.

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Release “a little” anger

Total forgiveness can seem like an impossible homework assignment. Fortunately, the simple strategy of giving up a little anger can go a long way toward releasing the rest. Some ways to do this are to project your release of anger far into the future or to make the whole project indefinite.

...I choose to know that I can some day release this anger...

...I might someday, perhaps, forgive him a little....

This all sounds very vague, but it replaces a flat “it’s never going to happen” with the possibility of a future transformation.

Here is an important report from Dr. Patricia Carrington, who calls her elegant application of incremental EFT the “one-percent solution.” That’s a great name for a highly effective technique.

Using EFT for forgiveness: the one-percent solution

by Dr. Patricia Carrington

I can't tell you how often people have told me that they simply cannot conceive of forgiving some other person for destructive acts that person has done – even if they use EFT for this problem. They feel that to do this would be paying mere lip service to the concept of “forgiveness.” It would not come from their heart.

I agree that the act of “forgiveness” is all too often a pretense entered into by a person who feels obliged to “forgive” someone (or fate), perhaps for religious or ethical reasons. To truly forgive, especially when one feels resentment, fear, or anger about a “wrong” that has been done to self or others, is one of the most difficult and “unintuitive” things that we can do.

The reason for this may be the fact that the act of forgiving is not an act at all in any real sense. When it happens it does so by default, as we *let go* of resentment against the other party along with the desire to punish.

Webster's New International Dictionary and the *Oxford Dictionary of the English Language* both define the verb *to forgive* as “to give up resentment against or the desire to punish; to stop being angry with; to pardon.” It is quite clear that their definitions of forgiveness refer to the result of *letting go* of anger or resentment or desire for revenge. Forgiveness, then, is basically an *absence* of these negative emotions.

This makes for difficulty, however, when we attempt to use EFT to create forgiveness because it is much more difficult for people or animals to let go of something than it is for them to hold on to it. Ask someone, for example, to place a book on a table, and more than likely (if they have no particular reason for not doing so) they will find it easy to comply with your request for they are being asked to do a direct and simple act.

However, ask that same person to “let go” of a book they might already be holding and they may well resist that request, or at least hesitate to carry it out until they give considerable thought to the consequences. They will probably consider possible outcomes that come to their mind and will try to decide whether it is safe and advantageous for them to let go of the book. Perhaps it will fall upon the floor and get damaged. Maybe the person will be “pushed around” or otherwise manipulated by you if he or she complies with this request. The result is that this person may be reluctant to let go of the book.

I am reminded of the way newborn infants show such a powerful grasp reflex. They can hold on with enormous strength to a finger or object within reach and not let go of it for a long time — sometimes their fingers have to be pried loose from the object. This grasp reflex may well be due to some inherited instinct that helped newborn humans to survive when we were tree-dwelling primates. It is likely that newborns had to be able to grasp onto their mothers or onto a tree branch to protect against a disastrous fall.

Whatever the reason, the fact is that it is usually easier for us to hold on to something than it is to let go of that same thing, and because of our use of

language, we have a strong tendency to hold on to remembered wrongs and seemingly cannot pry ourselves loose from thoughts about “justice” and “punishment” for such wrongs. We cling to such thoughts tenaciously for long periods of time, sometimes for a lifetime, and it is not surprising that we hear stories of vendettas that carry on from generation to generation in certain cultures, where a revenge motive actually controls the lives of the people caught in it.

How then can we bring about “forgiveness,” which basically involves a *letting go* of resentment and giving up of the wish for revenge, even with the use of EFT?

Because forgiveness is actually something that happens automatically when resentment, anger, revenge and a desire to punish have been relinquished, I am going to suggest a way in which EFT can be used to lessen or eliminate resentment and the punishment motive, thereby creating the natural state of forgiveness which is, in fact, an absence of the need for revenge.

Since there is much reluctance in people to let go of resentment and the need for retribution, I have found it is far more productive to approach this matter in an indirect manner, little by little. One way I have found extremely effective is to break up the revenge motive into tiny manageable pieces. I call this the “Divide and Conquer” tactic. Here’s how it works.

Suppose that one person has been deeply hurt another person in the past. If you ask Person A to “forgive” Person B, it seems impossible at first. Even if you ask her or him to “let go” of any resentment they have toward the other person, it still tends to feel impossible. How, they reason, can someone just let go of resentment if they’ve been deeply hurt?

A way to get around this trap, one which I find to be extraordinarily effective, is to BREAK UP the “letting go” process into tiny chunks, so that you *prove* to yourself that your conviction that it’s impossible to let go of your resentment isn’t true, that resentment *can* be let go of in little pieces — which of course paves the way for a much greater letting go to come.

When you formulate your EFT statement, end the statement by a Choice to “let go of only one-percent” of your resentment. You can even add the phrase, “And keep all the rest of it” if you wish. Here is how this statement might look in practice.

Even though I’m outraged at what he did, I choose to let go of one percent of my anger against him.

Even though I’m furious about what she did, I choose to release one percent of the rage I feel toward her.

If you use this “one-percent” solution, you will probably have no trouble letting go of such a ridiculously small portion of your resentment. After all, it is not much to ask of yourself to give up one percent of it, and you are still allowed to retain most of your righteous anger!

However — and here is the secret in this approach — if you are able truly to let go of one percent of your resentment, anger, or desire to punish, then you will

be in a very different state of mind than you were before. Something that seemed impossible will suddenly become possible, even if on a very small scale, and by letting it happen at all, you have actually opened a door to letting go of your resentments totally. A little release is always a big release. You will now have abandoned a deeply entrenched belief, a certainty that you *cannot* under any circumstances let go of your resentment!

I have many times seen this simple strategy result in a person's ability to entertain the *possibility* of letting go of *all* of their resentment. Once relinquishing a desire for revenge is seen as possible, the road has been cleared for you to release your entire resentment/punishment motive. When you let go of your tenacious hold on the conviction that "justice must be done at any cost," and punishment must be meted out for you to be at rest, you finally will be at rest. You will have lifted a tremendous emotional burden from yourself, and you'll be able to move ahead constructively with your life.

You may decide that you don't want to see that person again or put yourself in that kind of situation again, or you may decide to do so, according to rational decision. Either way, you are now free to choose what is really best for you. This is because the emotional charge has been removed from the situation. Now you will have "forgiven" that person in the true sense of that word. The revenge motive will have evaporated, and because unforgiveness depends on that motive, it too will have melted away. You will have forgiven this person or circumstance or fate in the true sense of the word, and can go on from there to build a new relationship or other better relationships or whatever you desire.

I strongly recommend the "one-percent solution" when the need to forgive is resistant to any other approach.

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Forgiving, like anything else, gets easier with practice. It helps to include forgiveness in our Setup Phrases.

*Even though I have this stabbing red sharp pain in my back, I fully and completely accept myself, I love and forgive myself, I forgive my back, I forgive the pain, and I forgive anyone and anything that contributed in any way to this awful pain...*

If a voice in your head pops up and says, "Anyone except John," or, "Anything except the groundhog that dug the hole that tripped me," you have something else to tap on.

## **A forgiveness exercise**

Old habits die hard, and this includes old thought habits. If thinking about your boss, your ex-wife, your neighbor, or your cousin always makes you feel depressed or mad, it's because one thought triggers another and another until, without realizing it, you have cycled through a whole catalog of unhappy memories. These memories and the feelings

attached to them are like links in a chain. As a result, you can't imagine thinking about this person in any other way.

Here's a simple exercise that can help you switch mental gears. It's based on a blessing exercise described by Jack and Cornelia Addington in their book *How to Love and Be Loved: Drawing the Larger Circle* (DeVorss & Company, 1985).

The Addingtons' method is not an EFT exercise, but we can add EFT tapping to any and every activity. It goes especially well with this project. Tap on the Karate Chop point or any other EFT point while you read these instructions, while you make your lists, and while you complete the project.

To get started, choose someone who's hard for you to love or hard to forgive. It can be someone who's part of your life now or someone you haven't seen or heard from for years. In fact, the person doesn't even have to be alive. If you choose someone who is no longer alive or no longer part of your life, write the exercise's statements in the present tense, as though the person is with you now.

Start with two blank sheets of paper. On the first, write a list of all the things you don't like about the person, find annoying, can't forgive, or get upset about. These can be personality traits ("he's so stingy and paranoid about money") or something the person did ("she wrecked my car and didn't even apologize"). This is your complaint list.

When you finish your complaint list, fold this paper in half and set it aside. If necessary, you can refer to it for inspiration while you work on the rest of the exercise, but its main purpose has been served. It has helped you focus your mind and attention on the things you don't like or can't forgive.

The second page is your worksheet. You will use both sides of the paper. On one side of the worksheet, write all the traits the person has that are admirable or positive, things that (if you get your emotions out of the way) you can honestly appreciate or respect. The first few are always the hardest, but as soon as you look objectively at the person, you'll find something, however minor it might be. These are traits that actually exist.

Some people find this almost impossible to do – they're so annoyed, upset, frustrated, and angry that they truly can't think of a single positive trait. But there's always something you can say. Start with innocuous statements that don't carry any kind of emotional charge. If you're stuck, think about what other people have said about the person. "He's good at math." "She's kind to animals." "He grows tomatoes well." "She's very organized."

Try to list at least ten positive statements that your mind and emotions can accept as being factually correct.



Now turn the worksheet over and begin a creative writing exercise using the negative traits you listed on your complaint list, plus any others that come to mind. Only this time, don't write down negative traits. Instead, transform them into positive traits.

If the person is rude and obnoxious, write: *your polite and pleasant personality*. If the person is selfish, write: *your generous disposition*. If the person has a terrible temper, write: *your kindness and patience*. If the person is sloppy, write: *your neatness and excellent organization skills*. If the person is always late, write: *your punctuality and promptness*. If the person is always critical, write: *your kindness and the generous way in which you praise others*. If the person constantly worries and expects the worst, write: *your cheerful optimism and the way you always expect the best*.

Now turn these ingredients into a blessing exercise. Several times each day, say the person's name in your mind and bless him or her for all of the items on each side of your worksheet. Follow this format:

*[Name of person], for your \_\_\_\_\_, I bless you and bless you and bless you, I praise you and praise you and praise you.*

Start with the first side of your worksheet, where you wrote statements that your mind and emotions can already accept as being true, and tap while you say in your mind or out loud,

*John, for being good at math, I bless you and bless you and bless you, I praise you and praise you and praise you.*

*Jane, for your kindness to animals, I bless you and bless you and bless you, I praise you and praise you and praise you"*

Try to feel the words so that you create an aura of love for this person. Tap any or all of your EFT points as you do this. Don't worry about whether any of this feels true or right or comfortable, just do the best you can.

Then turn your worksheet over and add your revised statements, the science fiction statements, the statements that are nowhere near being true in any sense of the word.

For example, for a critical, demanding, stingy, and grudge-carrying father:

*Dad, for always being generous, forgiving, and supportive, I bless you and bless you and bless you, I praise you and praise you and praise you.*

For a friend or relative whose irresponsible behavior is a source of stress:

*George, for always acting in a responsible way, I bless you and bless you and bless you, I praise you and praise you and praise you.*

For a mother who fears change and predicts the worst, especially in new situations:

*Mom, for always encouraging me to explore new ideas and succeed in my own business, I bless you and bless you and bless you, I praise you and praise you and praise you.*

This is your first step in developing a new habit, a thought habit – a habit of thinking about the person in an entirely new way.

Jack Addington writes, “I guarantee that if you are faithful in using the Blessing Technique that something wonderful will happen. In the first place, you yourself will feel better. You will stop struggling in your mind with this ‘difficult person.’ You will feel uplifted, happy, free of the problem, and really surprised at the way your feeling is transferred to the one who seemed hard to love. This is a wonderful treatment to use in connection with our children, our in-laws, and the troublesome people we sometimes find in the office.”

Some people have difficulty with this exercise if the relationship was adversely affected by verbal abuse or physical violence. Where real harm was done, it isn’t easy to pretend that events didn’t occur the way they happened.

But consider this. If accurate recollections of what happened cause physical or emotional pain, isn’t it worth rewriting history? Our minds can’t tell the difference between something that actually happened and something we vividly imagine. Is it really necessary to hold on to every detail? Are you writing a memoir that has to be historically accurate? Are you a witness in a lawsuit for which you have to keep facts and dates straight? If there is some compelling reason for remembering the past in detail, you can use EFT to reduce the emotional charge of past events. And if there is no compelling reason, this Blessing Exercise and similar strategies can completely change your body’s response to the memory of past events. As the saying goes, everyone deserves a happy childhood – or any other life phase – and it’s never too late to create your own.

## **EFT gratitude protocol**

I’m big on gratitude. There is much to be grateful for and when we adopt that state many interesting doors open. For example, filling the mind with gratitude leaves little room for unforgiveness, so if you’re having trouble letting go of anger, blame, frustration, and other unforgiving emotions, try this approach. It’s both easy and comfortable, and it can ease the transition toward complete forgiveness.

Angie Muccillo gives us some specific ways to apply gratitude to EFT, but her idea can be applied to anything.

## **Tapping on gratitude with EFT**

by Angie Muccillo

Here's a simple little EFT protocol with the potential to increase EFT's effectiveness.

Are you grateful to EFT? I definitely am. I am grateful for not only the many positive effects it has had on my life personally, but also the many wondrous changes and healing I see in others as a result of using EFT. I think most people who have used EFT and achieved some degree of success with their personal and emotional issues, have felt and expressed gratitude for what EFT has done for them. We have many documented accounts of these on the EFT website and in our clinics and offices worldwide.

EFT instructor Carol Tuttle recommends we tap on everything we are grateful for in our lives, as a way of focusing on what we have or want to attract more of. So I thought why not add EFT to that list? In essence, if we want to attract more success with our use of EFT, let's express our gratitude for it, like anything else. Carol also states, "Gratitude is one of the highest states of emotion we can experience." If we tap on our gratitude for EFT, we are focusing on our highest thoughts of EFT and placing our attention and thoughts on what we are grateful that EFT is doing for us. In other words we use the EFT affirmation to affirm EFT!

### **Tap on Gratitude for EFT**

The idea is simply to use the EFT Gratitude Protocol at the end (or beginning) of a tapping session with a round or two of statements focused on our gratitude towards EFT. I think giving thanks to EFT is a kind of pleasant and harmonious way to open or close a tapping session whether it is with a practitioner or on your own.

Whether the session has completely resolved your issues or not, inserting the Gratitude Protocol at the end, may set a positive scene for future tapping and perhaps help build a bridge to the next session. I would also recommend using the Gratitude Protocol routinely as a daily or homework exercise or when you feel "stuck."

### **EFT Gratitude Statements:**

Tap the EFT points while repeating each statement:

*I am deeply and completely grateful for EFT.*

*I am deeply and completely grateful for releasing these emotions with EFT.*

*I am deeply and completely grateful for the ease with which EFT is helping me to release my fears, phobia's, and traumatic memories.*

*I am deeply and completely grateful to EFT for relieving my back/shoulder pain.*

*I am deeply and completely grateful for the ease with which EFT is helping me to release my addictions.*

*I am deeply and completely grateful I have EFT to help me release my pain and suffering.*

*I am deeply and completely grateful for the ease with which EFT works for me each and every time.*

*I am deeply and completely grateful I have a tool to help me calm down whenever I need it.*

*I am deeply and completely grateful for the positive changes EFT has helped me make in my life.*

*I am deeply and completely grateful for the many benefits I am receiving from using EFT daily.*

*I am deeply and completely grateful for the positive impact EFT is having on my life and those around me.*

*I am deeply and completely grateful for the peace and calm EFT has brought into my life.*

*I am deeply and completely grateful to EFT for improving the quality of my life.*

*I am deeply and completely grateful I have discovered this wonderful tool!*

These are just a few suggestions. I am sure there's a lot of gratitude out there for EFT! Let's hear it and share it. As a general rule write your statements as though your EFT goals have already been achieved.

This protocol may also be useful when EFT "doesn't appear to be working" or you feel "stuck" or frustrated. While there are many one-minute wonders in EFT, as we know, some issues do take time to break down and in the process we may find ourselves getting frustrated, overwhelmed even unappreciative and forgetful of the progress we have actually made. We can use this protocol to help break free from some of these barriers by switching our thinking to what we are grateful for instead.

We can use the Choices method to install gratitude.

Example set ups:

*Even though EFT isn't working for my back pain yet, I choose to be grateful to EFT for helping me release these emotions and for all the healing I have achieved so far.*

*Even though I don't get the same results as Mary did, I choose to be grateful I have a tool to help me calm down whenever I need it.*

*Even though I'm sick of tapping and don't seem to be getting anywhere, I am grateful for the positive changes EFT has helped me make in my life.*

What are you grateful for when it comes to EFT? Write your list of gratitude statements and tap on them regularly.

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Flooding the mind with affirmations

Affirmations are easy to find. Thousands of books, magazines, newsletters, videos, DVDs, workshops, and classes are devoted to the effective use of positive statements.

What exactly is an affirmation? It's any statement that describes or defines a positive goal. One of the most famous affirmations was made popular in the late 19th century by Emile Coué, a French psychologist. He taught his patients, and then the readers of his best-selling books, to repeat the phrase, "Every day, in every way, I'm getting better and better." Using this very simple technique, a large percentage rid themselves of all kinds of illnesses.

Many people have used affirmations to help them reach financial goals. Some have used them to find the right partner or the right business or the right house.

In EFT, we deal with "problem" statements and "solution" statements. Any solution statement can be used as an affirmation for flooding the mind.

If you have ever worked with affirmations, you can appreciate how challenging it is to change your mind and life using positive statements by themselves. The subconscious mind creates all kinds of obstacles and generates a constant stream of tail-enders, those "yes, but" statements that interfere with your getting what you want.

By combining affirmations with EFT tapping, you can reduce and eliminate those tail-enders, plus there are other ways of using EFT to help the mind accept affirmations.

For example, you can simply tap while you affirm. Try reading or saying your favorite affirmation while tapping the EFT points. You can start with the Karate Chop point or Sore Spot and go through the usual sequence of acupuncture points, or you can choose a single point or pair of points and tap. Or you can use the Touch and Breathe technique and hold the points while you breathe in and breathe out.

Sometimes forgiveness is such an alien concept that we can't get past a feeling of total disbelief when we try to say, "I forgive her," or "I forgive him," or even, "I forgive God."

When that happens, try flooding the mind with a positive statement that you can say, such as:

I will some day forgive her for this.

How do you flood the mind? Think and say the affirmation constantly, throughout the day, at every opportunity, whenever you have a spare moment, while tapping one or more EFT points.

Try phrasing the affirmation in the past, as though it has already happened:

I forgave her for this.

To more fully engage your mind and enthusiasm, try saying:

I was surprised at how easy it was to forgive her for this.

The anger just disappeared on its own.

I forgave her because I have more important things to do with my life than contribute to my own back pain by feeling angry.

How often can you recite an affirmation during the day? Here's an easy way to find out. Go to an office supply store and buy a tally counter. That's a small, hand-held devices that keep track of numbers. Every time you press the button or lever, it clicks to the next number. Tally counters are used to keep track of the number of people entering concerts and other events, but we can use them to keep track of our thoughts.

Decide first on an affirmation, such as:

After I forgave everyone and stopped feeling angry, which was surprisingly easy, my back pain disappeared and I feel terrific.

Now set a goal of saying it at least 500 times or 1,000 times during the day. Every time you say it, press the tally counter. Whenever possible, combine the affirmation with EFT tapping.

One woman who tried this chose an affirmation from a spiritual magazine, and she decided to repeat it 1,000 times during the day. In between her usual activities, phone calls, and other projects, she said her affirmation and clicked the tally counter. She soon realized that if she was going to come anywhere near her goal of 1,000 repetitions, she simply didn't have time for anything else – or, as she put it, “I didn't have time for a negative thought.”

Combining the constant repetition of an affirmation with EFT tapping can sweep away the cobwebs of old thought patterns and the writings on your walls. It can eliminate most of your tail-enders. Most importantly, it can speed the healing of back pain and prevent it from ever coming back.

Phrasing affirmations as questions

Another strategy for bypassing some of the writings on our walls is to phrase affirmations as questions. Many EFTers have adopted this technique from *The Great Little Book of Affirmations* by Noah St. John and Denise Berard. (That's not a typo. St. John coined the term “afformations” to describe this technique.)

When you state something that isn't yet true, such as

I enjoy perfect health, freedom from pain, and full range of motion.

your logic center immediately kicks in with corrections. It's not true, your health has been precarious for years, you hurt all the time, you can barely walk, and so forth.

But if you turn it into a "why" question, such as

Why do I enjoy perfect health, freedom from pain, and a full range of motion?

your subconscious mind gets sidetracked. It immediately starts trying to answer the question while it ignores the question's statement about your health.

As St. John explains,

Implicit in every "why" question is a statement of fact. For example, consider the question, "Why is the sky blue?" You agree the sky is blue. You're merely seeking the explanation of what makes it so. As much as you try, you'll never change the color of the sky. Hidden in each "why" question is an affirmative statement.

The secret to getting good results from "why" questions is to be sure they contain a solution and not just a problem. For example:

Instead of asking "Why am I always late?" try "Why am I always on time for all my appointments?"

Instead of asking "Why am I always broke?" try "Why do I always experience financial abundance?"

Instead of asking "Why am I lonely?" try "Why am I surrounded with friends who care for me?"

Instead of asking "Why is my business unsuccessful?" try "Why is my business vibrant, growing, and prosperous?"

Here's how to combine affirmative "why" statements with EFT.

Let's say you have been tapping with EFT using the Setup Phrase, "Even though I can't attract paying clients and I'm losing money every week and I might not be able to pay the rent on my office, I fully and completely accept myself." You say this three times while tapping the karate chop point, then tap all the EFT points while saying a "problem" reminder phrase, such as "failure" or "no money."

In the Choices method of EFT, you might say, “Even though I can’t attract paying clients and I’m losing money every week and I might not be able to pay the rent on my office, I fully and completely accept myself, I love and forgive myself, I love and forgive anyone who had anything to do with my being in this situation, and I choose to be pleasantly surprised at how easy it is to keep my energy balanced and positive, how easy it is to attract paying clients whose checks don’t bounce, and how easy it is to pay the rent on time with money to spare.” You tap on all the EFT points while saying a “solution” reminder phrase, such as “prosper” or “abundance.”

Now try tapping while you ask questions like, “Why do wonderful paying clients keep flocking to me, recommending their friends, and paying me lots of money to work with them? Why is my business thriving and vibrant? Why do I feel so confident and relaxed about paying the rent and all my bills? Why am I blessed with so many opportunities to make money and enjoy life? Why have I forgotten how to worry about money? Why am I such a powerful money magnet?”

You can tap all the EFT points while doing this exercise, or simply tap around the ear using the temporal tap.

In Noah St. John’s affirmations, every question begins with the word “why” and is written in the present tense. But you can also phrase questions in the past tense, as though the events have already taken place, and you can begin your questions with who, what, where, how, and when.

For example, try tapping while you ask the following, and then build your own list of questions using the same basic format.

When did I realize that all my back pain had completely disappeared?

How did I accomplish this so quickly and easily?

Who was it who first noticed that I was able to do so much and that I was moving so well?

What surprised me the most about using these techniques?

Where did I learn effective methods that made it easy to eliminate pain and keep it from coming back?

For an example of an affirmation phrased as a question in an EFT session, see how Cathleen Campbell incorporated the question “Why is this pain gone for good?” into her breakthrough back pain session on page 107.

Chapter Fifteen:

Helping Animals with EFT

People aren't the only ones with back pain. Our dogs, cats, horses, and other animals can hurt because of injuries, arthritis, and a host of other causes. Fortunately, EFT can help alleviate their pain

To use EFT on behalf of a pet, you can tap directly on the animal. Some practitioners tap on the animal's chest while stating the Setup Phrase, some tap simultaneously on the head and chest, and others simply tap wherever it feels right. Depending on the animal and his or her condition, the tapping can be vigorous or extremely gentle.

Your Setup Phrase can be simple or elaborate, just like the Setup Phrases used for human conditions. Try starting with something simple:

Katie, even though your back hurts, you'll feel better soon. Even though it hurts to jump, you're a great dog. Even though you slipped on the ice and hurt yourself, the pain is going away fast.

For animals in acute pain, no touch is necessary. You can hold your hand an inch or more above the body and visualize tapping the EFT points.

When you move from Setup Phrase to Reminder Phrases, the same EFT points that people use work well for animals, and so does tapping up and down the back, on either side of the spine. There are many acupuncture points on either side of the spine, making this an ideal tapping area. Many dogs and cats enjoy this approach. Simply cup your hand so that your thumb taps on one side of the animal's spine and your fingers tap on the opposite side, an inch or two from the spine on either side. You can tap vigorously or gently, fast or slow, whatever feels right for you and the animal.

Some EFTers tap on or under the animal's nose and then work back, over the center of the forehead to the top of the head and then on either side of the spine to the tail.

Quite a few EFTers tap only on their pets' toes and get excellent results. This is especially easy for beginners to do. There are acupuncture points in the toes and paw pads of a dog or cat, just as there are in human fingers. If a dog or cat is uncomfortable at first, try gently touching or holding the paw for just a second at a time. Very often dogs and cats who weren't comfortable at first come to love their tapping sessions and actually initiate them.

Another way to help animals is with surrogate or proxy tapping, in which you tap on yourself while focusing on the animal. When you do surrogate tapping, you act as a proxy for the animal.

To make the treatment more effective, try touching the animal with one foot while you tap on yourself with your hands.

If the animal is not in the same room with you, surrogate or proxy tapping will still work, just as it works for people who are hundreds or even thousands of miles away.

While doing this, you can use a Setup Phrase that describes the animal in the first person:

Even though I, Fido, have this terrible pain in my back...

or in the second person:

Even though you, Fido, have this terrible pain in your back...

or in the third person:

Even though Fido has this terrible pain in his back...

Start by trying all three statements, then use the one that feels most comfortable or appropriate. Tapping on your own EFT points will address the animal's pain and discomfort. Be sure to include any underlying causes that come to mind or any hunches you have about what might be contributing to the pain.

In the following example, Denis Jevon from England combines EFT with intuition and creativity to help a dog with arthritis.

Helping a dog with an arthritic back by Denis Jevon

Recently I met a Dalmatian called Max. Max was brought to see me by his human companion, Malcom, because he had developed a problem with his back legs. Every time Max became excited and pulled on his leash, his back legs gave way. I immediately suspected a lower back problem and as Max was walking past me I placed my hand on his lower back.

My heart sank when I felt an awful grating from his lower back. I examined him carefully, then I turned to Malcolm and said, "I am afraid he has extensive arthritis in his lower back. I am not sure if I can fix this, but I'll try some EFT."

First I did some acupressure to calm Max and then started tapping on the under-eye points while thinking about the problem in his back. I didn't verbalize anything but just used thoughts. I carried on for five minutes tapping on a variety

of points in a sequence that came to me intuitively and at the same time simply thought positively about healing his back.

I told Malcom that I didn't know what results we would get but that if it helped, he could ring me and Max could have another session. I recently saw Max for the third time and I could find no arthritis, no coffee grinder effects from his spine, and he is walking normally! Sometimes we don't know what happens in the healing process; but does it matter? Max is fine now and I am very pleased.

Just remember, sometimes even if you can't think of a way forward just use intuition and it often works.

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The talented Catherine O'Driscoll from Scotland provides us with this fascinating look into our possibilities with surrogate tapping. This example happens to be with a dog but it is not much of a stretch so see the potential for all living beings.

### **Surrogate tapping for Cassie, the dog by Catherine O'Driscoll**

Bonnie's female dog, Cassie, had only been living with her for four weeks. Cassie was eight years old and had been used as a breeding dog, but she was no longer of use to her original owners. When they moved in together, Bonnie took Cassie to the vet for a checkup. He diagnosed her with kennel cough (a canine virus) and spinal damage (which he wanted to operate on), and he began a vaccination program.

Bonnie wrote, "Cassie seems to have arthritis in her spine, and her left front and back legs. She has been sadly neglected these past years and has bad plaque buildup on her teeth. I have scheduled her for teeth cleaning, blood tests, and an X-ray."

Bonnie told me that Cassie seemed to sparkle after the first three weeks with her, but she became melancholy and distant after Bonnie had to go out of town for a few days. She also had a pronounced limp. Bonnie asked for long-distance EFT healing. I agreed, explaining I had never tried it before so couldn't guarantee a result.

Obviously, dogs can't talk, so it's difficult for them to tell us about their emotions. Neither could I see her or feel her on an energetic level, which often helps when treating animals. So I "communicated" with Cassie using intuition and dowsing to get yes/no responses.

Communicating with animals is not part of EFT, so I'll cut to the treatment! I treated her surrogately with EFT for grief over losing her puppies and friends. I also treated for low energy levels, vaccine damage, central nervous system damage, and aching bones.

I asked Bonnie to postpone the X-ray and teeth cleaning, but to feed raw meaty bones which act as Nature's toothbrush for our canine friends. I also suggested she put a hold on the vaccines, as you need a healthy immune system to come through the vaccine challenge intact, and Cassie had clearly been through enough stress in the previous few weeks.

The next day, Bonnie sent me an e-mail. She said that Cassie's rear left leg, which had seemed to be causing pain, was now in perfect condition. She was energetic and happy, and woke Bonnie several times in the night with doggie kisses. Bonnie cancelled the remaining vaccine shots and postponed the X-rays indefinitely as Cassie's spine was no longer "jaunting through her back."

I received another e-mail from Bonnie today, some nine months after the once-only treatment. She said, "Cassie runs around like a youngster now and is having great fun with her life. She is giving Eros, my three year old Akita, the time of his life. He is a happy playmate. I can't thank you enough." Cassie never did get the spinal operation.

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As noted earlier, EFT is a great first-aid treatment. Here is a report posted on our website's animal forum by Anita Modak, who lives in Maharashtra, India, that demonstrates how well this simple treatment can work.

EFT for a dog's back injury and cataracts by Anita Modak

Shadow, our 15-year-old female Labrador Retriever, has been in fine health until a few days back when she charged after a stray dog in our bungalow's compound and hurt herself. After a few days she suddenly stopped any movement whatsoever. She would only lie on her side and refused to get up. I thought that sadly it was time for her to go.

My son and husband refused to consider that possibility. They insisted that the vet be called in. Well, I am grateful that we did so, even though the veterinarian told us that she had hurt her spine and there was no appropriate medical treatment for her at her advanced age. He also told us that she has cataract in both her eyes. He prescribed a few vitamins and told us to pray. Since the vet had told us that her back had been injured and that she had cataracts, I did surrogate tapping for Shadow.

Even though Shadow has hurt her back badly, I deeply and completely love, accept, and forgive her. Even though Shadow's back is paining very badly and she is unable to walk, I deeply and completely love, accept, and forgive her. Even though Shadow has cataracts in both of her eyes due to old age, I deeply and completely love, accept, and forgive her.

I did this as often as possible for at least a week. After the first day of continuous tapping, Shadow started getting up on her own. From the second day onwards, one could not even imagine that we had been considering saying goodbye to her a few days back. From the third day onwards I noticed that if I made a hand movement to beckon her to me, she would come! I mean she could see even from a distance! We are so happy that we got her back due to EFT tapping and the right diagnosis.

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All of the methods used to help human back pain can be used for animals. For example, visualization increases the effectiveness of any EFT treatment. Try asking your animal to describe his or her pain. You may feel as though you're just making things up, but the more you practice and use your intuition, the more accurate your hunches are likely to be and the more effective your EFT sessions.

Armed with a lively, interesting description of the pain, create compelling Setup Phrases, such as:

*Fluffy, even though you have this burning red pain in your back, and even though it feels like a red hot poker stabbing you in the spine, and even though it upsets you terribly and interferes with all your normal activities, we love you and bless you, we know you're feeling better already, and we love and accept you in every way.*

*Buster, even though you twisted your back chasing that Frisbee, and even though the pain feels like an oppressive black band wrapped around your lower back, and even though everything's out of alignment, your body has an amazing ability to heal itself from the inside out. Even though you feel depressed and dismayed, we love you and bless you, and we know that your body is healing itself already.*

## **In conclusion ....**

Whether you're working with yourself, your spouse or partner, your children, a friend or relative, a client, a patient, or a favorite pet, EFT is a powerful tool for the relief of all types of pain and discomfort. I hope you will join me in exploring its powerful benefits. Master what's in these pages and you will never view healing the same way again. Together we will build within you a bridge to the land of personal peace. Once built, this bridge will become a lifetime skill that you can use to spread emotional freedom and joy from yourself to others. And it's permanent. Like gold, it doesn't rust or tarnish or become obsolete. It will always be there for you.

***The End***

## EFT Glossary

The following terms have specific meanings in EFT. They are referred to in some of the reports included here and are often mentioned in our newsletter and on the EFT website.

**Acupoints** Acupuncture points, which are sensitive points along the body's meridians. Acupoints can be stimulated by acupuncture needles or, in acupressure, by massage or tapping. EFT is an acupressure tapping technique. See page 273.

**Art of Delivery** The sophisticated presentation of EFT that uses imagination, intuition, and humor to quickly discover and treat the underlying causes of pain and other problems. The art of delivery goes far beyond Mechanical EFT.

**Aspects** are "issues within issues," different facets or pieces of a problem that are related but separate. When new aspects appear, EFT can seem to stop working. In truth, the original EFT treatment continues to work while the new aspect triggers a new set of symptoms. In some cases, many aspects of a situation or problem each require their own EFT treatment. In others, only a few do. See page 73.

**Basic Formula** See Mechanical EFT.

**Basic Recipe** A four-step treatment consisting of Setup Phrase, Sequence (tapping on acupoints in order), 9-Gamut Treatment, and Sequence. This was the original EFT protocol.

**Borrowing Benefits** When you tap with or on behalf of another person, your own situation improves, even though you aren't tapping for your own situation. This happens in one-on-one sessions, in groups, and when you perform surrogate or proxy tapping. The more you tap for others, the more your own life improves.

**Chasing the Pain** After applying EFT, physical discomforts can move to other locations and/or change in intensity or quality. A headache described as a sharp pain behind the eyes at an intensity of 8 might shift to dull throb in back of the head at an intensity of 7 (or 9, or 3 or any other intensity level). Moving pain is an indication that EFT is working. Keep "chasing the pain" with EFT and it will usually go to zero or some low number. In the process, emotional issues behind the discomforts are often successfully treated.

**Chi** *Chi*, or energy, flows through and around every living being. It is said to regulate spiritual, emotional, mental, and physical balance and to be influenced by *yin* (the receptive, feminine force) and *yang* (the active masculine force). These forces, which are complementary opposites, are in constant motion. When *yin* and *yang* are balanced, they work together with the natural flow of *chi* to help the body achieve and maintain health. *Chi* moves through the body along invisible pathways, or channels, called meridians. Traditional Chinese Medicine identifies 20 meridians along which chi or vital

energy flows or circulate through to all parts of the body. Acupoints along the meridians can be stimulated to improve the flow of *Chi* and, in EFT, to resolve emotional issues.

**Choices Method** Dr. Patricia Carrington's method for inserting positive statements and solutions into Setup and Reminder Phrases. See page 91.

**Core Issues** Core issues are deep, important underlying emotional imbalances, usually created in response to traumatic events. A core issue is truly the crux of the problem, its root or heart. Core issues are not always obvious but careful detective work can often uncover them, and once discovered, they can be broken down into specific events and handled routinely with EFT.

**Generalization Effect** When related issues are neutralized with EFT, they often take with them issues that are related in the person's mind. In this way, several issues can be resolved even though only one is directly treated.

**Global** While the term "global" usually refers to something that is universal or experienced worldwide, in EFT it refers to problems, especially in Setup Phrases, that are vague and not specific. See "Be Specific," page 74.

**Intensity Meter** The zero-to-10 scale that measures pain, discomfort, anger, frustration, and every other physical or emotional symptom. Intensity can also be indicated with gestures, such as hands held close together (small discomfort) or wide apart (large discomfort). See page 23.

**Mechanical EFT** EFT's Basic Formula consists of tapping on the Karate Chop point or Sore Spot while saying three times, "Even though I have this     [problem]    , I fully and completely accept myself" (Setup Phrase), followed by three rounds of tapping the Sequence of EFT acupoints in order, with an appropriate Reminder Phrase.

**Meridians** Invisible channels or pathways through which energy or *Chi* flows in the body. The eight primary meridians pass through five pairs of vital organs, and twelve secondary meridians network to the extremities. The basic premise of EFT is that the cause of every negative emotion and most physical symptoms is a block or disruption in the flow of *Chi*, or energy, along one or more of the meridians.

**Movie Technique** In this process you review in your mind, as though it were a movie, a bothersome specific event. When intensity comes up, stop and tap on that intensity. When the intensity subsides, continue in your mind with the story. This method has been a mainstay in the tool box of many EFT practitioners. It may be the most-often used EFT technique of all. For a full description, see [www.emofree.com/tutorial/tutorcthree.htm](http://www.emofree.com/tutorial/tutorcthree.htm)

**Personal Peace Procedure** An exercise in which you clear problems and release core issues by writing down, as quickly as possible, as many bothersome events from your life that you can remember. Try for at least 50 or 100. Give each event a title, as though

it is a book or movie. When the list is complete, begin tapping on the largest issues. Eliminating at least one uncomfortable memory per day (a very conservative schedule) removes at least 90 unhappy events in three months. If you work through two or three per day, it's 180 or 270. For details, see [www.emofree.com/tutorial/tutormthirteen.htm](http://www.emofree.com/tutorial/tutormthirteen.htm).

**Reminder Phrase** A word, phrase, or sentence that helps the mind focus on the problem being treated. It is used in combination with acupoint tapping.

**Setup Phrase** An opening statement, said at the beginning of each EFT treatment, which defines and helps to neutralize the problem. In EFT, the standard Setup Phrase is, "Even though I have this \_\_\_\_\_, I fully and completely accept myself."

**Subjective Units of Discomfort** See Intensity Meter, above, and page 23.

**Surrogate or Proxy Tapping** involves tapping on yourself on behalf of another person. The person can be present or not. Another way to perform surrogate or proxy tapping is to substitute a photograph, picture, or line drawing for the person and tap on that. See page 180.

**Tail-Enders** The "yes, but" statements that create negative self-talk. When you state a goal or affirmation, tail-enders point the way to core issues.

**Tearless Trauma Technique** This is another way of approaching an emotional problem in a gentle way. It involves having the client guess as to the emotional intensity of a past event rather than painfully re-live it mentally.

**Tell a Story Technique** Narrate or tell the story out loud of a specific event dealing with trauma, grief, anger, etc., and stop to tap whenever the story becomes emotionally intense. Each of the stopping points represents another aspect of the issue that, on occasion, will take you to even deeper issues. This technique is identical to the Movie Technique except that in the Movie Technique, you simply watch past events unfold in your mind. In the Tell a Story Technique, you describe them out loud.

**Writings on Your Walls** Limiting beliefs and attitudes that result from cultural conditioning or family attitudes, these are often illogical and harmful yet very strong subconscious influences.

**Yin and Yang.** See *Chi*, above.



## **Appendix A**

### **Three Detailed Examples**

Irene Mitchell's recovery from a car crash is one of EFT's most inspiring success stories. Because this report is lengthy and deals more with leg and hip pain than back pain, I put it here. It's well worth studying because it illustrates the many ways in which perseverance and creative imagination combined with EFT can completely transform a life.

#### **Irene Mitchell's story**

by CJ Puotinen

In May 2004, 55-year-old Irene Mitchell's car was broadsided by a truck. The crash left her with bruised ribs, contusions, a shattered left hip, and a shattered femur. She lost half her blood volume and was not expected to live. Surgery repaired her hip with a stainless steel shaft, three pins, and screws. A week after the accident she was sent to an acute-care rehabilitation facility, and three weeks after that, she was moved to the Ramapo Manor Center for Rehabilitation and Nursing Care in Suffern, New York.

My husband and I volunteer at the nursing home, which is how we got to know Irene. Four months after the accident I mentioned that I was teaching an EFT seminar. Irene was curious and interested. Because she wasn't able to attend, I offered to give her a crash course.

The following Monday evening, I met with Irene and another lady in a private room at the nursing home. First I demonstrated the basic protocol as part of a breathing exercise. Irene's friend was surprised at how much easier and deeper her breathing became, but Irene, an experienced meditator and deep breather, didn't notice much difference. I suggested that we try a range-of-motion exercise. Irene chose her left leg for this experiment, explaining that while lying on her back, she could not raise it at all. Her physical therapist wanted her to exercise the leg, but it wouldn't move. I asked if she would like to lie on the bed to do this and she said that reclining in the wheelchair would produce similar results. She slid into a diagonal position and was able to raise her left leg about five inches.

Together, the three of us tapped the Karate Chop point, saying...

*Even though my leg is stuck and won't move.....*

*Even though I'm terrified of being stuck here for the rest of my life because my leg won't move.....*

*Even though my stuck leg is keeping me stuck in this wheelchair, I love and forgive myself, I forgive anyone who had anything to do with my being here, and I choose to let all this restriction go and enjoy a strong left leg.*

After three rounds of tapping the head and torso points, first using the reminder phrase “stuck leg,” then in the second round, “strong leg,” then alternating between “stuck leg” and “strong leg,” she leaned back to try again. This time her left foot rose two to three inches higher.

That was progress, but her discomfort was obvious. I asked, “What’s restricting your movement?” and she answered, “The pain.”

So we tapped on the pain, this time moving more quickly through the Setup Phrase and tapping points. After about a minute of tapping, she leaned back to try again. Her left foot slowly rose to where it had been at the start, then to where it was after the first session, then up to her waist, then past her shoulder and, finally, above the level of her head, until it was pointing almost straight at the ceiling.

Startled, she lowered her leg, sat up, and asked, “Did that really happen?” We assured her it had, so she reclined again and raised her leg to the ceiling six or eight times. Then she sat up and burst into tears. “It was a frightening moment,” she says. “I actually got scared, it was so unexpected. There is simply no way you can do something like that with an injury as serious and recent as this one.”

I gave Irene and her friend some seminar handouts, including tapping charts to help them remember the sequence.

Two weeks later, Irene reported, “The EFT has made such a difference! When I tap, my leg feels as light as a feather. It doesn’t have that horrible heavy feeling, and there’s no pain. I still can’t believe it. Whenever I hear about miracles, I’m always skeptical, but it happened to me, so I can’t ignore it. I’m still trying to make sense of it.”

After tapping, Irene could lift her leg while lying on her back as well as when seated. “The ability to lift it high,” she said, “lasts about half an hour. Even then, the pain isn’t bad. It takes another hour for the pain to return, and as soon as that happens, I just tap again.”

Irene progressed from spending most of her day in a wheelchair to walking several times a day with a walker. “I was doing so well,” she says, “that Ivan, my physical therapist, decided it was time to start walking with a quad cane. That’s a

four-footed cane with gripper feet for keeping your balance. I tried, but it was exceptionally painful. I broke out in a sweat so that my clothes were dripping, and my whole body shook. Until that point, I hadn't shared any of my EFT adventures with my therapist. This is my business, and I like my privacy. But on my second day with the quad cane, the pain was so awful that I stopped and told Ivan that I'd like to do an experiment. I told him to ignore me for a minute because I'm going to look silly and sound silly, but just let me do my thing. He said okay and waited politely while I tapped on how much I hate the pain, the pain is terrible, the pain limits my ability to walk, I want the pain to go away.

"Then I did a totally positive statement about how I'm free from pain and I will walk with the cane. Then on the third round I alternated back and forth. The final thing I said was that even though I had this pain, which I put in the past tense, I truly and deeply love myself, and even if it comes back, I accept myself, forgive myself, and forgive anyone who had anything to do with this pain. I said that I want to release this pain and I will release this pain, I'm releasing it, it's gone. Then I stood up, and I just started walking with the cane, big giant steps. I asked Ivan if he could see me taking these big, big steps, and his eyes got very wide, he had an enormous smile on his face, and he kept asking, 'What did you do? What did you do?' I said, 'I'm walking with a cane!'

"When you start doing that," she explained, "you have to set the quad cane down six inches in front of you. Then you move the leg that hurts while leaning on the cane, and then you move your good leg. It's like learning how to walk all over again. Before I walked with the cane I tapped, and not only did I take normal-sized steps, but I went a lot further in the therapy course. I did not have to put the cane down first, then my bad foot, then my good foot. I could pick up my affected leg and the cane at the same time, take a step, and then follow with my good leg. I walked 200 feet, which Ivan said compressed weeks of physical therapy into two days."

Irene said she never ceases to be surprised at how well EFT works. It's so easy to do that she taught it to others. One of her friends at the facility, who is also in a wheelchair, was unable to lift her arm to shoulder height. "We did the whole series and she lifted her arm above her shoulder," says Irene. "The increased range of motion surprised her, but what amazed her was that she did this with no pain. Then I asked her to pick up her foot, which she could barely do, getting it maybe three inches off the floor. We went through the sequence again and she lifted her leg up about three feet. She was shocked. She just couldn't believe it."

Irene's therapists cautioned her that she would never regain all of her body strength or mobility and that her stay would be lengthy. "Hah!" she says. "What do they know? Thanks to EFT, I'll be leaving here a lot sooner than anyone expects."

A week after she traded her quad cane for a regular cane, I visited Irene and was startled to find her looking sad and depressed. She held out her arms, one

straight, the other bent, and said, "Would you believe I was just diagnosed with tennis elbow? It's from putting all my weight on the cane. I've been tapping and tapping and nothing's changed. This elbow hurts so much that I can't straighten my arm out, I can't turn it over, I can't use the cane, and I can't do anything."

Irene reviewed the Setup Phrases she'd been using, and they were as imaginative and thorough as usual, but they just weren't working.

I said, "Let's try something. Sometimes if another person taps on your karate chop point and the top of your head, it helps complete the energy circuit and gets things flowing again." I had done this many times with my husband, who had congestive heart failure. Irene thought this was worth a try, so I stood beside her and with one hand tapped on her left hand's Karate Chop point while the other hand tapped the top of her head. As I tapped, Irene did her Setup Phrase, talking to her cane and her elbow. I continued tapping while she used her right hand to tap three quick rounds of the EFT points on her face and torso

The whole thing took less than a minute. Then she reached straight ahead with both arms, elbows straight, and turned her hands upside down, right side up, and upside down again. "Isn't that the darndest thing?" she exclaimed with a grin on her face. "It always surprises me."

Once Irene got rid of her tennis elbow, she was walking everywhere. I knew what was coming next. She would soon want to dance.

My husband and I practiced ballroom dancing at Ramapo Manor once a week, and Irene never missed a session. I knew that one of her daydreams was to dance with Joel, and from time to time he would ask if she was ready. She would always smile and tap and say, "Not quite yet." But one night her tapping seemed a little more energetic and focused, so when a rumba started to play, Joel held out his hand and Irene stood up. For the next three minutes, Irene and her cane danced the rumba. The news quickly spread, and soon a dozen staff members had gathered to watch. Several were crying. It was sooo exciting! This woman who wasn't supposed to walk again was doing underarm turns!

Irene's next challenge was to walk hands-free, without her cane. She was able to take three or four steps as long as she had something to grab onto, like a chair or table, but it was a struggle. It also annoyed her that her gait was uneven – she lurched and felt awkward. When I stopped by to visit, Irene was sitting at a large round table looking dejected. If we had been sitting side by side, I would have tried tapping on her head and hand again, but we were on opposite sides of the table. So I asked her to describe everything she experienced while walking without a cane, and that led to a fresh perspective.

We said together while tapping our Karate Chop points,

*Even though I'm just not able to do this, even though I can't walk without holding onto something, even though I'm afraid of falling, my depth perception is all off, everything looks unfamiliar and strange, even though my left leg is shorter than my right and I'm wearing these orthopedic sandals that feel weird, even though I've gotten used to walking with a cane and now I have to balance my weight entirely differently, even*

*though the whole thing makes me dizzy and the room starts to spin, and even though I'm afraid, truly afraid, that I'll never be able to walk without a cane, I fully and completely accept myself, I love and forgive myself, I forgive the cane for not being here to support me, I forgive my leg for being so messed up, I forgive my physical therapist for pushing me to do this, I forgive myself for not feeling ready, and I choose to set all that aside.*

*I choose to be pleasantly surprised at how easy it is to let go of the fear and hand this whole problem over to my brilliant mind. My brilliant mind is constantly gathering information through my nerves and muscles, through my foot's contact with the floor, through my eyes and ears, through everything that affects my balance and coordination, and it's processing that information better than any supercomputer on the planet. It's making infinitesimal adjustments, and information is going back and forth from the floor to my brain through my perfectly functioning nerves, keeping my energy flowing and balanced, telling my muscles exactly what to do, so that I gracefully and effortlessly glide across the floor, and I enjoy walking fearlessly without a cane.*

Irene did three quick rounds of tapping, using a different reminder phrase at each tapping point, starting with problem reminder phrases (*can't walk, no cane, no help, I'm afraid, dizzy, room spins, no support, worried, fall down, hurt myself*) and ending with solution phrases (*walking is easy, I feel terrific, pain-free, coordinated, energetic, graceful, going places, gliding, smooth, effortless, wonderful*).

Then she stood up and – you guessed it – walked smoothly across the floor. Ivan, her physical therapist, came into the activity room just then and stood with his mouth open, not believing what he saw. She smiled, waved, and glided past him.

Irene's recovery was expected to be slow not only because of her age and the seriousness of her injuries but because she had just been diagnosed with diabetes, an illness that tends to delay the healing of broken bones. The staff tested her blood sugar five times a day to adjust her insulin, and she was on a restricted diet.

Then one night someone had a birthday party. Irene still hasn't told me exactly what she ate, but it had something to do with cake, ice cream, chocolate, and more chocolate.

"I was so worried," she said, "I couldn't believe what I'd done. I knew that first thing in the morning they'd draw my blood, stare at the monitor, frown, scowl, and give me a lecture. I knew what was coming because it had happened before when I'd had a tiny piece of cake or a cookie or something. This was a lot more serious. I just didn't want to think about it. Then I remembered you telling me that EFT can balance blood sugar, so I tapped and tapped on how I can't believe I ate all those things, my blood sugar is probably spiking off the charts, I'm definitely

going to get a lecture, but I love and forgive myself, I forgive the birthday party and everything I ate, I forgive my pancreas for being in a state, I bless and love my body and EFT, and I choose to hand the whole thing over to my brilliant subconscious mind and be pleasantly surprised at how easy it is to let my body repair itself and bring my blood sugar back into balance, tap tap tap tap tap.

“Sure enough,” she continued, “when they drew my blood, they stopped and frowned, double-checked the results, and frowned again. Uh-oh, I was in trouble for sure. Just as I was opening my mouth to confess, they said, ‘This is very strange. Your blood sugar is 40 points below where it usually is.’”

Irene didn’t mind receiving insulin injections – she just closed her eyes – but shortly before her discharge date, one of the nurses said, “Okay, it’s time to learn how to do this yourself.”

Irene nearly fainted. She felt weak and shaky. She was deathly afraid of needles, and she said, “I can’t. It’s impossible.”

“Well, none of us are going to come to your house to do it for you,” the nurse replied.

Irene went through a serious bout of anxiety before she remembered to tap. “It took less than a minute,” she said. “I tapped on how the needles were keeping me healthy and saving my life. The needles were my friends. And when the nurse gave me my next lesson, I just followed her instructions and gave myself the shot. I couldn’t believe how easy it was. I kept asking myself, ‘Okay, what was the big deal?’”

EFT brought Irene another unexpected benefit. “In 1995, I became disabled,” she explained, “and I could no longer work. I’ve had several abdominal surgeries, and I grow adhesions like wildfire. Several of the surgeries have been just to remove the adhesions, but they always come back. They have moved my organs into places where they don’t belong, they’ve wrapped themselves around my intestines and stomach, and I live in constant pain as a result. Morphine is the only thing that helps, so for years I lived on time-released morphine. My life was stressful, but after a while the stressful part of my life changed, so I was able to wean myself off of the morphine. I still had the pain, but the difference was that I could relax better, and I learned how to endure the pain. I continue to have it to this day, but when I tap about the pain in my hip and leg, that other pain goes away, too. I didn’t even think about it, so I didn’t think to tap on it, but that other pain is gone.”

One morning at breakfast, Irene felt an excruciating pain behind her eye. She described her symptoms to the friend sitting next to her, and her friend asked, “Did you tap on it?”

It hadn’t occurred to her, but she wasted no time getting started. “I had gotten so used to getting fast, almost instant results,” Irene says, “that getting rid of this headache seemed to take forever. I must have tapped for five or ten minutes. Finally the pain disappeared. But ten minutes after that, the oddest thing happened. I felt this whoosh of water. I grabbed a napkin and held it to my ear, and it was soaking wet. Suddenly I realized what must have happened. The night

before, I had washed my hair in a sink with one of those hand hoses, and I must have gotten water in my ear, where it stayed until the tapping released it.”

When she left Ramapo Manor months ahead of schedule, Irene stayed with one of her daughters in New York. Helping her daughter and taking care of her grandchildren took up most of her time, but Irene found a ballroom dance class and started lessons. She discovered that out in the real world, she needed her cane and occasionally her wheelchair, and she didn't have as much time for uninterrupted tapping as before. But she had no trouble traveling and soon resumed her busy life, spending half the year at her home in California and the other half with her daughter in New York with visits to family members in Texas and other places in between. She was also able to attend some EFT seminars.

In September of 2006, I taught a Level 2 EFT workshop in New York that Irene had to miss, so she sent an email. She wrote, “I know that many are interested in how I am doing, particularly the kind folks I have met at previous workshops. If you like, you can read this update to them and be sure to send them my best wishes. Here is what has been going on with me.

“In March, my daughter invited me to go on a cruise with her. She said that I had to lose at least ten pounds, though, as one gains a lot of weight on a week-long cruise. I had never practiced EFT for weight loss before, I was just resistant to it for some reason. I think that's because it isn't as dramatic as the effect as on my leg. I decided to try it, though. I kept at it and tapped every time I wanted to eat things I shouldn't. Sometimes I had to tap for the desire to tap.

*Even though I don't want to tap about this weight problem because I really want to eat whatever I want.....*

“After two months of tapping all the time and following a balanced diet, I dropped 25 pounds!! I have *NEVER* had such a dramatic weight loss, ever!! Aside from the weight loss, there were unexpected benefits. Naturally, I could get around better. I had less pain in my leg (which makes sense when you are lugging around less weight) and navigating in the shower was a lot easier. The best, though, was the fact that my sugar readings went so low that I had to go from 25 units of insulin each night to only five! My doctor is thrilled! So am I!

“I went on the cruise and gained nine pounds, but that was expected and I am back on track. My leg is doing okay. I still tap on it when it hurts a lot. I particularly have problems with sitting on surfaces other than my bed or my wheelchair. If I sit on a chair in a restaurant, I have a great deal of trouble getting up. It hurts and my leg gets very stiff. No problem, tap tap tap and I get right up! My brother-in-law can't get over it. Neither can I – you know, I still don't believe it! By the way, I am doing so well with my leg that while on the cruise, I went parasailing!! What a thrill!! And they didn't think I would ever walk again!! Well they didn't say anything about parasailing or dancing.

“This year while in California, I was in a dance recital doing a VERY FAST jazz type dance...cane and all. Also I took and continue to take ballroom dance classes twice a week. I am getting pretty good, too, if I may say so myself. Watch out Joel, I am going to have you spin me around the floor!

“Another interesting thing happened last spring. My next door neighbor had her house painted and I got violently ill. I was actually crying out in a very loud panicky way for hours. My sister stayed with me overnight, threatening to take me to the hospital. I couldn't stay out of the bathroom for more than 10 minutes at a time. I did not want to go to the local hospital. Finally, one of us got the idea for me to tap. Before I could finish the first round, my sister said she could see that I was starting to calm down. The pain was so intense, I couldn't believe it! I was yelling in a very loud voice, *‘Even though I have this severe pain in my intestines,...’*

“After 40 minutes of constant tapping (which felt like forever – you know how spoiled I am with the magic results on my leg) I actually got the pain down to a dull roar. I went to bed and was able to get some sleep. When I woke up, the pain was not so bad and I tapped again and again and I then fell asleep and got a good sleep. The next day, I had pain when I ate or drank anything so I tapped when I ate and drank. Thanks to tapping, I had a complete recovery and didn't have to go to the hospital.

“Now for my final EFT story. As you may remember, my cat Fuffa, the joy of my life, has a condition known as interstitial cystitis. This is due to a birth defect in his bladder that results in bouts of running to the litter box and bearing down in pain. I have to take him to the vet for expensive steroid shots and sometimes antibiotics. Last September, a year ago, I went to your EFT for Pets seminar and learned how to tap on and for him. He used to have at least five or six bouts of this every year, particularly when he would have allergy symptoms or the stress of the cross-country plane ride twice a year. Two months after the workshop, he had another bout of it. I tapped and tapped on him. His symptoms seemed less intense than usual and he recovered faster than usual. Now I tap on him a lot even when he is fine. I particularly tap when he seems stressed or has allergy symptoms. I also tap before we travel. I am happy to report that Fuffa has not had one single bout of this problem since that last one a year ago. This is unheard of for him and we are both so very happy.”

Six months after that update, Irene reported that not only was Fuffa thriving, but she attributed a change in his behavior to his EFT tapping. From the time he was a kitten, Fuffa has hated to be groomed and would always fight to avoid being brushed. Now whenever Irene holds a brush at his grooming table, he jumps up purring and never wants the brushing to stop. “It has to be the EFT,” she said, “because that's the only thing in his life that's different. I never tapped on this grooming issue, it just happened.”

Irene is thriving, too. In fact, in May 2007, Irene was one of a group of nine dancers from Cat Orlando's “On Your Feet Dance Productions” performing at Disneyland in Anaheim, California. “We danced a jazzy cha cha,” she says, “and I was the dancer in the middle.”

Does Irene have any final advice for people interested in EFT?

“The one thing I can tell you,” she says, “is that it doesn't matter whether you believe in EFT or not, it will still work. I feel guilty admitting that I still can't believe



it myself! Every time I start to tap and the results are great, I still get pleasantly surprised and say, 'Isn't that the darndest thing!' But facts are facts and one can't deny reality. So to all you believers and all you non-believers, I say: Keep tapping and tapping and tapping. Don't give up. It is well worth your efforts."

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Study this next report, which is a detailed account of four EFT sessions conducted by Deborah Miller in Mexico. While the client's major pains disappeared in the first session, much more work was needed to complete her treatment – and far more was accomplished than a simple reduction in pain.

Releasing seven years of pain and much more

by Deborah Miller

This is one of those stories you love to hear about and even more to participate in. Nyllirma contacted me to set up an EFT session because someone had recommended it. What transpired in the first session was incredible; she released the daily pain she had been experiencing for the previous seven years. This first session occurred three months ago and the pain has not returned.

Session 1:

Nyllirma is a 35-year-old child psychologist who was first diagnosed with antiphospholipid syndrome, then lupus, and finally systemic progressive sclerosis. Even though she has been in remission for two years, she has a lot of pain, inflammation in her joints, headaches, weakness, and fear that the symptoms will return.

Using the "movie" technique, we began with her sharing a specific event that involved her pain. She recounted a time when she had been in bed for three days, unable to move because of the pain in her shoulder and arm. Even though she knew she needed to stay positive and she kept telling herself she was okay, she knew she wasn't. She felt embarrassed, angry, sad, and very depressed. Her emotional intensity level was a 10.

We did a quick round of tapping on the emotions she felt. Her level dropped to 5. She felt the same emotions, but they were less intense.

We then tapped for the following:

Even though I'm angry at everyone, at the world, at myself, for the injustices in life, and that it isn't fair that I have this problem, I love and accept myself. I want to feel free, but I'm not free. I'm still angry, so much anger.

Even though I'm sad because of everything that's happened, for everything I've lost or missed out on, for everything I want but am afraid to have, I love and accept myself completely and profoundly. I forgive myself for being so angry and for feeling bad, and I forgive everyone who taught me to feel anger.

Even though I am angry, I love myself. This intense anger, it burns, it hurts, it causes wounds. All of this anger. My anger, sadness and fears. All of my fears. Anger. My fears of being good, of completing things, of receiving and of giving. All the rest of my anger.

I release all of the anger. I release all of the anger I have and don't remember why I have it. I release all the rest of the anger with myself. I am free of this anger that causes problems in my body. I am free of this anger and feel peace, tranquility and flexibility. I love being flexible and healthy.

After her intensity level dropped to zero, I asked Nyllirma to retell the story to find out if there was any "charge" left or anything we had missed, but it was still a zero.

I asked her to tell me of another incident. She described a very difficult time when she couldn't get up. She had again been in crisis for three days and in this case was receiving intravenous medication. The medication was strong and afterwards when she looked at herself in the mirror, she didn't recognize herself. Her face and hands were puffy and her clothes didn't fit because her whole body was swollen. She was very sad to see herself look like this. She said she was so ugly, it was impressive. She felt self-rejection and asked herself, *Who is this person in the mirror? It certainly isn't me.* She didn't feel pain but rather a sense of loss. Her emotional intensity level was an 8.

We started with the Eyebrow point and skipped the Setup Phrase for this round, tapping on all the EFT points while saying these reminder phrases:

Lost. Lost in an inflamed body. Lost without emotion, without pain, like I don't exist. Such sadness. So much sadness. So many fears to be me – not this swollen woman. My whole body is swollen. I don't recognize myself and I feel lost. Everything is swollen. I release this inflammation in order to find myself.

I am. I am here. I am complete, fulfilled. I am in peace and happy. My life is mine; I can do what I want. I am free to enjoy my life, myself, my body, my time. I am a grand woman. I love myself even though I have this illness.

Her emotional intensity level dropped to zero. She felt bright and cheery. When she described her past situations again, she stayed at a zero. So I asked Nyllirma to describe the beginning of this illness. She said that seven years ago she had respiratory problems. She went to see a doctor and was diagnosed with respiratory infections and kidney problems like proteins in the urine. In addition, she had trouble raising her arms.

I asked her what was going on in her life at this point. She said that two years prior she had finished her Masters degree, after which she returned to where she was raised in order to work in a hospital. She recognized clearly that she was never ill when she lived away from the state where she grew up. The illness occurred only after she returned.

I asked if she had ever been ill during her childhood. She stated that she had a few white spots on her skin since infancy. She only remembered having a sore throat when a child. Then she spontaneously described her birth. She knew that when her mother was six months pregnant, there was an emergency and she and her mother were flown across the Mexican border to a hospital in Phoenix, Arizona. Her family lived in a small village near the border without the facilities to perform a C-section. After the birth, her mother was not allowed to stay in the United States, so she was left alone in the hospital in an incubator. She stayed there for two months on a respirator because she weighed less than 2 kilos (4.5 lbs).

We tapped the following:

Alone in an incubator. I was all alone and I didn't know why. I felt so alone. I felt abandoned. Why did my mother leave me there alone? I was too small to understand. It wasn't my fault. I'm a good girl, a lovely baby. I couldn't breathe. Hardly anyone to touch me or talk to me. My mother wasn't there.

I am okay. It wasn't my fault. I'm a good girl. I can breathe now. I am loveable and loving. I'm never ill when I'm away from my home state. I'm ill only when I come home. I had only a few colds when I was a child. But I was in a hurry to come into this world. I was born under difficult circumstances, then left alone for two months. I was scared and lonely. I was alone. Without love. Without my mama.

After this round Nyllirma felt liberated and at peace. And she was pain-free. We discussed how interesting it was that her subconscious took us back to the time of her birth. It was something neither of us expected when we began the session. She said she would ask her parents for more details about her birth before our next appointment. This was the end of our first EFT session.

Session 2:

Nyllirma was excited. She had been without pain now for ten days. This is the first time without pain in seven years. Isn't it wonderful that in one hour such pain can be released?

Since the pain she normally felt was gone and even discussing it didn't bring it back, we chose to focus on a different pain. She was close to having her menstrual cycle. Before her cycle she has lots of pain, inflammation, headaches, and cramps and sometimes ends up in the hospital. Her cycle is irregular and painful. She feels desperate.

We started tapping on the physical pain, the cramps, the irritation, the pain, feeling tired, desperate, the irregularity of her cycle, always with pain, and that when she is in pain she doesn't want to be a woman. Then we did positive phrases of feeling peaceful, being free of pain, irritation, cramps, etc. I included phrases about her body "knowing" how to function perfectly, how to release the tissue and blood without pain, how she doesn't need to have pain with her cycle even if her culture says that women have to suffer, and that these were false beliefs. She could release the pain and know that her body is healthy.

The intensity dropped by half after the first round. I asked her for a specific incident. She told me that sometimes she feels uncomfortable because she can't readily go to the beach or a pool when she has her cycle because she bleeds so heavily. She has to be very well prepared and it takes a lot of effort.

We tapped on these issues and how it is restricting. Again we added positive phrases to instill these concepts within her. This time I included having faith in her body, that her hormonal system and metabolism function at maximum capacity and is in harmony. Then I added that her cycle could be a pleasure because it is light and easy. The intensity dropped to zero and she said she couldn't recall anything about the scene she previously described.

We did another scene as a check. This time it was about going to a pool to swim the week before. She felt frustrated because she wanted to swim but felt she couldn't. We worked on the frustration, feeling alone, different, not good enough, that it hurt, and that she was being punished. The intensity dropped from a 6 to a zero in one round.

Then we returned to check on the status of her birth. After our first session, she learned that her mother didn't want to get pregnant because it was too soon after the birth of Nyllirma's brother. For her mother, being pregnant again was an unhappy surprise. Her mother was tense thinking about what could happen with her health, that the pregnancy could be dangerous, and that she wasn't ready to have another child.

When she asked her mother why she didn't come to visit when she was left alone in the hospital, her mother said it was because she was too weak to travel. Nyllirma felt confused by this because she couldn't imagine leaving a newborn alone for two months without the desire to visit. In the end her father was the one who came to pick her up and he told her how difficult it was for him. She was so small, while the hospital bill was so large. We did EFT on these topics, including these and other phrases:

My mother left me, I wasn't important enough for her to come visit me, she said she was too weak, I wasn't planned, she wasn't ready to be pregnant, I was alone for two months, it wasn't my fault that she got pregnant because the church says you can't use protection, I forgive her and my father for having me so soon, I forgive my mother for all of her negative thoughts and tension when I was in her womb, that she didn't want me, want this child, that she wasn't ready, that it was too soon and that she was too weak to have another child.

Then we instilled new thoughts like

I'm free, I'm happy, I choose to enjoy my life, I am so happy with my life, my body and my health, that I love myself and I am 100 percent loved and loving.

She felt completely relaxed after and felt no emotional charge or distress when speaking about her birth.

Session 3:

This session we chose to work on the effects of being on cortisone off and on for seven years. The effects of cortisone on her included a change of skin color, her hair stopped looking healthy, her body became wider, and she gained 55 lbs. She felt inflamed. Emotionally she felt sad, and she didn't recognize herself in the mirror. We tapped on all of the items she mentioned. We also tapped to instill positive concepts, like *My body is free of the effects of cortisone; they leave quickly and easily, my body knows how to liberate these effects, it is easy for my cells to free my body of this damage, my cells know how to eliminate these toxins, it leaves so easily, I'm free of these effects, my skin is soft, my hair is long and shiny and my body is slim, my cells are healthy, my body is healthy, and I healthy, I'm happy.*

Her intensity dropped from 8 to 0. She felt calm. I asked if she had a mirror handy. She got out the mirror and looked at her face. She noted that it didn't look as inflamed and then mentioned that a couple of days ago a friend told her that she was recovering her natural beauty.

When I asked for another story, Nyllirma told me that she felt swollen and out of shape. She couldn't exercise because of the pain she used to have. She said she used to be an aerobics instructor until the pain came on and then she couldn't even lift her arms. It was a drastic change to go from exercising a lot to not at all. She felt the change in her arms, back, and chest. She felt she retained liquids as if her kidneys don't function. She told me about a time that she put on a white sweater. When she passed by a mirror thought she looked like a snowman.

We tapped on all of these negative issues and then included phrases to instill new concepts, like her kidneys working well, that she will be teaching aerobics again, that she will return to her ideal weight, she will enjoy exercising again, and that her body is healthy. She felt wonderful.

She mentioned wanting to be a boy not a girl when she was young. She told me that her mother said she was a very sentimental and sensitive girl who cried easily, that there were things her brothers could do because they were boys, not girls. So she started to climb onto the roof and up trees, doing anything that a boy would do because she didn't like what was offered to her as a girl. She didn't enjoy cleaning the house while her brothers watched TV. As she got older she lived alone, without family, as far away as possible in order to maintain this strength. She paid for her own education so as not to be her culture's version of what a woman should be.

We started with the phrase that it wasn't fair that her brothers didn't have to do anything in the house, that she cried a lot as a child, that her brothers said she could cry because she was a girl. We did some forgiveness phrases toward herself, her mother, and her brothers. Then I continued along the following line:

I've paid my dues, I completed what I said I'd do because I didn't want to be a woman, I'm strong like a man, I also store my fears, anger and frustration in my body that is why my body had to become ill. My body was storing all of this anger against society and my culture that says women

are servants and don't have value. I stored my anger, frustration, and acted like a man until I got ill. Now I free myself of the need to act like a man. I can be a woman, feminine and strong. Women are intelligent, strong and intuitive. It is good to be a woman. I am balanced between my masculine and feminine side so that I feel good. I am a Sacred Woman.

After this round Nyllirma realized that with the cortisone, her physical body had become more masculine. Her back was wider, her arms stronger, her chest wider, and her whole body bigger due to the hormonal changes caused by the cortisone. So we continued along this line.

We tapped on the effects of the cortisone and how it made her body more masculine and how it helped her transform from a female to a male to complete her desire to be masculine, not feminine. Even though the cortisone caused her body to become more masculine it also made her breasts larger to remind her that she was still a woman. There was a conflict in her body and mind about being a woman and wanting the lifestyle of a man. Her body was fighting. It left this pain in her body. Then we instilled new beliefs about being a beautiful, intelligent, strong woman. She could still do everything that she thinks a man can do and be gorgeous. Each day she is more beautiful as a woman because she now understands the beauty of being a woman.

At the end of this session she felt completely relaxed and was conscious of all that she had done to be masculine in order to free herself from her society's beliefs about the roles of women.

Session 4:

This session became a check on all that had transpired up to this point. She was still without pain and enjoying it. Her menstrual cycle arrived the day before and it was without pain. She is still overweight but doesn't have any of the inflammation she's had for years. She is also losing weight now. Her skin is better and her hair is starting to shine. She hasn't been back to the hospital. Normally she ends up in the hospital 2 or 3 times a month because of the pain. She has a school where things usually were difficult, as well as her feeling little tolerance. Now it is difficult for her to feel bothered by anything. In addition, the local municipal agency painted the school and will help her purchase land for the school instead of renting. Everything is flowing with ease. Imagine all that, besides feeling wonderful.

The only thing she noticed was a feeling of sadness because she was without a partner. It wasn't that she thought much about getting married because it wasn't that important to her or should we say she wasn't desperate to get married. She believed it would come at the right moment. So she was curious as to why these feelings were coming up at this point.

We did some tapping on her lack of time to have a boyfriend that subconsciously she had wanted to be a man, that it wasn't important to her to be married, that she was busy studying, etc. Afterwards we instilled new concepts such as she is a wonderful woman whether she has a boyfriend or not, she is content with her life, it's ok to want to have a boyfriend, and now that she is not in pain she could

share her life with someone special, she would determine what her requirements, needs and desires are in terms of a loving relationship. The intensity dropped after this one round.

I had her repeat stories on various topics that we had done EFT on, but none brought up any intensity. She said she could appreciate that everything comes in its moment and since she is without pain she can see so many beautiful things in her life. She feels that everything in her life is coming together.

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Here is a textbook EFT case for using persistence, reframes, chasing the pain, metaphors, and creative language. Read how Gillian Wightman from Scotland expertly relieves a friend's pain by unraveling its underlying causes. There is much to be admired here. As you study this report, note where the use of specific events might have added even more efficiency.

**Relieving pain with EFT using persistence, metaphors, chasing the pain, reframes, and creative language**  
by Gillian Wightman

I worked with a friend who had a history of severe physical abuse since early childhood up until her early twenties, when she escaped a violent relationship. She has been receiving therapy and using EFT for self-help in dealing with the many traumas in her life and is also undertaking EFT practitioner training.

She presented to me with a headache and severe shoulder, neck, and back pain, along with a sense that there was something “needing to be dealt with” but she had no idea what. She had been getting severe headaches every month for two to three days and thought they were possibly hormone related. The timing of our appointment conveniently coincided with an actual headache. She had tried painkillers and tapping. However she did not know what emotion was associated with the headaches and could not get to it. Nothing had worked!

Her headache felt as though her brain was hurting and something was pushing down on her face. It was a 6 in level of intensity on a scale of 0 to 10, but felt like it was getting worse and was heading to a migraine. She felt resigned that this EFT session probably wasn't going to work either because nothing had worked to date.

*Even though I can't get over this problem, I have tried everything and nothing works ... I am willing to accept the possibility that maybe I am just not getting to the issue alone and I accept myself.*

After tapping on this theme, she felt more positive that it might work with help from me. She reported the room looked brighter and wondered if the sun had come out; but it was a grey, wet day with no sign of sun so we concluded something had shifted.

When I asked what she was aware of, she said she sensed a black swirling cloud over her head, feelings of foreboding and dread, as though things are good but it won't last, something's going to happen. Her level of intensity was 8 out of 10.

I asked her to say, "I deserve to be happy." That felt totally untrue to her.

*Even though I have a black swirling cloud of foreboding and dread, I am happy but something's going to happen, I know it, I don't deserve to be happy, so it's got to go wrong soon, I accept myself anyway.*

She felt the cloud was grey and it changed from dread to unsettled and her level of intensity fell to a 3. Tapping on the unsettled feeling brought that down to a zero.

The feeling changed to tension and the pain went up her spine. It felt like stress but she was not sure why and her level of intensity was 8 out of 10.

*Even though I feel this tension and pain up my spine, it feels like stress but I am not sure what it's about, I am open to knowing and I accept myself.*

The pain in her back went away but her attention was now fully back to her head. She described the headache now ... and we tapped, saying:

*Even though I have a raw, red swollen brain....*

Her level of intensity came down from 8 out of 10, to 4. It was no longer raw and red but still swollen. She said, "My brain feels panicky and scared but I have no idea why." It sounded to me like she was referring to her brain as having a personality of its own and I checked with her. She said yes, its feelings weren't hers, it was no part of her or her life now, it was her brain's problem, not hers.

*Even though my brain feels scared and panicky, I don't know why ... it knows, I don't, it has nothing to do with me ... I accept myself and my brain.*

Her brain now felt cornered ... it wanted to hide ... it had been found out. Something was in there that didn't want to come out. Her level of intensity was 10 out of 10.

*Even though my brain is so scared, it wants to hide, it doesn't want to show what's in there I accept myself and my brain.*

She was now aware that her brain was trying to protect her from something it didn't want her to see. I suggested that perhaps we could acknowledge to her brain that it has been protecting her from something very painful and it has done a great job but that was before she knew EFT. And maybe we could promise her brain that we would be very gentle and careful and not let her be hurt, because she has been hurt enough. She thought this would be a good idea so we tapped on:

*Even though my brain has been protecting me from something so bad I don't want to see it ... I acknowledge the good job my brain has done looking after me but I choose to let my brain know I trust the EFT process ... and I know that I can do this gently and don't have to be hurt again*



*because I have been hurt enough in my life already and I accept myself and my brain.*

The headache was now only on her right side but tapping around her eye made a spike of pain in her head over her eyes. We did some tapping around her eyes, keeping them open to whatever came up.

*Even though there are pictures in my brain, I don't want to see them, I know they are there, but I don't want to look, it can't make me look, I am too scared to look but I accept myself anyway.*

The pictures she was aware of now felt like Polaroids flashing up ... they were flashing up but she couldn't see them, although she 'knew' what they were about.

*Even though I have Polaroids in my head I don't want them, I want to burn them, I don't want to look...*

*Even though I am dirty, I have dirty pictures in my head, I don't want to look, people get put in prison for looking at pictures like that...*

Her eye pain cleared, and a feeling of shame at a level of intensity of 8 out of 10 came up.

*Even though I feel a sense of deep shame...*

Her level of intensity regarding the shame went to 0 out of 10.

The feeling changed to sadness for herself and others but at this point she still could not verbalize who. We tapped on this and there was no change at all. I asked if it was okay to let the feeling go ... and she said no, her sister was still suffering. She didn't feel it was right to get treatment for only seeing something and not having had it done to her when her sister was still suffering the consequences.

We tapped on all this and I included a reframe about the possibility that if she dealt with it she could let her sister see it was possible to get help with her problems. As her sister was skeptical of EFT, the only way she could help her was by letting her see how well it worked for her.

She reported that her headache had begun to undulate with tendrils twisting round. As she had a good dialogue going on with her "brain," I invited her to ask it what was wrong. She said it was angry with her, if she let go of the pictures it was accepting what happened and saying it was okay.

*Even though what happened was wrong, unacceptable and unforgivable I accept that letting go of the pictures and the pain is not the same as accepting that what happened is okay...*

Feelings of fury, loathing, rage and hatred toward her dad came up. I suggested some words:

*Even though I hate, and loathe my dad for what he did, these feelings are hurting me and not him ... he is not in my life physically now but he is still taking up so much energy and causing me so much pain and I could give*

*that energy to better things. Being angry is like drinking poison and hoping someone else will die.*

*Even though part of me doesn't feel he deserves for me not to feel this hatred I am willing to accept the possibility of letting this anger go for my sake.*

She felt much calmer and was able to talk about how he tried to destroy the family. The nucleus of suffering was him abusing her sister while she had to look on. This was the first time she could say this out loud. But with the gambling, the beating, the alcoholism, he tried to destroy them all ... while all the time telling them how great a dad he was and how much they needed him.

Whilst up until now I had pretty closely followed her words and only allowed intuition to work a little, I suggested tapping on some stuff as I knew a fair bit about her and if I was way off she should let me know.

*Hey dad, you tried to destroy us, but guess what, it didn't work. You beat us, abused us, hurt us, but we are still here, we are still alive, we are good people, we all have someone to love us and can love so we have everything we need. You were destroying yourself and tried to take us down with you, but we are still here. We survived, we were stronger than you thought, and we made it on our own.*

She said this was great and spot-on but now was aware of a feeling of compassion for her father, realizing that he must have suffered a lot himself to have all these problems. Indeed she was aware of the fact he had had a horrible life but along with this sense of compassion, she felt that didn't mean he was not responsible for his actions and he was being punished now by not having his children and grandchildren in his life.

I asked her to visualize a room with her family. She placed her husband beside her, her kids in front, her sister behind her, her brother was farther away, her mum (dead) was also behind her and her dad was outside by the wheelie bins. She laughed at this and said that felt right. He had no place in her life now and she could let that all go.

She now had a band of pressure over her forehead. This represented the current issue of how what happened to her affected her and her kids. She felt all alone. She'd had no example of parenting ... was having to make it up every time ... had no idea what to do and no one to ask for help.

And for the past few days she had overwhelming feelings of not wanting to be there and having no idea how to respond to her daughters. She cited some examples which to me sounded like a perfectly normal situations encountered in every family with teens.

*Even though I had no parents to guide me ... show me how to be a good parent ... my dad abused us and mum let him ... so how am I supposed to know how to do this, I am so alone. Everyone else knows what to do except me ... everyone else had perfect parents who help them, who they can turn to for advice ... but I am all alone, messing it up...*

She realized that she was not alone. She had a supportive husband - her children's stepfather who helped her to see she was doing a great job and had 100 percent faith in her. And she had her kids who sometimes told her they thought she was great (but they are teenage girls so it doesn't happen often - but in truth she knew it) and realized how many of her friends, including me, often had times when they felt the same way.

She now had a strong sense of wanting to forgive herself for her past mistakes.

*Even though I made mistakes raising my girls I forgive myself and choose to know that I did the best I could, and the best I can is all I can give. I am healing now and by healing I can help them heal.*

*Even though I have made mistakes my girls are happy and healthy and maybe I can accept that MY best really is good enough.*

By now her headache was completely gone and all arm, back, shoulder, and neck pain was gone.

I rechecked through all the above. There was still some intensity on the phrase, "Good things can't happen ... it won't last." She said that still felt a level of intensity of 3 out of 10, but the feeling had changed and she thought it was something to do with grief.

When thinking of her dad, she did not feel furious. She felt detached, cool, and knew he could not touch her now. He had lost out on something good and he would have to live with the consequence of that, but it was not her fault or her problem. She is planning to continue tapping with these issues but could now understand why painkillers and self-tapping would not help if her brain held onto all these issues.

Interestingly it has been about 6 months since she first mentioned that the one thing she could never deal with was her memories of what her dad did to her sister. This is how long she had been having the headaches.

I checked in with her, and she said her headache had totally disappeared and did not come back. This was a definite improvement. She also said she had been experiencing good memories about her dad.

In our follow-up session she reported dealing with feelings of loss and a terrible fear her husband might die and she would be alone.

We started tapping for this fear and I asked her if this feeling was a familiar one. She said she had a memory of being in a car with some people who were friends of her sister just after her mum had died, when she was feeling intensely alone and afraid. At this point she started to sob uncontrollably and cried out that the feeling she was experiencing was too overwhelming she thought she might die.

I started tapping on her immediately

*Even though I think I am going to die, this hurts too much, I am here now, I am safe and I am okay.*

The feeling came down to a manageable level, it was within the 0-10 scale rather than way off the scale. At this point I got her to get up and walk around and

asked her to come out of the memory, not to try to experience it but to think of it as a movie. She called it "The Nightmare and her intensity level was 10. We tapped for this using the Movie Technique and her intensity level lowered overall but there was a new peak of intensity. She called this "The Telephone Call." We tapped on this and she was then calm enough to start telling the story of what happened that night.

I used the Story Technique and we tapped on everything that came up as she told me the story of what happened on the night her mum died and subsequently. There were some very intense feelings of anger, loneliness, and despair and some guilt over actions that she took at the time.

At this point we included a Choices tapping.

*Even though I have felt so lonely many times and have chosen to be alone, I choose to know I am connected to so many people and am never truly alone, I choose to be connected.*

Within 45 minutes, her entire memory of this very difficult time went down from a feeling that she would die if she had to remember it to an absolute zero. Her feelings about herself and the rest of her family were also in a much healthier place and she had a sense of belonging and knowing she was connected to so many people that she could never be lonely.

I asked her to think about the possibility of her husband dying now and she said it no longer felt as though something that would definitely happen and she felt no fear thinking about it. I also asked her to revisit the memory of being in the car after her mum's death and this time she could see all the concerned faces around her and realized if she had told them that she was not coping they would have done everything they could to care for her. She felt their love and concern instead of her previous loneliness and fear.

A week later she visited me and mentioned that her husband had a very bad chest infection. Normally this would have made her feel so scared she would have stayed at home unable to cope, but she found she was very calm and able to function normally. We talked about ways to help him and she did some tapping with him and he had a good night's sleep and started to improve immediately.

She summed up our session by saying, "I had been terrified for longer than I can remember that my husband was going to die, and if he did I wouldn't want to live any more. After a very intensive EFT session that dealt with grief over losing my mother eleven years ago, I am struggling to recall ever feeling that way. It feels like a heavy burden has been removed from my chest and I am a lot less anxious."

And along with her stress and anxiety, all of her back pain, headaches, and other pain symptoms disappeared.

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Technical evidence of the link between emotional causes and physical ailments

The following article by Dietrich Klinghardt, M.D., PhD, was sent to me by Eric Robins, MD. It is a sophisticated article and will be most useful for those with technical backgrounds. It includes a study which points quite persuasively to the fact that recovery from back surgery (as one example) was far more dependent on the unresolved trauma in one's past than on other factors.

Eric wrote, "I thought you might be interested in this short article presented to the American Association of Orthopedic Medicine meeting by Dr. Klinghardt. It quotes a study in *Spine* magazine showing the *dramatic* difference in how well folks respond or recover from back surgery depending on what early traumas they had. I highlighted that study within the text for you. The whole article is good, and summarizes some scientific ideas from Candace Pert, Ernest Rossi, etc."

Psychological Factors in Chronic Pain: An Introduction to Psychosomatic Pain Management by Dietrich Klinghardt, M.D., PhD

This lecture was presented at the 14th annual meeting of the American Association of Orthopaedic Medicine, Tempe Arizona, February.21, 1997

Introduction:

Most pain treating physicians have a vague notion, that there may be a psychological component contributing to the severity of chronic pain. The International Association for the Study of Pain defined pain as "an unpleasant sensory and emotional experience associated with the actual or potential tissue damage"(1). The well respected British neurologist and researcher Barry Wyke demonstrated(2), that the neurological signal from a painful stimulus travels from the receptors in the periphery ("nociceptors") to the thalamus, where the message is split: one pathway goes up to the sensory cortex, telling the patient where the pain is and what particular sensation it causes (warm, pulling, pressing etc.). The other pathway goes to the frontal lobe, which is now accepted as being partially part of the limbic system. Stimulation of this area gives the patient the emotional experience that goes along with having pain ("it makes me sick, hopeless ...I feel terrible ...I am afraid ..etc.). Patients, that had their frontal lobes removed, can still tell, where nociceptors are stimulated, but there is no suffering whatsoever that goes along with the experience. It is really the "psychological" component, that has earned chronic pain the attention it is given in modern medicine. Why then are we not focusing our attention on the ways in which we can help patients in this area? Why are most of us still trying to "fix" pain with all the invasive procedural approaches available today? Why not develop a psychological intervention, that treats the emotional part of chronic pain and leave the rest alone?

One of the main reasons I found for this dilemma can be explained quite simply: Medicine is a science, that has clearly come into it's adulthood. Many safe injection procedures and other technical approaches are available today. These are teachable, learnable and reproducible. Psychology however is a young science(3) with many diverting opinions ,each exploring different personality models, being based in often contradictory philosophies. Most pain practitioners have been disappointed with the results, when we send our difficult pain patients to the local psychotherapist (may he be working in a hospital setting or in private practice), even though rare individual practitioners may have consistently good results. It appears, that both the practitioner and the method used play an important role, more so than in other areas of pain management . Psychological approaches are always unique and specific to the individual and do not lend themselves to be studied with a "double blind study".

The literature:

The literature is full of descriptions of "multidisciplinary pain centers" and their management of patients. Outcome studies show, that the idea works better than physical therapy and medication alone, but comparisons against individual successful practitioners have been skillfully avoided. In fact, these pain centers seem to be using up tremendous financial resources with results that are questionable. The psychological literature is full of anecdotal reports of patients improving with psycho-therapeutic approaches alone(4,5,6) but is disappointing in terms of good well organized studies. One study stands out, that will be highlighted here:

In 1992 the San Francisco Spine Institute published a paper in Spine Magazine(7). 100 adults with MRI proven severe lumbar disc herniations were preoperatively interviewed regarding five possible traumatic situations in their respective childhood:

1. Physical abuse
2. Sexual abuse
3. Emotional neglect/ abandonment
4. Loss of one or both parents (divorce, death etc.)
5. drug abuse at home (alcohol, prescription drugs etc.)

The patients were assigned to 3 different groups:

1. None of these risk factors
2. One or two risk factors
3. Three or more

The long term postoperative success was as follows:

1. 95 percent excellent improvement
2. 73 percent improvement
3. 15 percent improvement

What does this mean? The result of surgery and postoperative pain have little to do with the surgical procedure itself but largely depend on factors that date back to the childhood of the patient. It can be easily extrapolated from this study, that the same is true for many or all of the other procedures used in pain management, including osteopathic manipulation, prolotherapy and others. A follow-up study demonstrated, that brief targeted psychotherapy that addresses these specific issues, could improve the postsurgical results dramatically in groups B and C. Pelletier showed, that patients, who had a "severe" childhood, but matured through the process of good psychotherapy, ended up having a higher life-expectancy than people, that had a "happy" childhood.

Another study, conducted by several AAOM affiliated physicians (Klein, Eek, Dorman et al) pointed indirectly in the same direction as the Spine Institute study: Patients were examined regarding the severity of their MRI findings before undergoing prolotherapy treatment. There was no correlation between outcome and the severity of the lesion: patients with severe pathology had the same success rate as the group with no demonstrable pathology, i.e. some patients with no demonstrable pathology did not improve with prolotherapy, others with severe pathology did improve. This study did not look at the probable underlying psychological problems even though I would dare to say, that just as in spinal surgery the outcome of the treatment was determined by the same 5 psychological factors, not by the severity of the lesion.

Neurophysiology:

Much has been written lately on the connection between the limbic system, the place where emotional memory appears to be stored, and the autonomic nervous system(ANS)(8,9). Especially valuable is the literature on Psycho-Neuro-Immunology (PNI). The hippocampus and amygdalaregion show regional constant arousal in patients suffering from post-traumatic stress(10). The stress signal discharges itself over the limbic-hypothalamic axis into the hypothalamus. From here the signal travels 3 ways:

1. Down via releasing factors to the pituitary
2. Down the sympathetic pathways, creating peripheral target specific vasoconstriction and wind-up effect on nociceptors (upregulating pain volume and perpetuating tissue damage)
3. Down to the nucleus ambiguus in the brainstem, from here down one branch of the vagus ("smart vagus") to the enteric nervous system, stimulating the emotion-specific visceral release of several of over 70 informational substances (among those the more well known neurotransmitters such as acetylcholine etc.)(11,12).

Example: the feeling of fear has been related to vagus stimulation of the kidney area and sympathetically induced release of cortisol and norepinephrine.

When a conflict from childhood is uncovered, a new intracerebral neuronal connection is made from the limbic system to the cortex. The patient becomes more "conscious". The conflict induced electrical energy from areas in the limbic system can now flow to the cortex instead of constantly arousing areas in the

hypothalamus. This energy becomes a source of greater vitality and clarity. However, the pathway from the conflict to the hypothalamus is habituated and needs to be uncoupled ("deconditioned"). Pawlow, Francine Shapiro(13), Roger Callahan, and this author(4) have reported on the need for uncoupling techniques. Shapiro has well researched the treatment called E.M.D.R (eye movement desensitization and reprocessing)(13). While the patient remembers the past event, her/his eyes are moved forth and back for 33 seconds or longer. This breaks the habituated ANS response.

Successful therapeutic interventions have to fulfill therefore 3 criteria:

1. Target the 5 common childhood conflicts listed above
2. Uncover these conflicts. Often a light trance state is required to accomplish this
3. The process has to be finished with an uncoupling technique

To help the practitioner seek out a treatment, here is a list of more well known modalities that are suitable:

1. Milton Eriksons Hypnotherapy(14) and various offshoots: Neuro-Linguistic Programming (NLP), E.Rossi's Neurobiology(9)
2. Biofeedback psychotherapy and it's offshoots: Psycho-Kinesiology(4), Neuro-Emotional Technique (NET)
3. EMDR(13)
4. Bert Hellinger's and Satyr's "Family Sculpting"(15)
5. Co-Counselling(16)

There are many other techniques that work, but these are the most reproducible, learnable approaches that target the most common 5 factors (i.e.childhood trauma) of chronic pain. The treatment successes published in the literature using one or more of these approaches are quite stunning, yet have so far failed to awaken the appropriate interest in the medical/scientific community at large.

Conclusion:

Because of the intricate neuronal network in the brain, that links the limbic system with the hypothalamus (and virtually any other structure), chronic pain cannot be successfully treated without addressing the psycho-emotional component. The main reason, why some patients get well at all with only interventional technical approaches - but without psychotherapy of some sort- is that most physicians counsel their patients to some degree (often not knowing that they do) and lessen the limbic system arousal by demonstrating confidence and acceptance. However, this type of therapy is not targeted and does not consciously use the tremendous benefits these approaches have to offer.

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## **Appendix B**

### **Improving EFT's Results with SELF-TESTS**

If you or a friend or client are ever stuck and unable to make progress using the methods described in this book, the problem may be an environmental issue, a persistent case of psychological reversal, or a deeply hidden core issue. Here are some ways to use your body as a biofeedback device in order to diagnose and correct factors that may be interfering.

#### **The Pulse Test**

On page 102, I described Louella and her deep, severe depression, depression that responded only briefly to EFT and then returned again and again – until Louella changed her diet. That simple step made all the difference. One of the most pervasive and challenging factors that can interfere with the free flow of *chi* or healing energy throughout the body is food, especially ingredients to which we are allergic or sensitive. Whenever I hear about EFT clients or students who never improve, or who improve only temporarily and then return to their original condition, I wonder what they're eating. Playing detective with foods and other substances can produce such dramatic results that I encourage everyone to discover what might be causing reactions.

Fifty years ago, Arthur F. Coca, M.D., was medical director of one of the world's largest pharmaceutical companies and a leading research scientist. He founded and edited the prestigious *Journal of Immunology* and was an active member of several medical associations. Dr. Coca wrote extensively for medical journals and served on the editorial boards of the *Journal of Allergy*, the *Journal of Investigative Dermatology*, and the *Journal of Applied Nutrition*.

In 1956, Dr. Coca published what he considered his most important work, *The Pulse Test*, which is also the only book he wrote for a lay audience. It explains how to test yourself for reactions to foods and chemicals that can contribute to health problems, including back pain and inflammation.

*The Pulse Test* went through several reprintings. The 1994 edition, published by St. Martin's Paperbacks, is the most recent. Unfortunately, *The Pulse Test* is no longer in print, but it's available from some used book services, and the original edition of *The*

*Pulse Test* is distributed free online at  
[www.soilandhealth.org/02/0201hyglibcat/020108.coca.pdf](http://www.soilandhealth.org/02/0201hyglibcat/020108.coca.pdf)

In a nutshell, Dr. Coca discovered that whenever you eat, drink, breathe, or taste a food or substance that *does not* agree with you, your pulse rate increases. Whenever you taste, ingest, or breathe ingredients or substances that *do* agree with you, your pulse remains stable. If your pulse is 60 beats per minute before you eat a chocolate bar and 62 beats per minute after, you and chocolate get along fine. But if your pulse jumps to 74 beats per minute, or 84, your body is trying to tell you something. If you stay away from chocolate, you'll probably feel better. More importantly for our purposes, your EFT results will improve.

Most allergists today define an allergy as something that causes a dramatic reaction, such as hives or severe breathing problems, while everything else is considered a sensitivity. Dr. Coca made no such distinction. He considered anything that caused any observable symptom to be an allergen.

There are many ways to diagnose and treat food allergies or sensitivities, but Dr. Coca's pulse test is one of the simplest I've found. It's fast, easy, portable, and reliable, and best of all, you can do it yourself at your convenience. You can take your pulse at your wrist, by gently touching the carotid artery on either side of the neck, or by using a stethoscope or heart rate monitor.

By explaining how to monitor the pulse rates while keeping a food journal, Dr. Coca helped thousands – and possibly hundreds of thousands – cure themselves of heart disease, fatigue, indigestion, epilepsy, weight problems, nervous irritability, sinusitis, hives, hemorrhoids, depression, diabetes, conjunctivitis, nosebleeds, headaches, and many other chronic conditions.

As Dr. Coca explained,

The diagnostic method is fundamentally simple. It is based on the fact that allergens speed up the pulse. It consists essentially of testing isolated foods in order to tell which ones accelerate the pulse.

On the day the test is started, each "meal" may be limited to a single, simple food. (You may have many "meals" throughout the day.) The pulse is counted in the morning before rising and again just before the first meal. Thirty minutes after the meal, the pulse is counted, and again at sixty minutes after the meal.

Immediately after the sixty-minute count another single food is eaten and again the pulse count is taken after the two half-hour intervals, and so on through the day.

A record is kept of the foods eaten and the pulse counts. The injurious foods are recognized by the abnormal speed-up of the pulse. When these foods are dropped from the diet, the allergic symptoms often disappear as if by magic.

He concluded, "The pulse may be considered a dependable first watchdog of our health-citadel. It tells us promptly whenever we are in possibly injurious contact with our allergic enemies."

In one of Dr. Coca's cases, a woman with daily migraine headaches started taking her pulse every morning before getting up, then again throughout the day. She soon noticed that by the time she sat down to eat breakfast, her pulse was already racing. Finally she realized that her pulse accelerated as soon as she brushed her teeth in the morning. She switched brands of toothpaste and never had another migraine. The pulse test can be used on personal care products, such as shampoo and deodorant, and even household cleaning products. Just measure your pulse for a minute before you use or test the product, then take your pulse again.

Despite Dr. Coca's efforts to interest fellow physicians in his discovery, the pulse test never made a dent on mainstream medicine. However, many nutritionists, alternative health care practitioners, and researchers use it enthusiastically, and some have modified the test to make it faster and easier.

For example, most people experience an immediate increase in pulse rate whenever they eat something that triggers an allergic reaction. For this reason, you can take your pulse before eating something and again five minutes later, and most of the time you'll get accurate results.

J.C. Waterhouse, Ph.D., developed a shortcut version that allows you to test as many as a dozen different foods per hour by taking your pulse, then placing a food on your tongue without swallowing for approximately two minutes, and, with the food still in your mouth, taking your pulse again. An increase of 7 to 10 percent is a borderline reaction, and an increase of more than 10 percent indicates an allergy or sensitivity. For example, if your resting pulse is 70 beats per minute, a 7-percent increase would be 75 beats per minute, and a 10-percent increase would be 77 beats per minute. A jump from 70 to 80 or 85 beats per minute is a red flag, but even a 7- to 10-percent increase is worth noting.

Do not swallow, but discard the tested ingredient and rinse your mouth with purified water, spitting the water out. Wait two minutes, then take your pulse again. If it is still faster than your baseline pulse, wait 10 minutes or more until it slows down. As Dr. Waterhouse explains, "You can then test the next food, repeating the procedure as frequently as you like, as long as your pulse returns to its baseline between tests."

The pulse test may not produce valid results in those taking calcium-channel blockers or beta-blockers or those who have been recently sunburned or fighting off a cold, the flu, or another infectious illness. Because emotional stress, shock, trauma, and fear can

accelerate the pulse, the test is best done in peaceful surroundings when nothing exciting is going on.

Some EFT practitioners who use the pulse test report that EFT tapping quickly returns an accelerated pulse to its normal rhythm.

Once you discover your personal allergens, you can avoid those foods or you can join the growing number of EFT practitioners and students who have successfully changed their bodies' chemistry, eliminating all types of reactions, including lactose intolerance, hives, asthma, and other problems. For information about using EFT for this purpose, visit [www.emofree.com](http://www.emofree.com) and search for *allergies* or *allergic reactions*.

## **Do-It-Yourself Muscle Testing**

Kinesiology or muscle testing can be a highly effective way to obtain information about how your body works. In addition to providing clues about food sensitivities and environmental allergies, it can reveal important information from the subconscious mind, all of which can improve the effectiveness of EFT.

I recommend learning and using muscle testing as an aid to improving one's intuition. If you doubt what your inner voice is saying, try testing your hunches using these methods. With time and practice, both muscle testing and intuition become more accurate and your EFT sessions produce better results.

You can test another person just by having him or her hold an arm out, either straight ahead or to the side, with instructions to hold it steady. This is not a strength contest – you want just enough resistance to reflect the strength of the deltoid muscle. When you gently press down on the hand or wrist, the arm will either maintain its original position (considered a “strong” or “yes” reaction) or fall to the person's side (considered a “weak” or “no” reaction). If the arm position is difficult to maintain, even if it doesn't drop all the way down, counts as a “weak” or “no” response.

One of the most fascinating things about the body is that all of the cells and muscles respond to both thoughts and substances. When you look at, touch, or think about a food or product that disagrees with you, your muscles weaken. When you look at, touch, or think about a food or product that's good for you, your muscles grow or stay strong. When you see, say, hear, or think about a statement that your subconscious mind disagrees with, your muscles weaken. When you see, say, hear, or think about a statement your subconscious mind recognizes as true, your muscles grow or stay strong.

Try testing someone, or have someone test you, using this simple procedure. First establish your basic “yes” response by holding your arm out and saying something that's true, such as your name. It should be easy to maintain your arm position. If not,

you may be psychologically reversed, which is easy to correct by tapping on your Karate Chop point.

Then say something that is definitely not true, such as, "My name is Darth Vader." The arm that was strong becomes suddenly weak and difficult or impossible to hold in position.

An easy way to test foods and other substances is to hold or touch a candy bar, a piece of food (plastic bags keep samples tidy), a personal care product or cleaning product, or anything else you'd like to test with one hand while your tester presses down on your other arm. Some testers recommend holding the item against the abdomen or solar plexus. If desired, you can ask out loud, "Is this good for me?" If yes, your arm will feel strong. If no, it will feel weak.

Testing for food sensitivities is a useful application of muscle testing, but consider all the other possibilities. For example, muscle testing can help you find core issues. Your back pain is worse than it's ever been and you can't figure out why. You start the Personal Peace Procedure (see pages 83 and 279) and begin working through a long list of unhappy memories. Is this one the key to your back problem? Is the next one? Your subconscious mind knows the answers, and muscle testing is an easy way to communicate with it.

Or you want to know whether the 9 Gamut Treatment will help, or maybe Collarbone Breathing. A simple muscle test will tell you which variation will produce best results.

This insightful report by Ryan Kurczak should be helpful to those wishing to merge muscle testing with EFT.

## **Testing yourself with kinesiology**

by Ryan Kurczak

First let me state that muscle testing, as described here, is based on my experiences. Muscle testing is a valuable tool to tapping into the body's innate intelligence to determine the strengthening and weakening effects of thoughts, statements, places, people, objects, foods, etc., on the body's energy system. Using muscle testing we can assess whether something energetically strengthens us or weakens us. If it weakens us and we can discover the issues for the weakness, we can correct them with EFT, or even with simple intention.

Remember that in EFT we are removing the "zzzzzt" in the energy system that causes emotional and physical discomfort. The "zzzzzt" is a disturbance in the energy system. When there are no disturbances, the mind functions clearly, the emotions are calm, and the body functions properly. With muscle testing it is possible to help locate potential disturbances in the energy system, when the causes are not obviously evident.

Muscle testing is a method of tapping into the innate intuition we all possess. In EFT, muscle testing can at first be used to help determine if some one is "reversed" on a particular issue, if certain substances are energetically toxic to them, and even to determine whether you as the practitioner are addressing the right set of issues to resolve a particular problem.

In time, muscle testing becomes unnecessary. Muscle testing is like the training wheels we have for our intuition. Eventually you can rely entirely on your intuition with the same accuracy as physical muscle testing. Then the practitioner no longer has to go through the cumbersome process of muscle testing, because the intuitions come naturally. So muscle testing is not an end to itself. It is a stepping stone to unlocking our own potential to read the energy currents of an individual and let that guide the EFT session.

I remember after I first watched Gary Craig's "Becoming the Ultimate Therapist" video, I was extremely interested in mastering muscle testing. I tried for quite a while trying to actually get it to work. Then one day it just clicked. I began using it in my EFT practice to help me shorten the Basic Recipe, to determine energy toxins that might be getting in the way of healing, or even to make sure the issue being addressed was central to the resolution of the problem.

The first time I used self muscle testing effectively, the client asked if I was doing Super EFT. I had devised a way (explained below) to use surrogate muscle testing inconspicuously to determine if a point needed tapped on or not on a given issue. The client was used to me just going through the entire basic recipe for each issue. This time we would only tap on two or three points per issue with results equal to going through the entire Basic Recipe. At each point I would simply muscle test to see if it needed tapping. Muscle testing greatly increased the efficiency of my sessions.

The best way to learn muscle testing is through practice and experience. There are many ways to do self muscle testing and I've outlined two ways that worked for me below.

The techniques techniques described here are self muscle testing. This means that you are using your own body to test for the truth or falseness of a statement for either yourself or someone else. These do work with practice, as I've used them extensively and have also taught them to other people with great success.

### **Muscle Testing Technique #1**

I have found that sliding my index finger pad across my thumb nail works great. It is inconspicuous and no one ever knows that I am doing it. When I make a statement and it is true my finger pad slides easily across my thumbnail. When it is false it stops abruptly in the middle.

For example, if I find myself in a situation where EFT is not working I use this to check for polarity reversals. I silently say, "My name is Ryan." and then muscle test. If my finger slides easily over my thumbnail (indicating the statement was true) then I say about John, "The person across from me is named John." If my finger stops dead in the middle of my thumbnail in response to this true statement, I have a fairly objective indication where the reversal lies. If the person across from me is named John and the test comes up false, I then have him tap on the Karate Chop point while repeating, "Even though my polarity is reversed I deeply and completely accept myself." I then recheck. When all test strong for correct polarity I continue with the session and find that 95 percent of the time, EFT starts working.

I also use this one to determine whether a point needs to be tapped. When doing sessions I typically tap along with one hand and then use the other hand to muscle test. As we go through the points together I muscle test at each point. If the point tests strong, I immediately skip it until I reach a point that tests weak. So instead of doing the Basic Recipe, I just tap the few points that test weak with my test.

## **Muscle Testing Technique #2**

My mentor in tapping is a psychologist who uses Thought Field Therapy. Occasionally he gives me some interesting techniques to help improve the work I do. One day when discussing muscle testing he asked me to say something I knew to be totally false. He had me think of a person who had not been very good for me in life and then verbalize audibly, "So and so was really good to me in our relationship together." He immediately then told me to swallow. I had a hard time swallowing. It felt like there was a knot in my throat that wouldn't go down. He then asked me to state the opposite and try to swallow after verbalizing the statement. I swallowed easily.

After I learned this I began using it to check for reversals that get in the way of healing by asking the client to swallow after making a statement. Example: "I enjoy working with people dedicated to achieving their goals, whether it be spiritual realization, weight loss, playing music, business development, making more money or even public speaking."

One of the first things I ask people is to state what they want to achieve. Someone might tell me, "I want to be a great musical performer." I then ask them to provide at least five qualities needed to be a great performer. Let's say those qualities are: stage presence, creativity, technical skill, dedication, and deserving to be successful. I would have them turn each into a phrase such as this, "I know I have the stage presence needed to be a great performer." After they verbalize the statement I ask them to swallow. If it is true for them they will be able to swallow easily. If it is not, they will have a hard time swallowing. If that happens, I now know to assist them in exploring the reasons they don't believe it and



tapping those reasons away with EFT. If they can swallow I know to move on to other issues and not waste our time on that one.

### **Tips on Using Muscle Testing Effectively**

Muscle testing works well at getting information that may not be readily available to a person's present awareness. I've found that the results can easily be fudged by not being completely neutral to the outcome of the test. Muscle testing does work even when neutrality isn't completely possible although neutrality make the results more reliable. This has been proven true in my experience with hands-on muscle testing (pushing down on the client's arm to test) and also surrogate testing. Many other therapists I know who use muscle testing have also found this to be true. Let your own results determine your understanding of neutrality in muscle testing.

Use muscle testing as long as you need to and are comfortable with it. In time intuitions will begin popping into your mind and you will know the answer before even doing the test. The more you trust and go with these intuitions, the stronger and quicker your inner knowing will awaken to guide you to the root issues or tell you when a reversal is or isn't present.

Surrogate muscle testing works just as well as hands-on muscle testing. Avoid thinking that one works better than the other. Hands-on muscle testing is great to demonstrate energetic strengths and weaknesses to the client, but surrogate muscle testing is much quicker and just as effective. Simply have the intention to tune in to the person you are testing and use one of the techniques above or any other that works for you.

Incorporate these techniques into your sessions or use them on yourself when you need to determine whether information about an issue or situation is true or false. As you do this, tune into your body and note the feelings that arise on true responses and then on false responses. True responses will feel different energetically from a false response. When you are aware of these responses easily, give up muscle testing and then just note the feeling in your body when you make statements about an issue or even listen to a client speak about an issue. This will greatly open up your inner knowing and accelerate an already lightening fast process! Most of all have fun and keep on tapping!

~~~~~

There are several other methods of muscle testing that are popular in EFT circles. Trying all of them should make it easy to find at least one that works for you.

In all of these methods, practice is the key to success. Start by asking your body to show you what a strong “yes” or “no” response feels like. For some people, the answer is immediate. They know right away. If that’s what happens to you, then trust your body and rely on that response whenever you test something or someone.

If you can’t tell the difference, start training your mind and body to communicate by practicing while you say out loud, “This means yes. This is what a strong response feels like.” Then, “This means no. This is what a weak response feels like.”

The following are general guidelines. Individual responses vary. What matters is that you find a method that works for you, feels comfortable and natural, and is easy to use.

The O-Ring. Create a strong ring with your thumb and index finger of one hand and insert the thumb and index finger of the opposite hand into the ring. Spread the inserted thumb and finger apart in an effort to break the ring. In a “yes” or “strong” response, the ring will remain a strong circle. In a “no” or “weak” response, the ring will break. Some instructions say to make the ring with your dominant hand and others say to make it with the non-dominant hand. Either way seems to work.

The Bird’s Beak. This is a variation on the O-Ring theme. Instead of forming a ring with your thumb and index finger, hold them straight with fingertips touching so that they form a beak. Between them, insert the opposite hand’s thumb and index finger. See if the inserted fingers can break the beak open.

The Ankle Push. Sit with one ankle resting on the opposite knee. With one hand, try to push the ankle off of the knee. In a “yes” or “strong” response, the ankle won’t move. In a “no” or “weak” response, it will be easy to push the ankle away.

The Sway Test. Stand up and practice leaning slightly forward and back, then side to side. For most of us, a forward-and-back motion is a “yes” while a side-to-side motion is a “no.” Or you may find that a “yes” or “strong” response causes you to sway forward, while a “no” or “weak” response causes you to sway back. Another way to do this test is while seated.

Nodding. We’re so used to nodding our heads “yes” or shaking them “no” that it’s easily to tune in to your head’s subtle responses. Of course, if you were raised in a culture where shaking the head from side to side means yes and nodding forward and back means no, your response will correspond to what you unconsciously think of as yes or no answers.

Press a finger. Train one of your fingers to resist or stay strong while you press against it with another finger on the same hand. For example, try crossing your index finger over your middle finger, and tell your middle finger to resist. If the middle finger stays strong, that’s a “yes” or “strong” response. If it cannot maintain its position, that’s a “no” or “weak” response. Try this with other combinations, too, such as the index finger

pressing against the tip of the thumb or the middle finger pressing against the ring finger,

Sticky or smooth. Ryan introduced this method above, and there are additional ways to apply it. To start, run your fingers, or one finger, over a smooth surface. Think about something that is definitely true. For many, a smooth feeling corresponds with a “yes” or “strong” response. Then think about something that is definitely not true. The surface may suddenly feel sticky, so it’s harder to slide your finger over it. This would indicate a “no” or “weak” response. Variations on this theme include sliding the pad of one finger over the nail of another finger, snapping the fingers, rubbing the palms together, sliding one finger over a sheet of paper, piece of plastic, wooden table top, or any other smooth surface. In each case, a halting, sticky motion means one thing and a smooth, gliding motion means another.

Lift a weight. Find a light (one- or two-pound) weight, or a heavier weight if your physically strong. It can be an exercise dumbbell, a bottle of water, or any object that is easy to hold. You can place it on a shelf directly in front of you at shoulder level or simply hold it in your hand at your side. In a “yes” or “strong” result, the weight will be easy to lift. If it’s on a shelf in front of you, simply lift it slightly with your arm straight and hold it for a second or two. If you’re holding the weight at your side, lift your arm straight out at the side. Either way, the weight should be easy to lift and hold in place for a second or two. If it feels suddenly heavy, hard to lift, or impossible to hold in place, that’s a “no” or “weak” response.

What to do with this information. In EFT, you can tap a problem out or tap a solution in. By using muscle tests to pinpoint what needs tapping out or in, you can save considerable time and zero in on core issues more accurately. Muscle testing reveals any incongruity between what your conscious mind wants and what your subconscious believes or has been programmed to do.

Some beliefs serve us well. For example, test yourself or have someone else test you while you say out loud:

I am ready to enjoy a pain-free life starting now, today.

I deserve to be well.

I give myself permission to heal.

I expect this technique to work for me.

I deeply and completely accept myself.

I love and forgive my body.

I forgive anyone and anything that contributed in any way to my being in pain.

Anyone who tests strong while saying all of these statements is well on the way to recovery.

At the same time, there are some beliefs that don't serve us well, such as:

*I don't deserve to be well.
God is punishing me by giving me this pain.
It would be dangerous for me to be completely well.
I can never completely accept myself.
I don't trust my body.
My body has betrayed me.
There are some people that I just can't forgive.*

Anyone who tests strong while saying these statements can use EFT to identify and deal with underlying core issues that interfere with the healing process.

Whenever you test weak for a helpful statement such as

I am ready to live a pain-free life starting right now, today,

your weak response may result from psychological reversal or a core issue. The treatment is the same either way. Tap on your Karate Chop point or rub your Sore Spot while saying, "Even though I'm not yet ready to enjoy a pain-free life, I fully and completely accept myself." Now test yourself again. If you test strong, you can safely leave this issue and go on to something else. If you still test weak for the statement, it's time to explore core issues that are interfering with your recovery. Review Chapter 10 ("The Search for Core Issues") to discover and neutralize these hidden issues with the help of muscle testing and EFT.

Be sure to test yourself on each statement's opposite. For example, after testing strong for the statement

I am ready to enjoy a pain-free life starting now, today,

test yourself or have someone else test you while you say out loud,

I don't deserve to be completely well" or "I am not ready to be free from pain.

Remember, whenever you test strong for a statement, it means that your mind and body agree with it. If you truly believe that you don't deserve to be completely well or that you're not ready to be free from pain, it doesn't matter how hard you work at it or how much your conscious mind wants to be well. Until this underlying conviction is neutralized or replaced, it will trigger self-sabotage and prevent you from reaching your goal of total wellness.

What's interesting about muscle testing is that the more you use it, the more accurate your results are likely to be – and the more you are developing your intuition. Eventually, you can stop using the tests and simply trust your hunches. Think of muscle testing as training wheels for your intuition.

EFT's Acupuncture Points

Many EFT students are curious about acupuncture meridians and the specific acupuncture points used in EFT.

Several acupuncture-related websites provide maps of the human body, its meridians (energy pathways), and the acupuncture points that run along these meridians. Acupuncture supply companies also sell books, wall charts, and figurines that show the meridians and points.

Here, briefly, are the EFT tapping points and their corresponding acupuncture labels. The number indicates the meridian's specific point. For example, the Eyebrow Point is point number 2 on the Bladder Meridian.

FACE POINTS

Eyebrow – Bladder 2
Side of Eye – Gallbladder 1
Under Eye – Stomach 1
Under Nose – Governing Vessel 27
Chin – Central Vessel 24

TORSO POINTS

Collar Bone – Kidney 27
Under Arm – Spleen/Pancreas 21
Below Nipple – Liver 14

HAND POINTS

Thumb – Lung 11
Index Finger – Large Intestine 1
Middle Finger – Circulation/Sex 9
Baby Finger – Heart 9
Karate Chop – Small Intestine 2
Gamut Point – Triple Warmer 3

OPTIONAL POINTS

Top of Head – (*Bai Hui*) Governing Vessel 20
Inside Wrist – Triple Warmer 4
Outside Wrist – Heart 7, Small Intestine 5
Inside Ankle – Spleen 6

Appendix C:

EFT Charts and Forms

Some EFT instructors and many EFT students enjoy working with charts, forms, and other handouts. Here are several examples.

All of these charts and forms can be printed or copied for your convenience in learning and practicing EFT, teaching classes, working with clients, or sharing EFT with others.

Start by printing one copy of all of the following forms. Use them as stand-alone exercises or for reference as you study the different sections of this book.

Print extra copies of the forms you will use most often for yourself or to introduce EFT to others. You may want to use different colors of paper, such as green for affirmation statements, pink for the Personal Peace Procedure, etc.

Put your creative imagination to work designing your own EFT forms, flash cards, or work sheets. Anything that helps you understand and master EFT is a tool worth using.

Using the 0-to-10 Intensity Scale

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
zero / mild discomfort / moderate discomfort / major discomfort / maximum
(none) (worst possible)

Right now I have a pain in my back (describe:)

_____ measuring ____ on the 0-10 scale

Range of motion limit (describe:)

Right now I am really worried about _____

measuring ____ on the 0-10 scale

I am still angry at _____ about

_____ measuring ____ on the 0-10 scale

I feel sad about _____

measuring ____ on the 0-10 scale

Right now I feel _____ about

_____ measuring ____ on the 0-10 scale

I am afraid of _____

measuring ____ on the 0-10 scale

My main problem right now is _____

measuring ____ on the 0-10 scale

EFT'S BASIC RECIPE

This is our starting place, the foundation of EFT. Everything we do with EFT is a variation of this simple theme. Start with a problem and define it as specifically as possible.

Tap on karate chop point (side of hand) while saying the following three times:

Even though (problem) _____

I fully and completely accept myself.

Now tap the EFT points while repeating a keyword or reminder phrase at each point.

Keyword or reminder phrase: (problem) _____

Tap on:

- Inside eyebrow (reminder phrase)
- Outside eye (reminder phrase)
- Under eye (reminder phrase)
- Under nose/upper lip (reminder phrase)
- Chin/under lower lip (reminder phrase)
- Collar bone (reminder phrase)
- Under arm (reminder phrase)
- Below nipple (reminder phrase)

Optional:

- Top of Head (reminder phrase)
- Thumb (reminder phrase)
- Index finger (reminder phrase)
- Middle finger (reminder phrase)
- Little finger (reminder phrase)
- Wrists (reminder phrase)
- Ankles (reminder phrase)

9 Gamut Treatment – While tapping on the Gamut point:

- Close your eyes. Open your eyes and look straight ahead.
- Holding head steady, look down hard right.
- Holding head steady, look down hard left.
- Roll your eyes in a complete circle in one direction.
- Roll your eyes in a complete circle in the opposite direction.
- Hum a tune.
- Count from 1 to 5.
- Hum a tune.

Repeat the tapping sequence with reminder phrase. This completes the Basic Recipe.

My Back Hurts: Defining the Pain

Where is it? _____

How big is it? _____

What shape is it? _____

What number do you give it on the zero-to-10 scale? _____

What color is it? _____

Is it bright or dull? Glossy or matte? _____

Vivid or muted? Neon or pastel? Clear or hazy? _____

Is it rough or smooth? _____

Hard or soft? _____

What is its texture? _____

Does it make a sound? _____

Is the pain steady, or does it pulse or throb? _____

Is the throbbing intermittent or ongoing? _____

This pain reminds me of _____.

This _____ pain must

be here because _____.

I deserve this pain because _____.

Even though I have this _____

pain, I deeply and completely accept myself. I love and accept myself. I love and forgive my back. I forgive anyone and anything that contributed in any way to my having this pain, and I choose to be delighted and surprised at how easy it is for my pain to completely disappear....

Complete three or more rounds of tapping using the information above in your Setup Phrases, then proceed to the next page.

After working with EFT for your back pain:

What's different now? _____

What about the size, shape, color, and texture? _____

For all remaining pain:

Even though I still have some of this _____

_____ pain left,

I fully and completely accept myself, I forgive and bless myself, and I enthusiastically release all of my remaining pain....

Note additional results below:

[illegible]

The Personal Peace Procedure

Print one copy of this page and several copies of the next page. Think of all the unhappy, unpleasant, uncomfortable events, situations, or memories you have ever experienced. Each one is a short movie. Each movie has a title. If you have trouble remembering such events, start by saying "If only ____," or "If I could do it over again, I would ____," or "I'm still mad about ____," or "I still feel guilty about ____," or "I feel sad when I remember ____." Write down 50 or more movie titles. Choose one, measure its intensity on the 0-10 scale, and work with EFT until its intensity, its emotional charge, falls to a zero. Work with one, two, or three issues per day until your entire list has been cleared. Then start over with a new list. For complete instructions, see page 83.

[illegible]

Personal Peace Procedure, continued

Movie Title	Intensity

The Writings on Your Walls

What negative or interfering thoughts come to mind when you read the following goals or affirmations? Whose voices do you hear in your mind? What other “writings” interfere with your ability to set and reach new goals? Turn all of them into Setup Phrases and clear them with EFT tapping. Any memory, no matter how unrelated it may seem at first, is worth including. All of this information, even memories that don’t seem especially important, can be included in your Setup Phrase, as any of them may lead to a core issue.

~~

***By the end of this year, all my bills are paid in full, I don’t owe anyone any money, and I have an extra \$10,000 in the bank.*

It won’t happen because _____

When I think about this, I hear _____ saying, “_____”

or I remember _____.

At the time, this made me feel _____.

Now, today, remembering this makes me feel _____

~~

***My love life improves dramatically by the 4th of July. I am with my perfect partner, having a wonderful time, leading a wonderful life, and feeling terrific in every way.*

It won’t happen because _____

When I think about this, I can hear _____ saying, _____”

or I remember _____.

At the time, this made me feel _____.

Now, today, remembering this makes me feel _____

***By one week from today, all my back pain has disappeared and I am 100 percent healthy in every way.*

It won't happen because _____

When I think about this, I can hear _____ saying, " _____ "

or I remember _____.

At the time, this made me feel _____.

Now, today, remembering this makes me feel _____.

~~

***I would most like to* _____

but it won't happen because _____

When I think about this, I can hear _____ saying, " _____ "

or I remember _____.

At the time, this made me feel _____.

Now, today, remembering this makes me feel _____.

Tail-Enders

Tail-enders are “yes, but” statements that pop up in our minds whenever we set a new goal, consider a new project, or state a positive affirmation. They can be thoughts, voices, or feelings that take a minute to translate into words. Tail-enders reflect our cultural conditioning, our personal experiences, our past relationships, and our feelings about ourselves. They are part of the “writings on our walls.”

What thoughts come into your mind when you read the following statements as they apply specifically to you?

****I’m talented, attractive, and awesome. Yes, but** _____

****I can be rich and successful. Yes, but** _____

****I deserve the best. Yes, but** _____

****I sincerely want to be free from pain (or thin, wealthy, happy in love, successful, etc.)**

Yes, but _____

Choices Phrasing Setup Cards

Print several copies of this page and cut each page into separate cards. Whenever you have a few minutes for EFT, fill out a card, first with a “problem” statement and then with a “solution” statement. Use EFT to tap the problem out and then tap the solution in.

Even though _____

_____,

I fully and completely accept myself, I love and forgive myself, I forgive everyone who has anything to do with this situation, and I choose to be pleasantly surprised, delighted, energized, amazed, and _____ by how easy it is to _____

Even though _____

_____,

I fully and completely accept myself, I love and forgive myself, I forgive the pain in my back, and I choose to make this situation work for me so that I can say goodbye to the pain, I kiss the pain goodbye – Goodbye, pain! – and I feel better already. I choose to _____

Even though _____,

I fully and completely accept myself, I love and forgive myself, I forgive all parts of my back and all parts of this problem, and I choose to surprise myself by releasing this pain and all of its underlying causes so that _____

Resources

Books mentioned in this e-book:

The Divided Mind: The Epidemic of MindBody Disorders by John Sarno, M.D. Harper Collins, 2007.

The EFT Manual by Gary Craig. Available as a free download from www.emofree.com.

The EFT Manual (EFT: Emotional Freedom Techniques) by Gary Craig. Energy Psychology Press, 2008.

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The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change by David Feinstein, Donna Eden, and Gary Craig. Tarcher/Penguin, 2005.

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