



EFT Simply Yours

LOVINGLY CRAFTED BY

Barb Starke

FREE EBOOK

- EMOTIONAL FREEDOM TECHNIQUES -
(TAPPING)

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EMOTIONAL FREEDOM TECHNIQUES

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Chapter 1: Introduction to EFT

What is EFT Tapping?

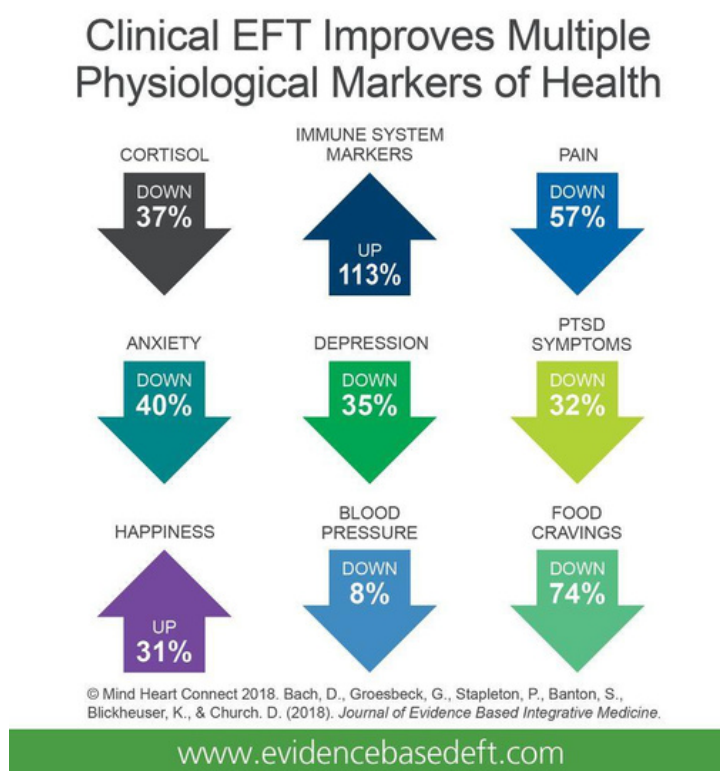
Emotional Freedom Techniques (EFT), commonly known as tapping, is an evidence-based stress reduction tool. It combines somatic (the body) and talk therapy techniques to address mental, emotional, and physical issues. It involves tapping on specific acupressure points on the body while focusing on uncomfortable emotions or physical sensations.

History and Origins of EFT

EFT tapping was developed by Gary Craig in the 1990s, based on the earlier work of psychologist Roger Callahan and his Thought Field Therapy (TFT). Gary Craig simplified TFT into a more accessible technique, which he called Emotional Freedom Techniques (EFT), making it easier for people to learn and apply.

How Does EFT Work?

EFT tapping works by sending calming signals to the brain along the primo vascular system. By tapping on specific points on the body while focusing on an issue, the fear centre (Amygdala) in the brain is deactivated, stress hormones are reduced, the fight and flight reaction is deactivated, and emotional or physical distress is alleviated. This process is proven to switch genes on and off leading to lasting results. The reduction of uncomfortable emotions and physical sensations leads to relief and improved wellbeing.



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Chapter 2: Understanding the Basics of EFT

The Primo Vascular System

This primo vascular system is a duct system running throughout the connective tissues of our body. Previously referred to as the meridian system and used in acupuncture.

<https://www.sciencedirect.com/science/article/pii/S2005290113002082>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4562093/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3793287/>

<https://www.hindawi.com/journals/ecam/2013/587827/>

https://ocm.auburn.edu/newsroom/news_articles/2016/12/auburn-scientist-discovers-microstructure-of-primo-vascular-system.php

By tapping on acupoints along the primo vascular system, electrical signals are sent via the principle of mechanosensory transduction to the limbic brain, where the signal is understood to 'deactivate' the amygdala, calming the brain's stress response. Dismantling studies have shown that the physical tapping on these points is a key part of the process. (Tapping on these points sends calming signals to the brain).

How Emotions Impact the Body

Emotions are not just felt, they also have a profound impact on the body. Chronic stress, anxiety, and unresolved emotions can manifest as physical symptoms such as tension, pain and illness. Ongoing stress is known to suppress the immune system. EFT tapping addresses and releases the underlying emotional causes of these symptoms, promoting healing and wellbeing.

The Science Behind EFT Tapping

Over 300 research studies, review articles and meta-analyses have been published in professional, peer-reviewed journals.

<https://research.bond.edu.au/en/persons/peta-stapleton>

EFT has been found to be an 'evidence based' practice for anxiety, depression, phobias, food cravings, chronic pain and PTSD when measured against the standards of the American Psychological Association's division 12 Task Force on Empirically Validated Treatments. In clinical research trials EFT has consistently been shown to be faster and longer lasting than the current gold standard of cognitive behavioural therapy.

EFT has been proven to be...

Simple – Effective – Fast - Lasting

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Chapter 3: Getting Started with EFT

Creating a Safe and Comfortable Space

Before beginning an EFT tapping session, it's essential to create a calm and safe environment free from distractions. Find a quiet space where you can focus on your thoughts, emotions and body without interruption.

Setting Intentions for Your Practice

Setting clear intentions for your EFT tapping practice can help guide your sessions and focus your energy on specific goals or areas of improvement. Whether it's reducing stress, overcoming a fear, or improving self-esteem, clearly defining your intentions will enhance the effectiveness of your tapping sessions.

Basic EFT Tapping Technique

1. To begin a tapping sequence, identify the specific issue or emotion or body sensation you want to address.
2. Give this a **'rating of intensity'** on a scale from zero to ten, with ten being the most intense it could be and zero you are neutral. This simply allows you to measure any changes.

3. Create a **'set up statement'**

"Even though (*state your problem/issue/body sensation*), I accept I feel this way".
For example, "Even though I felt angry at Mrs Smith today, I accept I feel this way."

4. Say this out loud three times as you tap on the 'side of the hand point'.

5. Create a short **'reminder phrase'** about the problem/issue/body sensation.

For example "Angry at Mrs Smith"

6. Tap each point gently (8-12 times) as you say the short reminder phrase out loud.

You can tap on just one side, or the other side, or both sides of the body at the same time.

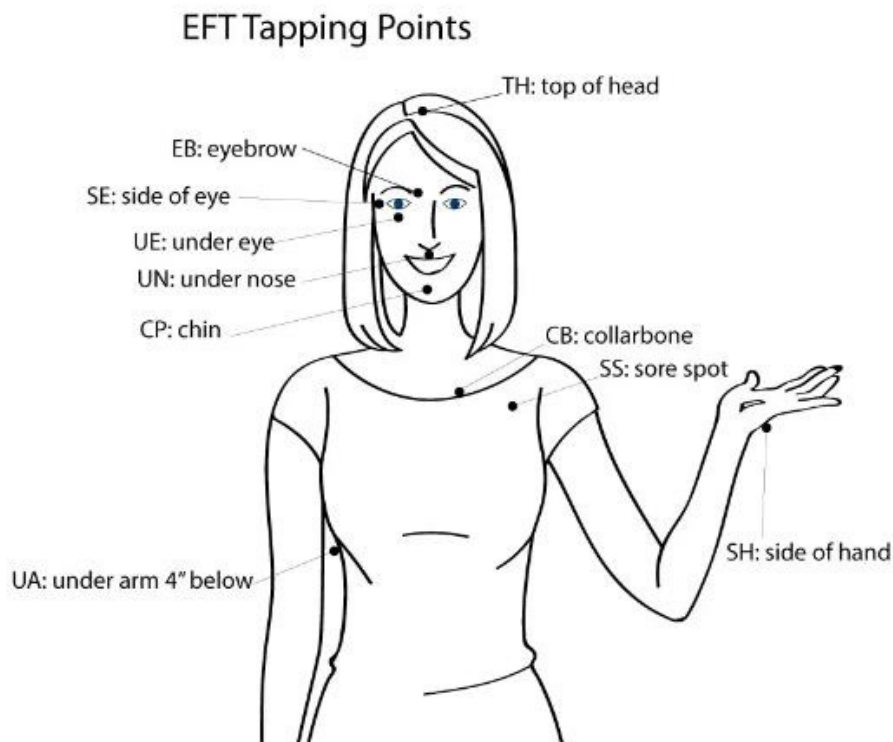
7. After each round re-rate the intensity of your problem/issue (zero to ten). Then repeat tapping through points stating the short reminder phrase until your rating has dropped to two or less.

6. Notice any other thoughts, emotions or memories that may come up as you are tapping. Make a note of them for a separate tapping sequence, each with their own set up statement and reminder phrase.

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Basic EFT Points

1. **Side of the Hand Point:** (previously called the karate chop point) Use your fingers to tap gently on the outer edge of the hand, between the wrist and the base of the little finger. This is where you say the set up statement.
2. **Top of the Head:** Tap gently on the crown of the head.
3. **Eyebrow:** Tap gently with two fingers at the beginning of the eyebrow, just above the nose.
4. **Side of the Eye:** Tap gently with two fingers on the edge of the eye socket at the side of your eye.
5. **Under the Eye:** Tap gently with two fingers on the centre of the bone under the eye.
6. **Under the Nose:** Tap gently with two fingers in the space between the nose and the upper lip.
7. **Chin:** Tap gently with two fingers in the crease between the lower lip and the chin.
8. **Collarbone:** Tap gently with two fingers slightly below and slightly wider than the two knobby bits at the centre of the collar bone. (Either side of where a man's tie knot would sit).
9. **Under the Arm:** Tap gently with two fingers on the side of the body, about 10cm or 4 inches below the armpit.
10. **Side of the Hand:** Take a gentle breath in and out, as you tap tune into the specific issue/ emotion/body sensation and re-rate the intensity. If higher than a two repeat the steps above. If two or below you are done! You may choose to continue tapping as above on a new specific issue or emotion or body sensation.



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Chapter 4: Common uses of EFT

- *Addressing negative thought patterns*
- *Grief*
- *Stress*
- *Anxiety*
- *Panic attacks*
- *Fear (speaking, height, flying, exams, dental, needles etc)*
- *Concentration difficulties*
- *Phobias*
- *Weight loss/gain*
- *Pain and chronic pain*
- *Depression*
- *Sleep problems*
- **PTSD and trauma*
- *Boosting self esteem*
- *Boosting performance*

*PTSD and trauma should only be addressed with a qualified practitioner.

A qualified EFT practitioner is trained in gentle techniques to support the client in releasing any discomfort in a safe supportive way.

With EFT tapping you have a tool at the tips of your fingers to bring about immediate and permanent change. I encourage you to use it daily for mental and emotional wellbeing.

Advanced EFT Techniques

Matrix Reimprinting

- The advanced technique of Matrix Reimprinting involves revisiting memories and releasing the associated negative emotions and beliefs held in in those moments.
- The release of these old patterns and beliefs can make a profound changes to your day-to-day life.

Future Pacing

- Future pacing using EFT tapping involves mentally rehearsing future scenarios while tapping on specific points.
- By tapping on future events or goals, you can release any unconscious or conscious blocks you may have to manifesting your desired outcome. Which allows you to anchor positive beliefs and behaviours.

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Chapter 5: Barb Starke



Accredited Advanced EFT Practitioner
EFT International
Accredited Evidence Based EFT Practitioner
Bond University
Matrix Reimprinting Practitioner
NLP Practitioner including Timeline Therapy

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Choosing to be a
point of change for
yourself and your
descendants takes
courage and
determination.