

What is EFT?

It is a group of techniques that can help just about everyone to achieve genuine freedom from the emotions that have been suppressed, ranging from grief or traumas in one's life. Physical scars heal on the skin, but what about emotional ones? These trapped emotions can have a detrimental effect on our wellbeing. This method of healing is based on the same principles that have been used for thousands of years in acupuncture—but without the needles!

EFT uses the body's meridian lines to clear blockages through tapping. This energy therapy was further developed by Gary Craig from the discoveries of Dr. Roger Callahan. It is a simple technique that often provides rapid relief from physical-emotional issues (e.g. trauma, phobias, grief, anger, guilt, anxiety, addictive cravings, nightmares, abandonment, fear of public speaking, fear of flying, heartache, depression, pain, headaches and much more).

What are meridians?

The meridians are the energy motorways of the body. The oldest meridian maps of the body are from Tibet and date back to around 6000 years ago.

Each meridian passes through an organ, making a total of 12 meridians and all are interconnected, forming one complete circuit for the circulation of Chi (Chinese word) / Ki (Japanese word) / Prana (Indian word) for energy.

The acupoints of the meridians are like power stations that act as booster amplifiers along the energy lines and these points are used in acupuncture and acupressure therapies.

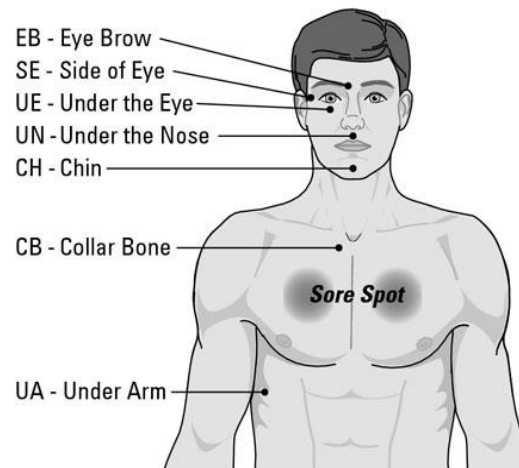
Blockages in the meridians

Emotional blockages have been likened to the effect of problems to that of rocks being placed into a brook – when you remove the rocks, the brook flows smoothly and cleanly again.

The Main Tapping Points in Emotional Freedom Technique

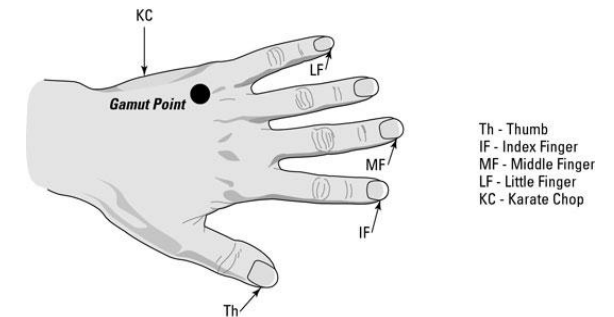
Tapping various parts of your body is central to this energy therapy. This diagram illustrates the main parts of the body to tap.

Pictures from EFT for Dummies



The Hand Tapping Points in Emotional Freedom Technique

This figure illustrates the tapping points on the finger and *gamut* – the crease on the back of your hand between your little finger and ring finger. Note that all the finger points are on the outside edge of the finger where the nail meets the skin.



Th - Thumb
IF - Index Finger
MF - Middle Finger
LF - Little Finger
KC - Karate Chop

How to use EFT

This is best carried out with a therapist first to establish the right issue and procedures to follow. Tuning into a problem can be done by simply thinking about it, how it makes you feel and where it affects you. It also means that you don't have to fully experience the issue in order to set up the energy distribution, which EFT can then balance.

Before tapping begins an assessment of how strongly you are feeling or how affected you are about this issue is taken. A score between 0 and 10, with 10 being the highest level of distress or intensity possible and 0 being no feeling or distress at all, is then captured.

The EFT Procedure

With your therapist, find the sore spot and rub or tap repeatedly on it gently by saying: 'Even though I (insert problem statement), I deeply and completely accept myself'. This is done 3 times.

It is better to say it with feeling and emphasis, but saying it routinely is the key.

An example of a set up statement could be: 'Even though I have a fear of public speaking, I deeply and completely accept myself'.

A shortened version of the statement is used then to carry out the rest of the procedure, until all points have been tapped finishing off with the karate chop point on the hand and saying the statement once.

If necessary, there is a 9 point gamut procedure that follows to engage all parts of the brain with the balancing process.

Assessments are taken between each sequence, again scoring between 0 and 10 to see if there has been a change for the better.

As energies are shifted minor symptoms may be felt such as light-headedness, feeling dreamy, burping, feeling weepy or gurgling in the stomach.


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Emotional Freedom Technique (EFT)

Client Information

Free up any unwanted issues, phobias or deeply hidden negative emotions with this helpful procedure