

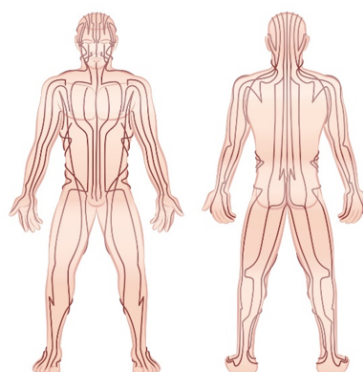
Personal Development & Business Training

13th February 2016

EFT Presentation by Tracy Stoves and Vanessa Jean Boscarello Ovens

Emotional Freedom Techniques (EFT)

- ▶ EFT is **based on the ancient Chinese Medicine theory of meridians** (energy pathways in the body), **and combines this with modern psychology** to help clear emotional, mental, physical and spiritual issues
- ▶ The process involves focusing on an issue that is causing you some distress, then tapping on specific acupoints (meridian points) on the body while focusing on that issue



- Developed in 1995 by Gary Craig, based on the work of Roger Callaghan and his method called Thought Field Therapy (TFT), which used fixed algorithms
- **Based on the Discovery Statement (Gary Craig) “The cause of all negative emotions is a disruption in the body’s energy system.”** This includes fears, phobias, anger, grief, anxiety, depression, traumatic memories, PTSD, worry, guilt and all limiting emotions in sports, business and the performing arts.
- EFT, is also known as tapping, meridian tapping and is part of energy psychology
- Easily self-applied (by adults and children, and can be used on animals)
- It is useful for emotional, physical, mental, and spiritual problems
- Gentle, private, inexpensive, empowering and transformative
- Portable – it can be done anywhere, anytime. It can even be done mentally.
- It can be quick
- EFT is a very forgiving technique. You don’t need to do it exactly right, you can tap on the wrong points, you can get caught up in saying the right words, but your intention to tap is powerful
- The human body consists of 14 main energy pathways (meridians) that carry energy into, through and out of your body, feeding energy to the organs and affecting every physiological system (nervous, immune, circulatory, respiratory, digestive, skeletal, muscular, endocrine
- Where the energy from the meridians come close to the surface, it is known as an acupoint or acupressure point, and physical stimulation of these points (via needles or finger pressure) allows us to gain access to the energy of the meridian to effect change to the body

- While the body of evidence is growing and substantiating EFT as an effective technique for mind and body related issues, the exact mechanism of why tapping works is still disputed. However, **the general consensus is that tapping seems to disrupt the body's stress response to allow a healing response to occur.**

EFT and the Stress Response

Stress is an incredibly complex and immediate whole body response to a **perceived or real threat; the body doesn't differentiate between what is *real* or *imagined*.**

“Research at Harvard Medical School has shown that stimulation of selected meridian acupoints decreases activity in the amygdala, hippocampus (another part of the limbic system), and other parts of the brain associated with fear.”

(The Tapping Solution)

- Think of all those stress situations, real or perceived, BIG T or little T that become lodged in your energy system, ready to be activated when a similar situation arises. Imagine your body holding onto and containing those stresses – it takes a lot of energy to keep them in place.
- Think of your amygdala as a personal alarm system. When you experience trauma or fear, the amygdala is triggered and your body is flooded with cortisol, commonly known as the “stress hormone.”
- Amygdala = responsible for fear, fight, flight response
- Studies show that by stimulating these parts of your body – as we do in EFT Tapping – you can drastically reduce or eliminate the distress that accompanies or gives rise to these problems you face. By so doing, you can often eliminate the problems themselves!

(Reference: <http://www.thetappingsolution.com/science-and-research/>)

EFT in a Nutshell

1. Choose your most pressing problem = the tapping target
2. Rate this problem on a scale of 0 – 10
3. Design a setup statement to match the problem:

“Even though (problem), I deeply and completely love and accept myself.”



- Tapping target can be a feeling, an emotion, an event, or a limiting belief
- Measure this how you feel NOW, not when it happened
- Can measure by using hands wide apart = big distress, hands closer together = not much distress, or with kids, happy face and sad face

EFT in a Nutshell

4. Say 3 rounds of the setup statement while tapping on the karate point
5. Use a reminder phrase while you tap through the EFT points, approximately 7 times on each point – tune into the problem
6. Take a deep breath and re-evaluate your rating – measure this in your mind and body
7. Shift your tapping to reflect what is NOW coming up

The Rules – no let's call them Guidelines

- ▶ **Be Present** (always focus on how you are feeling, experiencing, noticing NOW)
- ▶ **Be Specific**
- ▶ **Be Persistent** (tapping for 1 minute is unlikely to solve a 20 year old issue!)
- ▶ **Test, Test, Test**
- ▶ **Have a playful** “no attachment to the outcome” state of mind

Be Present

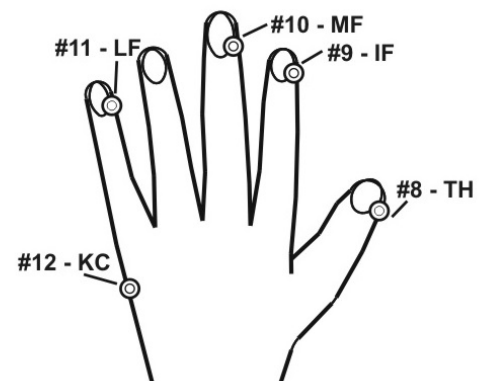
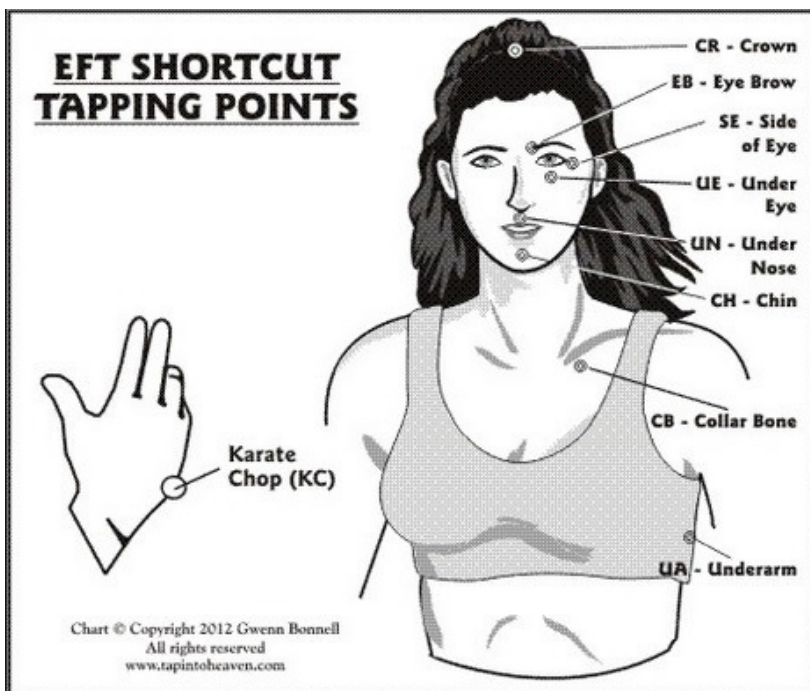
- While the problem may have happened a long time ago, it is how you are feeling NOW about this that you focus on

Be specific

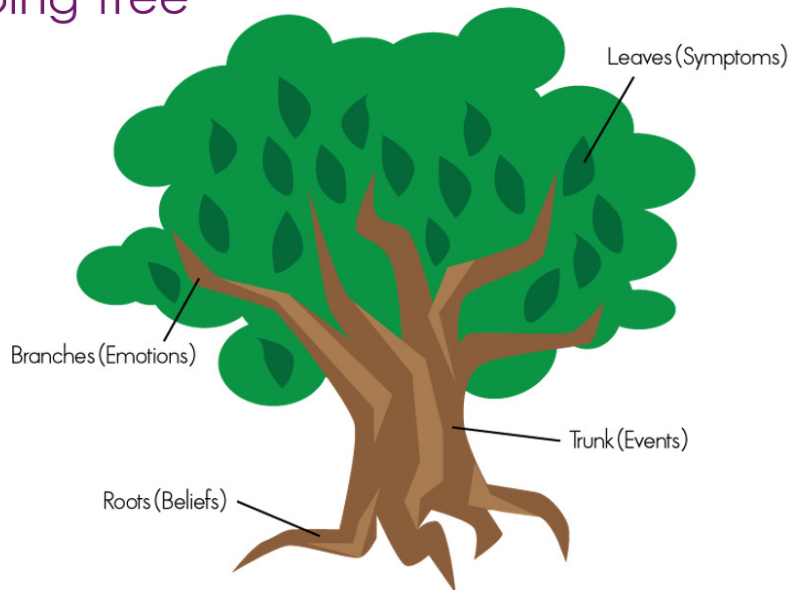
- I feel anxious about getting up in front of people = global statement
- I feel a deep penetrating knot of anxiety in my stomach = more specific statement

Or

- I have this pain in my arm = global
- I have this sharp stabbing pain in my right elbow = specific statement



The Tapping Tree



Credit: The Tapping Solution

The Tapping Tree

A way to help identify your problems

- **The Leaves – Symptoms and Side Effects**
 - **When someone asks you “What’s wrong?” – what do you say? Your answer are the leaves of the problem.**
 - What symptoms are you currently experiencing?
 - How does your physical body feel?
 - What have you been diagnosed with?
 - Examples
 - “lack of clarity”
 - “pain in my back”
 - “low energy”
- **The Branches – the Emotions**
 - What emotions do you feel on a regular basis?
 - When you wake up, what do you feel?
 - When you go to sleep, what do you feel?
 - Record any negative emotions you have experienced
 - For example
 - Alienation, frustration, disgust, distress, doubt, guilt, embarrassment, envy, fear, hostility, rage, worry, insecurity.....
- **The Trunk – Events**
 - Think of the current and past events that you still think about



- What events have been a source of stress
 - Today
 - Last week
 - Last month
 - Last year...
- Take note of the most important and obvious ones
- **The Roots – Limiting Beliefs**
 - Think of your beliefs about self
 - Beliefs about the world
 - Money beliefs
 - Relationship beliefs
 - Body beliefs
 - Until we recognise them as such, limiting beliefs simply feel like the truth
 - Questions, questions, questions
 - Example: My partner got angry at me for overcooking the steak
- Leaf (how you feel) = I feel angry that he got angry at me
- Branch (emotion) = I feel angry, frustrated, rejected, annoyed
- Trunk (event) = I cooked the steak last night and got busy helping with homework with the kids and it overcooked
- Roots (beliefs) = I can't do anything right, or I'm not good enough

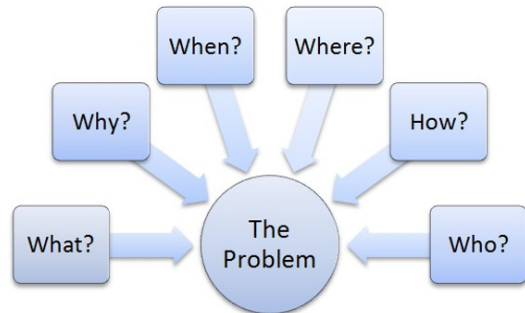
Common Limiting Beliefs

- | | |
|---|------------------------------------|
| ▶ I can't do anything right | ▶ I don't have the right education |
| ▶ I'm not safe | ▶ It never works for me |
| ▶ I'm not loveable | ▶ There's not enough time |
| ▶ I'm different | ▶ I have to work hard |
| ▶ I'm not worthy | ▶ I need to be in control |
| ▶ I'm not good enough or enough | ▶ Life is difficult |
| ▶ I don't know enough/have the right skills | ▶ I don't belong |

Get Specific... Questions, Questions, Questions

“I keep six honest serving men: they taught me all I knew: their names are What and Why and When and How and Where and Who”.

– Rudyard Kipling



Secondary Gains

Secondary gains refers to the concept that having your problem may in some way serve you.

- ▶ **What’s the “downside” to releasing (problem) in your life?**
- ▶ **What’s the “upside” to (having problem)? - How does it “serve you” to have this problem?**

“Even though this problem may be/is serving me...”

“Even though I am not sure I want to get over this problem...”

“Even though I am not sure how my life would be if I got over this problem...”

“Even though getting over this problem would mean I might be expected to do more/be more/participate more/be more exposed/be more available/have more demanded of me...”

What new problem(s) would come into my life if I got over this problem?

What are the benefits of me having this problem?

Safety

Safety concerns are common with anxiety-related conditions, and those with chronic pain. **Safety and control are closely linked.**

- ▶ “Even though in order to be safe I had to be invisible...”
- ▶ “It is not safe for me to speak my truth...”
- ▶ “It is not safe for me to express my feelings...”
- ▶ “It is not safe for me to get over this fear of (problem)...”
- ▶ “It is not safe for me to get over (problem)...”

Also consider using these words for around safety issues:

- Defenceless
- Exposed
- In danger
- Insecure
- Menacing
- Risky
- Threatened
- Treacherous
- Unstable
- Unsupported
- Vulnerable

Afraid to Shine

“Even though I am afraid to shine...”



Afraid to Succeed

“Even though I am afraid to succeed...”



Consider the issue of Comparison to:

- Siblings
 - I can't be better than them in sport, school, hobbies - it rocks the boat
- Family
 - I can't outshine my mum or dad as they worked so hard
- Colleagues and friends
 - I can't do better than my friend who joined dōTERRA at the same time as me – how would that make them feel?

I might fail (again)

People will:

- Expect more of me
- Expect more than I can give

Success might mean:

- Working harder
- Sacrifice of family/hobby time
- Resentment of family members
- Changing who I am and what is important to me

Other words to use for shine or succeed:

- Being seen
- Brilliance
- Creativity
- Drive
- Focus
- Glow
- Joy

- Light
- Passion
- Radiance
- Skill
- Sparkle
- Standing out
- Strength
- Talent

Afraid to Have Abundance

“Even though I am afraid to succeed and have financial abundance...”



Our Deepest Fear

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Marianne Williamson



www.foodalchemistry.com.au


Tapping in the Joy



- 1st point on the bladder meridian (aka 3rd eye) which governs the nervous system
- Tap for 10 – 15 seconds to re-pattern your nervous system around the feeling of joy, tap in feelings of gratitude
- Can use with an affirmation

"I celebrate my magnificence"
"I walk with joy and confidence in my life"
"My being in my power empowers others to do the same"
"I stand tall so others may know they can stand tall too"
"I embrace all life has to offer and meet it with strength and love"
"I flow with ease and grace with all of life's offerings"
"I shine and live my truth"
"I am grateful"

A woman with long brown hair, wearing a white halter-neck top, has her arms raised in the air and is smiling broadly. She is looking up towards the sky. The background is a bright, warm sunset over a body of water.


www.foodalchemy.com.au

Afraid to Shine

Based on the work of Carol Look – EFT Master

<http://www.carollook.com/abundance-store/>



“Even though I’m afraid to shine”

How true does that feel? Say it out loud. Does it feel scary, upsetting, does it feel safer to hide and be invisible, hiding your talents?

Measure the truth of this statement in your mind and body on a scale of 0 – 10

(0 is no truth, 10 = 100% true)

Being afraid to shine is one of the biggest obstacles to attracting abundance and success and moving forward.

The key is to find out why you are afraid.

- What is not safe about it?
- Why would you rather get close, take steps towards shining, then sabotage yourself?
- Procrastination shows up – being afraid to take the steps you know you should to move forward.

The best way to find out your WHY is to ask questions.

“When I was shining before and feeling great they said....” (something nasty, sarcastic, hurtful, flippant)

“I remember standing out with this success and then (this happened)”.

- We can link our success (or lack of) with the timing of something that happened in the world which has nothing to do with success.

“The last time I was really successful I....” (sabotaged myself)

“The last time I was really successful, they....” (didn't support you, said something hurtful). Especially consider close family members and your partner.

The above 2 questions are really good for when you are trying to do something AGAIN (lose weight again, stop smoking again, start your own business again, start your exercise plan again).

“What is the downside of shining and standing out?”

- If I get what I want, I could lose people
- I might be expected to be more
- I might be expected to work harder
- I might not have time for me

“What is the upside of staying invisible or hiding?”

- I get to stay right where I am
- I don't open myself up to criticism, judgement or rejection – I stay safe and protected
- Nothing changes – and change is scary
- My identity stays the same
- I don't rock the boat

If you have several important upsides to staying invisible and hidden working behind the scenes in your subconscious, this could win out over shining, keeping you in being afraid to shine.

“I'm afraid to shine because....” Then will happen.

The answers are hovering between our conscious and unconscious.

These are our **“Yes but....”** (also known as tail-enders) statements we tell ourselves.

- “Yes, but if I stand out and get promoted, then this will happen...”
- “Yes but, If I do really well and succeed and pass all my colleagues and friends, this will happen....”
- “Yes but if I fill my workshops but my friends and colleagues don't, this will happen...”
- “Yes, but if my friend who joined me at the same time doesn't do as well as me then”

These “then what's” are our blocks – our “yes but's”

When we become successful and shine, it can affect those around us:

- Ridicule me
- Judge me
- Humiliate me
- Tease me
- Ignore me
- Think I am better than them
- They may not show joy in our success, or feel proud of our success
- Think if anyone said anything negative the last time you had success in ANY area of your life, anything that was really joyful for you



See if you can come up with any specific incidents the last time this happened.

A good way to find an incident that is still running the show is to ask:

If I could do it again...

- Who would I omit from my life?
- What events stand out most in my memory
- When was I the most scared and unhappy?

“It wasn’t safe to shine back then because of what happened.”

“Something bad happened last time when I was shining.”

“I feel upset because of what happened the last time.”

“Even though I feel upset because of what happened the last time, I deeply and completely accept myself, or I accept who I am and how I feel or I profoundly accept myself anyway”.

“Even though I STILL feel upset about what happened last time, I accept who I am and how I feel.”

“Even though I still have this remaining upset about what happened last time....”

“Even though I’m afraid of their reaction if I start to shine again...”

“Even though I convinced they’ll say something nasty like last time if I shine....”

If you are convinced they are going to say something nasty again, you are afraid of that, and you will block your success.

“Even though I’m convinced they are going to say something (...) again, and I’m afraid of it...”

“Even though the truth of it is that I’m holding myself back because I am afraid they are going to say something nasty again...”

“I’m blocking my success now because”

You want to decrease these feelings of hurt so you don’t feel afraid to shine.

There are 2 sides to this:

1. You have the feeling of hurt of what they DID say
2. You have the feeling of fear that they will say something hurtful AGAIN.

Measure again and rate this hurt.

Safety

If you feel at some point that it wasn’t safe to be standing out, e.g. a sibling didn’t like it, a family member may have been jealous, or you were teased or made fun of at school, rate and tap on

“It feels dangerous to stand out and shine...”

“Even though it feels dangerous to stand out and shine now, I....”

Tap and revisit statement.

You want to get to the point where standing out feels exciting, not unsafe.

Do another around with:

“Even though it STILL feels dangerous to stand out and shine now...”

There may be multiple events, keep noting them down, they are all tappable issues you can work on.



Being Shut Down, Creativity and Passion Shut Down

“Even though I feel shut down because of what they said the last time...”

As your feelings of safety around shining increase, you will feel less shut down, more creative and able to express your passion.

The message you got last time was don't shine, don't stand out, because if you do, this will happen (you will get hurt, someone will get hurt, or something bad will happen).

Positive and Confident Statements

Working on positive and confident statements can help loosen up and bring up what still needs to be worked on.

“I'd like to become more open again.”

“I choose to feel more free.”

“What if I could feel better and lighter and get over what happened?”

“What if I could start shining again?”

“I want to feel free, open and confident.”

“I love that confidence I had and I want to feel that confidence again.”

Being Invisible

The opposite of standing out and shining is being invisible. Rate how these statements feel. Tap on them, and add some of the positive dot points

“It feels safer to be invisible... (add a dot point)”

“I'd rather hide and be invisible.... (add a dot point)”

“Even though it feels safer to be invisible right now.... (add a dot point)”

“Even though this feeling of wanting to be invisible is an old old feeling... (add a dot point)”

- I'm going to consider starting to be more successful
- I'm going to consider coming out of my shell
- I choose to consider new possibilities
- I have a lot to offer
- What if I could release that old safety energy?
- There is a part of me that loves to shine
- I know I have something to offer
- I don't want to hide myself forever
- I think I can take care of myself now
- A really big part of me wants to shine again
- I love being successful
- I love knowing I have a lot to offer
- I'm going to consider shining a bit more

These statements will stir up the feeling of safety so it doesn't feel so urgent or necessary. Maybe you could shine, maybe you could come out of your shell, maybe some might still say something nasty, but you can handle it now, you have tapping as a tool – you don't need to hide yourself anymore.

Go through these statements and help move from the safety of invisibility to shining brightly.

It is time for you to be the incredible adult you are and offer your talents out now.



Positive Statements

This will help work out if you have more to tap on, while negative feelings may come up, keep tapping along, you are still working to resolve any problems.

“Even though I have been afraid to shine for years, I choose to start shining again...”

“Even though I have been afraid to shine for so long, I have decided I want to be the real me...”

“Even though I have been suffering from my fear of shining, I have decided I want to be me...”

- I have been afraid for too long
- I have left those old incidents run my present life
- I am releasing and healing the past
- I choose to be me
- I love to shine
- I have decided to be me
- I love shining
- I have decided I want to be me
- I feel so excited because I have a lot to offer
- I love offering so much to the world
- I am letting go of that shut down feeling
- I am letting go of that dangerous feeling
- I choose to shine right now
- I love shining
- I don't have to be afraid anymore
- I love it when I shine
- Because I have so much to offer
- I choose to be confident about shining
- I love feeling confident and free
- I choose to feel so confident about succeeding
- I love feeling so confident and free
- I love feeling all that passion
- I love the passion I feel when I shine
- It is time for me to shine again
- And it feels so good when I am shining again



Do this track again, taping along with the positive statements.

- Thank you universe for allowing me to shine
- Thank you universe for letting me shine
- Thank you universe for reminding me I love to shine
- Thank you universe I do love to shine
- I love to shine and I love success
- I love success in my life
- I love attracting abundance and I am ready to shine



References - EFT

Carol Look – EFT Master

<http://www.carollook.com/>

The Tapping Solution

<http://www.thetappingsolution.com/>

Check out the free World Tapping Summit starting 22 February 2016

Gary Craig – EFT Founder

<http://emofree.com/>

Tracy Stoves – Caring for Carers

www.caringforcarers.com.au

EFT Training in Perth

Peter Graham EFT Master <http://www.tap4peace.com.au/>

References – Energy Medicine

Donna Eden

<http://innersource.net/em/>