

EFT Sequence: Casandra K MacAlan ~ Hands for Light

What is E.F.T.? The Emotional Freedom Technique is a way to reduce symptoms of anxiety, panic and depression. It combines acupuncture/acupressure points with positive affirmations, and is especially beneficial when used to treat a painful memory, phobia or fearful thought. It helps the bodymind reframe the situation by clearing stuck energy and releasing negative emotional charge, thereby easing the spirit.

BASIC RECIPE: Consists of the Setup and the Tapping Point Sequence repeated until the painful or phobic thought or emotional charge diminishes.

Set-up:

Step 1: Find *your* sore spot. Find the center of your collarbone and go 2-3 finger widths below, until your probing fingers find a sore spot when pressed or rubbed.

Step 2: Develop *your* phrase (memory, feeling or thought) to be treated.

(Memory example: "I got rear-ended by a car driving home one night.")

(Feeling example: "I get stressed thinking about going on a plane.")

(Thought example: "I think I could fail this next test at school.")

Rate the intensity of the phrase when you think about it now from 1-10.

Step 3: Clear your resistance to healing this issue, if any. While rubbing sore spots (1) on both sides of your chest simultaneously, repeat your phrase adding the following three times:

"Even though, __ (insert phrase (2)) __, I deeply and completely love and accept myself." (repeat this 3x minimum)

Tapping Point Sequence:

Step 4: Tap 7x on each of the points #1-9, while repeating the core point of phrase, ie. "my fear of driving, flying, failing."

Step 5: Take a deep breath and rate the intensity of the thought, feeling, or memory NOW from 1-10.

Step 6: Repeat steps 3 and 4 until intensity is reduced to 0. Celebrate with a positive statement, ie. "Woo-Hoo, Huzzah, or Hallelujah!"

OPTIONAL TREATMENT:

If for some reason this is not feeling beneficial, you can Tap in a *positive phrase* instead, using the same points and method outlined in Step 4. Examples of a positive phrase are:

("I can be safe while driving/flying.")("I have great recall when taking tests".)

Discuss your results with me. 😊

