



EFT Tutorial

*Just like children,
emotions heal when they are heard and validated.*

—————
Dr. Jill Bolte Taylor

By Craig Meriwether CHT-CMS
Clinical Hypnotherapist
Certified Medical Support Specialist

[This originally appeared in my book *Mind Mastery Blueprint*]

HEADS UP: Things are about to get

Our houses are filled with electrical circuits and signals. This is how we run our TVs, computers, and microwaves. Plug something into an outlet and electricity will flow from that pathway, through the cord, then on to power your contraption. The world around you is made up of electrical signals as well. Lightning is a great example. In fact, there is so much electricity in lightning that if it strikes your house every appliance, computer, TV, and gizmo plugged into the outlets around your home will get fried.

The electrical currents that power your home and office gadgets have a positive and negative charge. Modern day electrical sockets have one slot slightly larger than the other. One of the connectors at the end of your electrical cord is also slightly larger. That is so the cord can only be connected to the socket in one way, with the positive and negative charges lined up properly. If the charges are misaligned then you might get an annoying humming noise from your stereo, maybe your light bulb will flicker, or your device just won't work.

Your body is also electrical.¹ In fact, without electrical circuits and signals running through your body you would be declared dead. Everything we do is controlled by electrical signals sent through our bodies. As you may remember from high school biology, our bodies (and everything in the universe actually) are made up of atoms. Atoms are made of protons, neutrons, and electrons. Protons have a positive electrical charge, neutrons have a neutral charge, and electrons have a negative charge. Protons and neutrons form the core of the atom and the electrons move around outside the core. Atoms are sort of like a battery, which needs a (+) positive and a (-) negative charge to work.

Normally, an atom has an equal number of electrons and protons and so the positive and negative charges cancel each other out. If, however, the atom gains an extra electron, it becomes negatively charged. If it loses an electron, the atom will become positively charged. When the conditions are right, such electrical imbalances can

generate a current of electrons allowing them to flow from one atom to another. This flow of electrons is what we call electricity.

Since our bodies have huge amounts of atoms we generate electricity. How many atoms in the human body? The Thomas Jefferson National Accelerator Facility, which conducts research on atoms using the Continuous Electron Beam Accelerator, estimates that the average human has about seven octillion atoms or 7×10^{27} . That's 7 followed by 27 zeros: 7,000,000,000,000,000,000,000,000,000.²

So could humans become a power source for machines when they take over the world in a post-apocalyptic future like in the movie *The Matrix*? Probably not. The human body only generates between 10 and 100 millivolts of electricity³ as compared to a 9-volt battery, which generates, well, 9 volts. It takes 1000 millivolts to equal 1 volt, so you would need at least 90 humans producing 100 millivolts to match the electrical generation of a 9-volt battery. Not very efficient of those Matrix machines but still a cool movie.

All the stimulus or information we receive from the outside world, everything we see, hear, taste, touch, and smell gets translated into electrical signals by the brain. These signals then travel between the brain and the body. Electricity is the only thing that can carry the messages fast enough to get from one side of the brain to the other and then throughout our bodies in milliseconds. This electrical current creates who we are as individuals. As neuroscientist Rodolfo Llinas explains, "Our thoughts, our ability to move, see, dream, all of that is fundamentally driven and organized by electrical pulses. It's almost like what happens in a computer but far more beautiful and complicated."⁴

It is through these electrical pulses that doctors can monitor a patient's heart activity with an electrocardiogram or EKG machine. They can measure the electrical activity of neurons in the brain using an electroencephalography or EEG machine. The latest medical technology uses a magnetoencephalography (MEG), which allows computers to map brain activity through the magnetic fields produced by electrical currents in the brain.

Electrical pulses in the brain flow in wave like cycles called, what else, brain waves. The number of electrical pulses per second equals the speed of the wave. This is scientifically measured as a frequency. It is the frequency of the brain wave that

determines what type of consciousness you are in. Each wave type is named after a letter in the Greek alphabet. You know these different brain wave types as:

- Beta: 30 – 13 electrical pulses per second, this is when we are awake and alert
- Alpha: 13 – 8 electrical pulses per second, you are alert but relaxed. People who are praying, meditating, daydreaming, or watching a sunset are in alpha
- Theta: 8 - 4 electrical pulses per second, you are in that wonderful state between being relaxed and asleep. People often get new and creative ideas in this state.
- Delta: 4 - 1 electrical pulses per second, this is the slowest brain wave and is present when you are in a deep, dreamless sleep.

There is also a less commonly known brain wave called Gamma. This is the fastest brain wave state flowing between 100 - 30 electrical pulses per second and is associated with peak performance, like when an athlete is in “the zone.”

These electrical pulses keep us alive and flow throughout the body in pathways. In Chinese medicine these pathways are called meridians. The meridians are energy circuits or channels, which form a complex, multilevel network that connects your brain, organs, limbs, muscles, skin, and nervous system. Since everything in your body relies on these electrical signals, any breakdown in your body’s electrical energy system is a real problem.

Acupuncture Explained

The Chinese developed a technique for treating illnesses using this energy system called acupuncture. You may have heard about acupuncture and maybe even know of someone who has tried it or done so yourself. A real simplistic explanation of the Chinese medicinal system is that physical illness and emotional upheaval are caused by blockages or interferences in the electrical pulses flowing throughout your body. In a very non-technical explanation, somewhere the message gets fouled up due to gunked up circuits, which in turn causes illness or negative emotions to endlessly cycle. Not unlike when you put the batteries in the wrong way and then can’t get your flashlight to work. The pathway is blocked and the electrical signals can’t get through.

Your body's pathways can get blocked due to physical injury, toxins you've ingested, or by emotional trauma and overwhelm. By lightly, and painlessly, putting needles into the "gateway" points of these energy meridians found around the body, acupuncture can release these blocks and the electrical energy pulses can then flow naturally again.

Acupuncture has been deemed by some as "woo-woo nonsense" but study after study show the real benefits of this medical treatment. If you're dubious about whether this is actual science, here is some research that should interest you. Scientists from the International Institute of Biophysics in Germany proved the existence of acupuncture meridians using infrared thermography. By examining the heat radiation of the body they found "channels" through out the body, which appear to be identical to the meridian pathways as described in Traditional Chinese Medicine.⁵

Also, as reported by HealthCare Medicine Institute,⁶ researchers found that local anesthesia at needle insertion sites block the analgesic effects of acupuncture showing that acupuncture is dependent upon neural innervation (or how the body communicates through the nerves).⁷ Acupuncture has been proven to cause the release of endogenous opioids (such as endorphins) in brain-stem, subcortical, and limbic structures of the brain.⁸ Acupuncture has also been proven to induce the secretion of adrenocorticotrophic hormone and cortisol from the pituitary gland thereby creating a systemic anti-inflammatory response.⁹ Functional MRI studies in humans reveal that acupuncture stimulates limbic and basal forebrain areas involved in pain processing.¹⁰ PET scan MRIs (positron-emission tomography) show that acupuncture increases opioid binding potential in the brain for several days.¹¹ Acupuncture has also been proven to mechanically stimulate connective tissues,¹² release adenosine at the site of needle stimulation,¹³ and increase local blood flow.¹⁴ The prestigious *New England Journal of Medicine* even published an article recommending acupuncture for the treatment of lower back pain. The doctors concluded that acupuncture is an effective means for treating lower back pain based numerous studies including one featuring 6,359 patients.¹⁵

Not good enough? How about an article published in the *Wall Street Journal*,¹⁶ which reported how the U.S. military is using acupuncture to help alleviate the debilitating effects of mild traumatic brain injury and to relieve such symptoms as sleeplessness, memory problems, anxiety, headache, and irritability. They're also using acupuncture as pain control - ON THE BATTLEFIELD! "The expanded use of acupuncture on the battlefield is being met with enthusiasm from physicians and patients because it works," says Dr. Niemtow, Colonel (Ret), U.S. Air Force, Director of the United States Air Force Acupuncture Center, Malcolm Grow Medical Center, Joint Base Andrews, Maryland. "Acupuncture may be used as a primary modality or as an adjunct to Western medicine. In either case, it is changing the face of military medicine as a force multiplier."¹⁷

In fact, the newest Defense Department and Department of Veterans Affairs clinical guidelines recommend acupuncture as a supplementary therapy for post-traumatic stress disorder, pain, anxiety, and sleeplessness. The Department of Veterans Affairs wrote, "there is good reason to believe that acupuncture will induce recovery across a number of trauma spectrum dysfunctions in patients with TBI (Traumatic Brain Injury) and PTSD (Post Traumatic Stress Disorder), at low cost and with little risk."¹⁸

So What Is EFT Then?

Emotions are released in the brain through a series of electrical and chemical signals that then travel through the body. EFT, or Emotional Freedom Technique, uses the knowledge of the acupuncture system to work on blocked or stuck emotions, and physical ailments, without needing to go to an acupuncturist or deal with needles. There is a variation of acupuncture called acupressure, which uses light pressure on the acupuncture points instead of needles. EFT uses this medical modality to specifically release the emotions and thoughts that are clogging the pathways where the electrical energy should be flowing freely.

So instead of a doctor and needles, EFT involves tapping key acupuncture points (acupoint meridians) with your own fingers while focusing your thoughts on your physical pain, traumatic memories, unhealthy emotions, food cravings, or any problem that is bothering you at the moment. It's so easy and fast that you can do it on your

own at home, in your car, or anywhere you can find a private spot (if you get really good at EFT you can do it public without anyone knowing).

This process is really simple to use. Does it work? According to founder Gary Craig, “EFT can bring complete or partial relief in about 80% of the cases in which it is tried, and in the hands of a skilled practitioner, its success rate can exceed 95%.”¹⁹ EFT was developed over 20 years ago, and even though it is still a relatively young technique, research scientists are proving that EFT is an amazing method for dealing with emotional trauma.

The effectiveness of EFT has been proven in research published in distinguished peer-reviewed journals such as the American Psychological Association’s *Review of General Psychology* and *Psychotherapy: Theory, Research, Practice, Training and Review*, as well as, *The Journal of Clinical Psychology*, *The Journal of Prenatal & Perinatal Psychology & Health*, *International Journal of Healing and Caring*, *Traumatology*, *Explore: The Journal of Science and Healing*, *Scientific Review of Mental Health Practice*, and the oldest psychiatric journal in the US, *The International Journal of Nervous and Mental Disease*. Scientists and doctors from many different institutions participated in the research studies, including: Harvard Medical School, the University of California at Berkeley, University of Washington Medical School, City University of New York, George Washington University, Walter Reed Army Medical Center, and Texas A&M University.²⁰

*EFT is the most important development
in medicine since antibiotics.*

—————
*Dr. Candace Pert
former chief of Brain Biochemistry
at the National Institutes of Mental Health*

Negative, unhealthy emotions are created by electrical pulses in the brain that can then get stuck or blocked as they travel through the body. Remember the 90 Second Rule from Chapter 7? It only takes 90 seconds for an emotion to run its course, from the trigger to the emotional-energy passing through your body. If, however, the emotional signal gets stuck or blocked, your brain will continue to create the chemistry to keep that unhealthy emotion recycling over and over again.

EFT works on the actual source of the emotions, the electrical signals, which is why it's so fast and easy. You don't have to spend years working to uncover the meaning behind your "stories." You don't have to relive past traumatic events over and over again to find the "message." You go beyond your emotional baggage and deal with the clogged pathway so the energy can flow naturally again. Remove the blockage and then find the message if you want.

Correcting the imbalances in your body can lead to rapid healing. The beauty of this method is that you can use it on your own, though, there are trained EFT therapists can help with some of the more difficult issues that you need to deal with.

I've given you a lot of science behind the body's electrical system but learning EFT, and the Releasing Method for that matter, is like learning to drive a car. You don't have to understand the physics, chemistry, engineering, and mathematics of a car in order to drive it around. You just need to know a few basic details like the gas pedal, brake, steering wheel, and some driving laws.

However, people seem to be mistrustful of quick fixes, unless, strangely, the quick fix comes in the form of a pill like aspirin and Prozac. Or it's a more "Western" medicinal quick fix like penicillin, antibiotics, or a tetanus shot used to speedily repair the after effects of that rusty nail you stepped on. Polio was a horrendous disease, destroying the motor neurons within the spinal cord and brain stem. Doctors enlisted such devices as the iron lung for those who became quadriplegic and metal leg braces to help ease those sufferers who "only" lost the use of their legs. That is until Jonas Salk discovered the quick and easy polio vaccine fix, and now, out of 7 billion people, there are less than 1000 cases of polio a year. There are "quick fixes" all over the world of medicine, we've only grown accustomed to them and take them for granted.

EFT is quick, new, fast, and different. It also requires you to delve into a bodily system that even science is still trying to understand. But just as it's not silly for you to take your car to a mechanic to fix a clogged fuel line or get a tune up, it's not silly to use a scientific process to unclog your own fuel line and give yourself a tune up. You don't have to fully understand what the mechanic did to your car to enjoy riding in a problem free vehicle, nor do you have to fully understand the science behind your own energy system in order for you to enjoy a problem free life.

All you're doing with EFT is balancing your energy system while tuning into your problem, thereby eliminating the cause. With the new knowledge of neuron plasticity (the brain not being "locked-in" to its programming and ways of thinking by the age of 25 as scientists once thought, but can grow and learn by strengthening and weakening neural connections), as well as the new science of epigenetics (which I describe in *Chapter 5 – The Power of Belief*) we are now gaining some answers as to why EFT is such a fast and powerful therapy. Even if all the answers aren't known yet, there are medical precedents for using therapies without fully understanding how they work. Doctors used the aspirin-quick-fix for over a hundred years, to the benefit of tens of millions of people, before scientists discovered the basic mechanism of how it worked in the 1960s.

I'll admit to you now that this process is a little strange. EFT will have you talking to yourself while you're tapping various points on your body. Not really the kind of therapy most people are accustomed to and it might be outside of your comfort zone. However, if you bear with this process, I think you'll find it has significant value. There is logic to this method. It's a scientifically proven technique that can calm down the body's natural stress response to a traumatic memory or emotional upheaval.

And here's the cool part. You don't even have to believe in the technique for it to work. Most people don't believe in it. It's too fantastical. Nevertheless, the positive results obtained by EFT are overwhelming. You can achieve great results despite your skepticism.

How EFT Works

EFT works by telling the body and brain to turn off the emergency stress signal that keeps activating when you react to events with your preprogrammed, automatic, negative thoughts and emotions. EFT breaks your nervous systems association with the stress and negative thought. Once it's done that, the signal is severed. It's as if tapping the acupoints notifies the body and brain that you are safe and can shut down the emergency siren going off in your head. The basic EFT formula works this way:

- ✓ You verbalize a negative emotion or experience, this is referred to as “exposure” in psychology terms: “Even though I’m a total failure because I got an ‘F’ on that test....”
- ✓ You then make a new positive mental input with a self-accepting statement: “I deeply and completely accept myself,” “I’m ok,” “I’m a wonderful person,” etc.
- ✓ While saying these two statements 3 times you tap the acupoint located on your hands “karate chop” area.
- ✓ You then use a Reminder Phrase to aim your attention at a specific problem: “I’m a failure,” “I’m really stupid because I failed that test,” etc.
- ✓ As you repeat this phrase you tap on various, easy to find acupoints on your face and upper torso until you feel the emotional charge diminish.

And that's it. We'll go over the process in more detail later.

Gary Craig, the founder of EFT, gives a great example of how quickly EFT can work to end emotional and physical suffering. Gary was giving a keynote address at a psychology conference and he asked for a volunteer to help demonstrate EFT. A 45-year-old therapist joined him on stage. She was involved in a car accident at the age of 9. Ever since the accident she had severe neck pain and been unable to turn her head to the right. Her older sister, who had not reached legal driving age yet, had been driving the car. The woman had been working on her pain for years, including using psychotherapy, but with only limited success.

She did EFT on stage as she described the minutes before the car crash, the crash itself, and the aftermath. She described the terror of realizing they were going to collide with another car, sitting at a nearby house with blood streaming down her face from a scalp wound, and the fear of waiting for her aunt to pick them up. She dutifully went through the EFT process working on all the different aspects and emotions of the crash but her pain still did not go away.

Then suddenly she gasped, “I just remembered a detail I’ve forgotten. I always knew my sister was driving illegally because she was underage. But I just recalled that, that day, *I dared her* to drive the car.” She suddenly was filled with immense guilt for her part in causing the accident. Guilt she has been carrying around in the shadows of her mind since she was 9 years old. She then used the EFT process on those uncovered feelings of guilt and remorse. Her pain went away and she could turn her neck all the way to the right for the first time in 36 years.²¹ For hundreds of more EFT healing stories from addictions, to weight loss, depression, panic attacks, back pain relief, eating disorders, and more see the resource page at www.eftuniverse.com.

Even when the neuron connections of pain and emotional trauma are strong, and have been reinforced for years, EFT can often deactivate the signal very quickly. Your brains emergency warning system can then be shut off and long-term physical ailments can heal. This is where people get tripped up with a process like EFT or the Releasing Method. Emotional issues are supposed to be difficult to dissolve. Letting go of them quickly and easily flies in the face of everything we’ve thought and believed about negative emotions and trauma buried deep in our memories.

But as Gary explains in his book, *The EFT Manual*, “When people are hooked up to an EEG machine, and then asked to recall a traumatic memory, the brain waves associated with the fear response are activated. When they do the kind of acupoint tapping used in EFT, their brain state changes to one of calm. When they are then asked to remember the traumatic incident months later, while again hooked up to an EEG machine, their brain waves still remain calm.”²² The connection has been severed.

Why Do You Have To Tap?

If you have a gas stove or outdoor grill then you'll know the clicking sound it makes when you turn the knob and light the burner. That clicking sound comes from the igniter unit. Inside is a small crystal that when put under pressure, can produce enough voltage to create a spark, which then ignites the gas.

When certain crystals are compressed or bent, “stressed” in other words, they generate an electrical charge on the crystal's surface. This stress can be caused by hitting or twisting the crystal just enough to contort it without fracturing.

The scientific name for creating an electrical charge through mechanical pressure is the *piezoelectric effect*. There are 20 natural crystal classes capable of piezoelectricity including tourmaline, quartz, topaz, cane sugar, and Rochelle salt.

The process for creating internal electricity has been used for over 100 years in such devices as quartz watches, electronic clocks, inkjet printers, hot water heaters, microscopes, sonar, radio transmitters and receivers, televisions, computers, a car's engine control unit, guitar pickups, and loudspeakers.

However, crystals aren't the only way you can generate internal electricity. You can also create the piezoelectric effect through – get this – bone!

Your bones can create a small electrical charge when lightly “stressed” or tapped on just like a crystal. In fact, scientists and doctors are now looking at the possibility that blasts from improvised explosive devices (IED) might effect a solders brain in a stunning way - electrical fields can be created when the skull is hit by a bombs shock wave and cause traumatic brain injury, sort of like your house getting hit by lightening and frying whatever is plugged into the outlets.

While this is still a hypothesis, the computer models suggest that the electrical fields generated by a large shock wave hitting the skull could disrupt brain function.²³

The theory, therefore, behind lightly tapping on the acupoints is that you are creating tiny, micro electrical charges, not enough voltage to do any harm, but enough through which the body can unclog the blocked electrical pathways.

The “How To” of EFT

“The basic premise of the Emotional Freedom Technique is that the cause of all negative emotions is a disruption in the body’s energy system.”²⁴

The process of EFT is very easy to learn. It’s a method that even young children can learn very quickly. You don’t need any special equipment and you can do it anytime, anywhere.

EFT works by clearing the emotional overwhelm associated with the memory, not the memory itself. The brain no longer tags the negative event as an emergency and the need to raise the automatic stress response system is turned off. The memory is still there but the negative, unhealthy emotions have been cleared and they no longer trigger the fight or flight response. You can still remember the incident but without the emotional charge.

EFT is part CBT and psychological exposure therapy in one, along with a kinesthetic aspect (the actual tapping) that I find very helpful when my mind is trying to distract me from remembering and clearing old, negative emotions so that it can stay in it’s comfort zone.

Defining The Problem

Everyone has 1,000 things or so to release; you pick whatever is in front of you right now. Trust your gut. Trust what your subconscious is putting in front of you. Did something happen at work or is there tension in a relationship? Is there some event that is bothering you, past or present, or are you worried about something in the future? Whatever is here right now is the right thing to release.

Bring into your awareness a specific negatively charged incident. If you’re having trouble zeroing in on a target emotion or issue then ask yourself these questions:

Focusing On The Problem

1. What are you unhappy about? (Or angry, sad, fearful, guilty, ashamed, worried.)

Get specific about what is going on with you. Sit with the feeling and allow it to be there. To often we try to block a feeling by eating it away with food, ignoring it with TV, shopping it away, or drowning it in alcohol. I'm asking you to just sit with the feeling. I know this is uncomfortable but this is the door to freedom

2. Why are you unhappy about that?

The reasons for feeling bad are often different from what we feel bad about. You might be angry with your boss, but the reason for that anger might be because your own business was unsuccessful and you had to go back and get a job and you are resentful about that.

3. Describe the emotion.

How big is it, what color, where in your body do you feel it (head, chest, shoulders, maybe your heart), how deep is it? There are no right or wrong answers to these questions, they are only asked to keep your attention focused on your feelings.

4. Ask the feeling what it is trying to tell you.

You are feeling this way for a reason, your mind has triggered a red flag, so simply ask it what's it all about. I know this sounds like a silly thing to do but if you can find the message, you can easily release the emotion.

If you're having trouble finding a specific issue that is causing you to feel upset ask yourself these questions:

- ✓ What event or situation from my childhood has the most "charge" to it right now?
- ✓ What negative incident happened in high school that creates a lot of intense emotion for me?
- ✓ Who in my family: scared me, didn't give me enough attention, told me I didn't measure up?

✓ When I say or think of these words and situations do I feel a charge to them?

- High School
- Work
- College
- Wife/Husband
- Abuse
- Worthy
- Divorce
- Father
- Mother
- Kids
- Son
- Daughter
- Anger
- Rage
- Sadness
- Loneliness
- Resentment
- Grief
- Guilt
- Shame

Fill In the Blanks:

- ✓ The person who betrayed me growing up was _____?
- ✓ The person who betrayed me in high school was _____?
- ✓ The family member who never gave me love or attention was _____?
- ✓ The time I experienced the most humiliation was _____?
- ✓ The person who told me I'd never amount to anything was _____?
- ✓ The person who never believed in me was _____?
- ✓ If I could do it all over again I would never have _____?

If it's a little scary to feel the emotions that come up, then that is a perfect place to start. Start with the fear or resistance to that emotion. Become aware of the fear or the resistance and start by releasing that.

Once you have a target to focus on rate your emotional or physical pain. This will help you see the progress you are making and if more work needs to be done.

Before you start the EFT process rate your upset or pain on a scale from 1 to 10. Example: my anger is a 9, my anxiety is a 6, my headache is an 8, my anger is a 10, etc.

No need to spend time trying to figure out if your fear is a 4 or a 5 (no, maybe it really is a 4). It's not that important. You're just trying to get a gauge on how big an issue it is for you. There are no wrong answers. This is one of those times when you use your heart and not your head. Use your gut reaction to put a number on it and get started.

EFT expert Carol Look uses a variety of questions to gage the intensity of an emotion. When measuring how you feel towards an issue ask yourself: On a scale from 1 – 10...

- ✓ How true does this belief feel to me?
- ✓ How intense is this emotional discomfort?
- ✓ How true does this statement feel to me?
- ✓ How badly do I feel depressed/angry/anxious?
- ✓ How much do I want this to change?

At the end of a full EFT sequence rate your emotional upset again so you can see if you've made enough progress to tap on a new issue or if the original problem still needs work.

The Set Up Phrase

There are two parts to the Set Up Phrase:

- ✓ The negative issue you want to clear.
- ✓ The positive acceptance phrase.

1. The Negative Issue: Take the problem you want to focus on and verbalize that issue in a short Set Up Phrase. This focuses your attention on the issue bothering you so that you may orient your energy system to seek out and remove the disruption in the circuitry. Just like in The Releasing Method, you need to focus on a target.

One way to bring it into your awareness and into clearer focus is to rate the intensity of the feeling on a scale from 1-10. By rating it on a scale you really have to look at it and acknowledge what is there; this pain is an 8, this anger is a 10. If it's a 3 or 4, see if there is something a little more pressing, 3's and 4's don't seem to hold our attention for very long.

Bring the emotion or issue up as best you can. Maybe you're tired of your job and want to quit but are afraid to leave. Dig a little deeper and you might find that you're scared of the bills piling up, or you are afraid of failing. You need to be honest; otherwise you are just resisting and blocking, drawing a happy face on your monitor.

If you feel stuck on how to describe your feelings see Appendix A for a list of negative words which can help you better define how you feel.

The answers and emotions that come up from these exercises will help you find the targets you will need to tap on.

If it's a little scary to feel the emotions that come up, then that is a perfect place to start. Start with the fear or resistance of that emotion. Become aware of the fear or the resistance and use that to release on.

2. Positive Acceptance Phrase: You follow that with a statement of self-acceptance, which introduces to your unconscious mind the possibility of cognitive change. This positive statement counteracts the conditioned reaction your body has to the stress of the negative event you're working on. Examples:

- ✓ Even though I have this lower back pain, I deeply and completely accept myself.
- ✓ Even though I feel really angry at my mother for trying to control me, I deeply and completely accept myself.
- ✓ Even though I am feeling depressed and I'm not sure why, I deeply and completely accept myself.

There are any number of variations of the acceptance phrase. You can say:

- ✓ I completely love and accept myself.
- ✓ I'll feel better soon.
- ✓ I'll be o.k.

- ✓ I'm a wonderful person.
- ✓ Everyday in every way, I'm getting better and better.
- ✓ Or something similar. Say what feels good to you.

All this statement is doing is acknowledging the problem and creating self-acceptance, even though you have this issue going on. It makes no difference whether you believe the acceptance phrase or not. It will work on your subconscious mind and energy system either way. If you want to give it some juice put some feeling behind it. Saying it out loud works best, but if you're in public and feel uncomfortable being seen talking to yourself, then you can say it silently.

The Karate Chop Acupoint:

As you are saying the Set Up Phrase solidly tap your index and middle fingers, or all four fingers, on the opposite hands "karate chop" point. This is the center of side of your hand, below your pinky finger. This is the place where a martial arts expert would karate chop a brick.



As you tap the Karate Chop point you repeat the Set Up Phrase 3 times.

- ✓ Even though I feel really angry at my mother for trying to control me, I deeply and completely accept myself.
- ✓ Even though I feel really angry at my mother for trying to control me, I deeply and completely accept myself.
- ✓ Even though I feel really angry at my mother for trying to control me, I deeply and completely accept myself.

The Main Sequence

This next sequence will focus on the remaining EFT meridian or channel end points. This is where the disruption in your body's energy system is ironed out and balanced.

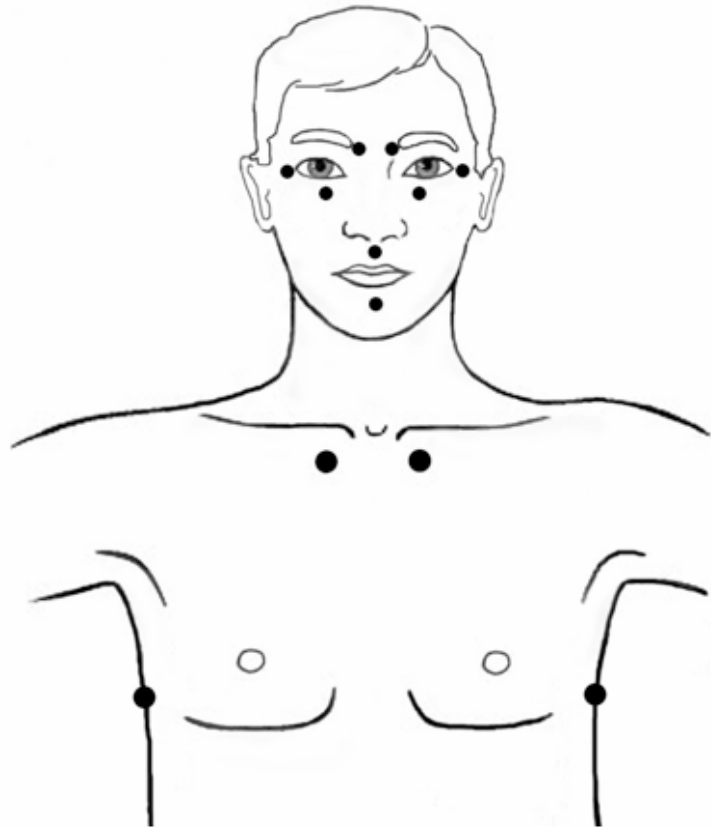
First, though, some pointers (pun very much intended):

- ✓ Tap with the hand that feels most comfortable. For long tapping sessions I will switch hands when the need arises.
- ✓ Use the tips of whichever finger or fingers feel most comfortable. The index or middle fingers are the ones I use. You can use both middle and index at the same time to cover a larger tapping area.
- ✓ Tap with a moderate amount of pressure, enough to feel the tap, in order to activate the acupoint.
- ✓ Don't tap so hard that it hurts. Especially be aware of this when you're tapping on anger or rage.
- ✓ Tap around 7 – 10 times per acupoint. You don't need to count. If you only do 5 taps or end up doing 12 don't worry. Nothing bad will happen. 7 – 10 is just a guideline.
- ✓ Some of the acupoints are both on the right or left side of the body. It doesn't matter which side you use. You can even switch sides in mid-sequence.
- ✓ The reason Traditional Chinese Medicine uses needles in acupuncture is because many of the meridian energy end points are buried deeply under the skin. The end points EFT uses are near the surface of the skin and are accessible through tapping.

The EFT Acupoints

Here are the tapping points used in The Set Up Sequence.

- ✓ Eyebrow: At the beginning of the right and left eyebrow, near the center of your face.
- ✓ Side of the Eye: On the bone that borders the right and left eye socket, on the opposite side from your nose. Do not tap on your eye, only on the bone.
- ✓ Under the Eye: At the bottom of the bone that borders the right and left eye sockets. Again do not tap on the eye, only the bone.
- ✓ Under the Nose: In the middle of that small area between your nose and upper lip.
- ✓ Chin Crease Point: In the middle of the area between your bottom lip and the bottom of your chin. Right where the crease line is.
- ✓ Collarbone: Find that U-shaped notch just below your Adam's apple, right where the knot in a man's tie would sit. Move one inch down from the bottom of that U-shaped notch and then 1 to 2 inches to the left or right. You can also use the full hand to pat on this area to make sure you're activating the right spot.
- ✓ Underarm: On the side of the body about 4 inches from the top of where the arm pit and shoulder meet, across from a man's nipple and just about the middle of a woman's bra strap.



Targeting Phrase:

While tapping through the Main Sequence you'll be reciting the Targeting Phrase. You are targeting the problem you brought up in the Set Up Phrase but without the words of self-acceptance this time.

The Targeting Phrase is a short phrase, or even just a word, that you say out loud as you tap through the acupoints of the Main Sequence. You repeat the phrase or a variation of the phrase to “remind” your system of the problem you are working on.

It's best to choose a Targeting Phrase that matches the Set Up Phrase.

- ✓ If your Set Up Phrase was: *Even though I am feeling really depressed because Mary turned me down for a date, I deeply and completely accept myself.*
- ✓ Your Targeting Phrase would be: *Mary turned me down for a date, or, I feel depressed because Mary doesn't like me, or, I'll never find love, or, I'll be alone forever, or, whatever your conscious mind brings up.*

As you go through the tapping sequence you can change the phrase as new ways to define how you feel come to you. *I want Mary to like me; I feel sad because I really wanted to go out with her; I'm depressed because nobody likes me.*

You can use EFT with whatever is going on with you at the moment: emotional overwhelm, physical ailment, headache, anger towards a co-worker, back pain, grief, sadness, anything.

At the end of two or three rounds of tapping through the Main Sequence (this should only take a minute or two) measure how you're doing by rating your feelings from 1 – 10 again. If you started off at an 8, did it go down at all? If you're still feeling upset, or only partial relief, then continue tapping. If your discomfort is gone then you're done.

If you're still dealing with the same issue start the round over again with a new Set Up Phrase: *Even though I still feel some of this anger...*

The words *still* and *some* tell the subconscious mind that you are working on the remainder of the problem. You can do the same with the Targeting Phrase: *This remaining anger; This remaining guilt over the lost money in my business.*

The Basic EFT Sequence

1. Choose a target that is causing you emotional upset
2. Rate the intensity of the emotion on a scale from 1 – 10
3. Repeat the Set Up Phrase 3 times while Tapping On The Karate Chop Acupoint

Even though I am feeling really depressed because Bill turned me down for a date,

I deeply and completely accept myself.

Even though I am feeling really depressed because Bill turned me down for a date,

I deeply and completely accept myself.

Even though I am feeling really depressed because Bill turned me down for a date,

I deeply and completely accept myself.

4. Go Through the Main Sequence 2 or 3 times,
Repeat your Targeting Phrase while tapping each acupoint 7 – 10 times

Acupoints:

Eyebrow

Side of Eye

Under the Eye

Under The Nose

Chin Crease Point

Collarbone

Underarm

Targeting Phrase:

Bill turned me down for a date

I feel depressed because Bill doesn't like me

I'll never find love

I want Bill to like me

I feel sad because I really wanted to go out with him

I'm depressed because nobody likes me.

5. Now rate the intensity of the emotion on a scale from 1 – 10. If issue still has some charge left to it, repeat steps 3 and 4. If that issue is a zero or a 2 or 3, look to see if there is another emotion popping into view and then start the sequence from the beginning.

Working Through The Layers

As you tap through a particular issue you might be just scratching the surface of a multi-layer problem. Tapping might be able to dissolve all the negative, unhealthy emotions related to the issue or you might have to go through the various pieces one by one.

As I showed you in the last chapter about The Releasing Method, when you start tapping on a particular issue you might find that you release one emotion and then another takes its place. It's like the plate dispenser at the buffet restaurant, you grab one plate and another one pops up. You might feel some fear because of a big meeting with the boss that isn't going to be pleasant. You tap on that and then find that you are angry with your co-workers who didn't do their job right so now you have to go and fix it. You tap on that and then feel frustration with the economy because everything would be all right if the economy was working. If you can release those un-resourceful emotions you can now be in a place where your brain can look for solutions and answers in a more resourceful place.

Maybe you're angry with the driver who caused your car accident 5 years ago. You tap on that and find that you feel some guilt because you should have had your blinker on. You release that feeling and then you get frustrated at the back pain that just won't go away. You let that go and find anger at yourself because if you had just paid better attention you would have seen him run the red light and none of this would have happened. Layer after layer.

There might be deep memories of the crashing sound, screeching brakes, anger at other driver, or at yourself. For this one event you might have to tap on anger, sadness, grief, and fear. These changing emotions are the layers that are coming up that you need to work on. They represent the possibility for a more complete healing.

If intense emotions are still coming up it doesn't mean EFT didn't work. It just means there is still work to do. Even though they may be aspects of the same issue you should look at them as separate problems and deal with them individually. You might not feel total relief until all the issues are dealt with. You might have joint pain, a headache, and an upset stomach, which may all be related to the same issue but you still will not feel healthy until each symptom is resolved. The task of uncovering multiple

layers of painful emotions might seem overwhelming. Keep your eyes on the goal – feeling healthy and happy. This is your work. You must dig to get to the gold.

Sometimes the core issue is obvious, your anger over the car accident. Other times it's hidden in the shadows of your subconscious. Maybe from a long forgotten humiliation back in high school, or a traumatic event when you were 7. Say you're tapping over your disappointment about your weight problem but through tapping you discover a repressed memory of traumatic physical abuse when you were younger and you realize that you're using the weight gain as a kind of self-protection. Like the example mentioned earlier when the woman discovered that she had dared her sister to drive illegally, there might be hidden issues that will come to the surface as you tap through your unhealthy emotions.

The Healing Is In The Details

“Vague statements generate vague outcomes.”²⁵ Get specific about the event or issue you are dealing with. You want your feelings of guilt, anger, or anxiety to go away but they might not be the actual problem that is clogging up your energy system. The emotions are a symptom of a traumatic memory or unresolved issue. It's the memories and issues that you must tap on to heal.

Gary Craig uses the metaphor of a table with four legs. The larger issue that is bothering you in your conscious mind, say guilt, anger, or feeling like a failure, is the tabletop. But the table top (your unhealthy feelings) are being supported by the legs, which are the specific memories, issues, and events that are causing your unhealthy feelings. The legs of your emotional table are the situations and programming that creates your unhealthy, negative thoughts and feelings. Sure you can clean off the tabletop but you'll still have sturdy table legs supporting it. You might even cover your table with a beautiful tablecloth hiding the legs, but they are still there.

The more specific you can be as to why you are feeling the way you are (the table legs) the better. Look at the difference:

- ✓ *Vague:* Even though I feel angry, I still completely accept myself.
- ✓ *Detailed:* Even though I'm mad at myself for yelling at my kids, I still completely accept myself.

- ✓ *Vague:* Even though I have low self-esteem, I still completely accept myself.
- ✓ *Detailed:* Even though my father abandoned me when I was 10 and I feel it was all my fault, I still completely accept myself.

The vague statement will clean off the tabletop but you'll still have some legs in the form of resentment and regret about yelling at your kids. Being too universal is a huge error in doing EFT. You will feel better by cleaning off the tabletop but the real issue is still causing problems. Cleaning off the bathroom counter and removing the backed-up water from the sink doesn't unclog the drain. Even if you don't feel angry anymore your issue could still be present, and if it is, it will return in the form of a more intense emotion, or manifest as a physical ailment.

Also, the nice thing about going after the table legs is that sometimes by going after one leg the entire table collapses. I'm not saying this happens in every situation, but the force of the release of one clog could compel the other clogs associated with that table to release.

Make A Movie

One way of successfully addressing memories and issues is through storytelling. You relive the event you are working on in detail by narrating it through a story or by visualizing it as a movie in your mind as you tap through the Main Sequence. As you move through the various parts of the story you'll encounter uncomfortable emotions. Use the EFT process on the emotions that come up until the intensity fades. Then continue tapping with your story or movie.

This is a great way to find details that are hidden deep in the subconscious. Revisit the story or movie a few days later and see if any new details show up. Then tap on the feelings and beliefs that come up.

I'd like to reiterate that EFT does not get rid of any memory or make a traumatic event disappear from your life. What it does do is reduce and eliminate any unhealthy, negative emotions associated with those memories and past events that are blocking your system. EFT takes off the emotional charge and transforms them into non-painful memories. The pain disappears and you get your health back.

What you have just learned is the “short-cut” version of EFT. This shortened version works so well, and achieves such excellent results, that Gray Craig’s original longer version is not used as much anymore. However, I would like to include the last section of the longer version of EFT, as it can be very helpful in releasing emotions that have a tight grip and won’t decrease in intensity. Not only will it help move things along when emotions are really stuck, but I found that I feel even better after a session in which I include this next technique than if I just use the short version. Try using just the short version until it becomes automatic then add in this new process if you feel you need some extra power.

The 9 Gamut Procedure

The term “gamut,” meaning “an entire range or series,” was adopted from the field of music, where it means a set of notes. Hence, as the name implies, this process includes a series of 9 techniques used to engage certain parts of your brain and stimulate your left and right hemispheres to work together.

If you’ve ever watched someone search for a memory you’ll notice that their eyes move around as if they are actually searching for the memory itself. This is because there are nerves that connect your eyes to various parts of your brain. Stimulate the brain, like when searching for a memory, and you engage the eyes, and likewise, move the eyes and you can engage various parts of the brain. Research has shown that such eye movements improve recall memory.²⁶ This is the theory behind Eye Movement Desensitization and Reprocessing therapy, or EMDR, which has been very successful in healing people suffering from Post Traumatic Stress Disorder (PTSD).

That particular eye movements can indicate specific brain activity is one of the most well known discoveries of Neuro Linguistic Programming (NLP), the therapeutic and personal change modality made famous by self-help guru Tony Robbins. According

to NLP, “automatic, unconscious eye movements, or ‘eye accessing cues,’ often accompany particular thought processes, and indicate the access and use of particular representational systems.”²⁷ Meaning, somewhat controversially, that if you watch someone’s eyes you can tell what activity their brain is engaged in, like if they’re lying to you, talking to themselves, or searching for a memory.

The 9 Gamut Procedure involves tapping on the back of the hand while stimulating the brain with eye movements, humming (right brain), and counting (left brain). The acupoint is found on the back of the hand between little finger and the ring finger, 1/2 inch down.



You do not need to use your reminder phrase. As you tap on this point, look straight ahead, and do the following:

1. Close your eyes
2. Open your eyes
3. Look to the bottom right while holding the head steady (stimulates kinesthetic sensations and memory)
4. Look to the bottom left while holding the head steady (stimulates internal dialogue)
5. Roll the eyes in a circle clockwise (stimulates visual and auditory memory and imagination)

6. Roll the eyes counter-clockwise (same as above)
7. Hum a familiar song (Happy Birthday, Twinkle Twinkle Little Star) for 2 bars (this engages the right brain)
8. Count to 5 (this engages the left brain)
9. Hum the song again for 2 bars again (this engages the right brain)

Once you've finished this procedure (should only take about 10-15 seconds) run through the Main Sequence again, using your reminder phrase and starting at the eyebrow point.

Again, you don't always have to use the 9 Gamut process but if you're not getting relief from using the shortened version of EFT, trying using this technique.

Troubleshooting

1. Not Being Specific Enough:

If emotions aren't moving see if you can be more detailed in your Set Up Phrase:

- ✓ *Vague:* Even though I feel depressed, I still completely accept myself.
- ✓ *Detailed:* Even though I'm disappointed in the way my career has turned out, I still completely accept myself.

If you're tapping on the fact that you're not happy ask yourself why you're not happy. Maybe the answer is, "because I hate my job." Then ask why you hate your job. And maybe the answer comes back, "because my boss is a jerk." Then ask why is he a jerk. "Because of the way he looks at me, I think I'm going to be fired." Now that's something you can tap about.

2. Need A Helping Hand:

Sometimes you can't see the forest for the trees. You may get stuck due to so many emotions and issues coming up. It's hard to be the patient and doctor at the same time. Work with a trained EFT practitioner, as they will be able to cut through any of the distractions your subconscious mind might be bringing up.

3. Don't I Have To Understand The Problem?

Talk therapy tries to get a patient to come an “understanding” about the triggering event that has caused your extreme emotional upset. And there is definite logic to that theory. Figure out why it happened and the “message” behind the pain and then you can let it go. EFT and The Releasing Method do away with the middleman of “understanding the problem” and just unclogs the energy blocks.

Once released you'll no longer be a victim and need a story to justify your feelings. As Gary Craig says, “Of the hundreds and hundreds of people my colleague Adrienne Fowlie and I have helped with EFT, not one of them has ever asked to better understand their problem. Why would they? There was no need.” When it's gone, it's just gone.

4. Nothing Happened:

Not every problem disappears right away; you might have to use EFT for a while to clear all of the blocks. If you've been sitting with an emotional trauma for 10, 20, or 30 years, realize that all the criss-crossed neuron connections, blocked energy pathways, and multiple layers create an incredible complexity in your brain.

Tapping for two or three minutes might not do the trick. You might have emotional patterns and behavioral habits that may take a week or two of tapping 30 minutes a day to untangle. And still, two weeks to undo 20 years is still pretty damn good.

There also might be a delayed response as the body takes a few hours or days to reconcile itself after the tapping. You might walk away disappointed that it didn't work and then notice the next day you're not bothered by the “small” annoyances that you usually upset you and you don't feel depressed anymore.

Take a realistic look at how much time you are putting into this releasing work. Just having the plunger in your plumbing toolbox doesn't unclog the sink. You have to get it out and use it. Put in the time and effort to release your blocks. 5 minutes is nice, 20 is good, and can you imagine what 45 minutes every day for a month would do?

Tapping Tip: Set a timer for 15 minutes and promise yourself you won't stop the tapping sequence until the 15 minutes are up.

5. Drink More Water:

Some EFT therapists believe that dehydration can block movement within your body's energy system. Some scientific facts –

- ✓ Your brain is made of 76% water
- ✓ Your lungs are made of 90% water
- ✓ Your blood is made of 82% water
- ✓ Your heart is made of 79% water
- ✓ Your muscles are made of 75% water
- ✓ Your skin is made of 72% water
- ✓ Your bones are made of 25% water
- ✓ Water conducts electricity
- ✓ Your brain sends messages via electrical pulses to your organs, muscles, and nervous system

How much water should you be drinking every day? Half your body weight in ounces. If you weigh 160 pounds you need to be drinking 80 ounces of water everyday. To give your mind a visual, 1 liter equals 33.8 ounces. A 160-pound person therefore needs to be drinking about 2.5 liters of water every day, or about 6.5 twelve-ounce bottles of water. If you are physically active or live in hot climate you may need to drink even more water.

6. Your Set Point:

The fancy psychological term for the shadowy reason why you would want to hold onto an unhealthy belief or thought process is your “secondary gain”, I call it your Set Point. It is the reason why you will subconsciously sabotage yourself right before you reach a much desired goal or success. You might want to take your business to half a million dollars in sales but because of a hidden belief programmed when you were little that says “money is the root of all evil” you “forget” to get the big contract proposal in by the deadline date.

In chapter three I described your Set Point this way: The events you've experienced with great emotion in your life have created strong connections in your brain. Due to the criss-cross connections of your brain programming you've created automatic Set Points for all the areas of your life: relationships, weight, business success, even happiness. It's like a thermostat. If the thermostat in your house is set for 72 degrees and then the temperature of your house goes above or below 72 degrees your thermostat kicks in and either cools it off or heats it up, right back to 72. You have a happiness Set Point. It's your standard comfort level and if something happens to bring you down, eventually you'll rise back up to that happiness level and if something happens to bring you up past your happiness level then you'll eventually come off your mountain top high, back down to your happiness Set Point.

So if you're running into a Set Point and you're having trouble releasing an emotion or issue instead of tapping grab a pen and paper and write the answers to these questions:

- ✓ What would be the downside of setting this free?
- ✓ Why do I need to hold onto this issue or feeling?
- ✓ What am I concerned would happen if I didn't believe that anymore?
- ✓ I am afraid to let it go because...?
- ✓ What is the upside of holding onto it?
- ✓ How has holding onto these emotions made my life better?
- ✓ Why won't I be safe becoming more successful/healthy/wealthy/loving?
- ✓ Why would I be safe staying where I am?
- ✓ How will family/friends react if I change who I am?
- ✓ What happened the last time I changed?
- ✓ What will happen if I become successful/healthy/wealthy/loving?
- ✓ What is the downside of getting what I want?
- ✓ If I could do it all again which events in my life would I want to change?
- ✓ If I could do it all again who do I wish had never appeared in my life?

- ✓ Who taught me that I wasn't worthy of love and attention?
- ✓ What did they say?
- ✓ When was the first time I heard that I didn't measure up?
- ✓ When was I the happiest in my life? What was going on?
- ✓ When was I the most miserable in my life? What was going on?

When you write down your answers, let your stream of consciousness flow and be honest with yourself. There are no wrong answers, just start writing and see what comes up. When you get to some truths about why you don't want to let go of that issue or emotion, tap or do the releasing process.

You Can Raise Your Happiness

Just as you can train and strengthen your muscles, you can train and change your Set Point. You can raise your happiness thermostat. You can strengthen your subconscious mind so that it will match the vision you have for your life.

You strengthen your mind muscles by using EFT, The Releasing Method, and the CBT exercises. You strengthen your mind muscles by using the techniques I'm going to show you in this program. You can change the neural connections in your brain and change your life but it will take patience and persistence.

Right now you are in the midst of moving away from your comfort zone. Your mind does not want to move to a new, unknown spot. If you find that you are sabotaging yourself, be kind. As I said in the last chapter on The Releasing Method, don't beat yourself up because you're holding onto unhealthy beliefs. You are dealing with a tricky mousetrap. If you find yourself wanting to hold onto an unhealthy emotion tap on the guilt, shame, anger, or other feeling that comes up due to wanting to hold on.

WARNING: EFT is a technique to be used on negative, unhealthy emotional issues and physical ailments. It is not to be used for serious psychological problems such as schizophrenia, multiple personality disorder, paranoia, and other severe mental illnesses. While EFT has been used with these types of cases and has helped it should only be done so with the guidance of a professional mental health therapist trained in EFT. Mentally ill patients working through emotionally charged memories might become agitated and harmful to themselves and others.

AFTERWORD: As we are moving towards a new understanding of how our body and mind works with our energy system and emotions, some very caring and giving people are taking this knowledge to a group of people devastated by events out of their control. I want to end this chapter by telling you about a film made of these true “care givers” and the amazing people they brought back from the brink.

OPERATION: Emotional Freedom

The Groundbreaking Documentary Film - A hard-hitting look at the current state of health care for combat veterans in America diagnosed with Post Traumatic Stress Disorder (PTSD). The film sets about examining the myths and misconceptions surrounding the medical/chemical approach to treating PTSD and why drugs are not “the answer” that pharmaceutical companies promise.

OPERATION: Emotional Freedom follows a group of volunteer vets and their families on a journey through a newer vision of health and healing for PTSD and war-related trauma, which will return these soldiers to balance, peace, and productivity.

Working with a group of volunteer PTSD-diagnosed veterans from the Vietnam War to the present Iraq and Afghanistan conflicts, this historic film documents an innovative therapy for treating the physical and emotional traumas found in record numbers of combat veterans and their families.

Part one of the film details their therapy. Part two is an extensive follow-up with the veterans. Would the healing they experienced hold? How would life become different for them and their families? What this project has proven is yet another positive, irrefutable example of how EFT can help where other interventions have failed to make a significant difference.

www.operation-emotionalfreedom.com

REFERENCES

1. Layton, J. How does the body make electricity -- and how does it use it? *Discovery Fit and Health* [WWW page]. *Discovery Fit & Health*. URL <http://health.howstuffworks.com/human-body/cells-tissues/human-body-make-electricity.htm>
2. Kross, B. How many atoms are in the human body [WWW page]? *Jefferson Lab*. URL http://education.jlab.org/qa/mathatom_04.html
3. Freitas Jr., R. (1999). *Nanomedicine, Volume I: Basic Capabilities* [WWW page]. *Nanomedicine Book Site* URL <http://www.nanomedicine.com/NMI/4.7.1.htm>
4. Sohn, E. (2003). Electricity's Spark of Life [WWW page]. *Science News For Kids*. URL <http://www.sciencenewsforkids.org/2003/09/electricitys-spark-of-life-2/>
5. Schlebusch, K., et al. (2005). Biophotonics in the Infrared Spectral Range Reveal Acupuncture Meridian Structure of Body. *The Journal of Alternative and Complementary Medicine*, Vol. 11, No. 1, 171-173.
6. Outrage over Acupuncture Evidence Attacks NIH [WWW page]. *HealthCare Medicine Institute*. URL <http://www.healthcmi.com/index.php/acupuncturist-news-online/291-outrageacupunctureproofnih>
7. Wang SM, Kain ZN, White P. (2008). Acupuncture analgesia: I. The scientific basis. *Anesth Analg*, 106:602-10.
8. Han, J. (2003). Acupuncture: neuropeptide release produced by electrical stimulation of different frequencies. *Trends Neurosci*, 26:17-22
- Pomeranz B. (1996). Scientific research into acupuncture for the relief of pain. *J Altern Complement Med*, 2:53-60.
9. Li, A., Lao, L., Wang, Y. et al. (2008). Electroacupuncture activates corticotrophin-releasing hormone-containing neurons in the paraventricular nucleus of the hypothalamus to alleviate edema in a rat model of inflammation. *BMC Complement Altern Med*, 8:20.
10. Dhond, R., Kettner, N., Napadow, V. (2007). Neuroimaging acupuncture effects in the human brain. *J Altern Complement Med*, 13:603-16.

11. Harris, R. (2009). Traditional Chinese acupuncture and placebo (sham) acupuncture are differentiated by their effects on mu-opioid receptors (MORs). *Neuroimage*, 47:1077-85.
 12. Langevin, H. (2002). Evidence of connective tissue involvement in acupuncture. *FASEB J*, 16:872-4.
 13. Goldman N, Chen M, Fujita T, et al. (2010). Adenosine A1 receptors mediate local anti-nociceptive effects of acupuncture. *Nat Neurosci*, 13(7):883-8.
 14. Sandberg M, Lundeberg T, Lindberg LG, Gerdle B. (2003). Effects of acupuncture on skin and muscle blood flow in healthy subjects. *Eur J Appl Physiol*, 90:114-9.
 15. Berman, B. et al. (2010). Acupuncture for Chronic Low Back Pain. *N Engl J Med*, 363:454-461
- Brinkhaus B, Witt CM, Jena S, et al. (2006). Acupuncture in patients with chronic low back pain: a randomized controlled trial. *Arch Intern Med*, 166:450-7
- Haake, M. et al. (2007). German Acupuncture Trials (GERAC) for chronic low back pain: randomized, multicenter, blinded, parallel-group trial with 3 groups. *Arch Intern Med*, 167:1892-8. [Erratum, *Arch Intern Med* 2007;167:2072.]
- Cherkin DC, Sherman KJ, Avins AL, et al. (2009). A randomized trial comparing acupuncture, simulated acupuncture, and usual care for chronic low back pain. *Arch Intern Med*, 169:858-66
- Thomas KJ, MacPherson H, Thorpe L, et al. (2006). Randomised controlled trial of a short course of traditional acupuncture compared with usual care for persistent non-specific low back pain. *BMJ*, 333:623
- Witt CM, Jena S, Selim D, et al. (2006). Pragmatic randomized trial evaluating the clinical and economic effectiveness of acupuncture for chronic low back pain. *Am J Epidemiol*, 164:487-96.
16. Phillips, M. (2011, April 23). Can Needles Soothe Wounded Warriors?: Military doctors in Afghanistan are using acupuncture to treat brain injuries, with promising results [WWW page]. *The Wall Street Journal*. URL <http://online.wsj.com/article/SB10001424052748703561604576150110202228764.html>

17. Cohn, V. (2011). Acupuncture Administered by U.S. Military Physicians Growing for a Variety of Medical Conditions. Medical Acupuncture press release [WWW page]. *Mary Ann Liebert, Inc.* URL http://www.liebertpub.com/prdetails.aspx?pr_id=900
18. Phillips, M. (2011, April 23). Can Needles Soothe Wounded Warriors?: Military doctors in Afghanistan are using acupuncture to treat brain injuries, with promising results [WWW page]. *The Wall Street Journal*. URL <http://online.wsj.com/article/SB10001424052748703561604576150110202228764.html>
19. Craig, G. (2010). *The EFT Manual*. Energy Psychology Press, p. 72.
20. Feinstein D., Dawson C. (2010). Modulating Gene Expression through Psychotherapy: The Contribution of Non-Invasive Somatic Interventions. *Review of General Psychology, an American Psychological Association journal*. Issue 14, p. 283 – 295
- Feinstein, D. (2010). Rapid treatment of PTSD: Why psychological exposure with acupoint tapping. *Psychotherapy: Theory, Research, Practice, Training*, 47(3), 385–402
- Rowe, J. (2005). The effects of EFT on long-term psychological symptoms. *Counseling and Clinical Psychology Journal*, 2(3):104
- Baker, A. H., et al. (2009). Theoretical and Methodological Problems in Research on Emotional Freedom Techniques (EFT) and Other Meridian Based Therapies. *Psychology Journal*, 6(2), 34-46
- Benor, D., et al. (2009). Pilot Study of EFT, WHEE and CBT for Treatment of Test Anxiety in University Students. *Explore: The Journal of Science and Healing*, 5(6), 338-340
- Waite, L. W., Holder, M. D. (2003). Assessment of the Emotional Freedom Technique: An Alternative Treatment for Fear. *The Scientific Review of Mental Health Practice*, 2(1). 20-26
- Wells, S. (2003). Evaluation of a Meridian-Based Intervention, Emotional Freedom Techniques (EFT), for Reducing Specific Phobias of Small Animals. *Journal of Clinical Psychology*, 59(9), 943-966
- Salas, M., et al. (2011). The Immediate Effect of a Brief Energy Psychology Intervention (EFT) on Specific Phobias: A Randomized Controlled Trial. *Explore: The Journal of Science and Healing*, 7(3), p. 255-160

Karatzias, T., et al. (2011). A Controlled Comparison of the Effectiveness and Efficiency of Two Psychological Therapies for Post-traumatic Stress Disorder: Eye Movement Desensitization and Reprocessing vs. Emotional Freedom Techniques. *The Journal of Nervous and Mental Disease*, 199(6), p 372-378

Church, D., et al. (2009). Psychological Symptom Change in Veterans After Six Sessions of Emotional Freedom Techniques (EFT); An Observational Study. *International Journal of Healing and Caring*, 9(1)

Church, D. (2010). The Treatment of Combat Trauma in Veterans Using EFT: A Pilot Protocol. *Traumatology*, 15(1), 45-55.

22. Craig, G. (2010). *The EFT Manual*. Energy Psychology Press. p. 44-45.

23. Choi, C. (2010). Study: Bomb's Shock Waves May Electrify the Brain [WWW page]. *Live Science*. URL <http://www.livescience.com/9860-study-bomb-shock-waves-electrify-brain.html>

24. Craig, G. (2010). *The EFT Manual*. Energy Psychology Press. p. 71.

25. Ibid. p. 100.

26. Wenner, M. (2008). Moving Your Eyes Improves Memory, Study Suggests [WWW page]. *Live Science*. URL <http://www.livescience.com/1473-moving-eyes-improves-memory-study-suggests.html>

27. Dilts, R. Eye Movements and NLP [WWW page]. *NLPL University*. URL <http://www.nlpu.com/Articles/artic14.htm>