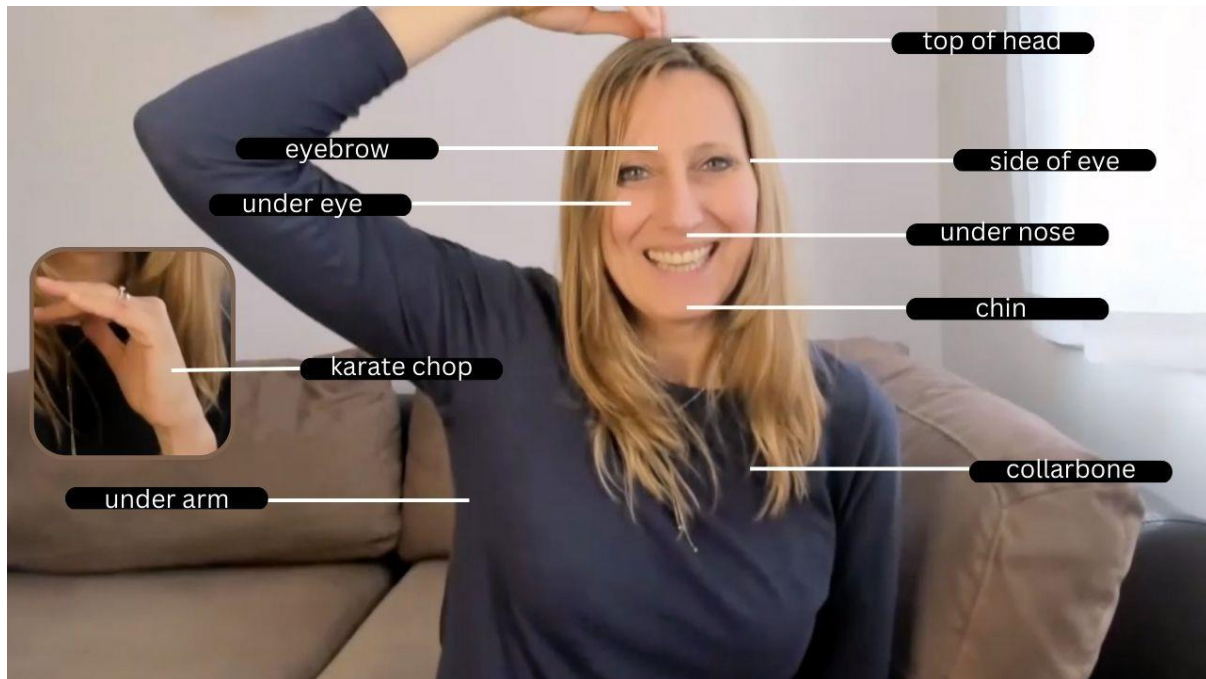


EMOTIONAL FREEDOM TECHNIQUE



EFT is a practical technique that can help breaking negative patterns, removing blockages physical pain, traumas. In addition to helping reduce stress, tapping may also help to reprogram our subconscious.

EFT

The basic technique requires you to focus on the negative emotion: a fear or anxiety, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-10 times on some parts of the body linked to the meridian points.

Tapping on these meridian points with the fingertips can send signals to the amygdala in the brain reducing the stress response linked to the negative emotion, thus helping restore balance to the system.

METHOD

First of all rate your discomfort, stress, pain... on a scale of 0-10. Just trust your intuitive response. Now start the tapping using 2 fingers: index and middle. You can tap on either side of the body, with either hand or tap both sides. For the collar bone point, find the place where your collarbones almost meet at the top of your chest.

1. The Setup: While continuously tapping the Karate Chop point, repeat this affirmation three times: "Even though I have this ____ (stress, fear, pain, an issue with my partner etc.), I deeply and completely love and accept myself."

2. The Sequence: Tap between 5 and 10 times on each of the following energy points while repeating the Reminder Phrase at each point: • Eyebrow: "This stress (or whatever the issue may be)" • Side of eye: "This stress." • Under eye: "This stress." • Under nose: "This stress." • Chin: "This stress." • Collarbone: "This stress." • Under arm: "This stress." • Crown: "This stress."

3. Take a deep cleansing breath. Breath in deeply and exhale with a sigh "Ah"

Now, check-in with your body, and see if there's any remaining discomfort. Rate again on a scale of 0-10 to see if there is a decrease in the intensity.

Repeat this process until significant relief is gained, preferably bringing the discomfort down to a zero. The more you go specific, go to the details, and use your own words to describe how you feel the stronger the effect.

In the following rounds, the Setup affirmation changes to address the remaining problem:

"Even though I still have this _____ (issue)."

do a few rounds

check how you feel and see if you feel a bit calmer and relaxed

take deep cleansing breaths, inhale and exhale with a sigh "Ah"

drink some water to ground