

LOVE POSITIVE AFFIRMATIONS?

Then give EFT a go! Repeating life-enhancing sayings while tapping specific points on your body has powerful effects on your well-being

THE ORIGINS OF EFT

Emma Roberts explains how a woman's water phobia led to the founding of this amazing therapy...

"EFT was developed from TFT (Thought Field Therapy), which was the brainchild of psychologist Roger Callahan. In 1980, Roger was working with a patient called Mary, who had a severe water phobia. She had frequent headaches and terrifying nightmares related to her fear of water.

"Roger had been working with her for a year and a half, when out of curiosity he began to study the body's energy system and experimented with tapping under her eyes (the end point of the stomach meridian). To his astonishment, she immediately announced that her phobia was gone and rushed down to the swimming pool where she began splashing water on her face.

"It seemed that when Mary was experiencing her fear, the energy flowing through her stomach meridian was disrupted. Tapping under her eye appeared to send pulses through this meridian point and helped to unblock the disruption. Roger continued to evolve TFT to create a series of different programs for specific issues. He also provided training programmes and one of his pupils was EFT founder Gary Craig.

"Gary carefully examined and experimented with TFT, before deciding to simplify the process to a universal tapping method that covered all meridians. This was the beginning of EFT. Gary continued to evolve his theory and found that he was consistently getting good results, without developing individual patterns for each of his clients – the rest is history!"

Give it a go...

Sue and Emma talk us through an EFT exercise you can try today, as featured in *Step-by-Step Tapping*.

1 Take a couple of deep breaths. Then, breathe in as much as you possibly can before rating your breath on a scale of 0–10, where 0 is no breath at all and 10 is the fullest breath that you can imagine.



Getting to know you...

Sue Beer and Emma Roberts are founders of The EFT Centre and are both masters and trainers of the therapy. They are also co-authors of *Step-by-Step Tapping* (£14.99, Gaia Books). Visit theeftcentre.com



WHAT TO EXPECT FROM YOUR FIRST TREATMENT

"We use a positive affirmation at the beginning of a round of tapping, which we call the Set-Up Statement. The affirmation uses language that states clearly the specific issue we are addressing. For example: 'Even though I feel (sad/anxious), I deeply and completely love and accept myself.'

"Something powerful happens in our subconscious mind with the juxtaposition of the negative ('I have this sadness') and the positive ('I love and accept myself') statements. The combination of acknowledging the specific problem and then welcoming the possibility of self-acceptance allows our systems to relax and respond.

"The next step in the process is called the EFT Sequence, which is where we take the positive affirmation and tap around a specific pattern of points, repeating the words aloud at each one. Some people feel uncomfortable repeating their negative thoughts, but it is an important part of the process – you need to say what the problem is, in order to bring up the emotional or physiological response that can be cleared with tapping. By applying the combination of these two techniques, we can systematically help to clear the issues that are affecting us."

2 Repeat the following affirmation three times while tapping the outside of your palm, otherwise known as the Karate Chop point: 'Even though I have this [feeling], I deeply and completely love and accept myself.' Repeat another three times while tapping the same area: 'Even though something is blocking my fullest breath, I deeply and completely love and accept myself.'

3 While saying the phrase aloud, lightly tap five to seven times on the eyebrow, the side of the eye, under the eye, under the nose, the chin, the collarbone, under the arm and finally on the top of the head.

4 Take a deep breath again and rate it on a scale from 0 to 10. The chances are that your breathing will be deeper and more expansive. 