

Cora Rennie's Version of EFT

1. The Setup... while rubbing the tender spot (or tapping the KC point) continuously, repeat your initial affirmation 3 times:

“Even though I feel (or I have this...) Somehow, I forgive and accept myself completely.”

2. The Sequence... with the fingertips of one hand, tap 7 times on each of the following points, while repeating a Reminder Phrase (ie, “this feeling/pain/problem”) at each point. NOTE: you can tap the points on either side of the body, and just think of tapping them in order from the top-down

EB, SE, UE, UN, CH, CB, UA, 9G, KC

3. First Reversal... the point under the nose is called a Reversal point. If, for whatever reason, there is a part of you that does not want to get over this problem, tapping the Reversal point while you make the following statement allows you to get past those reasons and deal with the problem.

- a.) While tapping under the nose (UN), state:
“I want to be over this (feeling/pain/problem.)”
- b.) Then tap through the Sequence again, using reminder phrases at each point.

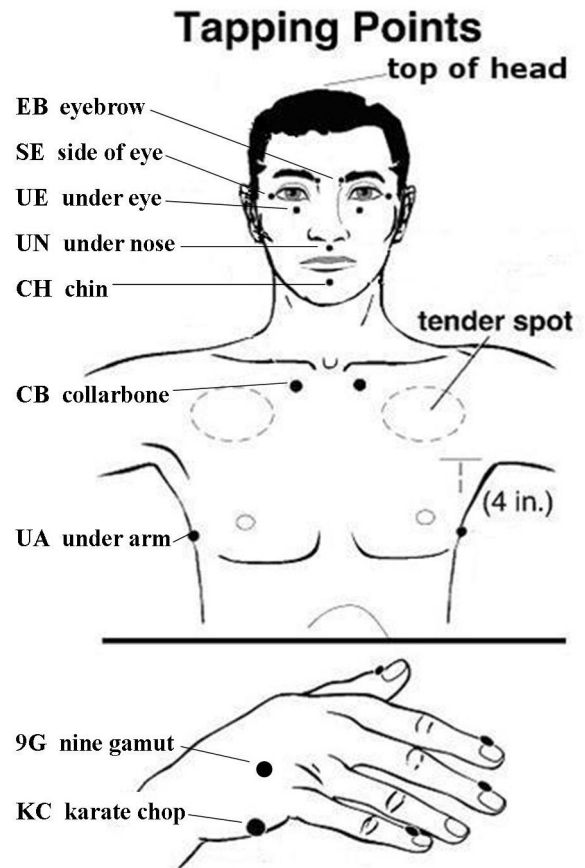
4. Second Reversal... Even though all the parts of you are okay with getting over this issue to some degree, there may still be resistance to releasing it completely.

- a.) While tapping UN, state: **“I want to be COMPLETELY, 100% over this (feeling/pain.)”**
- b.) Then tap through the Sequence again, using reminder phrases at each point.

5. Third Reversal... Now that we have dealt with the willingness to release this issue completely, we must deal with the idea or belief that it is actually possible, and that you really CAN be over it.

- a.) While tapping UN, state: **“I WILL be completely, 100% over this (feeling/pain.)”**
- b.) Then tap through the Sequence once more, using reminder phrases at each point.

6. Re-Check... See how you feel now. Notice what else came up for you, what feelings or thoughts did you have while tapping? What are you reminded of, if anything? What word or phrase pops into your mind now? If you seem to draw a blank, check in with your body to see if there is any physical discomfort or pain. Or re-play the original scenario/incident over in your mind again, to see what else bothers you. The more thorough you can be, the greater the results you will begin to notice....



Emotional Freedom Techniques (EFT)

What is EFT?

EFT is simply a process by which you "tune into" a specific emotional or physical issue, and tap with your fingers on a pre-determined sequence of points located on your face, chest and hands. These points correspond to the end-points of the acupuncture meridians within your body.

The idea is that 'disturbing' feelings (physical or mental/emotional) actually 'disturb' the flow of subtle energies through your meridians, by causing some form of restriction or blockage. The physical act of tapping is a means of sending kinetic energy through the affected meridians. This releases the restrictions, allowing for unimpeded flow of energy systems, which can result in changes in physical, emotional and behavioural patterns.

The "Reminder Phrases" are the words that we say as we tap on each point. Basically, they serve to keep us "tuned in" to the issue that we are trying to deal with. (Think of it this way—the "disturbance" has to be there as we tap in order for the tapping to release it.)

One way to use Reminder Phrases is to simply repeat the "name" that we give it on our mind, such as "this anger."

When I am doing EFT, I like to use different phrases with each point. Think of it as "brainstorming" as you are tapping. It's an effective way of tuning in to several aspects of one issue, and very often with this free-flowing kind of speaking while tapping, some core components will come up that you never noticed were there to begin with.

Following the example of tapping for "this anger" - while I was tapping, I would talk out all the things that were going through my mind either during or immediately after the incident, such as:

"I am so angry,"
"I can't believe he said that to me,"
"I want to scream!"
"It was like a punch in the gut,"
"I feel like punching back,"
"I can never forgive him,"
"I did not deserve to be treated like that,"
"I walked out of the room,"
"I was so angry I couldn't say anything,"
"He doesn't even know I'm angry,"
"I hate him for what he said,"
"He makes me so angry,"
"He hurt me so badly,"
"And he doesn't even know it,"
"How could he have said that to me,"
"He knows how much that hurts,"
"I thought he cared about me..."

To learn more, please visit: www.corarennie.com/healing-you.html