



The StressFish Guide To...

Easy

EFT
Emotional Freedom Technique

Dr S. Hartmann

DragonRising Publishing Presents



*The StressFish Guide To
Easy EFT*

Written by
Dr S. Hartmann

1st Edition 2010

The StressFish Guide to Easy EFT

© 2010 Silvia Hartmann

ISBN 978-1-873483-70-1

First Edition

Published by



DragonRising Publishing
The Starfields Network Ltd.
45 Gildredge Road
Eastbourne
East Sussex
BN21 4RY
United Kingdom
www.DragonRising.com

All Rights Reserved In All Media, Including Future Media.

Other EFT Titles:

Adventures In EFT

Tapping for Kids

The Art & Science Of Emotional Freedom

The Advanced Patterns Of EFT

Events Psychology



*The StressFish Guide To
Easy EFT*

Contents

“The Mission Statement”	2
“Introducing EFT Emotional Freedom Techniques”	3
CHAPTER 1. Easy EFT	
“EFT: A Quick Overview”	5
“How Does EFT Work?”	5
“The Opening Statement”	6
“Does EFT Cure Everything?”	7
“How To Do Easy EFT—In 7 Easy Steps”	8
“Where are the Easy EFT Treatment Points?”	9
“The Top Ten Tapping Tips”	9
“Meridian Massage!”	10
“Talking AND Tapping”	10
CHAPTER 2. Seven Great EFT Warm Up Exercises!	13
CHAPTER 3. Let’s Get Going With Easy EFT	16
CHAPTER 4. 101 Opening Statemts For You!	18
1. When You Don’t Know What’s Wrong	18
2. Asking Questions.	18
3. Truths You Don’t Like	19
4. Things You Want Out Of Life	19
5. Solving Dilemmas	19
6. Magical Affirmations.	20
7. Finally Putting Memories To Rest	20
8. People Who Upset You	20
9. People You Have Upset	21
10. Ending Failure, Crimes & Disasters	21
11. Things You Want To Do	22
12. Things You Don’t Want To Do	22
13. Decisions	22
14. Things You Want To Change.	23
15. Words You Always Wanted To Hear	23
16. Things That Turn You On	24
17. Things That Go Bump In The Night.	24
18. Things You Are Afraid Of	24
19. Things You Don’t Believe In	25
20. Things You Hate	25
21. Little Daily Annoyances	25

22. Things You Are Good At26
23. Goals And Plans26
24. Things You Can't Do Anything About.26
25. Things You Remember27
26. Emotions You Can Feel.27
27. Tapping For Health.27
28. Things From The Past28
29. Things From The Future28
30. Things That Could Never Be28
31. Things You Don't Even Know You Need!29
32. Taking Charge Of Substances29
33. Letting Go Of Things That Hurt You30
34. Letting "Good Things" Go.30
35. Tapping For Other People30
36. Tapping For Kids31
37. Tapping For The Child Within.31
38. Tapping For Love32
Finding Your Own Opening Statements.32

CHAPTER 5. 7 Top Tapping Tips For Self Helpers

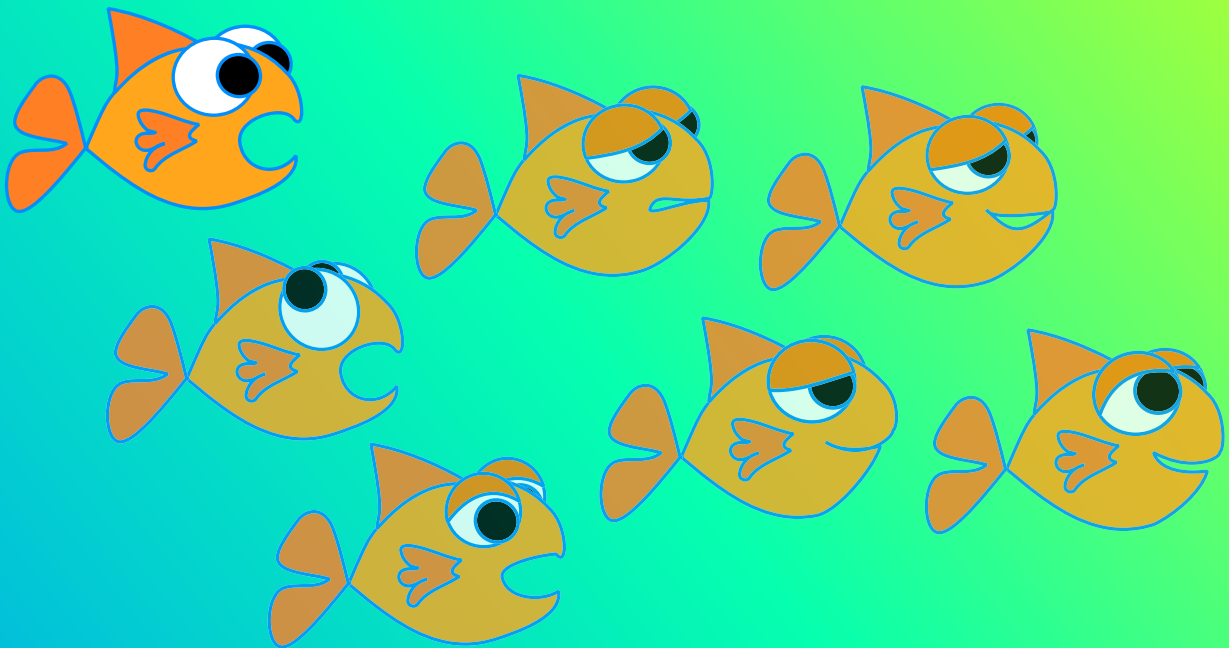
1. Don't think about it, just DO it!36
2. Don't Give Up Too Easily!36
3. Don't Stop Too Soon!.37
4. Don't Be Afraid Of Your Emotions!37
5. Keep A Journal38
6. Take EFT Into Your Real Life38
7. Don't Try To Build Rome In A Day.38

In Conclusion 4`

Further Information About EFT

Adventures In EFT.43
Tapping for Kids43
Events Psychology: How to Understand Yourself and Other People44
The Art & Science of EFT44
The Advanced Patterns Of EFT45
EFT Practitioner Referrals—The MET Practitioners45

Mission Statement



The Mission Statement



*Stress is
a terrible
thing!*

There is too much stress in the world!

The word “stress” is being bandied about everywhere and we hear it so much we have gotten used to it and accept it as something that’s to be expected in this day and age. Stress can even be a good thing under certain circumstances—right?

WRONG!

Stress is a TERRIBLE thing!

Stress...

- destroys enjoyment of life,
- erodes health,
- causes people to make truly stupid decisions and act in crazy and unpredictable ways.

Stress leads to emotional disturbances that can

- ruin the lives of whole families,
- and whole businesses;
- stress causes illness,
- get in the way of sex, intimacy and love,
- keep people in poverty, misery and desolation,
- create anger, rage, depression and madness,
- and is nothing short of a true SCOURGE of human existence.

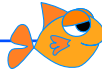
We at StressFish.com are convinced that people can’t ever be all they were meant to be whilst they are being driven crazy by stress—so we’ve decided to do something about it.

**We want to actively help to
REDUCE STRESS in the world!**

Every person who learns how to de-stress in their lives is going to be less stressed.

That means practically that they will be nicer—friendlier, more compassionate, more patient, **more loving**—to their colleagues, to their clients, their employees, their family, their friends, and even total strangers in the street.

Every person who learns how to take control of their stress and understand what that is and how it affects us, steps into a position of making better decisions, inventing less crazy systems, making less mistakes and doing better work all around.



**Stressed people can't
see the bigger picture.**

Stress causes tunnel vision and extreme emotions, which then drive destructive and down-right stupid ideas and decisions on all levels—whether this is the decision to start using crack, or whether it is the decision that a few dollars on the bottom line of an already super rich company are more important than the well being of Planet Earth, or the humans who have to live and work here.

**We believe in people, and in the fact that
people CAN make good decisions, have good lives,
and are in essence, GOOD PEOPLE—as long as
they're not stressed out of their minds!**

Introducing EFT Emotional Freedom Techniques

EFT Emotional Freedom Techniques, designed by Gary Craig from the US, has proven itself to be one of the most reliable and easy to use anti-stress techniques available today.

With EFT you can reduce stress in relationships, stress about money, emotional stress, work stress, people stress, stress from old memories and much more besides.

The more you use EFT, the better you get at relieving your own stress and setting yourself free to think clearly, feel positively, and act correctly to make the best out of your life.

EFT is very easy to learn and once you know it, you can use EFT to de-stress yourself at any time.

This is why we are very happy to introduce this first official StressFish Guide To Easy EFT. You'll find many examples how to use EFT so that you can lead a truly stress free life.

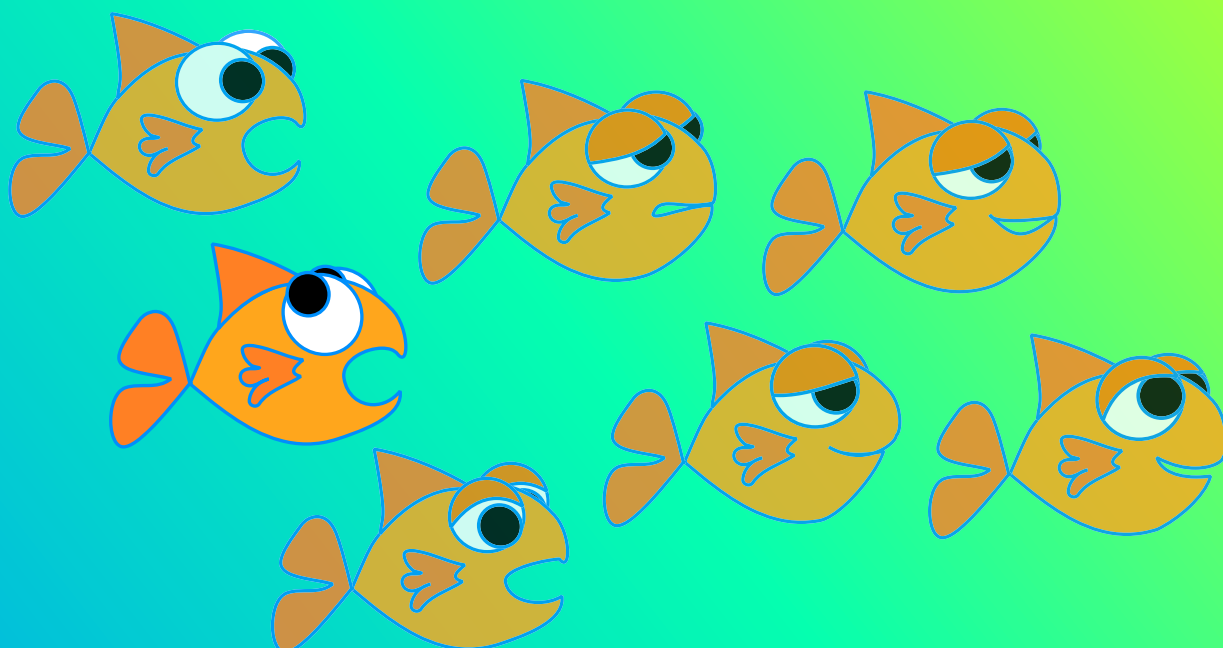
With our best wishes,

The Team

<http://www.StressFish.com>

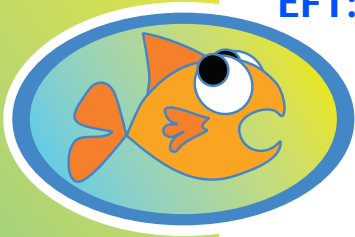
Chapter

1



Easy EFT

EFT: A Quick Overview



EFT is completely safe for everyone to use, including small children.

EFT was invented in the 1980s by Gary Craig from the US.

EFT uses the same system as acupuncture and essentially “puts extra energy into your meridians” so they start working better again and more energy flows through them.

This increased energy flow makes you feel more energised, releases stress and emotional pain and changes the way you feel, the way you think and the way you act for the better.

The more you do EFT, the better you get at it and the faster it works—just like learning to type, or ride a bike.

As “emotional stress” is the most common factor behind all manner of illnesses, problems and pains, EFT can be used successfully to reduce symptoms and bring relief to any problem that has an emotional component.

EFT is completely safe for everyone to use, including small children.

How Does EFT Work?

Every person has an energy body which we can't see, but we can feel it through emotions—physical feelings in the body that do not have a physical cause.

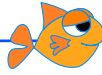
In this way, the energy body is DIRECTLY LINKED to the physical body and it is by emotions that it tries to draw our conscious attention to how the energy body is doing.

If the energy body is well, we feel happy emotions—joy, gladness—we feel energized, ready for action, “on top of the world”.

If the energy body is unwell, we feel unhappy emotions—depression, sadness, stress—and emotional pains such as fear, anger, pangs of jealousy, shame, guilt, and so forth.

The energy body has a system of “rivers” that, like the arteries in the physical body, transport energy in, through, and out the energy body.

When these major arteries get blocked up, we feel physical pain in the physical body but this kind of feeling is described as an emotion—“I feel



like I've been stabbed in the back," "My heart is breaking," "I feel burdened down," "It was like someone punched me in the stomach," "I'm so depressed," and so forth.

There are certain special points on the physical body which are directly connected to the meridians, the energy arteries of the energy body.

When we put energy into these points, which we do in Easy EFT mostly by tapping, sending pulses of energy and intention into these points, we can unblock the meridians and improve their overall energy flow.

When that happens, our feelings begin to change dramatically—the pain goes away and with it the bad thoughts, ideas, words, and actions, and instead we feel better all over.

When we feel better, we also think better—more clearly, more logical, more wide ranging—and as a result, we also "behave better". Our actions show that we are doing the right things at the right time, in the right way, just as a healthy, well functioning person would.

**In short: By tapping on the special Easy EFT meridian power points,
we put more energy into the system and clear out
blockages and disturbances, get the energy to flow more freely,
and that's why we then feel better,
think better, and act better as a result.**

The Opening Statement

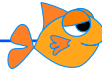
Everyone has lots of disturbances and blocks in their energy system, simply because the lives we lead are not exactly natural any longer. In order to treat a particular problem (rather than any other problem that might also exist) we focus our whole mind, body, thought, and intention on the problem, using an "opening statement". This directs the treatment to the right place in the energy body.

It's like the doctor asks, "What's the matter? Where does it hurt?" so she can immediately go directly to the problem and start to treat it.

So when using Easy EFT in self help, we ask ourselves first, "What's the matter? What's the problem?" to get our "opening statement" for the treatment round.

EFT is so good because you can treat ANY opening statement with it, no matter what "the problem" might be—being unhappy with your life, too stressed at work, haunted by the past, afraid of the future, exasperated with your family or feeling let down by your friends, being worried about money, feeling frustrated about the lack of success or forward momentum in your life—all and everything can be treated with EFT.

In this book you're going to find lots and lots of examples of real opening statements that people have used to make a change, get some progress, new ideas and new energy into their lives using the simple Easy EFT protocol.



We will also discuss how you make your own opening statements. For now, simply remember that the opening statement directs the attention and energy towards that particular problem, in order to put the energy system to rights on this particular topic.

Does EFT Cure Everything?

I prefer to say that EFT is a GREAT way to bring energy back into places where there was only misery before, and to help people lead a better life.

Let's face it—there is ALWAYS room for improvement!

Whether you are “just” improving your attitude, losing negative emotions, or gaining new ideas, and better feelings, start to feel more confident, more in charge—when you are using EFT, you will get improvement on the topic of your choice.

Sometimes, you will simply just feel better and not so stressed about the problem any longer. Sometimes, EFT can produce a dramatic improvement in the way you think, feel and act.

Sometimes, there are quite amazing “side effects”—such as healing faster, physical symptoms disappearing, the immune system starting to function better and a person simply becoming healthier all around.

It is ALWAYS valuable to at least “try EFT on EVERYTHING”.

It is really amazing how so many things that we think of as strictly physical, or “just something that happened and there's nothing we can do about it” actually do start to improve once you use EFT on it.

For example, there was a man who broke his leg, which is so strictly physical. He was doing EFT on his feelings about the accident where this happened and his leg started to mend when before there were all sorts of complications which had stopped it from healing properly.

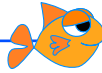
EFT cannot heal a broken leg—but there are so many things that can influence how fast a broken leg can heal, and it is on those levels that EFT acts and has proven itself to be extremely helpful.

For all things of the mind, however, and of the emotions—what you think and how you feel—EFT is THE PERFECT self-help treatment. These things are responsible for so much of our unhappiness and misery, and EFT is highly effective in taking out all sorts of negativity from our systems.

To sum up: EFT works on the energy body primarily, and on thoughts, feelings and emotions. We treat those and we start feeling better, and the body will be grateful too and respond with improvements in health and the ability to heal, as well.

Remember: TRY EFT ON EVERYTHING!

You'll be amazed at what it can really do for you.

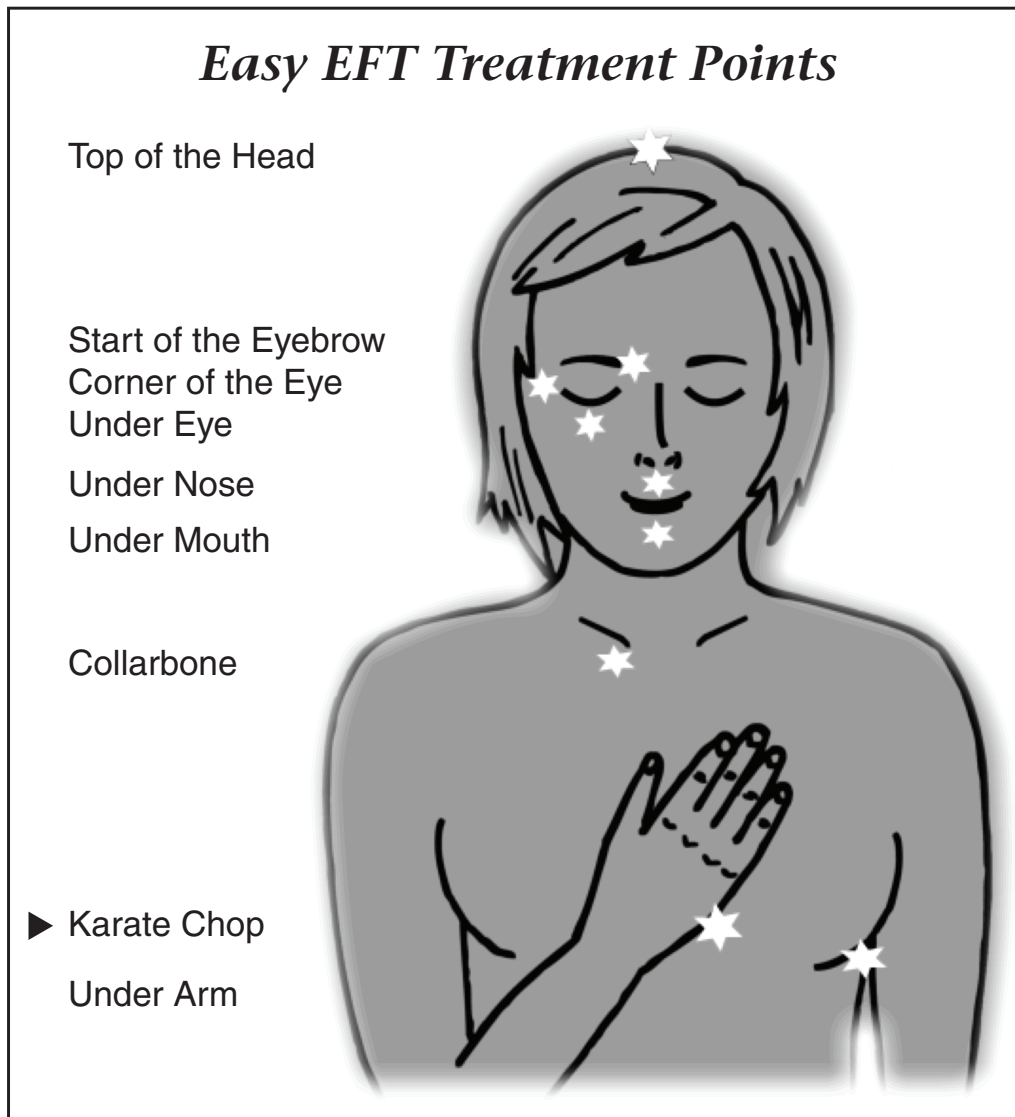


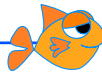
How To Do Easy EFT—In 7 Easy Steps

Easy EFT is really wonderfully simple to do.

1. Concentrate on what you want.
2. Make the opening statement on the Karate Chop point.
3. Tap the top of the head.
4. Tap the face points.
5. Tap the chest points.
1. Return to the Karate Chop point. Tap with one or two fingers on the thumb side of the other hand or tap the Karate Chop point on the thumb side of the one hand with the outside fleshy part of the other hand.
2. Take a deep breath, in and out.

And that's all there is to it!





Where are the Easy EFT Treatment Points?

Remember: We start and finish on the Karate Chop Point and then tap down the body, starting with the top of the head.

Head Points

1. Top Of The Head
2. Start of Eyebrow
3. Corner of Eye
4. Under Eye
5. Under Nose
6. Under Mouth

Chest Points:

7. Collarbone
8. Under Arm

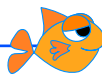
Hand Point:

9. Karate Chop

**Now, quickly touch all the points
all the way through 3 times for practice,
starting and ending at the Karate Chop Point!**

The Top Ten Tapping Tips

- You don't have to hit the points exactly—as long as you are in the right area, it'll work.
- You can tap with either hand on either side of face and body. All the points are on both sides of the body (apart from the central ones of Under Nose and Under Mouth).
- Tap firmly enough so you can feel it, but not so hard that it becomes unpleasant.
- Tap quite fast, like you would tap a thermometer to make sure the liquid inside isn't stuck; that's the same kind of movement that will free up energy blockages in your meridian channels.
- Limp, half hearted tapping won't bring you the best results so put some energy and will into your tapping to really get that energy flowing—that will make you feel much better!
- Don't tense up—keep the area where you are tapping relaxed. Try to keep your body relaxed as you tap all over as well. Muscle tension can block the flow of energy.
- Move around to help the energy flow—you can tap while you're standing, walking, and a bit of moving your neck, arms, feet, fingers and toes to help the energy flow can make all the difference to your Easy EFT session.
- **REMEMBER TO BREATHE DEEPLY!** Breathing really helps with energy flow. Take the time to breathe in and out deeply between each point, and remember the three deep breaths, in and out, at the end.



- Typical EFT treatment responses include yawning, tearing of the eyes, rumbling in the stomach, and tingling electric sensations as the body starts to relax and energy starts to flow freely again. If you feel anything like that, you're doing really well—keep going!

And this is VERY IMPORTANT...

- Don't stop too soon! A lot of people are so amazed that something is getting better, they think that's it and leave it there. If you think you're finished, do at least one more round to REALLY get that energy flowing so that you don't just feel "a bit of relief" but you start to feel *really good* instead.

Meridian Massage!

There are three main ways in which to use these "meridian switches" to change your mood.

Tapping

You can tap on the points lightly like you tap on a drum to make it ring—7 times quite quickly. Tapping is good for:

- When you're angry, upset, stressed out, freaked out, or anytime you need to slow down.

Massaging

You can rub the points and massage them in a circle. Massaging is good for:

- When you're tired, depressed, unhappy or sad, or anytime you need to speed up.

Holding

You can just hold the points and take a deep breath, in and out. Holding is good for:

- When you are thinking, solving problems, making decisions, trying to understand something, or anytime you need to have a clear calm mind.

Try it out!

- Think of something that makes you ANGRY and TAP the points.
- Think of something that makes you SAD and MASSAGE the points.
- Think of something that is a PROBLEM and TOUCH the points.

As you get better at it, you can MIX AND MATCH or use your INTUITION as to what feels best.

If in doubt—just simply tap!

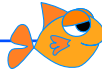
Talking AND Tapping

The trick with EFT is to CONCENTRATE on what you are doing,

This is achieved by making a "statement" of the problem, basically just saying whatever the problem is, AT THE SAME TIME as you tap the points.

**This directs the healing EXACTLY
where you want it to go.**

When you are alone, it helps to speak the statement out aloud once on every point.

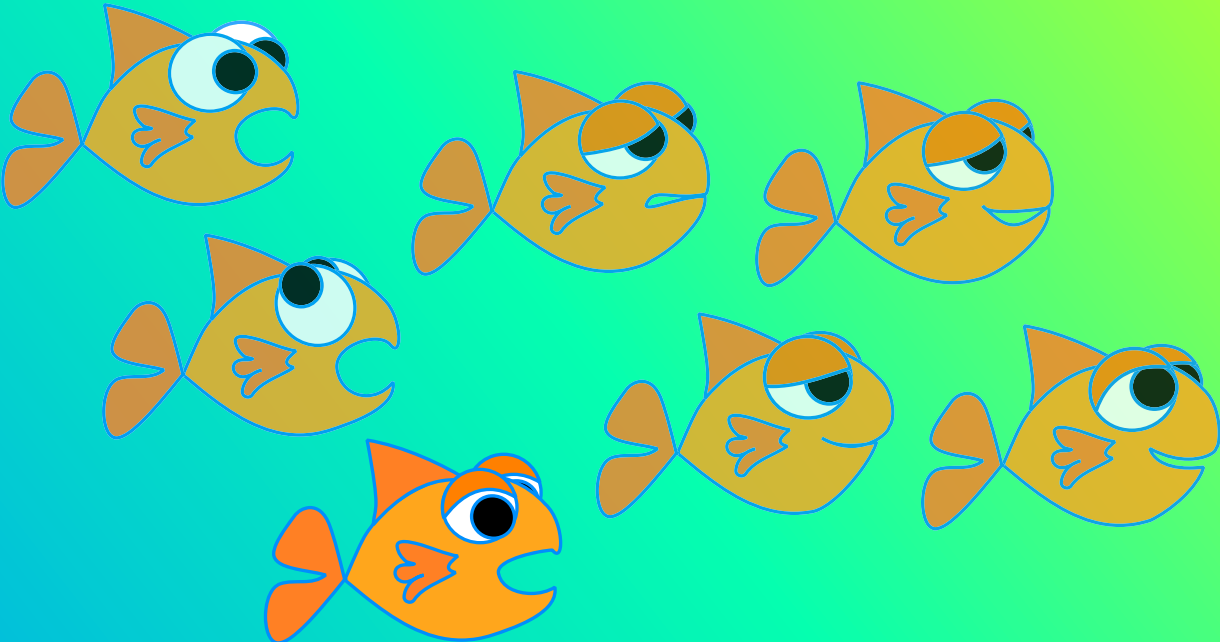


When you are in public, you can just THINK the statement instead.

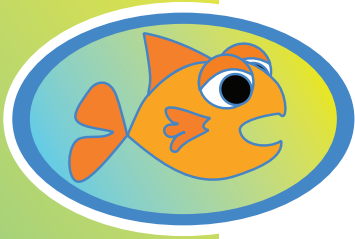
You can also look at a picture or at anything that serves as a REMINDER of the statement, or listen to a sad song or look a newspaper article that makes you angry. The more direct and honest you are, the better it works.

So, for example, say, “I feel like shit today,” if that is the truth. It is a much better statement for treatment than saying, “I’m not as wondrously happy as I ought to be.”

Chapter
2



Seven Great EFT Warm Up Exercises!



The brilliant thing about EFT is that you get to put your own exact problems up for eviction when you have learned how to do it properly.

The brilliant thing about EFT is that you get to put your own exact problems up for eviction when you have learned how to do it properly.

So here are seven special Easy EFT warm up exercises for you to do which are always good for people, because the set up statements are global and simple.

This way, you get to learn how to do Easy EFT and when you've done the seven warm up exercises, you are ready to go on to your own personal problems, situations, challenges, and desires.

Breathe deeply, stay relaxed and...ENJOY! Are you ready? Here's the first one:

1. I want to feel clear, calm and centered.

Remember to start with the Karate Chop point, tap from the top of the head down, and finish on the Karate Chop point. Take a deep breath in and out, and take a moment to notice how different you feel.

Now, do the others for practice just the same way, one round of Easy EFT for each statement.

2. I am ready to release the burdens from the past.
3. I want to be the best I can be.
4. I want to overcome my limitations.
5. I am ready to accept good things from the Universe.
6. I am ready to love and be loved.
7. This is my life, and I want to live it!

Easy EFT Treatment Points

Top of the Head

Start of the Eyebrow

Corner of the Eye

Under Eye

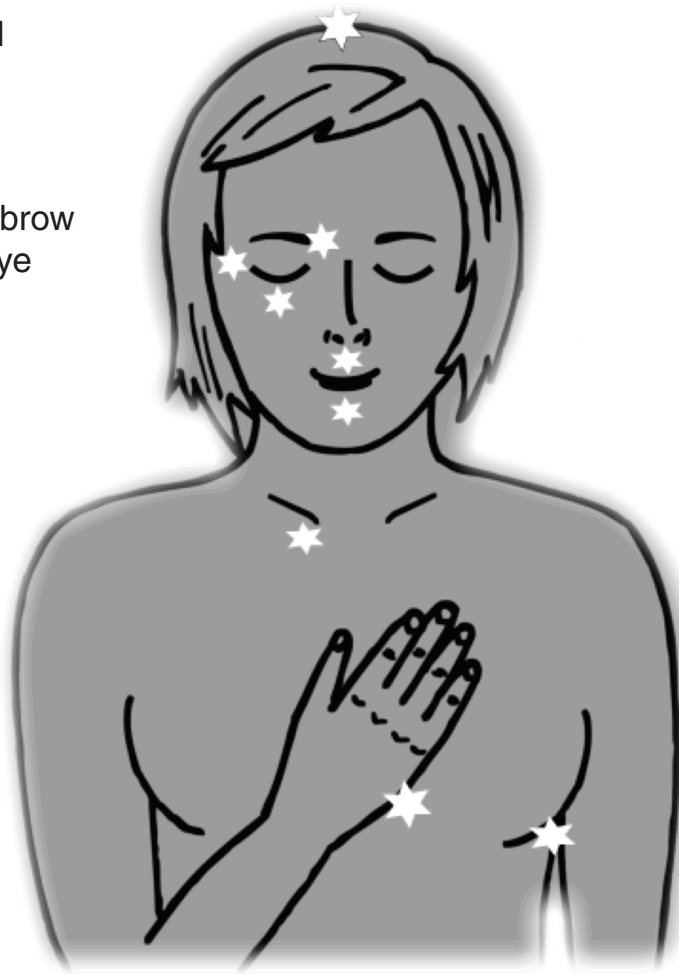
Under Nose

Under Mouth

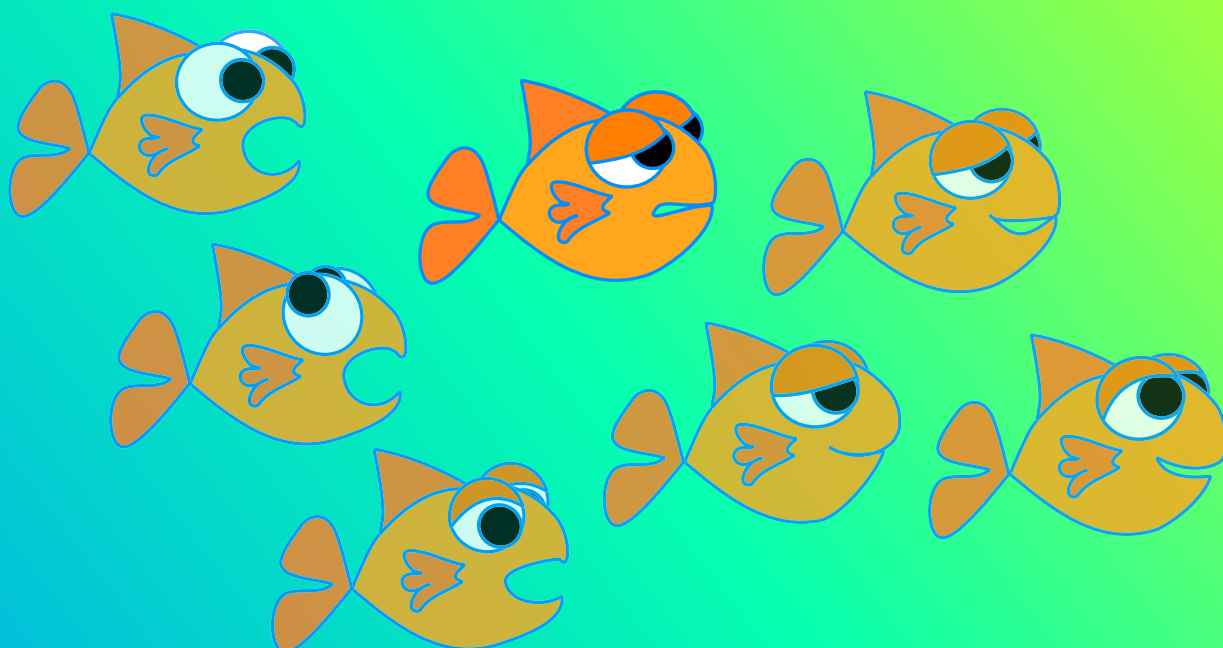
Collarbone

► Karate Chop

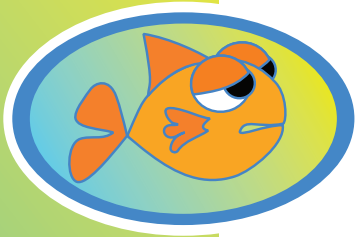
Under Arm



Chapter 3



Let's Get Going With Easy EFT...



*Practice—
that's how
you get to
be really
good with
EFT and
how you
learn just
what works
for you.*

Now you've got the basics of Easy EFT. What's left to do is to PRACTICE—that's how you get to be really good with EFT and how you LEARN just what works for you.

In this book, we will deal with one particular kind of topic on every session, which is an “exercise in EFT” and always a good opportunity for you to de-stress, relax and spend a few moments doing something for YOUR SELF.

Of course, some of the exercises will be more meaningful to you personally than others; should you come across something important or something you would like to explore further, I recommend you contact a certified AMT practitioner to resolve the issue.

I highly recommend that you try each one of the following sections—just have a tap. It can't hurt and you never know what might shake loose!

People are complicated and often their reasons for something are not what they seem to be. By “tapping your way through this course”, you'll learn a lot about yourself, and how your thoughts, emotions and behaviours are related to your energy system.

This will help you deal better with the NOW—you will lose many fears along the way, have lots of new thoughts, insights and also real life feedback that “something has changed” for the better.

Most of all, you'll remove LOTS AND LOTS of unnecessary stress from your mind, body, and your spirit (energy system)!

Easy EFT is a GREAT self-help technique. Let's do some tapping and just find out how it can help, and what it can help us with.

Here's to your future.

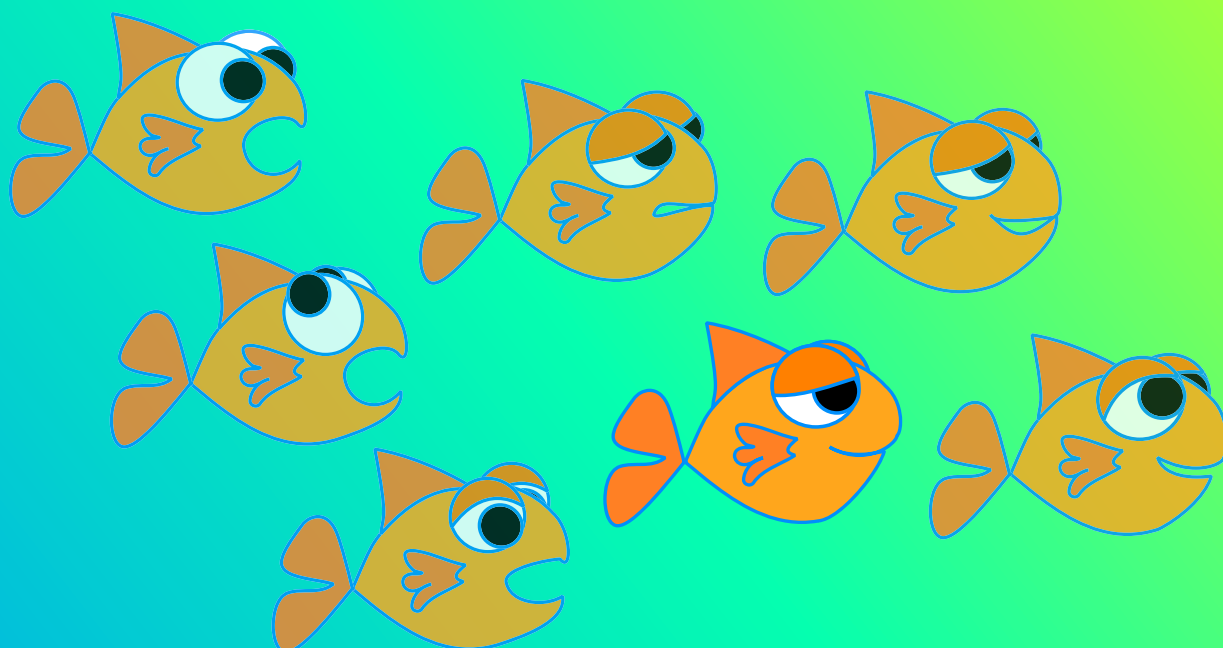
Dr Silvia Hartmann

Author, Adventures In EFT

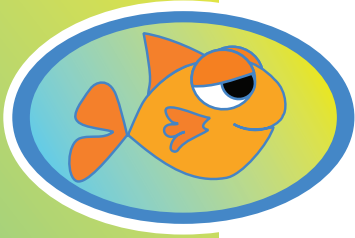
Author, The Advanced Patterns of EFT

Author, Easy EFT

Chapter 4



101 Opening Statements For You!



You can use the simple Easy EFT protocol to make changes, heal old injuries and get yourself unstuck.

In this section, I am going to show you lots of different ways in which you can use the simple Easy EFT protocol to make changes, heal old injuries and get yourself unstuck.

The examples of statements used will give you many ideas on what you can do for yourself to get what YOU want out of life.

Keep this book handy, perhaps on your bedside table, and do some EFT EVERY DAY. The more you do it, **the better you'll get at Easy EFT** and the **GREATER** the benefits.

Happy Tapping!

1. When You Don't Know What's Wrong...

...but you're not feeling good anyway, simply concentrate on the feeling or sense you are having and go through the points with tapping, massaging, and touching.

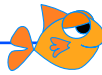
Sometimes, you will get an idea what the problem is and then you can focus more directly on the problem for the next round.

So first of all, pick something that isn't working for you as you want it to—a relationship, something in your business, something about your health or state of mind, or something you worry about. There's nothing to “say” right now, just concentrate on the FEELING of wrongness or discomfort, and tap all the way through the Easy EFT sequence, keeping your intention on THAT FEELING all the while.

2. Asking Questions

- “Why am I so tired?”
- “What's wrong with me?”
- “Why can't I get promoted?”
- “How can I earn more money?”
- “When is this going to get better?”
- “What am I supposed to next?”

These and many other questions, in fact ALL the questions you might have, can be treated with EFT.



Sometimes you get an answer. Sometimes you get to find out that it was the wrong question. Sometimes you get an idea where to find an answer.

But it is always relaxing and a way out of a “stuck situation”, and thereby, very healthy!

3. Truths You Don't Like

- “You will never succeed.”
- “It can't be done.”
- “This puzzle is unsolvable.”
- “Only young people find love.”
- “People like me just can't be successful.”

Chances are such things aren't truths anyway, but as long as we think they are, they will put the spanners in the works of our lives.

If you find people saying things about you or YOU thinking things that you don't like, treat them with Easy EFT and find out how that changes things very dramatically.

4. Things You Want Out Of Life

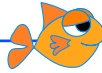
- “I want a new lover.”
- “I want a new car.”
- “I want to feel more at peace.”
- “I want a promotion.”
- “I want a new house.”
- “I want to contact my spiritual side.”

With this, the world's your oyster. You can WANT anything at all and YOU CAN ASK FOR IT. That's your right. Of course, I can't promise you'll get everything you ask for, but you WILL get some forward movement on such things you might have thought you couldn't even wish for.

5. Solving Dilemmas

- “I want to stay married AND I want to be free.”
- “I want to tell my boss the truth AND I want to keep my job.”
- “I want to earn more money AND I want to have some more free time.”
- “I love my wife AND I hate my wife.”

Dilemmas are real disasters for our minds and bodies. They cause so much stress it can result in panic attacks, heart attacks and also procrastination and depression if there's a total stalemate with no way out. EFT can help you come up with new ideas for such dilemmas—and you can have three, four or more components in a single “stalemate” situation.



Name them all, put an AND between them to link them up, and do the EFT. For example: “I want to be creative AND I want to be rich AND I want to be free AND I want to be a good mother!”

6. Magical Affirmations

- “I am a beautiful man.”
- “I am a worthwhile human being.”
- “I am a superb musician.”
- “I am a genius at programming.”
- “I am wealthy.”

Normally, when we say such things in front of a mirror, it HURTS. Pick your affirmation and say it, and yes, in front of a mirror is good!, and do the EFT AT THE SAME TIME.

You will find that it really changes the way you think and more importantly, how you feel.

Do this every morning just as regular as brushing your teeth and you will be astonished just how well this form of “magical affirmation” will work for you!

7. Finally Putting Memories To Rest*

Do certain memories flash up and upset you every time you...

- see a certain kind of person, or an image that reminds you of them?
- hear a word spoken in a certain tone of voice, or a name, or some music?
- feel a certain way that is just like how you felt back then?
- think certain thoughts that lead you back into the past?

To clear such things with EFT, let the memory come and then do the EFT, as much and as often as you need for it to be completely OK, completely alright now.

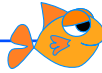
This is very relieving and relaxing and can really help with problems we have today.

8. People Who Upset You

- “Bob drives me crazy!”
- “My mother never loved me!”
- “I hate that bitch Sheena!”
- “That bank manager is an IDIOT!”
- “I’ll never forgive Jim for cheating on me!”

EFT is brilliant for removing those ties of anger, hatred and negativity that shackle us to people in a particularly destructive and stressful way.

* Please note that if you have extremely traumatic memories in your life, or you are afraid of your memories, it is best to find a practitioner to be by your side and help you. You can find qualified, experienced EFT practitioners on <http://www.theamt.com>.



Just be really honest and “say it as it is!” when you are tapping to get your emotional freedom from these people, and get back in control of your feelings and your life.

You can do EFT particularly well ON THE TELEPHONE when you are speaking to someone who causes upset or stress.

They cannot see that you are doing EFT whilst you are talking to them or listening to them.

People who are dead or no longer in your life can be focussed on by using photographs or any thing that may remind you strongly of them. Look at the object and do the EFT. In doing so, you might think of other, more specific statements to focus on for further treatments.

9. People You Have Upset

- “I treated Mary badly.”
- “I cheated on Bob.”
- “I was dishonest with James.”
- “I could have been kinder to Sandy.”
- “I let Paul down.”
- “Gemma hates me for what I did to her.”

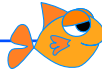
This also works the other way around—with EFT, you can break out of the emotional bonds of guilt and shame with people who YOU have wronged or think you have treated badly. As well as saying the words, you can use any object such as the person’s name on a piece of paper or a photograph to help you stay in focus as you tap.

Some people find it helpful to make full statements of apology to put the past to rest such as, “I am very sorry I didn’t visit Dad in the hospital.”

10. Ending Failure, Crimes & Disasters

- “I made a terrible mistake.”
- “I did that completely wrong.”
- “It was my fault that this didn’t happen.”
- “I ruined my company.”
- “I failed my children.”
- “I wish I hadn’t lost my temper that day.”

Being cut up about past mistakes means that we can’t move on and make the future better. Getting a better perspective on past failures and mistakes, misdemeanours and bad things is the first step to really sorting this out and getting something positive done. It also helps to avoid making those same mistakes again.



Treat such things with EFT until there is no further need to continue the old forms of punishments and new ways of making a difference and doing some good instead have emerged.

11. Things You Want To Do

- “I want to get more exercise.”
- “I want to get closer to my children.”
- “I want to relax more.”
- “I want to eat more healthily.”
- “I want to practice my golf more.”

Things you know you should be doing, or should be doing more of, but somehow never did, can be much helped along with a round or two of EFT.

Sometimes it helps to be really emphatic, like, “I WANT TO get more exercise.”

Why wouldn't anyone really want that? Perhaps you'll find out and then you have something to really move your quest forward by a big leap!

12. Things You Don't Want To Do

- “I don't want to be a victim anymore.”
- “I don't want to spend all my money on pornsites.”
- “I don't want to feel like a loser.”
- “I don't want to be lonely.”

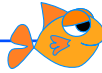
It really helps to be honest about what you don't want in your life, and what you don't enjoy doing.

Sometimes, treating these things with EFT will give you ideas so you NEVER have to do or feel THAT again for real, and sometimes it shows you that there's something else that needs to be done first.

Either way, just saying these sorts of things honestly whilst doing the EFT treatment is a big relief and will help you with understanding yourself, and with decisions.

13. Decisions

- “Shall I do this now or later?”
- “Shall I do this or that?”
- “Should I not do this at all?”
- “Which one of these should I do?”
- “Which should I do first?”
- “What is more important and has to come first?”



When we get anxious, stressed out or worried, we usually make the worst decisions! A round or two of EFT will help calm and clear your mind and really help you get to a point where decision making is easy!

Also, new ideas have a chance to flow into your mind that were blocked out by “stress noise” before, so even if you don’t feel you need to stop and think about it some more before making major decisions that can influence your future, a round or two of EFT might be a very sensible thing to do first.

14. Things You Want To Change

- “This house is a hovel!”
- “I want a better job!”
- “I am so bored with my routines.”
- “I can’t stand not being able to speak in public.”
- “I want to change my lifestyle.”

People get very frustrated when they feel they have to “make do” or take second best, or have to give up on a target, goal or dream.

This frustration causes stress and can trap us inside a vicious circle. Once the stress is cleared out of the way, things don’t look so bad anymore and forward movement can be achieved.

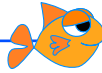
And if no forward movement or change is possible, at least we’re not stressing endlessly about it any longer and that’s good for all concerned.

15. Words You Always Wanted To Hear

- “I believe in you.”
- “I trust you.”
- “I understand you.”
- “I care for you.”
- “I love you.”
- “I am proud of you.”
- “You are so beautiful.”
- “You can go for it!”

Spoken in front of a mirror in the context of an EFT self treatment, there’s little else that can help heal broken hearts and re-unify a person as much as this. You can wait a lifetime and never hear those words spoken by your family, your loved ones or a stranger—but you can say them to yourself and that is absolutely a start in the right direction.

Try it. It is amazing to feel what that does for you!



16. Things That Turn You On

- “Chocolate is the only good thing in my life.”
- “Alcohol is my best friend.”
- “Barry might beat me but he’s the love of my life.”
- “I can’t live without (...)”

Sometimes, we are attracted or even overly attached to things that are not really any good for us, such as cocaine, chocolate cookies, horse racing, high heeled shoes, bags of gold, or even men that look just like Daddy did!

If it is a real beauty and the attraction is for REAL REASONS, then doing the EFT will make it STRONGER AND MORE MEANINGFUL. But if it is a mistake, then the hold of the thing will gently diminish and mental and emotional clarity will come to the fore—and you experience a tremendous sense of relief and release instead.

17. Things That Go Bump In The Night

- “I have this terrible nightmare.”
- “I’m afraid of the dark.”
- “I thought I saw a ghost.”
- “I think I was a Roman soldier in a past life.”
- “I see dead people.”

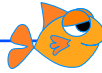
EFT works by making us more calm, reasonable and rational. Therefore, it is the best method of dealing with “mysterious” concerns and problems without getting lost in delusions or further madness.

And if it turns out that you REALLY were a Roman soldier in a past life, then this will become clearer and sharper too, so nothing is lost—only fear, anxiety and stress, no matter how esoteric or downright crazy such things may seem at first glance.

18. Things You Are Afraid Of

- “I am terrified of travelling on an airplane.”
- “I just can’t tell my wife I am leaving.”
- “I am terrified of spiders.”
- “I don’t like cold calling.”
- “I don’t even want to think about pain, illness or death.”

The very human method of “not thinking about” what terrifies us is no solution—it doesn’t make the fear go away, and of course, it doesn’t make the physical symptoms of prolonged deep stress such as skin rashes, heart attacks and migraines disappear, either.



If you know deep down there are things you really are afraid of, treat them with EFT. Be brave and courageous. It will help you a lot. And that last phrasing of, “I don’t even want to think about (...)” is a good “way into” the whole topic without getting you too distressed.

19. Things You Don’t Believe In

- “I don’t believe in miracles.”
- “I don’t believe in love at first sight.”
- “I don’t believe in God.”
- “I don’t believe in myself.”

It is interesting how things we don’t believe in are kept at bay, quite mysteriously.

Perhaps there are things YOU don’t believe in that if you did, would make YOUR world a much, much better place?

20. Things You Hate

- “I HATE male chauvinist pigs!”
- “I despise philistines!”
- “I abhor shell fish!”
- “I can’t stand Country and Western music!”
- “All politicians should be shot!”

Hate, although it makes us feel quite strong and alive, is not really a useful thing in the long term and causes enormous problems when you’re trying to get a life to work, relationships to work out and businesses to run smoothly and successfully.

If something is really WRONG, treating a hate with EFT will not diminish this wrongness—but it just MIGHT make you more determined to be other, be different, or even do something about it in your own way.

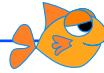
21. Little Daily Annoyances

- “Those stupid advertisements!”
- “Damned traffic jams!”
- “Every time I hear that jingle, I want to throw up!”
- “That carpet really gets on my nerves!”

Things that annoy you on a daily basis don’t give you a stroke, but they DO chip away at you over time and can grind you down into misery—so if you have something in your life that bugs you day in, day out, treat it with EFT.

Get clear of it. Get FREE of it.

You’ll be surprised just what a relief all around that is.



22. Things You Are Good At

- “I’m a good writer”
- “I’m really great at growing flowers.”
- “I’m a first class engineer.”
- “I’m a natural with databases.”

When people think about getting on in life, they tend to look for their flaws and forget about their real strengths.

Yet with your strengths, it is the easiest to take THOSE, polish them a little and really shine—for the least amount of effort. So just for fun, take your strengths and give them a polish with EFT—and just notice what happens as a result.

There’s little as satisfying as being already very good at something—and then becoming EVEN BETTER AT IT!

23. Goals And Plans

- “I want to have an exhibition in the West End.”
- “I want my own business.”
- “I want to get married.”
- “I want to own a farm in Italy.”
- “I want to pay off my credit cards this year.”

It is said that people who state their goals often and out loud, get to have them far sooner and more often than people who “just dream”.

With EFT we can take THAT, and then take a step further still—clearing the path for real future success.

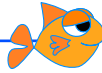
You can leave statements for goals and plans open ended, or you can put a time on them like in the last statement example.

24. Things You Can’t Do Anything About

- “The starving children in Africa.”
- “The state of the economy.”
- “The pollution of the oceans.”
- “What my sister is doing to her kids.”

Things that are deeply frustrating but you can’t DO anything about cause very dangerous unresolved stress loops that keep going round and round, and get worse and worse over time. By being angry, helpless and frustrated, we really CAN’T help anyone or anything, it really doesn’t do any good whatsoever.

But it can happen that once clear of the frustration, ideas start coming to you as to how you can actually do SOMETHING practical about such situations.



25. Things You Remember

- “That time the teacher made a fool of me.”
- “When I came into the room and saw my father beating up on my mother.”
- “The moment when the explosion went off.”
- “When I came around the corner, and there was this man.”

If you can think about it or speak about it, you can tap it with EFT. As many times as you need to reduce the “charge” on such memories, to soften them and get to take a deep sigh of relief, when you feel the tension, stress, sadness, fear or whatever was connected to these memories begin to melt away.

If you have extremely traumatic memories, visit with a Meridian Energy Therapies MET Practitioner who can help you and stand by you to resolve such things; however, if you are thinking or remembering anyway, that is a good time to start tapping IMMEDIATELY so you don’t get carried away.

26. Emotions You Can Feel

- “That lump in my throat.”
- “The weight on my shoulders.”
- “My heart feels as though it is breaking.”
- “I have this knot in my stomach.”

EFT is not for healing physical illness, it is not a wonder cure. But anytime you have a physical sensation but there is no physical reason, we are dealing with an emotion that is so strong, it literally and very physically HURTS.

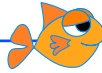
To reduce and remove those sorts of feelings is extremely important and especially so for your long term health.

27. Tapping For Health

- “I’ve never been the same since my operation.”
- “My eyesight is failing.”
- “I am dreading the menopause.”
- “I have cancer.”
- “I am terrified I’m going to get Alzheimers.”
- “I am in constant pain from my back injury.”
- “I am too old to get over this broken leg now completely.”

EFT does not heal physical disease, but every physical disease has a lot of emotion that comes with it, and these are deep, powerful, personal emotions of the highest order.

With physical problems being in the hands of modern medicine, we often feel help-



less and scared, but here is something WE CAN DO—tapping for health, tapping on how we feel ABOUT the health challenges we really face, or those we fear we might face at some time.

This is very important and gives our body the best chance possible to regenerate and do its bit to keep us healthy and alive.

28. Things From The Past

- “I was adopted.”
- “My husband ran away with his secretary.”
- “My father loved my brother, not me.”
- “My family went bankrupt when I was 7.”
- “I was abused as a child.”

We all know where certain things are in our past that we often think about and if we could lay these things to rest, our futures would be brighter, freer, easier.

To use EFT on such “things from the past” so that they can indeed become “a thing of the past” and no longer hurt us today is a great boost and makes it much, much easier to live the life you want for yourself, rather than what was handed down to you.

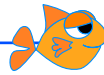
29. Things From The Future

- “I don’t know what will happen when...”
- “I’m always worried about my kid’s future.”
- “If I can’t even get this done now, how much worse will it be when I’m older?”
- “My father died when he was 43 and I’m 42.”

Things from the future have, by their very nature, not arrived yet, and so we can’t know what they will be. This being so, there can be a multitude of imaginary fears that cause immense stress and no amount of bravery or will power can make them go away. To treat fears of the future with EFT is a really excellent way of cleaning up the future, ready to be written fresh and with what we want, rather than what we don’t want.

30. Things That Could Never Be

- “I’ll never be able to teach a group to do...”
- “It is impossible for me to do or learn or experience ...”
- “I’ll never find someone to love me...”
- “People like me will never...”



- “It is impossible that such a thing should come to pass...”
- “No-one in the history of humanity has ever managed to...”

This is a group of beliefs that is particularly damaging and depressing, because when something could “never” be, then there’s no hope at all, is there.

These things are not “laws of the Universe” but indeed, decisions we made when we were much younger and usually in a moment of high stress or shock.

To release the specific things for you that “could never be” using EFT is a wonderful thing, for where there’s hope, there’s life!

31. Things You Don’t Even Know You Need!

- “What is missing from my life?”
- “What am I not thinking of?”
- “What do I need but I don’t even know I need it?”

These are very interesting questions which can bring up “missing puzzle pieces” of our lives. If you find just one of those, they can really change your life for the better.

32. Taking Charge Of Substances

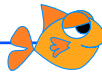
- “I’m terrified of oil and fat!”
- “I’m a slave to chocolate.”
- “I am allergic to strawberries.”
- “Red wine gives me a migraine.”
- “I always get constipated if I eat eggs.”
- “I can’t live without cigarettes.”
- “The cravings for cocaine are overwhelming.”
- “When I drink alcohol, I get aggressive.”

Whatever “real” effect any substance has is distorted and made worse a million times by memories, blockages, traumatic experiences and reversals—and the post hypnotic suggestions we put on top of whatever is really there. When we remove all the “people made” contortions from a substance, we get to have a more honest relationship with it and a lot less negative symptoms.

Sometimes, the symptoms disappear altogether, as if by magic.

Whatever your problems with substances are, and no matter what these substances are, you can significantly improve all and any aspect of this by using EFT regularly.

Many people already have cured themselves of allergies and negative reactions to (basically harmless!) substances with EFT, so you have nothing whatsoever to lose, and a whole lot of FREEDOM to gain.



33. Letting Go Of Things That Hurt You

This is really AMAZING and amazingly useful. What would you like to let go of? What burdens you, and what troubles you?

- “I want to let go of my shame and guilt.”
- “I want to let go of my old self concept.”
- “I want to let go of my arrogance.”
- “I want to let go of my oldest sorrow.”

As you can see and probably feel, this is one POWERFUL set of opening statements. These alone really can make all the difference to a person’s incarnation, and you can use them anytime you find something else that you want to let go of, from an old thought, to a feeling, to a relationship, to any issue.

Things like, “I want to let go of my oldest sorrow,” may not go all the way on the very first treatment round, but if you persist, what you’ll find is that it’s like a wave—it gets less, and less, and less until you don’t know it’s there at all anymore and you can heave a big sigh of relief.

There is another version of “letting go of things” which is just as powerful, but very few people know about it.

34. Letting “Good Things” Go

- “All my achievements, I now let them go.”
- “All I have prided myself on, I now let that go.”
- “I let go of all of my intelligence.”
- “I let go of my favourite romantic love affair in 1920.”

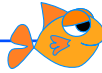
When you let go of things that were “the best a man can get” from the past, you clear the way for MORE AND BETTER things to come your way. That is an ancient spiritual principle which is extremely powerful—and you can make it now and real with EFT, if you want to.

“Holding on” to anything, and often especially, to past achievements and moments of glory, severely distorts the energy system and plays havoc with our goals and plans for the future.

This is an example of how such a simple technique as Easy EFT can be used for the highest spiritual principles and endeavours—if that is what you want.

35. Tapping For Other People

- “Peter will never find a girlfriend.”
- “My daughter is behind at school.”
- “My father has dementia.”



- “Danny has fallen in with a bad crowd.”
- “Jim has been so low since he lost his job.”

There is something nearly magical about doing EFT for other people—perhaps it is the same kind of process that makes prayer work, at work behind the scenes.

In truth, it doesn’t matter how that works—but one thing that tapping for other people’s problems really does quite reliably is to stop YOU from worrying about it.

In close relationships that makes a huge difference and often opens up a space of freedom or relief where then change in the other becomes possible.

Spending a little time tapping for the problems of people you care about, whoever they may be, is very moving and a wonderful thing to do—even if we don’t know exactly what happens, or how it works.

36. Tapping For Kids

- “I’m afraid that Jimmy will grow up to be a serial killer.”
- “Suzie is behind in school.”
- “Sheena is so untidy and annoying!”
- “Peter reminds me of his father, every day, and I HATE his father for what he did to me!”
- “I’ve messed up with Josh big time when he was small.”
- “Donny is such a disappointment to me.”

Tapping on your own stresses about your children is not just going to change you or change your child/children, but it really “clears the atmosphere” and creates a space where more love can flow, and a better relationship can flower.

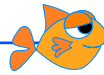
This is a HUGE gift for parents and children alike, and if you do have children, I really recommend using EFT lots and on a regular basis to keep cleaning up daily annoyances, just as we clean the floors often to keep the accumulation of rubbish down.

You can easily teach children, even young children, to tap for themselves; and for difficult teenagers, just leave this book in their room and hope for the best!

37. Tapping For The Child Within

- “I was never allowed to play.”
- “I had a terrible childhood.”
- “I wanted that red ball so badly but no-one cared enough to buy it for me.”
- “I wish I’d had a brother.”
- “No-one noticed how terrified I was of the dark.”

We all have many “inner children”—memories of what it was like to be a child and these have formed the way we think, feel and act today.



Spending some time and much needed love and attention by using EFT to address things from your childhood has much the same effect as what happens when parents tap for their children—a space is created where more energy and love can flow, and much stronger bonds come into being.

You can find much solace here, and when the inner children are happy and come online properly once more, even very old people can recover a sense of “the joy of youth” in all the world—and that is priceless.

38. Tapping For Love

- “I’ve never been in love.”
- “Love hurts.”
- “I don’t believe in love.”
- “I don’t know how to love.”
- “I want more love in my life.”
- “I want to learn to love again.”

Love is a flow of energy, a connection, and if there are wounds and old blockages, we lose a form of energy that is absolutely essential to make life worthwhile, to give us a reason to get out of bed in the mornings.

Whatever you can do to improve the flow of love into you, through you, and from you is going to materially improve the quality of your life across the board.

This does not only mean that you will find better romantic lovers, although that is absolutely included here, but it also means that you can get more love out of the relationships you have already, and that you can find love everywhere—with nature, spiritual love, loving animals, loving people and receiving love in return.

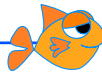
And the fact is that the more love you receive, the more you have to give to those who are dear to you—so tapping for love is really something wonderful, and something we can all do more of!

Finding Your Own Opening Statements

You’ve read lots and lots of examples of opening statements, and some of those rang a bell with you more than others.

**The best opening statements are your own thoughts,
your own words, and your own feelings.**

Being on the lookout for opening statements in your day is a really interesting skill you learn when you practise Easy EFT.



This is very valuable skill; you can soon start to tell when you are in a bad place energetically speaking, stressed, blocked, misfiring because you only feel, think, do and say certain things when you ARE in such a bad place.

- “I’ll never amount to anything!”
- “This is stupid—I can’t learn this!”
- “God you’re getting on my nerves!”
- “I can’t stand it anymore—this is too hard!”
- “I feel as though someone punched me in the stomach!”
- “This is all pointless.”
- “Oh what’s the point in even trying.”
- “Things will only get worse.”

When you hear yourself say such things and notice that you are thinking such things or feeling such things in your body, you KNOW that you’re in that bad place, energetically speaking, where you WOULD think, say and feel these things.

But that doesn’t mean any of that is true.

When you are in a better place, or in a good place, energetically speaking, you think, feel and do very different things indeed. You think:

- “I’m glad I’m me!”
- “That’s so cool!”
- “I LOVE this (person, object, sunset etc.).”
- “I can do this!”
- “This is easy!”
- “I feel like I’m on top of the world!”

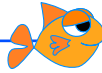
With Easy EFT, you can move out of the bad place and towards the good place where your energy system flows smoothly and quickly, and you feel relaxed, yet happy and alive and ready for action instead.

It’s completely natural and good for you to take any action you can to “make yourself happy”—it’s good for your body, for your mind and for your longevity, AND it is so good for the people who have to deal with you, as well.

Practising Easy EFT gives you a great tool to change the way you feel, and it’s a great practise for you to start paying attention to those thoughts, words and feelings that simply show us THERE IS SOMETHING WRONG.

Especially those things we say, feel and think A LOT are the best candidates to start using for your own opening statements—and don’t worry if you “think” these thoughts, feelings, ideas and emotions are “true” or not.

If they are true, you can’t tap them away.



That's the rule of thumb and what we have learned after tapping with a hundred thousand people or more over the last ten years.

**If something is really true,
tapping on it MAKES IT STRONGER.**

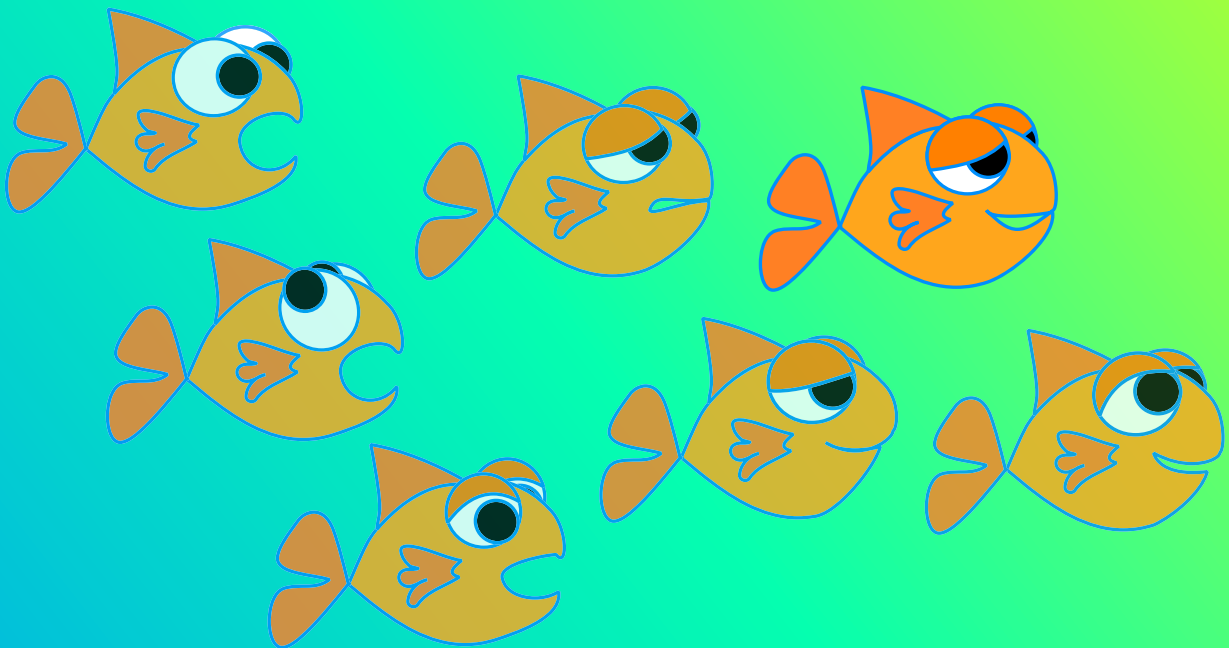
If it isn't, the tapping makes it become weaker, and then go away completely, and it wasn't worth having in the first place!

So pay attention to what you say, think, and feel in your daily life. Make a mental note what it is you're screaming at your children, lovers, employees, or at the TV in a moment of having fallen into that bad place, and use it for an opening statement, first chance you get.

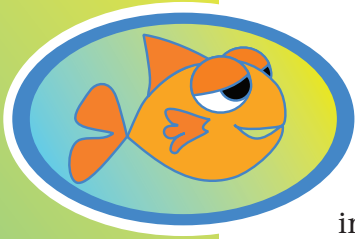
Make a mental note when you are out and about how you respond to people, to situations, what you're really feeling inside, and if you want to change this, heal this, you can—using Easy EFT.

EFT is a great way to get to know yourself much better, and to eventually really master your emotions—and thereby, master your life.

Chapter 5



7 Top Tapping Tips For Self Helpers



All tapping is good for you, so make sure you DO it, and not just think about doing it!

1. Don't think about it, just DO it!

What I have observed with people is that instead of just starting to tap and let the EFT process do it's job for them, they get on board of a train of thought that leaves the station, and the opportunity is past.

They start worrying about the opening statement or thinking about what it might mean or what would happen if they cured themselves or if there isn't some other thing that's more important to tap on first; and ten minutes later, the dinner is ready, or the phone rings, or the moment has passed, and you haven't tapped on anything at all!

That happens such a lot; watch out for it and don't let it happen to you!

Just get tapping on any problem with any statement, it doesn't have to be perfect, it's just the first idea and THE WAY INTO the EFT process.

**All tapping is good for you,
so make sure you DO it, and not just think about doing it!**

2. Don't Give Up Too Easily!

If nothing seems to happen, don't immediately conclude that EFT doesn't work, or that it doesn't work ON THIS PARTICULAR PROBLEM.

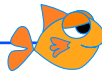
You probably haven't got the right opening statement yet, and that's all.

What I used to do when I first started was to ask myself, "What would Gary Craig do right now?"

Well the first thing we can say is that he certainly wouldn't just shrug, and walk away!

KEEP AT IT!

Try a different opening statement. Something more hard hitting, more personal, something you can really feel.



Just start talking as you tap ABOUT the problem, see and feel if amongst what you're saying there is something that stirs up a response. Then take that as your new opening statement. You'll soon feel the problem starting to shift, and then you're on the right path to success.

3. Don't Stop Too Soon!

I've noticed with myself and other really advanced EFTers as well as with absolute beginners that we ALL have a tendency to stop too soon in self treatments.

What I mean by that is that the problem has reduced to a "bearable" level—and there... we stop.

If there was a practitioner present, they would NOT allow us to stop there. They would say, "Let's get over it COMPLETELY, once and for all! Keep tapping until it is COMPLETELY GONE—and you FEEL GREAT!"

In practice, when you are on your own, and you feel like you've achieved enough and want to stop, take that as a big flag that you should do AT LEAST one more round "to get completely over this problem in all ways, have it be gone forever."

It only takes a few minutes and will make a MASSIVE difference to how much you're going to get out of your EFT self-help work.

4. Don't Be Afraid Of Your Emotions!

ALL people have a fear of "losing the plot" and going mad. For some reason, experiencing profound emotions, whatever they may be, has been equated with going mad in our societies, but emotions are just emotions—in fact, we now say, "That's ONLY an energy!"

Whether you are feeling fear, anger, burning shame, guilt, terror or whatever the labels may be, these are ONLY ENERGY STATES, nothing else.

EFT WILL pull you out of them.

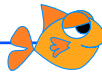
So don't be afraid when you tap on something and you notice these "big" emotions coming to the surface (at last, one might say!).

If you just keep tapping, they will resolve and flow away, and then the problem will be cured, and you'll feel SO MUCH BETTER!

People—especially people who have spent many years NOT trying to feel certain emotions!—can feel like they're opening a can of worms when these emotions start to come to the surface and automatically want to back up and get away from this.

If you can keep tapping and stay strong, the emotions WILL be transformed with EFT and you don't have to be afraid of these, or any other emotions you might experience in the future, ever again.

That's one of THE most amazing things about EFT!



5. Keep A Journal

Make notes of your self-treatment sessions—just what the purpose was, and perhaps your first opening statement.

Without having a practitioner there who can help you remember what you are doing, it is very easy to “forget” certain topics, things that aren’t quite resolved, or times when you had to stop in mid treatment because duty called.

You can keep yourself on track by writing just a few brief notes, and sometimes going back through the journal to see if there’s something you can take to the next level now. Very, very helpful and HIGHLY recommended.

6. Take EFT Into Your Real Life

A lot of people have their special little times and places where they tap—before going to bed, or in their study on Saturdays between 2 and 3, or always in the bathroom while they’re waiting for the jacuzzi to fill up, or in the magic room when the moon is full.

- I recommend to do EFT in many different places, and at many different times.
- I’ve had wonderful sessions in the garden when the sun seemed to help lend extra energy to the endeavour.
- Try tapping in different places around your home, your work, wherever you go.
- Try tapping sitting, lying down, walking around, MOVING.
- Tap in the car, in the morning, at noon, or at night.
- Tap in the places where the problem happens if you can—bring the treatment into the most appropriate setting you can manage.

Take EFT with you and notice how some times and some places work better to support your self-help treatment than others; make your treatments fluid and bring them into your daily life.

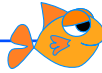
Not only is this very interesting, but also will give you much better results in self treatment, sometimes even better than the results possible in a clinic room with a good practitioner.

7. Don’t Try To Build Rome In A Day

One round of EFT isn’t going to change your personality, your life or your karma overnight.

That’s a fact and there may even be some aspects of you that find that notion rather re-assuring!

We all have a lifetime’s worth of stored up problems in the energy system that were never properly addressed by anyone, or in any way, simply because people have forgotten how our energy bodies work and did not treat them right.



So that's a lot of "stuff" and it's a lot of tapping!

But don't worry about that. Just keep EFT with you, close by, like a friend that springs into action when you need them.

If you have a huge long list of problems you want to treat, don't go mad with EFT. Take your time. Work on the most important problems first, the ones that hurt the most or cause you the most problems, and you'll find that the rest will start to take care of itself.

Often, in ONE really good EFT session a whole problem GROUP is resolved—and that takes many items off your "things I have to change about me before I can become a decent human being" laundry list all in one go!

EFT isn't like some bolt of enlightenment that cures all your problems in one second.

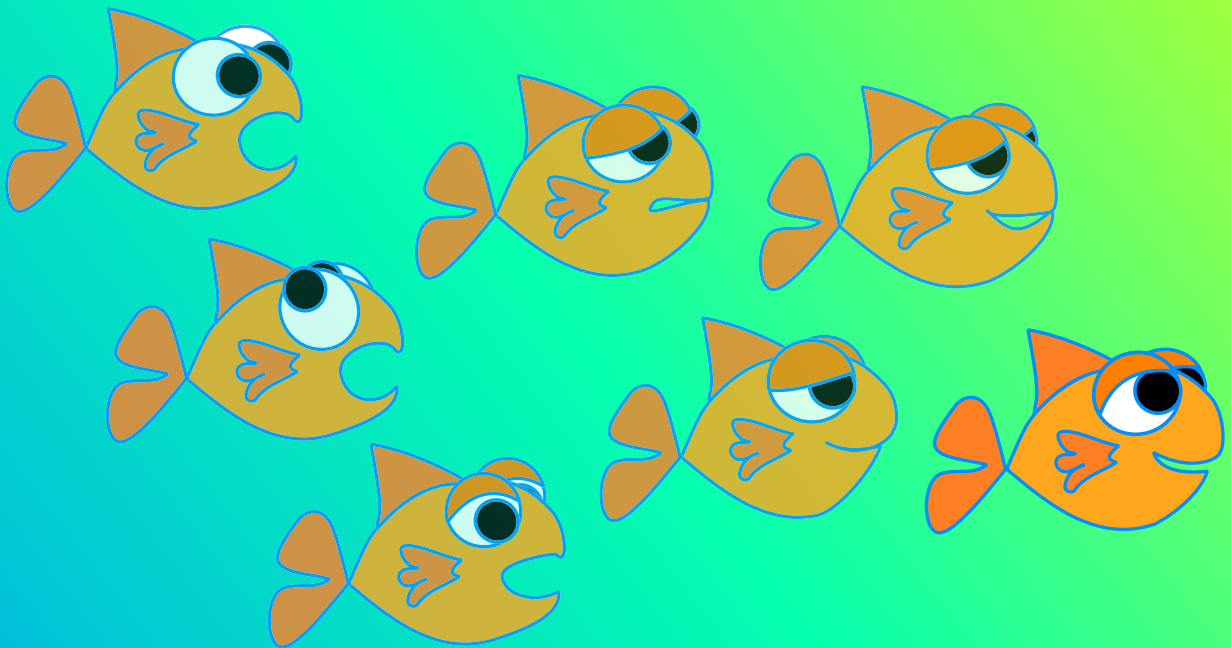
It's much better than that.

EFT is an evolutionary, safe and reliable aid to help you get to the next level of your personal achievement and development, from wherever you are, one step at a time.

It is the "quick fix" properties of EFT that attract people to it in the first place; but it is that long term support for every day that makes them stay, and really love EFT for the great help that it provides.

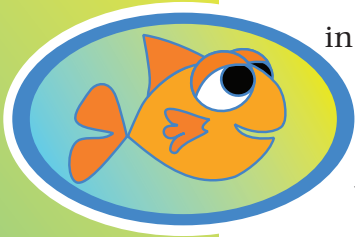
So take it easy, tap on the things that trouble you the most, and use EFT to make your life flow more smoothly on every level—that's what it is designed to do!

Conclusion



In Conclusion

EFT is the most user-friendly and most successful self-help technique in the world today.



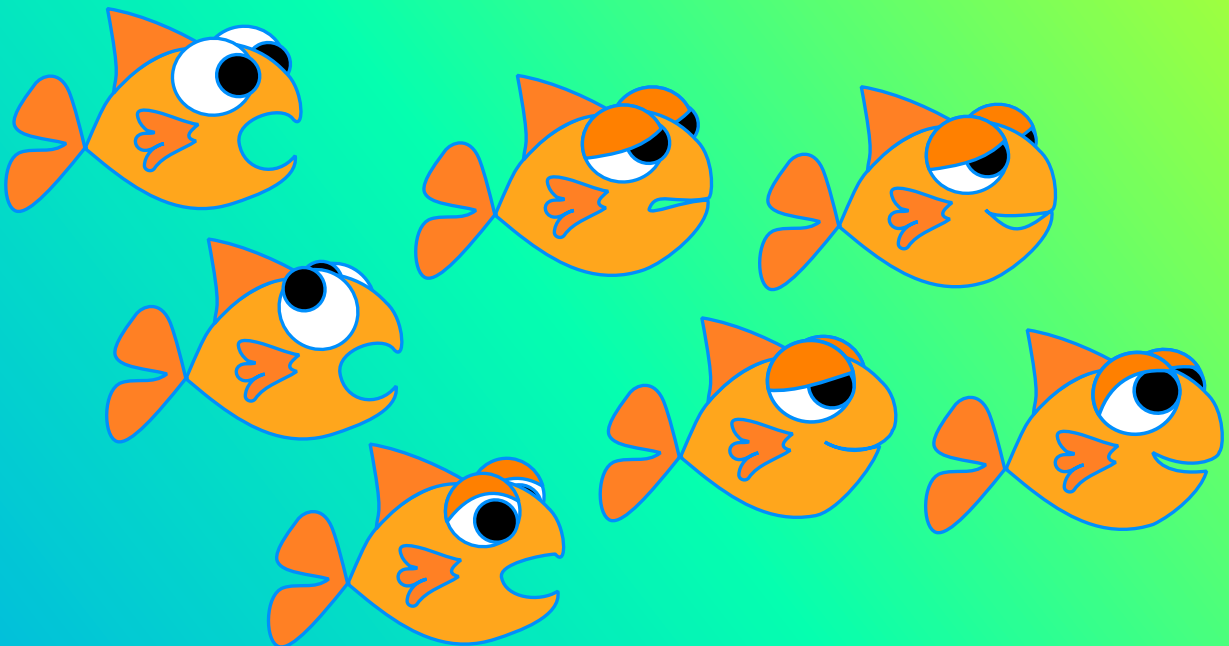
This is because it is so completely customisable, and so totally personal.

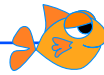
You get to deal with what troubles YOU, and whatever the day brings, you can have a go at CHANGING YOUR FEELINGS there and then.

From very small things all the way to truly life-changing experiences, EFT is your personal helper and your emotional support—24/7 and at YOUR OWN FINGERTIPS!

We have several books to help you learn more about EFT. Please read Further Information about EFT starting on page 46

Further Information About EFT





Adventures In EFT by Dr Silvia Hartmann

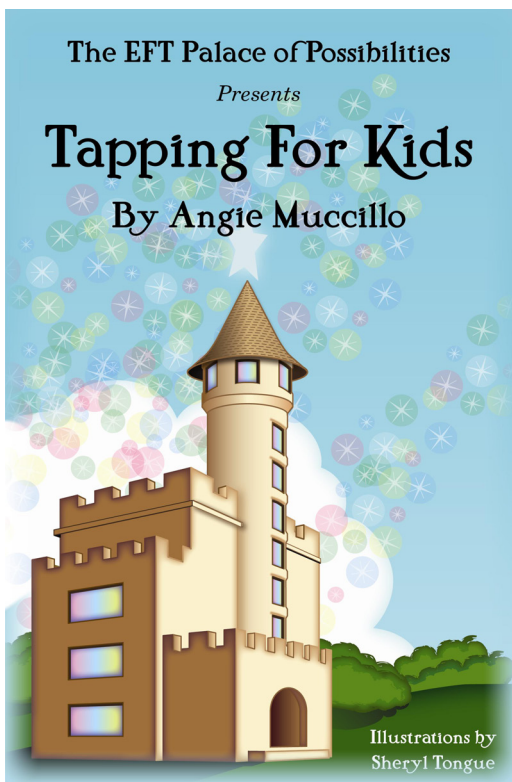
If you love EFT, then you will love *Adventures In EFT* by Dr Silvia Hartmann.

For five years, Silvia took EFT around the world and treated clients, friends, family, strangers in the street, on TV and callers on radio programmes for every possible human problem under the sun!

Her experiences and what she learned not just about EFT, but about how people really work and what has to be done to change their experiences of life make simply fascinating reading for professionals and lay people alike.

With in-depth examples and step-by-step guides on how to use EFT for weight loss, addictions, sex, money, relationships, children, test anxiety, phobias, sport performance,

traumatic memories and much, much more, *Adventures in EFT* in it's sixth revised edition is an absolute "must have" for anyone who loves EFT!

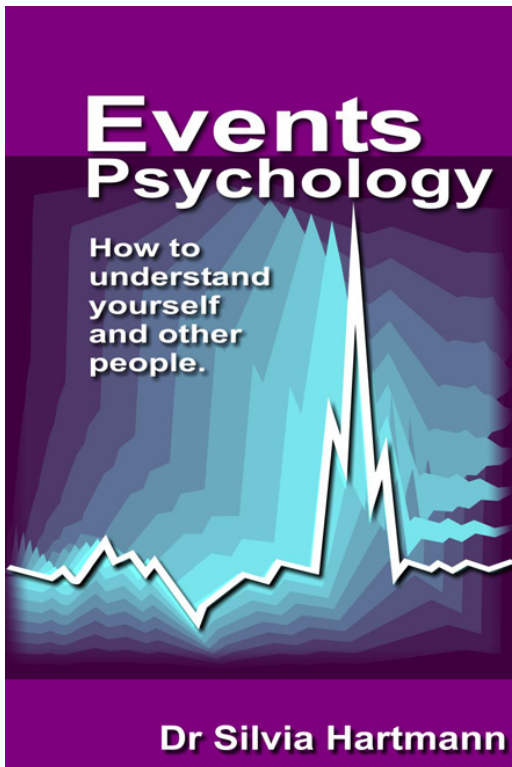
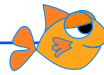


Tapping for Kids by Angie Muccillo

Tapping For Kids is an EFT Children's book designed to teach children 7 to 11 year olds how to use EFT as a tool to help them overcome their fears, worries and everyday traumas as well as build their self-esteem.

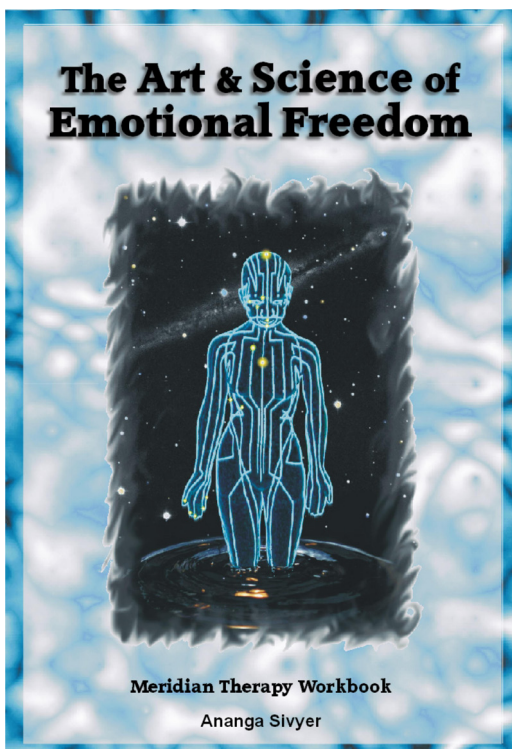
The book is filled with illustrations demonstrating how to use the points and numerous exercises to make using EFT fun for kids.

Tapping For Kids is a perfect gift for any children in your life!



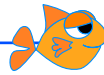
Events Psychology: How to Understand Yourself and Other People by Dr Silvia Hartmann

Have you ever wondered who you are, why you've made the decisions you've made and how to free yourself from events of the past? EFT maybe an ideal self-help technique but knowing what to work on is essential for shaping your destiny. In this breakthrough book, Dr Hartmann provides her unique proven techniques for discovering your key events that once resolved will change your life for good!



The Art & Science of EFT by Ananga Sivyer

This excellent EFT workbook by Ananga Sivyer introduces this breakthrough modern technique and explains how it works using the ancient traditional ayurvedic framework.



The Advanced Patterns Of EFT by Dr Silvia Hartmann

This is a book for psychologists and professional healers treating clients with EFT. It contains not only a huge wealth of patterns and techniques for specific cases, but also breakthrough insights about the use of these fantastic techniques, and how to handle the very real differences in using these as opposed to “traditional psychology”.



EFT Practitioner Referrals—The MET Practitioners

If you have a long-standing problem or you have a problem you find overwhelming and need some help with, it is a good idea and a great time saver to get help from a certified Meridian Energy Therapies MET Practitioner.

EFT in particular and all the new energy therapies in general function very differently from standard “talking therapy” psychology approaches. The Association

For Meridian & Energy Therapies (The AMT) created special trainings in recognition of this fact which have been given since 1999, and EFT is a big part of that.

MET Practitioners can help people in person, but they can also conduct telephone sessions so no travel is required.

For certified MET Practitioners worldwide, please visit:

<http://www.theamt.com>



Online Stress Relief With the StressFish

Quick Stress Tips, Anti-Stress Methods,
Online Stress Relief Techniques and More...

De-stress online fast with The StressFish!

<http://StressFish.com>