You Have a Choice

- live with less stress, pain, grief and anxiety
- feel happier, more joyful and more fulfilled
- experience life with more peace, power and purpose

Or not …..
Introduction

Emotional health is absolutely essential to your physical health and healing. Our unresolved negative emotions are major contributors to most physical pain and disease.

One of the most effective tools available to resolve those negative emotions and beliefs/programs that are not serving us is EFT - Emotional Freedom Technique

EFT is a psychological acupressure technique that is based on the same energy meridians used in traditional acupuncture, but without the discomfort of needles. It is also based on Albert Einstein theory that physical matter (including the human body) is made of energy. Gary Craig, the founder of EFT said: “Even though the human body may appear to be solid, its foundation is energetic at its core. This simple fact is one of the most universally agreed upon findings in the scientific world but, to date, it has not been well integrated into western healing procedures.”

In a short period of time EFT has become a highly valued method used by more than one million mainstream and alternative practitioners in dozens of countries.
History

The principles behind EFT were discovered by clinical psychologist Dr Rodger Callahan, and his technique is called Thought Field Therapy.

EFT was developed by Gary Craig, one of Dr Callahan’s students in early 90’s. Gary simplified energy therapy and made it widely accessible. Many other therapies have been developed and belong to this group of therapies - Energy Psychology. The field continues to expand and new things can be learnt all the time from your own experience and the experiences of other practitioners who willingly share and contribute to the further development of the technique for the good of everyone using it.

How does it work?

The theory behind EFT is

“The cause of all negative emotions is a disruption in the body’s energy system. “

The stimulation of the points where meridians end with fingertips, while experiencing or tuning in to a specific problem, corrects the disturbance/blockage and the emotional upset disappears. Removal of an energy disruption establishes the energy flow and normal functions can resume.

A thought or memory

Triggers
Disruption in the body’s energy system

Experienced as
Physical, psychological or emotional pain
Basic Recipe – Elements

Please read the whole document first, before practicing.

1. SUD - a measure of intensity of discomfort (emotion, pain…)
Subjective Units of Distress/Discomfort/Disease
No problem 0 ←-----------------→ 10 Big problem

2. The setup phrase: Consists of an acknowledgement of the problem and an acceptance of the self. Rub the tender spot (see page 9) in a circular motion, while making the set-up statement

“Even though I have this (insert your issue), I deeply love and accept myself.”

Continue rubbing while saying the statement 3 times. Instead of the sore spot, you can tap on the karate chop point.

3. The reminder phrase: Helps maintain focus on the issue being treated.
“This problem” (insert your issue)

4. The Sequence. Tap each of the following points (see page 9) 7 times while saying the reminder statement. Use a reminder statement of “This (insert your issue)”. Example; “This fear of water” or “My anger at my mother”, “The pain in my lower back” etc.

Here are the points to tap on:
1. EB= Eyebrow point- at the beginning of the eyebrow, just above and to the side of the nose.
2. SE= Side of the Eye, on the bone bordering the outside of the eye.
3. UE= Under the Eye, on the bone directly under the eye.
4. UN= Under the Nose, in the center of the area between the nose and top lip.
5. Ch= Chin, in the center between the bottom lip and bottom of the chin.
6. CB= Collar bone, the junction where the collarbone, sternum and rib first meet.
7. UA= Under the Arm, on the side of the body approximately 4 inches below the armpit.
8. TH= On the outside edge of the thumb, right next to the base of the fingernail.
9. IF= Index finger, on the same spot as on the thumb
10. MF= Middle finger, on the same spot as on the thumb
11. RF= Ring finger, on the same spot as on the thumb (skipping the ring finger)
12. KC= Karate Chop point. At the base of both little fingers

**5. Fine Tuning – “9 Point Gamut” -** Balancing the Brain. Locate the gamut point on the back of your hand. It's between the little finger and ring finger and down about an inch between the tendons. Tap on that spot while repeating the reminder phrase and while doing the following sequence:

1. Close your eyes tightly, then open wide
2. While keeping your head still and by using your eyes only, look down hard to the right, then hard to the left. (Remember to keep tapping and repeating the reminder statement.)
3. Roll your eyes around in a big circle (keep your head straight ahead) as if looking at all the hands on a big clock (keep tapping and repeating the reminder phrase)
4. Roll your eyes around in the opposite direction (keep tapping and saying the reminder statement)
5. Hum few seconds of a familiar song like “Happy Birthday” or “Jingle Bells” or anything else that comes to your mind.
6. Count rapidly from 1 to 5
7. Again hum a few seconds of the song
The Basic Recipe - Summary

1. Identify the problem and measure its intensity from 0-10
2. Create a set-up and reminder phrase that is specific and accurately describes the problem
3. Repeat set-up phrase 3 times while rubbing the sore spot or tapping karate chop point
4. Sequence - Repeat reminder phrase while tapping on each of the following points 7 times:
   a. EB, SE, UE, UN, UL, CB, UA, TN, IF, MF, LF, GP, KC
5. “9 Point Gamut”
6. Sequence - Repeat reminder phrase while tapping on each of the following points 7 times:
   a. EB, SE, UE, UN, UL, CB, UA, TN, IF, MF, LF, GP, KC
7. Take a deep breath, and let go
8. Check intensity level
9. Repeat if necessary until the emotional charge has gone and intensity is rated at 0

It can be too much for someone who is hearing this information for the first time. Please use only the first 7 points from the sequence in point 4 (page 5) for reminder phrase. Skip everything else, including gamut.
That expanded information is intended for my phone clients. We do not use all the points every time. For beginners the shortcut of 7 points that follows the karate chop set up point is all you need at this stage.

You might see that many use top of the head point. It is excellent point but do not use it with the high blood pressure.
Subsequent Rounds

Once you have completed the first round of tapping, reassess your intensity level and note the change. If the problem is less severe, but still noticeable, change the set-up set statement to something like this:

“When there’s still some remaining (whatever the issue is ....) I deeply and completely accept myself” Repeat it 3 times while rubbing.

Then, repeat the tapping sequence with an altered reminder statement of “still some of this… or remaining (issue)” Keep repeating this procedure until the intensity on the issue has dropped at least below a 3. Often it will be 0 and aim to reach 0 wherever possible.

The Shortcut

Once you’ve mastered the above technique, try moving on to the Shortcut.

Instead of the entire sequence, just do the set-up, and all the tapping points down to under the arm.

Do it twice then take a reading on your intensity or “SUDs” level (Subjective Units of Distress). If it went down, then the shortcut worked for you and you may skip the Gamut with the fingers, eye work, humming, etc. It will save you time. Keep repeating the shortcut steps until you’re down to a zero.
If shortcut didn’t work for you, do the entire sequence, including the eye-work, gamut, fingers, etc. Always keep going until you’re at a zero of intensity to assure the issue doesn’t come back.
Tapping Points

- eyebrow
- side of eye
- under eye
collarbone
- under nose
- under lip
tender spot
- (4 in.)
under arm

karate chop
Why You May Need A Therapist

If you get stuck and find you’re not getting the results you want, try applying some of the tips from the list (page 13). If there are still no results, there is a good chance that EFT practitioner can help you. It is important not to blame EFT as a therapy if you did not get results. More likely it is the level of your skills and experience that are stopping you from achieving the desired results.

- The user’s ability to tune into the problem is the most important factor for success. Experienced therapists have appropriate training and experience to find core issues.
- The therapist also knows extra tapping points and techniques to help in more difficult cases.
- In cases of overwhelming emotions like severe trauma and abuse, it is advisable to work with an EFT therapist who can use gentle techniques.
- The therapist can see issues from a different perspective/angle. We all have blind spots when we work on our own issues. Therapists also work with each other for that reason. Do not hesitate to contact a therapist if you are not getting results. And remember, distance does not matter. I do a lot of work over the phone and skype.
- Combining the energy and intention of two people that are sharing a single purpose (therapist and client) has a more powerful effect.
- There are some people who are not interested in learning more about EFT, but want help from someone who is experienced and trained sufficiently to help them resolve issues.

I like the metaphor about EFT and well-tuned piano. A good piano is always the same; the sound of the music depends on the player - is it beginner, a proficient player or a master? So using this information and knowing it is simple but at the same time quite complex. Complexity is part of mastery and the art of delivery.
How to choose a practitioner to work with

It is important that you feel comfortable with the practitioner you work with. As there are still no standards in many countries for EFT practitioners, it is important that you ask person who offers their services as an EFT practitioner;

- How much training has the practitioner done?
- What professional EFT organization certified them if they are certified?
- Are they meeting their continued education license requirements as a practitioner with the organization they belong to?
- How long has the practitioner used EFT? Experience is crucial.
- What portion of time they spend in EFT work? If you are looking for EFT help and come across a person who uses EFT skills only occasionally in their practice, you might want to interview someone who uses EFT as their main practice modality.
- How many successful cases have they had so far?
- How much experience they have with the issues you plan to address?
- What other supporting modalities and skills does the practitioner implement in their practice? Thinking platform that comes from a wide range of different modalities, gives a practitioner more overall understanding when working with clients. Read about my thinking platform that supports my EFT work at the end of this document.

Not all EFT practitioners are skilled to work in all areas where EFT can be used. With more serious conditions, choose the practitioner that specializes in the particular area you need help.
Where to Use EFT?

“Try it on everything!” Gary Craig

- Fears & Phobias
- Addictions (including weight loss)
- Emotional/Physical/Sexual Abuse
- Physical/Emotional Pain (including PTSD)
- Headaches & Migraines
- Allergies & Sensitiveness
- Self Image/Confidence
- Success & Abundance (limiting beliefs)
- Chronic Illness (MS, ME, arthritis, etc)
- Other (tinnitus, phantom pain, dyslexia, etc)
- Sports Performance (including increasing ROM)
- Business performance, sales performance
- Parenting
- Improve relationship
- Remove negative believes
- Implement positive goals
Who Can Benefit From EFT?
There are no limits. Adults, children, babies, animals…

Important Points

- EFT does not replace competent medical supervision
- People with mental disorders need to be treated by specialists for those disorders (multiple personality, schizophrenia…)
- It is not required that you believe in EFT, but it is important that you are willing to use it for your issue. Lack of belief is treatable with EFT.
- Tap all the time while you discuss your issue at the karate chop point – it will help some relevant memories come to the surface
- It is best to say affirmations out loud, with feeling and emphasis. If the situation does not allow that, do it silently. There is a good chance that it will work.
- Without tuning into the problem and recreating those energy disruptions, EFT does not work.
- EFT does not remove common sense caution, e.g. removing a fear of spiders will not make someone put their hand on a poisonous spider.
- EFT will not negate the lessons, reason or truth of someone's experience
Tips for Better Results:

- For tapping, use the index finger, middle finger and ring finger.
- Tap on both sides of your body when possible.
- Switch hands when tapping with both hands - from time to time
- If you can only do one side of the sore spot rub, use the left side, over your heart.
- Be Specific – describe the pain, relate to specific events, refer to specific people.
- Say the setup and reminder phrases as though you mean them, own the words without trying to be nice.
- Change the reminder phrase as needed to reflect the change in the problem being worked on.
- Say what you mean, be honest with yourself and your emotions.
- And most importantly: Practice EFT every day.

Doing EFT consistently and properly can give you the emotional freedom and inner peace now, that most people crave throughout their lives.
Ideas to Help With the Work

Pain:
• Describe pain (sharp, shooting, dull ache) and location (left shoulder, neck etc).
• Use visual image of pain (colour, size, texture).
• Emotion behind the pain (what is, it how long has it been there?)

Fears:
• When did they start, do you know the cause?
• Visualise problem, imagine the fear.
• Approach real fear slowly, treating each step of the way.

Cravings:
• Focus on the substance.
• Feel where in the body the craving is felt.
• Clear issues of loneliness, anxiety, emptiness & deprivation.

Emotional Issues:
• Focus on the source of the emotion (who, when, where, why).
  Deal with specific incidents. Visualise the scene.
• Where in the body is it felt?
• Use descriptive visualisation (colour, texture, shape, location etc)
Why EFT – Summary

- Effective
- Often rapid relief
- Easy to learn at the basic level
- Simple to apply
- Affordable
- No side effects

For any enquires, individual sessions in person or over the phone contact:

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Jasmina Kovacev is a member of Energy Psychology Association and AAMET.

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Some of trainings and workshops that Jasmina runs
- EFT trainings for selfhelp and professional application.
- Advanced EFT skills for practitioners.
- Group EFT transformational sessions are available.
- Meta Health trainings
- Conscious Parenting and EFT
- Awaken your sales genius from inside out.

Emotional and mental healing and support Retreat for people affected by cancer http://www.eft-emofree.com/cancer-retreat.html
Retreat can be arranged at any other place apart from New Zealand. Send me an email with your enquiry. Retreat uses EFT only about 20%. The rest is combination of education and transformation with other tools at the emotional, mental and spiritual level. If you have a group interested for any trainings that Jasmina does, email to jasminakovacev@gmail.com