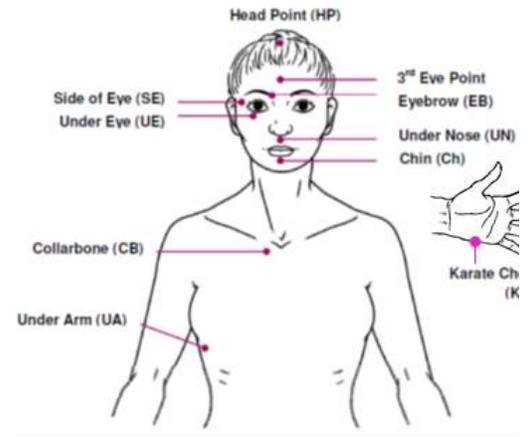


EFT Emotional Freedom Technique

EFT is a great way to work at the conscious and unconscious levels. Even when we *know what it's about*, and have *left all that stuff in the past*, remnants or residue can stay on in our system energetically or physically, and in our subconscious minds. You can tap into and through some of it without worrying so much about *figuring it out*. Often times, just tapping on it can cause a shift that brings a mental understanding or new awareness.

Steps

1. Name the thing that is troubling you. Be specific. My life sucks is not specific. I'm scared to give this presentation is.
 - a. How upsetting is it on a scale of 1-10?
2. Tap on karate chop point. "Even though I have/am _____, I deeply and completely accept myself." 3 times
3. Tap on all the other points while saying just the feeling/emotion." This _____." (can add where you feel it in your body, this sadness in my heart, tightness in my throat, etc.)
4. Breathe
5. Check how you feel about it now, on a scale of 1-10. Did it go down?
6. Keep tapping on the remainder. "Even though I still have some of this _____, I deeply accept myself."
7. Notice shifting aspects. Allow yourself to *float back* to an earlier time in life when you felt this exact same way. Sometimes my boss in the now brings up someone from when I was little. Now I can tap on that. "Even though I felt like I couldn't please my mom..., I deeply love and accept myself. "



Common Misteps:

People aren't specific enough. For EFT to be terrific, it's got to be specific 😊

People jump to the affirmative (positive statements) too quickly. **STAY** in the momentary discomfort of the negative long enough to actually be able to allow it to shift, so that you can truly heal.

Say the set up however you want to say it. Just start with the problem, and then the affirmation, and say it 3 times, then tap all the points while you stay with the problem/pain/feeling.

Even though I'm still horrified by the incident, I am safe in the here and now.

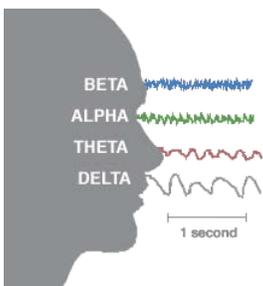
Try removing "even though..." Alcohol has a hold on me, and I deeply love and accept myself.

I'm upset about the mistake I made at the meeting, and I deeply love and accept myself.

Say it in a way that feels true. Even though I am still freaked out about _____, I am learning to accept myself.

Even though I got fired, I want to believe I can learn to forgive myself.

Try it on anything. You can't mess it up. You can tap for others. You can tap with others.



Open Focus Meditation; Putting Your Brain into an Alpha Wave State

Allow yourself 5 minutes, but if you only have 3 that's okay too.

Close your eyes. That tells your brain automatically to move towards Alpha state.

Focus on the insides of your feet or hands, or any other place you want, such as the inside of your lips, the space inside of your ears, or inside of your nose. Can you feel the space inside your eyes? At each place within your body that you bring your attention to, feel into the *space* that is inside. Can you feel the space in between your fingers and toes? How about in between your teeth?

At each location you travel to inside of your body, allow your attention to stay there for a few breaths before you move on. If you don't want to move on, that's okay too.

If you have pain in your body, this is a great exercise. You can focus on the space in pain free areas, or even on the space inside of the pained area. This gets easier and easier as we do it.