

12 Tips for More Effective EFT

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EFT is more of an *art* than a *science* and we're still learning the enormous possibilities of this incredible tool. We do know, however, these things for sure:

- In the right hands EFT can produce miraculous results, up to 98% effectiveness.
- Even someone new to EFT can often get results 70% of the time. Even *that* is an extraordinary percentage that the medical profession would love to have.
- There are many progressive habits and concepts that can make EFT even more effective, which is the basis of this article.

Tip # 1- Consider virtually every issue you deal with as a “symptom”

Frustration, anger, shame, regret, pain, procrastination, clutter, being stuck, fears and phobias, anxiety and more are all symptoms of something else. Rather than treating the symptom, look for the cause and eliminate it. “Cut the top off of a weed and it will grow back. Destroy the root and the weed it will wither and die.”

Tip # 2- Tap on both sides of the body (with both hands)

The meridian system is made up of 14 meridians, branching out into hundreds of tiny energy pathways. These pathways are arranged in a loop from one side of the body to the other. With that in mind, if you are tapping on the right side of the body only, and the blockage is behind your left knee, the vibrations have to travel down the right side of your body and up the left side to your knee. If you tap on both sides of the body, however, you'll be sending the maximum amount of energy down both sides, reaching the blockage more effectively.

Tip # 3- Tap on all 14 Meridian Points

(With gratitude to my friend and business partner, Zoe Walton, for providing the logic and value of tapping on these additional points.)

1) The Liver Point: (LP) – Liver 14 in acupuncture terms, can be found under a woman's breast, about where her bra wire would be, and just slightly to the side. For a man it's about 3 inches under his nipples. Because of its “inconvenient positioning” it began to be eliminated in public forums. However, *the Liver Point is an important point for stress, depression, cravings and anger.*

2) Wrist - (WR) - The line at the base of the hand has 3 major meridians (find these points on the inside of the wrist, on the line where the hand bends to meet the arm). These 3 points are: Heart 7, Pericardium 7, and Lung 9. *The heart and pericardium points are great for stress and anxiety and the lung point is good for grief, heartache and sadness.*

3) Crown of the Head - (CRH) or Du20 - This meridian is the meeting point of all Yang meridians in the body. The crown of the head is a powerful contact point for every issue. You'll sometimes even see Gary use this point in more recent videos.

Just look at the targeted emotions you reach with those three additional points: **stress, anxiety, grief, heartache, sadness, depression, cravings and anger.** These are among the most common negative emotions we address with EFT. By adding these three additional points, you now are tapping on all 14 of our meridians instead of 9. **That's an increase of 56%!** Much more “bang for the buck”!

Tip # 4- Neutralize Reversals up front

When you say to yourself “Why can’t just I get over this _____?” you are likely to be reversed.

Reversals are simply the subconscious resistance to change. Old issues, stubborn issues and intense issue are almost always reversed.

It’s often an “identity thing.” Overcoming or losing that identity can be very threatening *to the non-rational, subconscious mind*.

For instance, the **subconscious** might be *thinking...* “**If I get over this issue...**

- “...It might be scary.”
- “...I may not know who I am anymore.”
- “...I won't have an excuse anymore for my life not working.”
- “...It may not be safe to let it go.”
- “...I won't get the attention or sympathy I get now.”
- “...I won't know how to act as a functional, non-victim person.”
- “...I'm afraid to let go of this fear.”

To neutralize a Reversal, tap (on the KC point) saying something like, “Even though I *don't* want to get over this issue, for *whatever* reason...” Do it 3-4 times, always using “DON'T want to” in the phrase. When you neutralize that powerful subconscious you are paving the way for easier, quicker and more effective EFT sessions.

Tip # 5- Give your issues a voice

Talk to both sides of your mind: your conscious and subconscious. There’s almost always a part that wants to let go of the issue and the part that wants to hang on. Give them both a voice for better results. “I want to get over this anger at Betty.” “No I DON'T.” “Yes I do.” “No, it’s too scary.” “Yeah, but I’m sick of carrying this around,” etc.

Tip # 6- Be specific

It’s important with EFT to be as specific as possible about an issue. Say, “This anger at Bob for humiliating me in front of our friends,” not just “this anger at Bob.” Say, “My fear of the ocean” instead of just “my fear of water.” By being specific about a problem while tapping, you are sending tiny vibrations throughout your system telling it where to dislodge the energy disruption.

Tip # 7- Recognize and deal with Shifting Aspects

Anger at your sister for showing off may turn into jealousy because she always got more attention when you were kids. Being stuck on completing a project may shift into the fear of failure. Deal with each aspect as it comes up, or deal with the original and go back to the shifting aspect. But do deal with all of them.

Tip # 8- Increase your knowledge of EFT

- 1) Seek outside help (with an experienced EFT Practitioner and try more than one)
- 2) Attend Approved and Alternative EFT Levels 1-3 workshops www.EFTworkshops.org
- 3) Watch Gary’s DVDs
- 4) Participate in EFT teleclasses or post-class audios
- 5) Read EFT books and Blogs – Google EFT to find things
- 6) Sign up for Gary’s newsletters, collect them and study them

Read three articles a week of the thousands of wonderful articles on Gary’s site, especially by the

Masters. Then put those suggestions into practice.

Tip # 9- Find and deal with the Core Issue

Resentment at your husband for trying to control you *may* stem from your father always dominating or controlling you. Deal with the anger, hurt or resentment toward your father first. If the issue is fear of public speaking, find the first time that fear came up and deal with it. “Even though I messed up my lines in the school play and everyone laughed at me...” Always ask the questions “When did this first begin?” And what was going on at that time?”

Tip # 10- Use different EFT processes and techniques

The Choice Method, the Personal Peace Procedure, Bundling Baggage Technique, the Golden Gate Technique, the Tearless Trauma and Movie Techniques, Imagineering and the Ultimate Truth Statement can all be valuable assets to your toolbox. Become comfortable using these techniques, which can only be done experientially with practice. Reading about them isn’t going to do that much for you. Learning and using your toolbox of various techniques will help neutralize your own issues while helping you become proficient when working with clients. Many of these techniques need to be facilitated by another practitioner to be most effective.

Tip # 11 - Stay hydrated

When applying EFT, we are working with the body’s electrical system and electricity is conducted by water. Drink *at least* eight, 8 oz. glasses a day. Drink just before, during and after tapping and notice the numbers going down more quickly.

Tip # 12- Be persistent

Keep tapping until you get the issue to a zero. Don’t stop just because you “feel better.” Sometimes EFT works in minutes, and sometimes you get a small result one day, a little more the next, until eventually it’s gone. Persistence is the key. However, if you’re not getting *any* movement, then something is off. Don’t continue to do the same thing over and over if you’re not getting any reduction in the SUDs level. You might be missing a core issue, may not be being specific enough, need more Reversal work, need to drink more water or just need outside help. But don’t give up.

Other General Tips

- **Watch *The Secret*** – and recommend it to others. Get to know and understand The Law of Attraction. It and EFT make a powerful duo for creating the life of your dreams.
- **Test your results** to make sure you are really clear on an issue. Relive the trauma by imagining a scene that has upset you before. If there’s still energy on it, clear it. If you can’t get upset when thinking about it, or you can barely remember it, then you’re clear.
- **Adapt an “Attitude of Gratitude”** – be grateful for what you **have** and for what **is** working in your life instead of just focusing on the negative.
- **“Talk” to your body** – When dealing with physical issues, *ask* your body (or heart, or legs, or immune system) to heal, or strengthen itself or to eliminate the disease.
- **Try it on Everything** – Don’t prejudge; just try EFT for anything and everything.
- **Practice, Practice, Practice** – You may never be perfect, but it you can always be better! Get a practice buddy and work on each other by phone or in person at least once a week. We are all works-in-progress.

With EFT nothing is written in stone and you will see many variations of this remarkable tool with different practitioners. There are few “right and wrong” ways to do EFT. Most variations work fine, however, some get faster, more effective, and longer-lasting results.

My purpose in writing this article was to give you the benefit of my many years, and thousands of clients worth-of-experience with EFT. Hopefully suggestions here will help shorten your learning curve, minimize your errors, and enhance your effectiveness with EFT.

Happy Tapping, Lindsay

Lindsay Kenny is an EFT Master practicing in the San Francisco Bay area. She also offers EFT workshops, Teleclasses, Weight Loss Clinics, an EFT Practitioner's Intensive, Abundance Classes and more. Visit her website for Fees, FAQs, and a wealth of FREE EFT information!

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Lindsay is also featured on the EFT Masters Showcase DVD of the Month Club:

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