

My Top 10 EFT Tips

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Watch Ann discuss EFT at <http://www.eftuk.net/>

1. Use silence effectively.

Sometimes a client feels so uncomfortable with silence that they will break it very quickly. Allow your client space to process the cognitive and physiological shifts they have experienced in the session.

2. Trust EFT - you don't have to do it all!

Many of us have taken on the burden of healing the world or our clients and we can let go of the need to do that. If you recognise yourself here - it's a golden opportunity to do some tapping. Trust that, with questioning - your client knows exactly where to go.

3. Use the breathing techniques to help with psychological reversal.

Check out Gary's DVD's for collarbone breathing and Donna Eden on utube.com for other energy techniques like cross crawl and Cooks hook up or yogic breathing to help a client break through PR. Tap after these techniques and your results will go sky high!

4. Listen with your whole self

On the phone close your eyes so that your other senses are alert for any nuance in your client's voice - I can hear pretty much every break or change in tone or emotion in a client's voice. Listen globally when face to face with a client. Are they congruent, what is their energy telling you? Check it out with them. Being fully present is important.

5. Never assume anything

Start the session by letting your client know that you can make mistakes - give them permission to let you know when you do and if that happens have it be OK! Check out your understanding - it may be different to your client. "What does that mean for you"?

6. Respect your clients' differences

Not everybody has the same beliefs/ideas about relationships/life/prosperity. Allow your client to be different without making it wrong at any level. Feel peaceful within yourself even if you privately disagree or want to judge.

7. Do not lead and if you do check it out with your client.

If your client is a "victim" they will simply agree with you and you will never see them again. A client who has felt controlled all their life and now has a controlling therapist will simply experience the authoritative parent/teacher all over again. Tap on yourself for needing to take control of the session.

8. Learn to get yourself out of your own way.

Practice "deep listening". Listen with your whole self. When listening is this focussed, nothing else exists - no questions, no thought process, no "what shall I say next". There is nothing between you and your client except unconditional positive regard.

9. No attachment to outcome

Let go of having to be right or trying to achieve anything, Trust that your client knows where to go to heal themselves. Let go of any investment in being a healer. You are simply a facilitator for a process called EFT.

10. Personal Peace Procedure

Do it on a daily basis - or when you feel any emotion working with a client - you still have unfinished business - a trigger. You may well have attracted that client so you can realise that you still have clearing to do.

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Ann Ross is and EFT Master and an international personal development coach. She coaches clients and teaches EFT in SW England . She pioneered EFT in Namibia and in South Africa where she grew up.

You can download a free booklet on **Peak Performance** for [signing up for her newsletter](#).

She is featured on the [DVD of the Month Club](#) Tap along to her [sample presentation](#).