

Thoughts on EFT from a Turkish Doctor

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- EFT has brought quality to my practise and hope & healing to my patients/clients. As a Medical Doctor of 30 years experience, I have learned many good things from EFT.
- Continuous exploration of our mind-body-spirit and being surprised nearly everyday about our own healing capacity lead me to spend more time and effort with EFT and to become an EFT Master.
- With EFT, you are using nearly all your senses (like seeing, hearing, touching) and also your intention with the affirmations. Every stimulus given to your brain evokes a cortical electro physical response. You are tuning to health!
- By helping your stucked energy flow again you gain your homeostasis again. Your body's biochemistry will release the necessary enzymes, antioxidants efficiently with a good working energy system.
- Do not fix on trying to find the right words, try to feel what your client feels, your words must be like their own words.
- At the beginning do a complete EFT sequence, including the Gamut, Eye movements, Singing and Counting.
- Use your intuition, use your empathy, and the most important; USE YOUR HUMAN LOVE.
- Ask their permission and, Tap your client yourself (sometimes OCD patients and autistic children may be sensitive about another person touching them)
- Human touch can make real differences.
- If you cannot touch your client for any reason, be sure to TAP together. With small children, you can tap on yourself, and the child's mother can tap on him/her mirroring you.
- At the beginning when you ask for the intensity level, do not forget that you may not be measuring the real issue, only an aspect of it. Begin anyway, the real one will come after with asking the right questions and following their emotions. Use the face expressions, body movements as tools for the exploration.
- Your client's unconscious energy system will then begin releasing the necessary hormones, catecholamines, enzymes, antihistaminics etc. The basic neuroendocrine circuits will be activated with your affirmations and tappings.
- This is why you can stop even allergies with EFT, your own body releases your own medicine.
- You can stop pain because you release the body's own morphine - the endorphine.
- You sleep better and with quality sleep you will have adequate melatonin, growth hormone and serotonin levels. This helps fight diseases like cancer and can slow or stop its growth.
- Your immune system will work better, and also your apoptotic mechanism which destroys the mutated degenerated cells. I believe that many physical diseases begin at the energetic level, when the energy flow is stuck because of our experiences, our emotions. We usually do not try to solve them, instead we sweep them under the carpet.
- Clearing the emotions will make us free from our self-locked prison.
- Sometimes the memories which make us unhappy are like a spider web covering our whole body and mind and limiting us from moving ahead to a happy-healthy life. You can dissolve these tiny but strong fibers surrounding you with EFT. (Here I am reminded of Gulliver. He was a giant but he could not move because of the tiny ropes that bound him.)
- With EFT we are not escaping from the memories and emotions which made us unhappy, instead we are confronting them and clearing them permanently.
- Accepting the problem is the beginning of solving it.
- Try to listen to your inner voice, it is usually telling you the truth.

- Be careful about your physical health, eat healthy food, do not alter your biological clock, sleep well.
- While making affirmations say them loud and in an energetic way.
- Do EFT like working with a child. We all have an inner child, and your unconscious mind accepts things which are literal and simple much more easily.
- Love yourself, accept yourself, hug yourself and your client with EFT.
- After working with your clients, do EFT and Tap on yourself and clear any negative emotions you may be feeling from the session.
- EFT will also help us to create a better and peaceful world.
- Peace can only find a place in a healthy and happy mind-body-spirit.

Dr. Erkin was a big hit at the Sydney Australia Master Showcase. She can be seen in the DVD of the month selection: Working with Cancer Patients