

## Emotional Freedom Techniques (EFT) for Peace of Mind

By Bonnie Marianna Niebauer EFT-ADV, CH, LMT, NCTMB



Not enough time, too much stress, long hours at work, family obligations. Whew! Too much to do & to little time to do it. Does that sound familiar? Where do you put your stress? Where do you store the “Woulda, coulda, shoulda’s?”

Maybe it’s time to take a big breath and quiet the inner voice of our judge. EFT has the ability to free the body, the mind & the spirit. Release the baggage of the past. Live in the now, bring more joy into your life. Erase those old scripts that keep you in the past. Sound too easy? That is the beauty of EFT. It is so simple children can learn it and so effective it really works. In just a minute or less you can diffuse the emotional intensity and get clues as to what is really going on. EFT was born about 10 years ago when Gary Craig (its founder) took the training he had in TFT (Thought Field Therapy) and made it simple! No separate list of protocols for each emotion. Just a simple tapping recipe was born. One of the blessings of EFT is that once you know the points to tap/rub you have help at your fingertips. You don’t have to be a therapist to use it. What is your “self talk”? Is it serving you? When change is desired do you meet resistance? Does the self talk say we can’t leave our comfort zone, it’s not safe? Stretch your comfort zone, create real change that lasts. What has EFT been used for? The saying is “Try it on Everything”. It only takes seconds to do a round of tapping. What have you got to lose. So EFT practitioners all over the world have done just that. We have used it for anger, pain, reaching goals, relieving jet lag, fear of flying, smoking, weight issues, and the

list goes on. Individuals use EFT, doctors, dentists, veterinarians, teachers, and children. Here’s the basic recipe:

1. Identify an issue/problem you want to work with
2. Tune into this issue. On a scale of 0-10 (1 almost no emotion-10 intense emotion), how would you rate your response to this issue?
3. Pick a specific part of the issue to work with. EX: Fear of flying. What is it about flying that causes the most anxiety? Take off? Being miles in the air? Landing?
4. Here are the tapping points. You can tap, rub, or hold them

KC= side of hand by little finger

EB:= eyebrow, inside edge (toward center of forehead)

SE= side of eye (outside of eye)

UE= under the eye

UN= under nose (between nose & lip)

CH= chin (between lips & bottom of chin)

CB= collarbone

UA= under arm (about 4” down from armpit)

TOH= top of head (on crown)

That’s the basic recipe. Tap/rub approximately 5-7 times at each point.

### **Want to try it? Let's tap:**

What number would you give for memories held in your body? Now tap/rub the KC point and say:

I forgive my physical body for keeping these memories in my tissues. It was only protecting me.  
Repeat this 2 more times.

Now tap the points in order & say:

EB: forgive my body

SE: protecting me

UE: forgive my body

UN: protecting me

CH: forgive my body

CB: protecting me

UA: forgive my body

TOH: protecting me

Take a couple breaths to your comfort level. Now what is that number? Same? Lower? Did something specific surface?

Tap at the KC point again:

I release my emotional body from the burden of storing these memories. I am ready to move forward. Repeat 2 more times.

EB: release memories

SE: move forward

UE: release memories

UN: move forward

CH: release memories

CB: move forward

UA: release memories

TOH: move forward

Again take some breaths and check in with yourself.

EFT is effective for many issues. If you find you are having difficulty you may wish to work with an experienced EFT practitioner in person or on the phone. Yes, I did say on the phone. Another benefit of EFT is its ability to be used over the phone as well as in person. Did I just stretch your belief? You could tap for that! EFT sessions can even be done by email. Now I have really stretched your beliefs. What would it be like to release the burdens from the past and achieve levels of peace that seemed impossible? Take a moment to think about that. How would your life change?

I invite you to visit these web sites for more information:  
[www.EFTMUSE.blogs.com](http://www.EFTMUSE.blogs.com)  
[www.emofree.com](http://www.emofree.com)  
[www.Mercola.com](http://www.Mercola.com)

For research about eft go to the emofree site or, [www.eftupdate.com](http://www.eftupdate.com) or [www.eftdownunder.com](http://www.eftdownunder.com)

Have fun, get results, keep tapping.  
Use it for everything!

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*Bonnie Marianna has trained extensively with the founder Gary Craig. She teaches approved Level 1 and 2 classes in EFT. She has been an EFT practitioner for 6+ years and uses it daily in her own life. EFT is taught to all clients for self help. Her practice includes Massage, Reiki, Hypnosis, EFT for personal and business coaching.*