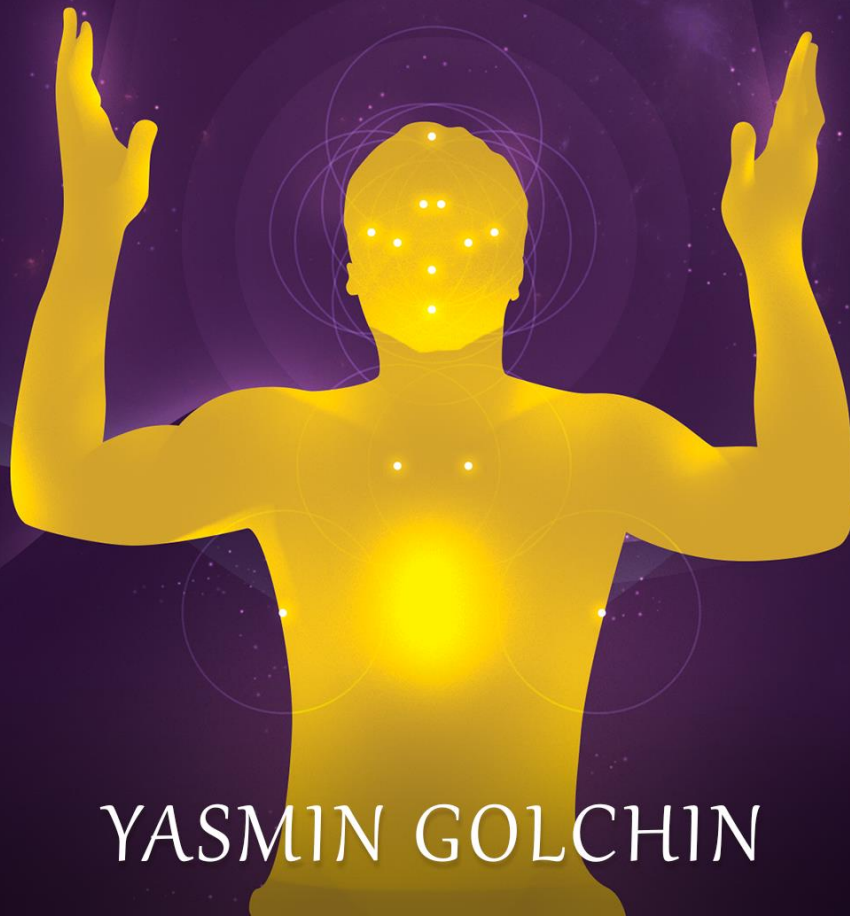


# EFT Mind

## Emotional Freedom Technique

A revolutionary system for improving your life on multiple levels: mental, emotional and physical to achieve a healthy and stress-free life.



YASMIN GOLCHIN

# EFTmind

## Emotional Freedom Technique

by

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## Chapter 1 – What is EFT?



**Introducing the Emotional Freedom Technique.**

**What is EFT and how does it work?**

**When and by whom was EFT discovered?**

**Why choose this form of therapy?**

**Where is the almond located in my head?**

**Why do we use negative affirmations in EFT?**

**What is a problem?**

**What were Margaret's hidden limiting beliefs?**

### Introducing the Emotional Freedom Technique

Would you like to have a pain-free, trauma-free and stress-free life? Are you interested in attracting a successful, prosperous, and fulfilled life?

Welcome to a world full of success and endless possibilities. I would like to congratulate you for having this book in your hands. It seems that you are determined to improve the quality of your life with EFT.

This book will help you to have a different, more fulfilling life. You will learn how to gain better health, abundance, fulfilled relationships, to approach your ideal weight, and everything you ever wished for in your life. EFT also leads you to inner peace in the shortest possible time.

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The sound of the phone ringing broke the silence. I put my book down on the desk beside me and answered the phone.

“Hello?” she said with excitement in her voice.

I recognized Monika’s voice immediately; I had not spoken to her since her husband’s last session.

“Yasmin, it honestly is a miracle! Yesterday when Andy checked his blood pressure it was only 130. We tried it again at least five times; we still couldn’t believe it. I mean, we even thought the blood pressure unit might be broken, so we decided to make an appointment with his doctor for this morning. We just got back from the clinic and the doctor was in complete shock! After trying both of his arms, she couldn’t understand how Andy’s blood pressure reduced from 160 to 130 in two weeks. I cannot believe it, Yasmin; he is even off his stupid medication now!”

I had recently graduated in EFT and Andy was my very first client. He was 50 years old and suffering from high blood pressure and severe side effects from his medication; he was completely distressed and had lost all hope.

A lot of problems in adulthood are caused by unresolved emotional trauma from earlier in your life; high blood pressure being one of them. As usual, I started the session by gaining some information about his past and his

childhood experiences. It didn't take too long to find the root cause of his problem, and I quickly started tapping onto the emotion.

His problem was quite complicated, and took me twice as long as my usual sessions to clear them with EFT.

He left my office happily with the homework that I had given him. Just as I had expected, his blood pressure dropped within two weeks, so he must have been doing his homework correctly.

He wasn't my first successful case; in my private sessions, I'd witnessed people with depression, OBCT, physical pain, and so much more, cured with EFT in the shortest possible time.

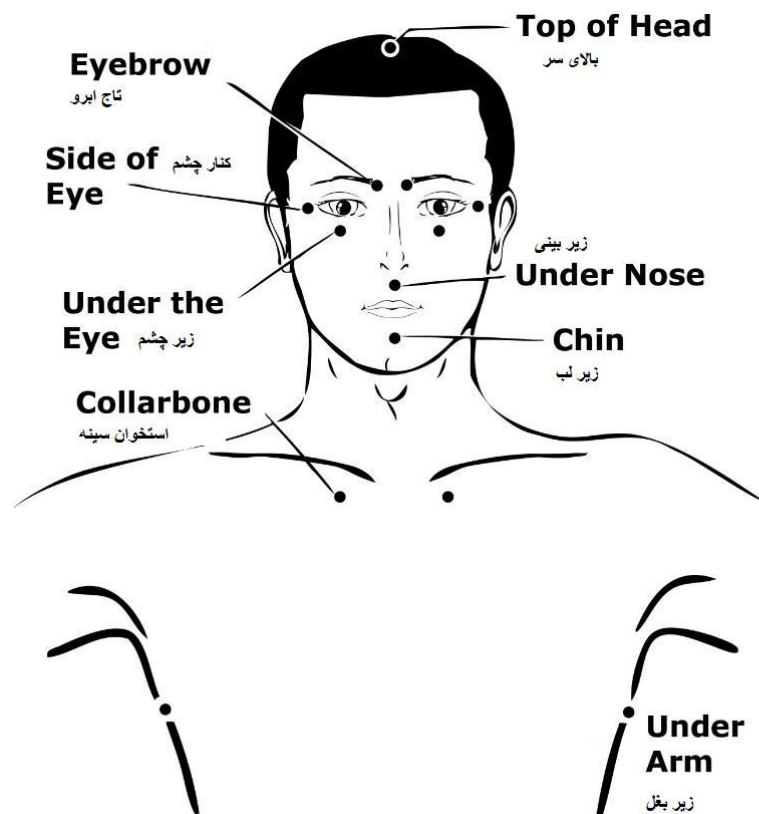
In this book I'm going to be sharing with you the experiences I have had treating various people with varying issues, in the hope that I can show you just how powerful the Emotional Freedom Technique can be.

### **What is EFT and how does it work?**

The Emotional Freedom Technique, or EFT, helps calm the nervous system to restore the balance of energy in the body and rewire the brain to respond in healthier ways. EFT is likened to a "psychological acupressure technique" based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the use of needles. Instead, simple tapping with the fingertips is used to input energy onto specific meridians on the head and chest while you think about your specific problem and voice "negative emotions" of the problem—whether it is a traumatic event, an addiction, pain, etc.

The combination of tapping the energy meridians and voicing affirmation works to clear the "short-circuit"—the emotional block—from your body's bioenergy system, thus restoring your mind and body's balance. This is essential for optimal health and the healing of both the mind and physical diseases.

In this picture you can see the eight tapping points.



EFT tapping therapy is helpful with the following emotional challenges:

- Stress and Distress
- Anxiety and Panic Attacks
- Trauma, Abuse, and PTSD
- Depression
- Shame, Guilt, Low Self-Esteem
- Grief and Bereavement
- Love Pain
- Fear of Rejection
- Insomnia
- Fear of Public Speaking

- Phobias: fear of flying, mice, snakes, spiders, etc.
- Addictions: alcohol, drugs, smoking, food, gambling, sex, etc.
- Weight loss/emotional overeating
- Eating disorders: anorexia, bulimia, etc.

### When and by whom was EFT discovered?

It began in 1980, with a psychologist by the name of Roger Callahan, and a patient named Mary with an extreme phobia of water. Mary's fear of water controlled her life and kept her from daily activities. She was unable to take her children to the beach and was unable to drive near the ocean; she became fearful when it rained, and could not even withstand the sight of water on TV. She had vivid nightmares involving water.

Dr. Callahan and Mary had been working on this problem together for over a year. Finally, Mary worked up the courage to sit within sight of the pool at Dr. Callahan's house. Even doing this caused Mary extreme distress, and though she found ways to cope with the intense fear and emotional pain, she did not overcome her phobia. They discussed her problem over and over but with no success.

Her fear of being near water caused Mary stomach pains—a common “gut reaction.” Dr. Callahan had recently been studying traditional Chinese medicine and learned about meridians. Suddenly he had an inspiration. Remembering that there was an acupuncture point for the stomach meridian on the cheekbone, he asked her to tap there, thinking it might cure her stomach pains.

Mary tapped her cheekbone as directed, and this little action changed medicinal history! The response seemed miraculous to both Mary and Dr. Callahan. Her stomach pains disappeared. But even more amazingly, her phobia of water disappeared, too! She ran down to the pool and began splashing herself with water, rejoicing in her newly found freedom from fear.

Based on this discovery, Dr. Callahan began a series of investigations to develop and refine this technique, which he termed Thought Field Therapy. Gary Craig trained under Dr. Callahan's tutelage in the 1990s, learning the procedures for TFT.

As time passed, Gary began to observe some problems with TFT, aspects that he saw were unnecessary complications.

Craig developed EFT as a simplified, improved version of the concepts behind Callahan's TFT. EFT has one basic, simple sequence of points to tap, no matter what the situation.

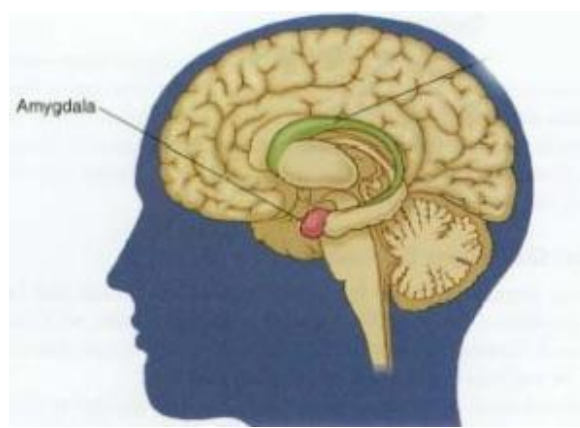
### Why choose this form of therapy? Because EFT:

- Is a positive, proactive experience
- Often works where nothing else seems to
- Usually provides rapid, long-lasting relief from symptoms
- Can be self-applied (some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner)
- Needs no drugs or equipment

### Where is the almond located in my head?

I know what you're thinking, but just bear with me here. It might seem funny but yes, we have an almond in our brain.

The amygdala is an almond-shaped structure in the brain; its name comes from the Greek word for almond. As with most other brain structures, you actually have two amygdalae (each amygdala is located close to the hippocampus, in the frontal portion of the temporal lobe).



The amygdala triggers your emotions faster than your conscious awareness. The unique “speed dial circuits” of the two almond-sized nuclei within your brain are the first to react to emotionally significant events. These organs protect you from harm by interpreting subconscious hints of danger to trigger lightning-fast responses.

The amygdalae react to negative events in many ways, including activation of your sympathetic nervous system.

For example, if you have previously been ridiculed amongst your friends for the way you talk, your brain relates this experience to “Danger in speaking amongst friends.” From then onwards, anytime you are put in this situation, the amygdalae part of your brain alerts and reminds you of the danger sign that you have had this unpleasant experience before. Therefore, for this reason you may never speak up again in such a gathering or speaking in public and prefer to keep silent. You must remember that the human brain does not differentiate between logical and illogical feelings and simply observes your reactions. This concludes the reason why stresses of daily life send signals to the amygdalae part of the brain to alert us when in danger.

### **Why do we use negative affirmations in EFT?**

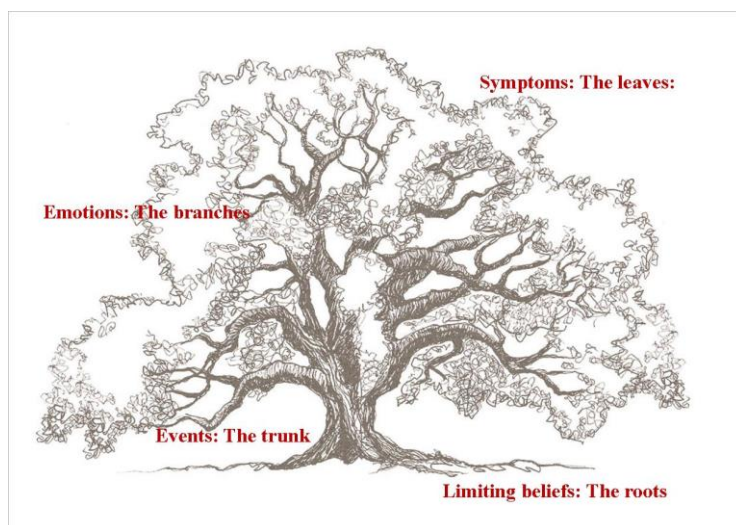
“I am worried that if I say negative phrases I will bring negative things into my life. How can I use EFT without having to use negative phrases?” I get asked this question quite frequently.

The EFT technique is a different approach than traditional “positive thinking.” You’re not being dishonest with yourself. You’re not trying to obscure the stress and anxiety inside yourself with a veneer of insincere affirmations. Rather, you’ve confronted and dealt with the anxiety and negative feelings, offering deep and complete acceptance to both your feelings and yourself.

What is important is where our focus and attention is when we are tapping, and remember that what we are saying is much less important than what we are feeling when we tap. The reality is that these negative thoughts are present, whether you admit them or not, so we need to address them, to look at them, admit they are there and clear them by tapping.

### What is a problem?

Imagine your problem as a tree; the tree has four main entities: leaves, branches, a trunk, and the roots.



- 1- The leaves are the side effects and symptoms like weight issues, physical problems and pains, addictions, self-sabotage, clutter, procrastination, etc.
- 2- The branches are the emotions that come up in our mind and we feel them such as rejection, anger, guilt, fear, depression, anxiety, shame, powerlessness, etc.
- 3- The trunk is the events which present past traumatic events that still affect us today like being bullied growing up, abused in different ways, unloved or unsupported, family in-fighting, being criticized, unloving parents, etc.

- 4- The roots are limiting beliefs that dictate what we believe to be true or not true about anything, including yourself such as, “I’m not good enough,” “I’m not loveable,” “I can’t do anything,” “I’m not safe,” etc.

It is sometimes easier to tap on the symptoms, or on an obvious side effect, and it can produce great results; but most of the time tapping on the symptom is not enough to get the best results. We need to dig deeper to identify the emotion that is behind the symptoms, or identify the event, or even deeper down, identify the limiting beliefs by asking yourself the following questions (in this example a headache is the symptom):

“What exactly do I feel when I think about this headache?”

“What traumatic past event do I remember when I think of this headache?”

“What beliefs do I have about myself, my life, about money? About my appearance?”

### **What were Margaret’s hidden limiting beliefs?**

Margaret was a short but very slender lady. She was very fidgety, and would obsessively play with her fingers the entire session.

“I am sick and tired of this stupid pain. It has been two years now. I have it all day, every day, from the minute I wake up. Painkillers don’t work, and herbal medicine only gives me temporary relief. One day, one of my friends told me about this EFT technique and she recommended that I have a session with you. I believe she used to have stomach problems and you helped her to cure it.”

When I began chatting to her about her life, I came to know that she is happily married and has two lovely children. No financial issues, domestic problems, or anything else to cause her any stress. After half an hour of tapping, the pain reduced from a scale of 10 to 4, and after more tapping it had gone down to 0.

She was in awe, constantly breathing in and out deeply to test the pain; she couldn't believe it was gone. However, as I was setting her homework towards the end of the session, I noticed she was still playing anxiously with her fingers.

I had a strange feeling; I wasn't too sure about this case. It was as if she was still hiding something from me in the session. But I couldn't exactly force anything out of her; if she was happy with what she told me, then I was happy, too!

Margaret was still in joy, with absolutely no pain, when I spoke to her five days after the session.

When I received an e-mail from Margaret after two weeks asking me to arrange another session urgently, I was taken aback.

On the day of her appointment, she seemed more anxious and upset than on our first meeting.

"I was completely pain-free until last week when the pain gradually started to come back. I'm so disappointed. I mean, why didn't EFT work for me? It worked for my friend, and she's been perfectly happy the whole year! Does this mean I have to suffer from this stupid pain for the rest of my life? I've tried everything and nothing is working!" she said in frustration.

I could tell she was extremely worried. I tried to calm her down and explain to her that her EFT hadn't lasted as long as it should have.

"The reason tapping works only temporarily sometimes is that there are some underlying emotions or some limiting beliefs behind the problem that we need to focus on while tapping. If your pain returns, it means we need to talk more about when the pain first started and identify the root cause. I will leave you alone for a few minutes to concentrate and think of anything that happened that you think may be the cause of this problem," I said as I left the room.

When I returned, she looked hesitant.

"I'm not sure if this is important or linked to my problem, but I have a constant fear of losing my husband. I just love him so much and he's an amazing husband. I even have nightmares about it every now and again," she said, her voice cracking.

“What exactly are you scared may happen?” I asked, pleased that we were finally getting to the root cause.

“I’ve had this fear ever since we got married. He is so attractive, with a high-profile job in a large company; he works with so many beautiful young girls, who are all better-looking than me. I’m just a bag of bones and because I’m a mother of two kids I don’t have enough time to take care of my appearance. It’s such a depressing feeling to have. I always try to make sure he’s completely happy with me but the feeling of not being good enough is still so crippling,” she replied.

“Okay, does your husband know how you feel?” I asked.

“No, he doesn’t know. He would be devastated if he knew. He’s such an understanding person and he would do everything to help me.”

When she told me her story, I was wondering why she didn’t tell me the whole story in the first session! That’s when I realized that in the first session we simply cut the leaves and branches off, completely leaving the most important layers to cut, which are the trunk and roots.

It took us one and a half hours to tap on the “I’m not enough for my husband” emotion and to raise her self-confidence. We didn’t even need to tap on the pain since it had been reduced by us tapping on the root of the problem.

Experiences like the above prove that we cannot solve the issue permanently unless we address and tap on every layer or aspect of it.