

# Mademoiselle Lynna

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\*\*\* *EFT* \*\*\*

# How To Do E.F.T.

## *Emotional Freedom Technique*

Performing an EFT session on yourself is simple. You will call up some trauma, negative experience, or emotion you are grappling with. Then you will go through a series of tapping different places on your body to release the energy to be replaced or transformed.

1. Acknowledge what you are releasing. This can be very specific trauma, a feeling, or something happening right now. Come up with a clear phrase that encapsulates this experience., a present issue, a feeling, etc. Work on one issue at a time! For example: I am lonely, or I hate my job, or my father was never there for me. Unlike affirmations, your statement is focused on the negative. You are trying to conjure up the negative feeling at its fullest so it can be released through the tapping exercise.
2. Rate on a scale of 0 – 10 how painful the feeling is. We'll use this later to check in on your pain level after a couple of tapping passes. The idea is to tap until there is no pain left.
3. Set up the session by using a phrase that pinpoints the trauma or feeling and accepts it so it can be released. The most common phrase used in EFT is: “Even though (your statement), I deeply and profoundly accept myself.” You can change this according to your situation, but this is the classic formula used.
4. Now begin your tapping:
  1. Quickly with all stiff fingers on the side of your palm (this can be either hand). Repeat 2 to 3 times, even though your statement, I deeply and profoundly accept myself.
  2. Tap on the top of your head with your whole palm quickly, repeating just one time your original statement, without the “even though” piece.

3. Tap the inside point of your eyebrow on either side near your nose, repeating just your statement once.
  4. Tap the outside point of your eye (either eye), repeating just your statement once.
  5. Tap under your eye bone close to your nose, repeating just your statement once.
  6. Tap the space between your nose and lips, repeating just your statement once.
  7. Tap your chin, repeating just your statement once.
  8. Tap the point of your collarbone on one side, repeating just your statement once.
  9. Tap under your armpit a few inches down (either side) with an open palm, repeating just your statement once.
  10. Gently tap your wrists together and repeat, “Even though (your statement), I deeply and profoundly love, accept, and forgive myself.
  11. Go through the series one more time.
5. Now that you moved through the tapping sequence twice, assess the intensity level of your feeling. If you are you down to 1 or 0, then you can stop. If you still feel triggered, go through the series again. This time you can rework your original statement to reflect the changes you feel. For example: I still feel lonely, or my job is still unbearable.
  6. Finally, go through the tapping series one more time, but change the statement to a positive affirmation. An example might be: “I am confident with who I am and I deeply and profoundly love, accept, and forgive myself.”

You can go through the EFT sequence for any issue whenever you need it. I (Shaheen) find it really helpful when I am in the midst of something and I need to work through it. Just going to the bathroom for a few minutes to tap it out can shift everything quickly!

There are many wonderful resources for EFT practices on the web, but this is the basic recipe that most practitioners follow. You will find slight variations depending on the source. Online videos can help you see the process if you are a more visual person. To learn more, check out [www.EFT-Alive.com](http://www.EFT-Alive.com) and [www.thetappingsolution.com](http://www.thetappingsolution.com)