

How to use EFT to live a

**Happy**

**Healthy**

**Wealthy**

**Fulfilled life**



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**Maria Cocis-Beech**

**In this book you have a technique to achieve the success you want in your life. You can use it straight away if you read this booklet.**

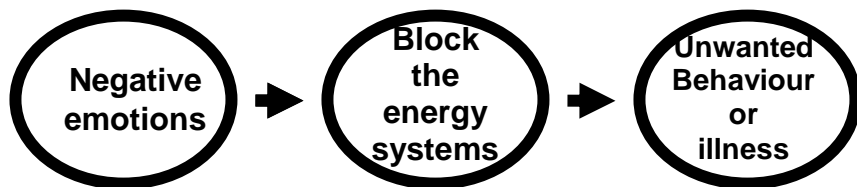
Maria Cocis-Beech

## What is EFT tapping?

EFT stands for Emotional Freedom Techniques™. EFT tapping is a simple, yet, very effective process in which we can change the beliefs and behaviours that stop us from being healthy, wealthy, happy, and live a fulfilled life.

The principle behind EFT, supports that in the human body, besides the classical circulatory system or digestive system, exists an energy system. This system consists of energy meridians and points on these meridians (same system like Chinese acupuncture only that on EFT we are not using needle, we will tap the energy points). These meridians carry energy in the whole body, like blood vessels carry blood throughout the human body.

Good circulation of energy is influenced by the emotional state of each person. Depression, stress, quarrels, exaggerated fatigue, etc. will block the meridians and the energy in that area. That blocking of the flow of energy is believed to be the source of unwanted behaviours or illnesses. By tapping on locations where a number of the different meridians flow, we are able to release unproductive emotions and beliefs which cause the blockages. When the energy flow is restored the physical symptoms are solved by the body itself.



To change the unwanted behaviour (symptoms) we need to change the negative emotions (cause).

The Chinese medicine can be traced back to around 4000 years ago. In Asia 75% of the medicine used is the traditionally Chinese. This type of medicine is considered as an alternative medicine in Western world. Around 1980 the USA increased its interest in energy medicine as there appeared to be few forms of energy psychology. In 1993 Gary Craig developed the EFT which was rapidly embraced by hundred of thousands of therapists all over the world. It is rapid, it is not using any chemicals and is at the hands of everybody interested in it.

## The technique - How to do it

To change the negative emotions which are stored in our memory and our body, we will tap on some points on the energy meridians at the same time we will make a statement about that specific negative memory. That tapping will open the flow of energy which will destroy the negative emotions with the outcome of the consequences being a change in unwanted behaviour or even illness.

**The EFT technique has 2 parts:**

- I. The Setup - The problem we want to solve.***
- II. The Sequence - Tapping on the meridian points.***

### ***I. The Setup - The problem we want to solve***

The Setup is made of two parts:

- a) - verbal part, which will be said three times, and is the problem that is troubling you, follow up by "I deeply love

and completely accept myself”.

b) -rub by rotary motion the sore point (as in Figure 1) left or right side of the body at the same time repeating the problem.



Figure 1

### Some examples of statements:

- If you are worried about an exam, you would say: "Even though I have these exams emotions, I deeply love and completely accept myself."

- If you have relationship problems, you could say: "Even I can find someone to love me, I deeply love and completely accept myself."

- If you have migraine:  
"Even if I have a powerful migraine, I deeply love and completely accept myself. "



Express your emotions fully, don't hold them back. For example in the migraine case you can tell how you feel: "Even if I have a headache which is driving me crazy so badly that I want to cut off, my f...mother's head .... I deeply love and completely accept myself."

- If you had a fight in public and have been verbally and physically assaulted, the set up phrase should be like this: " Even I'm angry for the fact that X beat me yesterday in front of our friends, I deeply love and completely accept myself."

- If you have a food addiction you could say: "Even I want to eat chocolate all day and all day I think only of chocolate, I deeply love and completely accept myself."

- If you as a child suffered from some trauma, your phrase should be like:  
"Even if my father beat me on my 5<sup>th</sup> birthday and he was so bad and hated me, I deeply love and completely accept myself."



or depending on the event:

"Even if my brothers had told me on my birthday when I

was 8 years old that I was bad and stupid, I deeply love and completely accept myself.”

- If you have nightmares or restless sleep, you could say:  
"Even though I have nightmares every night, I deeply love and completely accept myself.”

- If you are scared of rats, spiders and other animals, say:  
"Even though I am scared of rats (or appointed animal), I deeply love and completely accept myself.”

- If you have some bodily pains that the doctors cannot find the source of it, you could say:  
“Even I have this sharp pain in my left arm and it is hurting me so badly, I deeply love and accept myself”.(For any medical matter please do see your doctor.)

- If you have depression you could say:  
"Even if I have depression and suffer so much and do not see the logic in living my life, I deeply love and completely accept myself.” **(For depression or more deeply routed or painful emotions we strongly recommend to see an EFT practitioner.)**

In conclusion, affirming the problem has two key points: to locate the exact problem to be resolved and make sure that the language is expressed explicitly about your feelings to be able to release the negative emotions.

By statement you must identify the problem you want to correct and at the same time to love, accept and respect yourself as you are at that time.

It does not matter if you believe in the statement or not (sometimes subjects can not pronounce that they love and accept themselves – in this case the EFT practitioner

will have to say it in their place). It is also advisable to say the statement aloud and clear. In case you are in a public place and you have an emergency matter to solve, you may say it in your mind.

The statement is said three times while with your dominant hand you rub your Sore point. You will find this point at 3 cm below the sternum bone and about 8 cm to the left or right of it. If you rub it you will find it easily because it is slightly sore (see Figure 1).

If, for whatever reason, you do not want to rub that point just say the statement at the same time while tapping the karate chop point on the palm (see Figure 2).

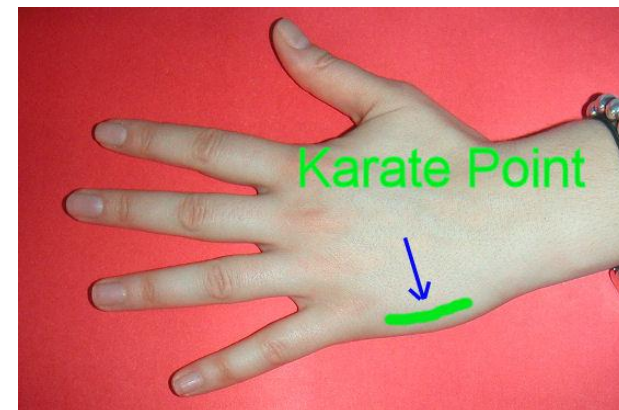


Figure 2

After several rounds of practice you will be able to say the three statements in about 10 seconds.

## ***II. The Sequence -Tapping on the meridian points.***

This phase involves tapping with two or three fingers, about 7 times (between 5 and 9 depending on how you feel) on each point of meridian indicated (see

Figure 3). Use your index, middle finger and ring finger together and press clear, solid taps with the fingers but without injuring or creating marks. It does not matter which side of your body you are using. Also, it does not matter if you don't do it in the sequence indicated.

Each energy meridian has two end points. For the basic technique, you need only to tap on one end to balance out any disruptions that may exist in it. These end points are near the surface of the body and are thus more readily accessed than other points along the meridians that may be more deeply buried. The tapping points are located on the face, on the body and on the fingers.

If you have access to a computer please look at the video link from the page <http://www.prohypnosis.co.uk/eft-basic.html>  
The tapping points are indicated by the dots in the figure 3 and the bellow pictures:

\*\*Top of the head – towards back, abbreviated **TH**



\*\*At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated **EB**.

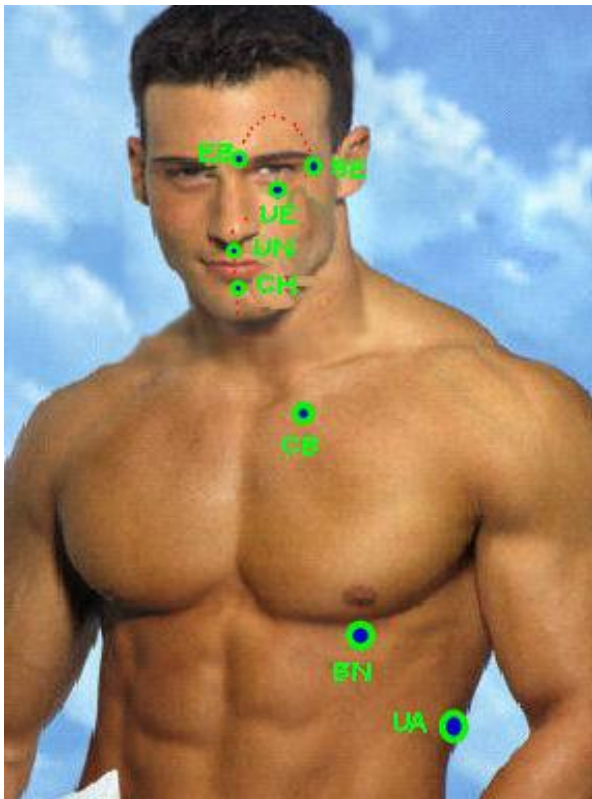
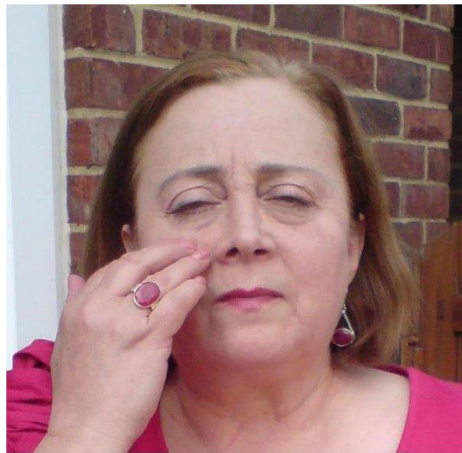


Figure 3

\*\*On the bone bordering the outside corner of the eye. This point is abbreviated **SE** for Side of the Eye.



\*\*On the bone under an eye about 1 inch below your pupil. This point is abbreviated **UE** for Under the Eye.



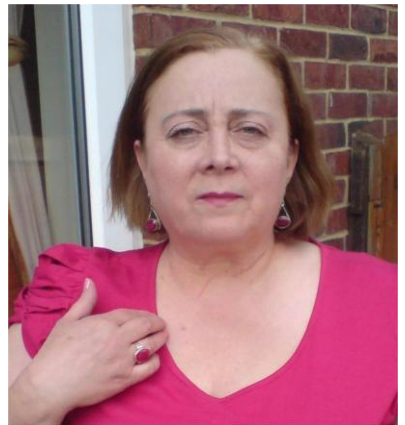
\*\*On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated **UN** for Under the Nose.



\*\*Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated **CH** for Chin.



\*\* To locate CB place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated **CB** for Collar Bone even though it is not on the collarbone (or clavicle) per se.



\*\*On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated **UA** for Under the Arm.



## Testing

You can assess better how the method works if you measure the negative emotion. You will ask the person the intensity of his negative emotions scale from 0 to 10. At 0 the subject has no emotion and 10 is maximum intensity. It could be for example, that the problem starts with the value of 6 and decreases after the first round of taping at 3 then, after the second round at 1 and then 0. Even if at the value of 1 the person feels comfortable it is advisable to go further on until he/she reaches the value 0. At value of 0 the subject can talk about the troubling memory without having physical reactions like heart beat, sweat, palpitation, constricted breathing and other negative symptoms of an emotion.

## EFT at work

### Fear of Spiders

To illustrate EFT we describe the base technique used for the fear of spiders. The appointment can proceed like this:

**Maria:** Diane, please tell me what is your fear of spiders scale from 0 to 10 with 10 being maximum intensity.

**Diane:** Well, I don't know.

**Maria:** If you look at a spider just now how much distress will you be in?

**Diane:** 10

**Maria:** Did you have a specific incident when you started to be afraid of spiders?

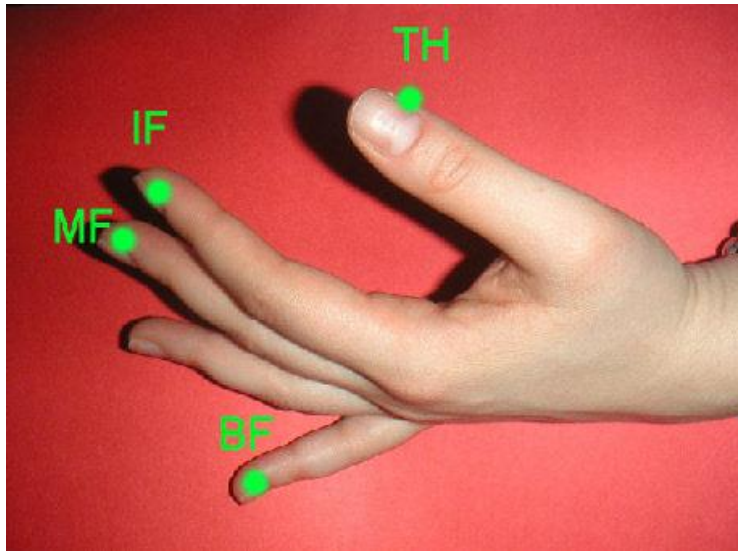
**Diane:** Well ... I think it started when I was in a student camp ... when I was 9 years old. One of my mates put a spider on my pillow when I was asleep. And the stupid cow and her friends were laughing when I woke with the

\*\*For men, one inch below the nipple. For ladies, where the underskin of the breast meets the chest wall. This point is abbreviated **BN** for Below Nipple (please see Figure 3).

The tapping points on the fingers are:

\*\*On the outside edge of your thumb at a point even with the base of the thumbnail. This point is abbreviated **TH** for Thumb.

\*\*On the side of your index finger (the side facing your thumb) at a point even with



the base of the fingernail. This point is abbreviated **IF** for Index Finger. (see Figure 4)

\*\*On the side of your middle finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated **MF** for Middle Finger.

\*\*On the inside of your baby finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated **BF** for Baby Finger.



spider on my face. How stupid! I woke and screamed in huge distress and they were laughing... Idiots...

**Maria:** Diane do you want me to tap on you or do you want to tap yourself?

**Diane:** I better watch what you are doing so I can learn how to do it myself.



**Maria:** That's OK. Please rub the sore point and say after me: Although those stupid girls put the spider on my pillow to have fun, I deeply love and completely accept myself.

**Diane:** Although those stupid girls put the spider on my pillow to have fun, I deeply love and completely accept myself.

Although those stupid girls put the spider on my pillow to have fun, I deeply love and completely accept myself.

Although those stupid girls put the spider on my pillow to have fun, I deeply love and completely accept myself.

**Maria:** tap now, about 7 times on each of the meridian point that I will show you and say "Spider on my pillow"

**Diane:**

EB: spider on my pillow

SE: spider on the pillow

UE: spider on the pillow

UN: spider on the pillow

CH: spider on the pillow

CB: spider on pillow

UA: spider on the pillow

BN: spider on the pillow

TH: spider on the pillow

IF: spider on the pillow

MF: spider on the pillow

BF: spider on the pillow

**Maria:** Very good Diane. How much is now your fear of spiders?

**Diane:** Oh, I believe it is 8... It is 8...

**Maria:** Now we resume by tapping the meridian points and you'll say out loud three times and tap during this statement all the way down, your Karate point – or if you prefer the sore point:

**Diane:** I prefer karate point. My sore point is really sore....

**Maria:** That's perfectly fine. Say now three times please. "Even I have a remaining fear of the spider on my pillow, I deeply love and completely accept myself".

**Diane:** Even I have a remaining fear of the spider on my pillow I deeply love and completely accept myself

Even I have a remaining fear of the spider on my pillow I deeply love and completely accept myself

Even I have a remaining fear of the spider on my pillow I deeply love and completely accept myself



**Diane:**

EB: Remaining fear of spider on my pillow

SE: Remaining fear of spider on the pillow

UE: Remaining fear of spider on the pillow

UN: Remaining fear of spider on the pillow

CH: Remaining fear of spider on the pillow

CB: Remaining fear of spider on pillow

UA: Remaining fear of spider on the pillow

BN: Remaining fear of spider on the pillow

TH: Remaining fear of spider on the pillow

IF: Remaining fear of spider on the pillow

MF: Remaining fear of spider on the pillow

BF: Remaining fear of spider on the pillow

**Maria:** Very Good. Please estimate how your fear of spiders is now?

**Diane** .... (she is swinging in the chair and tries to answer my question).

**Diane.** I know ...it is much diminished.... is empty.... is no longer the same....

**Maria:** If you get a spider now and you see it, how much will your fear be?

**Diane:** 3, I think is 3.

**Maria:** We have to bring the fear to 0. Please repeat after me, rubbing the sore point

Although I have left some fear of spiders, I deeply love and completely accept myself.

**Diane** (rubbing the sore point)

Although I have left some fear of spiders, I deeply love and completely accept myself.

Although I have left some fear of spiders, I deeply love and completely accept myself

Although I have left some fear of spiders, I deeply love and completely accept myself

**Maria:** Very good Diane. Now we resume all points on the meridians and you'll say out loud "Left fear of spiders".

**Diane:**

EB: Left fear of spiders

SE: Left fear of spiders

UE: Left fear of spiders

UN: Left fear of spiders

CH: Left fear of spiders

CB: Left fear of spiders

UA: Left fear of spiders

BN: Left fear of spiders

TH: Left fear of spiders

IF: Left fear of spiders

MF: Left fear of spiders

BF: Left fear of spiders

**Maria:** OK Diane now will you please estimate how much you still fear spiders?

**Diane:** is 0, I think that is 0.

**Maria:** Please close your eyes and imagine that I put a spider on your pillow. How much do you fear?

**Diane:** (with a slight spasm of disgust) I think it is 2. Oh they are ugly and those girls were some idiots ... freaks. Damn, you are quite stupid at that age – I should have punched them but I paralyze ... like frozen ...

**Maria:** OK Diane, we are repeating the entire procedure until we are at 0. This time I want you when you are tapping the points to express your feelings about that event, whatever is coming up ...

**Diane:** Can I punch? ... Ah...



**Maria:** (laughing) yes you can ... please repeat three times after me: Even I have some remaining fear of spiders. I deeply and completely accept myself. But this time I want you to affirm with a very loud voice, shout if you want ... I deeply love and accept myself ...

**Diane** (rubbing the sore point)

Even I have left some fear of spiders, **I deeply love and completely accept myself.**

Even I have left some fear of spiders, **I deeply love and completely accept myself.**

Even I have left some fear of spiders, **I deeply love and completely accept myself.**

EB: the remaining fear of spiders

SE: I was on holiday to enjoy myself

UE: Children are children

UN: They were having a good time... but I hate them

CH: They were laughing and I was scared of the spider

CB: If I could do it I would punch everyone of them...

UA: Still left with fear of spiders

BN: They did not mean harm .... But I am suffering

TH: I am quite stupid to let a bunch of children have fun at my expenses

IF: To hurt me after 40 years

MF: I forgive the children ... they were having fun ... I could join them, put some rats under their pillow ..., and have a good laugh myself...

BF: I am letting my life be ruled by a bunch of 9 years old Diane, at this moment she had a deep sigh and is yawning.

**Maria:** That is very good. Diane how would you rate your fear of spiders now?

**Diane** ... 0 ... quite a big zero

**Maria:** If you saw a spider on the floor what would you do?

**Diane:** hahahaha ....asking for Cornelius to come and kill the spider ...

**Maria:** and if he is not at home?

**Diane:** may be I will stamp on it ... or maybe I will put it on the kitchen shovel and take it in the garden ... I don't know ... but I will find one and tell you what I have done.

## **Surrogate tapping**

Sometimes the clients cannot tap on themselves because of some medical ailments (pain in the body, cancer, problems with their hands) or some clients are too busy with their life and it is easier to say: "Mum, I have a headache, can you please tap for me?"

In these cases we will use the surrogate tapping in which we add in the statement: "I am **X** and even I have this problem **Y**, I deeply and completely love and accept myself. " and carry out the normal procedure. What is more amazing is the fact that this surrogate tapping was used with animals, plants and even physical objects, and it worked. Myself I used it with my dogs and cat, with almost incredible results.

## **Minnie, my dog's case**

I just discovered EFT, when one of my daughter's dogs, Minnie, a 4 months old Chihuahua, jumped off my bed and broke her back leg at the knee area. She could not use her broken leg and so walked on three legs. After I went with her to the vet, I started to use surrogate tapping for her to help hasten the process of healing and reduce the need for surgery (the vet said that she may be need to insert a metal pin to fix her broken bones). After a month in which Minnie used all four legs including the broken one, to our dismay, we saw that she could not put her

other back leg foot on the ground. I ran back to the vet who said that Minnie has a genetic condition and that the channels of the knee are not deep enough to hold the patella. The vet said she needs surgery on both feet, to widen the patella's channel. Minnie's legs were 7mm in diameter, bone and flesh. It was hard to imagine they were going to do such a difficult operation (it was a common ailment for the vets but for us was unbearable). Not to mention that

the vet's bill without surgery had already reached 500 pounds.

I felt very guilty. First the accident happened in my house. Secondly how I could

let the small dogs jump out of my bed at such a height - now I have solved the problem by buying special stairs for small sized dogs). I started to do surrogate tapping for her knees to heal saying 'I do not need surgery'. I was not sure of what I was doing but I did it anyway, about three times a day. At least it gave me a sense of calm and peace.

I used the standard expressions, and spoke with all my heart and belief. I began with the statement three times: "I'm Minnie, Gema's dog, and I have a problem with my legs, though I am a fantastic dog."

Then I tapped on myself and said that the legs will heal, that Maria is upset for letting the accident happen that



everybody loves her and wants her to heal so she will no longer need surgery on her knee caps and that the broken leg will heal perfectly.

After a month we took the old x-rays and went to another vet for a second opinion. Another set of x-rays were done and compared with the first ones. The vet said that Minnie doesn't need surgery for the knee caps and that the broken leg was sutured perfectly. We were advised to make a further appointment for an 18 month check up. Since I started to do surrogate tapping for Minnie she has never stayed on three legs. She used her four legs. Her accident happened 4 years ago. She is healthy and has never had a problem with her legs since.

What was even more amazing was the fact that by doing surrogate tapping Minnie has cured my own knees. I was so used to having pain in my knees especially when getting in and out of the car, that I even forgot that I had pain. To get out I needed to help myself with my hands. Quite simply, suddenly, I noticed that my knees don't hurt anymore. I never thought of my own knees when I did surrogate tapping for Minnie. But somehow I don't know why and how my knees are undeniably better. I walk and I move without pain. I don't understand how this works, but it is less important to me.

EFT is the most simple and elegant tool in the healing process. And it's completely free and at the reach of everyone who wants to use it.

### **EFT for Buffy, the cat**

Well, at that time I was determined to use EFT every time I had a stress problem. One came soon enough. I took Buffy, my cat, to the vet because she had a fight with a fox and her neck got infected. The vet gave me some antibiotics. During the consultation, Buffy bit me

twice which never ever happened until then, in the 5 years of her life. Perhaps she was in serious pain.

The vet asked me when was the last time I treated her against fleas, because he believes the cat may also have a flea infestation. Last time I did it was eight months ago and have not done it since because she has a very bad reaction when I apply Front Line medicine to her skin. Her head shakes uncontrollably and saliva runs from her mouth. The vet said that I should do it anyway. When I got home I took the Front Line to put it on her shoulder. When the cat saw me with the small glass in my hand, she began to shake her head badly, her saliva started pouring through her mouth and she ran off into the garden. I was not even close to her. I could not administer the medicine for two reasons: first she immediately ran away



and secondly I simply refuse to mistreat my cat. I decided to use EFT for the whole situation: for me, feeling sorry and unable to apply the medication and for her not to have an adverse reaction to

the medicine.

I did a tapping round for me and a surrogate round for the cat. After I finished, I looked in the garden where Buffy stood and I asked her to come into the house to give her food. She came and she saw the same medicine bottle in my hand, but she stood and started to eat. I put the drops on her back whilst she ate: simply she saw me and stayed for medication. I was so proud of myself because I was calm, no anxiety and the cat stood to be medicated. After

a few seconds she ran away. Obviously, she did not agree with the drops on her skin, but this time she did not shake her head, she did not salivate just blinked her eyes several times. I was shocked in disbelief about the events. How could this happen? I do not bother to find out the scientific reason behind it; I am pleased to have a tool which works when I need it.

### **Panic attack to anything that has four wheels**

One day I took to a supermarket a 26 years young man, Raj (not his real name). He arrived from India to work in the UK around eight months ago. When I started the car he immediately opened the window. Outside it was cold, but I did not comment. One minute after I started driving, he put his head completely out of the car window and said "I can barely control myself to jump out of car". He said that he knows



it will be a short journey. Of course I froze and unfortunately I could not stop the car. He went all the way up to the supermarket with his head completely out of the window. When we got there he asked me to do my

shopping and go home without him as he could handle himself. I asked what happened to him. He told me that he has panic attack for cars and buses, basically anything with wheels. He said that he prefers to walk to work rather than use the bus. After I am clear about my own anxieties (that maybe he doesn't like my driving or he has something against women drivers) I told him I can help if he wants. He accepted immediately and said that the matter is very upsetting because his boss offered to take him home when he worked late, and he needed to refuse the offer. He was ashamed of this problem and could not talk with anyone about it. We came back together in the car and he could stay still (with the windows open) but with his eyes closed all the way. I asked when the phobia started. He recalls that it started eight months ago, when he came to work here, coming from the airport to the hotel by taxi. In India, he feels absolutely nothing when he is in the car. Here in the UK he could not travel on something that has four wheels. I asked him where this panic is located in his body and he told me that it is mainly in the stomach and begins with his cheeks becoming red. I explained how EFT works. He was very keen to stop the panic attack immediately. We started by rubbing his sore point and he repeated after me: "Although I have this phobia to go by car and bus, I love and accept myself as I am." At the third statement he added on his own: "But I want to get rid of it." On a scale of 0 to 10 the intensity of negative emotion was 8. After two complete rounds on the meridian points with the statement "phobia of going by car", the intensity has dropped to four. He commented that it is much better, but now feels he wants to eat - he is very hungry. I asked him to drink a large cup of water and to continue our session. I noticed that although he said he is pleased with the level 4, he was quite agitated and had the feeling that if he ate,

he would feel better. The reaction to stress "eat food - stress reduction" is very dangerous, especially for someone who lives quite a stressful life. I asked him to continue tapping to reach a 0 because he has a stressful life.

After drinking a big glass of water, he said that he feels better and wants to continue tapping. He made two more rounds of tapping in which I talked about how the phobia was triggered (riding the taxi, the stress of leaving home in India, leaving the family with some problems to be solved there and come here where he knows no one, first time abroad, going by car, location in his stomach of the panic reaction). I was telling the story and he was nodding that I am right. After the second round, he said that the feeling of panic is 0. I said it would be good to retest the phobia by his response in the car, if he agrees. He agreed so we got in the car and started the engine. I asked him what number is your negative emotion. He said 1. He did not want to open the window and had no inclination to do anything else. I did another complete round "this



remaining feeling of panic", to clear it out.

He said he feels completely 0, that he is feeling very calm, and he started to joke about EFT. I started the engine again and his phobia had completely disappeared. I started the car again, we did a few laps around the neighbourhood, and he had no adverse reaction. He was relaxed calmly joking and happy that he had finished with those debilitating panic attacks. The whole process lasted

around 15 minutes from start to the final test in the car. I called Raj after one month and after 3 years. Raj had no further adverse reaction to travel by car, bus or anything that has wheels. Everything was back to normal. He told me that he is using EFT when is very stressed at work and that he is happy to have such a tool at hand when he needs it.

### **EFT sports performance – Do you want to be a champion?**

Guillermo Penia, a Spanish gentleman, used EFT to achieve impressive results. He is 49 years old and likes to experiment on anything, and why not, on himself. He allowed me to publish his results.



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For some years now, said Guillermo, I have been experimenting with the new facets and resources to do with EFT that are springing up everywhere around the world. I will present the results I have obtained using EFT in sports over the last two years.

Parallel to my activities in EFT, I teach Nautical Sports. In the spring of 2006 I decided to test the results of EFT in competitions. I decided to train to attempt to break Spanish Record in Kite Boarding in Long Distance Speed. I used EFT on everything; physical factors, self-esteem, motivation, even to get a sponsor so I could dedicate myself fully to the project. Finally, on August 26th of the same year I sailed 46 nautical miles with an average speed of 22.6 knots. Not only I had broken the Spanish

record, I won and still hold the World Record. What surprised me the most was that everything was so easy.

A few months later I found myself thinking "I have been practicing kiteboard for many years and the physical effort in it is minimal because it is the wind that does the work". So I decided to do something different and unknown for me. I found out about SUP (Stand Up Paddle Surf) and decided to give it a try. In this sport, in order to move forward, it is necessary to paddle, so you have to make continuous physical effort. I set my goal to participating in the August 2008 SUP International Championship "9 nautical miles" held in Santa Pola, Spain.



Prior to enter the Championship, I had to become one of the top ranking competitors in Spain. To achieve this I had to participate in short distance races, called Open Races. I became the Spanish runner-up in this modality.

In the weeks before the Championship, the aspects to be treated with EFT were so many that my wife, Ilka, offered to be my motivating coach. For the International Championship I did tapping before the race and also mentally while racing, and finished first with more than two minutes advantage over the runner-up, breaking the 9 mile overall record.

I say all this not to brag about myself or my successes, but to emphasize the excellent results of applying EFT to oneself, to show the great potential of EFT and the significant changes that can happen in one's life, that are applicable to every single aspect of it and serve to broaden your horizons to wherever you set the limits.

My physical constitution is average. I won the SUP International Championship at 49 years of age to the amazement and surprise of the press and fellow sportsmen.

Thanks to Gary (the founder of EFT) and to everyone else involved in helping expand the EFT horizons.

Guillermo Pena

## **Binge drinking**

Giving relief to severe addictions (like substance abuse or weight loss) with EFT is among a more challenging matter. Rarely we do just tap on "my alcoholism" and expect to get lasting results in a round or two. In a normal procedure we are going in the person's life as early as we can. We neutralize the negative emotions of the events which are part of the big problem, which makes a person become addicted to something. The majority of addictions if not all of them are related to anxiety, lack of love and abuse. The hypnotherapist who uses EFT has a good tool to obtain from the unconscious mind the traumas which led to

addiction. Some traumas are unknown to the client because the unconscious mind can hide them to protect the client. For all addictions we recommend to use a clinical hypnotist which practices the EFT. Carol Maker, who allowed me to publish the following case, works with Corrections institutions (prisons) and deals with inmates as well as parolees. Addictions, of course, are often among the many challenges encountered. She helped a "binge drinker" to get relief from alcohol urges by neutralizing events surrounding the death of his parents. She is telling the story: "Last month I got a call from a probation officer to see if I could help a client who was "hopeless". I was told the client was a binge drinker with an electronic monitoring device used as an attempt to stop him from drinking and breaking his probation.



The client told me he was haunted every day by memories of his mother's death, and had ongoing daily urges to drink. He told me in confidence that he binged at least 3 times per week, but did not want his probation officer to know as he had been in jail many times for his problem. I



told him my services were free providing he would be a spokesperson for this method if it worked. He agreed. We worked for 2 1/2 hours around several events surrounding his mother's suicide when he was 5 years old and his father's recent death. During the session, he kept asking me if I was an angel and wanted to know what I was "doing" to him as he kept feeling "electrical surges". At the end, he finally asked me if I was a witch. He was smiling, but there was a worried look on his face ... After the session I didn't hear from him again until yesterday. He called to say that he had no further upsetting thoughts about his mother's death and he had not had a single urge to drink in a month. He said he was so sure that he was cured that I could now reveal to his probation officer (and others) the truth about the extent of his binge problem. When the lead probation officer in the chemical dependency heard the story (I've worked with him around HIS own mother's death with great results) he emailed me with the comment.



"Exciting times. This may give us some testimonials which would lend credence to using these techniques as an adjunct to more conventional chemical abuse Tx [treatment]."

## Final thoughts

In therapy the client is quite happy when he/she is 2 or 3 in some negative emotions. It is recommended to bring them to zero and test the fear in a controlled environment. In my case I would ask Diane if she wants to find me a spider and take it in her hand. I had a three year check up with her and she confirmed that her fear of spiders did not reappear. It is still at zero. She does not love them, but she is not freezing and screaming when she gets them in the house or in the garden.

If you remove all aspects of a specific event and the clients fear of spiders does not diminish then you will tackle other matters which contributed to this fear. You will ask: Is there another event that has contributed to your fear of spiders? This is another "aspect" of the problem.

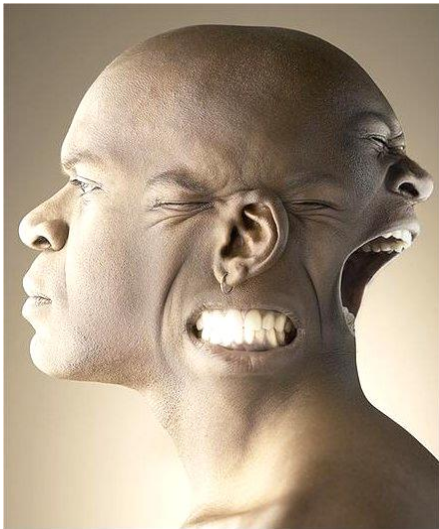


These "groups" of problems are important in healing a person. Every aspect though is perhaps related to another aspect of the problem and must be treated individually and brought to 0. For example: if we were attacked and beaten by someone that matter can not be only "I was attacked and beaten in the day ..." but: also the smell of the place, the light or darkness of the scene, blood taste in the mouth, the cold stone on pavement, sharp pain in his head and feet, open or closed spaces, colour, place. In fact, each of these aspects qualifies as a separate

problem, even though they seem to be linked together. For example you can get "I was attacked and beaten on the day" and bring it to 0 but when the client taste blood in his mouth because he bit his lips, the fear of the attack may return to 10.

If, for example, while you have a headache, toothache and stomach pains, you may not feel healthy until all 3 pains have disappeared. The emotional issues are the same: the person might not notice a reduction of emotional symptoms until everything will be reduced to a 0.

Some clients have difficulties in identifying the aspects of their problem. Do not worry, because a part of him knows very well those issues, in the subconscious mind. In this case you can use the phrase "This feeling that I cannot



identify but which created the problem X". Repeat the processes once a day until you find what you are looking for or the cause of your symptoms disappears. A hypnotist will go to the root of the problem in the first session. However, most problems are easily identified and resolved.

Be more specific if possible. For example someone who has been subjected to severe emotional abuse when he was small (by parents or people in general) will feel inadequate in many areas of their lives. This contributes to energy disruptions (and therefore negative emotions) when faced with potential rejection of those around him when he is an adult. He will feel "not good enough" when he needs to take new risks or chances that life has to offer with a tendency to stay locked in his old pattern of life.



A large number of negative emotions were instilled in us when we experience adverse events. They are banded together and many are difficult to separate. Craig Gary, the founder of EFT, uses a metaphor and says he has a sick forest to be cut, tree after tree. Forest appears to be very stuffy that you feel like you can not get out of it.

For some clients (as in the case of depression) life seems like a jungle where you can not get to see the way out and even think that there is no way out. We cut tree after tree and each tree is a step towards freedom. Being persistent in cutting all the trees you will earn the freedom where you will be calm when you encounter new opportunities and will be guided by a new sense of adventure, rather than having the fear of not being "good enough".



I was asked by my clients would you have to cut all trees from the forest. The answer is no, because after cutting about 5 max 10 trees, the system is solving the problem even though there are more than 100 "trees" with that problem. EFT often closes an entire forest just after cutting several trees.

Another phenomenon that can happen is that the problem begins to move. For example if we tap for a headache maybe the person will say that the headache has gone but he now has a stomach ache. We need to be persistent and follow wherever the pain moves to.

People generally ask if EFT works for X problem. Gary Craig's, EFT's father, answered: "Try it for anything!" The results are so effective and surprising that the prestigious university in the U.S., Stanford University, began to do studies to try to understand how and why EFT works so spectacular. However, this "Try it for every idea"

should be interpreted with common sense. **It is not a license to act irresponsibly. In consequence, you should not try EFT on serious mental illness, or severe trauma, unless you are qualified in that specialty (doctor, psychiatrist, psychologist, health care).**

## Summary

The basic EFT technique consists of:

- \* Three times affirmation of the problem (or the rest of the remaining problem) while you rub the sore point or tap the karate palm point.
- \* Tap about 5-7 times the meridian points in the indicated sequence. There is nothing going on if you miss one or you do not make it in the order indicated.
- \* Repeat the tap sequence of the meridian points with the remaining problems.

## Short points

- EFT is a simple process that allows us to change beliefs and emotions in the unconscious mind in minutes.
- During tapping we can have flash backs about events related with our tapping; listen to them and bring them to zero.
  - When the negative emotion is neutralised it means that we are no longer affected. We can talk about that event without our heartbeat racing, without crippling our body with emotional pain, without all the anger and fear the negative emotions gave us.
- During tapping generally we, the therapists and participants, become thirsty. Please have a glass with water near you and drink. Keep well hydrated.

- Yawning or sighing or breathing deeply are signs that the energy system is starting to repair and the energy is flowing.

- If you are tired after using EFT, relax as much as you want or tap to increase the flow of energy and well being in your body.

- If you need an emergency EFT session and the conditions are not appropriate (party, meeting, outdoors), you can say the statements in your mind and press only the points to solve the problem – it is working fine. If you can not tap the points physically press them mentally – it is working fine.

- If somebody else needs tapping and you can not tap on them use surrogate tapping. In surrogate tapping you affirm in the statement that you are that person (or animal, or plant) and you have the matter to resolve. It is working brilliantly, fantastically for everything. An 89 years old Stanford University engineer made a tapping experiment for an object – computer. (see:

<http://www.prohypnosis.co.uk/eft-object.html>

and guess what: it worked.

- It is easy and simple to learn and apply by anyone.

- EFT can be used anytime, anyplace, for anything that causes stress, hurt, pain, chaos, fear or to improve your well being.

- EFT practitioners are not healing their clients. The subjects are healing them selves. The healing is done through us, the practitioners. Witnessing and facilitating this process is humbling as well as gratifying.

- For a diagram of the main acupuncture meridian points please look at Annex 1 at the end of the booklet.

- If the problem reappeared or a change did not occur we can have two reasons. If it reappeared it is possible that we have some other negative events related to the same problem, thus we need to search for them. If the value of

the negative emotion is not dropping however how hard we try it can be a poison object which is affecting the subject: this can be from a food poisoning, to perfume poisoning or cloth poisoning. In this circumstance you need to use a special technique to find the culprit. After giving up the poisonous source, the problem will be solved.

In general, the changes that happen are permanent. It is possible that changes are permanent because we resolve the cause or causes that produced the symptoms. Do not ask how the physical alignments are healing. When you are cutting your finger the body knows how to heal its self and knows what to do. The answers are in the quantum physics area and the scientists are still researching to find it.

A beginner in EFT should expect around 40-50% success in using EFT. A therapist who is using EFT should expect 75-80% of success.

90% of the EFT is used by therapists by phone sessions. The subjects need to be instructed where the taping points are and the role of the therapist is to find the emotions which are giving the physical or psychological symptoms. The first step to a happy, healthy, wealthy and fulfilled life for you and your family is starting at the end of this booklet.

## **The new journey awaits you**



**Maria Cocis-Beech is a clinical hypnotist who is now taking her master in Research Psychology. She is using EFT as an additional tool to clinical hypnosis to help you to be on the right path to achieve your dreams. Visit: [www.prohypnosis.co.uk](http://www.prohypnosis.co.uk)**

**To book and appointment call 07859897888.**

The phone sessions cost: £20/session.

Visit at your home session: £40/session

You can call planning what you would like to improve in your life or in the middle of the crisis.