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The Emotional Freedom Technique™, or EFT, is a technique that works with acupuncture, or stress relief points on the body. The fingertips are used to tap on these stress relief points to release disruptions that are in the body's energy system. It was developed by Gary Craig, who researched and simplified the work of Dr. Roger Callahan and makes it available to everyone. This is a quote from Gary Craig: "... I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will. Unquote. If you would like more information, go to my website at www.donnakannard.com where you will find more detailed information and links to Gary Craig, Carol Tuttle and others that include case studies and testimonials of EFT.

How does it work?

We are still learning why EFT works so well. It centers around the profound effects of the body's subtle energies using the theory that "the cause of all negative emotions is a disruption in the body's energy system."

Accordingly, EFT is an emotional form of acupuncture except that we don't use needles. Instead, we tap with the fingertips to stimulate certain meridian energy points while being "tuned in" to the problem.

Based on impressive new discoveries involving the body's subtle energies, EFT has been clinically effective in thousands of cases. Properly applied, over 80% achieve either noticeable improvement or complete cessation of the problem. **It is the missing piece between the mental/emotional and the physical.** These subtle energies circulating throughout the body have been largely ignored (until recently) by western scientists. As a result, our use of them for emotional and spiritual healing has been sparse at best. With EFT, however, we consider these subtle energies to be the front running cause of emotional upsets. As a result, we generate results that are FAR beyond those of conventional methods.

One of the most appealing things about EFT is its simplicity. Even a child can learn it in minutes. You learn one simple tapping process, and no matter what is bothering you, chances are you will feel less bothered after tapping for it. Many times the negative feelings about a specific issue completely resolve and you can't get them back. Phobias, for example, often lift entirely and people cannot experience the old fear even if they try.

While traditional therapy used to take months or years and thousands of dollars, EFT usually allows you to achieve lasting results in 2 to 5 sessions. With EFT, we do have quite a few "one session wonders"! Many times EFT works in a complementary way with other therapies. For instance, someone who is processing issues with a hypnotherapist would benefit from the direct, body-centered emotional clearing offered by EFT. Clearing away the negative emotional component gives a clean slate for reprogramming with hypnosis. Individual sessions are very effective, yet EFT lends itself quite well to work in groups. Since you can often achieve your goals in a group setting at a substantial savings, you may find EFT particularly accessible.

Another advantage is that EFT sessions can be very successful over the phone. You can experience this healing work in the convenience of your home, and phone sessions often can be more easily scheduled than office visits, especially if you live some distance away.

What's it good for?

As Gary Craig states, "Use it on everything." EFT often provides relief for a very wide range of problems, including physical symptoms. This is abundantly clear from case histories which provide unmistakable evidence of the link between our physical ailments and our emotional issues. EFT is a powerful healing modality all by itself and when applied in combination with Hypnotherapy, produces extraordinary results.

How to do it

The first part of EFT is called the set-up. What do you want to clear? It can be almost anything, like an emotion that doesn't feel good, a physical symptom, like an ache or pain, a thought, a physical craving, or anything else that is disruptive to your life. I was at a retreat once and had a terrible cold. I couldn't stop coughing. Every morning started with a 45 minute meditation. I used EFT to calm my respiratory system down for that time. I didn't cough at all until we were released for breakfast. I used it several times during the day and it worked well for me.

This is the short version of EFT. It is a very effective process and if you want the more detailed version, go to my website at www.donnakannard.com and click on the link to Gary Craig's.

You may refer to the illustration on the inside cover of the CD to see the following points that we will be tapping.

The Karate chop (KC) point is on the edge of each hand between the base of the little finger and the heel of the hand. You can tap with either hand, or tap the sides of the hands together. It all works!

Top of the head: (H) Back half of the top of the head. Tap with all fingers. This is called the hundred meeting point in acupuncture.

Because the points are very small, we use 2 fingertips for most of the tapping. You may use both hands for both sides of the body, or just one hand on one side, it all works.

Eyebrow: (E) Beginning of the eyebrow

Side of eye: (SE) near the eye socket

Under eye: (UE) in the middle

Under nose: (N)

Under mouth: (M) just above the chin

Collar bone: (CB) The hollow just beneath and to the outside of the tip of the collarbone.

Under arm: (UA) about 4" beneath the armpit on the "side seam" of the body.

Top of Hand: (H) use 3 or 4 fingers to tap on the valley between the bones in the hand that extend to the little finger and ring finger.

Across wrist: (W) Pat across the inside of the wrist.

We'll do one round for practice.

Choose the issue you want to address.

Give your distress a number, on a scale of 1 to 10, with 1 being no problem and 10 being the worst it can be. We call this the SUDS level (subjective

units of distress). If you would rather just call it a low, medium or high intensity feeling, that is OK.

We always start with the setup. For the set up, tap with 3 or four fingers on the karate chop point, so the whole side of the hand is stimulated. You will be repeatedly tapping on the specific points. Tap with only enough energy to create a little bounce. If you would rather rub the “sore spot” on the upper chest, for the setup, that works well, too. (The “sore spot” is about 3 inches down from the top of the sternum and 3 inches over to either side of the chest) They both work well for this purpose, but I will just refer to the karate chop point to keep it simple. While tapping on the karate chop point repeat the set up phrase three times.

“Even though I (state the problem), I deeply and completely love and accept myself.”

The reminder phrase is meant to keep your attention focused on the problem, so drop the “Even though I” and the “I deeply and completely love and accept myself.” Restate the problem with each tapping point.

You can tap with both hands on both sides of the body, or one hand on either side of the body. Tap several times on each point. This process is very easy, if you make a mistake, don’t worry, just keep on tapping. The order is not important. We are doing the tapping in this order because it is easier to remember,

Top of the head: This (state the problem)

Eyebrow: This (state the problem)

Side of eye: This (state the problem)

Under eye: This (state the problem)

Under nose: This (state the problem)

Under mouth: This (state the problem)

Collar bone: This (state the problem)

Under arm: This (state the problem)

Top of Hand: This (state the problem)

Across wrist: This (state the problem)

Take a nice deep breath, and as you exhale, notice how you feel. Has the SUDS level changed in any way? It usually goes down, however if it hasn't, moved or if it rises, you may need to take a smaller piece of the problem. If it hasn't gone down to a one, tap a few more rounds on your own.