

An Introduction to EFT

A Practical Guide

Compiled by Maggie and Nigel Percy

of

Sixth Sense Consulting, Inc

Emotional Freedom Technique

The Emotional Freedom Technique, or EFT, is a meridian therapy that may be done in person, long distance and using a surrogate. There are many varieties of EFT. What we use is a simple version that has given us a lot of success with clients both on the phone and in person, human and animal.

EFT is a terrific way to clear internal energies and beliefs. Once you have used dowsing or introspection to determine what the emotions and beliefs are, you can write a script and tap through the points to clear the energy.

A general outline of the process is as follows:

- Determine the energies, beliefs and emotions you want to clear and release.
- Find out the intensity of emotion or belief level you have, and assign it a number on a scale of 0-10.
- Create 3 'even though' statements that summarize the situation.
- Create as many statements as you like that describe the situation, your reactions, your emotions and beliefs.
- Use negative wording as much as you like.
- Create statements that are a 'reframe' of your issue. What you want to believe or feel. Transitional statements are helpful to bridge between the negative and positive.
- Always end on a positive statement.
- Tap the script and then check your level of intensity on a scale of 0-10. If it is not down to a 2 or less, tap the script again, or just tap the residual energies. Tapping the same script daily for a period of time is useful for changing ingrained habits. A single session can often clear a simple phobia or issues around a single event. Global issues require ongoing work.

For help in creating scripts, visit the EFT website at <http://www.eftuniverse.com/> join an EFT group or get training in EFT from us.

Practice makes perfect. EFT costs nothing to do, is empowering, is easy and inexpensive to learn and requires no tools. It is helpful if you are verbal, introspective and very committed. If you wish us to make you a script for an issue, we can do so for a small fee.

Emotions and Intensity

To get the best out of EFT, it helps to be in touch with your emotions. Many people do not like to admit to having 'negative' emotions like anger or rage. It is important to be able to acknowledge negative emotions without judgment so that you can tap on them and release them.

What follows is a list of emotions from *Ask and It Is Given* by Esther and Jerry Hicks of Abraham fame. The emotions are listed in the order of their vibration from highest to lowest. Do NOT put any judgment on an emotion. Your emotions are part of your intuitive guidance system. Acknowledge them without judging.

It is impossible to go straight from the bottom to the top. Thus, many people are blocked at low frequency emotions due to their judgment of emotions like anger and rage, which may actually be higher vibration than what they are experiencing.. They get depressed, and do some clearing, and then

feel angry. Then they stifle the anger and go back to being depressed. Allow yourself to progress up the scale.

In other words, look at the emotion you got an 8 out of 10 on. Where is it in the list? What is above it? Allow yourself to understand that any emotion above that is progress. Don't get stuck in a negative emotion, but don't judge it. Release it and move on up.

Scale of Emotions

- 1 Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
- 2 Passion
- 3 Enthusiasm/Eagerness/Happiness
- 4 Positive Expectation/Belief
- 5 Optimism
- 6 Hopefulness
- 7 Contentment
- 8 Boredom
- 9 Pessimism
- 10 Frustration/Irritation/Impatience
- 11 "Overwhelment"
- 12 Disappointment
- 13 Doubt
- 14 Worry
- 15 Blame
- 16 Discouragement
- 17 Anger
- 18 Revenge
- 19 Hatred/Rage
- 20 Jealousy
- 21 Insecurity/Guilt/Unworthiness
- 22 Fear/Guilt/Despair/Powerlessness

Some hints for successful EFT:

Tap daily for best results

The longer you tap, the more energy you can release

If you get any detox reaction, back off on how much tapping you do or give yourself a day off. Detox reactions can include symptoms flaring up, feeling exhausted or having a headache, among other things.

If you are not comfortable making your own scripts, join an EFT group online or locally. Carol Look makes good scripts for abundance issues. Nick Ortner leads a large EFT group and has a newsletter.

Gary Craig, the founder of EFT, has retired, but the majority of his website is still up and being added to. You can find it at <http://www.eftuniverse.com/>. There is a super newsletter as well with many case studies that include scripts you can alter for your own use.

Take an EFT workshop to increase your skill level. If you feel the script is no longer that useful after tapping for some days, it is probably time for a new script.

Emotions can come in layers. Anger and rage will often mask sadness or loss or fear. Whatever is the strongest emotion will be cleared first. Then you may need to identify and clear other emotions for complete transformation.

EFT clears beliefs as well, especially if you do a good reframe to substitute a positive belief.

On the next page we have a script for improving money harmony and increasing abundance. Use it as a template to create other scripts on different subjects.

A website where you can be helped with scripts on particular emotions: http://howtotap.com/EFT_words.html

EFT Script for Money Harmony

Use this script at least once daily for best results.

Tap the karate chop areas of your hands together while saying the following statements:

Even though I have money problems, I accept who I am and how I feel.

Even though I can't seem to hang onto money or make enough money to pay all my bills, I love and accept myself.

Even though I can't see how tapping is going to change my money picture, I am open to change.

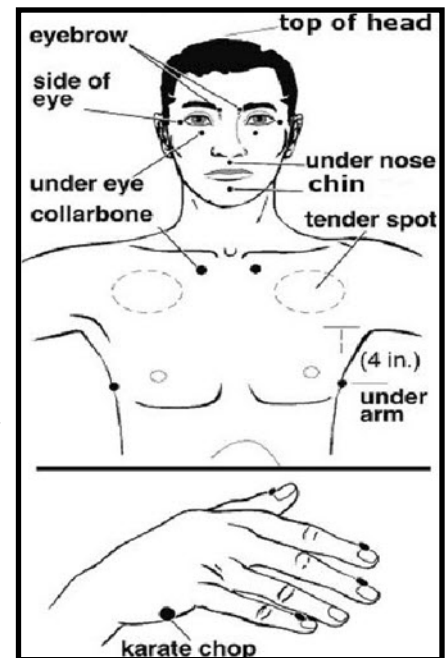
Check the diagram for location of tapping points.

Use the first two fingers of either hand to tap the points below while saying the statements:

- ◆ Top of head: **I am tired of struggling to make enough money to get by.**
- ◆ Beginning of one eyebrow: **Nothing works out for me with money.**
- ◆ Outside corner of eye: **No matter how hard I work, there's never enough money.**
- ◆ Below the eye: **Other people have plenty of money. Why can't I?**
- ◆ Below the nose on the upper lip: **Why don't I deserve to be well off?**
- ◆ Below the lower lip on the chin: **What am I doing wrong?**
- ◆ Below the collarbone, either side: **I feel so guilty and angry about the mistakes I have made with money**
- ◆ Under the arm: **I feel trapped in a downward spiral of negativity.**
- ◆ Top of head: **Maybe I can change my perception about money.**
- ◆ Beginning of one eyebrow: **I know that work does not guarantee money. I've seen plenty of lazy people with lots of money!.**
- ◆ Outside corner of eye: **I know that deservingness doesn't guarantee income. I have seen and experienced how unfair employers can be..**
- ◆ Below the eye: **Why do I still believe that if I work hard, I should have money? I know that is false.**
- ◆ Below the nose on the upper lip: **Why do I feel I have to prove myself to deserve money? I know that is false, too.**
- ◆ Below the lower lip on the chin: **Maybe I can begin to see how valuable I am as a person, not just for my work.**
- ◆ Below the collarbone, either side: **Maybe I am ready to accept that I can have as much money as I want. It's just a choice.**
- ◆ Under the arm: **I choose to accept that I can have the money I want.**

Tap the karate chop areas of your hands together while saying the following statements

Even though it seems crazy, I am open to seeing money energy as a choice.



Even though I don't know how to change my energy, I am open to resonating with money harmoniously.

Even though I can't imagine how I can shift this energy, I am willing to change

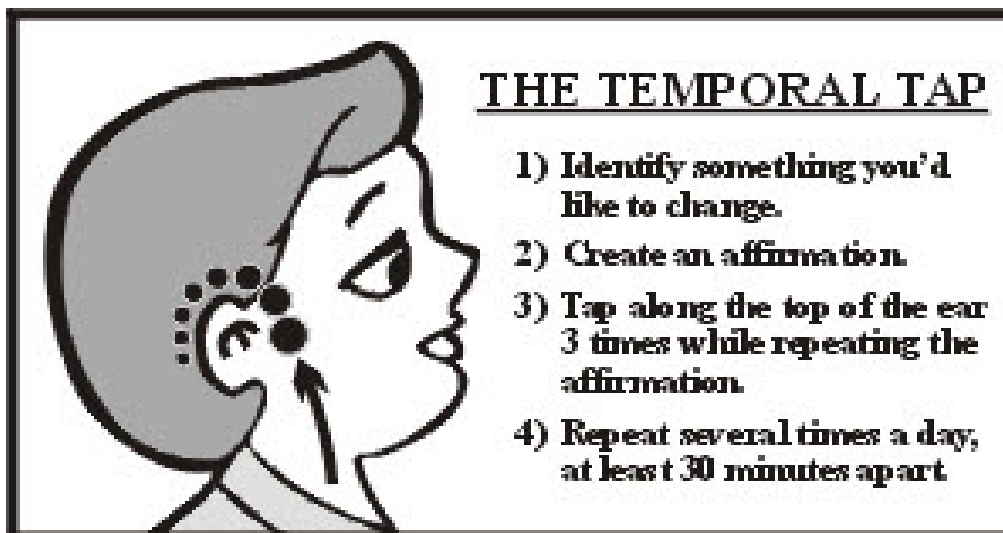
- ◆ Top of head: **I don't want to let go of my anger and self-judgment about my financial mistakes.**
- ◆ Beginning of one eyebrow: **I feel I must be punished for my mistakes.**
- ◆ Outside corner of eye: **I have a pattern of always having to struggle to make enough money.**
- ◆ Below the eye: **I can't picture myself rich.**
- ◆ Below the nose on the upper lip: **I am jealous of rich people, and I feel they are abusive and shallow.**
- ◆ Below the lower lip on the chin: **I don't want to be abusive or shallow.**
- ◆ Below the collarbone, either side: **I want to be a good person.**
- ◆ Under the arm: **Maybe I don't need to punish myself for my past mistakes.**
- ◆ Top of head: **Maybe I can just learn from my mistakes and change my life.**
- ◆ Beginning of one eyebrow: **Maybe experience is a great teacher, and I am ready to learn.**
- ◆ Outside corner of eye: **I'm ready to see that guilt does no one any good.**
- ◆ Below the eye: **I can let go of guilt and self-punishment**
- ◆ Below the nose on the upper lip: **I don't need the approval of others. I know I am valuable.**
- ◆ Below the lower lip on the chin: **I love and accept myself as I am.**
- ◆ Below the collarbone, either side: **Every day I am making healthier choices, and my life is changing for the better.**
- ◆ Under the arm: **I am learning to resonate with the energy of money harmony.**
- ◆ Top of head: **I am grateful for the money I have and the freedoms it gives me.**
- ◆ Beginning of one eyebrow: **I can let other people be rich or not, and get on with my life.**
- ◆ Outside corner of eye: **I am a good person no matter how much money I have.**
- ◆ Below the eye: **I love and accept myself.**
- ◆ Below the nose on the upper lip: **I am able to be happy regardless of how much money I have.**
- ◆ Below the lower lip on the chin: **I am grateful for the many opportunities the Universe is sending me for accepting more money into my life.**
- ◆ Below the collarbone, either side: **I am grateful for all the help I get in resolving my money issues.**
- ◆ Under the arm: **I am pleasantly surprised how easy it is to be in harmony with money energy.**

Temporal Tapping

A short version of EFT that is useful for tapping on affirmations is called Temporal Tapping. You tap around both ears while saying affirmative statements of what you want.

For best results, only say things you can believe in. If you are tapping on something your mind cannot easily believe is true, add a phrase at the beginning like "I am pleasantly surprised how easy it is to _____." or "I am open to being able to _____." Phrases such as this trick the mind into allowing that they can actually happen. Otherwise the mind dismisses them.

Remember you only tap on affirmative statements with this method. Regular EFT is ok for saying anything negative as long as you say a positive afterwards. Always end on a positive.



About Maggie & Nigel Percy of Sixth Sense Consulting, Inc.

Maggie has a strong scientific background, having worked for many years at a NASA research facility as a researcher for the advanced aircraft project.. When health challenges threatened her lifestyle, Maggie turned to alternative healing and energy therapy to restore her health, which led to her interest in dowsing. Nigel taught History and Philosophy at a college level in the U.K. for 10 years before deciding that dowsing and energy work was far more interesting and satisfying. He became a certified Spiritual Healer and managed an alternative health center.

Maggie & Nigel met through their mutual interest in dowsing and healing while corresponding online at the American Society of Dowsters email group. They combined their talents in 2000 to create Sixth Sense Consulting Inc. Over the years, their successful business has expanded through offering metaphysical consulting services and products to a worldwide audience via their websites. Their clientele is international and includes both human and animal clients. They have written numerous books and articles, and have spoken and taught at various conventions.

You can transform your reality with the help of Nigel & Maggie. Use the many resources available through Sixth Sense Consulting.

Free Materials and Services:

Visit www.all-about-dowsing.com. Use the two free forums to ask your questions and get answers. Download free dowsing charts or a free dowsing lesson.

For more information on space clearing, visit www.professional-house-clearing.com. Two free forums are available to learn from and get your questions answered. A free evaluation of your space is provided by Maggie and Nigel at www.professional-house-clearing.com/geomantic-consultation.html. At the Free Stuff page, you may download interesting articles and free symbols and audios.

Register at either site to receive the free monthly newsletter and get a free, in depth report on environmental energies that will surprise you with the depth of scientific research it references.

Other Resources:

Visit www.professional-house-clearing.com/products.html to see the full range of products available from Sixth Sense Consulting. New products are being added regularly.

Hire Maggie & Nigel to clear your space, to make you a customized space clearing or protective device, or to help you resolve a pattern in your life that is bothering you. The Reality Doctors will transform any aspect of your life using simple, affordable techniques.

For raising your EM field strength, dowsters can take Michele Fitzgerald's audio course for \$35 at <http://tinyurl.com/yourspark> or you can make an appointment to have Maggie evaluate your EM field for you and give you easy ways to strengthen it.

Prefer to do it yourself? Stay in touch, as workshops are offered on an ongoing basis, and a course is being put together for online students.

Contact details:

Phone: 928-237-1212 (Skype) This call is free to Skype users, but may be a toll call to others.

Email: maggielpercy@gmail.com or sixthsense@cableone.net