

All You Need To Know to Get Started

This book exists because EFT has not reached its full potential and you and I are probably both vastly under using it*. Most people treat it as a method for handling well-defined problems and are thankful for that help. However, this is not all that EFT can do.

There are a handful of EFT enthusiasts who take Gary Craig's often repeated advice to "try it on everything" seriously, and they achieve some remarkable results. However, even these people define "everything" in their own individual ways, and the odds are high that they are not using EFT in most of the ways described in this book.

What is more, the book itself represents only the tip of the iceberg as far as EFT's usages are concerned. New discoveries are constantly being made in this area, and much of what EFT will eventually accomplish is still unknown.

The reason it's wise to expand the ways you presently use EFT can best be understood by the following anecdote.

Imagine that a computer-naïve person has purchased a top of the line computer because they have heard it is "the best" and they want nothing less than this for themselves and their family. This particular model is so powerful, however, that it can run every new application on the market, has the maximum amount of memory available today, and possesses

* *This book assumes that you have at least a rudimentary working knowledge of EFT. If not, you can learn the basics of this method in the Appendix*

all the latest high-tech features – in short, it is an electronic wonder.

Imagine then that someone asks this computer owner how they like this new computer, and they answer with a smile, “Oh, it’s great! I can get e-mail from my family now from all over the world and I can see my children’s and grandchildren’s pictures the day they’re taken!”

The computer they bought obviously serves this person’s immediate needs – but so might a much lesser model. The point is that they have no idea of the capacities of this machine. What it can do for them in other areas of their lives is unknown. It is as if they had acquired a Mercedes Benz and were using it to ride to town to do basic shopping, but had never thought of trying it out on major highways or in mountain territory. They would never know the power of that engine.

This is the way that most people use EFT – it serves them for a limited purpose for which they are often very grateful, and that’s all they use it for. There is nothing wrong with doing this of course, but this book is about the extraordinary *potential* of this method. Its aim is to expand your use of EFT beyond what you ever dreamed could be possible.

On a practical level, there are two aspects to the book – understanding the new uses of EFT that are offered, and applying them. To know the reasoning behind each of these uses, first read the chapter that describes it. Then put the method to work for you by reading the quick summary at the end of each section so that you can apply it. For your convenience, the quick summaries and their accompanying illustrations (when these exist) are also listed.

You can now begin to continually expand your use of EFT.

Part 1

Introduce EFT in Your Daily Life

Chapter 1

Use EFT as Emotional Cleansing

All of us must clean up our environment to some extent each day in order to operate effectively. Whether we are brushing our teeth, washing the dishes or doing the laundry, we spend considerable time each day making sure that debris does not accumulate on our possessions or our bodies to the point where it is injurious to our health or detrimental to our functioning. This daily cleansing is taken for granted.

When it comes to cleaning out *emotional debris* that is hampering us and blocking optimal functioning, however, most of us are more neglectful. Even though we may not allow a heavy build-up of plaque on our teeth, we think nothing of allowing a heavy buildup of resentments, worries, sadness and other undesirable emotions to accumulate in our systems; despite all the damage they are capable of creating.

In talking about the use of EFT in our daily lives, I can think of no more relevant topic than how to use EFT as an *emotional cleansing ritual*.

I find that the best way to ensure that you use EFT in this fashion is to couple it with one or more of the physical cleansing rituals that you regularly undertake already. Linking it to these already established rituals will make you much less apt to forget the important step of using EFT on a regular basis to allow your life to flow smoothly.

Here are some ways that have been reported to me by people who are successfully linking EFT with their regular cleansing rituals.

EFT in the Shower

A number of people are enthusiastically doing EFT while taking their morning shower, and some enjoy it in their evening shower as well. Typically, they select a topic to tap on that addresses an unresolved issue from the day before, or an anticipated experience of the day to come. Their EFT set-up phrase is therefore directed to the immediate past or the immediate future. Occasionally someone will work on an ongoing issue as they shower.

The effect of doing EFT while showering is quite different from that of ordinary tapping. You can position your head for example so that the water splashes over your face and shoulders in a way that actually blends with the tapping of the EFT spots. The effect is that of a double cleansing! Both your inner and outer beings are being washed at the same time!

I suggest you try it when you next take a shower and see if it is for you. Anticipatory emotional cleansing with EFT each morning can create a surprisingly satisfying day ahead.

Wash Your Worries Away in the Shower

- Think of an unresolved issue of the day before, or something you anticipate happening in the coming day about which you have concern.
- Position yourself in the shower so that the water splashes over your face and shoulders. Imagine it “washing away” your worries as you tap with EFT.
- When your stress level has come down, take a few seconds to feel the water washing away the very last remnants of this issue.

Let the Water & EFT Clear Them



Tap until they are washed away.