

# The EFT Quick Start Guide

Welcome back to your EFT Quick Start Guide!

## In the previous module

We looked at how to create the EFT Setup-Statement, and how to rate the severity of the problem. If it's a memory of a stressful event, it's important to rate how much this problem affects us *in this moment*, not when it occurred. If your sister made you mad a long time ago, rate how mad you still feel today as you think about the event.

Let's jump in with today's material!

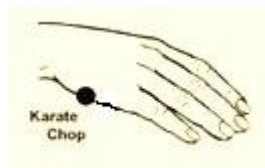
## Part 2

### Part 2: Let's Tap!

Do you remember the issue that you want to work with? The beauty of EFT is you can "pull up" an issue at any time and continue to work with it. Tune into your issue again before we start.

Let's take a look at some EFT basics. There are two methods of tapping: the Long Method (which involves more points) and the Short Method (which works just as well 99 percent of the time).

We're going to start with the Short Method straight away.

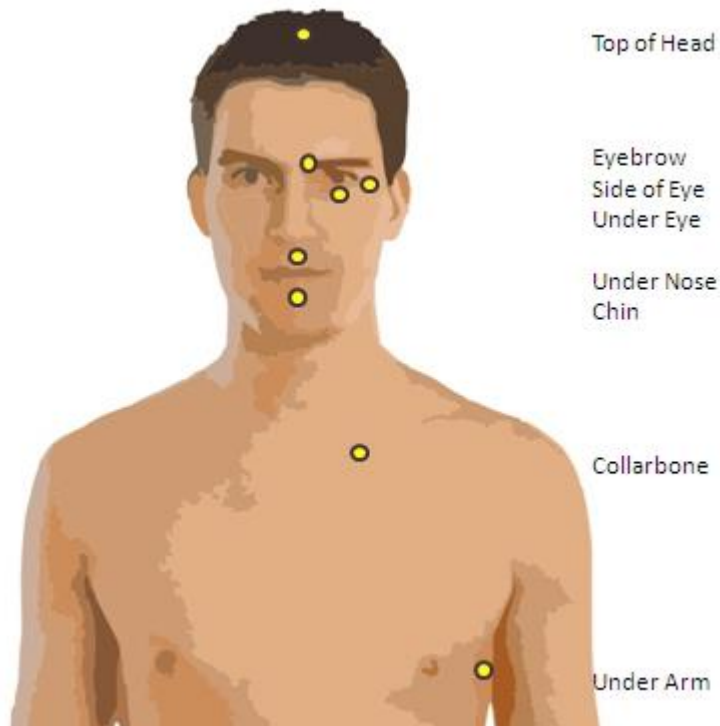


First, find the "Karate Chop" point on the side of your hand, where you'd chop through a piece of wood if you were Jackie Chan. With the fingers of one hand, tap lightly on the Karate Chop point of the other hand. It really doesn't matter which hand. You can change in the middle of the process if you want to.

The next points are shown here in the order we're going to tap them.

#### Why these points?

They're at the beginning or end of important energy channels in your body. They're close to the surface and therefore easy to stimulate using only finger points. They're very effective stress-relief points.



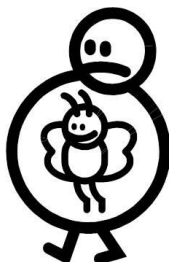
## Tip

Tap lightly with your fingertips. Tap every point about 7 times. You don't have to count. It doesn't matter which hand you use. Most people use both, both sides of the body.

**Now we're going to put your problem statement together with the tapping points.**

**Here's how to do the EFT Setup Statement:**

Tap the Karate Chop point lightly with the fingers of your other hand, while repeating your problem statement 3 times in a row.



**For instance:**

*Even though I resent my sister for what she said and it feels like angry bees in my stomach, I deeply and completely love and accept myself.*

We do this THREE TIMES. Repeat twice more.



**Exercise:**

**Now we can begin to *clear the emotional charge* around the problem.**

Say a **short reminder** of the problem while tapping on every one of the EFT stress relief points.

Here's an example:

<b>Top of Head:</b>	this resentment in my stomach
<b>Inner Eyebrow:</b>	this resentment in my stomach
<b>Outer Eye:</b>	this resentment in my stomach
<b>Under Eye:</b>	this resentment in my stomach
<b>Under Nose:</b>	this resentment in my stomach
<b>Chin:</b>	this resentment in my stomach
<b>Collarbone:</b>	this resentment in my stomach
<b>Under Arm:</b>	this resentment in my stomach

That's it! We are done with one round of EFT! If you haven't done it yet, try the process now. Here are the steps again:

1. Rate your problem before you start tapping. (scale of 0–10)
2. Say your Setup Statement 3 times while tapping the Karate Chop point on one hand with the other hand.
3. Tap through all the points as described above, saying a short reminder.
4. Rate your problem again on a scale of 0–10.

**After the round of tapping, notice what happened to your problem. Take a moment to focus on your problem statement.**

Where did you feel the emotion in your body before you started tapping? Notice what that feels like now.

Write down here what your number is now: \_\_\_\_\_ out of 10

Does it feel worse than before you started?

Does it feel better than before you started?

Either is fine! It's feedback and will tell us whether we're on the right track.

Your job is to keep going with more EFT rounds until you feel that your problem is 0 out of 10, or as close to it as you can get.

For subsequent rounds, you can change your Setup Statement to:

*"Even though I STILL [insert your problem] resent my sister, I deeply and completely love and accept myself."*

Try it! Keep doing a few more rounds until you feel the intensity subside.

Well done! You have made a start with EFT! As with every new skill, you might need to do the sequence a few times to get comfortable with it. Rome wasn't built in a day. Be patient and kind with yourself.



## Important Tips

Please drink enough water on the days that you do EFT. Water conducts electricity, and we are working on the body's energy and electrical system with EFT. Also, when you go through a healing process of any kind, some built-up toxins might be released into your blood stream. Your kidneys will want to flush them out, and having enough water in the system is very important! You might experience a light headache or other detox symptoms if you are not adequately hydrated.

### In the next module

We will look at the concept of "Aspects" and how to find all the pieces of the puzzle. If we miss this important part of EFT, it's likely that we won't achieve the desired results.

Well done! You know how to tap, now. Start using this technique when issues arise during your day.

### **[Questions? Go to your Exclusive Facebook Group to get them answered!](#)**

Make sure to hop on over to your Private Facebook Group. Here you can interact, get your questions answered, share your wins and receive wonderful support. It is a peer-lead group and in addition, I will be in the group twice a week for an hour to answer questions and provide guidance and assistance.

<https://www.facebook.com/groups/QuickstartEFTCircle/>

***Copyright © 2013. All articles are copyright of the author. Written permission is required for reprint. Please contact Liesel Teversham if you wish to use any part of this course.***