



## **What is the Emotional Freedom Technique?**

*EFT* is a playful, simple, quick and effective way to calm intense emotions, states of overwhelm, shock, stress and discomfort by stimulating the gradual release of blocked energy.

Discharging the accumulated energy facilitates relaxation and promotes a state of calm and well-being in which we can understand and accept our feelings with naturalness and love.

## **Tapping can also help with:**

- Unknown fears
- Overwhelming emotions
- Bullying
- Feeling sad, mad, or angry
- Feeling lost or lonely
- Confusion & overthinking
- Stress & anxiety
- Sleeping
- Better focus & concentration
- Grounding.

## **Benefits of EFT:**

- ✓It is a simple, fast and complete tool
- ✓It is a creative, dynamic and positive experience
- ✓You can do it yourself
- ✓It is a natural technique
- ✓There are no side effects
- ✓It is free.

## **Tapping is made of three essential elements:**

1. Breathing
2. Tapping on specific acupressure points
3. Communicating a new verbal message to the subconscious.



- Breathing helps us to calm down, relax and become present to ourselves.
- Tapping helps release intense emotions and stimulates the flow of energy.
- Communicating and expressing through words and sounds helps release excess mental energy while becoming aware of what is happening and reprogramming the subconscious with more positive and helpful information.

## **What happens during tapping?**

- You may yawn, indicating that your body is relaxing and releasing stress.
- Coughing is another sign that the stuck emotions are getting liberated.
- You may feel tired initially because the body is relaxing, and the adrenaline levels are dropping. Your energy level will go back to normal after a few minutes.
- Tears may start falling to help release overwhelm and stress naturally.

## General concerns:

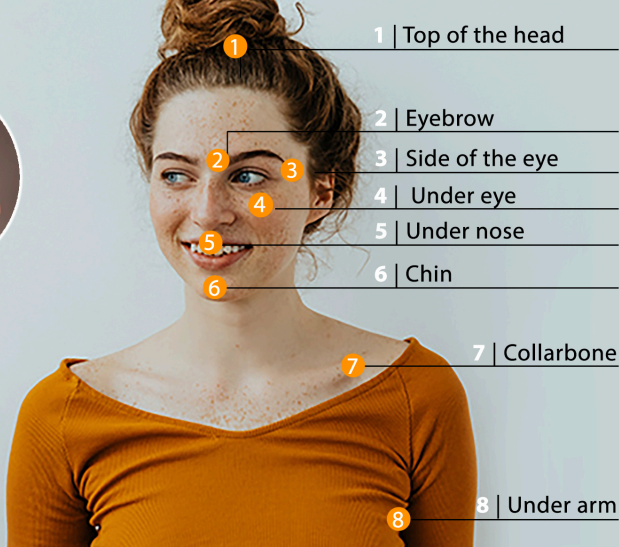
- If practising with children that cannot tap for themselves, an adult can tap for them; always check that the child is happy for the parent/carer to do it or tap along with the child so they can follow your lead.
- Don't worry about being precise with the points. Tapping on the general area is good enough.
- It is not necessary to always make all the points or follow a specific order.
- Tapping on the right or left side of the body is the same; you can also tap on both sides simultaneously.
- Tapping (also on a single point) and breathing could be enough to release tension and overwhelm.

## Tips

- Don't overthink this experience; the beauty lies in its free flow. See this technique as a way to have an open and honest conversation with yourself, a space to recognise your limits, feelings, thoughts, sensations and emotions and let your energy rebalance spontaneously.
- Remember to praise your child positively at every stage when tapping with children, and encourage them to use their own words.
- Make it fun and playful.



Karate chop



## EFT POINTS

Side of the hand, Karate chop: Neuro-lymphatic point

1. Top of the head - Governing vessel
2. Eyebrow - Bladder meridian
3. Side of the eye - Gallbladder meridian
4. Under-eye - Stomach meridian
5. Under nose - Governing vessel
6. Chin - Central vessel
7. Collarbone - Kidney meridian
8. Under arm - Spleen meridian.



# Step by Step procedure...

1. Remove glasses or jewellery before beginning.
2. Identify the issue you would like to tap and rate the intensity of the feeling on a scale from 0-5.
3. Take three deep breaths and start relaxing the body.
4. Say the initial phrase *three times* out loud while tapping on the Karate chop point.

**Example:** Even though I feel ..... *tired, angry, stressed, lonely, anxious*..... I completely love and accept myself.

Work with feelings as they are, and don't be afraid to say them at loud.

5. Firmly but gently, start tapping on the crown of the head with the fingertips focusing on your feelings and emotions. Let the words come naturally while continuing tapping on the other points.

6. You will know when it is time to move to the next point, trust your intuition and remain in the flow of what is happening.

*As you progress, start rephrasing your feelings, adding a more positive and open outcome.*

**Examples:**

- "Even though I am anxious about \_\_\_\_\_, I know I can handle whatever happens."
- "Even though I'm feeling sad right now, I know it is only temporary and will pass soon."

7. As you move towards the end, keep breathing deeply. And start shifting your words with how you want to feel now instead.

**Examples:**

- "I am positive now and completely back to myself"
- "I am relaxed and back in control"
- "I am more than enough"
- "Every day, I am more patient/grateful/happier."

8. At the end of the tapping cycle, shake off your arms, stretch your legs and take a big yawn.

9. Check-in with yourself and rate the intensity of the issue again.

10. Repeat if need it.

We hope you enjoy and gain clarity and precious insights from this activity. Feel free to get in touch if you wish to know more, book a consultation with Maria or share feedback.

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