

How People Use EFT for the Five Major Life Areas: Relationships, Health, Work, Money, and Spirituality

Why suffer? Suffering is part of the human condition. Human beings get sick, and die. Yet there are two kinds of suffering: the inevitable and the unnecessary. A random accident like being hit by a bus might induce unavoidable pain and suffering. Yet other kinds of suffering, such as emotional distress, can be induced entirely by our thinking, or by replaying old negative experiences in our minds. If we stay in that rut, we continue to suffer. We can also make choices that pull us out of the rut, and eliminate our suffering. We can make choices that result in emotional freedom. Here's the story of "Lisa," who decided to tackle her issues head on with EFT; that choice resulted in a permanent lifting of her suffering.

Removing the Blocks to Love's Presence

By Fraeda Scholz

This article is about using EFT creatively to assist spiritual shifts in a series of five phone sessions I facilitated with a fellow EFT practitioner, we will call her "Lisa." Lisa and I met in 2007 and have traded EFT sessions fairly consistently since that time. The idea for this series of five sessions came from Lisa who wanted to use EFT to help her remove the blocks to "Love's Presence" inside her as part of her spiritual work,

specifically related to a spiritual book and path she has been on for 3 years. Below are the essential details of the fifth phone session, which lasted about 80 minutes.

At the beginning of the session Lisa presented two main issues:

Issue 1: A family situation, ongoing for a long time, which could have a big impact on her life. She has tapped on this issue on her own as it has unfolded since 2006. The day before the session she met with some family members on a conference call and many feelings, thoughts, and judgments were stirred up in her and she quickly became “lost in them.” Lisa’s two main beliefs/judgments of herself that came out of the family situation were that she was both a “guilty perpetrator and sinner” and an “innocent victim of blame contaminated by family circumstances.” Her SUD levels on these feelings were 5–8.

Issue 2: Lisa saw her reactivity to the family issue as “a way that my ego mind caught me up in an old familiar web of anguish and anxiety. I became upset because my ego mind wanted to play with the event in order to drag me back into the seductive drama of my life story and keep me distracted from my spiritual connection to Love’s Presence within myself.”

Lisa chose these issues to enhance the depth of emotion, making the clearing process deeper and more complete by using extreme Setup Statements like “Even though I am a guilty, complicit, perpetrator sinner and a victim contaminated by the circumstances of my family, I deeply and completely love and accept myself.” Throughout the session we used the entire basic EFT recipe, including the 9 Gamut sequence. We ended on a positive note, tapping on “This awe, this Love, this gratitude.”

Lisa and I then sat together (although 500 miles apart) in silence for a little while, being present with the moment. We then checked her SUD levels, which had ranged from 5 to 8; all were now at a 0. The original judgments and beliefs about her family felt “totally irrelevant and absurd to me now. Simply silly egoic thoughts, signifying nothing, next to the powerful feeling of connection to Source.”

After this session Lisa wrote the following testimonial about her experience:

“I felt a profound and dramatic shift into feeling/being that divine Love that I was longing for. I shifted over into deep and global mind states of surrender, peace, and communion with Loving Presence, in the eternal ‘Now’ moment. This shift was deeper and felt truer than my past experiences with Divine Presence. Fear dissolved. Worry vanished. I came to recognize the old familiar, habitual, and negative egoic mind chatter as just flimsily that—nothing more than mind chatter—instead of identifying with or getting lost in it. I now have confidence that I can return to those places, with the focus of EFT. There is less fear, less resistance, and more ease in clearing the seeming egoic obstacles that arise in my mind as I move forward in life day to day. I firmly believe that all disease begins in the mind, and that is where the true healing lies—in the mind.”

For myself, as a result of the use of EFT and other energy psychology techniques, I often feel happy for “no reason.” I often feel surrounded and pervaded by a subtle feeling of love and connection. This did not happen all at once, but it did happen relatively quickly once I really set my mind to using these techniques combined with other teachings and learning. EFT is an invaluable and very practical, “where the rubber meets the road,” kind of tool on my personal spiritual path as well, which I am still on.

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Imagine an alternative reality in which Lisa had not made the conscious decision to address her issues with EFT. She would have continued to suffer from her family situation and her reactions to it. By making the new choice, she eliminated her suffering. You might think that your suffering is intrinsic to your situation, and imposed upon you by outside circumstances and people. But much more than you suppose may be due to your thinking, infused by strong emotion. Tap away the emotion, release the hold those negative experiences have over

your mind, and your whole experience of life can change. This is true even if the people and circumstances around you may stay the same.

EFT can be used in many situations that involve unnecessary suffering. It can lift the burden of suffering that would otherwise weigh down a person's life, and give that person a future free of that emotional baggage. I'd like to give you a sense of how and where people are using it, to spark an awareness in your mind of its value in your life, especially in the areas where suffering is optional. As you read these stories, and see how people like you and me apply EFT to different aspects of their lives, think about the places in your life that could use improvement, and how you can change some of the problematic situations in your life by tapping. As you'll see, even serious and long-standing problems often shift after EFT. Be inspired, and open your mind to the possibilities!

Families

EFT can make all the difference between whether a family is a place of suffering and emotional pain, or whether it's a haven of joy. Here are some examples of how EFT has helped parents, children, and married couples.

EFT Is Instrumental in Bringing a Couple Back Together

By Carey Mann

Peter came to me 2 weeks after his girlfriend broke up with him. He felt angry and confused as to why she left, as he thought that they would be together forever. He wasn't eating or sleeping and was obsessed with getting her back. He wasn't taking any responsibility for himself and his actions, however. We began tapping on statements like "I was the perfect partner" and "It's all her fault."

At this point I asked if these statements were true. Peter broke down, his anger shifting suddenly to sadness. I asked him to put his hand on his heart and focus on breathing in and out of the heart—breathing in whilst counting to 5 and breathing out whilst counting to

5 (a HeartMath technique). This quickly brought his level of intensity down from 9 out of 10 to a 4, and the feeling was in his heart.

I asked if the feeling had a shape or a color and, if so, what was it. Peter responded that it was like a small penknife.

Even though I have this small penknife in my heart...

We did a full round on “this penknife in my heart” and his level of intensity dropped to a 0 out of 10. I then asked him who put the knife there and he explained that he put it there a few minutes ago when he realized that he spent 4 years in a relationship, rarely ever telling her or showing her how much he loved her knowing that that was exactly what she had wanted and needed. So we tapped on statements like “Even though I didn’t tell her how much I loved her...” and “Even though I didn’t show her how much I loved her in the way that she needed...”

Peter then told me that his father didn’t express his love through touch or speech and that he was repeating the patterns of his father. We tapped on “Even though my dad was visual and not kinesthetic and auditory...” and “Even though I’m repeating the patterns of my dad...”

I asked Peter to close his eyes and look at himself as a little boy. He said that the little boy looked sad. So I asked him to have a chat with the little boy and perhaps cuddle him and give him the type of love that he had yearned for when he was young. I also asked him if it was possible to bring his dad in to the picture and for all three of them to have a chat and find some resolution.

After several minutes he opened his eyes and smiled. He said that his dad said, “It’s too late for me, but you can show and give love in ways that I never could.”

We worked together for a further five sessions and Peter and his girlfriend are now back together, living their dream of a blissful and fully functional relationship, thanks to EFT.

Counselor Uses EFT to Improve Math Abilities

By Syandra Ingram

I am an elementary school guidance counselor on a PK-6th grade campus. In Texas, our public schools must give state standardized tests, the Texas Assessment of Knowledge and Skills (TAKS), in core subjects. Students must pass these tests in order to advance to the next grade. As you can imagine, as test time approaches, both teachers and students are highly stressed.

Last spring, the sixth-grade math tutor expressed concern about the students she was tutoring. With the TAKS test only 2 weeks away, the students just didn't seem to be making the progress they needed to make. I decided to try EFT.

I invited all 16 of the sixth-grade students in her tutoring groups to participate in an after school "TAKS Stress Reliever and Math Phobia Busting Academy," and sent home permission letters to their parents. Of the 16 students, 10 chose to participate. This group committed to meet after school for an hour each day. Due to Easter Break, we only had eight meetings.

In our sessions, we used EFT for issues relating to math and test-taking phobias, math difficulties, and stress and anxiety. I gave the students the freedom to be honest with me, and allowed them to tell me, without censorship, what they thought their problems with math were.

One of the girls said her problems with math began when she went to kindergarten where she was confronted with numbers for the first time. The other children seemed to know what numbers were and how to use them, and she didn't. She felt embarrassed, ashamed, and dumb...a feeling that persisted with her all the way through school.

After identifying each student's particular current and past problems surrounding math, we identified the 0-10 intensity for each concern, and selected a student to tap on. The rest of the students were to Borrow Benefits, tapping on themselves along with the student "on

stage.” The students were amazed that their own intensity levels kept falling even though they weren’t the student being tapped on!

The students were enthusiastic participants and loved being the volunteer who was tapped on and being the volunteer who sometimes did the tapping on someone else. Students were given “tapping” homework each night.

Final results? Nine of the 10 students who participated in the TAKS Academy passed the TAKS, and the 10th made significant improvement, although not enough to pass the test. Of the six students who chose not to participate, four passed and two failed. I think that’s significant. Beyond that, though, the students who learned and used EFT developed a new self-confidence and self-empowerment. All of them said that they would continue to use EFT in the future.

After 10 years of being a school counselor and feeling like I was putting Band-Aids on major wounds, I finally, with EFT, have something to offer these children that will not only help in the “here and now,” but will also be something they can use for the rest of their lives to create the lives they deserve. These 10 students learned that they have the power to shape their own lives.

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Tapping for the Aftermath of Domestic Violence

By Ann Peck

EFT tapping has been instrumental in my healing in so many ways. My history includes sexual, physical, and verbal abuse, among other things. While EFT has helped in healing the effects of past abuse, sadly, it cannot prevent abuse from happening. It does, however, give us something to use when and if abuse occurs.

Recently, I my former husband physically assaulted me. My children were present and my oldest got involved by jumping onto her father, telling him not to hurt her mom. She then called 911.

EFT to the rescue...

Upon getting to safety and while waiting for the police, I immediately began tapping. (I can't believe he did this—I'm really okay—It wasn't my fault—I didn't cause this to happen—Need to calm down—Kids need me.)

EFT calmed my emotions and pulled my scattered energies back into balance, allowing me to attend to my oldest child. She told me she was so scared and that she thought her dad was going to kill me. I asked her if we could tap together. She looked back at her dad and promptly refused. (Her dad is against tapping.)

I tapped as a surrogate for her and noticed her breathing began to even out and the crying and shaking stopped. (I tapped on “this precious child—this amazing strong child—this courageous child—feeling safe—breathing calmly.)

Later that evening I tapped with my youngest as we talked about what happened. By the time we were done, he was able to rest peacefully through the night. Life continues to give us many opportunities for tapping as we navigate our own individual healing. I cannot imagine my life without EFT.

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EFT Improves Memory in Mother with Alzheimer's

By Debra Trojan

Here's an EFT success I've recently had with my 82-year-old mother who has Alzheimer's. She's been declining over a period of 5 years. She recognizes close family members but not friends. She can carry on a conversation as long as you keep it current. She's particularly deficient in her short-term memory. (After 5 minutes, she's forgotten what's she's done or said.)

She lives with my sister and her husband (Janet and Rudy). Whenever they go on a trip, she stays with me. She can never remember where they are when they go. So it's common for her to ask (very often) where they are.

A week ago, Janet and Rudy went to Texas to visit Janet's daughter Miranda. As expected, Mom started asking me where they were 5 minutes after settling in at my house. She continued to ask me where they were every few hours. Each time, I would tell her, "Janet and Rudy flew to Texas to visit Miranda and Josh and their baby Benjamin." After the fifth day (and after answering that question approximately 25 times), my frustration level was reaching a pinnacle. It's usually in times of frustration and desperation that I think of EFT. It occurred to me that if I tapped on her while I told her where they were, she might actually be able to remember it. (If only I had done this the first time she asked me.)

I had her repeat the phrase "Janet and Rudy flew to Texas to visit Miranda and Josh and their baby Benjamin" while I tapped on her. She was able to follow my lead on the 9 Gamut and really got into singing "Happy Birthday." I finished up with the sequence and waited 10 minutes before I popped the big question. You can imagine how excited I was when, after reflecting for a few seconds, she told me: "Janet and Rudy flew to Texas to visit Miranda and Josh and their baby Benjamin."

An hour later when my 16-year-old son came home from school, I couldn't wait for him to ask her the question and see his surprise. Sure enough, she delivered perfectly. Every couple of hours, I tested her. She would always think for a few seconds and then come out with it. It's been 4 days and she's still remembering. (I've asked her approximately 20 times in those 4 days.) Sometimes she has to think about it, but (so far) she's been able to remember.

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These are just a few of the hundreds of stories in the EFT archives showing that people like you and me have dramatically changed the level of happiness in their families by using EFT. There is now an entire 12-week course called Tapping Deep Intimacy (www.TappingDeepIntimacy.com) that trains people in using EFT to rewrite

their old relationship scripts and embrace new and happier behaviors. Family relationships is just one area of life in which tapping can help. There are many others, such as physical pain and disease symptoms. Here are some examples, some light, some about serious problems, of people using EFT to help them with such problems.

Pain and Physical Symptoms

The Bowling Ball in My Intestines

On the second morning of an EFT workshop, Howard, a physician attending the workshop, reported that he had a toothache. “I tried EFT on it last night and this morning, but it’s still there,” he said. I asked Howard how intense it was on a scale of 0 to 10. He said it was an 8.

I asked if there was anything that might be contributing to it emotionally. He was certain there was no emotional component, that it was “just a toothache.” He was a doctor, after all, he should know!

It occurred to me to ask a metaphorical question. “Howard, what are you chewing on, emotionally?”

He said that he had been ruminating on his relationship with his longtime partner in his medical practice. His partner had made some investments that had turned out to be very successful and were pulling his attention away from his customary devotion to his patients.

I inquired Howard how his own investments were doing, and he said, “I’ve lost most of my savings in the real estate bust.”

I asked him to think about his investment portfolio and give me a SUD level. The intensity was a 7. I asked, “How do you know it’s a 7?” and he said, “Because I feel like there’s a bowling ball stuck in my intestines.”

I requested that he think about the first time in his life he could remember that physical sensation of a bowling ball down there. He said, “I was 6 years old. I was playing in the hallway of the apartment building where we lived, and a stranger appeared. He pulled down the

zipper of his pants and exposed himself to me. I ran away and hid in the basement of the building.”

We did some tapping around the memory of the flasher, but his bowling ball SUD did not go down below a 4, so we used the Movie Technique to review each one of the “emotional crescendos” of the incident. They were all at a 0. I realized there must be additional aspects to the event that we had not yet addressed, so I asked him what happened right after the incident.

Howard recounted that after he left the basement, he went and told his mother what had happened. She said, “You’re always getting yourself into trouble.” He felt she was blaming him, and this led to a feeling that his misfortunes were always his fault, that he was never good enough. I tested his SUD level around his mother’s response, and it was a 10. Suddenly, he gasped and said, “I guess I am more angry at my mother for not protecting me than I am at the man!”

We tapped on that memory till it went down to 0, and because time was short, we tapped on a lot of general statements such as “My feelings don’t count. I don’t deserve to be protected. Other people are okay, I’m not.” I sometimes use generalities when we need to “sneak away” from an incident due to a lack of time. I asked Howard to tell me about the bowling ball in his gut, and he said that it had evaporated into dew. His SUD rating regarding his medical practice partner was also now a 0. So I asked what number his toothache was, and his eyes opened wide. “I can hardly feel it! Maybe a 1 or a 2.”

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Howard’s story provides us with a good demonstration of the link between emotions and physical symptoms. There might be a real dental problem to take care of, which is the “1 or 2” remaining SUD. It’s then vital to seek appropriate medical care. Releasing the emotional issues along with getting competent medical help means, however, that you address the problem from both ends, rather than medicalizing the emotional component of a symptom.

Tapping for Cervical Cancer Pain

By Krysti Wesley

I had the most incredible result with a woman who has had cervical cancer. She came to me for treatment, as she was having no relief from the specialist for her pain. When she arrived, she was obviously in a lot of discomfort.

She was in incredible pain when she went to the toilet, and could not sit comfortably on a chair. I checked her SUD [0–10 intensity] and she said she was a 20! We first used the statement “Even though I have pain in my uterus...”

There didn’t seem to be much change, so we changed the statement to “Even though I have pain in my vagina...” and, bingo, she dropped down to a 5 in the first round.

By round three she was pain free and the pain had disappeared from her face. There was a lightness to her whole energy.

The next day she reported to me that she had experienced some nausea and stomach cramps several hours later, which lasted for about an hour. That was about 6 weeks ago and there has been no reoccurrence of the pain since. There are other aspects she is working on as to why the cancer occurred...but she is very happy.

I have been looking for an easier, faster therapy for my clients and this in conjunction with my other work is fantastic.

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EFT Eliminates Searing Burn Pain

By Rebecca Snyder

I have been an enthusiastic EFTer for a couple of years now, and I am so grateful for this amazing tool. I’ve had some amazing successes on myself and others, but I wanted to share the latest right now, because it comes under the category of “EFT First Aid.”

Last night I was making dinner for a group of friends and, amid conversation, I took a pan out of a 400-degree oven and set it on the

stovetop. I turned to answer a question, and without thinking, grabbed the handle of the pan without a mitt. OUCH!

I immediately turned to the sink, and while I ran cold water over the burned left hand, started tapping with my right. I didn't use a Setup Statement, because the pain was intense and immediate. I tapped first on this searing pain. The tap water in Georgia this time of year is never really cold, so it didn't seem to be doing much good. I continued tapping while I got a few ice cubes, and held them for about 5 minutes.

During this whole time, the conversation continued around me, my friends unaware that I had anything wrong with me. (They're used to seeing me tap frequently, and since I didn't make a big fuss about the burn, they paid no attention.) I wasn't really getting a lot of relief from the tapping I was doing, and I think it was because I was distracted by the conversation. So I left the room and went to tap in concentration.

I switched from "This pain" to how stupid I felt for having grabbed a 400-degree pan right after taking it out of the oven. The pain began to diminish from a level of intensity of 10 out of 10 to perhaps a 7 out of 10. I continued to tap on the stupidity...and again got stuck.

So I switched to a Setup of "Even though I did something stupid, I forgive myself, and ask my body's vast wisdom to heal the damage I did," then did the abbreviated basic recipe, alternating points with "I forgive my stupidity" and "My body's healing wisdom." The pain went to 0 everywhere but the palm, where the most severe burn was, and that was maybe at a 2 out of 10.

I started thinking about how bad it would be for me to try to work (I'm a hairstylist) with blisters on my hand, so I tapped a few rounds on "Even though burns always blister, and it would be impossible for me to do hair with blisters on my hand, I know my body can heal without blistering and allow the healing to pass that stage."

The pain was at 0 everywhere on my hand, and the skin in the burned areas became sort of "leathery." I put some healing oil on it, and went to have dinner with my friends. All in all, I tapped for about 20 minutes. I was able to enjoy my company for the rest of the evening, even to playing pool for an hour!

This morning, there's only a slight pinkness on my palm, and no pain whatsoever.

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The use of EFT for pain and physical symptoms leads naturally to the question: "How about EFT being used by doctors and hospitals?" Increasingly, because of the large research base EFT enjoys, EFT is finding its way into medical settings and psychotherapy offices. Here are some examples of what that looks like.

The Health Care System

At an integrative medicine conference at which I presented several times, a physician came up to me. He runs a large private clinic in Chicago, supervising teams of doctors, nurses, and support staff. He expressed his gratitude for having learned EFT from me 2 years before. He said they'd implemented EFT at his facility, and described how and when they used EFT.

Because of the financial pressure on doctors, they typically spend only a few minutes with each patient. The average visit is only 13 minutes (Gottschalk & Flocke, 2005). Visits at the Chicago clinic were no exception, and that time frame doesn't allow for an EFT session.

The intake session at this physician's facility, however, was an exception. The clinic scheduled 3½ hours for these. Patients filled out a variety of forms, and were given a battery of tests by the physicians' assistants. The Chicago doctor used this long intake process to administer a thorough EFT session, as well as completing the rest of the process.

What he found is that many of the problems with which patients came to him simply vanished after EFT. For instance, their levels of physical pain were reduced. The part of pain due to emotional upset went away. That left the actual medical part of pain to be treated by appropriate medical means. In the Health Care Workers study, which a colleague and I conducted, an average of 68% of pain disappeared

after a 30-minute EFT session (Church & Brooks, 2010). What remained was about one third of the pain.

This portion of the pain was most likely tied to medical causes, and amenable to medical treatment. The Chicago clinic was then able to treat that pain with medical means after first eliminating the emotional part of pain. They could prescribe medication levels appropriate to the physical part of pain, instead of engaging in futile attempts to medicate the two thirds of the pain that was tied to emotions. Setting these priorities is a way in which EFT helps both patients and doctors in clinics and hospitals.

Emergencies

A study examined the use of EFT for symptoms of traumatic stress following automobile accidents (Swingle, Pulos, & Swingle, 2004). This research team used EEG machines to measure the brain waves of participants, and also collected their SUD scores. These declined from an average of 8.3 before treatment to an average of 2.5, and those that received the most benefit from EFT had significant improvements in the brain-wave frequencies associated with stress. This type of improvement is also found in many stories, like the following report by Linda Compton who used EFT right after stepping on a bee. After Linda's story is an account by a mother who used EFT for her son's foot injury, and noticed a rapid recovery.

Step on a Bee, Use EFT

By Linda Compton

Last Sunday, at a fair in San Rafael, California, the sun was blazing and I took my shoes off to walk in the grass. I felt a piercing in my foot, raised it up, and found that I had stepped on a bee. I brushed it away, but the stinger was still in my foot.

I have never felt that kind of pain located so centrally in one spot. The pain was so bad I couldn't even cry. Then I remembered that I am an EFT practitioner. I started at a pain level of 10, did three rounds, and the pain went down to a 3. At that point, I could stand for a doctor

to look at my foot. Even though I have done EFT for 6 or 7 years with clients and for myself, I am still amazed at the power of it.

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EFT for Child's Foot Injury Reduces Swelling in Minutes

By Angela Seaman

I began doing EFT on myself, my friends, and my son about 6 months ago and have had wonderful success. However, I had what I consider an amazing experience 2 evenings ago at home with my son.

My 8-year-old-son, Joseph, was bouncing on my bed showing me some “cool new moves” when all of a sudden he fell onto the bed and twisted his foot. He immediately began to cry. I looked at his foot and there was a large bump a couple of inches up from his big toe. His toe was swollen, as was the area around his ankle.

When I asked him to move his foot, he was unable to do so without a lot of pain and tears. I immediately began to do EFT on him. (He repeated the Setup and Reminder phrases while I tapped the Basic Recipe and the 9 Gamut series.) Amazingly enough, after each round, the swelling in all areas of his foot had gone down! I was and am still flabbergasted at how amazing EFT is! After approximately six to seven rounds, the bump was barely visible, there was no other swelling, and he was able to walk on the foot again!

Frankly, when this occurred, I thought I would have to keep him home from school the next day and perhaps have to take him to see a doctor. When he woke up the next morning, he was running around as usual with no aftereffects!

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These stories are drawn from TraumaTap.com, a website for people using EFT for first aid. The site contains many other stories, showing how EFT is used to counter the immediate trauma of accidents and emergencies. People write about how EFT has helped with abrasions, bites, bruises, burns, choking, cuts, nosebleeds, nausea,

poisoning, scrapes, sprains, and stings. It's surprising just how many emergency situations have been improved by an alert friend or parent pulling out their tapping finger and providing immediate help to the person affected.

Weight Loss

With one third of people in developed countries overweight, and another one third obese, weight loss is a concern for two thirds of the population. It's likely to affect you or people in your circle. EFT has been used successfully for weight loss by thousands of people. Though many diets and eating programs can produce weight loss, the evidence shows that most dieters later gain back all the weight they lost, and more. After all that deprivation and discipline, they wind up in worse shape than they were at the start. That's discouraging, to say the least.

Studies show that EFT is one of the few approaches that results not only in weight loss, but also in continued weight loss after the program ends (Stapleton, Sheldon, & Porter, 2012; Church & Wilde, 2013). That's because EFT reduces food cravings, and permanently changes behavior (Church & Brooks, 2010). You don't just get a temporary effect from an EFT weight loss program, you get emotional freedom from the compulsions and cravings that resulted in you being overweight in the first place.

There are a number of EFT weight loss programs. One of them, a six-week online program called *Skinny Genes*, has been the subject of scientific research (Church & Wilde, 2013). The study found that participants lost an average of 12 pounds in the course of the program. But what was even more encouraging is that they continued to lose weight after the program ended: an average of 3 pounds in the next 6 months. Another EFT program created by Bond University professor Peta Stapleton, PhD, found that participants lose an average of 11.1 pounds in the year after the program ends. I don't know of any approach other than EFT that results in continuing weight loss instead of the usual pattern of weight regain. Here are two examples of emotional eating drawn from actual live *Skinny Genes* coaching calls I offered. You'll

see from these moving true stories that these people could not have overcome their cravings using any other method.

The Chocolate Dream Pie

“Sarah” had worked on herself using many self-help methods, and had succeeded in most areas of her life, including eating. But there was one food undermining her diet. She could not shake her craving for a dessert called Chocolate Dream Pie, no matter how hard she tried. Sarah had a wrapper in front of her during the call, and estimated her craving for the treat as a 10 out of 10. I asked her about a childhood event involving pie, and she described an incident when she was 10 years old. She and her parents went to visit her brother, who was mentally disabled and confined to an institution. He had never developed the ability to speak. During the visit, Sarah sat with him and felt close to him regardless. Afterward, her parents took her to a restaurant, and everyone had dinner, including pie. No one said anything about the boy, even though they all felt sad. I asked what kind of pie they ate that night, and it was chocolate cream pie. We tapped on this event till Sarah’s sadness shifted, and she began to feel gratitude for the time she’d had with her brother. She then reassessed her craving for Chocolate Dream Pie, and it was now a 0! Her craving for the food was really all about the emotions the family had not expressed—the sadness, the regret, the sense of loss. She was displacing those emotions onto food. When the emotions were tapped away, her craving simply disappeared.

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Cinnamon Rolls

“Lottie” craved many sugary treats, but chief among them were cinnamon rolls. As she described the smell and texture of cinnamon rolls on the coaching call, she was so graphic that my mouth began to water! Her craving for them was 10 out of 10 in that moment. We tapped on several events in Lottie’s childhood, but a dominant one involved her great-aunt Carla. There wasn’t much love in her life, but

Carla had been the person Lottie felt loved her the most. And guess what was Carla's signature dish? Cinnamon rolls! Now, 40 years later, Lottie still associated cinnamon rolls with love. We tapped on the taste, smell, and texture of the rolls, and on being able to feel love without needing to eat. Her craving for cinnamon rolls dropped to a 0, and she said, "Now I can really feel the love that I had with Carla." We'd broken for good her brain's association between love and cinnamon rolls.

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Both Sarah's and Lottie's cases are examples of emotional eating. They could have tried every diet and weight loss plan under the sun but still been unsuccessful, because their problem wasn't that they didn't know what to eat and not eat. Most dieters know more about nutrition and weight loss than the experts! That still doesn't help them gain traction over their habits. *Skinny Genes* is the one and only program that focuses squarely on emotional eating. Once you've discovered and tapped on the roots of the problem in this way, you'll eliminate self-sabotage, and you'll find everything else you're doing to lose weight is much easier. That's why, whatever else you're doing, you must have *Skinny Genes* to be successful.

Work

EFT deserves a place at the center of your work life. Why? It can solve problems like lateness, procrastination, blame, excuse making, lack of motivation, and all the other impediments to productivity and creativity at work. One of the biggest drags on the economy is absenteeism, people away from work for various reasons. Yet surprisingly, experts estimate that even more economic activity is lost to "presenteeism." This is the term they use for people whose physical bodies are at the workplace, but whose minds and hearts are elsewhere. They've shown up for work, but they're so distracted they may as well not be present. They show up in a head count, but not in a mind count. Do you know people like that?

Many factors produce subpar performance at work. Personal conflicts between members can hamstring a team's productivity. Public disagreements can jangle the nerves of a whole office, leading to distraction and impaired performance. Harsh, ineffective, or insensitive leadership can leave a whole organization functioning in fear. Worries about children, spouses, and money can be imported into the workplace from outside, crippling productivity. Few workplaces are playgrounds of joy and creativity. According to a recent Gallup report, seven out of 10 workers say they are "not engaged" or "actively disengaged" at work (Gallup, 2013). This is estimated to cost the U.S. economy as much as \$550 billion in lost economic activity each year.

EFT can help with all these problems. Let's hear from some dedicated tappers who have transformed their work performance with EFT.

The Man Who Was Afraid to Imagine Success

By Aileen Nobles

I believe James is an example of something that happens to a lot of people. The reasons we choose to not excel are different, but living without believing we can realize our potential is doing ourselves a disservice. We are so much more than we sometimes think we are, and EFT can dissolve the barriers quicker than anything else I have come across.

James was a bright, educated man stuck in mediocrity. Everything he did was the middle of the road. He had tried for years to imagine himself being more successful in his career as a lawyer, yet still he didn't have as many clients as he wanted, and financially he was always just keeping his head above water. Lately, he had been feeling quite hopeless and depressed.

James also had a talent for painting, with some success, yet when offered the opportunity to have a show in a gallery, he became scared and never followed through.

James was the eldest child of alcoholic parents. He was by far the brightest. As a child, he encouraged his brothers and tried to help

them, but they felt he was teaching and preaching, and it caused fighting and anger. His parents expected him to keep the peace at home, and blamed him when the brothers fell behind in their schoolwork.

Many times he was told, “You’re too big for your boots, thinking you’re so much better than your brothers. At school it was much the same; if he excelled, his friends became jealous and began to ostracize him. He remembered being so miserable one night after the usual fighting with his brothers and verbal abuse from his inebriated parents that he thought about suicide. He felt alone, unsupported, and scared. He made a conscious choice that he wanted to fit in and be like everyone else. He wanted to be accepted and appreciated, and to feel safe. He fell into mediocrity.

We tapped on many of the beliefs he’d acquired such as, “Even if part of me says it’s not safe to be successful, I would love to love and accept myself anyway” and “Even though I’m no good, I don’t deserve to be successful.” At this point, James was feeling that a lot of the stuckness had shifted.

He then tapped on the side of his hand, closed his eyes, and imagined himself being successful. It was uncomfortable, but it was the first time he had been able to imagine good changes. We tapped more on phrases like “As an adult I am safe now and ready to shine,” “I don’t have to have a ceiling anymore,” and “My art work is my joy and gift to others, and I am ready to get it out there.”

Now James was actually excited about visualizing his future. What a different person walked out of my office that day! James was the featured artist at a couple of galleries last year and is on his way up. He says he feels like a new man...the real James stood up, thanks to EFT.

* * *

Workplace Session Addresses Grief and Pain

By Yair Halfon

“Tom” works at a desk near mine, and has a variety of problems. A few years back, he lost his baby son at the age of 1 year old. I sensed

that his grief had never been resolved, and might be the underlying cause of most of his issues. I offered to help and he agreed, a few weeks later, after I had used EFT successfully with a mutual friend of ours.

We went to a private meeting room and I asked Tom about his issues. He had a sciatic nerve problem, which was quite severe, causing pain in his right leg. He could hardly feel his leg and it was so painful that he struggled to tie his shoelaces in the morning. His SUD level was 8 out of 10. He also suffered from neck pain and a twitch around his eye.

I started working with him on the trauma of losing his child by identifying the most troubling memories. He said that the most traumatic memory was the burial ceremony. We did EFT on that using the "Tell the Story" Technique, and brought it down to 0 in a few rounds. Then we did a few rounds on when his son was in the hospital before he died, and getting weaker by the day. This also went down to 0.

When I tested the intensity of the memories with him, it seemed, at least at that moment, that he didn't have any emotional charge.

I then checked with him on his leg pain problem. He said it had gone down to a 5 out of 10, but also it had moved from all over his leg to now only in his foot area. He also reported that he had started feeling his leg now. We did a couple of rounds on those issues, and they went down to 1 out of 10. I left it at that, since we were in the middle of our workday, and he wanted to target other issues too.

We then worked on the neck. In a few rounds it went from 6 to 0. We then focused on the twitch in his eye, and this also went to 0 in a couple of rounds. The whole session took about 1 hour and 20 minutes.

The next day, I asked him how he felt. He said that his eyes and neck were still 0, and the sciatic nerve issue causing him pain his leg had been reduced by 90%.

Money and Abundance

When we offer live EFT workshops, one of the modules is designed to surface all the objections to success lurking in the minds of participants. We group these by topic, and the area in which we find people have the most barriers is that of money. Yet it doesn't have to be that way! Money can be a joyful experience in every way. Receiving money can spark positive emotions like gratitude and happiness. Spending money can awaken thankfulness for the services being received, and the privilege of having the money to buy them. Saving money can engender emotions like satisfaction and a sense of security. Making money can feel like great fun.

This is not the experience of most people, I've found. Money is often laden with fear. People who need money often live with a sense of lack, insecurity, and fear. If you're one of them, you probably imagine that those with millions of dollars in their bank accounts don't have those worries. You'd be wrong! In my experience, many people who have more money than they can spend in a lifetime worry just as much. They worry about losing money, about their investments going bad, about economic uncertainty. Whether money is plentiful or scarce, we have a habit of projecting many of our unhappy emotions onto it.

EFT can help you establish a healthy relationship with money. After tapping on your fears and early experiences, you can enjoy having it, spending it, saving it, and investing it. When paired with emotional freedom, money can be a happy part of your life. Here are some people who used EFT to change their attitude toward money, and their level of prosperity.

Studies have shown that the most successful stock traders are those who avoid emotional swings. In this account from psychologist Steve Wells and his client James, they share how James cleared his blocks to successful trading.

Clearing Inner Blocks to Successful Stock Trades

By Steve Wells and James

I am very pleased to send you this post from one of my clients, “James,” which outlines how he used EFT to achieve massive success in the share market. What makes sending this even more pleasing for me is that James is married to Kathy whose experiences in using EFT to remake her life were outlined in a post I sent previously. Kathy and James have had a beautiful little boy together and are truly living their dream, their very own version of success. And a large part of that success has come about due to the considerable work they have done both separately and together using EFT.

James and I continued to work together using EFT and, recently, we discussed the success he was having and his desire to share with others what has worked for him. The result is the following post on EFT and the Markets, which outlines how James used EFT to bolster and boost his trading success. Here is part of the post by James:

I was aware of my issues like perfectionism and self-acceptance through my long-term study of self-development and psychology. (I believe that success in the markets is 100% within yourself.) But what I realised was that whilst I had conceptualized all my inner ughhs, I needed to de-energise them. So I went back over my life and tapped on all my hurtful memories. I found lots of residual “stuff” to de-energise.

I did a few more sessions with Steve, mostly on the “have to” and “letting go” parts of my psychobabble. I discussed with Steve that my tapping wasn’t by the book, that I made it up as I went. He said: “Tap on ‘have to.’” But it was the way he said it, and all the things he didn’t say that made the penny drop for me. I went home and tapped without inhibition—life’s been so sweet since then.

When I feel that my blocks are removed, I tap whilst visualizing what I want. Then when I get to the last tapping point, I take a long breath, summarize all my tapping, and

wish all the negativity away to the heavens. I usually use both arms to motion my psychobabble to the ethers. This nuance started when I found that tapping outside at nighttime was highly liberating for me. This act of sending off my ughh is the most important part of tapping for me. For me, it feels very neat and wholesome.

I finally and completely trusted myself. I then entered the most amazing life zone. Money from the markets was falling on my head; e.g., I made 400% on one account in 3 months from an hour a week. Not from one lucky trade, but from consistently being in tune with the markets; great trading is effortless, without struggle. And EFT wasn't just working for me in the markets. I would lose something and then find myself walking to it and picking it up unconsciously. My timing in life was uncanny—I was in the most splendid state of being. My inner self no longer took the world personally. I kept noticing one of the quotes stuck on my desk: “It is what it is.”

The markets are a boundary-less abstraction, where traditional models of success don't work. The financial industry thinks they have the markets all figured out, with all their fads, big words, herd mentality, and elaborate explanations of why the market did this or that. Whenever I hear “The market went down because investors are taking profits,” I smile because I know that if the markets could talk, they would never say that. As do a very small percentage of other market participants who make the vast majority of money in the markets. Why do so few make so much? I believe it is because they have found their true selves in the markets. And the best way to do that is to look within; it's all within. This is why EFT is the icing on my cake.

P.S.: I've overcome 8 years of clinical depression and about 30 years of anxiety and self-doubt. And, like Charles Barkley, the majority of people told me what I couldn't do. The 1% who supported me are now my closest family and friends.

Manifesting Money with EFT

By Annette Vaillancourt

I estimate that EFT has helped me manifest approximately \$70,000 in the last 3 years.

A couple of years ago, soon after I learned EFT, I decided to make a list of affirmations that at the time I doubted I would ever believe. Being the geek that I am, I made an audio recording of the affirmations on my computer and burned them onto a CD, so that I could listen to them in my car. I decided to use the EFT tapping points as I was stating each affirmation aloud. I figured that would clear up any “tail-enders” and speed up my belief of the new affirmations.

Well, not only did I start to believe each affirmation in a short amount of time (and without daily practice), but also those beliefs started to manifest! My favorite was “Large sums of money come to be quickly and easily.” In the meantime, I had been wanting to save about \$3,000 to buy into a mutual fund for my retirement. It was going to take me several months to set aside that kind of money. To my surprise and delight, I got a call from my brother who informed me that I was going to be receiving two checks from the proceeds of the sale of my mother’s house. I had grown up in a blue-collar family and never expected any kind of inheritance, so this was a total shock. Guess what the total was...\$3,000!

Then about 6 weeks later, I received another unexpected check from a health insurance refund for about \$1,100.

Then in January 2008, I got a call from one of my website clients who asked, “How much can I pay you to work on my website every day?” Why? Because in a 10-day period, he’d written \$50,000 worth of business from the site. As he said, “Every time you work on the site (to optimize it), I make money.” I had to think about it. Two weeks later, he called again to ask if I wanted to do this and he suggested the following dollar figure, “How about \$100,000?” Right then and there I decided to go to an attorney and have a contract drawn up. By the time I’d finished that, his wife had convinced him to drop the offer down to \$50,000. Shucks, right?

In late 2009, I also manifested an unexpected \$16,000, which allowed me to sell my house and buy the condo of my dreams.

Currently, I am running an EFT tapping group for small business owners and entrepreneurs. The day after that group meets, I always get an influx of new business. So do my group members.

* * *

Aren't those inspiring stories? Don't they open up a fresh horizon in your mind of what your relationship with money might look like after you tap on your issues? Please don't assume that your fears and limitations spring from money itself. Money is simply the trigger that evokes those feelings. When you tap them away, you'll see money very differently.

Spiritual and Moral Development

EFT can help with spiritual and moral problems. Many people find it difficult to create time in their lives for a daily spiritual practice. You might know it's good for you to have a time of prayer, contemplation, or meditation. With all the other demands of your life, you have trouble setting that time aside. EFT can help dissolve some of the blocks that originate in your mind or in your schedule, and support your spiritual practice. Here are a couple of practical examples of this use of EFT.

Uncluttered Mind and a Feeling of Calm

By Colin Carter

Over many years I have learned numerous techniques for meditating. It has never been permanently successful because:

- A. It takes up too much time.
- B. I can't seem to stop my mind from chatting too much.
- C. It's boring.
- D. The results were not strong enough to be committed to it.

What I have discovered is a very effective EFT alternative to traditional ways of meditating or relaxing. I sit in a quiet place, I close my eyes, and I welcome every thought that comes into my mind.

If the thought is not obviously happy in any way, I consider it a “problem” to be treated with EFT (without the 9 Gamut). Many times I wonder if the thought is a “problem,” but I accept it as such and I might start EFT with: “Even though I have some concern about...”

It’s amazing how many little things have some effect on our day-to-day stress levels!

I then wait for the next thought and apply the technique. What I find after about 10 minutes is that I suddenly become aware of myself, where I am and what is going on around me. My thoughts seem to be very distant and “cloudy.”

For some minutes I experience an uncluttered mind and feeling of calm. I don’t force it to continue—I just open my eyes and continue with other tasks. I just know I have cleaned out a lot of subtle emotional feelings, which individually don’t seem a problem, but collectively are causing some degree of “stress.”

It’s great to do just before bedtime. It just shows how EFT applies not only to specific issues, but also can be applied as an overall technique for achieving calm in our lives.

* * *

Spirituality, Stress, and Thoughts of an Affair

By Aileen Nobles

“Harry” is a successful publisher with a great deal of stress. He had been unable to get more than a few hours sleep for years due to anxiety and a negative voice in his head that he couldn’t turn off. As I tuned in to him, I saw a very spiritual man in a great deal of conflict. We talked about his desire to run away from his present life, to live in a monastic way. I asked him what had been going on in his life around the time his insomnia started. A couple of major issues came up.

Harry is a man with his own strong moral sense. Although married, he had fallen in love with a colleague and was grappling over thoughts of having an affair. Even though he never did have the affair, he was eaten up with guilt. He had also given this woman a large amount of money to produce a television show, and 4 years later he had not seen the show produced, and his own financial situation was suffering. His nighttime was filled with guilt and worry about his life and finances. We started tapping, and tapped on all of his worries, such as, “Even though I thought about having an affair...” and “Even though I didn’t live up to my own moral standard in my head...” We continued in this vein for a while until he really found the whole situation amusing, even though he is a very serious man. Next we worked with his angst over giving this woman so much money for a television project.

Harry reported the following week that his sleep patterns had been two steps forward and one step back. Considering his penchant for focusing on the worst, I thought that we had had a major breakthrough.

In the following session, I combined EFT with meditation. I have found this to be extremely effective with clients who are open and ready, and it can be used on most situations after the intensity of specific issues have been collapsed. After using this, Harry reported joyfully that he was sleeping well most nights, and was able to be in a more relaxed state during the day.

* * *

Deeper Meditation, and a Prostate Bonus

By Jonas Slonaker

Part of my regimen for staying healthy and free of cancer or other disease is meditation along with prayer, taking good care of myself, and, of course, tapping!

I had prostate cancer 9 years ago and my latest PSA was 0.4. It doesn’t go much lower than that. I feel very grateful for EFT.

Concerning my daily meditation, I have discovered that using EFT helps me to reach a deep meditative state much quicker. Here's how it works.

When I meditate, I sit until my mind is quiet, until I am in the "Power of Now," as Eckhart Tolle puts it. Most of the time, my mind quiets down in a short period of time, but sometimes it dredges up conflicts, resentments, worries, etc. When that happens, I often use EFT on the issue at hand and am able to release it.

Now and then, my mind will pop with multiple rapid-fire issues. When that happens, I put my finger to my mouth and make the shhh sound. I continue to shhh while I tap on the EFT points and my mind becomes quiet and I enter into a deep meditative state; I am infused with and surrounded by bright white light.

* * *

As you've read these moving and inspiring stories of personal growth and change, I'm sure your mind has been working away in the background, imagining how you can apply EFT in your own life. You've pictured circumstances in your life that you'd love to see change, and imagined how they might be improved by tapping.

As these case histories show, EFT can be applied to every walk of life. Once you tap away the stress you experience, even if your circumstances don't change, you feel better. That frees up your mental and emotional resources to invent new solutions to old problems. Even though your life is exactly the same now as when you began to read this chapter, your mind is now filled with new possibilities. Those possibilities, when applied to unsatisfactory areas of your life, will change your own internal experience. As your subjective experience changes, you'll find your outer objective circumstances naturally changing. Change your mind by opening it to fresh potential, and change your heart by embracing emotional freedom, and you take a bold and essential step toward changing your life. That change can be for the better, and be radical and discontinuous, setting you up for a future that is dramatically different from your past.

Resources

- 9 Gamut Procedure: 9Gamut.EFTUniverse.com
- Borrowing Benefits: BorrowingBenefits.EFTUniverse.com
- Money Stories: MoneyStories.EFTUniverse.com
- Money Online Course: MoneyCourse.EFTUniverse.com
- Movie Technique: MovieTechnique.EFTUniverse.com
- Relationship Stories: RelationshipStories.EFTUniverse.com
- Skinny Genes Online Weight Loss Course: SkinnyGenesFit.com
- Spirituality Stories: SpiritualityStories.EFTUniverse.com
- Tail-enders: TailEnders.EFTUniverse.com
- Tapping Deep Intimacy Online Relationship Skills Course: TappingDeepIntimacy.com
- “Tell the Story” Technique: TelltheStory.EFTUniverse.com
- Work Stories: WorkStories.EFTUniverse.com