

Tapping your Troubles Away

by Margaret Gennaro, M.D.

As a conventionally trained pediatrician, I never thought that I'd be suggesting that my patients gently tap on different parts of their body in order to feel better. But eight years ago, I "happened" to sit next to a woman who taught me a simple and empowering tool that hundreds of thousands of people, including me, use every day. It's called "Emotional Freedom Techniques" or EFT™.

What is EFT™?

EFT™ is a process that works with the mind-body energy system to reduce and eliminate emotional, mental, physical and spiritual discomfort. Described as "emotional acupuncture," it is one of the most effective ways to balance the body's energy system that I have ever experienced. EFT™ has been proven clinically effective as a simple yet powerful way of releasing fears, phobias, anxieties, angers, addictions, and all kinds of emotional and physical issues. The beauty of EFT™ is that ANYONE can learn how to apply it to herself and others. Since it is known worldwide, a practitioner nearby is easy to find.

How Does EFT™ Work?

EFT™ is based on the discovery by Dr. Roger Callahan that traumatic events create imbalances in our energy field, which lead to uncomfortable feelings and emotional upsets. Dr. Callahan combined the ancient wisdom of acupuncture with modern kinesiology and developed Thought Field Therapy (TFT). Gary Craig, trained by Dr. Callahan, streamlined TFT into EFT™. Gently tapping on acupuncture points while stating a specific problematic issue, corrects the "short circuit" in the mind/body energy system, releasing energy with which to heal the associated physical symptom and related emotion.

Getting Started

First identify a specific emotional or physical problem or issue, such as insomnia, trouble concentrating, fatigue, pain in the left shoulder, fear of ____, anger at ____, guilt, craving for sweets, feeling overwhelmed or frustrated about ____, etc. Next, rate the intensity of the problem on a scale from 0 to 10, with 10 being the most intense, and zero being no intensity at all. This scale is called the Subjective Units of Disorder, or SUDs for short. For children, ask them to spread their hands apart if they can. Hands in the prayer position means 0 (no problem) and fully apart means 10 (the worst).

The Set-up

As you do the "Karate Chop," (see below) say: "Even though I (feel/have this) ____, I deeply and completely love and accept myself (or I'm still OK)." In the blank, put in the phrase that needs to be treated. Repeat this phrase three times. **For children** say, "Even though I feel ____, I am a terrific kid and my mom/dad/teacher loves me."]

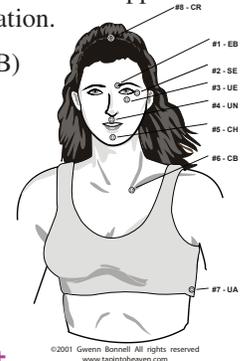
To do the Karate Chop, hit the outside of one hand into the palm of the other. For a child who cannot perform this technique, tap the points on the child's hand and palm, or on yourself with the intention that it is for the child. If this technique does not help at first, the adult may need to tap on his/her own emotions first.



The Tapping Sequence

With both the index and middle fingers of the dominant hand, tap gently on each of the points on the chart below approximately 5-10 times, while repeating the affirmation.

1. beginning of eyebrow above nose (EB)
2. side of eye on bone (SE)
3. under eye on bone (UE)
4. under nose (UN)
5. chin (midway between chin and lower lip) (CH)
6. collarbone (CB)
7. under arm (UA)
8. top of head/crown (CR)



Reassess the Emotional Impact

Take a deep breath. Think about the problem again. If the SUD is not 0, change your set-up statement to reflect your progress. For example, "Even though I *still* feel angry at my mother-in-law, I deeply..." Then the reminder phrase will change to "remaining anger" as you tap on each point. If you cannot get the feeling down to 0, it may be because *additional aspects* of the problem are showing up. You will then need to do *another* set-up incorporating additional emotional nuances of that problem.

Who Benefits From EFT™

EFT™ can bring relief from food and environmental allergies, anger, anxiety, bedwetting, depression, fears, headaches, insomnia, nightmares, pain, phobias, and stress, among other things. It can also enhance concentration and self-esteem. This invaluable tool is a great addition to any therapy. Although EFT™ does not work 100% of the time, it offers a new option for healing without drugs, needles, or negative side effects.

For children on the autistic spectrum and their extremely stressed parents, EFT™ is invaluable for getting through the day. In my office one four-year-old girl got upset because her mother didn't have her snack food. Ordinarily she would have ramped up to a full-blown episode. I was able to coach her mother on using the technique on herself for her daughter, and within minutes the child re-directed herself without a complaint.

A teen sat in my office hunched over without eye contact. I asked if he might be interested in learning a technique to make himself feel better, and he agreed. We tapped for less than 15 minutes on feeling badly about himself and on a few other issues. The difference in him was remarkable. He left with straight shoulders and his eyes shone!

It's FREE!

While many therapies require special equipment and are expensive, this portable technique is free! To learn more, go to www.emofree.com, download the free manual (with some optional extra steps), and sign up for the free newsletter. Happy tapping!

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