

TIPS TO MAKE YOUR EFT EVEN MORE SUCCESSFUL

By Teresa Bolen Okamoto

The Emotional Freedom Technique is a great tool, and one I've come depend on daily. It has a very high success rate, even among small children and beginners. It's wonderful to experience how even several decade old hurts and problems can be cleared away in just a matter of a few rounds of tapping.

As great and easy as EFT is, though, there are some things that can interfere with your success in using it. If you don't know why it isn't working for you, it can be frustrating to say the least. Fortunately, if you are aware of potential obstacles before you begin, you can take steps to help insure your success before you even get started.

Problem 1: Not Knowing Where You Started

When we clear problems with EFT, sometimes they are so completely gone that people don't remember having the problem in the first place! They think they aren't having any results when actually they are having such great results that even the memory of the problem disappears.

Before you start using EFT on a problem, notice specifically what you are feeling and give yourself a rating from 0-10 (0 is nothing, 10 is unbearable discomfort) on the intensity of that feeling. After doing your set-up phrase and tapping, check in with yourself again and notice what you're feeling and the intensity now. Has the intensity changed? Has the feeling changed? Like has anger changed into sadness? Those are actually different aspects and need to be cleared separately.

Problem 2: Being Too General

One common mistake is to be too general in your wording of the problem. You need to be very specific, and focus your attention on one thing. For example, let's say one of your classmates in nursery school named Fred bit your arm when you were four. If you start your set-up phrase with, 'Even though a kid bit me, I deeply' that's probably not going to be specific enough to help you.

Include when it happened. Include the name of the other child if you can remember it. Include how old you were. Include where you were. Include that he bit your arm. So a better way to start your set-up phrase might be something like, 'Even though Fred bit me on the arm in nursery school when I was four, I deeply and completely love, forgive and accept myself.'

That might clear it completely after a few rounds, or you might have some other aspects of that same incident that surface to clear.

Problem 3: Lumping Aspects Together

Let's stick with our nursery school biting incident. There may be a lot of feelings involved in that experience, as you are remembering it. You might feel angry that Fred bit you. You might feel shocked that someone would dare to bite you. Maybe Fred's teeth drew blood,

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and you were frightened to see blood coming out of your arm. Maybe your friend Susie screamed when she saw what happened, and you still remember the fear in her scream.

You need to clear these individually. It's kind of like if you had several splinters in your skin. You wouldn't just rub the general area of the skin hoping they would come out, you would give your attention to each individual splinter. The different aspects of your experiences that you want to clear are much the same as a bunch of splinters. Clear one aspect, then another, then another, then another until they are all gone.

Unlike the splinter analogy, however, after clearing enough aspects or similar kinds of problems with EFT there is a generalizing effect that occurs. Eventually after clearing enough of a given kind of problem all the others get collapsed as well.

Problem 4: PR, Psychological Reversal or Polarity Reversal

Psychological Reversal happens when the energy system of your body changes polarity. Everyone experiences it at times, but it usually happens beyond our conscious awareness. It is a literal reversal of your body's energy system, and is often compared with 'having your batteries in backwards.'

The main cause of PR is negative thinking. Even though we think positively, we usually have some kind of subconscious negative thoughts too. The more negative thoughts we carry, the more likely we are to flop into PR. Some people only experience PR in a few areas of their lives. Some people are in PR nearly all the time. When you are in PR, your energy system literally works against you.

The correction for PR is built into the set-up phrase. By tapping on your karate chop point or rubbing the 'sore spot' (from the center of your collar bones, down about 2 inches and to the left or right about 2 inches) while saying your set-up phrase, you will be correcting PR and allowing your body's energy to flow properly again.

Problem 5: Dehydration

Your body is an electrical system, and the water in your body is what keeps everything flowing. When you are dehydrated it is impossible for that energy to flow properly. Be sure that you are drinking at least 64 ounces (or 8, 8 ounce glasses) of pure water. Some experts recommend even more water, 1 ounce for every 2 pounds of body weight, so a 150 pound person would need 75 ounces of water. Here in Japan the water recommendation while doing EFT is 1 glass every thirty minutes (about 500 ml per hour).

Problem 6: Electronic Devices

Some people are very sensitive to the radiation from computers, cell phones, and other similar electronic devices. When you are doing EFT, be sure that such devices are turned completely off and at least three feet/ a meter away from your body.

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Problem 7: Metals

Metals can also interfere with your success in using EFT. It's best to remove large metal jewelry and other removable metal objects from your body. Ladies, that includes your underwire bra if the 'wire' is metal. It's possible that a metal chair or other large metal object in your immediate vicinity could also interfere with your results, so if possible do your EFT away from metal furniture pieces.

Problem 8: What You Just Ate or Drank

Some foods and drinks are energy toxins to your system. They may be otherwise perfectly healthy foods or beverages, but they irritate your energy system. These are different for everyone, but if you are having difficulty with EFT, and you've eliminated all of the other problems, then you may have eaten or drunk something that is irritating your energy.

They usually take a day or two to pass through your system, and then you can try doing EFT again. Usually these are foods and beverages that you eat and drink often or everyday, because over time the toxins build up and your body gets overloaded with them. Some common ones that Gary Craig lists in his EFT manual are: some herbs, wheat, corn, refined sugar, coffee, tea, caffeine, alcohol, nicotine, dairy, and pepper.

Problem 9: Other Environmental Energy Toxins

In addition to metals and electronic devices that can affect our energy, we are inundated with chemicals all the time. They are all around us even from before birth. Occasionally, some of these can irritate our energy system just as certain foods or drinks can.

Even if you don't know exactly what the energy toxin is, sometimes you can get better results from changing locations. For example, try moving to the next room, or try going outside. If that doesn't work, try a water only shower to wash away any perfumes or soap residue, and try again before getting dressed.

I hope you've found these tips to be informative and helpful in getting your use of EFT off to the best possible start. If you'd like more in-depth information about the Emotional Freedom Technique, please visit the website of the founder of EFT, Gary Craig, and request his free EFT Manual, www.emofree.com.

Here's to Your Transformation!
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