

# The Miracle of EFT



*Is It Too Good to Be True?*

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## The Basis of EFT

Emotional Freedom Techniques (EFT), also known as “tapping” is a self-administered technique that you can do either alone or under the supervision of a trained EFT therapist. The technique involves lightly tapping on specific acupuncture points to alleviate distress.

If you know anything about acupuncture, you probably know its basis is a concept that a special sort of *vital energy* flows throughout the body. According to Traditional Chinese Medicine (TCM) this energy, or “*qi* (CHĕ),” flows through the body along certain invisible pathways called Meridians. You probably also know that, according to TCM, all things living possess both *yin* qualities and *yang* qualities. Yin is cold, dark, “negative,” and passive. Yang is warm, light, “positive,” and active.

Acupuncturists believe that illnesses are a result of imbalances in our yin and our yang aspects, caused by a disruption in the normal flow of *qi* throughout the living system. In effect, some of the body’s energy circuits have been short-circuited. Summed up in one sentence, the premise behind acupuncture is that: *The cause of pain and illness is a disruption in the body’s energy system.*

When an assault on the physical or emotional integrity of a body occurs, whether this attack is physical, verbal, or a result of inner fears and frightening self-talk, it immediately throws a STOP switch that can cause a

massive disruption of the energy system and even result in a form of energetic chaos. Such disruption can cause a sudden blockage of the body's normal healthy energy flow, which makes recovery from a trauma so difficult and sometimes impossible. Unfortunately, until removal of energy blockage occurs to restore a healthy balance of energy within the body, there can be no full and permanent healing from the shock. The body/mind continues to react as though the assault is *still happening*.

Therefore, no matter how much you *talk* about a trauma, or how clearly you come to *understand* what happened to you and why (although all of this certainly helps), it is not until the *energy disruption itself* is addressed that the *Qi* energy can again flow smoothly. Without a rebalancing of the energy system there cannot be complete healing. You may feel better from talking, but if it is not been completely removed from your energy system, residual disturbance from the blockage will remain.

This is why a traumatic event can still be damaging or even crippling many decades after it occurred. It may in fact persist for an entire lifetime if the energy disruption caused by that event remains uncorrected.

However, when the energy system is handled directly, as it is with EFT, a sudden and seemingly miraculous "healing" can occur as the normal flow of energy reestablishes itself.

## **Some Miracle Results with EFT**



Linda Stotenberg was the owner of a beauty salon in Baltimore. In 1998, her fear of flying had become almost paralyzing. During every plane trip, she was fainting and vomiting. During the previous ten years, she had somehow managed to travel, but with mounting anxiety on every trip. It was in October of that year when she realized that getting back on a plane would be literally impossible for her.

That's when she decided to call her good friend, Deborah Mitnick, whom she knew to be an excellent therapist. In prior conversations, Deborah had mentioned the "tapping" method to her, professing that it could combat irrational fears. As Deborah listened to Linda's dilemma, she heard the desperation in Linda's voice and agreed to see her right away.

When Linda arrived at the office, Deborah quickly led through a session of EFT. After they did the full tapping procedure, and worked for over an hour to root out all of her lingering fears, to Linda's astonishment she just "knew" she could fly again.

On the day of her flight, she boarded the plane and had a pleasantly uneventful flight — no fears, no fainting, no vomiting. Since that time, Linda was able to travel by air with complete ease and enjoyment. She credited EFT with giving her back one of the great pleasures in her life — travel.

If Linda's experience seems to have been an unbelievably quick and easy solution that actually became permanent, read how a prominent athlete used EFT and the resulting improvement it made in his game.



[Pat Ahearne](#), Australian Baseball League Pitcher of the Year (1999), publicly stated: *"I am so amazed with the effectiveness of EFT that I've made it as important a part of my baseball routine as throwing or running or lifting weights."*

Steve Wells, a psychologist in Perth, Australia, introduced Pat to EFT. They worked together to use EFT to lessen or eliminate the mental emotional barriers preventing Pat from consistently producing his best games as a pitcher. "The results," Pat stated, "were astounding. I had more consistency, better command of my pitches and accomplished more in big games with less effort."

His baseball stats speak for themselves, particularly in regards to the ERA (Earned Run Average); the gold standard by which pitchers are measured. Take a look at Pat's "before" and "after" scores:



	Win-Loss Record	Innings Pitched	Hits given up	Earned runs	Walks given up	Strike-outs	Earned run average
<b>Before EFT</b>	4-2	46	43	17	18	35	3.33
<b>After EFT</b>	3-1	41.3	15	4	7	37	0.87

Pat sums the results up by saying “With EFT I found the edge that raises an athlete from average to elite. I used the technique to capture the MVP of the Perth Heat and the Australian Baseball League Pitcher of the Year Award.”

What does this reveal about EFT? Clearly “something happened” when Pat began using the EFT method and he credits it with changing his entire career as an athlete.



### **Speaking Up with EFT**

My colleague George Edington, M.A., a retired clinical psychologist, had a friend who was so anxious when he had to speak in front of groups

that he found himself barely able to talk at all during the support group meetings he was presently attending. Yet it was critical that he be able to participate in this group. Accordingly, George taught him EFT by asking him to watch my First Steps in EFT video and to tap along with it. He then suggested a couple of EFT phrases his friend might use and sent him on his way, instructing him to use EFT just before the meeting and to excuse himself during the meeting, if he felt anxious about speaking, to tap away the fear.

The friend agreed to this plan because after tapping along with the video, he was impressed with the way EFT had already made him feel much more comfortable about an upcoming meeting.

After the meeting, he phoned George to tell him that he had used EFT as he had suggested, and that for the first time in his life he had felt no strain whatsoever in front of a group.

George's friend needed to remember to do EFT before each meeting for a while, but eventually he got so used to successfully talking to the group that he no longer needed to do use it at all.

Such is the staying power of EFT.

I could go on giving example after example of people in everyday situations who have used EFT to overcome emotional blocks that were hampering their lives. I could also cite hundreds of instances where it has been used to

erase the negative after-effects of major traumas, such as natural disasters, war, rape, or other life-threatening or demoralizing experiences. But this is not necessary. All you need to do is experience EFT firsthand to discover what it can do for you.

### **Is EFT too Good to be True?**

Almost weekly, new “self improvement” and alternative health methods burst onto the scene, bombarding bookshelves, the WWW, and radio airways, with new hope-building possibilities. Each often professes a bold promise for transforming some aspect of your life; your physical health, your emotional well-being, your spiritual awareness, the quality of your relationships, or almost any other area of concern you might possibly have that drives you to seek some assistance.

In one respect, you might greet authentic, new opportunities for self-improvement and better health with enthusiasm. On the other hand, you might find yourself overwhelmed with uncertainty and confusion by the barrage of offerings. Liken that to shopping at your local department or grocery store, and feeling sensory overload as you stare at a wall of similar products.





Which should you choose? Is there a special one that will really tackle your unique personal problems? Will reading a particular book or doing a special exercise really change your life? And when you run into conflicting information, such as often appears in the field of health and nutrition, whom and what should you believe? It's easy to become discouraged.

In your search for that perfect solution, you may have dabbled in one method for a brief time, find that you're not getting results right away, and then jump into another technique — and another one, and another, and so on. In the end, you may throw up your hands and declare that, "nothing works," and that everything out there will be futile to try.

Eventually, you might simply succumb to the notion that you just don't have enough time to change your health, finances, relationships, or whatever your issue may be. You may convince yourself that if you "only

had ten free hours a week,” perhaps you could meditate, or exercise more, focus on changing your career, or call a loved one more often.

On the other hand, if you did commit to a specific technique, you might worry whether you are using it or implementing the concept correctly. As a Master EFT Practitioner for many years, I’ve heard the frustration in people’s voices when they revealed that they tried one thing or another, that they gave it their best, but it just didn’t seem to work.

Nevertheless, our world works in a remarkable way. When confronted with new, more challenging problems, the individuals who strive to help people ultimately do find new, more effective solutions.

For myself, my colleagues, my numerous clients over the years, and for many of my friends, EFT has been a successful solution. It is a genuine breakthrough in the field of human development, one so surprising that those operating under old self-improvement paradigms often exclaim, “There’s no way this can be for real!”

Certainly, I can relate to the skepticism. If you were to witness someone who has suffered knee pain for 15 years erased after forty-five minutes of EFT, part of your mind might shout, “That can’t be true!”

Or, if you were to hear about someone with a lifelong snake phobia clearing it up within an hour, it seems impossible. Our traditional understanding of such conditions is that they take years of therapeutic work and that their treatment is a slow and tortuous process.

What is amazing about EFT is that those who teach it don’t have to work very hard to convince you of its ability to change your life. If you’re willing to try it for even a few rounds, you’ll convince yourself! You can

have a direct experience that shows you it works! That's how simple EFT is and why it has spread so rapidly throughout the world. One person after another tries it, experiences success, and just "has to" tell a friend about it.

## **Healthy Skepticism**

If you are like many newcomers to EFT, you may be wondering, "If it really works that well, how come I haven't heard about it before?" This is a reasonable question, and the answer lies in the inevitable time lag that occurs when anything of a revolutionary nature is introduced into technology or science. I invite you to be as skeptical as you want. It won't affect the results you get from EFT at all. If EFT is going to work for you, as it does for over 90% of people who try it, it can work for you regardless of what you think about it. Unless, of course, you are dead set on defeating it and employ strenuous efforts to do so. Such is the power of the mind that you can defeat any treatment if you try hard enough. But with EFT, you would have to try really hard!

## **Common Reasons for Resisting EFT**

Now let's look briefly at some of the more common reasons people stop themselves from trying a promising new technique such as EFT and see whether any of these might apply to you.

- After many futile attempts to overcome a longstanding mental/emotional issue, you have told yourself that it will require a *lot of work* to resolve. If you're like many people, you may have put off that work for another day, or have simply been unable to identify what that "work" should be.
- You imagine that the EFT treatment is prolonged, or expensive, and therefore out of your reach.
- You suspect that any treatment that could address your problem will involve digging up painful feelings and memories and then revealing them to someone else. You are reluctant to face that emotional hurdle.
- You have tried many treatments in the past that failed and are unwilling to risk failing once again. If none of these well-known methods could help you, what makes you think that a little known and seemingly illogical method derived from acupuncture could work? You don't want to try and fail once more.
- You may have finally decided, after repeated unsuccessful attempts to change, that this is "just the way I am" and learned to settle for a diminished life.

## **The Bold Promises of EFT “Choices”**

The Emotional Freedom Technique, alone, is a remarkably simple and powerful *self-administered* technique that often works when nothing else has.

- It is gentle and easy.
- Its effects are usually lasting.
- You can use EFT in privacy, without any need to disclose your personal issues to anyone.
- You can engage an experienced EFT therapist to help you with a particularly difficult or engrained problem if you wish, and this can lessen the time and effort involved in traditional psychotherapy.

Of course, EFT is not 100% effective in all instances, as is the case for pharmaceuticals or any other therapeutic interventions. Nor does it always create long-term results in a single session by any means. But it *has* proven so effective at quickly and permanently altering negative emotions, troubling thoughts, destructive behavior patterns, and a long list of psychological and even physical symptoms that the skeptical scientific community is taking notice. EFT is proving to be one of the most potent and

simple therapeutic interventions ever introduced. Extensive clinical practice and research is bearing this out.

Since its inception, EFT has evolved in various ways. The initial “Long form” method, devised by Gary Craig, was soon after, transformed into his “shortened” version. Psychologists and other healing-minded practitioners began witnessing the stunning results of EFT, and some other dimensions of the process began to evolve.

As a Master EFT Practitioner and Psychologist, I took EFT by the reins and tailored it into a more successful process for *my* clients. The “tailoring” took time to develop and perfect, all based upon my knowledge of people, the workings of the mind and emotions, and my case studies.

I discovered some *variations* to the original EFT statements that I was sharing with my clients, worked “*better*” than the originally defined statements, and my clients began to experience truly amazing results.

So much so, that I began using EFT Choices, exclusively, rather than the traditional psychological treatment protocols that I had used for decades. Those “old” protocols often meant years of working with a client to resolve an issue, while EFT took mere months, if that!

Undoubtedly, resolving issues of my clients much more quickly meant that I was continually running out of clients to treat – and working from a local office made it challenging to attain new clients.



As a result, my EFT "Choices" Method was formerly born and I ventured onto the internet with my first website in the late 1990's - early 2000's. (That was quite challenging for a women in her mid-late 70's!)

Ultimately, my EFT Choices Method became widely recognized. Hundreds of healing practitioners around the world learned and taught this self-help method to their clients. Individuals, like you, also learned and benefitted from it. To this day, the EFT Choices Method is praised for its amazing effectiveness.

When people can choose how they "state" what they think and feel, while using EFT, rather than being told what to "state," the results are profound.

To learn the basics of how to do EFT, on your own, visit <https://patcarrington.com/how-to-do-eft-a-step-by-step-guide/>

To learn more about how to elevate the EFT basics with "Choices," browse my website @ [patcarrington.com](https://patcarrington.com)

Thank you for subscribing!