

EFT — A Short-Cut to Manifestation



Boost your manifestation
power using EFT

A Special **Great Living Today** Report
by Marty Marsh

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EFT — A Short-Cut to *Manifestation*

As students of the Law of Attraction our goal is to develop awareness of the vibes we are sending out or generating. We know that *like attracts like*, and that we'll attract more of whatever we give our attention, energy and focus to. In order for us to manifest our new desires it is important for us to lessen the negative vibrations in our attraction zone. Many times we are unaware of the negative vibrations we generate from having thoughts of doubt from limiting beliefs we carry around. In addition, every time we revisit memories of trauma, pain, sadness, regret, hurt, or grief and loss, we are generating negative vibrations. Negative vibrations attract more negativity and prevent the flow of energy that attracts new desires. This *bonus report* will teach you how to learn and master a technique called EFT (Emotional Freedom Technique) that works to clear away negative energy and increase the positive flow of energy in your attraction zone.

What is EFT?

EFT (Emotional Freedom Technique) is a breakthrough method of neuro-energy psychology that was developed by Gary Craig in the early 1990's. Basically speaking, it is an emotional version of acupuncture without using needles. To do EFT you stimulate well established energy meridian points by simply tapping on them with your fingertips. These meridian points access the body's energy system, relieving blocked energy, correcting damaged energy pathways, and finally balancing and strengthening energy flow throughout the body. EFT is simple to learn, easy to memorize and quick to apply. For over a decade and a half, hundreds of thousands of people, many of them professionals in the field of psychology, have successfully used EFT to reduce and release stress, fear, doubt, anxiety, and other experiences that negatively effect ones body.

Researchers of EFT assert that the cause of all negative emotion is a disruption in the body's energy system. Originally, a negative experience occurs and jolts, zaps or disrupts the body's energy system. From that moment forward, every thought or memory of that negative event continues to disrupt the body's energy system. A negative emotion is then created; fear, anxiety, anger, hurt, or sadness etc.

EFT postulates its powerful effects are drawn from time-honored Eastern discoveries that have been around for over 5,000 years. And, as far back as the 1920's, Albert Einstein taught that everything, including our bodies, is composed of energy. Through specific meridian points, EFT affects both the conscious and subconscious mind, thus making it a powerful tool to clear out negative energy from your attraction zone and strengthen your positive vibration. Hundreds and hundreds of people have

used EFT successfully to release limiting beliefs and strengthen affirming new beliefs resulting in a much better ability to manifest.

Using the metaphor of deliberate attraction behaving like a radio tuner tuned to draw in a specific radio frequency, EFT gets rid of any background static that disrupts the signal. Or you can imagine EFT to be like excellent antivirus scanning software. You can use it on your whole system to remove all files (limiting beliefs) that work in the background to prevent your system from working efficiently.

How to do EFT:


To do EFT you will tap on specific meridian points in a specific sequence. The tapping points proceed down the body. Tapping can be done with either hand, or both hands simultaneously or alternating through the sequence. Tap with the fingertips of your index and middle finger or add your thumb also. Tap firmly but never so hard as to hurt or risk bruising yourself. Tap about 7 times on each of the tapping points or longer, depending on the length of phrase you are reciting. It doesn't matter what side of the body you tap on. Some people get benefits from tapping on the points on both sides of their body simultaneously and some people prefer to alternate from one side to the other. Just do what feels right for you! Follow these steps, you'll find the sequence easy to memorize after a few tries.

1. Determine the problem you want to clear. Focus intently on it for a few seconds. Bringing a problem to mind activates certain energy meridians, which can then be corrected and re-established to flow correctly.

The problem you focus on can be:

- An undesirable emotional response (fear of public speaking, fear of dogs, fear of heights)
- An undesirable physical reaction (stress headaches at office meetings, clenched jaw in one partner when treated insensitively by the other partner)
- An undesirable thought pattern (obsessing about your child's weight, continually focusing on one's spouse's negative points and failures)
- An undesirable habit (feeling in a rush all the time, cracking one's knuckles, speaking too fast)

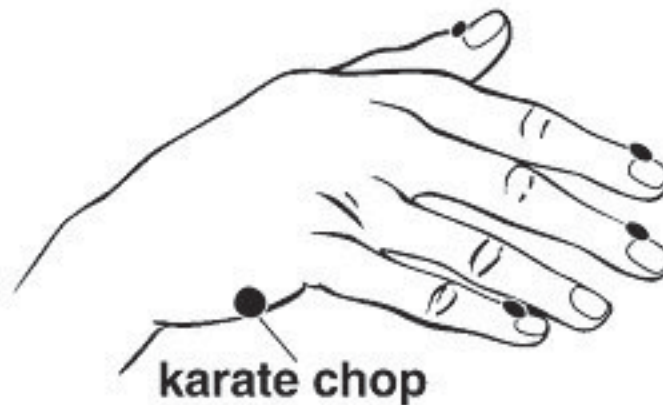
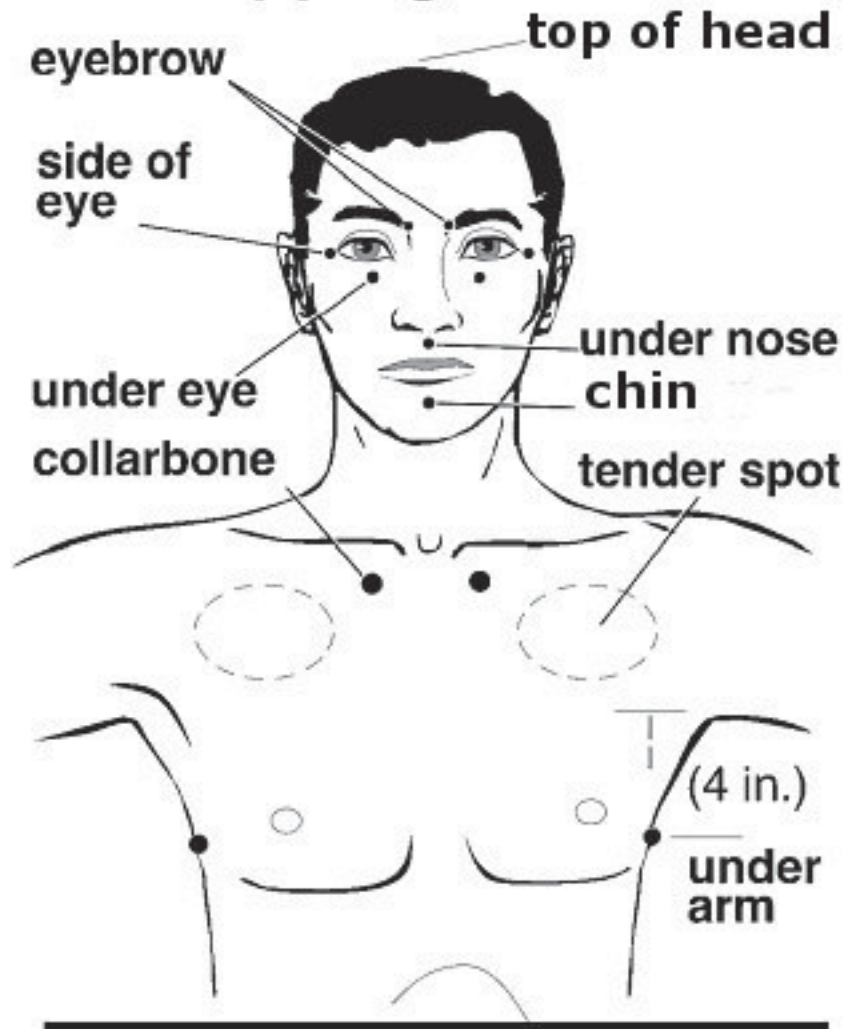
2. Rate the level of intensity of discomfort this problem evokes in you. Use a scale of 0–10, with “0” meaning no discomfort and “10” meaning very intense discomfort.



“The strongest principle of growth lies in human choice.”

George Eliot

Tapping Points



Shown on the hand are other points that were used for an older version of EFT. These were used in what is called the "9 Gamut Procedure." As EFT grew and expanded in use, practitioners reported that they were having wonderful success without using the 9 Gamut Procedure that was part of the original EFT methodology, so it is rarely used anymore.

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3. Perform the Set-Up: This is the first part of the energy intervention. The statement of self-acceptance that you are going to say out loud aligns your energy for healing and change. It is a specific intervention targeted at what is called “Psychological Reversal”; a condition in which the flow of your body’s energy system is reversed. Think of it as batteries for a flashlight that have been put in backwards. The Set-Up intervenes and corrects this reversal. This is very important because Psychological Reversal contributes to self-sabotage and other negative emotions. The Set-up neutralizes resistance and allows positive change to take place.

Look at the chart below and find the “Karate Chop” point. During the Set-Up you will be tapping on this point and saying this specific phrase 3 times.

Set-Up Phrase:

“Even though I _____ (state the problem) I deeply and completely love and accept myself.”


“Even though I _____ (state the problem) I deeply and completely love and accept myself.”

“Even though I _____ (state the problem) I deeply and completely love and accept myself.”

You can also rub the tender spots indicated on the chart while repeating the Set-Up phrase. It is just as effective as the Karate Chop point.

4. The tapping sequence:

- a. **EB** (Eye Brow) is at the beginning of the eyebrow just above and to one side of the bridge of your nose.
- b. **SE** (Side of Eye) is on the bone bordering the outside corner of the eye.
- c. **UE** (Under Eye) is on the bone under either eye, about one inch (2.5 cm) below the pupil.
- d. **UN** (Under Nose) is on the small area between the bottom of the nose and the top of the upper lip.
- e. **Ch** (Chin) is midway between the point of the chin and the bottom of the lower lip (while not exactly on the point of the chin, the term “chin point” is descriptive enough for people to understand and remember easily.)
- f. **CB** (Collarbone) is the junction where the sternum (breastbone), collarbone, and the first rib meet.



“The self is not something ready-made, but something in continuous formation through choice of action.”

John Dewey

- g. **UA** (Under the Arm) is about four inches (10 cm) below the armpit, about even with the nipple on men or the middle of a bra strap on women.
- h. **KC** (Karate Chop) is the middle of the fleshy part on the outside of either hand, between the top of the wrist bone and the base of the baby finger (the part of the hand you would use to deliver a karate chop.)
- i. **H** (Head) is the middle of the top of your head between your hairline at the front and your crown.

Follow along using the chart on page 4, beginning with the EB (Eye Brow point) and ending with the H (head).

1st Round:

Write down your level of discomfort from "0" to "10".

Begin tapping.

As you tap each point, you state the problem again, only this time you use an abbreviated phrase called a *Reminder Phrase*. This phrase keeps your energy system activated for this specific problem.

Example: Suppose you have a fear of dogs and you'd like to get beyond that so that you can enjoy being around dogs. Your set-up phrase would be "Even though I am afraid of dogs...I deeply and completely love and accept myself." Your reminder phrase would be, "This fear of dogs." Some people prefer to say, "RELEASING this fear of dogs." Choose one phrase and continue to say it as you tap through the sequence of meridian points.

EB- Releasing this fear of dogs
SE- Releasing this fear of dogs
UE- Releasing this fear of dogs
UN- Releasing this fear of dogs
Ch- Releasing this fear of dogs
CB- Releasing this fear of dogs
UA- Releasing this fear of dogs
H - Releasing this fear of dogs

2nd Round:

Now that you have released what you don't want, you will tap in what you DO want.

EB- I choose to stay calm and cool around dogs.
SE- I choose to stay calm and cool around dogs.
UE- I choose to stay calm and cool around dogs.
UN- I choose to stay calm and cool around dogs.

Ch- I choose to stay calm and cool around dogs.

CB- I choose to stay calm and cool around dogs.

UA- I choose to stay calm and cool around dogs.

H - I choose to stay calm and cool around dogs.

Re-Assess

Tune into your problem again. Rate the intensity of your problem again. You will find that your intensity has lessened. If your number is 2 or higher, repeat 1st and 2nd round again with these changes to the wording.

Set-Up Phrase: “Even though I STILL have this fear of dogs, I deeply and completely love and accept myself.”

Reminder Phrase: “This REMAINING fear of dogs.”

KC- “Even though I STILL have this fear of dogs, I deeply and completely love and accept myself.”

“Even though I STILL have this fear of dogs, I deeply and completely love and accept myself.”

“Even though I STILL have this fear of dogs, I deeply and completely love and accept myself.”

EB- This REMAINING fear of dogs.

SE- This REMAINING fear of dogs.

UE- This REMAINING fear of dogs.

UN- This REMAINING fear of dogs.

Ch- This REMAINING fear of dogs.

CB- This REMAINING fear of dogs.

UA- This REMAINING fear of dogs.

H - This REMAINING fear of dogs.

Now that you have corrected the flow of your energy system, it's a good idea to repeat this EFT sequence once or twice a day for a few days. This fine tunes your energy system and ensures that this intervention is complete for this problem.

Tapping in Choices

Next we are going to look at another method of EFT that has proven to be highly effective to clear away unwanted negative energy and strengthen the positive power of your attraction zone. It's called The Choices Duo Method and is adapted from *The Choices Trio Method* developed by Dr. Pat Carrington.

In the Choices Duo Method of EFT, the 1st round is done tapping to negative phrases that target a specific discomfort, followed by a 2nd round in which specific choices are tapped in. This alternating pattern, first negative phrases and then positive choices, is repeated as often as necessary. It is a very effective application of EFT because once a link is formed between a person's negative thoughts and a positive “choice”, every time the negative thought enters a person's mind, it immediately triggers a positive “choice” statement automatically. This leads to fast and effective behavior changes.

Many people who use this method report that even if they can't remember the exact wording of their "choice" statements, when a negative thought activates a positive choice, they find themselves experiencing a positive state in their being—exactly opposite to their previous behavioral patterns.

EFT-Choices Duo Method

1st Round

Rate your discomfort on a scale of "0" to "10" with "10" being extremely intense discomfort.

Set-Up: KC (Karate Chop Point) "Even though I'm addicted to high-carb foods, I deeply and completely love and accept myself."

"Even though all I do in the evening is eat and eat and eat, I deeply and completely love and accept myself."

"Even though I love to eat all evening long, I deeply and completely love and accept myself."

EB: "This addictive behavior."

SE: "This overeating."

UE: "This addiction to high-carb foods."

UN: "This feeling of being out of control around food at night."

Ch: "This addictive behavior."

CB: "This overeating."

UA: "This addiction."

H : "This addiction to high-carb foods."

2nd Round (Choices)

Set-Up: KC (Karate Chop Point) "Even though I'm addicted to high-carb foods, I CHOOSE to eat nutritious food for each meal."

"Even though all I do in the evening is eat and eat and eat, I CHOOSE to control my food intake."

"Even though I feel out of control around food at night, I CHOOSE to feel satisfied and content after eating a nutritious dinner."

EB: "I choose to be free of excessive eating."

SE: "I choose to enjoy balanced and healthy meals."

UE: "I choose to eat only the ideal and proper amounts of food that will supply all the vitamins and nutrients I require on a daily basis."

UN: "I choose to eat proper amounts of food at all times during the day and evening."

Ch: "I choose to feel satisfied and content after eating ideal portions of food."

CB: "I choose to eat nutritiously."

UA: "I choose to select ideal and proper amounts of food each time I am hungry."

H : "I choose to leave food on my plate when my body has had enough to maintain its ideal state."

RE-ASSESS your discomfort. ("0" to "10")

If you score “2” or higher repeat both rounds beginning with the negative phrases in the 1st Round and ending with the positive choices in the 2nd round. Most people typically feel a noticeable shift in their attitude after doing these rounds of EFT. Each time a thought pops up with respect to former problematic behavior, they feel guided very easily to choose positive behaviors instead. Doing EFT isn’t the same as mustering up the will power to make a desired change in your behavior. EFT works to remove the old negative energy so all new choices feel easy and effortless to make.

Try this method for yourself. Many people who began using the standard method of EFT, use this method just as often. After you have been doing EFT for a few weeks, you’ll find it easy to switch back and forth between these two methods. Some days, the standard EFT method will feel right to use and some days, the “choices duo method” will feel like it is the right one to use. Now you have a choice!

Use EFT daily to clear blocked energy flows, and to rebalance and strengthen your energy meridians. EFT is a powerful tool to clear unwanted negative energy from your attraction zone. The more you use EFT the more effective it works because the more often you “tune-up” your energy system, the less work it needs to “fine tune” itself on a daily basis. If you are serious about deliberate attraction, you’ll incorporate EFT into your daily way of life. Remember, you attract what you vibrate!

Many thanks to my friend and EFT mentor, **Linda Storey** for consulting on this EFT report project. Linda has been an EFT and Law of Attraction coach, an NLP counselor and a Hawaiian Huna practitioner since 1995. She has assisted hundreds of people to release their limiting beliefs and painful memories quickly and easily to transform and expand the positive power of their “attraction zones.”

EFT Resources

If you’d like to learn more about EFT and how to use it in your daily life, then refer to these resources below in addition to the resources we share about it at the GreatLivingToday.com website.

Gary Craig — the founder of EFT — <http://www.emofree.com/>

Carol Look — <http://www.carollook.com/>

Nicolas Ortner — <http://www.thetappingsolution.com/>

Thank You!

Dear Fellow Spiritual Seeker,

One thing I know for sure and that is that life is supposed to be fun. But life can't be fun if you're continually plagued by self-doubt or have problems and challenges that seem to always get in your way and keep from being the vibrant human being you want to be.

I've found that EFT is one the fastest, easiest ways to get beyond limiting beliefs. By no means am I an expert user of this technique, but I've seen remarkable results when I use it. Linda Storey tells me that you can't really do it wrong. The best thing to do is to practice with it, changing the phrasing as you see fit and to whatever feels good for you. And, I've found that when I work with an EFT Practitioner, I get results much faster.

I'm very grateful that you found this ebooklet and hope that it has given you some good food for thought about EFT and how you can use it to manifest faster. And if this has been your first exposure to the idea of The Law of Attraction, then I encourage you to further your studies and learn more at my website:

<http://www.GreatLivingToday.com>.

A few years ago, when I realized just how powerful this Law of Attraction really is, it became my mission to teach as many people as I can reach that whatever we give our attention, energy and focus to, we get more of the same. It is my mission to reach as many people as I can who are ready to hear that truth and embrace it as a new paradigm in creating the greatest life possible and to spread that word throughout the entire planet.

I can't do that job alone, so I'm asking you today to pass this ebooklet along — after you have read it, absorbed it and put EFT into practice — to someone you care about so that they, too, may know the joys of living a great life. Together, we can change for the better the consciousness of the entire planet.

You have my best wishes for much joy, laughter and blessings,

Marty Marsh

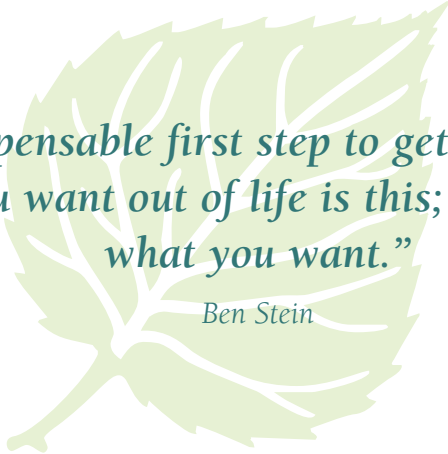
**Hi! I'm Marty
and I'm pleased
to meet you!**





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The beginning of your greatest life.
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free resources and to learn more about the
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*“The indispensable first step to getting the things
you want out of life is this; decide
what you want.”*

Ben Stein