

The Scandal of EFT *(Emotional Freedom Technique)*

By Arthur Cronos

If there's no time for the things you
love, then do the things you love
exist anywhere in time?

If they don't exist anywhere in time,
then are you having *any* things you
love in your life?

If not, why not change time?

— *Richard French*

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It's a Scandal!

The search to relieve mental anguish, worries, and sadness has been with us for a long time. Long ago, the Buddha (and others) taught how suffering may be relieved through meditation and “right thinking.”

The Greek philosopher Epicurus stated that any philosopher who didn't relieve suffering was worthless. In the 8th century, Islamic cities built asylums to care for the mentally ill.

Mohammad told his followers that the conquering of Mecca in the great Jihad was just the beginning, that the more difficult task lay ahead – to master our unruly inner thought-world.

In the late nineteenth century, Sigmund Freud made a leap forward in perceiving that there is a part of us below consciousness, which he called the Unconscious Mind. In truth, it is not unconscious at all, for it perceives many things within our bodies and in our environment, all at the same time. It perceives far more than we can consciously perceive.

We continue to call it the Unconscious Mind. But in fact, it is *we* who are unconscious of it.

Ask yourself, ask your family, ask your friends whether it would be good to be healthy, happy, and wise, and all will answer yes!

Why then is it that, again and again, we return to automatic patterns which bring us unhappiness. We return to these patterns even when they've shown themselves unworkable at advancing our lives in the direction we wish to go. We return to these patterns even when we know better.

Why is that?

Freud Discovers the Unconscious Mind

Freud's welcome addition to our knowledge was that he began to see that there is a vast ocean of ideas, thoughts, feelings, beliefs, and habits that lie outside our conscious awareness, and that these in fact may be determining our actions more than our conscious decisions at any given moment.

However, in one thing, Freud was so very, very wrong.

His belief was that “insight produces change.”

He believed that *only* insight produces change, and his (slow and questionable) method ponderously stumbles through the past, hoping to find that insight that then relieves the suffering. And, using this method, sometimes it works ... and sometimes it doesn't.

Why is that?

Does Insight Cause Change?

“Insight produces change” is just not true.

Cognitive neuroscience has now revealed, in a persuasive way, that conditions like phobias and Post Traumatic Stress Disorder are just not “in the mind.”

They’re in the *body.”

They produce conditioning in the brain that involves feedback to often used neural pathways, that maintain the emotions, that keep the emotions in place; they keep the problem in place.

A phobia can be put into place in mere seconds. It’s fast learning.

And, now we know, a phobia can be unwound in seconds. But not by Freud’s methods of seeking insight to produce change. (Sure, now and again it might work, but then so it might be true that stubbing your toe at just the right time could produce great insight, no?)

The Boiling Cauldron: Your Nervous System

In the past, it was believed that neural development and the brain was built and undergoing change up until about seventeen, and then become fixed. Not so. We now know that the brain and nervous system are dynamic, constantly changing structures, and can undergo vast reorganizations within seconds.

And when we see how these feedback loops are put into place, and then keep themselves active over time, we begin to see why insight alone is not enough, because *something* must be used to interrupt the repeating feedback loops in the physical nervous system, in order for radical change to occur.

And ... now we have something.

Introducing Emotional Freedom Technique

It’s called Emotional Freedom Technique, or EFT for short.

And the scandal is not that this EFT is maverick, not that EFT is unruly, nor that EFT is difficult.

The scandal is that there is an entire world out there suffering, an entire mental health profession which plods along the same old methods, which sometimes produce results after long, long effort.

The scandal is that something so simple, so easy to learn, and so effective isn’t being shouted from the rooftops, and touted on television every single day.

Because it *IS* powerful, it *IS* easy to learn, and it *IS* effective.

And that’s what this report is about.

Let’s start by simply showing you how to do EFT. Theory and explanation can come later ...

The ABC Method of Applying EFT

[the following article is reprinted with permission. It appeared on Gary Craig's EFT website, and is taken from author Gwyneth Moss's Emotional Health collection of essays.]

How do you Use EFT?

Many times people ask “how do I use EFT to help with....” This question is often asked with the expectation that there is a library of set-up phrases and if only they can be given the right words then EFT will work wonders for them. Well using EFT effectively isn't quite like that. There is no library of the right words that fit each behaviour, emotion symptom or medical diagnosis. There are no right or wrong words; there are only the words that work. And the words that work for one person are not necessarily the words that work for another. We are all unique human beings with unique life experiences and unique emotional responses. So ‘the words that work’ are individual and subjective: the words that work are the words that describe and tune a person into their own unique emotional experience.

I'd like to introduce to you the teaching tool that I use to communicate EFT to my clients and trainees to help them find the words that work. I call it the ABC of EFT and it helps to guide a person through the EFT process by making it easier to remember the stages of the process and to gain some understanding about why we do what we do in EFT.

A is for Awareness. This is the ever so important pre-tapping stage in which we use our awareness to tune into the unique and individual subjective experience of this particular person with this particular problem. This awareness is where the words come from.

B is for Balancing. When we rub the sore spot or tap the karate chop and say the set-up phrase “even though... I accept myself” what we are effectively doing is balancing the energy and balancing the meaning of the problem.

C is for Clearing. As we tap the EFT tapping points using a few reminder words to keep tuned in we are clearing the disturbance the “zzzt” that those words give rise to.

And what about the D that follows A, B and C? Well D is for test for change and then Do it Again!

ABC is nice and easy to remember and Awareness, Balancing, Clearing and Do it Again is descriptive of the steps of the EFT process. Lets now get into a little more depth with A and B and C.

A is for Awareness

Usually when we have a problem emotion colouring our thoughts and feelings we are trying to ignore it or push it away. This is because what we are used to is having no control or influence over our emotions and the way that they drive our behaviour and thoughts. We can thus become scared of our own emotions.

However EFT allows us to effectively, quickly and painlessly balance the energy of our emotions so that we can think clearly and act resourcefully. Knowing this it becomes safe to approach and observe an emotion. In the Awareness stage we begin by observing with a kind of detached curiosity. Like being on safari and watching the wild animals from a hide.

Awareness is about asking the questions a detective would ask and being observant for the details of the answers. Awareness questions are commonsense questions that seek specific information about what's out there that sets off the problem and how the problem is experienced internally. Questions like:

"What sets that off?"

"When is it worst?"

"When you get like that what's it like?" "What do you have to think about to feel like that?" "When (or where, or with whom) does it happen worst?" "How do you know you are afraid?"

"Where do you feel that in your body?"

The words of the answers reveal how this particular person experiences this particular emotion in response to this particular trigger.

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B is for Balancing

The words we gather from Awareness feed into the Balancing stage in which we contain the problem in a sentence that makes it safe to hold. Someone called the EFT set up 'wrapping your problem in a blessing' and indeed that is what we do. We can all hold a pebble so close to our eye that we block out the sky and we can all give a problem so much of our attention that we lose sight of what is good and true and joyful in our lives.

Simply saying "Even though I <insert words from awareness> I truly and deeply accept myself" is like moving the pebble to arms length. It doesn't go away but now both sky and pebble can be seen at the same time. The balancing words simply put something about the problem and something about self acceptance into the same sentence. 'Even though...' is an elegant way to do this and AND will work just fine as in "I have <this problem> and I'm loved."

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C is for Clearing

Most of us started out with the full sequence of the EFT basic recipe tapping all the face and body points and the fingers and the nine gamut but any of you who have seen Gary's recent (and excellent) work will have realised that much of the time EFT gets results just with a short cut. I only put the face and body points on the ABC sheet for my clients because that is usually all we use in the session and usually all that is needed.

As we tap the points we keep attention focussed on the problem by repeating a few of the words we used in the balancing statement. These don't have to be the same on each point and if you find your intuition is varying the words then go with it. Beware though of jumping about all over the place and onto different aspects without fully clearing any.

A few variations I add from the basic eyebrow to underarm sequence is to either finish the clearing round by returning to the collarbone or finishing on the top of the head with the finger tips or by slapping the inside of the wrist. EFT is very flexible when it comes to which points to include or miss out. I like to give the collarbone point extra attention because for many people it is their "one point" which seems to have extra effect. Often on the first few iterations of EFT I tap round the clearing points for two or three rounds, as we go I'm watching my client closely and letting my intuition guide me as to how much or how fast to tap.

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ABC in Action

Sally came to me saying that she had become highly nervous and simple things like going out to the shops had become a struggle. In the calm of my consulting room I asked her "What would you have to think about now to feel that nervous feeling here?" She replied "My husband and I are divorcing and I only have to think about the letters from his lawyer to feel all jittery" as she spoke she put her hand to her chest.

awareness gave us two pieces of valuable information to form some balancing words for EFT: the outside trigger of seeing the lawyer's letters and the inside response of jittery in her chest. Just one of these would have been enough but we used both and our balancing words were: "Even though I feel all jittery in my chest seeing those lawyers letters I really am OK and I really do accept myself." We then tapped around the EFT clearing points saying "lawyers letters" and "jittery in my chest" for a couple of rounds ending on the collarbone (I noticed that she visibly softened as she tapped the collarbone). I asked her then to imagine seeing one of those letters and she laughed and said "They are just like children playing games and using long scary words to frighten each other"

Now this was progress for Sally and she looked visibly brighter but my intuition suspected there was more work to be done so back to the awareness stage only with more detail. I asked her to focus on the letter from the lawyer as if her husband's voice were reading it and asked "is there anything about that that could still get to you?" "It's not his voice she replied "its that put down sneering look that makes me, a top saleswoman, feel 6 inches tall".

Here is another aspect and Sally has given us the words for the next balancing statement "Even though his put down sneering look makes me feel 6 inches tall I really do accept myself, I'm a grown woman and the top in sales." We followed this with a round of "sneering look" and we both sneered as we tapped and ended up laughing.

I asked her to test by imagining meeting with her husband, she could stay calm thinking about that but then became angry remembering a business meeting several years before when she had been belittled. So we put that through ABC and continued for the rest of the hour until she left calm and cheerful clutching her ABC sheet and confident about using it.

I hope you find ABC useful and share it with your clients and friends.

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The A B C of Emotional Freedom Technique

A

Awareness:

What bothers you? Notice what tension, pain, memory or craving is there. Name it. Be really specific and detailed. How does it make you feel? Can you give it an intensity number on a scale of 0 to 10?

B

Balancing:

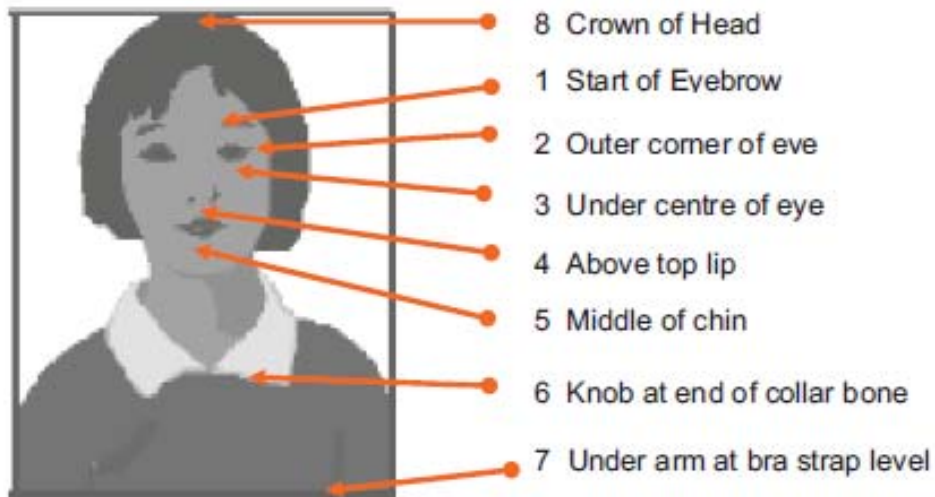
Say three times out loud as you tap the side of your hand (karate place)...."Even though I ...(describe the problem)....I truly and deeply accept myself"

C

Clearing:

Tap with two fingers on the eight acupressure points saying a few reminder words about the problem "this problem" to focus your attention. Tap the crown of your head last with all finger tips.

Now....Take a deep breath and close your eyes for a moment. Tune into the problem. Notice what has changed or what emerges. Measure again and repeat ABC on the remainder of the problem or on another aspect of the problem.



An Appeal – Shall we Establish the Mount Shasta EFT Club?

[A message from Arthur Cronos, from <http://beinghappytoday.com>, the Clarity and Focus Group, in Mount Shasta, California]

As many of you know, I'm a certified hypnotherapist and a certified tantric educator, and most of my work has to do with fast clearing of inner turmoil and current-time upsets, and difficulties of romance (like love, romance, dating, and sex).

In my work, I find myself using EFT more and more often. I've studied with Gwyneth Moss, a recognized EFT Master living in England, and from her I've learned advanced techniques, and in so doing, discovered that EFT has hidden depths.

But the wonder is ... that even doing the simple formula .;. produces results.

And pretty much anyone can do it. All you need is a little patience, willingness to learn a few simple steps, and good will toward your fellow humans ... that is, you need to have the intention to help yourself and others.

That's really all it takes..

The Power Of Two

In my studies I've noticed something odd.

A person can use a method like EFT, or other methods (Gendlin's Focusing and self-hypnosis come to mind) all by oneself.

And it produces results.

However, I'm not the only person who's noticed that these growth methods work faster and more powerfully ... when you work with someone else!

Does the someone else have to be a trained therapist?

Well that can have advantages, but the answer is no.

Most people get more powerful and faster results when they're working with another person than when only working with themselves.

We can talk all day about why this is ...

... but let's set that aside.

What's important is that, if you want to get the most from this wonderful anybody-can-do-it therapy method, you'll get the best results if you work with another person.

Steady Learning?

And, something else.

If you work with another person, why not set up a “study buddy” system?

You can set appointments with each other, and even have a regular time each week, and trade sessions.

There’s no better way to get steady experience, and to learn better and better.

Better yet, why not have *two* study buddies?

I’ve seen this used in Gendlin Focusing classes, and it’s simple, easy, and promotes fast learning.

So Why Not Start a Club?

I don’t care whether we call it a Club, a Study Group, a “Consortium” or a Street Gang.with motorcycle jackets.

I’m proposing that a group of us organize to meet once a month (or some other schedule), compare notes, and advance our learning.

Who will win?

Our families will win. Our sweethearts will win. Our children will win. Our friends will win.

And you and I will win.

We can make our lives better.

We can make each others lives better.

This is simple. This is easy.

I say, “Let’s do it!”

What say you?

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Preparing for the "EFT - The People's Therapy" Event

Here is your homework –

1. Read and become familiar with the ABC Method, and the tapping points given in this document.
2. Make a written list of what upsets, worries, or even physical problems you might like to improve, in yourself, in family members, or in friends.
3. Write down your questions.
4. Visit the EFT main website – link on next page -- and look around. Specifically, find the stories of some of the conditions and problems that EFT has handled for other people.
5. Come to the event, and BRING ALL YOUR FRIENDS!

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Useful Resources

The following links to online resources may be of interest –

EFT Universe (primary EFT site)

<http://eftuniverse.com>

Being Happy Today

<http://beinghappytoday.com>

EFT Zone

<http://eftzone.com>

The Tapping Solution

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

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How to Contact Us

The “EFT – The People’s Therapy?” event is presented by the Clarity and Focus Group of Mount Shasta, California.

This is an introductory event, to provide more information about what the Emotional Freedom Technique can do to transform your life and the lives of those around you, improving mental difficulties, and increasing the body’s ability to heal itself of even serious physical problems.

If you have questions about this event, or to pre-reserve your seat at our events to make sure that you get a seat, then please contact us directly.

Here’s how to contact Arthur Cronos and the Clarity and Focus Group –

- **By Telephone:**
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Sincerely yours,

Arthur Cronos, for the Clarity and Focus Group of Mount Shasta



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