

# What the Heck Is EFT?

Simple, Powerful, Amazing

by: Dawna M. Roberts



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## **Dedication**

This book is dedicated to my cousin Dave and his wife Lori who brought EFT to me and started me on my fabulous journey of healing and a better life.

I would also like to thank my EFT coach, who has helped me along my path towards so much healing, love and joy.

# Introduction

My name is Dawna, and I made the decision to start a [blog](#) and write about my experience after years of suffering a variety of illnesses and injuries, which culminated in a horrible year of surgery, heartbreak and complete loss of hope.

Miraculously, all that changed when I started EFT (Emotional Freedom Techniques) therapy with my EFT coach. Now, my life is amazingly different, and things are better than my wildest dreams, and they continue to get better and better each day!

I have been practicing EFT for the past year. However, my spiritual journey (not religion) which I talk a lot about in my blog, began when I was a child, and it relates directly to the work I am doing now.

I hate seeing anyone in pain or suffering, and I hope you find my blog and this quick-start guide helpful. I hope it inspires you to take action which brings you relief. I had accepted that life was "as good as it gets" but I was wrong, it can be so much better!

# What is EFT (tapping)?

EFT was developed by Gary Craig in 1990 and is like a form of emotional acupuncture without needles.

I have found EFT to be the most amazing healing tool! It can help with not just physical ailments but also deep-rooted traumas and emotional blocks, effectively without any pain, medication or other treatment.

Most psychological therapies take weeks, months and even years to see very limited success. I tried everything from medication to tapes, hypnosis, traditional therapists, acupuncture and everything in between. I saw some limited success with anxiety tapes, but even that relief wasn't lasting. My issues were complex and layered, but even so, within a few short weeks, I saw incredibly positive changes using EFT on things which I expected to be nearly impossible to heal. Nothing has ever come close to the amazing results I have experienced using EFT for my complex array of physical ailments and emotional traumas.

The EFT process breaks down a single event into separate pieces (aspects/emotions) and then one-by-one we clear them until the event no longer has the power to cause harm.

For example, during my surgery recovery, I was very weak and had an incident of almost full collapse in the shower. That, combined with another old event where I broke my shin cleaning my bathtub, left me nervous and uncomfortable taking showers. During one of my recent EFT sessions, we broke down each of those events into pieces. We took time clearing each aspect (fear, embarrassment, shame, guilt) of the two events. Now instead of dreading showers and trying to rush through them and get out as quickly as I can, I look forward to enjoying the beautiful feeling of the hot water on my skin, and I have no fear or discomfort whatsoever.

Clearing out those responses is the FREEDOM part of EFT; freeing ourselves from the constriction of this subconscious programming that we put into place inadvertently. We pile on layer upon layer of heavy emotional baggage with each unprocessed event we experience. All that baggage comes with a price; it can cause illness, injury and a profound sense of discomfort, making life miserable. Not all traumatic events require processing however, some are processed naturally.

Human beings are designed to process trauma naturally through an energy discharge response. Sometimes, under challenging circumstances, this release does not happen, and it results in the build up of unprocessed events. These unprocessed events can lead to physical and mental issues later on. There is a great video of animals in the wild which are going

through this natural discharge response; it's fascinating to watch. You can find it [here](#).

The great news is, once you clear an event, it's gone. In many cases, I had dozens of similar events, and I assumed we would have to clear them all to feel better, but this was not the case. Because events often link to each other within the subconscious, clearing only a few may also clear the others, and I felt relief right away.

I have found that I have been able to clear most things pretty quickly, even deep-rooted and severe traumas from the past. There is no other word, but *AMAZING* for how useful and magical this healing tool can be.

There are two types of EFT developed by Gary Craig. First, there is the Gold Standard which is what I described above, also known as "tapping." Then there is also something called Optimal (which I have experienced fantastic results with), but it is more spiritual in nature and harder to describe.

I found right off Gary's "Basic Recipe" of tapping to be very easy and efficient to use between sessions, and boy did I need to use it often!

You can read all about both types and the origins of EFT [here](#) on Gary's website.



# How and When to Use EFT

In my experience, EFT is truly a revolutionary healing tool. It has been used by millions to remove emotional blocks and allowed healing from childhood traumas, phobias, fears, anxiety, addictions, mental illness, cancer, severe permanent injuries, other major illnesses, strokes, as well as many other issues physical and psychological problems.

For me, how and when to use EFT was a hard concept to grasp. It makes sense using it to clear out the big stuff like old emotional baggage and to heal illness and injuries. However, there are also incredibly helpful day-to-day benefits to using it. When I do, my life is more comfortable, it flows easier, and I stay free of any further emotional build-up.

My mind can be very obsessive, and when I grab onto something, I don't let go of it easily, sort of like a pit bull. So to help myself with everyday interactions, I often have to stop in the middle of my day and use EFT to clear things along the way.

For example. When I deal with a challenging client, I can start to get frustrated and angry and then obsess over it. I even have these long, angry conversations in my head about what I would like to say to them. Obsess-

ing and resentments is an excellent example of something that I use EFT regularly for to clear up within minutes.

I remember vividly the first time I tried this. I was in a fit of anger and resentment over something a client said to me. So I went outside on my porch and sat in the rocker. I did a few rounds of EFT (tapping) on how angry I was, then how guilty I felt for being angry (as this client is a nice person), then another round on resentment. I finished my EFT and went in for dinner. About an hour later, I realized I had not thought about the situation at all after doing EFT. That was HUGE for me! I had fully let go of all of it within seconds. If I had continued to obsess over this client, it would have ruined my evening, but I used EFT and resolved it immediately. What a wonderful gift!

One of my goals in using EFT was to in time, experience fewer of these triggers caused by the actions or words of others. I am so pleased that this has been the case and after I do my EFT work on a particular area, I feel far less of these triggers/irritations and things that used to bother me, simply do not anymore. Another lovely gift as a result of my EFT work.

I used to feel like I was crouched in the corner with a shield trying desperately to ward off all the bad things that happened to me. Now I feel like I am standing in the middle of the room with my sword (EFT) held high ready to fend off any challenging emotional upsets I encounter during my day. If I have anxiety about something, I stop and use EFT. If I get upset or

angry at someone, I use EFT to clear it and move on. EFT is such a powerful tool, like a security blanket you carry around with you all day long. I don't feel powerless over my life anymore!

# More Ways EFT Helps Me Live a Better Life

In the beginning, my EFT work was all about clearing the past and old traumas stored deep in my subconscious. Now it's about day-to-day maintenance and making my life more beautiful than I could ever imagine. My EFT coach often reminds me though; I sometimes miss the first opportunity to act on something which bothers/triggers me, and that leads me to miss another trigger and another until my stress level is off the charts and I have caused myself a tremendous amount of discomfort.

What I am learning is that these triggers or as I used to call them "set-backs" are actually helpful by showing me that there is an event (a root cause) which I have not yet fully processed. If I pay attention and recognize them as helpful reminders, rather than focusing on all the unpleasant feelings that come along with them, I can experience much more success in clearing more old stuff, quickly.

For my 50th birthday, I decided to do something completely out of character and get a tattoo. I am known to be a very responsible, conservative person; so it was kind of wild and crazy, and that is what I liked about it. I was excited but also nervous.

The process went very smoothly in fact, except for my emotional state because I missed the first few triggers of things that reminded me of my surgery trauma, which I had not fully cleared. Within one day after getting the tattoo, it was like I had turned back the clock two years and felt as sick and weak as I had right after the surgery, complete with every physical symptom. It was ridiculous because now it is two years later and I am healthier than I was when I was in my twenties. I did all of this to myself just by my thinking and not using EFT when I could have.

That shows me just how powerful my mind can be and how my thinking affects my reality. If I can use this power to create pain and suffering in my life, then I can also use it for good and healing. This is where EFT comes in, allowing me more control over my thoughts and how they end up affecting my emotional and physical wellbeing.

I also use EFT on a regular basis for clearing headaches, minor injuries (bumps, bruises, pain, etc.) and any quick emotional flare ups during the day due to interactions with other people.

I have learned that being more aware (conscious) of my thoughts at all times is the most beneficial thing I can do to keep track of my emotional wellbeing and address issues quickly as they come up.

# Where To Go From Here

In just one short year, I have come a long way and learned a lot about myself, and EFT, and have improved my life significantly. People closest to me cannot quite believe how different I am. I feel like an entirely new person.

Although friends and family might not understand or believe in EFT and energy work, they cannot argue with the profound changes they see in me and my ability to be happy, confident, and healthy. My approach to life, the subtleties of how I think and feel about things is truly the magic resulting from my EFT work.

I am still learning, and although I feel pretty confident in my EFT homework, I feel a lot better after I have a session with my EFT coach.

Anyone can approach this type of therapy alone and read all the tutorials, watch the videos and try it for themselves. As for me, I feel that my EFT work is 100 times more productive with a guide. My EFT coach has a real gift for zeroing in my thoughts and feelings, even before I do. She guides me through to what we need to work on, how to best approach it, and clear it without leaving any residue for issues later on.

The choice to go it alone or use a guide is a personal decision. For me, I feel more comfortable with my EFT coach by my side guiding me, so that I can benefit from her experience and extensive EFT knowledge.

You may have heard of EFT before or even tried a version of it out there with limited or poor results. I have learned that there are many versions of tapping presented under the name EFT which sometimes has very little in common with Gary and Tina Craig's teachings. I feel very fortunate to have found, with my first introduction to EFT, someone trained by the Craig's, and to their standards.

When I started, I had weekly sessions (dealing with multiple physical issues and emotional turmoil and I feared it would never improve). Now I have moved to bi-weekly sessions and feel secure enough to switch to monthly sessions soon.

Gary's site has a lot of great information and a list of certified EFT practitioners, to help guide you but you can also email me if you need any help or just want to chat.

Good luck and let the love and healing of the universe be with you!

Dawna