

# Chi Choices & EFT

**ChiChoices.com** is my website: **Chi** is the Chinese word for energy/life force (**Chi** is also written as **Qi**) and we all have the power to make **choices about how to** balance the energy (**Chi**) within our own bodies. One possible choice is **EFT**.

**EFT (Emotional Freedom Techniques)** is a kind of “**acupuncture without needles**” technique which involving **saying some words** and **tapping special points** on the body in order to **help balance the energy (Chi) in the body**. It has been used to make impressive improvements—sometimes in minutes (very serious issues can take much longer) in:

- Anxiety, OCD
- Pain and distress
- Addictions
- Fears, phobias
- Personal performance
- Serious Illnesses
- Jet lag
- Trauma and PTSD
- Numerous other conditions

A **7 minute eye-opening EFT video** is available on YouTube (*video title: **Introduction to EFT, Gary Craig***) which can be found at at: <https://www.youtube.com/watch?v=VFKVVP8KXd4> or at [www.ChiChoices.com/eft-video](http://www.ChiChoices.com/eft-video)

**Lots** of free **EFT** information is available at [www.emofree.com](http://www.emofree.com) (site of Gary Craig, founder of EFT) and also at [www.eftuniverse.com](http://www.eftuniverse.com).

## EFT Testimonials from Doctors and Health Care Professionals

***"EFT offers great healing benefits."***

Deepak Chopra, MD  
Author of many health books

***"EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school."***

Donna Eden, Co-Author of  
*The Promise of Energy Psychology*

***"Meridian-based therapies such as EFT...can have effects out of all proportion to their cost and complexity."***

Norm Shealy, MD  
Author of *Soul Medicine*

***"Despite what the conventional health system would have people believe, emotional well-being is essential to physical health. Psychological acupressure is a proven, inexpensive and simple way to eliminate the negative emotions barring you from a full and healthy life. And the Emotional Freedom Technique (EFT) is the most powerful form of this technique available."***

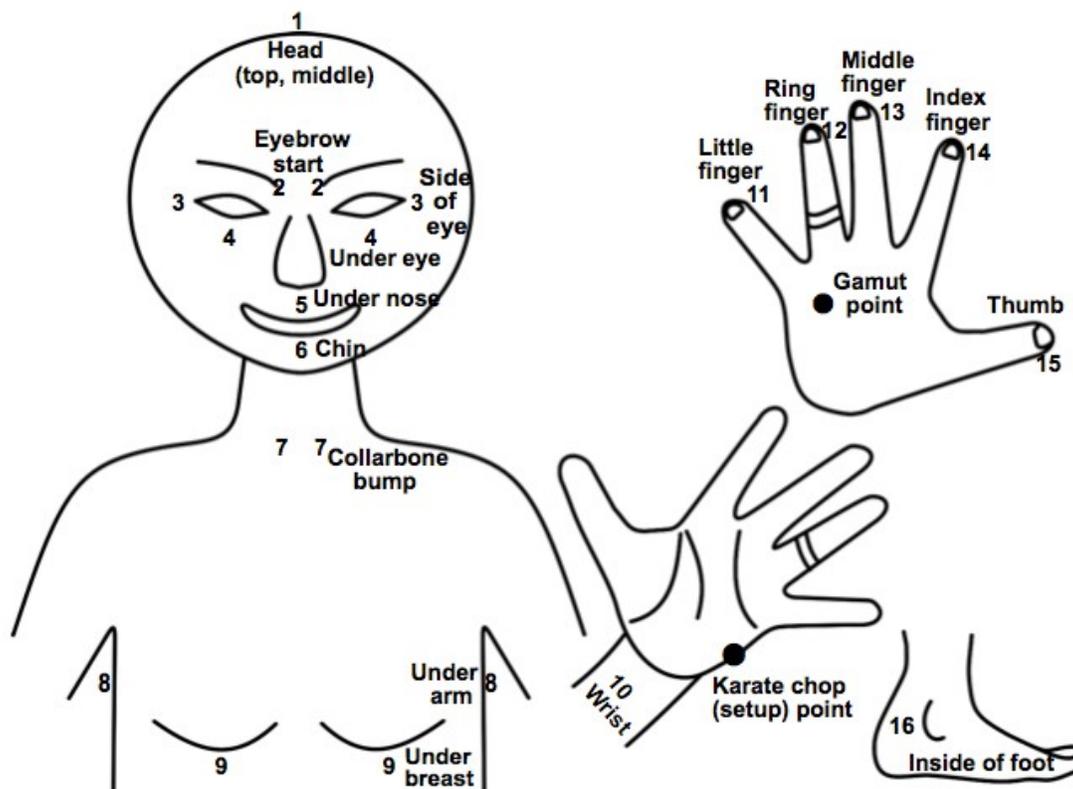
Dr. Joseph Mercola  
Founder of one of the Internet's largest medical websites ([www.mercola.com](http://www.mercola.com))

***"I frequently use EFT for my patients with great results."***

Eric Robins, MD  
Co-author of *Your Hands Can Heal You*

# How to do EFT for day-to-day stress and pain

Note: Serious illnesses, addictions, depression and PTSD usually require a trained EFT practitioner



## Example: How to do EFT for “left elbow pain” [change for your own stress/pain issue]

>>> See next page for some tapping hints <<<

**1 - Identify your stress problem** as specifically as possible. If your left elbow hurts, your problem is “left elbow pain” (not “my body hurts”).

**2 - Make a “reminder statement”** to remind you of your problem (e.g., “left elbow pain”). It may be the same as the “setup” problem or shorter.

**3 - Measure your distress level (0-10)**  
(0 = no pain and 10 = the worst possible pain)

[See Tapping Hints on next page]

**4 - Continue taping the Karate Chop Setup Point** while saying this “setup” statement” **3 times:**

*“Even though I have left elbow pain [or your specific problem], I deeply and completely love and accept myself.”*

**5 - Say your Reminder Statement** (e.g., “left elbow pain” once while tapping each point (1-16) about 5-10 times each (without counting). After finishing point 1, go to point 2, etc.

**Hint:** you may just want to just tap corresponding fingertips (points 11-15) together as it is much faster, at least on the first round.

**6 - Measure your distress level (0-10).**

If 0, you are done  
If the same (or higher, unlikely), or has barely dropped (e.g., only from 10 to 9) try using (a) **individual fingers** and (b) using points on **both sides of the body** for the next round of tapping.

**7 - Start over with step 4.**

**8 - Repeat steps 4-7 until your pain level is 0** or until you have done **5 rounds** of tapping.

## EFT Tapping Hints

**Tapping:** Done with the ends of the index and middle fingers, with medium pressure (3-4 fingers or the palm of hand can be used for some points).

**Setup:** Uses the Karate Chop (Setup) Point. The heels of both hands can be hit together -or- one heel can be hit with several fingers of the other hand.

**Statements:** All words you say can usually be also be said silently to yourself. Sometimes, however, saying them aloud may be more effective.

**Tapping Sequence:** Tap each point (1-16) about 5-10 times (do not count, the number is not critical), while saying your Reminder Statement once for each point. All points do not have to be used.

**Dual Points:** When a point is located on both sides of the body (all points except 1, 5 & 6), the point on either side of the body may be used. When EFT

is not working well or not working fast enough, try using all points on both sides of the body.

**Fingers:** The quickest way to do the fingers is to tap corresponding fingertips together (left thumb taps tight thumb, etc.), all at once. When EFT is not working well, tap individual fingers on one (or both) hands, one finger at a time.

### Floor-to-Ceiling Eye Roll

This is an optional special procedure (if distress / pain level is down to 1-2) and is done as follows:

- 1 - Look straight ahead (while sitting or standing).
- 2 - Move your eyes all the way down to the floor (without moving your head).
- 3 - Tap the Gamut Point on the hand as you slowly (7-10 sec.) raise your eyes (not your head) as high as you can raise them and say your Reminder Statement" (e.g., "left elbow pain") once.

## History of the *Emotional Freedom Techniques (EFT)*

In the 1980s, an American psychologist, **Dr. Roger Callahan**, a specialist in anxiety disorders, was working with a lady who was deathly afraid of water. Even touching water caused her to panic. After 1-2 years he had made little progress with her. One day she announced, for the first time, that her fear was in her stomach. Dr. Callahan, hoping to help her stomach, had her tap under her eye on an acupuncture point he knew to be on the stomach acupuncture meridian. To his utter amazement, the lady stated that her fear of water was gone and, to prove it, she ran outside to a swimming pool, splashed water on her face and began laughing. Dr. Callahan determined that her fear of water was permanently gone.

After that experience, Dr. Callahan developed a method called Thought Field Therapy (TFT). TFT involved tapping acupuncture points in specific sequences while thinking, for example, of a fear or pain. He taught TFT to others, one of whom was an engineer named **Gary Craig**. **In 1993, Gary Craig developed EFT (the Emotional Freedom Techniques)**, a simpler "cousin" of TFT. EFT needs no special tapping sequences. Gary and other EFT practitioners have used EFT to eliminate (or make better) minor aches and pains, insomnia, jet lag, fears and phobias, serious diseases, addictions, traumas, PTSD, "war memories" and multiple sclerosis—and many other conditions. Millions of people worldwide use EFT.

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The above is based on the thoughts and research of *John O'Dwyer*, holder of an Advanced EFT Certificate, awarded in 2007. He is the author of **6 Life Changing Energy Healing Methods: How to Release Emotional Stress, Pain and Illness** (one method is EFT). His book page is [www.ChiChoices.com/book1](http://www.ChiChoices.com/book1) which has additional EFT information. It also contains a 2 minute video on the book in addition to a 5 minute audio book sample. The audiobook is free with a new free trial of Audible.com here: [www.ChiChoices.com/free-audiobook1](http://www.ChiChoices.com/free-audiobook1)

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