

Awakenings Institute's

**HOLISTIC EFT
LEVEL 1 TRAINING MANUAL**

**FINAL DRAFT
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Holistic Communications

Santa Maria, California

Notes to our Readers

Please don't copy or give away this manual. Hundreds of hours have been devoted to the creation of this workbook. Your purchases support the Awakenings Institute, a non-profit organization, in its mission of helping people to realize their true potential and creating a more loving world.

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Overview

Just about everyone longs to create a better life. Many seek to improve their careers, health, finances, relationships, and more. In this manual, you will learn how to use Holistic EFT (Emotional Freedom Techniques) both personally and professionally. With EFT much more is possible, especially with a holistic approach that integrates the body, emotions, mind, and spirit.

We were early implementers of EFT. We've been using it for the last two decades to tap into the leading edge of healing in our own lives, along with the lives of our students and clients. Now, EFT is drawing the attention of people all around the world. With its ease and effectiveness, you too can use this leading-edge approach for clearing the roadblocks to your best possible life, then share what you have learned with others. It can help you to deal with specific issues and reach your full potential as a human being.

Jack Canfield, Co-Creator of *Chicken Soup of the Soul*, has this to say about EFT:

I wanted a technology to help people release negativity as fast as possible. EFT is the most easily teachable and applicable of anything for the general public that I've discovered.

The information you have here could transform your life. We commend you for opening to your potential and taking steps toward your best possible future. EFT is an amazing tool for breaking through limitations and moving freely forward into a new wave of possibilities.

The Good News Is ...

With EFT, you are on the leading edge of this new wave of possibilities. Our goal is to distill what we have learned about EFT with ourselves, clients and students during the last twenty years. Our hope is that you can bypass much of the trial and error we had to go through to become recognized pioneers in the field, so you can take a giant leap in your personal and professional growth with joy and ease.

Going back even further, we've been exploring holistic healing, along with personal and spiritual growth, for more than thirty years now. Since we first heard about EFT in 1997, we have done extensive research, innovation, and implementation. We also continue to explore new possibilities and incorporate the most current scientific discoveries. Based on our experience with EFT and other holistic healing processes, we're now known as leading experts in the field, bringing a depth of understanding that helps EFT users to increase

their success with the processes and in all areas of their lives. Our aim is to pass on our expertise and make things as quick and easy as possible for you.

This *Level 1 Training Manual* provides a primer on how to use EFT, along with secrets we have learned to take it deeper and make it more miraculous with a holistic approach. You will learn a variety of techniques that you can use with a wide range of issues.

Study Materials in this Course

Awakenings' EFT Level 1 Certification Course draws on this manual, along with our book *Getting Thru to Your Emotions with EFT*, which we will call "The EFT Book" here for short, as we do in the EFT Level 1 Guidebook. Your study materials also include video demonstrations of the holistic techniques and audios with guided visualization processes from The EFT Book. For details on how to complete the course, refer to the Level 1 EFT Guidebook on your Resource Page at awakeningsinstitute.org.

Getting Thru to Your Emotions provides an in-depth exploration of the techniques commonly used with EFT, along with some of our "Getting Thru Techniques" (GTT), which expand your potential with EFT. This Manual updates the Basic Holistic EFT Recipe, which we developed based on several decades of experience with EFT. You'll learn how to use our Holistic Recipe here. This Manual also adds more insights, updates, and techniques we commonly use now with Holistic EFT.

The techniques you'll learn here can help you (and your EFT clients) to open to opportunities you may never have imagined possible until now. This manual can guide you on the journey we took as we opened to the possibility we could change our lives in dramatic ways. We wanted to leave behind a life that left us feeling unfulfilled and moved in totally new directions to make our new dreams a reality. The results have exceeded our expectations and we wish the same for you.

The New Facts of Life

To put the information provided here in context, we start with the "Big Picture." With the help of modern science, many people are now discovering that there's much more to life than meets the eye. Quantum physics proved what the greatest minds in history have repeatedly told us, but few have heard: that everything is energy and everything is connected. Taking it a step further, this energy is influenced by our thoughts and as we expand our beliefs about what is possible, our lives can blossom in surprising ways.

The "New Facts of Life" present a dramatically different view of life. Evidence is mounting that the way most people understand reality as a solely physical world has everything turned around and upside down. While people commonly believe that "what you see is what you get" and that their opportunities are severely limited, the truth is quite different. We are actually creators, magnificent spiritual beings with access to an infinite intelligence. The new facts of life are observable and aren't actually new. Much of the wisdom that has come down to us through the ages has now been proved scientifically.

As a professional, you and your clients can benefit greatly from a more expansive perspective on reality. In our *Kinesiology Quick Start Guide*, which is wonderful with EFT, we describe the new facts of life this way.

- **What's Happening Here:** Everyone and everything that is alive is part of an expanding universe where everything is energy connected to an infinite intelligence and source of well-being. As Wallace Wattles, author of the classic book *The Science of Getting Rich* so aptly stated:

***"Nature is formed for the advancement of life;
its impelling motive is the increase of life."***

Isn't this a beautiful thought?

- **Who YOU Are:** You are a uniquely magnificent individual/soul with access to this infinite intelligence and source of well-being. This is a scientific fact. As part of this connection, you have access to inner wisdom. It's like an internal radar system that can guide you in the right direction and keep you on course to the life you were born to live.
- **Why You Are Here:** You could say the purpose of your life is to expand and grow; to create a magnificent (greater) life; to be fully alive in body, emotions, mind, and spirit. In this regard, you are either connecting more with your heartfelt desires and feeling excited about being alive or settling for a lesser life, shriveling, and slowly dying. Life itself beckons you to more life. It invites you to be all you can be.
- **What it means to be FULLY ALIVE:** When you are fully alive, energy flows freely through your body and every aspect of your being. You feel vibrantly healthy, excited about where life is taking you, and proud of the person you are becoming.

As mentioned, awareness of the Big Picture is an advantage for you as an EFT Professional. It gives you a broader understanding of where you and your clients are going. While EFT can be highly effective in simply clearing stuck emotions, there is more. Everything is connected and everything that happens has meaning. As you will find in this manual, clearing is just one part of the healing process and a more complete understanding can work wonders with clients. Think about it. You can tap into the miraculous nature of life.

As suggested earlier, in addition to the findings of quantum physics, these "New Facts of Life" have been borne out in the wisdom teachings that have come down through the ages. Here's how Buddha explained the way our reality works thousands of years ago:

***"All that we are is the result of what we have thought.
If a man speaks or acts with an evil thought, pain follows him.
If a man speaks or acts with a pure thought, happiness follows him,
like a shadow that never leaves him."***

Most of us have heard about *The Secret* by now, and many sense that something is missing. It's true – there's so much more.

Here's the Real Secret ...

The secret many people miss is this: you and you alone hold the keys for creating the life you truly desire. You can break through the barriers that lie before you and live more freely, but it's not just a matter of wishing and hoping.

This is where EFT comes in. To live fully, you have to have an open mind and a willingness to reach into deeper levels of your awareness to produce the results you desire. If you approach EFT with an open mind, the changes you can make in your life will help you to grow in wonderfully positive ways.

As Hawaiian Huna philosopher Serge Kahili King advises:

***"Be aware that the world is what you think it is,
so decide what you want to believe today."***

If you start to pay attention to the reality your thoughts are creating, everything in your world can begin to change. But increased awareness presents another dilemma. Research shows that each of us has somewhere around 70,000 thoughts each day. That's a lot of thinking to monitor. No wonder we feel so overwhelmed!

Dealing directly with emotions is a huge shortcut. This little-known secret can transform lives. Your emotional state is a key to your thinking. Clearing emotions can shift the quality of your thinking, producing new perspectives on who you are and what might be possible. This also highlights the power of a holistic approach – integrating the body, emotions, mind, and spirit. When we describe the value of a holistic approach in Chapter Two, we'll give you another shortcut that's very popular with our clients and students.

As Marcel Proust observed:

***"The real voyage of discovery
consists not in seeking new lands
but seeing with new eyes."***

Exciting, isn't it? Let's get started.

1. An EFT Primer

If you're not familiar with EFT, you must be wondering what it's all about. If you already know EFT, you may be wondering what else is possible

The Emotional Freedom Techniques (EFT) is a group of powerful processes that can help just about anyone to achieve genuine freedom from the emotions that have created problems in their lives. If you haven't been able to create the life you desire, old stuck emotions may be standing in your way.

This can all change with EFT. These techniques have been described by some as one of the most important breakthroughs in the area of psychology in this century. They have been used successfully with thousands of people with a broad range of difficulties. Here's how Energy Psychologist Fed Gallo views EFT: "In my estimation, EFT is one of the most powerful treatments available. I have successfully treated fears, phobias, depression, and addictions. It is rapid, dramatic, and deep."

It's no wonder EFT is becoming known as a "modern miracle." It can dramatically relieve emotional disturbances along with many physical symptoms. Here are some of the benefits:

- EFT often works in minutes.
- Its results are usually long lasting, and side effects are almost always positive.
- It taps into the body's ability to heal, which Hippocrates described this way:

***"The natural healing force within each one of us
is the greatest force in getting well."***

EFT is versatile and has been used confidently by thousands of healing professionals on many thousands of clients with successes on even the most difficult problems, by relieving imbalances in their clients' energy systems.

As mentioned, we've been using EFT personally and professionally for more than two decades now, with consistent success. We've learned a lot about what works and what doesn't work. Unfortunately, many new users fail to get the kinds of results we know they can get, because they're missing some essential keys to success. If you've been using EFT with limited results, a powerful holistic approach may be just what you are seeking. It can be faster, easier, and much more effective than many would imagine.

This chapter covers information you can draw on when you describe EFT to your clients, along with the latest Basic EFT Recipe. This is a starting point, which you can explore along with the information in *Getting Thru to Your Emotions with EFT* (The EFT

Book). There, you can learn more details, along with the Complete Sequence, the Floor-to-Ceiling Eye Roll, Psychological Reversal (using kinesiology with EFT) and more.

As you'll see later, the Basic Holistic EFT Recipe is slightly different, with added benefits. You'll learn how to do it and why we consider this variation to be so effective.

The Energy System

Understanding how EFT works requires an open mind for many people. This is especially true with new clients. We often admit it seemed weird to us at first to put them at ease. It's different, to say the least. The effectiveness of EFT only makes sense if it is related to the human energy system. Fortunately, you don't have to believe any of this to receive the positive benefits of using these techniques.

In addition to having a physical body that's fueled by food, we humans also run on an intricate energy system fueled by electrical impulses that run through the body. This energy system holds the key to many of the disturbances we experience in our daily lives.

When the energy system is out of balance, our emotional life could be compared to a car that is in desperate need of a tune up. The results may take the form of any type of emotional disturbance including phobias, anger, depression, grief, guilt, anxiety, and a full range of fears, to name a few. There may also be physical symptoms like pain, headaches, asthma and tension that are related to the emotions.

EFT can provide relief from most of these disturbances. Here's how one of our students described her experience using EFT for her fear of flying.

"I have had a fear of flying for about twenty years. One time the fear was so intense I got off the plane right before the stewardess shut the door. When I took Phillip and Jane's EFT Class, they helped me to prepare for a trip the following month.

"I again started doing the techniques about a week before my flight. I tapped before the trip and several times when I felt the need during the flight. Returning home, I didn't need to tap at all, but did it before the flight just for the heck of it. I was actually very relaxed. I put all my faith in this, but still I was so surprised when it worked. What a relief!"

This example demonstrates how empowering EFT can be. What is even better is that it often provides relief in minutes and the results are usually long lasting. In fact, it often provides relief where other techniques fail and can have a high success rate when it is used effectively.

To us, the greatest value of learning EFT and mastering the techniques is that you then have a non-invasive process you can try on anything for the rest of your life. We know EFT and the many other holistic skills we have mastered have saved us thousands of dollars in medical bills and medications over the years, without the dangerous side effects so many people endure.

Stress, which has been linked to just about every deadly disease, is a prime example and a great place to start with EFT. If you can reduce stress with EFT, the benefits are tremendous. On the other side of the scale, happiness is life-affirming and undeniably more enjoyable. Who wouldn't want to have a way to create less stress and more happiness? We look at it this way:

Feelings of happiness and well-being have a positive impact on every aspect of life. Feeling good is the first goal on the path to your dreams.

How EFT Works

EFT is based on a revolutionary new discovery that challenges most of the beliefs within conventional psychology. It contends that the cause of all negative emotions is a disruption in the body's energy system.

With remarkable consistency, EFT relieves symptoms by an unusual (but methodical) routine of tapping with the fingertips on a short series of points on the body that correspond to acupuncture points on the energy meridians. Where there is an imbalance, there is a corresponding blockage in the flow of energy through the meridian system.

The tapping serves to release the blockages that are created when a person thinks about or becomes involved in an emotionally disturbing circumstance. When this blockage is released, the emotions come into balance. Once balanced, the user cannot get upset about the circumstance no matter how hard they try. Memories remain, but the charge is gone. With these kinds of results, it's not surprising that the healing power of EFT is becoming widely recognized.

Deepak Chopra describes it this way:

"EFT offers great healing benefits."

This has been our experience, too, particularly with a targeted holistic approach. Typically, the result is lasting and the person's awareness usually changes in a positive way as a natural result of the process.

Most energetic imbalances may be partially or completely relieved within a short time using this process. Others may be relieved through repetition of the process. Some examples of energetic patterns that have been successfully cleared using EFT:

- Fears related to performance like public speaking, concentration, sports, etc.
- Phobias like the fear of heights, flying, enclosed spaces, driving, etc.
- Emotional trauma from war experiences, physical abuse, etc.
- Disturbing emotions like depression and anger.
- Emotions related to addictive patterns like eating and smoking
- Insomnia
- Emotions related to physical conditions.

Some Frequently Asked Questions About EFT

Regardless of how much you know about EFT, you'll want to have answers to the kinds of questions new clients might ask about EFT.

Here are some common questions you may get from friends and clients.

- **How long do the results last?** EFT is generally long lasting. Physical healings are often impressive and long lasting as well, but are more likely to re-emerge than emotional issues.
- **Are EFT's results due to either placebo effects or distraction?** No. Placebo effects require some belief in the process and this is rarely the case for newcomers to EFT. Also, although EFT may appear to be distracting, it will not work if the client is, in fact, distracted. That is why the client continually repeats a "Reminder Phrase" that "tunes in" to the problem.
- **Are there any negative side effects?** EFT is non-invasive. By comparison to almost any other process, EFT is quite gentle and rarely has any side effects. It is often used instead of other procedures, because of its gentle nature.
- **How can I learn EFT myself?** In addition to the information provided here, we've written three books on the subject, along with demonstration videos and audios that are included in course to guide you through the deeper techniques. Your clients can also access a free *Holistic EFT "Get started" Manual*, which is an abbreviated version of this manual, at <http://gettingthru.org/holistic/>.

Why Many People Have Not Heard of EFT Before Now

The use of this technique is relatively new. It's part of the beginning of a revolution in the way we handle our emotions and take responsibility for our lives. In many cases, difficulties that have persisted, in spite of years of work using the methods of traditional psychology, may be relieved in minutes. If, not, relief is often possible within days or weeks rather than years. Quite a difference, wouldn't you say?

EFT was developed early in the 1990's by Gary Craig, whose academic training includes a Stanford Engineering Degree. While personal healing has been his passion for many years, Gary is neither a licensed therapist nor a trained psychologist. Many of the concepts underlying EFT came from Gary's training in Thought Field Therapy (TFT) under the tutorship of Dr. Roger Callahan.

TFT involves the use of 10 or 15 individualized tapping routines. EFT differs in that it employs only one comprehensive tapping routine which is used for all emotional and physical problems. With this simple protocol, most people can learn the the Basic EFT Recipe, as it is called, in a few minutes. To increase its effectiveness, we also developed techniques to help people more quickly identify the source of conflicts and resolve deeper issues, and then apply EFT to clear the block.

EFT includes a group of techniques. The one we share here, the Basic Recipe or Short Sequence, is most commonly used. Further on, we also introduce you to the power of a holistic approach. And there's much, much more...

Your Responsibility

Before showing you how to use EFT, we want to let you know that you are in control. As such, you have sole responsibility when you use it.

Like coaches, we are available to teach you some effective methods for helping yourself and your clients. You are free to progress in your own way and at your own pace. We are not licensed psychologists or medical health professionals. We are ordained Ministers of Holistic Healing, serving others as spiritual counselors and teachers.

Our focus is on helping normal people with normal problems to make dramatic improvements in their lives. This is an important point and you, too, can define the scope of your work in relation to your current skills. EFT can help people to deal with the kinds of challenges normal people face in the course of their lives, and to heal them holistically. We do not recommend substituting these techniques for the services of doctors, psychologists, and psychiatrists. In any areas where their professional services are needed, we recommend having their permission before using any of these techniques.

Fortunately, these methods are practically risk-free. Gary Craig reported in his original *EFT Training Manual* that after using the techniques for six years with hundreds of people, he observed no material side effects. EFT does not involve the use of needles, chemicals, or invasive surgical procedures. It includes gentle tapping in specific places on the body, humming, counting, and rotating your eyes. Dr. Callahan, whose TFT (Thought Field Therapy) processes are similar, has performed his techniques on thousands of people. He reported no side effects except the rare occasion when people bruised themselves from tapping too hard. This, of course, is unnecessary.

It is highly unlikely that you will experience a negative reaction from these techniques. Nonetheless, as Gary Craig says,

"That does not mean you won't have a problem. You or someone you help with EFT may be an exception. As I'm sure you can appreciate, I will not assume responsibility in this regard. The responsibility for your emotional and physical well-being must rest with you."

We likewise pass the responsibility for the use of the techniques in this manual to you and suggest doing the same with the people you serve.

We conclude with the following statements, which also come directly from Craig. We pass them on as our agreement with you, our readers regarding the use of EFT and the other methods described in this book.

- You are required to take complete responsibility for your own emotional and/or physical well-being....

- You are also required to instruct others whom you help with EFT to take complete responsibility for their emotional and /or physical well-being.
- You must agree to hold harmless Gary Craig, Phillip Mountrose, Jane Mountrose, and anyone involved with EFT from any claims made by anyone whom you seek to help with EFT (and related methods).
- Where professional medical treatment is indicated, we urge you to use these techniques under the supervision of a qualified psychologist or physician. Don't use these techniques to try to solve a problem where your common sense would tell you it is not appropriate.

If you are not able to agree with these statements, please do not use the techniques in this manual. If you are ready to proceed, it's time learn the Short Sequence.

Steps in the EFT Basic Recipe (the Short Sequence)

Now you're ready to get a taste of EFT. We will break down the steps in the procedure here, because there are some subtleties that can affect your success. Before starting, you need to have a single, specific issue in mind. If nothing comes immediately to mind, consider experimenting with your current stress level and how it feels in your body. This will give you something to evaluate before and after the tapping.

1. **THE SETUP:** Focus on bringing an emotion issue into your awareness in the present moment. The key to the success of this process is to feel the emotion and set up the blockage in the meridian system. If you want to reduce the intensity of the emotion, imagine moving away from it or placing a veil between you and the emotion, so it feels comfortable.

Note: It's important to keep the suggestions for reducing the intensity of an emotion in mind for clients.

2. **THE EVALUATION:** When you have brought the emotion up to its full intensity (or whatever intensity feels comfortable), evaluate how strong it feels between 1 and 10.
3. **THE AFFIRMATION:** While rubbing the "tender spot" on the chest (see the diagram below for location) in a circular fashion or tapping continuously on the side of the hand by the little finger, repeat the following affirmation three times:

"Even though I have this _____, I deeply and completely accept myself."

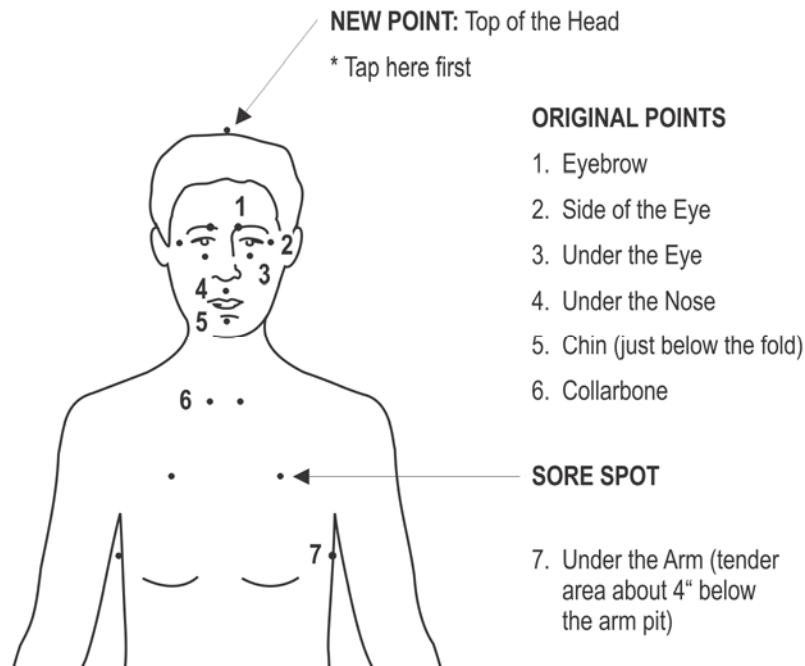
Tapping on the side of the hand is more common, while the tender spot on the chest may have value as an emotional release spot.

4. **THE TAPPING SEQUENCE:** Using your index and middle fingers, tap with a medium pressure (don't hurt yourself) about 7-10 times on each of the meridian points in the order shown on the diagram on the below while repeating the following short "Reminder Phrase" once at each point:

“This _____”
(Such as “this stress”)

Note: You can tap on the points on either side of the body or on both sides. Although the common wisdom is that it doesn't matter which you use, we generally tap on both sides as a way to balance both sides of the body.

If you're new to EFT, relax. EFT is forgiving. It even seems to work if you don't tap on the exact points or if you miss a point. If you're curious, you might want to start by feeling around the areas of the EFT points to find a spot that feels sensitive to the touch. This is probably the right spot.



- 5. THE RE-EVALUATION:** When you have completed the tapping sequence, take a couple of nice, deep breaths and relax. Then focus on the emotion again and notice how it feels. Evaluate it again between 1 and 10 to bring any difference in your experience of the emotion into your awareness.

In some cases, the intensity of the emotion may be down to zero after one "round," going through the sequence one time, but more often, it will be between zero and the original intensity. You may also notice that it has a different quality.

- **Repeat if necessary.** In EFT terminology, remaining intensity means that there are different "aspects," or layers to the blockage. It may even have shifted to a different emotion altogether. In most cases, the process needs to be repeated to be completely successful. The number of repetitions or rounds you'll do depends on how many aspects there are to the pattern. Each time you repeat the process, the key is to update the way you describe the emotion.

If there are no appreciable changes after two or three rounds of EFT, you'll have to reach deeper. You'll learn a lot about what you can do next in this course. The easiest option is something we created called "The Magic Question," which you'll explore later in this manual.

How to Increase the Effectiveness of EFT

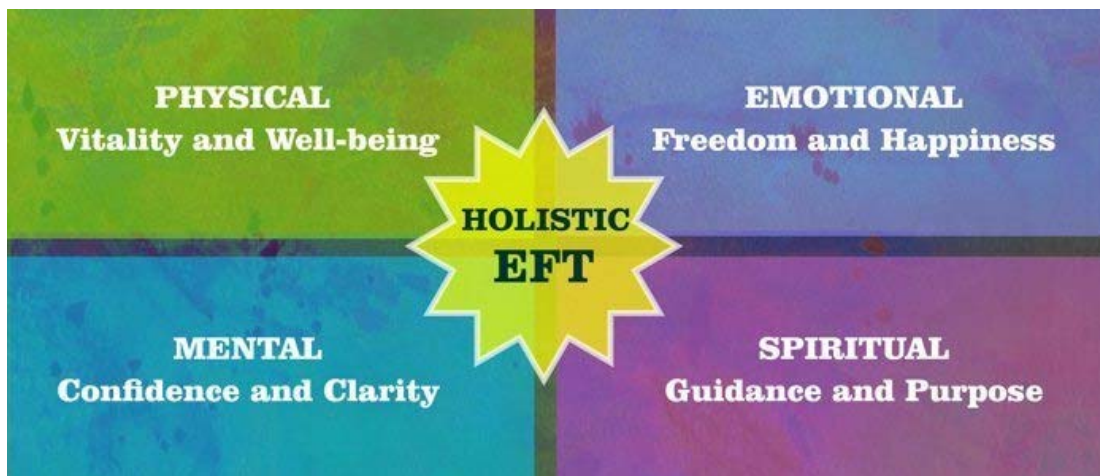
Now we're ready to put the use of EFT into the context of our holistic approach. From what we've found, the additions you'll learn with our signature processes make the Basic Recipe even more effective and profound. We hope you're ready to change your life in amazing ways.

2. The Value of a Holistic Approach

Whether you are new to EFT or wanting to increase your effectiveness, you are on the leading edge of healing and potentially, human development.

The leading edge is a wonderful place to be. From this perspective, you probably want to get the deepest, fastest and most profound results with EFT and other healing techniques you use. We do, too. In fact, our desire to learn the secrets for getting the best results with clearing roadblocks to success and understanding the nature of life itself has taken us on an amazing decades-long journey. This journey included (and continues to include) study, exploration, and experimentation with a whole toolbox of approaches. For us personally, it's been and still is the most exciting and life-enhancing journey imaginable.

These are the goals of Holistic EFT:



Beyond our personal interests in healing, the secrets we've learned have proven to transform lives, and this has become a mission for us now. Our larger focus is on helping to create a more loving and collaborative world where the unique gifts each individual brings are honored and nurtured. You may want to define your larger purpose, too. It's motivating and inspiring, because it's the thing that makes you feel most alive!

We started with healing work in the late 1980's and early 1990's, when we learned Reiki hypnotherapy, NeuroLinguistic Programming, and kinesiology, along with some profound

spiritual healing methodologies. When we combined everything we were learning, we recognized that integrating the body, emotions, mind, and spirit is crucial for anyone who wants to get the deepest, clearest, and most lasting results, as we did.

By the time we learned EFT in 1997, we were teaching professional certification courses in holistic hypnotherapy and spiritual healing that combined much of what we had learned and developed. Our overriding goal became teaching others to accelerate healing, as well as personal, spiritual, and professional growth.

In our teachings, we also developed a map of the big picture – who we are, why we are here, where we are going, and what it means to be fully alive. We discussed this a bit in the introduction and there's much more to explore for those who are interested. With this in mind, you may be interested in our latest book, *The Ultimate Paradigm Shift*, which is available on amazon.com, as a supplement to this course. It includes unique uses for EFT, a Seven-Step Heart of Success Roadmap for manifesting your dreams, and more.

***Whether we realize it or not, each of us is on a quest,
And life is a beautiful journey of self-discovery.***

With the big picture of human potential in mind, EFT has been a great addition to our toolbox. It supercharged our effectiveness with the techniques we were already using. Like many others, we immediately incorporated EFT into our work and we were amazed. With years of research, study, practice, and work with others, we were already getting excellent results, and EFT increased our effectiveness even more.

As we integrated EFT into our toolbox of techniques, we started to notice some pitfalls in many common approaches to EFT. Our goal with EFT was, and still is, to rapidly pinpoint the source of a block, then clear it as quickly and easily as possible. Many people seemed to be hoping that if they looked around long enough in a random sort of way, they'd be bound to come across the source of an issue. From our observations, this often took a long, long time, sometimes it didn't work at all, and it wasn't necessary.

We knew there was a better way and we wanted to add more powerful approaches when we taught EFT to our clients and students. We knew our teachings need to include targeted techniques to use when EFT alone isn't working. This is where the real skill comes in for EFT professionals, and these techniques are essential skills you can learn here. If you choose to continue, you can add more tools to your toolbox in Levels 2 and 3.

Awakening to Our True Potential

Beyond clearing, there are two more fundamental steps in any healing process – integrating and activating. We'll discuss the healing process more in Chapter Two. For now, it's worth mentioning the most exciting part – how much better a person's life can become as blocks to their true potential are released.

Shifts in awareness can help people to feel better about themselves, which is essential for living fully. It can also open clients to whole new realms of possibilities. As you might imagine, this is where it really gets interesting. It's also where you get highly satisfied clients who want to go further and open to their true potential.

People still contact us who use EFT regularly with little or no results. How frustrating! In most cases, this doesn't have to happen and we teach a variety of ways to produce more results in less time with Holistic EFT. We also include some targeted techniques that require more attention and add benefits in awareness. You'll learn some of these techniques in this course and more in Levels 2 and 3 if you choose to continue. Clients generally love these, too.

The ultimate goal in such cases is to help clients to recognize how special they are and how their lives have deeper meaning. Think about this. Helping clients to value themselves can be transformational. This highlights the deeper value of your role as an EFT Professional. You can help people from all walks of life to open to their true potential and possibilities they never imagined before. Providing this service to clients is a tremendous gift, one they may not get from anyone else in their lives.

What You Can Do With Holistic EFT

Maybe you have a specialty or specific issue you hope to address with EFT. Maybe you have larger dreams and goals. You may also regard your studies and work with clients as an opportunity to clear out some old habits and/or emotional patterns that have been around for awhile. All of these are worthwhile goals. Maybe you're hoping EFT can help you and those you serve to create more fulfilling and spiritually rewarding lives. Wherever you are, Holistic EFT can help.

EFT is an incredibly simple, leading-edge tool and it has produced untold thousands of what originator Gary Craig calls "one minute wonders." There are also times when no amount of tapping seems to work. This is where the real skill comes in. What do you do then, when you feel like you're at a dead end? And how does this relate to taking a deeper, holistic approach to EFT? Having developed this approach for twenty years now, we have incorporated our insights into this unique course, because they can dramatically increase your effectiveness.

EFT is still considered an alternative energy technique, although it is moving more into the mainstream with exposure, research, and widespread success. To understand how to use EFT in a more holistic, mind-body-spirit way, let us first share a story.

The Desire for a Quick Fix

A woman once came to Phillip because she wanted to stop smoking. Although motivated, she wasn't interested in understanding the underlying reasons for her addiction. She just wanted an immediate fix, sort of like taking a pill to end the nicotine cravings.

In this case, Phillip's client wanted a hypnotic suggestion to reprogram her subconscious to stop craving cigarettes. "Just put me to sleep and give me the command so I won't want to smoke anymore." While a hands-off approach can work in some cases, it often leads to disappointment. Similarly, we could have had her repeat some relevant EFT affirmations we came up with. What we found, however, is that the most important element

in any person's success is increasing their understanding of what's happening beneath the surface of their awareness, in their body, emotions, mind, and spirit.

Experts on the human brain have discovered that most people are only about 5% aware of what's happening in their minds, which means that as much as 95% of their behavior is unconscious. It's scary! Most people have no idea why they do what they do most of the time. It's like living on autopilot.

We discovered that one of the great secrets to healing lies in our ability to increase our understanding of what makes us tick. Fortunately, this can be surprisingly easy to do and it increases the effectiveness of EFT in amazing ways. It also helps clients to increase their self-confidence and excitement about what is possible for them.

The Holistic Process

When tapping alone isn't working, it is almost always because there is something deeper you need to understand. This is the purpose of the Holistic Process, which is one of the signature GTT (Getting Thru Techniques) processes described in detail in *The EFT Book*. One of our clients explained his results in this way. "The GTT techniques have helped me to speak my own truth without fear of what others think and expect of me." How freeing!

The Holistic Process can be a life saver. It allows you to observe how an issue affects you physically, emotionally, mentally and spiritually. Then you can use EFT to clear the blocks and track the changes EFT produces at each level. People are generally amazed what they discover with this deeper awareness and in turn, deeper change can occur. Best of all, it often happens quickly and easily, – just the way we like it.

Here's an example from *The EFT Book*. We repeat it here to highlight the importance and effectiveness of this process.

The Holistic Process: Jane's Sore Throat

Jane had been troubled with a sore throat for several weeks. Using EFT on the physical symptoms was not helping. She decided to use the Holistic Process to get to the source of the problem and, hopefully, relief from the discomfort.

Jane started the process on the physical level by bringing her attention to the soreness in her throat. As she focused on the soreness, she began to feel anger and recalled that she had had a disagreement with an old friend right around the time her throat started hurting. Her friend was becoming increasingly demanding, and was not being considerate of Jane's boundaries. It finally reached the point where Jane couldn't tolerate it any more. Painful as it was, she told her friend that she was no longer willing to meet her demands.

Jane and her friend had not spoken since, and Jane thought the friendship might be over. Her anger came from her inability to make the other woman understand her point of view. As she focused on the anger, she also felt sadness that the friendship seemed to be coming to an end. When she focused on the sadness, she felt fear of being lonely without her old friend.

Jane was surprised to realize that she had repressed all of these emotions, but this is common. When we feel unable to work through our emotions, we bury them away in the unconscious where we no longer have to deal with them. This emotional repression frequently leads to physical problems. In Jane's case, it seemed logical that it would show up in her throat, because problems in the throat area are often related to our expression. When we cannot find a way to express ourselves, we may experience the sense of being choked up, or, in this case, having a sore throat.

Once Jane exposed the emotions, she was well on the way to healing. Next she moved to the mental level, by focusing on what was behind the fear. Here Jane recognized that she thought that the world is a tough place to be without friends. She also thought she might not be able to find another friend like the one she felt she had lost. Having uncovered the limiting beliefs, she was ready for the spiritual level.

By focusing on how she felt about herself in relation to this situation, Jane realized she felt like a failure, like she should have been able to make the friendship work out somehow. At the same time, she knew that she had done more than she should have by trying to meet the unreasonable demands her friend was making. She could see now that having a friendship on that basis was not worthwhile.

Having defined all four levels, Jane moved on to clearing with EFT. She started with the anger, because it was the strongest emotion, with an eight on her intensity scale. After one round, it was down to a two. She was feeling much better already.

Since the anger was almost gone now, she did the Floor-to-Ceiling Eye Roll (another simple technique in *The EFT Book*), which brought it all the way down to zero. She checked again on the sadness and fear and found that they were gone, too.

When she was finished using EFT, Jane re-evaluated each of the levels.

- **Physically**, Jane noticed that the soreness in her throat was practically gone.
- **Emotionally**, she felt relieved, like a weight had been lifted from her.
- **Mentally**, she recognized that she could be happy even if she was alone, and that standing by her convictions made her a stronger person.
- **Rising up to the spiritual level**, Jane knew that she would be fine. She was okay. She could feel a lightness in her heart that she had not noticed before and knew that the process complete.

***The highest level of healing transforms judgment into love.
This is where we find balance and wholeness.***

Feelings of love in the heart are significant, because this is where we experience the deepest sense of who we really are and what is right for us. Common phrases like "I know in my heart..." and "My heart tells me..." demonstrate its importance. After completing the process, Jane's sore throat was gone and it didn't return.

When we shared the Holistic Process in *The EFT Book*, it received great reviews. You can find the details there. Since we started teaching it in the 1990's, it has helped countless people to increase their effectiveness with EFT. Our clients and students generally love it,

and you may, too. It's well worth mastering this technique; it will noticeably increase your effectiveness.

A Holistic Approach to Transformation

The Holistic Process demonstrates the power of a multi-dimensional holistic approach to personal and spiritual transformation. With a desire to keep it clear and simple, we appreciate the holistic model for being free of dogma. Open-minded people from all walks of life can benefit. Whether we realize it or not, all of us are on a quest and life at its best is a beautiful adventure of self-discovery. Our desire is for the processes we use with clients to feel natural and expansive, which is certainly the case with the Holistic Process.

Definition of Holistic

The term “holistic” is profound and revealing. A dictionary definition of holistic is “relating to or concerned with integrated wholes or complete systems rather than with analyzing or treatment of separate parts.”

Albert Einstein discovered what metaphysicians knew for thousands of years: space and time are connected in what he called the space-time continuum. Physicist David Bohm took a further step to describe the bigger picture by saying that everything is part of a continuum.

When we approach healing holistically, it feels elegant and organic. We connect the part to the whole. In true fact, the part contains the whole. For example, there is DNA in each of our cells and every piece of a holographic film contains all the information to recall a whole memory.

With a holistic approach, the part is seen in reference to the whole. A person's situation is understood in relation to the whole person, including their body, emotions, mind and spirit. And the whole person is seen in relationship to the world in which he or she lives. Any dysfunction related to a limiting belief, painful emotion, or physical ailment can be brought back into harmony with the whole.

Most importantly, we find a holistic approach to be the most objective. This approach can transform people's perspectives on who they are, along with their perceptions of what might be possible. It can help all of us to perceive ourselves in more expansive ways and create increasingly more joyful, exciting, and fulfilling lives. This is, after all, what people really want.

With an energetic model like the one that underlies EFT, understanding the way everything is connected also demonstrates how the entire journey to wholeness is built into us. Beyond lifestyle, we can witness our path to wholeness in the transformation of the mind, the heart, and the fields of energy that permeate our being.

Every part of us – the body, emotions, mind, and experiences in life – provides pieces of the puzzle of who we are, why we are here, and where we are going.

Wallace Wattles' teachings in *The Science of Being Great* provide a beautiful picture of who we are and why we're here. Life takes on new meaning when we realize, as Wattles suggests, that we are magnificent spiritual beings who are here to live fully and grow. Our potential is much greater than we know.

The Deepest Benefit of a Holistic Approach to EFT

With a holistic model, it's interesting that most people miss what we consider to be the most profound benefit of EFT – accessing the truth within. This is the heart of our approach. Like everyone, you have access to inner wisdom that knows what is right for you. It also understands the truth of who you are – how special you are – and why you are here. It's your birthright as a spiritual being and your greatest resource for creating the most amazing life imaginable.

When we encounter a stuck emotion or negative perception of ourselves and our possibilities, we lose access to that sense of knowing what's right for us. This isn't a great place to be. In life, it's much like trying to drive a car without a steering wheel. When we release the stuck energy with EFT and the intensity gets down close to zero, we feel calm and peaceful. We reconnect with our inner wisdom and the beauty of being ourselves. We regain our ability to move effectively forward in our lives.

This is a critical point. This state of connectedness with our true selves is our most resourceful state and the insights we have at this time are like frosting on the cake for our work with EFT. This awareness lifts the potential EFT has to transform lives to a much higher level.

Above all, a holistic approach highlights the fact that the truth lies within. To create the best possible life, the life you were born to live, the goal is to get to the heart of the matter. We want you to be able to pinpoint the source of issues, so you and your clients can avoid staying stuck for weeks, months, or even years, as so many people are. Life can be much better than most of us might imagine.

With this focus in mind, we're ready to take EFT deeper with Holistic EFT.

3. The Basics of Holistic EFT

Throughout the Holistic EFT Certification Course, we provide simple methods you can use to shift your state, open to new possibilities, and improve lives in wonderful ways. One key for making transformational changes is getting off autopilot and becoming more aware of what is taking you off track in relation to the life you most deeply desire. This involves tapping into your inner wisdom.

To connect users with their inner wisdom and resources for creating a brighter future, the Basic Recipe for Holistic EFT includes an addition to the Basic EFT Recipe. We call it the “Reset Process,” because it resets the relationship between the head and the heart. The goal with Holistic EFT is to end the process with a focus on the heart, because this is the place where your wisdom resides.

With awareness, you may notice that a state of clear, peaceful presence can emerge when the intensity of an issue subsides. This is a powerful place to be on the healing journey, as well as with single issues. To make use of it, we first want to complete the picture the role clearing plays in the healing journey.

Three Steps in the Healing Process

Seeking is an integral part of who we are. We are on a transformational quest or adventure, and a holistic approach to healing puts healing into the context of this quest. As we explore our inner world and develop a more unified understanding of our true identity, we grow personally and spiritually. This is true even for people who aren’t consciously aware of the journey or even interested in it. Everyone wants to feel better about themselves and where they are going.

As mentioned earlier, clearing blocks isn’t a complete healing in itself. You can be much more effective as a practitioner if you recognize that clearing is ineffective without having the whole picture. There are actually three essential steps in any healing process – clearing, integrating and activating.

- **Clearing:** In most cases, people seek help from a healing professional because they have problems that need clearing, so this is often where the process starts. What many people don’t realize is this is not where it ends. In this course, you’ll also learn how to help your clients to take the special care required to bring the changes they experience fully into their lives.

EFT is the vehicle you'll use for clearing in this this course. You'll also learn GTT (Getting Thru Techniques) for building awareness and increasing the effectiveness of the process. Energetically, this clearing releases blockages from the energy system.

- **Integrating:** Once clearing has occurred, there is generally a period of restructuring, or integrating. A blockage has been released, so things begin to shift energetically. People who are integrating these shifts gradually develop new understandings of themselves and their possibilities.

It's important to recognize that complete healing is more than clearing. Many people miss the point that you also have to integrate the change in your reality. How is your life changed by this experience? Focus on what's different and how this might play out as a better life. Here's s simple example. A person who has cleared a fear of spiders or another phobia may begin to feel more comfident and capable of facing life's challenges. In your professional role, you can highlight this potential and so your client can activate it in his or her life. Above all, healing is empowering. More is becoming possible.

This integration process may take hours, days, weeks, or maybe even months, depending on the individual and on the depth of the blockage. It's a process of experiencing the self in a more expanded way and allowing the limiting beliefs and images to shift.

- **Activating:** As integration progresses, the individual lets in more light and activates a more expanded awareness. It's worth noting that coaching skills can be valuable here too, for taking the healing process full circle, bringing new levels of awareness fully into form, setting goals, creating action plans, and so on.

As these three steps reach completion, the journey continues. Progressing further, more blockages come into the light and the process begins again, like a spiral. As we move through these stages, we gradually notice that life is different than it was before. It becomes increasingly richer as we clear, integrate and activate more of our potential into our reality and our daily lives.

Understanding this threefold process, you can see that healing is incomplete if any of the parts are missing. This is why people who want to activate continuously without clearing become ungrounded. When the next challenges or blockages come up, they ignore them, hoping that they can just continue to add more light.

It is likewise true that people who want to manifest transformational changes into their lives, as with conventional life coaching, may run into problems if they don't have tools for clearing. Many people just try to stuff the blockages under the rug, which generally doesn't work. Blockages don't just go away and each one takes up energy that could be used for creating a wonderful life. For this reason, clearing blocks once and for all with powerful techniques like Holistic EFT can save years of suffering.

These three stages – clearing, integrating, and activating – raise another important point for healing professionals. We're here to help people to expand their understanding of themselves and their possibilities. The challenges we and our clients face are actually opportunities for us to expand and grow. Our goal with clients is to help them to shift from

perceiving themselves as limited to empowered. This involves understanding that realizing our true potential requires us to overcome misunderstandings of who we really are and what is possible for us. Limitations are often just illusions we hold in our minds. When we let go of illusions of limitation, more becomes possible.

With integrating and activating in mind, we added a short ending to the Basic Holistic EFT Sequence that we call the Reset Process. We use it quite often ourselves, both with EFT and on its own. It's a powerful enhancement.

You Plan an Important Role, Too

Your state is also a key to your clients' success with EFT and any therapeutic work you do that involves healing. We mention this now, so you can build a strong foundation for your role as a professional. With this goal in mind, we're adding appendices on the EFT Certification Courses as follows:

Appendix A: Getting the Most From the EFT Courses (in the Level 1 Course)

Appendix B: On Being Therapeutic (in the Level 1 Course)

Appendix C: Symbolic Imagery (in the Level 2 Course)

Appendix D: Building a Professional Practice (in the Level 3 Course)

Appendix E: Marketing Your Services (in the Level 3 Course)

These appendices will help you to prepare yourself personally and professionally for the path ahead.

The Reset Process

The Reset Process is an all-purpose energy shifter you can use to reset your energy and frame of mind when you become aware that you're off track. It often brings your system into balance in two spacious breaths, which means it only takes about a minute. What could be easier?

The Reset Process draws on three important areas related to the body and the mind:

1. The Power of the Breath
2. The Energy of the Crown of the Head
3. The Deep Wisdom of the Heart

The Power of the Breath

Most of us take breathing for granted. We generally don't have to pay much attention to it to stay alive. Unfortunately, in the absence of awareness, we may be missing some important points that can make a big difference in the quality of our lives.

The breath creates movement throughout the body. Our muscles expand and contract and our cranial bones make small movements that can change the pressure on the brain. Breathing also triggers activity in the nervous system, which relates directly to feelings of stress or well-being.

With just a touch of awareness, we can use the power of the breath to break negative momentums, along with releasing tension, stress and anxiety, and more. Taking a few nice, deep breaths when you feel stressed can work wonders! It is also an important element in the Reset Process.

Here are two things to keep in mind when you focus on your breath:

1. **The Inhale:** Holistically, the inhale represents embracing life. Many people don't breath deeply and never embrace life fully. When it comes to mind, focus on inhaling deeply, as if you're filling every cell of your body with life-enhancing energy, which you are.
2. **The Exhale:** Holistically, the exhale represents letting go. With the abundance of hurry and worry, many people never breathe deeply and access the power of the breath to release stress, tension and anxiety. When it comes to mind, focus on exhaling fully, and allowing any tension you notice to melt away.

Relax for a moment now and take a few nice deep, slow breaths. Stopping activity is our first challenge with increasing awareness. Notice how good it feels to just breathe and how simple the present moment feels.

***Breathe. Let go. And remind yourself that this very moment
is the only one you know you have for sure.***

- Oprah Winfrey

Just stopping what you're doing and breathing can change your state in amazing ways. The Reset Process takes the power of the breath to another level – by integrating the energies of the head and the heart.

The Significance of the Head

The mind is tricky. It's capable of tremendous ingenuity and creativity. Unfortunately, it most often runs on autopilot, replaying programs from the unconscious mind that keep us stuck. The key is to access its positive potential and change programs that no longer suit us. This is an important element of our focus with EFT and the other healing methods we use in our work.

In the meridian system, the crown of the head has significance as the uppermost point on the body, where heaven meets earth. It is also a place where numerous bones on the skull converge, along with numerous acupuncture meridians. This is the reason it was added as a point in the Basic EFT Recipe.

How Tapping is Done with the Reset Process

In Acupuncture, the point on the top of the head is also used to "clear the senses" and "calm the spirit." In this regard, tapping here may also be understood as a way to activate the brain to re-evaluate the subject of one's focus, which is an important element in the Reset Process.

Reset tapping is different from "EFT tapping" because the intention is to activate both sides of the brain by tapping very lightly with the whole hand across the top of the head. You might describe it as more of a flutter, like hummingbird wings tapping almost imperceptibly on the top of the head. You can see this in the video demo of the Holistic EFT Basic Recipe, combined with tapping in the area of the heart.

The Deep Wisdom of the Heart

Though we generally identify ourselves with the thoughts that run through our heads, something in us has a deeper awareness. When asked to point to themselves (and you might want to do this before reading further), almost everyone points to their heart. Deep inside, we understand that the heart is the center of our being. It plays a primary role in our aliveness and our path in life. Spiritually, many consider it to be the metaphorical spiritual bridge.

We all know the heart pumps life-giving blood to all the cells of the body. It also plays a deeper role. Modern science has shown that the heart is a source of emotional intelligence and intuition. Accessing the energy of the heart and listening to its promptings creates balance and coherence in the entire system.

Focusing on positive heart-centered thoughts and feelings like love, appreciation, gratitude, and connectedness shifts heart rhythms. This reduces stress hormones and relaxes the body's inner system, reducing wear and tear on the organs.

In the spiritual traditions of India, the heart is the doorway to our essential and ultimate nature, The Supreme Consciousness. Many, including ourselves, now regard to be the seat of the soul. We will speak quite a bit about the power of the heart and accessing the wisdom of the heart in this program.

We're all familiar with phrases like "follow your heart," "my heart is telling me," and "knowing something by heart." Little did we know the heart is actually like a second mind that can connect with the power of the brain to generate exciting new perspectives and potentials. Tapping very, very lightly (as on the top of the head) with a whole hand across the center of the chest in the area of the heart may be seen as a way to integrate a new perspective and create lasting change.

Now you'll have an opportunity to experience how simple and powerful the Reset Process can be. With these three focuses – the breath, the head, and the heart – in mind, we'll put the pieces together.

Steps in the Reset Process

The purpose of the Reset Process is to shift your energy when you feel like you are off track. Here are three steps to follow when this happens.

- 1. Focus on what's disturbing you.** It can be anything that's creating stress or anxiety. As you focus your awareness on the situation, notice that you are moving off autopilot. Becoming aware of your breath will start to break momentums and bring you closer to the present moment, your true point of power. As you continue to focus, do the following.
- 2. Tap lightly across the top of your head** as described earlier, using your full hand so your fingers touch both sides of the head and both hemispheres of the brain while you take a nice, slow, complete deep breath. Remember to inhale fully and exhale fully as you tap. Take your time with your breath and as you gain experience doing this, you may also notice a release. The ultimate goal as you continue to use this process is to tap lightly until you notice the release. Until then, just tap for one complete breath.
- 3. Tap lightly across your chest, in the area of your heart.** Again, tap with your full hand so your fingers are touching both sides of the body as you take a nice slow, complete breath. Focus also on starting to notice a release or simply tap for one complete breath. An added benefit of tapping on the heart is that it activates your life energy.
- 4. When you're done, notice how you feel.** You may find that you feel less stressed, more relaxed, and more able to make productive decisions going forward. For example, if you were feeling like you wanted to eat for emotional reasons, you may feel like you can make a different choice now.

The Reset Process is enriching. It provides an opportunity to experience the power of a holistic approach in action. You can use it to reset your perspective on anything, feeling stressed, worried, upset, and more. It only takes a minute and you have nothing to lose. At the very least, you will benefit from the power of the breath and the opportunity to break momentums.

Over the years, we have had opportunities to learn and explore a wide variety of healing systems and processes. One such system is Bodytalk, a healing modality created by Dr. John Veltheim, an Australian Chiropractor. This process of tapping on the head and heart is a central part of his system, which has proven to be highly effective with a wide range of conditions. Veltheim says this technique has been used by some indigenous holistic systems like yoga, for centuries. He also reports that it "has been shown clinically to have dramatic widespread application in all health systems."

The Reset Process is fast and easy. We use it regularly to reset our focus with great success. There's nothing to lose and at the very least, you'll nurture your body with some nice, deep breaths. Try it and let us know how it works for you.

Integrating the Reset Process into the Basic Holistic EFT Recipe

Here are the steps for adding the Reset to the Basic Recipe.

Before starting: Note that when you are facilitating this or any process, the first step, ideally before any session begins, is to get yourself in a clear, centered state. For this purpose, the Soul Centering Process in Chapter Six is highly recommended.

1. **THE SETUP AND EVALUATION:** Begin the Basic Recipe as usual. This is an important part of the process that deserves attention. Some points to be aware of in the setup:
 - **Prioritizing:** When clients have more than one issue, we might ask something like “What is the priority?” Prioritizing can be clarifying in such cases. If they still aren’t sure where to start, we might make a suggestion or muscle test for the place to start. If nothing stands out, just start anywhere.
 - **The importance of being specific** when you identify the emotion or emotions: In cases where people tell us someone has used EFT with them and failed, we generally succeed. The most common reason is because we have our clients identify a specific instance. If you’re too general, EFT isn’t likely to work as well as it could.
 - **Using your clients’ words:** The specific words people use have meaning to them. We make note of the words our clients use so we can use the same ones in our responses. If they can’t seem to come up with words or identify emotions, we might offer some choices to stimulate their minds. You can find more about identifying emotions in the EFT Book.
2. **THE AFFIRMATION:** When you get to the Affirmation, be open to changing it, especially if the client is uncomfortable with the standard affirmation. We share a variety of highly effective options later in this manual, in *The Ultimate paradigm Shift*, and other levels of this training. One we don’t mention elsewhere is saying:

“Even though a part of me feels _____, I can still accept myself.”

This statement highlights the fact that it’s not the whole of a person that’s affected by whatever is stuck. You’ll find a whole chapter on the many parts of the self in The EFT Book that comes with this course. This profound concept is important for healing professionals. In discussions with clients, it can trigger new insights that will deepen their awareness of themselves and what they are experiencing.
3. **THE TAPPING:** Perform the tapping as usual ending at the “Under the Arm” Point. We generally tap along with a positive intention. It feels good and adds healing energy to the process.

A tip here is that the reminder phrases can be short. As an example, if a client has a fear of flying, particularly taking off and landing, all you have to say is “this fear” or simply “fear.” The client knows exactly what it means.

Our goal is to keep clients focused on being in their bodies and out of their heads. With this in mind, we want the reminder phrases to be short and simple. You'll also get more on this later.

4. **THE RESET:** Before stopping for the re-evaluation, perform the Reset Process in a relaxed way.
5. **BREATHE:** When you complete the Reset Process, be aware of the integration and breathe. Be spacious here, taking a few nice, nurturing breaths and focus on breathing love into your heart.
6. **THE RE-EVALUATION:** Re-evaluate and if needed, repeat the Basic Holistic EFT Recipe to bring the intensity down around zero. You can also include the Floor-to-Ceiling Eye Roll in The EFT Book to release the last bit, when the intensity is around 1 or 2. We use it a lot and find it highly effective.
7. **FOCUS ON INSIGHTS:** In a relaxed way, focus on what's different now. When the intensity has subsided, notice the clear, peaceful state that emerges. Focusing on the love you hold in your heart, ask yourself or your client questions like these:
 - "What's different now?"
 - "What might be possible that wasn't possible before you started the process?"
 - Be creative with more questions that fit into the situation with the goal of bringing out the best in the client.
 - Maybe come up with an action plan to integrate the changes into the client's daily life.

It's also valuable to write the insights down, as reminders for the future. And as you progress further in this manual, you'll learn ways to enhance the results even more. This is generally the most exciting part of the process!

Now you have the Basic Holistic EFT Recipe and we encourage you to use it. It only takes a few seconds more than the Basic EFT Recipe and ending the process at the heart is significant. Always remember, the heart is the center of our being. As suggested, it's our source for understanding what is right for us and the clients' source of understanding what's right for them.

With the exception of some coaching tips at the end of the process, our goal is generally to bring the wisdom out of the client, not to give our advice. We want to guide our clients to find new ways of being in the world that are in harmony with who they really are, not in harmony with who we are. For some professionals, refraining from offering unsolicited advice can be a challenge. It's important to watch for this "fix it" tendency. It can really get in the way of the ultimate goal, which is self-actualization.

As suggested earlier, a great place to start when you are learning EFT is with releasing stress and increasing happiness. Love and happiness connect us with our true potential. Referring back to the "big questions" in the Introduction, the answers reside in your heart. You may want to review them and put them in your own words. Ask yourself how you might want to describe these concepts to your clients.

As Albert Einstein so beautifully observed:

***"Few are those who see with their own eyes
and feel with their own hearts."***

Always remember, as suggested in the Introduction, you can break through the barriers that lie before you and live more freely, but it's not just a matter of wishing and hoping. You must transcend the limitations that restrain you. And when you really think about it, what could be better? You'll never know what's possible unless you reach for your full potential – for better health, prosperity, a fulfilling career, supportive relationships, and so much more.

Opening to Miracles with EFT

As powerful as the Basic Holistic EFT Recipe can be, there's much more to explore. You can also test the Holistic EFT Basic Recipe in the next chapter with one of our favorite Holistic EFT processes – The Miracle Reframe. The energy of miracles is truly transformational. You may be surprised with the results, as we often are.

4. The Miracle Reframe and More...

To amplify the power of EFT with a holistic approach, we developed a series of signature additions to EFT, some of which you are learning in this course. We introduced these GTT techniques with the example of the Holistic Process in the last chapter. These additions help people to go more directly and deeply to the core of issues so they can resolve them easily with EFT.

Another one of our favorite GTT techniques is The Miracle Reframe, which draws on the uplifting energy of miracles. You can learn the Miracle Reframe here, and we have received reports of miraculous results. It's simple and profound!

The Ups and Downs of Tapping Scripts

Before we describe how to do the Miracle Reframe, we want to address the common use of tapping scripts with extensive reminder phrases. If you're familiar with EFT, you may also be aware of their use. Many EFT presenters use a different reminder phrase for each tapping point and continue for numerous rounds of tapping before they stop to re-evaluate the shift. This approach is often used in group settings to demonstrate EFT. It might also work individually, as with the lady in the earlier story who wanted a "magic affirmation" to instantly remove her cravings for cigarette.

Fortunately, not all issues need a deep clearing of underlying "aspects." You may be surprised how well it works. The Basic Holistic EFT Recipe may be all you need with many issues. It's also true that some issues require greater attention and diligence to get to the heart of the matter. Then you can explore the awareness that emerges after the core issue is cleared.

If an issue calls for deeper understanding, as was the case with Jane's sore throat, the hunt-and-peck method (using multiple affirmations that someone generates for a general audience) has limitations. It may not clarify the core of the issue. It also may be disempowering, making a recipient feel outwardly reliant on someone who can create complex tapping scripts, rather than accessing the truth for oneself. It could even feel out of sync with the clients own words and experiences, which can be disorienting rather than clarifying. These are all things to watch for in your client relationships.

The use of tapping scripts has become a common practice, and we want you to know that EFT works wonders without them. Ironically, these scripts may have unintended effects, and inadvertently become barriers to reaching the calm state of presence and

increased awareness that emerge with Holistic EFT. To us, these are two of the most important parts of EFT. If you've been exposed to this approach and find that complex tapping scripts confuse you, just stick with a basic, holistic approach.

It's interesting that the originator of EFT, Gary Craig, cautions people about using tapping scripts. Here's the way he describes the issue:

"Scripts tend to provide only partial results. They rarely get to the roots of the issues and thus the true causes of the problem remain active underground."

This isn't the case with powerful additions like the Holistic Process, which focuses on bringing out the client's own words and experiences. Later in this chapter, we also provide an example of a simple format for a tapping script that can be quite effective. As you've seen, our goal is to elegantly get to the roots and clear issues as quickly and easily as possible.

With the goal of keeping it clear and easy, we only use simple reminder phrases that are easy to integrate. It's also interesting to note that Roger Callahan, Gary Craig's teacher whose work was the source of EFT, didn't even use reminder phrases with TFT (Thought Field Therapy). Callahan's clients just tapped on a series of points and noticed what, if anything, changed.

In our use of hypnotherapy, we learned that getting out of the continuous chatter that runs through one's head and becoming more aware of the body is an important key to change. This change in focus allows users to feel more at peace in the moment, open to deeper levels of awareness, and more easily shift the energy that's at the root of an issue. While EFT is different from hypnotherapy, conscious participation increases effectiveness in both cases. As you experiment with this next GTT technique, the Miracle Reframe with EFT, focus on being more in your body, soften, and deepen your awareness.

Daily Tapping

On a related note, we want to clarify an important point about daily tapping. This practice is commonly recommended and we agree that it can be beneficial. Just tapping through the points can feel energizing, clarifying and uplifting.

As an EFT Professional, you'll also want to know when it may be doing more harm than good. Over the years, when people ask us questions about EFT, they often say something like this: "I've been doing daily tapping for six months now and nothing is changing. Should I keep doing it?" If nothing is changing, we would say "no." The frustration these people experience may be doing more harm than good. More likely than not, many also aren't creating a space for integrating and activating.

You can help clients to experience success and hone their skills, so they can move forward more successfully. With EFT, our focus is on quality over quantity. We want to help our clients and students to learn how to make EFT work for them. You can provide a lot of benefit to your clients by teaching them the ins and outs of tapping. Above all, the value is in the results.

When it comes right down to it, the single most valuable thing we have found for just about anyone to do in a daily basis (including our students) is opening to the power of the heart, because it's their center and place of wholeness. The heart is sometimes called the spiritual bridge for a reason: it's a bridge to a new reality and an new way of being in the world. As you've seen with the Basic Holistic EFT Recipe, the Reset Process incorporates connecting with the heart and the results are profound. We also describe the process we use for connecting with the heart and soul in Chapter Six.

Ideally, EFT is a tool for accessing the Big Picture of who you are, why you are here, and where you are going. Its value is more than a having bunch of techniques with no overriding goal or purpose. Most people are only utilizing a small percentage of their full potential, living with ceilings over their heads that hold them down. Helping clients to expand their perspective on who they are and what is possible for them raises the ceiling or removes it altogether. It's an empowering perspective that makes you stand out.

Above all, people want to feel good about themselves and loving oneself is a quality of the heart. In a true sense, miracles are a product of love and the potential that emerges from an awakening heart. As such, the Miracle Reframe is another favorite.

The Miracle Reframe

This is one of our most popular techniques, which just adds a simple variation to the EFT affirmation. You can use the Miracle Reframe with virtually any issue. It even seems to be work well with physical conditions. The key to its effectiveness seems to be in the wonderful energy in the affirmation, "Anything is possible and miracles are happening now." People have reported that using this single technique regularly has transformed their lives.

The Miracle Reframe Tapping Script

Here you will find a simple approach to tapping scripts that produces a peaceful state of presence. You can also do the Miracle Reframe with the Basic Holistic EFT Recipe without the script and you can use it with virtually any issue.

Stress is a great place to start. Focus on one specific thing or situation that's stressful to you and measure the intensity from 1-10 as described earlier. When focusing on stress, you may also notice how you feel limited, burdened, and heavy. You may also notice that the future doesn't look too bright (and what you see is what you get).

The Affirmation

Now repeat the affirmation three times aloud, as described in the Basic Recipe, replacing the standard phrase with the following:

*"Even though I have this _____,
I know that anything is possible and miracles are happening now."*

The EFT Tapping

Now comes the tapping. Remember as you tap through the points to feel the energy, soften, and allow yourself to relax. As suggested, you can do a simple round of Holistic EFT and re-evaluate, or try doing two or three rounds of EFT with simple reminder phrases like the following. With a simple script like the one below, also feel free to use your own words or with clients, words they have used in describing their issue. Specific words may have powerful meaning for the user.

Round One focuses on letting go of the old. It touches on common stressors, like hurry and worry, both of which block you from accessing the powerful truth you hold in your heart. Preferably read this script aloud and feel free to change it around to speak more to your personal experience.

POINT	REMINDER PHRASE
Head	"stress has had its way"
Inside Edge of Brow	"for too long"
Side of Eye	"ready for a shift"
Below Eye	"and the time is now"
Below Nose	"off with hurry"
Chin	"away with worry"
Collarbone	"down with heaviness"
Side	"letting go..."

Round Two focuses on opening to change. A beautiful peace can emerge in the absence of words.

The suggestion here is to focus on simply being present to the tapping. As you will notice, you can just quietly tap through most of the points. This may clear your mind, so you can enjoy the simplicity of the moment.

POINT	REMINDER PHRASE
Head	"shifting"
Inside Edge of Brow	"expanding"
Side of Eye	
Below Eye	
Below Nose	
Chin	
Collarbone	
Side	

Round Three is for activating the new and opening to miracles.

POINT	REMINDER PHRASE
Head	"breathing easier now"
Inside Edge of Brow	"relaxing now and expanding"
Side of Eye	"feeling joy"
Below Eye	"feeling peace"
Below Nose	"opening to miracles"
Chin	"expanding even more"
Collarbone	"feeling lighter"
Side of Body	"feeling free"

As always, end with the Reset Process, so you can tap into the healing power of the heart. Remember to tap very lightly with your full hand on the top of the head for the duration of a full, relaxed breath in and out. Then tap on the area around the heart for a full breath in and out.

As mentioned, this addition is an integral part of our holistic approach that helps you to integrate the energetic shift with the power of the heart. In this example, we also added the Miracle Reframe affirmation to the reset.

LOCATION	REMINDER PHRASE
Head	"Anything is possible"
Heart	"And miracles are happening now!"

When you finish tapping, take a few breaths into your heart. Remember, the heart is a powerful place and the most appropriate place to end the process. As you shift your awareness into your heart, you open to your truth and your heartfelt desires. The ultimate state to strive for holistically is feeling love, happiness, and connected with everything and everyone. As we shift as a society, this is where we are going and you can feel the truth of this in your heart.

The Re-Evaluation

Now you are ready for the re-evaluation. Measure the intensity of your issue again from 0-10 and if desired, you can repeat the process.

As the intensity comes close to zero and you open to miracles, notice that more feels possible for you. When this happens, you can observe how your sense of who you are and what you are capable of accomplishing expanding. Isn't that amazing?

This process brings up another tip. We sometimes do two or three rounds of tapping before we re-evaluate. As with the Miracle Reframe Tapping Script, we may focus one round on clearing, one on just tapping, and third round on activating. This model flows easily and organically. If you want to create tapping scripts that work in this way, you can adjust the model we provide here for use with other issues.

Adding Imagery to EFT

Another unique aspect of Holistic EFT is a powerful use of imagery. If imagery is a new area for you, you're in for a treat. Imagery is a foundational element in Holistic EFT for reasons you'll learn here and in *The EFT Book*. (If you follow up with Holistic EFT Levels 2 and 3, you'll learn more powerful and enlightening ways to use imagery with EFT.)

The reason we use imagery with EFT is simple. Images that emerge from the unconscious mind are like holograms or energetic representations of our inner world. It's also interesting to note that your deeper mind and higher mind communicate through images. As the saying goes, "A picture is worth a thousand words."

Referring back to the Introduction, remember where we discussed the 70,000 thoughts that go through peoples' heads each day? We mentioned that focusing on emotions is a shortcut for shifting your thinking, because a single emotion represents a wide range of thoughts. Focusing on images is another shortcut that's even more powerful, because images represent whole realities.

The Reality Shift

We call one of the processes we use to amplify the power of EFT with imagery "The Reality Shift." This is one of our favorites. Our clients and students generally love it and the results are often astounding.

Here's how the Reality Shift works. Once you identify an issue you want to address with EFT, you can ask yourself for an image like a symbol or inner landscape that represents the issue. For instance, you may see an inner landscape that's a barren desert. If you're just learning how to use imagery, relax. You'll find some tips for success in *The EFT Book*.

Here's the way we described it in our book *The Ultimate Paradigm Shift*, which we highly recommend to all of our students and many of our clients. The Reality Shift really highlights the power of imagery. The inner landscapes you'll explore in the Reality Shift are complete energetic representations of different aspects of your reality. They are much more than visual pictures. They also contain the sensations, emotions, beliefs and judgments of distinct parts of the self. Such images can communicate with you in wonderful ways.

In the big picture, the soul speaks to us through images. When an image that emerges from the depth of our awareness in relation to a specific situation or area of awareness changes, our reality changes accordingly. As mentioned earlier, "What you see is what you get."

Steps in the Reality Shift Process

1. Identify a specific block you want to clear with EFT.
2. Follow initial steps to identify what is happening emotionally and to quantify the emotion(s).

3. Before clearing, ask yourself how your reality looks and feels from the perspective of this block. You can do this by imagining this blocked reality as an inner world or landscape. As an alternative, we sometimes use a symbol or metaphorical image a client mentions, like hitting a brick wall. Wherever you start, write down what you notice, including the following:
 - How this image looks. Notice the colors, light and dark, the sky, the ground, and anything else in the area.
 - What you feel emotionally
 - Any sounds or smells you notice in this picture
 - Where you are in this landscape and what you are doing
 - If anyone else is there
 - Anything else of note

Remember, images are holograms. This inner landscape is a powerful representation of your current experience. You may also notice the power of asking questions here. Each new question reveals something new about the landscape.

4. Perform the clearing with the Basic Holistic EFT Recipe.
5. Return to your inner landscape and notice what, if anything, has changed.
6. Repeat if necessary until you feel clear.
7. When the process is complete, review the images again and ask yourself if there are any more insights on your situation. What might be possible now that was not possible when you started the process? What might you do differently?

Like the Holistic Process and the Miracle Reframe, the Reality Shift is one of the core processes in Holistic EFT. It can literally shift your reality in dramatic ways.

A Real Life Example of the Reality Shift

Here's an example from a client of Jane's. Dorothy contacted Jane because she was in a funk after experiencing some financial setbacks. She had been quite prosperous at one time, but in the light of recent events, she doubted she would ever return to her former level of abundance. Emotionally, this made her feel angry. She also mentioned feeling insecure about the future and sad about missing out on the blessings that money can bring. She rated the anger at 7 out of 10, the insecurity at 5 and the sadness at 6.

When Jane asked Dorothy to imagine her situation as an inner landscape, Dorothy closed her eyes and immediately saw herself on a path littered with rubble from her shattered dreams. Around her were trees that were bare of leaves and charred ground, like a fire had ravaged everything in sight. The sky was gray, too, and the future before her was in a haze. Dorothy also noticed the smell of smoke and the absence of other people. She heard ominous sounds from black crows in the nearby trees.

After one round of clearing, Jane asked Dorothy to return to the landscape and share what she noticed. As Dorothy focused again on the scene, the light of the sun started to

shine through the gray sky. A sweet little blue bird landed on her shoulder and told her "It's just temporary." The bird then pointed its wing toward the future. There Dorothy saw a completely different scene: a sunny park-like setting with bright green grass, green trees, butterflies, birds, and people enjoying the day.

In this new scene, a woman approached Dorothy, took her by the arm, and welcomed her to this new reality. Now Dorothy felt loved. What a shift! She realized she had been feeling abandoned. Now she was ready to welcome new life.

Reviewing where the process began, Dorothy reported that her anger was completely gone. Now her heart was filled with gratitude. The insecurity and sadness were gone, too. It occurred to her then that when she started, just about everything was dead and she wasn't going anywhere. No wonder she had been in a funk. When Jane asked her if there was a message for her now, Dorothy said that she knew she was on the right track. Her guidance was to keep her spirits up and keep moving forward.

Months later, Dorothy still felt like she was on the right track. She was surprised to report that her financial situation was turning around. It was like a miracle! This is a beautiful example of what is possible with the Reality Shift. In this case, Dorothy only needed one round of clearing, but it's common to do two or three. On a related note, if you are new to imagery, you'll find that it comes more and more easily with experience.

The Reality Shift may surprise you, as it does us just about every time we use it. Each process is unique and meaningful. You may find that the images have special significance to you and your clients. As an example, the desert may turn into a rainforest or a glorious meadow. And what you'll discover if you use imagery is that there is a lot of significance in the inner landscapes or other images that emerge in the process. With imagery, you are tapping into the deeper recesses of the mind for more profound and lasting results. Clients love it!

Lao Tzu Might Agree

A holistic approach, like adding imagery or organic affirmations that integrate the body, emotions, mind, and spirit to EFT, is deep and transformational. It can help you to synchronize your identity (thoughts-feelings-actions) with your heartfelt inner wisdom and the big picture.

The ancient Chinese philosopher Lao Tzu might have had something similar in mind when he said,

***“At the center of your being you have the answer;
you know who you are and you know what you want.”***

Isn't this a powerful thought? It brings us back to the big picture.

5. Making the Most of Your Skills

In the long term, practice and patience are essential for mastering the skills in this course. We've been beginners ourselves and learned to overcome our initial fears with practice. The Basic Holistic EFT Recipe is easy and you can do a lot just with this simple technique. Nonetheless, as you've seen, small things you do or don't do can make a big difference. There are also times when more is needed.

If you're just getting started, be patient with yourself. We've found it can be helpful to practice each of the skills first on yourself, until you know the steps to the process you are learning. Then, when you practice with a client, you'll feel more confident. You're already a step ahead. Also make note of the tips in your study materials. We had to go through a lot of trial and error to master the skills we teach. We share the best of what we have learned so your learning process can go more smoothly.

It's also wonderful to know that there this work has tremendous depth. To us, it's depth of spirit, which is an endless source of fascination. With all these years in the field, we're still learning and growing along with our students and clients. What could be better? You can be effective in your first year of practice and you'll just get better and better as the years go by.

This chapter contains the following:

- An update on the processes in The EFT Book
- More tips for your success
- A glance at the future

An Update on The EFT Book

As mentioned, we were early implementers of EFT. The EFT Book (*Getting Thru to Your Emotions With EFT*) includes all the processes Gary Craig included in his original teachings of EFT. It does not include the Basic Holistic EFT Recipe, which is what we use now. Since that time, a lot has happened as users explored the potential of tapping techniques.

As you explore The EFT Book, here are some things to keep in mind:

- **The Basic EFT Recipe has changed slightly** to include the point at the top of the head, as mentioned in our book. This point, which is commonly called “a thousand meeting places,” is valuable as a place where many meridians meet.

- **People rarely use the Complete Sequence now**, with some exceptions, like the one mentioned in the tips below. EFT users tell us they find it beneficial, but we don't use it ourselves.
- **The process for Neurological Disorganization never really caught on with EFT users.** Regardless, Neurological Discogorganization is a real factor that can be a showstopper to EFT and healing in general. We discuss this more in our book *The Heart and Soul of EFT*.
- **We still use the Floor-to Ceiling Eye Roll** and find it quite effective. Some people say they don't use it, but we recommend it highly.
- **Chronic negative thinking, which is related to neurological disorganization and psychological reversal, can be a factor in healing.** We discuss this more in our book *The Ultimate Paradigm Shift*, which also contains more processes you can do with Holistic EFT.
- **As you'll notice in the tips below, energy toxins also may be a factor**, though we don't use the process described in *The EFT Book* to address them. We sometimes identify the culprit with kinesiology and occasionally discuss energy toxins with clients who are finding it challenging to heal.

On a related note, we discussed tapping scripts in Chapter Three and caution our students in their use. As Gary Craig mentioned, "Scripts tend to provide only partial results. They rarely get to the roots of the issues and thus the true causes of the problem remain active underground." As with most things in life, there are exceptions, and if you want to create tapping scripts, we suggest using the simple formula we described with The Miracle Reframe.

We also mentioned daily tapping in Chapter Three and likewise caution people about its use. *The Ultimate Paradigm Shift* book discusses the kinds of empowering daily habits we recommend. We include EFT there, but not as the sole solution.

Twelve Simple Tips for Success with EFT

As we approach the end of this manual, we want to share twelve simple tips, most of which come from our book *The Heart and Soul of EFT*. These ideas may help you to broaden and streamline your approaches to EFT.

1. **Be aware of the environment you are in when you use EFT.** Though it is not always possible to control your surroundings, be aware that EFT and any healing process will be most effective in a relaxing, toxin-free environment. Loud noises, toxic odors, and the presence of electromagnetic influences (like TV's, computers, and fluorescent lights) can affect your results. Also, tight or unnatural clothing and perfumes can limit the effectiveness of these methods. We discuss energy toxins in *The EFT Book*, but we want to mention it here as a simple tip, because being more aware of your environment can make a big difference.

2. **Focus on the Basic Recipe (the Short Sequence).** EFT users frequently ask us when we use the EFT Short Sequence and the Complete Sequence. We use the Basic Holistic EFT Sequence almost all the time, with wonderful results. To optimize these results with very intense emotions, when the SUDs level starts around nine or ten, we often do two rounds of tapping with the short sequence before stopping for the re-evaluation. This generally provides greater relief at a time when it is greatly needed, so the client is in a more relaxed state to proceed further, if required. Sometimes, this is all that's needed, bringing the SUDs all the way to zero.
3. **Be as specific as possible when you identify the problem and when you select the affirmation phrase.** We discussed being specific when identifying the problem in the Setup part of the EFT Sequences, and want to reiterate this point. The specific emotion and the affirmation are the keys that open the door to healing and new possibilities. If the problem and the phrase are too general, they may not unlock the door. We have noticed with students and clients that the importance of being specific is often overlooked.

For instance, a problem with self-esteem generally has many, many aspects. Attempting to clear all of them with a generic phrase like "Even though I have this self-esteem problem, I deeply and completely accept myself" probably will not be very effective. Instead, focus on one aspect, like feeling uneasy around strangers or feeling incompetent learning to use a computer. Be as specific as possible, focusing on one aspect at a time.

4. **Use a series of different affirmations.** Another simple way to increase the effectiveness of the Short Sequence is to put all of your thoughts or have a client put all of his or her thoughts about an issue that you have chosen to address into a series of affirmations. As an example, a person who is feeling stressed at work might come up with the following series of affirmations:
 - Even though I feel pressured to work long hours, I deeply and completely accept myself.
 - Even though I am afraid that I will lose my job if I take time for myself, I deeply and completely accept myself.
 - Even though I fear that others will make fun of me if I take yoga classes, I deeply and completely accept myself.

There may be even more than three affirmations that apply. It is fine to say as many as one wants. This is a simple way to address different aspects of an issue together while bringing up unconscious thoughts and feelings that may facilitate the healing. We find it particularly helpful with complex issues and freeing for the person who has an opportunity to express all of his or her feelings.

5. **Remember the value of the Reset Process.** It really brings the process together as the user taps into the power of the heart.

6. **If the Short EFT Sequence is not working, consider adding the Nine-Gamut Process in The EFT Book.** The Nine-Gamut balances the brain and may temporarily correct Neurological Disorganization. Rather than adding all of the tapping points in the Complete Sequence, we sometimes just add the Nine-Gamut Process to the short sequence and finish off by tapping on the Under-the-Nose, Collarbone, and Under-the Arm points, something that Roger Callahan did.
7. **Remember to allow a little time and taking a few clarifying breaths before doing the re-evaluation.** People are generally impressed with EFT's speed and effectiveness. At the same time, remember that powerful changes are occurring as the user integrates the energetic shift. Be spacious and allow room for the transformation to occur.

We sometimes refer to this practice as being spacious, giving the recipient a few minutes to settle down energetically after completing the tapping. Interestingly, many people notice the intensity going down for a period of time, so taking a few deep breaths and just hanging out for a minute or two can be beneficial, particularly with a deep clearing. It also allows time for the recipient's conscious mind to adjust to the possibility that the problem is really gone.

One of our students mentioned telling another student who was working with her in a practice session that her emotional intensity was at three after completing a round of EFT. Actually, she couldn't find any traces of the emotion she had been clearing. She said that she did this partly because she couldn't believe it was gone and also that her mind was making some allowance in case it came back.

With practice, you can recognize this kind of distortion. If you ask the recipient to take a few nice deep breaths, as you breathe along and feel yourself being centered, enjoying the peaceful space, your effectiveness will improve.

8. **Use the Short Sequence as a simple tune-up.** Doing one or two rounds of tapping can be refreshing when you feel like you could use a little extra energy. Since the tapping sends energy through the whole meridian system, we find that we generally feel better after tapping, even when we are just tapping along with our clients, which we usually do. We also do a round or two when we want to boost or balance our energy.
9. **Support your clients by tapping along with them** as you do EFT. This adds supportive energy to their healing and you benefit from an energetic boost, too.
10. **Be willing to change the affirmation.** Remember, EFT is flexible. Missing a point in the sequence or tapping in the wrong place doesn't generally seem to diminish the effectiveness of the process. Likewise, the affirmation is not cast in stone. In fact, sometimes a variation on the basic "Even though I have this _____, I deeply and completely accept myself" may be more effective. For some people, saying "I deeply and completely accept myself" is difficult or impossible, because it doesn't ring true to them. In such cases, the normal affirmation might actually aggravate the problem and interfere with the healing process.

Here are some alternative affirmations. This is a valuable list to keep in mind or have readily available as a reference. You may also come up with some additions of your own.

- “Even though I have this _____, I love and accept myself enough.”
- “Even though I have this _____, I know I’m okay.”
- “Even though I have this _____, I choose to move on with my life.”
- “Even though I have this _____, I know I have many options, resources, and possibilities available to me.”
- “Even though I have this _____, I’m willing to see things differently.”
- “Even though I have this _____, I’m ready to let go.”
- “Even though I have this _____, I really want to get over it.”
- “Even though I have this _____, I’m safe and secure.”
- “Even though I have this _____, I’m open to the possibility that I can deeply and completely accept myself.”
- “Even though I have this _____, I want to completely and deeply accept myself.”
- “I release _____, and choose peace (or love, freedom, etc.)”

As you start to use alternative phrases, others may come to mind. When helping others, you can empower them by inviting them to participate in the wording. You may also be able to intuit a statement for yourself or another person that is uncanny in its precision. Just confirm that the person you are helping feels comfortable with the phrase before starting the process.

One time Phillip was helping a client named Susan with the affirmation. Susan was dealing with her husband’s promiscuity. Based on her comments, Phillip suggested the EFT affirmation could be “Even though I feel devalued and dishonored, I can still deeply love and accept myself.” Then Phillip asked Susan to complete the sentence, “and I choose to...”

Susan’s immediate response was “I choose to be completely attractive to my husband.” Recognizing that Susan’s wounded ego had gained the upper hand and knowing that she needed to address her own feelings rather than her husband’s response to her, Phillip helped Susan to center herself (refer to the Centering Process in The EFT Book). Together, they then changed the affirmation to “Even though I felt devalued and dishonored, I’m getting over this, letting go of my anger, and feeling more at peace.”

After a round of tapping, Susan realized more deeply that she could protect and value herself. This change showed that the EFT was working and she was coming to a deeper understanding of the problem. Susan then added the affirmation, “Even though I feel devalued and dishonored by my husband, I can still value who I am and respect myself.” She rapidly transformed her feelings and released the negativity.

This example illustrates how resistance to healing can be subtle. It can lie under the surface of the initial responses the person gives. If EFT is not working, you might want to check the affirmation to confirm that the wording feels right for the issue at hand. Underlying aspects might be ready to spring forth if you take an open, exploratory approach. Then healing can progress more easily.

11. **As a reminder, don't forget what's usually happening when EFT isn't helping with emotional issues.** Generally, there's something the user needs to understand. Physical issues are more complex, but the Holistic Process could make a big difference.
12. **Also remember the ultimate goal – aliveness.** Your role is to help clients to be fully alive and engaged in creating a brighter future. We discuss aliveness more later in this chapter.

These twelve tips can help you to hone your approach to EFT. You can also find great advice from the EFT experts who contributed to our book *The Heart and Soul of EFT*.

- David Lake says, “I have found from much experience that the more actual tapping done in the presence of the problem, the more likely a ‘deeper’ and better result. So I am content to do a lot of tapping without stopping. I call this continual tapping.”

(On a related note, we mention continuous tapping in *The EFT Book*. One way we use it is to have a client tap continuously while describing an issue. This can be quite helpful when the intensity is especially high. Clients often experience a noticeable release in this way.)

- Patricia Carrington suggests, “Experiment to find ways to make EFT more suitable for your personality and needs. No two people approach EFT in exactly the same way. Some prefer to repeat their Reminder Phrase twice at each acupoint instead of the ‘recommended’ once; others like to say their complete set-up phrase rather than just the Reminder Phrase at each acupoint; some benefit most from EFT by doing exactly the steps they learned without deviating at all from the protocol.”
- Steve Wells, who specializes in achieving peak performance, recommends identifying “how you would like to see yourself — the ultimate, successful you — and conduct some tapping on ‘being’ that person now.”
- Marilyn Gordon suggests, “Tap with your fingers or with your mind, as both are effective.” Great idea, isn't it?
- Phillip Friedman states, “When a person gets stuck, I use any of the following approaches: 1.) access an earlier or deeper upset/affect; 2.) tap the nine-gamut; 3.) Tap the karate-chop point ...” (These are all described in *The Soul Book*.)
- Sandra Radomski, who specializes in allergies, recommends tapping for “whatever is causing my symptoms.”
- For those who help others, Betty Moore-Hafter makes this key point: “I take lots of notes when a client is describing a problem and then use the client's own words to

create set-up phrases for EFT. Clients are the experts on themselves and using their own words is the best way to ‘tune in’ to the ways their minds are working.”

We agree completely with Betty. We, too, take a lot of notes and use clients’ words. As a professional, part of your job is to tap into the client’s world, without getting drawn into it or consumed by it, of course. Awareness of the importance of the words clients use also highlights the risk of making suggestions that could contradict the client’s experience.

The power of the client’s own experience also applies to images and metaphors. Images are even more powerful and revealing, so it’s worth making note when clients say things like “I feel like I hit a brick wall” or “I have a huge weight on my shoulders.” When these kinds of metaphors come up in conversation, you may want to explore them further. These images might be presenting a natural starting point for the Reality Shift.

The Big Picture of Where We Are Going

We live in an amazing time, when more and more people are opening to the truth of who they are as magnificent spiritual beings. This is our focus, helping open-minded people like you to expand your awareness of who you are and what is possible for you, so you can create the most extraordinary life imaginable.

When you understand the Big Picture, the details fall more easily into place. Then you can share these blessings with the clients you serve as a holistic professional.

A Common Theme

Having worked with thousands of people now, we’ve identified a common theme. With a holistic approach, we realized early on that everything is connected and the body is essentially self-healing. The thing that often prevents this healing from occurring is stuck emotions, along with limiting thoughts about ourselves and our possibilities. In a real way, we are our own worst enemies. Our negative thoughts and feelings are like poison to our bodies. This is literally true, because negativity produces stress, along with toxic chemicals in our bodies that drain our energy and in many cases, can result in disease.

There is a positive side to this pattern. What everyone wants is to feel fully alive and excited about their possibilities. Synchronously, happiness and feelings of aliveness produce life-enhancing chemicals in our bodies that energize us, increase our physical well-being, and open us to greater life on all levels. As part of the integration and activation, we have our clients focus above all on finding ways to feel happier and more alive in their daily lives.

We write about this goal – keeping your spirits up – in our book *The Ultimate Paradigm Shift*, which focuses on creating the life you were born to live. Though this book is not required to complete this course, we highly recommend it to all of our students. The specific information in *The Ultimate Paradigm Shift*, which is available on amazon.com, can be of great value to you and your clients. It includes our seven-step Heart of Success Roadmap for manifesting dreams and more creative ways to use EFT.

You're Here for a Reason

In life, it all comes down to the ultimate goal from the last chapter – discovering your reason for being alive. You could say that each of us is born with a dream in our hearts and the thing that makes us feel most alive on all levels – physically, emotionally, mentally, and spiritually – is realizing this dream. You are in a process of creating the best life imaginable for yourself and for your clients.

We all go through stages in our development. We often describe the process as going from an ordinary life to an extraordinary life. Unfortunately, many people repress their aliveness and the excitement that comes from reaching for their dreams and in the process settle for a lesser life. As Franklin Roosevelt once commented:

***"Men are not prisoners of fate,
but only prisoners of their own minds."***

Settling for a lesser life is kind of like wallowing in the mud. This choice is based on fear and separation, on the belief that life is difficult and the supplies of good things are limited. People who are wallowing in the mud generally feel like victims of situations that are beyond their control.

As you've seen, this is not scientifically true. Although some things are beyond your control, you are a creator with access to an infinite intelligence. As such, it is your birthright to create a magnificent life where you feel vibrantly energized and alive. This expansive experience feels like being on a lofty mountaintop, with an expansive 360-degree view. Few people are committed to the growth required to reach this magical place. But don't you think it's worth it?

Imagine rising to a lofty mountaintop with clear, crisp air and a magnificent view extending in all directions. Here you feel connected with everything and your possibilities are unlimited. Feel the soft breeze and the energy of the sun that's shining so beautifully down on you.

Now imagine dropping down and getting stuck in the mud, with no way out. You're afraid and feeling like you are separate and alone. Notice the difference – because the choice is yours. The point is to recognize the importance of this choice, between choosing to create an extraordinary life filled with excitement, a vibrant sense of aliveness, and joy OR choosing to settle for an ordinary life, where not much will ever change. Energetically, you can probably feel that creating or settling is equal to growing or dying. It's powerful!

Years ago, when faced with this figurative choice between life and death, we chose an extraordinary life and never looked back. We encountered a lot of roadblocks along the way, and that is how we learned and developed the techniques we've introduced to thousands of people worldwide over the years. We're grateful for all that we've learned and for the blessings we now experience every day.

We mention facing this choice, because we're not the only ones who could transform our lives. It's part of the journey and wherever you are now, you can do it, too.

It All Comes Back to Miracles

We want to close here with the big picture to encourage you to reach for your birthright and the magnificent life that is available for you. As Albert Einstein said:

***There are two ways to live:
you can live as if nothing is a miracle;
you can live as if everything is a miracle.***

6. Following Up

This course provides a wealth of opportunities to practice and explore what's possible for you. Remember to relax and take your time as you study Holistic EFT. Before ending, it's worth mentioning that some clients might not like tapping. With this in mind, it's good to have another option.

Around the time we learned EFT, we also developed the healing system we call Spiritual Kinesiology (SK). SK is a complete healing system that includes the use of kinesiology (Muscle Testing) to pinpoint blocks and a healing process we developed based on NLP (Neurolinguistic Programming) that we call Reframing and Anchoring.

Reframing and anchoring (R&A) is as fast and easy as EFT, but it's different. Like EFT, it's hard to believe it could actually work, but it does! We share the basic technique here to give you another option to use with your clients. You can use R&A for clearing with the Holistic Process, the Reality Shift, and the Miracle Reframe.

How to do Reframing and Anchoring

Reframing and Anchoring (R&A) is a wonderful healing method. Its power is derived from the fact that it clears blocks at the spiritual level, which is the deepest and most complete level of healing. It also opens users to direct spiritual guidance. We describe R&A in detail in our book *Getting Thru to Your Soul*, along with the other SK (Spiritual Kinesiology) Techniques. The abbreviated description provided here is drawn from that material.

The general process for R&A is similar to EFT. You determine a specific issue to clear, measure its intensity, and perform rounds of the healing process. You can also use it with all the processes you learn with EFT. Each round of R&A takes about as much time as a round of EFT tapping, so it is equally quick and easy. As mentioned, the healing process is different and may even seem to be too simple to work, but based on our experience with thousands of individuals and on extensive feedback from others who use it, we have found it to be just as effective as EFT.

What is SK?

SK (Spiritual Kinesiology) is a set of healing tools that can help anyone to transcend the unresolved emotions, limiting beliefs, and judgments we all encounter on the journey through life. Kinesiology (muscle testing) can detect the blockages that you are ready to

release as you progress. SK adds powerful healing techniques, focusing on the Reframing and Anchoring Technique described here, to clear these imbalances quickly and easily by accessing the power of the soul's energy. In addition to providing deep and lasting healings, this approach also connects you with your soul's wisdom, which can also bring higher understanding of any issue you choose to address.

Connecting with Your Heart and Soul

To describe how to do R&A, we're going to share a priceless process. It's a simple visualization that transforms lives and forms a solid foundation to build upon to realize your dreams. In this Holistic EFT Level 1 Course, you learned the Reset Process to tap into the power of the heart. As you connect more and more deeply with the transformational energy of the heart, you can utilize this energy to connect with higher wisdom – and more – any time you want.

This isn't the only way to access healing energy with Reframing and Anchoring, but it's our preferred method. After we share the process, we'll provide some other options that are also highly effective, particularly for people who aren't spiritually oriented. Like EFT, R&A can be effective for anyone who is open to it.

We've been using a process we call Soul Centering for almost 30 years to access this spiritual energy. We also use it regularly with our clients and students to help them connect with their inner wisdom and establish a clear direction in all areas of their lives.

Here's how some of our students describe Soul Centering:

- “I experience an expansive unconditionally loving energy that transforms conflicts.”
- “I feel totally open, with a large expanse above me. It is very uplifting, connecting to my higher power. There is so much more than I ever realized.”
- “I feel deep peace and tranquility. With that comes a heightened sense of knowingness free of fear, negativity, and uncertainty. I'm a different person, the person I am meant to be, with all of the fragmented aspects blended into one.”

Steps in the Soul Centering Process

Before you begin, find a relaxing place where you can enjoy a few quiet moments of reflection. As you are learning this process, we also recommend taking your time. Just breathe and settle into the simplicity of the moment. With practice, you'll probably find that you can center yourself in the loving energy of your heart and soul quickly and easily. Then you can devote more time to basking in its light.

1. Start by closing your eyes and taking a few nice, deep breaths. As you breathe, focus on relaxing your mind, letting go of the thoughts that might be running through your head and simply feeling your breath move in and out. Let go of the past and future, so you can just be with yourself now, in this present moment.

2. Now imagine you are taking in pure energy and light with each inhale and releasing any tension you may notice with each exhale. Imagine this beautiful energy and light reaching each cell of your body as you continue to breathe.
3. To deepen the process with the use of imagery, you might want to imagine rising to a beautiful mountaintop or another elevated place like a cloud or a star. You may also have a special place in mind or simply let your heart decide the best place for basking in the light of your heart and soul.
4. As you rise to this special place, breathe loving energy into your heart and feel the light in your heart radiating out until this love touches every cell of your body and surrounds you with its light.
5. Once you've connected with the love in your heart, you can recall this experience as a source of healing with R&A.
6. On a related note, in this place, where you feel a loving connection with your heart, you can also ask questions and receive your soul's guidance. We suggest writing the questions and messages as you receive them. This allows you to bypass the doubts that might enter from your rational mind. Writing also helps with integrating the messages. As Albert Einstein suggested:

***“The important thing
is not to stop questioning.”***
7. It may also feel good to relax for a few moments in this peaceful place and notice the profound simplicity of the moment. As you experience this peace and the feeling of being centered in the truth of who you are, put your hand on your heart and make note of the energy there.
8. As a note, if you find resistance emerging when you do this process, there may be a blockage that needs to be cleared. Clearing this resistance is essential, so you can easily access the center of your being and the love in your heart.

You can also find a guided version of this process on our website at:

<http://gettingthru.org/life-coach/self-coaching/spiritual-power-in-holistic-coaching/>

For now, and in the future, this place of connectedness with the love you hold in your heart can be your center. This is important, because a soulful state is your most resourceful state for making wise decisions and resolving challenges. The elevated energy of love connects you with pure potential, where miracles occur.

Any time you feel like you are losing yourself in momentums, stress, anxiety, confusion, or the like, you can slow down for a moment, put your hand on your heart, breathe in some love, and return to your center. In doing so, you may notice that the soul's power emerges in the present moment. This is why Louise Hay says:

***“Your point of power is always
in the present moment.”***

Other Options for Clearing with R&A:

In addition to rising to a lofty mountaintop and/or using the energy people feel with Soul Centering, we want to provide other options you can use to anchor healing energy.

- Some clients may have their own way of accessing states of wholeness and oneness. In such cases, you can ask them to describe what they do and have them use their way for the healing.
- Recall the feelings of oneness you've had in nature
- Recall a time when you felt whole and complete
- Repeat the Miracle Reframe a few times until you feel uplifted as follows:

“Anything is possible and miracles are happening now.”

- Repeat French psychologist Emile Coue's famous statement a few times to lift your spirits. It's worth noting, this one is probably acceptable for just about anyone. It's been shown to be highly effective and it goes like this:

“Every day in every way, I'm getting better and better.”

This is a great message to repeat to yourself, too, when you feel down. With the understanding that he couldn't cure anyone, Coue created it as a way for clients to cure themselves. He maintained that curing some of our troubles requires a change in our unconscious thought (our default thinking), which can be achieved only by using our imagination. Interesting, isn't it?

Once you have an energy in mind for clearing, you'll notice that one of the benefits of R&A is how easily it works. You don't generally have to know the source of a problem or relive a traumatic experience for it to be effective. Clients generally love it and many prefer it to EFT, which is our purpose for sharing it here.

Steps in the Reframing and Anchoring Process

Before starting this process, establish a connection to healing energy with one of the options above, so the client will be ready when the time comes to use it. Once you have it, you'll have an opportunity to confirm the power of spiritual energy, which makes this process surprisingly effective, even miraculous.

1. **Setup:** Decide on a specific issue to clear. As with EFT, you want to be as specific as possible and stay with one issue at a given time.
2. **Evaluation:** The purpose of this step, which corresponds to the evaluation in EFT, is to measure the intensity of the issue you want to address between 1 and 10, with 1 being the least intense and 10 being the most intense. You'll check it again after the process to measure your progress.
3. **Balancing:** The Reframing and Anchoring Technique (R&A) shifts an unbalanced energy pattern, which is anchored physically in one place on the body, to a balanced one,

which is anchored physically in another place on the body. With a client, we usually use the shoulder and the arm. When doing it on yourself, you can anchor on your left and right knees and this is the way we will describe it here.

- **Anchor the Issue:** Connect with the issue and place your left hand on your left knee for about five to ten seconds to anchor it in the body. Then remove your left hand.
 - **Anchor Your Healing Energy:** Shift your focus to your heart and open to the soul's energy there or use one of the other methods described above. Take a nice deep breath of this healing energy to bring up the intensity and place your right hand on your right knee for about five to ten seconds to anchor it. Then remove your right hand.
 - **Release the Imbalance:** Think of nothing at all for a moment while you place both hands on both knees at the same time. After about five to ten seconds, remove the left hand, releasing the imbalance, and keep your right hand on your right knee for another five seconds. Then remove your right hand.
4. **Re-Evaluation:** When you have finished balancing, take a deep breath to allow the energy to reconfigure. You may feel the energy shift over a period of a seconds or minutes. Then focus again on the issue and measure its intensity from one to ten to bring any difference in your experience into your awareness. If some intensity remains, evaluate the emotion again to notice if it has changed (such as from fear to anger, and so on) and repeat the process.
5. **Follow up for insights** as you would with Holistic EFT.

With a bit of practice, R&A is easy to do and surprisingly effective. One client commented, "It is deceptively simple, but profoundly effective in obtaining real shifts with lasting results." For those who are interested in taking it further, we also offer an SK Certification Course, which you can find at:

<http://gettingthru.org/holistic/eft-courses/spiritual-kinesiology-training-course/>

About the Authors

“Phillip and Jane Mountrose have been pioneers, innovators and integrators for many years, now having contributed a number of excellent books, videos and audios to this growing field of energy and spiritual healing and change. I have been privileged to read, watch or listen to many of these innovative products and I’ve been amazed at times at how prolific they have become. I have been both delighted to observe their own professional growth along the way and very appreciative of their willingness to be of service to both their clients and their colleagues.”

PHILIP H. FRIEDMAN, PhD

Phillip and Jane Mountrose are EFT and energy healing experts, authors, success coaches, trainers, and founding directors of the Awakenings Institute, a non-profit organization dedicated to creating a more loving world.

In their roles as Ministers of Holistic Healing with Awakenings, they have devoted more than two decades to exploring the fields of personal and spiritual development, along with the heart and soul of success.



The Mountroses’ passion in life and greatest joy revolve around helping people to overcome personal challenges, awaken to their true potential, and create extraordinary lives.

The Mountroses train holistically minded people to tap into the leading edge of healing and human development with EFT (Emotional Freedom Techniques) and holistic coaching. They offer state-of-the-art EFT, energy healing, and coaching certification programs. Their enlightened approach helps students to expand their possibilities and build confidence. Students learn powerful tools and resources for creating profoundly joyful and fulfilling lives, and how to create a strong support network so they can prosper.

A Little Background

Phillip and Jane have created tremendously successful and fulfilling lives, but it wasn't always this way. Earlier in life, Jane was an architect and Phillip was a special education teacher. While they were successful in these areas, they grew frustrated with their roles. Their deep interest in personal and spiritual growth drove them forward to learn more about overcoming the blockages that prevent people from experiencing joyful, fulfilling and successful lives.

Since 1992, the Mountroses have taught courses in holistic coaching and healing in California. With the internet, they also added home study courses so students can complete their studies in their own homes on their own schedules. Recently, they converted their premier training program into a transformational Coaching and Healing Certification Telecourse helping students around the globe to develop skills and become successful in their own practices.

Over the years, the Mountroses have written over a dozen books and manuals that are sold worldwide. These include the some of the most popular books on EFT, as well as books on Spiritual Kinesiology, manifestation, and more.

The Mountroses live on the sunny Central California coast.

For more about tapping into the leading edge of human development with EFT, holistic coaching and healing, visit <http://gettingthru.org/holistic/>.

Rising to a New Way of Being

Anne Frank once said,

***How wonderful it is that nobody need wait
a single moment before starting to improve the world.***

Awakenings Institute invites you to reach toward your best life now, wherever you are. You can also learn more about Awakenings at <http://gettingthru.org/awakenings>.