



Holistic EFT “Get Started” Manual

**Tap into the Leading Edge
of Healing with EFT**

Dr. Phillip Mountrose & Dr. Jane Mountrose

Acclaim for EFT

"I recently discovered EFT "Tapping", and find it to be absolutely life-changing. This little book is a GREAT start and it can change your life."

-- Udana Power, Entrepreneur

"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."

--Jack Canfield, Co-Creator of the *Chicken Soup of the Soul* series

"This approach is the medicine of the future."

--Rudolph Ballentyne, author of *Radical Healing*

"Even before meeting them, I had respect for the EFT work of Jane and Phillip Mountrouse based on the comments I had heard from a number of people. Having the privilege and pleasure of working alongside them confirmed their worthiness of that praise. They are professional, knowledgeable, compassionate, integral - and a joy to work with. I am happy to endorse their work."

-- Brad Yates, co-author of *Freedom at Your Fingertips*

"EFT is an extraordinary healing process. My wife has found freedom from her agrophobia [fear of going places] that she has not experienced in over 40 years since it began."

-- Patrick Raab, Massage Therapist

"It's unbelievable how quickly a shift can occur with EFT. I recently experienced the death of my sister. As it happened, I received the call at Jane's EFT class, just moments before it started. I couldn't keep from crying, but felt that it would be best to stay. When the class began, Jane had me do one of the EFT techniques. It helped me to immediately detach from the sadness and inner pain and allowed me to continue on in the class that evening. The sadness returns every once in awhile, but, with EFT, I'm able to accept the loss in a realistic way."

--Marion Hakata, Hypnotherapist, Reiki Master, and Teacher

Notes to our Readers

Navigating through this e-book: If you want some tips on using Adobe PDF files, you can find instructions on our website at <http://gettingthru.org/holistic/eft-books/read-pdf/>.

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Introduction

Just about everyone longs to create a better life with their career, health, finances, relationships, and more. In this manual, we introduce you to EFT (the Emotional Freedom Techniques), a process we have used for the last fifteen years to tap into the leading edge of healing in our own lives, along with the lives of our students and clients. This leading edge approach for clearing the roadblocks to your best possible life is drawing the attention of people all around the world. It can help you to deal with specific issues and reach your full potential as a human being.

Jack Canfield, Co-Creator of the *Chicken Soup of the Soul* series, 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 over a period of two decades and more. Our hope is that you can bypass much of the trial and error we had to go through and take your success to the next level now.

We have been exploring holistic healing, along with personal and spiritual growth, for more than thirty years. Since we first heard about EFT in 1997, we have done extensive research and implementation. We also continue to follow the most current scientific

discoveries. Based on our experience with EFT and other holistic healing processes, we have written what have become some of the most popular books on EFT, *Getting Thru to Your Emotions with EFT* and *Heart & Soul of EFT and Beyond*. We're 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 our expertise on creating success to make things as quick and easy as possible for you.

This *Holistic EFT "Get Started" Manual: Tap into the Leading Edge of Healing with EFT* offers 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. This manual can help you to open to opportunities you may never have imagined possible until now. The information presented here can take you on the journey we took as we opened to the possibility that we could leave behind a life that was no longer fulfilling and moved in totally new directions to make our new dreams a reality.

The New Facts of Life

First, some background. 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 amazing ways.

These 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 generally believe that what you see is what you get and that our 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. The wisdom that has come down to us through the ages has now been proved scientifically.

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 that 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 for you keep you on course.
- **Why You Are Here:** You could say that 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 life and where it's taking you, and proud of the magnificent person you are becoming.

As suggested earlier, in addition to the proof of quantum physics, these "New Facts of Life" have been born 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."

We've all heard about *The Secret* by now, and many sense that something is missing.

Here's the Real Secret ...

The secret that many people miss is that 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. Your emotional state provides an overview of 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 our 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.

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. It 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.

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, a lot of 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.

The Energy System

Understanding how emotional healing with EFT works may require an open mind for many people. 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 result 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 frequently 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 learning to be effective with 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. If you can use EFT to reduce stress, 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 violates 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 scientific) 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 person cannot get upset about the circumstance no matter how hard they try. The memory remains 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 said: "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

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 set-up 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 have written three books on the subject, along with demonstration videos and audios that guide you through the deeper techniques. You can find all of these materials and much more on our extensive website at <http://gettingthru.org/holistic/eft-books/>.

Recommendation: If you aren't already a member of our community, be sure to visit our website and subscribe to EFT Video Series. You will also receive our free email *Heart of Success Updates*, which will answer many more questions. It provides the newest information on energy therapies and reaching into the heart and soul of success, including some fascinating case histories. Go to <http://gettingthru.org/holistic/access-eft/> to subscribe.

Why You May Not Have Heard of EFT Before

The use of this technique is relatively new and is part of the beginning of a complete revolution in the way we handle our emotions. 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 generally possible within days or weeks rather than years.

EFT was developed earlier in the 1990's by Gary Craig, whose academic training includes a Stanford Engineering Degree. While personal healing has been his passion for over 30 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. Because of this, it is easy enough to be mastered by most people. We also developed techniques to help people more quickly identify the source of conflict 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. 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.

EFT can help you 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 *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 book to you.

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 his ebook. 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.

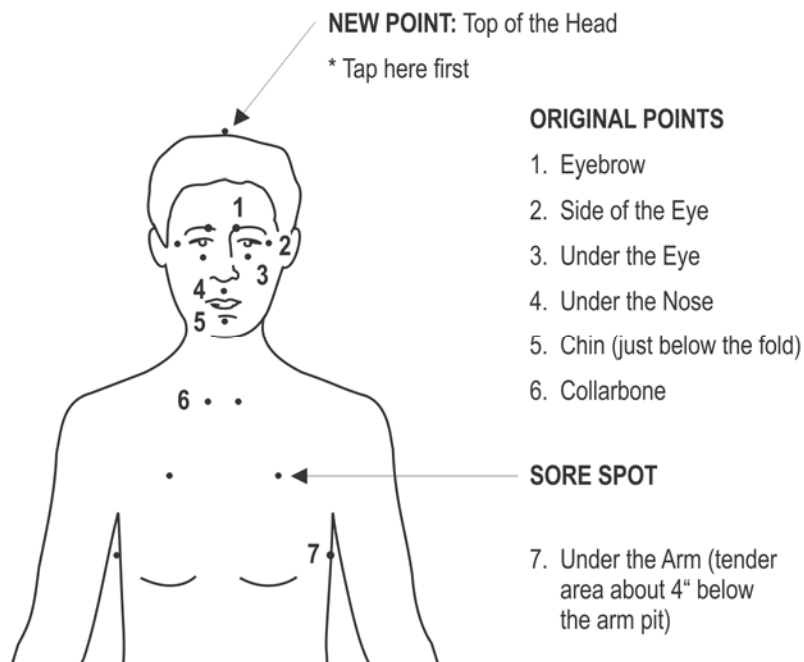
1. **THE SETUP:** Focus on bringing an emotion issue into your awareness in the present moment. The key to the success of this process is to feel the emotion and set up the blockage in the meridian system. If you want to reduce the intensity of the emotion, imagine moving away from it or placing a veil between you and the emotion, so it feels comfortable.
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, repeat the following affirmation three times: "Even though I have this _____, I deeply and completely accept myself."

Another option to rubbing the tender spot is to tap continuously on the heel of one hand (the side away from the thumb) with the fingers of your other hand.

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

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.

Make note of a point that was recently added to the recipe at the top of the head and tap there first.



Note: You can tap on the points on either side of the body or on both sides. It doesn't matter which you use.

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.

In EFT terminology, this 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.

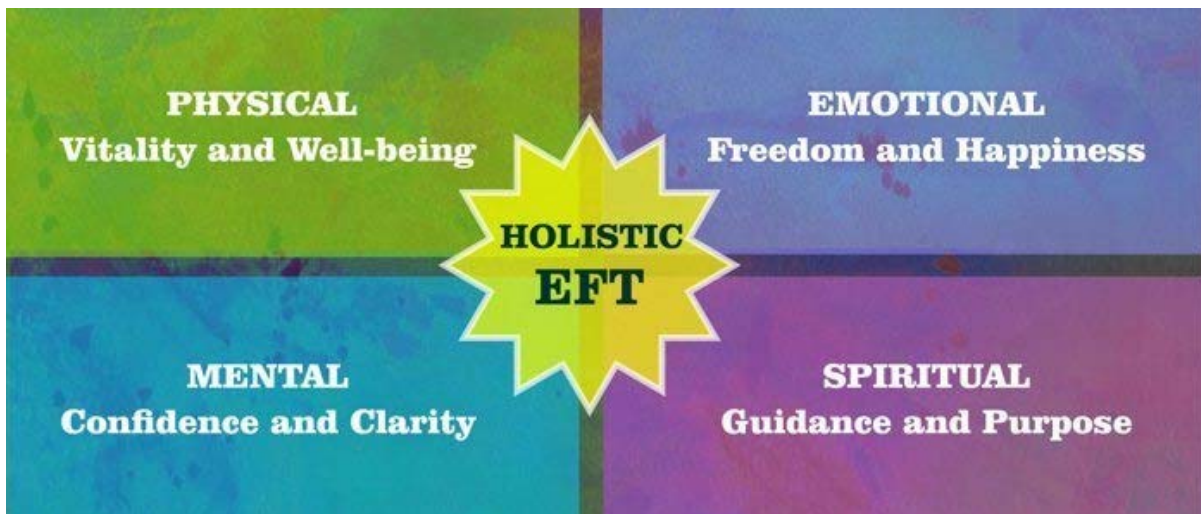
Now we're ready to put the use of EFT into the context of our holistic approach. In our view, the additions we provide with our signature processes make the Basic Recipe even more effective and profound. We hope you're ready to change your life in amazing ways.

2. A Holistic Approach

Whether you are new to EFT or wanting to increase your effectiveness, you are walking 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 of 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 own interests in healing, the secrets we have 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 that each individual brings are honored and nurtured.

We started with healing work in the early 1990's, when we learned Reiki and hypnotherapy, along with some profound spiritual healing practices. When we combined everything we were learning, we recognized that a holistic approach that integrates the body, emotions, mind, and spirit is critical for anyone who wants to get deepest, clearest, and most lasting results, as we did.

When we learned EFT later in the 1990's, it supercharged our effectiveness. Like many others, we immediately incorporated EFT into our work and we were amazed. We were already getting miraculous results, and EFT improved our effectiveness exponentially.

What You Can Do With Holistic EFT

Maybe you have a specific issue you hope to address with EFT. Stress is generally a great place to start. You may also see it as an opportunity to get rid of some old habits and/or emotional patterns that have been bothering you for awhile. On a larger scale, you may even recognize it as a remarkable tool for your personal development. All of these are worthwhile goals.

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'd like to offer some insights, because they can dramatically increase your effectiveness.

The tapping technique, EFT, is still considered an alternative energy technique, although it is moving more into the mainstream due to exposure, research, and widespread success. To understand how to use EFT in a more holistic, mind-body-spirit way than it is usually done, 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, it turned out that 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, she 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." Although this hands-off approach can work in some cases, it often leads to disappointment. Similarly, we could have just 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 having more awareness of what's happening with their body, emotions, mind, and spirit.

Experts on the human mind have discovered that most people are only about 5% aware of what's happening in their own 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.

What we discovered is 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 people 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 our signature GTT (Getting Thru Techniques) processes. 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 see how an issue affects you physically, emotionally, mentally and spiritually before using EFT. 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 our book *Getting Thru to Your Emotions with EFT*.

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 could not tolerate it any more, so she told her friend that she was no longer willing to meet the demands.

They had not spoken since, and Jane thought that 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 that 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 EFT Technique), 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.

We first shared the Holistic Process in our book *Getting Thru to Your Emotions with EFT*, with rave reviews. Since that time, it has helped countless people to increase their effectiveness with EFT. Our clients and students generally love it, and you may, too.

The Deepest Benefit of a Holistic Approach to EFT

It’s interesting that most people miss what we consider to be the single 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’s your birthright as a spiritual being and your greatest resource for creating the most amazing life imaginable.

When you encounter a stuck emotion or limiting thinking about yourself and your possibilities, you lose access to that sense of knowing what’s right for you. With EFT, when you release the stuck energy, when the intensity gets down close to zero and you feel calm and peaceful, you reconnect with your inner wisdom. This is your most resourceful state and the insights you have at this time are like frosting on the cake for your work with EFT. You could say that this lifts the potential EFT has to transform lives to a much higher level.

Above all, a holistic approach recognizes how everything is connected. To create the best possible life, the life you were born to live, our goal is to get to the heart of the matter. We want you to be able to pinpoint the source of issues, so you 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.

The Reset Process: A Holistic Addition to the Basic EFT Recipe

To connect users with their inner wisdom and resources for creating a brighter future, the Basic Holistic EFT Recipe includes an addition to the Basic 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.

Steps in the Reset Process

- 1. Continue to focus on what's disturbing you.** 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,** with 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 lightly for one complete breath.
- 3. Tap lightly across the center of 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.

It's also worth noting that we sometimes use the Reset Process alone to reset our energy during the day. There are actually a lot of things you can do with it.

How to Integrate the Reset Process into the Basic EFT Recipe

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

1. Perform the Basic Recipe as usual, ending at the “Under the Arm” Point.
2. Before stopping to do the re-evaluation, perform the Reset Process
3. When you complete the Reset Process, take another few nice, nurturing breaths and focus on breathing love into your heart.
4. Re-evaluate and if needed, repeat the process to bring the intensity down around zero.
5. When the intensity has subsided, notice the clear, peaceful state that emerges. Focusing on the love you hold in your heart, ask yourself what is different now and what might be possible that wasn’t possible before you started the process.

This is the Holistic EFT Basic Recipe. Ending the process at the heart is significant, because the heart is the center of your being and, as suggested, your source for understanding what is right for you.

As suggested earlier, a great place to start 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. 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 have to overcome 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 to your full potential – for better health, prosperity, a fulfilling career, supportive relationships, and more.

And there's so much more... 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.

3. The Miracle Reframe and More...

To amplify the power of EFT with a holistic approach, we developed a series of signature approaches to EFT. 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 quickly and 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 experts 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 definite limitations. It may not clarify the core of the issue. It also may be disempowering, making a recipient feel outwardly reliant on a someone who can create complex tapping scripts, rather than accessing the truth for oneself.

The use of tapping scripts has become a common practice, we want you to know that EFT works wonders without them. Ironically, these scripts may 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. It also can confuse the mind to have someone else come up with phrases that don't actually apply to you. If you've been exposed to this approach and find that complex tapping scripts confuse you, we recommend sticking 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 proacess. As you have seen, our goal is to get to the roots and clear issues as quickly and easily as possible. With that goal in mind, we only use simple reminder phrases that are easy to integrate.

With hypnotherapy, we learned that getting out of the continuous chatter that runs through your head and becoming more aware of your body is an important key to change. This allows you to feel 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, your conscious participation definitely increases your effectiveness. 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.

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. 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 and you can use it with virtually any issue.

Start with one specific thing that is 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.

The Affirmation

Next you 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 the EFT Basic Recipe 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. They have powerful meaning for you.

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 bringing in 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 power of the heart. Remember to use your full hand to tap lightly with full hand tapping on the the top of the head for the duration of a full, relaxed breath in and out, then on the area around the heart for a full breath in and out.

As mentioned earlier, 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.

Head	"Anything IS possible"
Heart	"And miracles are happening now!"

When you finish tapping, take a few breaths into your heart. 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 see that your sense of who you are and what you are capable of accomplishing expanding. Isn't that amazing?

You can see an example of The Miracle Reframe for yourself now at:

<http://gettingthru.org/science-getting-rich/miracle-reframe-with-eft-money-and-relationships>

Adding Imagery to EFT

Another unique aspect of Holistic EFT is a powerful use of imagery. Images that emerge from the unconscious mind are like holograms or energetic representations of what's happening within us. 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."

Reflecting 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 lots of thoughts. Focusing on images is another shortcut, with images representing whole realities.

We call one of the processes we use to amplify the power of EFT with imagery "The Reality Shift." People love it and the results are often astounding. Here's how it 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.

After a round or two of tapping, as the issue resolves, return to the image. The reality shift may surprise you and you may find that the images have special significance to you. 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 meaning 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.

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.

Lao Tzu, many years ago, might have had something of a holistic approach 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.

4. The Big Picture

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.

Having worked with thousands of people now, we have 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 prevents this 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, result in disease.

There is a positive side to this. 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.

You're Here for a Reason

It all comes down to 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.

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 have seen, this is not scientifically true. You are a creator with access to an infinite intelligence and 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. Very few people have committed to the growth required to reach this magical place. But don't you think it's worth it?

Imagine being on a lofty mountaintop with clear, crisp air and a magnificent view extending in all directions. Here you feel connected with everything around you 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 have introduced to thousands of people worldwide over the years. We're grateful for all we have learned and for the blessings we now experience every day and you can do it, too.

It All Comes Back to Miracles

We want to leave you with this 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.

Following Up

As you take your next steps, know that your dreams are worth pursuing.

With regular use, EFT and the other amazing techniques we share in our publications and training programs can transform your life! It makes good sense remove the roadblocks that stand between you and the life you desire. We've made countless improvements to our lives using these techniques and you can, too. If you devote just a few minutes a day to yourself and your dream of the life you truly want AND deserve to live, imagine what might be possible.

For starters, you can find a wealth of resources on the “gettingthru” website at <http://gettingthru.org/holistic/>.

And there’s more. Here are some options to consider.

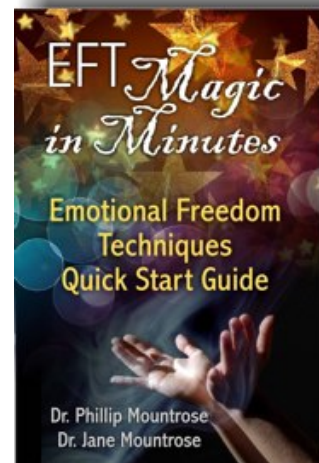
1. Learn More about EFT

This is a great place to start if you want to learn more about EFT and energy healing.

If you want more details for mastering the EFT basics, you can get immediate access to the *EFT Magic in Minutes Quickstart Kit*, with an instructional ebook, audio, video, and more.

You'll also find a variety of other options to explore if you want to go more into depth with EFT. Go to:

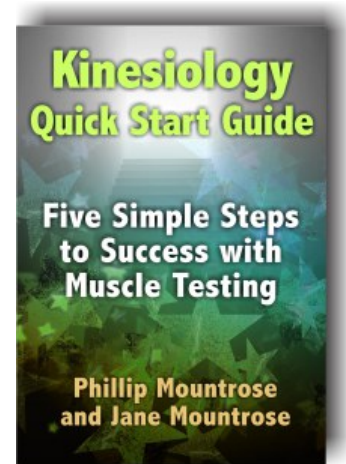
<http://gettingthru.org/learn-eft/eft-books/eft-book-audio-video/>



2. Learn How to Do Kinesiology

Here's another amazingly simple and effective technique to explore. It's sometimes used with EFT and like EFT tapping, we wouldn't want to be without it.

EFT users often use kinesiology (muscle testing) to pinpoint unconscious blocks, and enhance their results with EFT. We've been using it ourselves for many years now and it's a real eye opener! Kinesiology is an amazing tool to use with EFT and in its own right. It can virtually test anything (physical, emotional, mental, and spiritual) and instantaneously show you whether it strengthens or weakens your energy. When you identify interference, you can deal with it with EFT and by making changes in your life that will give you more joy and vitality.



You can learn more at:

<http://gettingthru.org/holistic/eft-books/kinesiology-muscle-testing-book/>

3. Learn Spiritual Kinesiology (SK) with EFT and more...

Spiritual Kinesiology (SK) is a complete healing system with tremendous benefits. With an enlightening focus that brings the vast realms of spirit down to earth in a beautiful way, SK is the future of healing and of uncovering human potential.

We all deserve to live fully and realize our true potential. With this goal in mind, consider this question:

**What might it be worth to learn a system
that combines kinesiology with powerful healing tools
to make transformational changes in your life?**

If the value of such a system appeals to you, Spiritual Kinesiology may be for. Eft users can even include EFT for clearing blocks. SK has been time-tested over a period of more than twenty years with tremendous success.

Users report finding Spiritual Kinesiology powerful and enlightening, with healing tools that are surprisingly fast, easy, and profound.

To learn more about “What is Spiritual Kinesiology,” go to:

<http://gettingthru.org/holistic/faq-holistic-healing-techniques/spiritual-holistic-kinesiology-testing/>

4. EFT Certification

If you want to use EFT as part of your current profession or consider opening a practice as a Certified EFT Practitioner, learn more at:

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

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.

Their passion in life and greatest joy revolve around helping people to overcome personal challenges, discover their life purpose, 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 for themselves, 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, 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 Moutroses 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 Moutroses have written 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 Moutroses 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>.