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Whole Foods, Whole Mind, Whole Body
Wellness

Tap The Root Cause of Your Pain and Feel the Freedom of True Healing!

What is Emotional Freedom Technique (EFT) or “tapping”?

It is a profoundly life transforming tool that is based on the main premise that our perception to past, present and future circumstances creates our reality. EFT also relies on the belief that it is *we* that hold “stress” in our bodies. It is often thought that stress affects us from the outside. But this is erroneous. We must shift our perception to see that it is our reaction to things within us that causes our greatest limitations.

It is primarily our long held hurts, past memories, and suppressed feelings that cause an internal conflict whereby the body and mind create a very effective feedback loop which supports our beliefs, thoughts and perceptions. This eventually may cause dis-ease, illness and pathologies. The root of our ailments is not only in the body. It is the energy system within us that first becomes disrupted, and then it manifests in the physical body over time.

The Mind-Body Connection

The mind is in the body, and the body is in the mind. The two cannot be separated. It is only when we release the negative thoughts, and beliefs about our past, our present and our future that we can shift and release the limitations that are holding us back to live the greatest version of our lives. This cannot simply be done with positive thinking or repeating daily affirmations. EFT

supports the principle that underlying stress patterns, based on suppressed negative emotions, are the key culprits to the physical, mental, and emotional ailments we struggle with. And our emotions are energetic in nature and thus directly impose their effects on our energy system which is the prime system in our bodies.

How then do we release these negative limitations or internal stress patterns?

We tap. We tap on a specific set of points on the body (primarily face and head) that correspond to the main organ systems and energetic meridians in the body. Tapping is taken from the Chinese medical model that practices needling these points with acupuncture needles. With EFT there is no needling involved. You simply tap with your two first fingers in a certain sequence, and saying a certain “script” that is based on your own individual issue and emotional experience. Tapping is gentle, non invasive and deeply powerful for relieving pain, anxiety, stress and negative emotional states. It works on your specific concern and aims to release the energetic patterns within you that are causing you pain, or illness.

EFT has Miraculous effects:

Personally I can attest to the seemingly miraculous effects of EFT. After 15 years of low back pain I received complete relief with just a couple weeks of daily tapping. I have had bouts of pain that have left me crying, sleeping on the floor for weeks and unable to move or leave my house for days. Within 3 days of consistent tapping the pain had shifted from an intensity of 10 to an intensity of 2-3. I was beyond hooked, and became fascinated by the immensely powerful healing ability of this tool. Years of chiropractic, acupuncture, herbal medicines, massage, Osteopathic, Rolfing, and even psychotherapy did not heal my pain. EFT tapped the root cause and gave me freedom to live life fully.

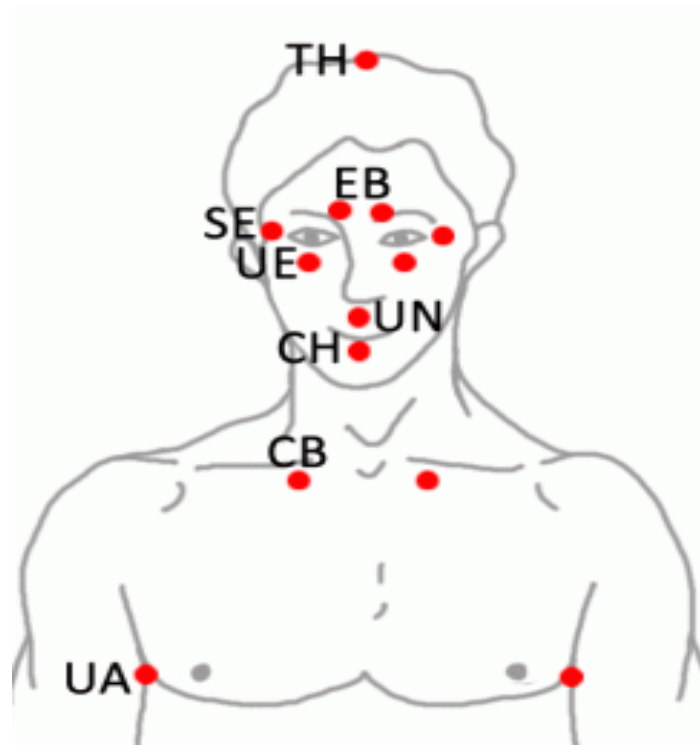


I have also seen EFT heal these individuals in my practice:

- A women's 20+ year struggle with Arthritic Pain. She threw out the 15 pills she was taking a day to cope, and discovered true freedom.
- A crumbling marriage of 20 years. They both tapped and mended the pieces back again.
- A man's impotence of nearly 15 years. Boy did he have a smile on his face!
- A teen's struggle with body image, eating disorders that almost cost her, her life. She's now strong, healthy and vibrantly free
- A 55 year old man's chronic knee pain that didn't allow him his greatest passion – to run marathons. He's running a marathon every year now.
- A 35 year old woman's inability to get out of debt and have financial stability. She is now making more money in one year, than she did in a decade.

EFT can address almost every ailment known to humankind. Because it addresses the underlying energy system. This is energy healing at it's best.

Here is a quick tutorial on the process:



How to Tap:

The above diagram displays the main points to tap which are:

- TH = Top of the head, right in the center of your scalp
- EB = Eyebrow, just beside the inner eyebrows
- SE = Side of the Eye, outside of the eye or temple
- UE = Under the eye
- UN = Under the nose
- CH = Chin or just below the lower lip
- CB = Collarbone, just below the bone
- UA = Under the arm, 2 inches under the armpit

There is also the Karate Chop point:



The Karate Chop point, is on the fleshy part, below the pinky finger side of the hand.

1. Begin by choosing an issue, problem or physical ailment you wish to release and heal. Take a few moments to visualize, sense or feel the situation. If you are working with clearing a past hurtful memory (one of the most effective ways to relieve the problem) begin to see it , hear or feel in the best way you can.
2. Try to amplify that feeling now. Make it more intense. Yes this may be painful and tough to experience but hang in there. Rate the intensity from 1-10, where 1 is very very mild and 10 the most extreme. Once you have recreated the state, begin to tap the karate chop point saying “ Even though I feel _____ I completely love and accept myself”. Repeat this statement 3 times and really FEEL the words as you tap the point.
3. Now proceed in the following sequence, and just say “ this _____ while tapping the point about 5- 7 times with your two first fingers of one hand (whatever feeling or emotion you are clearing).

- **EB = Eyebrow, just beside the inner eyebrows**
- **SE = Side of the Eye, outside of the eye or temple**
- **UE = Under the eye**
- **UN = Under the nose**
- **CH = Chin or just below the lower lip**
- **CB = Collarbone, just below the bone**
- **UA = Under the arm, 2 inches under the armpit**
- **TH = Top of the head, center of scalp**

4. After you finish with the last point (TH), take a deep long breath and exhale. Check in with the pain, or feeling. Is it less intense? Rate it again 1-10. Repeat the tapping sequence over and over until you reach between 0-3 in intensity. Initially this may take several rounds.

These are the basics to the tapping process. There are variations to this and other EFT professionals suggest that even just tapping 2 or 3 points can offer benefits. Experiment with different approaches and find the one that best serves you.

The following is a list of the actual organs you are stimulating when you tap. Each of these points also correspond to an emotion and/or mental state. It is now a known fact that our emotions and unresolved feelings have a direct effect on the organs and all cells in the body. Tapping will set you free and heal you at a very deep level. This ensures relatively quick and permanent results.

Chinese Meridian Points and Their Corresponding Organ Systems

1. **Karate Chop Point** - Small Intestine Meridian (Sadness, forgetfulness, indecision, inability to express emotions)
2. **Top of Head** - Governing Meridian (Restless thoughts, anxiety, inner critic)
3. **Beginning of Eyebrow Point** - start point of the Bladder Meridian, Stomach Meridian (Fear, lack of confidence, overwhelm, pressure)
4. **Side of Eye Point** - end point of the Triple Warmer Meridian, beginning point of the the Gall Bladder Meridian, Small Intestine Meridian

(Irritability, rage, anger, bitterness that leads to sadness, tension)

5. **Under the Eye Point** - Stomach Meridian (Worry, anxiety, poor/low confidence, mistrust, feelings of suspicion)
6. **Under Nose Point** - end point of the Governing Meridian, Large Intestine Meridian (embarrassment, powerlessness, shame, guilt, grief, fear of ridicule, fear of failure)
7. **Chin Point** - end point of the Central or Conception Meridian, Stomach Meridian (confusion, uncertainty, second guessing oneself and others)
8. **Collarbone Point** - Kidney Meridian (fear, hesitancy, no zest for life, poor willpower, guilt, would rather run away from issues, low self confidence.)
9. **Under Arm Point** - ending point of the Spleen Meridian (anxiety, fear of future, low self esteem, feeling powerless.)

This is a very basic primer on EFT. You have a great starting point here and can now put this into practice to begin to heal your mind, body and soul. EFT goes on further and is best learned with a qualified teacher or practitioner. If you would like a personal session and receive more tips, advanced techniques and scripts to use please contact me at [PieraB](#) , and invest in an EFT package.

Also my new online EFT “BE Tapping to Great Health and Vitality Program” and “S.A.F.E Solution™” programs will assist you to incorporate further learning and individualized scripts to address any of your concerns. Keep an eye on your inbox for my regular **BE** Newsletter, for all upcoming events, online courses and seminars.



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