**EFT tapping**

If you are looking for a way to relieve stress why not give tapping a go. Many people seek alternative solutions, such as EFT it stands for Emotional Freedom Techniques, and users say it is a simple technique and helps them to feel better quickly.

EFT tapping has roots origins in the 1970s when several doctors began stimulating acupressure points to help their patients deal with stress, fear, and phobias. One of them, patented by Dr. Roger Callahan, is called Thought Field Therapy. Later Gary Craig simplified the process and made it available to the public under the EFT name.

**The Philosophy behind Tapping**

Disciplines such as yoga, tai chi, massage and acupuncture rely on a body-mind connection, and evidence shows that these interventions can relieve stress, depression, anxiety and other psychological disorders. EFT tapping falls into the group of body-centred therapies.

Tapping draws on the ancient Chinese practice of acupuncture and teaches that the body's energy travels along specific pathways. Certain points on these pathways are stimulated to improve the flow of energy. The stimulation is done by inserting very thin needles (acupuncture) or by applying pressure.

Although still being researched studies show that acupuncture is effective for some conditions. Some scientists believe that it works because it stimulates the central nervous system and causes the body to release helpful chemicals. EFT tapping stimulates acupoints by touch rather than by the use of needles, making it comparable to acupressure. Supporters say the tapping helps you access your body’s energy and send signals to the part of the brain that controls stress. They claim that stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy. EFT tapping focuses on tapping the 12 meridian points of the body to relieve symptoms of a negative experience or emotion.

**Steps to EFT tapping.**

If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

**1.** In order for this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you’re tapping. Focusing on only one problem at a time is purported to enhance your outcome.

**2.** After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your main issue.

Finding a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you’d have accomplished a 50 percent improvement level.

**3.** Prior to tapping, you need to create a phrase that explains what you’re trying to address. It must focus on two main goals:

* acknowledging the issues
* accepting yourself despite the problem

The EFT tapping sequence is the methodical tapping on the ends of nine meridian points.

There are 12 major meridians that mirror each side of the body and correspond to an internal organ. However, EFT mainly focuses on these nine:

* side of hand- small intestine meridian
* top of head - governing vessel
* eyebrow - bladder meridian
* side of the eye - gallbladder meridian
* under the eye - stomach meridian
* under the nose - governing vessel
* chin - central vessel
* beginning of the collarbone - kidney meridian
* under the arm - spleen meridian

**4.** Begin by tapping the side of hand point while concurrently reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order:

* eyebrow
* side of the eye
* under the eye
* under the nose
* chin
* beginning of the collarbone
* under the arm
* After tapping the underarm point, finish the sequence at the top of the head point.
* While tapping the ascending points, recite a reminder phrase to maintain focus on your problem area. If your setup phrase is, ‘I have anxiety, and that can change; I want anxiety to go away’
* Recite this phrase at each tapping point. Repeat this sequence two or three times.
* At the end of your sequence, rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven’t reached 0, repeat this process until you do.
* If you wish you can change the phrase to something positive, ‘There is harmony and peace somewhere in my mind and body, and that is good; I want these qualities to grow and spread’

**Advantages of EFT Tapping**

As a self-help strategy:

* Painless
* Inexpensive
* Easy to do
* Less time-consuming than other types of therapy