

**Change**

*Your  
Mind!*

**with EFT**

**the Emotional Freedom Techniques**

**The Shorty Version**

**Illustrated EFT Tapping Points**

**by**

**Angela Treat Lyon, EFT C-C**

**Relieve Pain, fear, illness and anger!**

**Easily create joy,**

**health, freedom and success!**

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Change Your Mind! with EFT  
The cause of all negative emotions is a disruption in the body's energy system

This is an excerpt from  
**Change Your Mind! with EFT**  
by Angela Treat Lyon, EFT C-C  
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## **Out Front Productions**

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contact info on the back and place in your office, bookstores and  
other locations to promote your practice.

Change Your Mind! with EFT  
The cause of all negative emotions is a disruption in the body's energy system



to  
Rue  
whose brilliance and quiet softness  
fills and nourishes us

Change Your Mind! with EFT  
The cause of all negative emotions is a disruption in the body's energy system

## REMEMBER THIS:

**The cause of all negative emotions is  
a disruption in the body's energy system.**

*Gary Craig  
Originator of EFT*

# What is EFT?

## CHAPTER ONE

**Remember this statement, because it is the basis of everything in this book:**

“The cause of all negative emotions is a disruption in the body’s energy system.”

*Gary Craig, Founder of the Emotional Freedom Techniques*

### WHAT IS EFT?

**EFT is a short, easily memorizable, easily applied process for making dynamic, positive change in our lives.**

EFT is based on the premise that the cause of all negative emotions is a disruption in the body’s energy system. The process itself is a combination of verbal statements along with the stimulation of specific energetic points on the body (points also used in acupuncture).

This stimulation dislodges and dispels unwanted, blocking and disrupted energy, and allows our bodies’ natural energy flow to once again resume in a natural way.

We stimulate points on the meridians of the body, the mind/body system, as we focus on, or tune in to, problems, issues or choices. During this process, the energy that has been tangled up within us is released and flows freely.

### WHO CAN USE EFT?

EFT can be used by, on or for adults, children, babies, plants and animals, both tame and wild, near and far; ourselves, friends, family, business associates and clients.

## EFT IS ALMOST TOO GOOD!

It is elegant, dynamic and superbly effective in the majority of cases. In its combination of psychology and energy, EFT can be used to address problems in just about any area of our lives: physical, emotional, mental, spiritual, relational, financial, sexual, recreational, and more.

## BODY/MIND

Just as wave and particle, explicit and implicit, are two aspects of the same thing, manifest and unmanifest, body and mind are two aspects of the same thing.

## SEPARATE UNITS

In the past, it was assumed that the mind and the body were separate units. No-one was really sure where the mind was. In the early 14 and 15th centuries, it was "common knowledge" that the mind was in the belly.

In other times and various cultures, the mind was believed to reside in the heart, or the liver, even outside of our bodies. Now it is more widely recognized that each of us is really an integrated body/mind/spirit system. It is also recognized that the energy in the body plays a massively important role in our physical/mental/emotional makeup:

**Mental and emotional blockages can impede physical functioning.**

**Physical and emotional blockages can impede mental functioning.**

**Physical and mental blockages can impede emotional functioning.**

**What it all boils down to is that if there is a blockage, or disruption, in the energy system, whether physical, emotional, mental or spiritual, our ability to live a full life will be impeded.**

## CLUES

If there is a blockage somewhere, it will come to the surface in one system or the other to let us know there is something wrong. These are symptoms, clues, messages, red flags to which we need to pay attention in order to 1) know there is a block, 2) be able to clear it away, and 3) choose something we prefer more.

The symptoms can vary immensely - from acne to cancer to a tickle in the throat, a pounding heart, sweating, clammy palms, a headache or an itch. It can manifest as a fear of heights, a phobia of spiders, water or open spaces. It can show up as a tendency to get cold, to feel depressed, to fall asleep or fidget. Or an addiction or negative tendency.

Now we can use EFT to help us get as free from restriction, pain, discomfort, upset or dissatisfaction as we can.

**All any symptom means is that there is a disruption in the energy system of the body.  
When we see any symptom, we then know there is a disruption.**



### EFT CAN HELP EXPAND:

- specific health aspects
- general health and physical comfort
- public speaking ability
- sport performance abilities
- dance, singing, & other performance
- ability to learn • self-esteem
- improvement for people in permanently compromised physical, mental or emotional states
- improved ability to communicate
- improve relationships of all kinds
- the ability to receive and create prosperity
- the ability to handle and increase wealth
- improve business
- and much more.

### EFT CAN HELP RELIEVE:

Here is a partial list of some of the problems from which thousands of people of all ages all over the world have gained relief:

- headaches & migraines
- chronic pain
- traumatic memories of:
  - war, rape, abuse or molestation
  - fears and phobias
  - depression
- limiting beliefs, emotions or habits
  - anger, rage, tension
  - weight gain/weight loss
  - nail-biting
  - anxiety and despair
  - fear of public speaking
  - performance anxiety
  - chronic negative attitude
  - self-doubt and self-hatred
  - confusion and foggy mind
- all kinds of cravings and addictions
- many kinds of physical illness
- nightmares; fear of dentistry

## BIG/SMALL

Using EFT, we rapidly clear blockages from our energy systems, producing greater comfort, peace and pleasure in our lives. The disruption can be miniscule, simple, enormous or complex. EFT can be used to address any of them. Notice I say "address." As far as I know at this writing, no-one at this point claims to have had 100% success with clearing all problems with EFT. Maybe one day we will.

As EFT practitioners, we are encouraged to say that EFT's success rate has been very conservatively estimated at 20 to 60%. However, in my own (and the majority of practitioners who use EFT on a regular basis) use of EFT, I've experienced a much higher rate than that—more like 95%—using EFT on myself, clients and groups.

EFT enables us to clear blockages from our energy systems. This clearing results in the body's ability to return as far as possible to its natural state of ease and health.

**Remember: whatever the symptom,  
it simply indicates a disruption  
in the energy system of the body.**

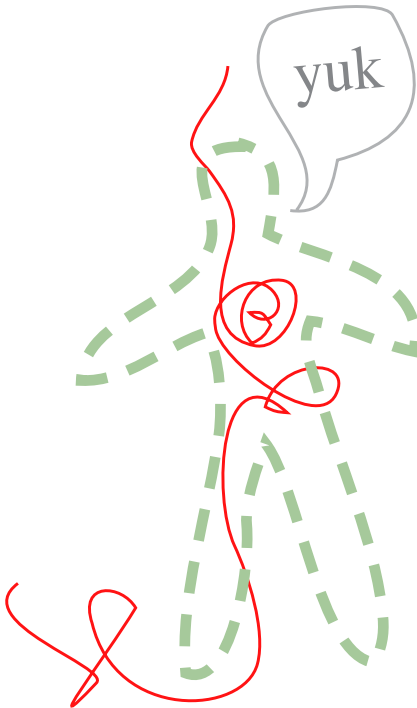
Who can benefit from EFT? Adults, children, babies, plants and animals, both tame and wild, near and far.

Have a load of fun while you're at it - remember that this isn't a dress rehearsal—this is LIFE! Make it as good as you can while you can!

Exploration with EFT is a journey, a great experiment! We have a good idea what it is capable of, yet there is so much more we still have to learn. Use EFT on everything, and see what results you can get!

On the following pages are illustrations showing what happens on an energetic level when we are traumatized, use tapping to get relief, and after tapping.

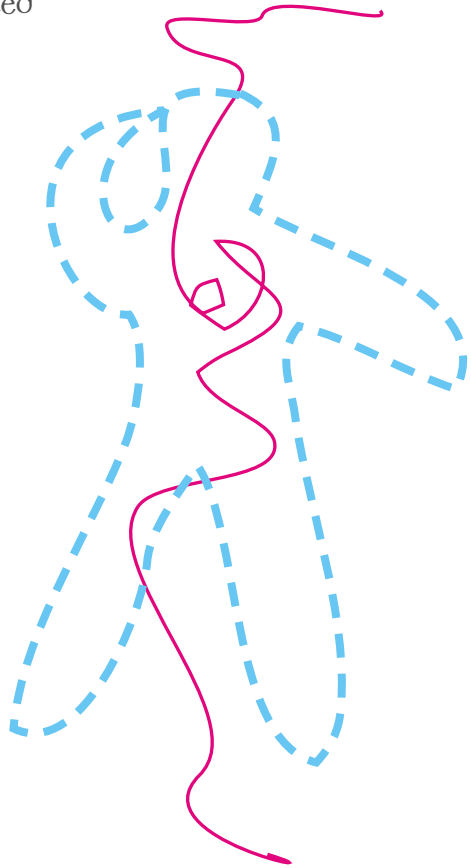
## ENERGY TRAUMA



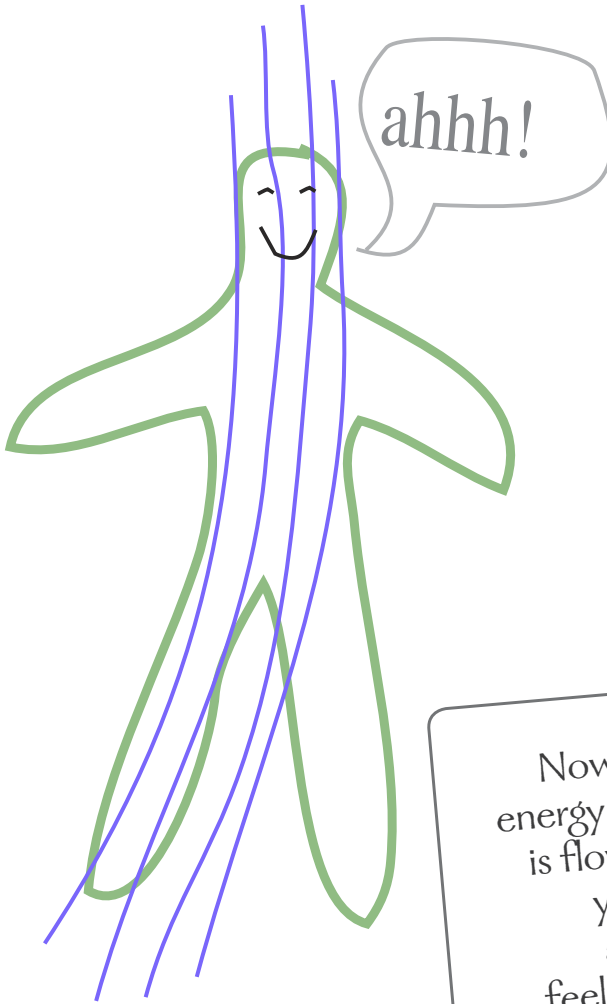
Trauma, shock, fear or upset can produce tangles in your body's energy system. When the energy system is tangled up, you feel constricted, limited in movement and ability, blocked, and any number of other unwanted or unpleasant sensations or situations.

## TAPPING

By simply tapping on some specific points on the body as we state specific phrases, our energy can start to flow freely again, and the unpleasant or unwanted feelings dissipate.



# RELIEF!



Now that the energy in your body is flowing freely, you can- and do- feel good again!

# Jump In!

## CHAPTER TWO

### APPLES: LOOK OR EAT?

**Which would you prefer: listen to me tell you about apples, or try one out for yourself?**

OK, maybe you don't like apples. How about papayas? Either way, it's obvious that you'll know more about papayas if you try them yourself—even if you only take one little teensy bite—than if I spent the next ten years telling you about them.

We're going in running. Let's just get on with it. I could tell you about EFT all night long, but until you experience it, you won't have a real idea about what it can do.

### AN EXPERIMENT

Is any small thing you would rather not be experiencing or feeling in your life right now, this very minute? A physical pain, or a painful memory, maybe. Write down on a sheet of paper what it is.

It can be anything: a headache, a sore back, a knee pain, or a toothache. Or, you might be worrying about something, feeling anxious, or feeling lazy! Maybe it's 3:00 p.m. and an afternoon slump has hit you. You might be drowsy, or foggy-headed. Or it's late at night and you're reading because you can't sleep, or your feet are cold.

Maybe you want something but you don't know quite what, so you're inclined to reach for ice cream or a candy bar. A cigarette, or a beer, maybe. Craving!

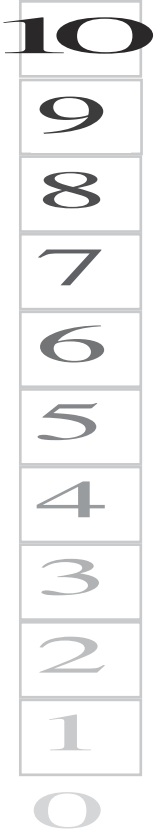
Maybe it's not a pain at all but a frustration because you can't do

something you want to do—you have to give a speech tomorrow, and just thinking about the stage, never mind going up on it and giving a forty-five minute talk, makes you nauseous.

Or perhaps you are a student and have to take a test tomorrow. You've studied and know the material, but are still freaked out by the idea of being tested.

Or you could be a world-class surfer who has never told anyone about your fear about falling off big waves. You brave it out, over-ride your fear every time you go out, but it sits in the pit of your stomach like a lead ball each time.

**ISSUE:**  
I have a headache at the top of my head  
or  
My tooth is throbbing  
or  
I'm sad because....  
or  
I feel sleepy



Find your own.  
Write it down.

**FEEL IT**  
**Remember: It's alright to feel like this! It's not a character fault!**

If we don't feel, chances are we're dead or on our way. In order to find out how to resolve something, we have to identify it first. Feeling is OK: feeling it is how we find the problem.

**FEEL THE PAIN/EMOTION/ SENSATION**  
**Be with it as much as you can without hurting yourself. It is not the point to traumatize yourself!**

**WHERE IS IT IN YOUR BODY?**  
How would you describe it to me? Is it sharp, dull, an ache, just a feeling of being squashed? Is it intense, or light, or maybe hot? Does it come in waves, or is it erratic? If it's not in your body, is it in your mind? Is it tiring, black,

heavy, nauseating? Does it have a sound or a shape? A color or texture? Someone's voice? Describe it to yourself very well. Name it, and write it down.

## RATING THE SENSATION

Let's say that you have an enormous thermometer that measures intensity

of feeling. It's marked with intervals from zero up to ten, with ten being the highest in intensity. What rating would you give the intensity of your feeling or sensation? If it's hard to imagine a number for the rating, guess. Your intuition will most likely be right.

This number is only a reference point so when you're done with this short process you'll be able to see where you came from. Write the number down.

### RATING

I have a headache at  
the top of my head -  
8

My tooth is  
throbbing -  
6

I feel sleepy -  
8

### BEING ABLE TO NOTICE

If you have marked the intensity of your feeling at only a one or two, find another one that has at least a five rating, just so you can notice a difference when you've finished the exercise.

If you can't find one right now, go back to a time when you had a troubling pain, experience or emotion. Use that.

## BE KIND TO YOURSELF

Be responsible for your well-being—whether you are feeling a present sensation or one from the past. For now, avoid choosing one that is really (a nine or ten) distressing—this is just an exercise! EFT is meant to be pain/distress-free. I'm just making a point here, not trying to get you into extreme pain or paroxysms of raging emotion!

## AN EXPERIENCE

Now. You have a sensation that you have named and described on your sheet of paper. You have rated this sensation, and written down the rating.



## ILLUSTRATIONS OF THE TAPPING SPOTS

Go to the *Illustrations of the Tapping Points* to see the positions your hands must take in order to do the tapping: you'll need to know the Karate Chop Point and the Tapping Points.

Here are the steps of the process you will use:

### 1. THE SETUP

As you tap the tips or the ends of the fingers of one hand against the Karate Chop Point (as in the diagram), you say the Setup Phrase. The setup phrase acknowledges the pain (speak it out loud).

You say:

***even though I have this pain/feeling/sensation***

(this anger, fear, craving, worry)

Still tapping the Karate Chop Point, you continue and say:

***I deeply and completely accept myself***

Altogether it will look/sound like this:

***even though I have this pain/feeling/sensation***

(this anger, fear, craving, worry)

***I deeply and completely accept myself***

Repeat these phrases so that you have said them three times, as you simultaneously and continually strike the Karate Chop Point. Please strike the Karate Chop point firmly, but without hurting your hands!

Important note: Don't worry that, by saying these things, you might be installing these negative things into your system - they're already there, or you wouldn't be thinking of them or feeling them! All you're doing is letting them come out as the truth about how you feel right now.

### 2. THE SEQUENCE

Next, proceed to the top Tapping Point (at the tip of one of your eyebrows). With the tips of your first and second fingers, tap on each face point, moving down to the collarbone and underarm points.

### NEW RATING

I have a headache at  
the top of my head -  
4

My tooth is  
throbbing -  
2

I feel sleepy -  
5

Tap firmly about 5 to 7 times on each point as you repeat the words "this pain (feeling, sensation)" as you go down the line of tapping points. There are seven points. Make sure you find and tap each one.

Tap the same intensity you would as if you were drumming the table in impatience—it's about that same firmness. Please, not so hard that you hurt or bruise yourself!

### 3. CHECK YOUR NEW RATING

At the end of the tapping sequence, check the intensity rating for your pain/emotion/sensation. Is it the same? Lower? Higher? Write down your results, and any notes you might want to add.

### TRY AGAIN

If the rating is the same or higher, repeat the process. Write down your results, and any notes you might want to add.

### AGAIN

If there is little or no movement or the rating is higher, try again. This time, try rubbing the Sore Spot for the Setup Statements. Do your best to get down to zero, but if you remain at a livable one or two, it's OK. Write down your results, and any notes you might want to add.

### GOOD!

**You have now completed your first experience using EFT**

By this time, you ought to have had some movement of the energy in your system.

Many people experience their pain disappearing, their ragged emotions calming, or craving going away.

### END RATING

I have a headache  
at the top of my head -  
0 - gone!

My tooth is  
throbbing -  
0

I feel sleepy -  
0 -  
I feel great!

Breathing often becomes deeper and fuller. Some people sigh or yawn. Some get shivers down the back or other part of the body.

In the interest of experimentation, testing like this is how to get a taste of the process of EFT. I can't possibly forecast what might happen for you. I hope you got relief from whatever pain or unwanted feeling you were experiencing, and that you feel better than before.

Your own sensations and your own notes are tangible (think of what the word 'tangible' means: touchable, within reach!) evidence that you have just taught yourself the basics of a tool with which, if you so choose, you can change the quality of your life.

### A RECAP:

Feel it.

Be specific: the more carefully you can notice what you feel, the more you can clear and heal.

Say, for example, you have a pain or an unwanted sensation or feeling. The more specific you can be the better. Instead of "I have a headache," for instance, use "I have a headache in the top part of my head on the right side." Feel to see what something is, where it is, how it feels, and how much intensity it has. Identify it, what ever "it" is!

### RATE IT/WRITE IT DOWN.

**Give it a number - what intensity level is it at for you? If you can't "see" a thermometer or "hear" a number, or feel a level of intensity - guess! Write it down!**

### SETUP AND I ACCEPT STATEMENT

As you tap on the Karate Chop point, or rub the Sore Spot, repeat three times:

*even though I have this \_\_\_\_\_ ,*

*I deeply and completely accept myself or  
I want to love and accept myself or  
I am willing to think about loving and  
accepting myself*

Examples of accept phrases for kids:

*I'm a great kid*

or

*My Mom loves me*

### TAP THE SEQUENCE:

Eyebrow point

Side Eye

Under eye

Under nose

Chin

Collarbone

Underarm

### RATE/WRITE

What is your intensity rating now? Write it down. Note down anything you noticed: a memory from the past, or an insight. How does your body feel? Maybe you feel generally brighter and happier all over.

### LOOK

Look, feel, go over what you've done.

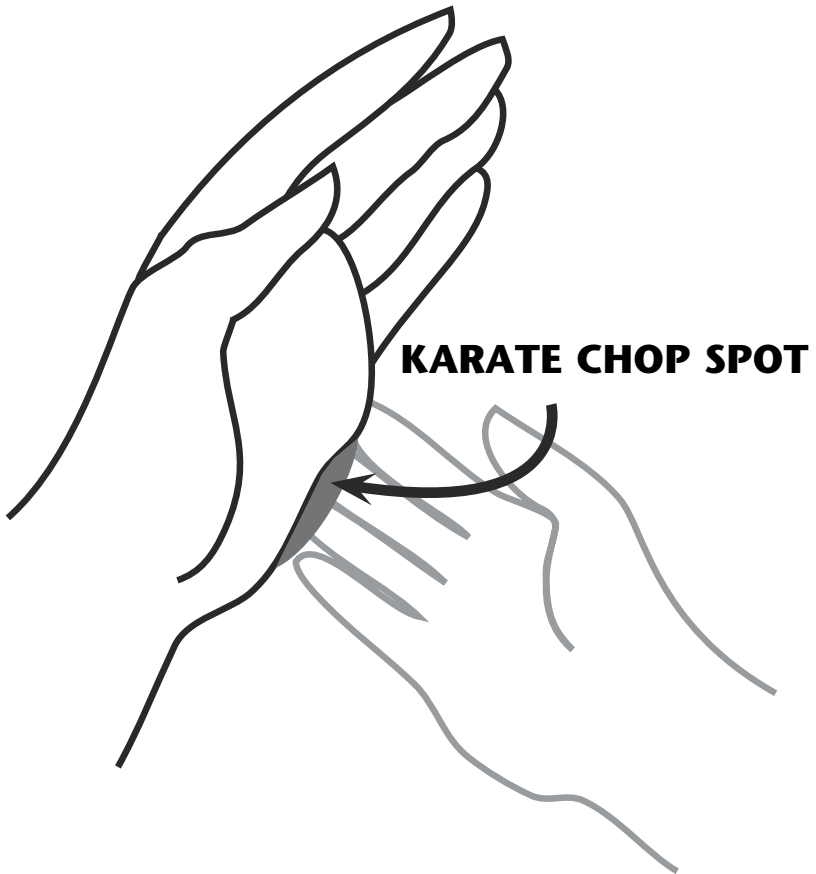
**The implications are amazing, yes?**



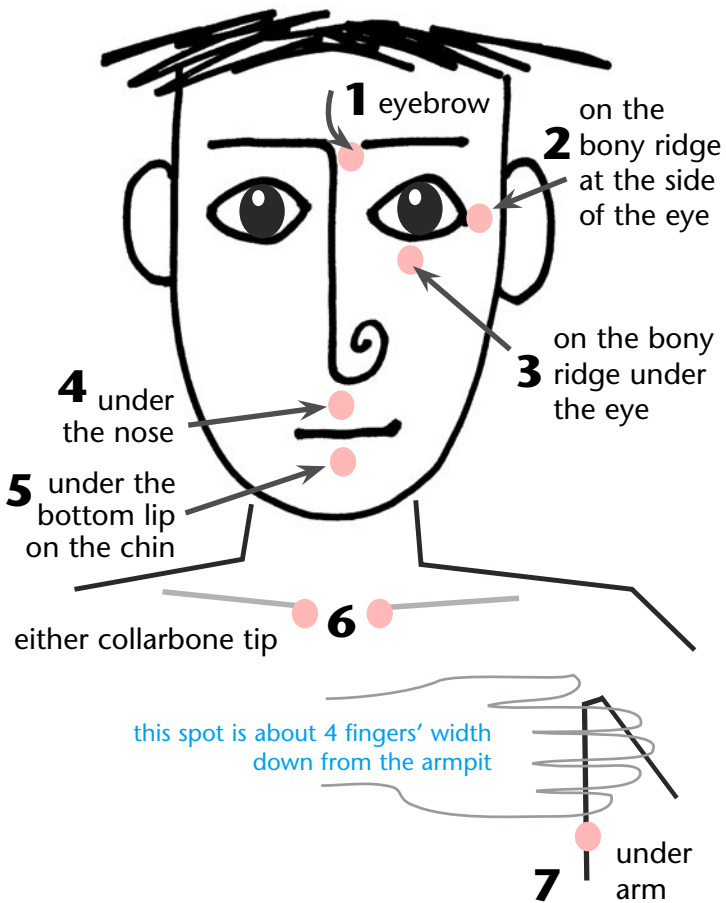
CHAPTER THREE

*The  
Illustrated  
Tapping  
Spots*

# THE KARATE CHOP SPOT

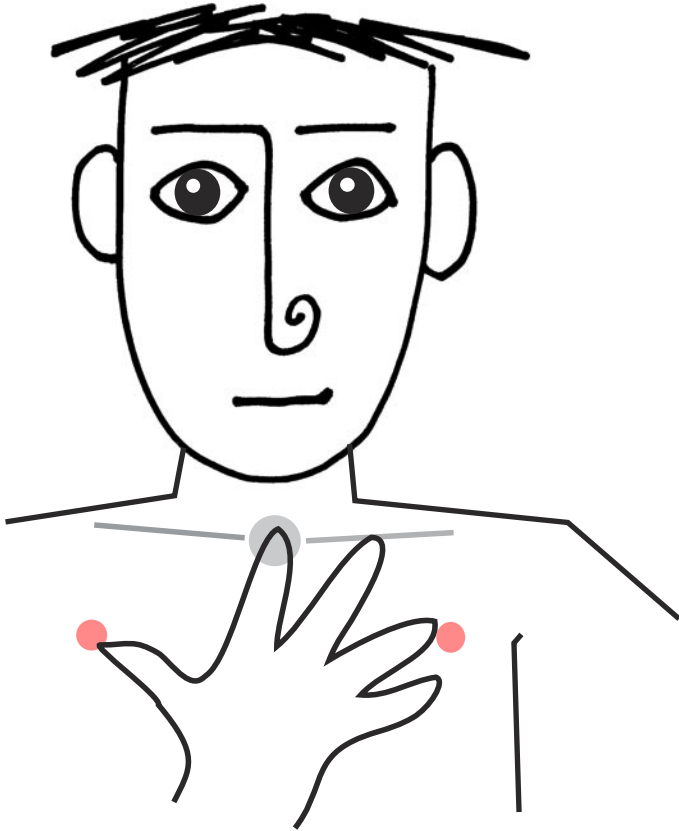


# THE BASIC TAPPING POINTS





# FIND THE "SORE" SPOTS



- 1.** put first finger in the dip at bottom of throat
- 2.** stretch out the thumb and all fingers as far as possible
- 3.** the sore spot can be found approximately at the end of the thumb and the third finger

If it is not sore right at that spot, feel around till you do find a place nearby that may be a bit sore. It's a lymph drainage location that is usually tender to the touch. It won't damage it to rub it!

# THE TAPPING SEQUENCE



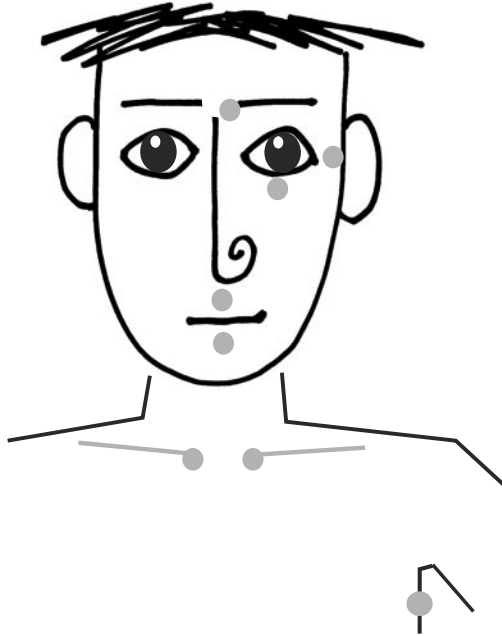
## THE SEQUENCE PART 1: THE SETUP

**A.** Say statements 1 - 3 in a complete set three times as you gently strike the Karate Chop Point:

1. Even though I \_\_\_\_\_  
(insert your own phrase)
2. I deeply love and accept myself  
(or, if for a child: I'm a great kid,  
or another appropriate phrase)

*Now go to Part II, the Tapping Sequence*

# THE SEQUENCE



## THE SEQUENCE PART II: TAPPING

**B.** Repeat a reminder phrase (the gist of the setup phrase) as you tap down all points

- Repeat Step B 2 or 3 times.

Repeat as many times as it takes to get relief or to get yourself comfortable.

- When you have had a satisfying shift in thinking or feeling about the issue you are tapping on, create a short, positive phrase that would encapsulate how you'd rather feel or be. Then do Step C.

**C.** Repeat the gist of your "I choose" phrase as you tap down all points

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*Adios! Aloha!*

THE END!

MUCH, MUCH ALOHA TO YOU!

**By now, you have tapped your way into a beginning of an understanding of the basics of EFT.**

I hope that, no matter whether you're already a seasoned therapist or a new-comer to EFT, your use of it benefits you and your loved ones tremendously.

You will find the full, 280+ pp book, *Change Your Mind! with EFT* here: [EFTBooks.com](http://EFTBooks.com).

It's a comprehensive EFT manual: how it works, why it works, and how to use it. You will find every part of EFT discussed: the Setups, Karate Chop or Sore Spot, Aspects, the Acceptance and Choice phrases, Chasing the Pain, Surrogate Tapping, Psychological Reversals, and plenty more.

Lots of case stories of my own clients' and my own experiences that will show you how to ask the specific questions that will help you learn how to tap for your own issues. Get it right now for easy reference!



Much Aloha,

*Angela Treat Lyon*

# About the Author

❖ ANGELA TREAT LYON ❖

is an award-winning, internationally recognized artist and author who lives and works in Hawaii.

**Angela Treat Lyon, EFT C-C**, is trained in alternative healing; is an Avatar Master; practices and instructs EFT seminars in the US and internationally.

Her site, [EFTBooks.com](http://EFTBooks.com), is the premier international source for her book, ***Change Your Mind! with EFT***, books by EFT Masters Rue Hass and Lindsay Kenny, a stupendous weight-loss program by Dr. Patraicia Carrington, Sandi Radomski and Dr. Carol Look, and the best EFT books and other learning materials and products.

Get ***Change Your Mind! with EFT*** in print at [Lulu.com/AngelaTreatLyon](http://Lulu.com/AngelaTreatLyon)

Her oil paintings, drawings, bronze and stone sculptures are in private collections and galleries from China and Japan to the US, Argentina and Europe. See [Lyon-Art.com](http://Lyon-Art.com) and [TheLandofAmmaze.com](http://TheLandofAmmaze.com).

Ms Lyon does graphic design, writes, illustrates, creates and publishes ebooks. See [AngelaTreatLyon.com](http://AngelaTreatLyon.com).

Ms Lyon's ***The REAL Money Secrets Book*** is a delightful, light-hearted poke at the Chase for the Mighty Dollar, asking what is important in life? See [TheRealMoneySecrets.com](http://TheRealMoneySecrets.com).

Ms Lyon's fun and practical ***The Six Little P.I.G.E.E.S. Learn the Amazing Money Multiplying Methodde***, a system for building your wealth-being and financial freedom: [PIGEES.com](http://PIGEES.com), in print at [Lulu.com/AngelaTreatLyon](http://Lulu.com/AngelaTreatLyon), and PIGEES products!: [CafeShops.com/AngelaTreatLyon](http://CafeShops.com/AngelaTreatLyon)

You can email the author at [Lyon@EFTBooks.com](mailto:Lyon@EFTBooks.com).

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This educational booklet  
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