



EFT *Emotional Freedom Techniques*

Information Sheet

Company Name: Emotional Freedom Techniques (EFT)

Type of Business: Energy Healing

Founded by: Gary Craig

Introduced: 1995

Website: www.emofree.com

Product: Education on the application of a universal healing aid designed to remove the effects of negative emotions from the body, and promote improved physical health.

Clientele: Anyone with emotional issues or physical ailments.

Availability: Although there are trained EFT Practitioners around the world, the technique can be easily learned and applied by almost anyone.

Other: Free 79 Page Manual available online that includes all the EFT Basics
Free e-newsletter
Easily affordable training DVDs for sale on website



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Emotional Freedom Techniques...Often works where nothing else will!



EFT *Emotional Freedom Techniques*

The Missing Link to Vibrant Health and Complete Happiness!

Based on the premise that unresolved emotions can compromise our potential for happiness, EFT began as an effective remedy for phobias, addictions and war trauma. ***Vietnam Vets were finally able to sleep at night, smokers could choose fresh air, and paralyzing phobias lost their grip...all without medication!***

Before long, EFT was providing relief for migraine headaches, sexual abuse trauma, and a wide assortment of everyday ailments. Fascinated by the results, founder Gary Craig taught the technique to therapists, clients and people on the street. He said "Try it on everything!", so they did.

Since then, EFT has grown into a revolutionary healing aid, ***used by traditional therapists, medical professionals and alternative healers on everything from weight loss to cancer.*** The discovery behind this relief is that unresolved emotional issues are caused by disruptions in the body's "subtle energies". These disruptions inhibit our natural ability to heal, leaving us open to nagging fears, chronic pain and terminal illness.



Combining this emotional element with the ancient principles of acupuncture, ***EFT has been able to address the causes*** of these energy disruptions with a gentle tapping procedure (using the fingertips). Impressive results ensue because the process addresses causes instead of symptoms.

Most recently, advanced EFT applications have been demonstrated on clients with serious diseases at a series of workshops in the US and England. These workshops have drawn between 250—400 participants each, and clients have walked away with ***measurable relief from Parkinson's Disease, Cystic Fibrosis, Diabetes, Chronic Fatigue Syndrome and Multiple Chemical Sensitivities, to name a few.***

Committed to the integration of traditional medicine with energy healing, Gary offers a free 79 page manual that includes the EFT Basics, a free e-newsletter, and very affordable training DVDs on the EFT website (www.emofree.com).

Practitioners around the world are trained to teach and apply EFT, and over 100,000 people receive the EFT newsletter. It is also spreading internationally, and the EFT Manual has been ***voluntarily*** translated into French, German, Italian, Spanish, Dutch, Persian and other languages. EFT is destined to become a household word.

As Gary Craig says, "We are on the ground floor of a new Healing High Rise".

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How Does EFT Work?

Energy meridians that run through our body can be blocked or disrupted by unresolved emotional issues, thereby compromising our natural healing potential.

Quite often, people are aware of the events or memories that trigger emotional discomfort in their lives, but they have not yet connected those memories to the symptoms of disease in their bodies. Using EFT, it is possible to revisit the event(s) in question, and balance the disturbed meridians. Properly done, both emotional anguish and the physical symptoms often subside.

Although based on acupuncture, EFT has simplified the realignment process by gently tapping on key meridian points on the head, torso and hands. Traditional acupuncture needles are not necessary in this process.

Headache Example

A basic EFT application would initially focus on a current issue. This would include simple language designed not only to hold the focus, but also to add self-acceptance to the process. For example, someone trying to address migraine headaches might say "even though I have this horrible headache, I deeply and completely accept myself", while tapping through the points.

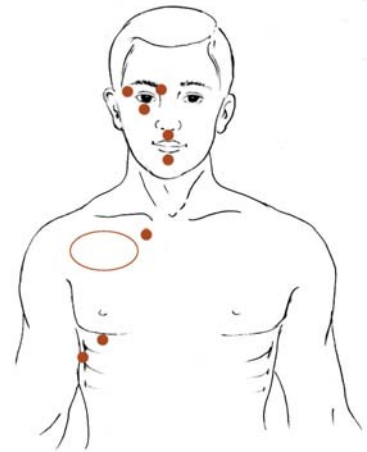
If this initial procedure provides significant relief, then applying the Basic EFT procedure as headaches appear can be very effective. Interestingly, it has provided permanent relief in several migraine cases.

If the headache hasn't vanished after the initial realignment, or if the Basic procedure doesn't provide relief for subsequent headaches, then there is almost always a deeper emotional factor at work.

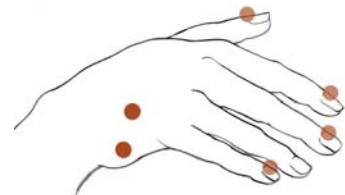
Advanced EFT application can enhance the results significantly, and is usually necessary for more complicated cases. The best EFT practitioners have learned the techniques available for uncovering the core issues, and approaching them with minimal amounts of emotional pain.

Although the Basic EFT procedure has shown astonishing relief for a wide variety of symptoms, applying EFT to serious diseases and chronic illness requires advanced experience. Please consult a qualified health practitioner before using EFT or before discontinuing any treatment or medications.

Please visit www.emofree.com for more information on EFT or to search our database of EFT Practitioners.



This illustration is provided for your reference after you have learned the Basic EFT procedure.



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EFT *Across the Board*

By addressing unresolved emotional issues, EFT has proven effective with a WIDE VARIETY of serious diseases, everyday ailments and personal performance goals.

Please visit www.emofree.com for case studies and DVDs on all of the following issues.

- ◆ Weight Loss
- ◆ Anxiety/Panic Attacks
- ◆ Eating Disorders
- ◆ Relationship Issues
- ◆ Anger Management
- ◆ Children's Behavior
- ◆ Dyslexia
- ◆ Allergies
- ◆ Carpal Tunnel Syndrome
- ◆ Asthma
- ◆ Insomnia
- ◆ Multiple Chemical Sensitivities
- ◆ Pain Management
- ◆ Women's Issues
- ◆ Men's Issues
- ◆ Self Worth/Self Esteem
- ◆ Abundance
- ◆ Sports Performance
- ◆ Spiritual Connection
- ◆ Phobias
- ◆ War Trauma (PTSD)
- ◆ Sexual Abuse Trauma
- ◆ Addictions
- ◆ Depression
- ◆ High Blood Pressure
- ◆ Fibromyalgia
- ◆ Migraine Headaches
- ◆ Chronic Fatigue
- ◆ Obsessive/Compulsive Disorder
- ◆ Cancer
- ◆ Parkinson's Disease
- ◆ Muscular Dystrophy
- ◆ Multiple Sclerosis
- ◆ Rheumatoid Arthritis
- ◆ Cystic Fibrosis
- ◆ Diabetes
- ◆ Hepatitis C
- ◆ ALS—Lou Gehrig's Disease



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EFT *New Horizons*

Life-changing opportunities for victims of serious disease!

- ◆ Clinical results with EFT have revealed an ***undeniable connection*** between unresolved emotional issues and serious diseases.
- ◆ Even better, EFT has found a way to address those issues, ***often reversing the effects of disease***, and allowing the body to heal itself.
- ◆ Negative emotions result in energy disruptions that interfere with the body's ability to fight disease.
- ◆ EFT can identify the ***causes*** of energy disruptions, often resulting in permanent solutions....without medication!
- ◆ At several of his Mastering EFT Workshops, Gary Craig has clearly demonstrated the link between unresolved emotions and the onset of serious disease, and has ***opened up a new world of possibility*** as a result.

Please consult qualified health professionals before putting these ideas into practice for yourself or others.



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EFT *Remarkable Results*

Rouleaux, or blood cell clumping, corrected by using EFT ...with before and after pictures.

This remarkable finding is offered as yet another fascinating EFT anecdotal report ... this time with before and after photos.

Rouleaux is a medical term for a condition wherein the blood cells clump together forming what looks like stacks of coins. This is an unhealthy state because the cells are not free to absorb and carry oxygen. It is a pre-cursor to many serious diseases.

EFT practitioner Rebecca Marina went to her physician, Patricia Felici, ND for a checkup and, when Rebecca's blood was examined under a microscope (Dark Field Microscopy), it contained substantial blood clumping. Rebecca then corrected this problem with a brief, self-administered EFT session and, when the blood sample was taken again (minutes later), the blood clumping disappeared. This was astonishing to Dr. Felici because, normally, it takes many weeks of nutritional supplements to correct this condition.

The camera captured the before and after result and those photos are shown below. For Rebecca's account of what happened, please go to <http://www.emofree.com/research/rouleaux.htm> .

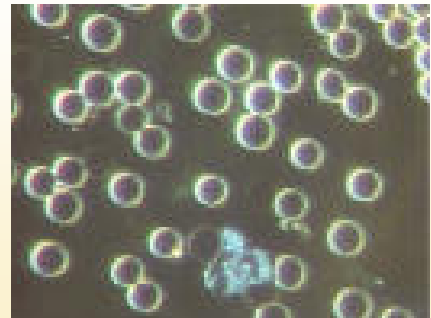
Pic #1: Rebecca's blood in the badly clumped state.



Pic #2: After a few minutes with EFT. Clumping improved.



Pic #3: After a few more minutes with EFT. Clumping completely gone.



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EFT *Real Life Results*

With startling consistency, EFT has been improving the results obtained by traditional medicine, psychology and self-helpers. . all without medication!

"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools as it is for me."

Eric Robins, MD

"I am thrilled with EFT as a tool for healing in my practice. I have never come across such a gentle and comprehensive healing technique to help clients relieve their suffering. EFT is simple yet graceful, gentle yet thorough, and I am deeply grateful that I am able to use it to lead others to more vibrant health and emotional fulfillment."

Carol Look, LCSW, DCH

"Working with Diabetics is a challenging experience, yet has proven to be a very rewarding one. Here is an illustrative example from a list of many Diabetic cases for which we have successfully applied EFT... Michael is a 59 year-old obese male. Suffering from leg ulcers, advanced diabetes, leg and back pain." After using EFT to address the emotional issues attached to his ailments, "...His insulin need dropped dramatically from 3 shots per day to about 1 shot per week. His sugar level in the testing has gone from 400 to about 109. His leg ulcer is healing nicely and the blood pressure to his feet has increased. The leg and back pain have all but disappeared and he is able to sleep through the night. His energy level has increased dramatically."

John Russo

"Oh my God! I am a rank beginner, having never even heard of this process until last night, I've only done it now a total of 3 times, and it's stabilized my heart rhythm and lowered my blood pressure over 20 points! Thank you, thank you, thank you!

Peggy Thiel

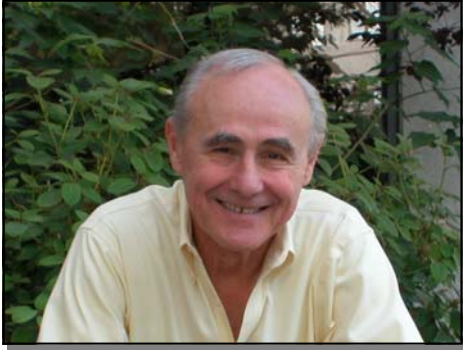
"I have a real phobia about driving in heavy traffic areas, especially with ramps that are elevated. I tried the tapping and drove on an expressway, with ease and comfort, that normally I would have avoided like the plague. That convinced me!"

Pat Pietri

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EFT *Emotional Freedom Techniques*



Meet Gary Craig, Founder of EFT

EFT was introduced in 1995 by Gary Craig, a Stanford Engineer in lifelong pursuit of personal well-being.

"I have been intensely interested in personal improvement via psychology since my age 13. That was when I recognized that the quality of my thoughts was mirrored in the quality of my life. Since then I have been self taught in this field, seeking only those procedures that, in my opinion, produced results.

EFT is my latest finding, the core of which I learned from Dr. Roger Callahan. I also have high regard for Neuro Linguistic Programming (NLP) in which I am a Certified Master Practitioner."

Gary Craig is neither a psychologist nor a licensed therapist. He is an ordained minister through the Universal Church of God in Southern California, which is non-denominational and embraces all religions. He is a dedicated student of A Course in Miracles, and approaches his work with a decidedly spiritual perspective. However, there is no specific spiritual teaching connected to EFT or its Practitioners.

"I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will."

Emotional Freedom Techniques...Often works where nothing else will!



EFT *In the News!*

Unorthodox therapy gains local following

By Rick Rogers
STAFF WRITER

The San Diego Union-Tribune.

March 31, 2005

VISTA – A once-dismissed therapy for mental disorders is gaining a following among San Diego medical experts who treat combat veterans.

Social workers, chaplains and psychiatrists from Naval Medical Center San Diego and Camp Pendleton are learning the Emotional Freedom Technique, an unorthodox method that even its creator can't explain precisely.

It and a treatment that uses virtual reality are two of the enterprising approaches being tried at the medical center to alleviate combat-induced psychological wounds.

The Emotional Freedom Technique was developed by Stanford engineer Gary Craig in the 1990s. It was largely ignored by the mental health establishment because no one had conducted a study on its effectiveness.

But Jeannie Ertl, a senior clinical social worker at the medical center, gave the technique a chance in November.

She and many of her patients are happy that she did.

"EFT is tremendous for treating anxiety associated with post traumatic stress disorder," Ertl said.

She has tried the method on 15 patients, 12 of whom found it helpful at relieving or eliminating symptoms such as anxiety and stress. Ertl uses the technique, which hasn't been approved by the Defense Department, in conjunction with more traditional therapies.

"It seems to work for a lot of people," she said.

Seaman Wilbur Hurley is one of them.

Hurley, a 20-year-old corpsman, returned to Camp Pendleton in October plagued with horrible visions.

In mid-September, he had witnessed a young Marine kill himself while serving in Iraq. It was just weeks before Hurley returned to his base at Camp Pendleton.

"I don't care what happened in Iraq," Hurley promised himself. "What happened there would stay there."

But back home in Calvert County, Md., Hurley couldn't erase the image of the dead Marine.



LAURA EMBRY Union-Tribune

Susan Hannibal, a self described intuitive healer from Vista, demonstrates the Emotional Freedom Technique used to treat stress.

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EFT *In the News!*

"I felt like a black cloud was over my head every day," Hurley said. "I had vivid dreams of walking through fields of gore. I isolated myself from friends and family."

By early December, anxiety attacks sometimes made Hurley pull to the side of the road until his tremors passed.

Willing to try something new, Hurley followed a friend's advice and went to Susan Hannibal, a self-described intuitive healer from Vista who uses the Emotional Freedom Technique to treat stress, anxiety and post traumatic stress disorder. It was Hannibal who taught the technique to Ertl and several military chaplains.

Hannibal explained to Hurley how the method is based on the same theory as acupuncture – that the body is an energy field with points that can be manipulated to restore health.

Patients focus on a traumatizing event while repeating a self-affirming chant and tapping parts of their body, such as their hands, lips and sides. A typical session is about 90 minutes, and some results can be seen after a single session.

"Once I started doing the tapping, an overwhelming calm came over me," Hurley said. "I had no cares or worries in the world. In fact I left Sue's (office) singing. It was pretty much the greatest day of my life."

Hurley spent that weekend trying to summon bad feelings just to prove that he could stay calm. He concentrated on the worst cases he'd seen while patching up Marines for seven months in Ramadi. He also thought about the suicidal Marine.

"But I felt nothing. It wasn't there anymore," Hurley said.

More than a month later, Hurley said he believes that what happened in Iraq is finally staying there.

"Nothing that happened over there ruins my day now," he said.

For more information about the Emotional Freedom Technique, visit www.emofree.com or www.guidedhealing.com. ■Rick Rogers: (760) 476-8212; rick.rogers@uniontrib.com



CRISSY PASCUAL Union-Tribune

Seaman Wilbur Hurley, a 20-year-old corpsman, returned from Camp Pendleton from Iraq in October plagued with horrible visions. He has since been treated for post-traumatic stress syndrome using the Emotional Freedom Technique, which is based on the same theory as acupuncture.

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EFT *In the News!*

Psychotherapist taps into clients' potential

Russ Christ

Special for the Scottsdale Republic
Mar. 9, 2005 12:00 AM

SCOTTSDALE - Elite athletes and amateurs alike are continually searching for things that can help them attain levels of peak performance.

Stacey Vornbrock believes she can help.

The founder of Scottsdale-based Breakthrough Performance, Vornbrock helps people eliminate obstructions to achieving peak performance by "tapping." The practice, also known as emotional freedom technique, is basically a do-it-yourself acupuncture without the needles.

Using two fingers (index and middle), EFT allows a person to discharge negative energy by physically tapping the body's pressure points on the hands, wrists and face. It is designed to address the physiology of the body, and it releases mental, emotional, mechanical and physical blocks, including range-of-motion blocks - and it works quickly.

Vornbrock, a psychotherapist, suffered a severe fear of water for 34 years and attended a workshop on EFT five years ago. When tapping eliminated her fear, Vornbrock was shocked because she had been taught that many phobias are psychological. "In fact, they are really biochemical," she said.

So Vornbrock tried tapping with friends and then her clients, all of whom saw improvement. Whether it was anxiety, stress and depression, physical pain, even weight loss or gain, problems went away.

"I want results for people," she said. "I've always wanted what is best and fastest for my clients, so it was frustrating not to have results just with talk therapy. So when I discovered this technique and what it could do, I was so excited."

Ed Oliver, owner of Ed Oliver Sports Massage in Scottsdale, is a believer.

"It sounds strange, but it works," said Oliver, whose clients include professional athletes. Vornbrock and Oliver have worked together on athletes and seen results, specifically when they have problems with range of motion.

Former Arizona Cardinals linebacker Seth Joyner said tapping has helped him, not only with golf but with his daily life.

"It's something you can use for everything," Joyner said. "It's a tremendous tool that I wish I had known about a long time ago."

Joyner uses tapping to relieve stress. Road rage, he thinks, can be controlled through EFT.

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EFT *In the News!*

"Anger management really has more to do with your reaction to a situation than what someone else does," he said.

Now, instead of getting angry when someone cuts him off in traffic, Joyner taps.

"You naturally get upset when that happens, but now I start tapping right away," he said.

"It calms you right away and makes you realize you're in control of your emotions, of how you act and react in certain situations."

Joyner, whose goal is to play well on the Celebrity Players Tour, said tapping has helped.

"Golf is a game of how you react mentally," he said. "One bad shot or hole can ruin a round. Tapping has improved how I think on the course, my calmness and my concentration."

Jason Eccleston, who has a 5 handicap, believes EFT has merit.

"What I had was a bunch of little obstacles as far as trying to lower my handicap," Eccleston said. "We found out what they were and basically eliminated them."

EFT got rid of Eccleston's back problems, then Vornbrock worked on his mental issues. Eccleston, a contractor, said he used to get bothered by tactics his playing partners would use on the course to unnerve him.

"You find these little things that sabotage your round," he said. "We eliminated those mental blocks. It's easy to walk along, tap and eliminate that situation so it doesn't bother you anymore."

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EFT *In the News!*

This article on Carpal Tunnel was featured in Alternatives Magazine, November 1998

EMOTIONAL FREEDOM TECHNIQUES (EFT)

By Mary Kuriger

I have suffered from carpal tunnel syndrome for about 8 years. After extensive chiropractic and physical therapy treatment, I thought I was as healed as I was going to be without surgery. Even though I felt better in general, the chronic pain still wore me down occasionally. In 1997 I was introduced to Emotional Freedom Techniques (EFT). After being guided through a tapping sequence for about 10 minutes, I had absolutely no pain! I couldn't believe it! I kept mentally searching throughout my body for the pain. It just wasn't there! I had actually taken a few minutes to tap on the corner of my eye, my hand and other simple, easy to reach places on my body and had shed this pain with which I thought I was destined to live! Then I tried it on a grief issue I had been carrying around since 1989. Within minutes, I felt the weight lift from me. I have been able to remember my sister fondly and nostalgically but with no pain of grief ever since!

After reading this paragraph, close your eyes for a moment. Breathe deeply, slowly and thoroughly. Imagine releasing yourself from any anxiety, paranoia, addictive urge or chronic pain that is a struggle for you.

Emotional Freedom Technique is a healing technique that has become a powerful tool for relief from emotional and physical pain. It is based on a revolutionary use of tapping along the body's meridians: a basis of medical treatment in eastern cultures for centuries. The wonder of EFT is that it is simple, gentle, and quick. Anyone can relieve or heal themselves of many emotional and physical problems in minutes.

EFT is based on the concept that by gently tapping on their body's meridian points, a person can find the emotional release they seek. An electrical circuit runs through our bodies and sends messages to the brain to control all of our functions, both physical and emotional. The meridians are the energy centers along this circuit. These centers are found in places like your hand and face. (Many resources are available that discuss meridians, chakras and our body energy systems.) All negative emotions in our bodies cause disruptions in our energy flow at these meridian centers. The body then becomes unbalanced, and the emotional issues cause the body both emotional and physical stress. By tapping along the energy meridians, the balance is restored and negative energy charges no longer are attached to the emotion or physical issue we treat. Once a person is balanced, they no longer become upset when faced with the same situation that bothered them prior to treatment. The memory remains but the negative charge associated with it is gone. With some issues the result is permanent, with others, the tapping process has to be repeated.

Gary Craig, an engineer whose therapy training includes NeuroLinguistic Programming and Thought Field Therapy (™), developed EFT. His research and training led him to develop one sequence of places for a person to tap on their body to achieve relief for many different issues. This is how it works: a person 1) brings an issue (physical or emotional) to mind 2) taps with his/her fingertips on particular meridian points a certain number of times. After one or several cycles of tapping (depending on the issue and severity) the person will find great, if not total, release from the issue.

Sounds amazing? Sounds unbelievable? Well, it is! In fact, data is coming in to show up to an 80% success rate! Therapists in many helping professions are using it successfully with clients who have been suffering from emotional issues for prolonged amounts of time. Private individuals are being trained to use this technique themselves.

Emotional issues treated with EFT include: trauma, phobias, addictions, anxiety, anger, grief, compulsiveness, PTSD, peak performance. Positive results have been achieved with chronic pain, arthritis, ADD/HD, headaches, asthma and other physical problems. The EFT web site (www.emofree.com) contains dozens of success stories about EFT.

This is an exciting, cutting edge therapy. If it sounds a bit 'out there' to you, well, you are right. It is 'out there'. It is very foreign to our western way of thinking and problem solving. But it works!

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