



Accepting Ourselves, Accepting What Is: How EFT Tapping Can Open the Door to Healing

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Do you deeply and completely love and accept yourself?

In my work with clients over the years, I have seen many people who found it difficult to say yes to this question. They can accept parts of themselves, but other parts they just do not like, they are ashamed of or they outright reject.

Pause for a moment here and say this out loud: "I completely love and accept myself." How true does it feel to you?

Why should we care whether we love and accept ourselves? What difference does it make? I believe it makes ALL the difference between our ability to heal versus staying stuck in dis-ease and pain.

"The curious paradox is that when I accept myself just as I am, then I can change." Carl Rogers

Self-acceptance is an important, if not essential, factor in releasing negative emotions and physical discomforts through Emotional Freedom Technique (EFT). EFT is an evidence-based* technique that is simple and easy to learn and apply, and is often

effective on difficult issues such as phobias, PTSD, anxiety and pain. It involves tapping on specific acupuncture points while focusing on the target problem with verbal statements and affirmations.

The initial statement used in EFT is, "*Even though* [fill in the blank with the problem], *I deeply and completely love and accept myself.*" Before anything else, we use this setup phrase to clear resistance and set the stage for processing the issue at hand.

Let me use a simple example to show you how the tapping process works. A client came to my office one day complaining that she was feeling angry toward a friend after a conversation that morning and could not seem to let it go.

We started by tapping on the side of the hand or Karate Chop point and I had her repeat after me, "*Even though I am so angry and frustrated with [my friend], I love and accept myself anyway.*" We repeated that phrase three times while continuing to tap the Karate Chop point. (See the figures for the locations of the tapping points.)

Then, we tapped through the other eight EFT points



while repeating a short reminder phrase at each point, *"This anger - this frustration."* The tapping round was completed by taking a deep, cleansing breath. We then checked to see how she was feeling toward her friend and to assess if there had been any change. After just a couple rounds, she reported feeling a release and no longer felt attached to her anger. Just a few minutes of tapping diffused an event that had been stuck for most of the day in her mind.

way down the hill she went down hard and injured her shoulder and thumb.

She was upset and frustrated because she had plans to go skiing the next day and did not want to miss it. I offered to do some energy work on her when we got home to see if it might help. As we headed into my home office, I noticed that she was expressing a lot of frustration with herself, so I decided to focus on those feelings first.

After just a couple rounds, she reported feeling a release . . .

I have seen an issue that had been stuck for over fifty years resolve just as quickly. A veteran, who had lived with PTSD since a traumatic explosion in Vietnam, experienced dramatic relief from just one session of EFT. He had judged his experience to be less traumatic than so many of his fellow soldiers and felt he had no excuse for having problems because of it. In other words, he could not accept how his body and mind were reacting to that event. As we tapped, he began to accept that he had good reason to have a strong response to the explosion. Accepting himself and accepting what happened opened the door for him to release the entire event. Later, he reported, *"The result is a calmer [his name], in and out. I really had not thought that it was So Big Deal in what happened that night. Obviously it WAS."*

Years ago, I had an experience using EFT with a friend that illustrated clearly to me the power of self-acceptance and the direct connection it has to our physical experience.

On a crisp winter day with a fresh layer of snow, my children and I met my friend, Karla, and her children at our favorite sledding hill. They had a new snowboard that Karla wanted to try. She always was a bit of a daredevil! She started out great, but about half-

We did a few rounds of EFT focused only on her feelings of *"doing something dumb"* and *"should not have done that."* We were both surprised when she checked her thumb and shoulder and found that they were feeling significantly better; in fact, her thumb did not hurt at all now. I still remember the look of shock on her face as she wiggled her thumb and could not find any pain. We had focused only on her feelings around judging herself for getting hurt, not on the actual injuries.

In other words, healing had begun (or at least her experience of pain had decreased) merely by clearing her self-judgments and negative feelings about the accident.

Our thoughts and feelings about ourselves are powerful. Negative thoughts and judgments can stall the healing process. Acknowledging our faults, our mistakes, and our pain and loving ourselves anyway opens the door to releasing the feelings that keep us stuck.

"The moment that judgment stops, through acceptance of what is, you are free of the mind. You have made room for love, for joy, for peace." Eckhart Tolle

"The first step toward change is acceptance. Once you



accept yourself, you open the door to change. That's all you have to do. Change is not something you do, it's something you allow." ~ Will Garcia

EFT is a great process to use for releasing self-judgments that block us from healing. It creates awareness and acceptance of what is, and then allows us to process our feelings and thoughts in a healthy way. €

If you would like to learn more about EFT, you can go to the EFT page on my website: healingtreewellness.com/home/information/about-eft. If you are serious

about learning to use EFT, I recommend that you go to the source: Gary Craig (emofree.com). I am forever grateful for Gary Craig and his vision to share this work with the world for free.

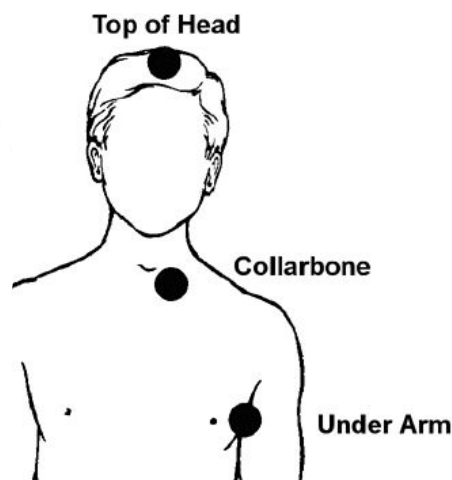
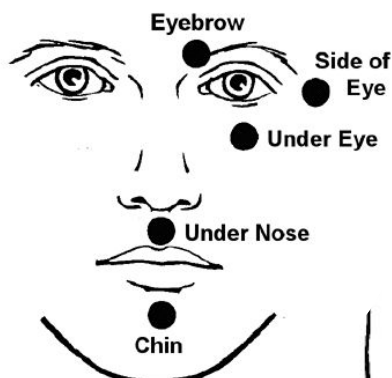
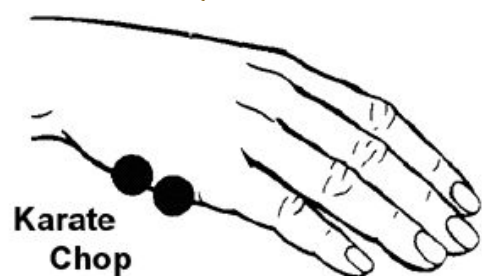
*Based on a comprehensive review by Dr. David Feinstein published in the journal Review of General Psychology, the results of 18 randomized controlled trials using meridian-tapping therapies lead to the conclusion that *"they consistently demonstrated strong effect sizes and other positive statistical results that far exceed chance after relatively few treatment sessions."*

EFT (Emotional Freedom Technique)

EFT, a simple and easy-to-learn meridian tapping technique, is used to free individuals from "stuck" emotional and physical issues. It is often effective on the most difficult issues such as phobias, cravings and chronic pain and is an excellent tool for managing stress, anxiety, pain, anger, and many other emotional and physical issues.

EFT involves tapping on various points on the body (based on acupuncture meridians) while focusing on the target problem with verbal affirmations and statements. You can do EFT on yourself (which I highly recommend!), but it can be very helpful to work with a skilled practitioner.

Acupoints for Hand, Face and Body



How does EFT work? Although its mechanisms are not fully understood, EFT has a very high success rate when properly applied. EFT was created by Gary Craig based on his experience with Thought Field Therapy and Neuro-Linguistic Programming. He theorized that all negative emotions are caused by a disruption in the body's energy system. According to some trauma experts, meridian tapping techniques such as EFT work by calming the nervous system while reintroducing negative inputs that were not properly assimilated or processed. This allows for complete processing or integration of the original events. EFT has a strong record in research now with over 18 randomized controlled trials showing strong positive results far exceeding chance.