

EFW 4

Hopefully the previous handouts have made clear the distinction between EFT and EFW. Although there are core similarities, there are just as many differences. This handout further illuminates why we believe it is imperative for the practitioner to be in the room with the client to ‘see’ what is really going on. As we have already made clear, the body is the ‘mouthpiece’ for the subconscious mind and so taking note of the body’s responses when doing this work is crucial, to accurately assess where any blockages exist. We have already explained the 5 languages (see EFW 3) and their importance to the therapeutic process. This is why the statement, ‘the body speaks the mind’, is an accurate synopsis of EFW. So, practitioners need to attend to the language of bodily expression when doing this work, otherwise important clues will be missed.

Below is a summary of what the 8 primary tapping points represent, as well as the information and insights they offer. These are invaluable for helping to navigate the client’s voyage of self-discovery. This is not a definitive explanation, but it does serve as a useful addition to any practical demonstration/tuition. There is no substitute for taking this journey with someone who’s knowledgeable, experienced and skilled in this area. We’re sure this handout will help.

THE POINT REFERRED TO AS THE ‘KARATE CHOP’: The significant theme that relates to this meridian is determination and desire. This point highlights the individual’s resolve and the extent to which that is present or indeed absent. Tapping on this point helps to remove self-hatred and doubt. It increases self-esteem and confidence and assists individuals recovering from shock and trauma. It will not surprise you that where there is a lack of determination and personal resolve one’s ambitions and aspirations are unable to be fulfilled. So, it’s important to note any incongruence at this point.

THE THREE POINTS AROUND THE EYES: Although each point around the eye has a slightly different meaning, they all relate to one’s vision of the self and one’s future. These three meridian points relate to clarity, meaning and purpose. King Solomon quite rightly said that a people without a vision will perish. This equally applies to the individual. If we don’t know where we’re heading, how on earth will we get there? Let us look at the subtlety of difference between these 3 points.

Above the eye: tapping on this point helps increase courage and unblocks one’s thinking which in turn improves creativity. This point is also helpful for releasing trauma.

The side of the eye: this point improves clarity and decision-making, also enhances energy.

Below the eye: tapping on this point helps integrate the intellectual and intuitive processes. It reduces anxiety and addictive urges. Probably most significantly it helps create harmony as thought patterns become clear. It is important to note that many individuals lack vision and have no real sense of where they are going. It is probably the biggest single reason for the individual not fulfilling his/her potential.

AROUND THE MOUTH: These points above and below the mouth relate to communication and integrity. They expose the difference between what we think and what we do. Life is not simply about thinking and talking. If our thoughts and our words do not translate into actions, the incongruence of that position will repeatedly disable us as we strive to fulfill our potential. It’s not what we know that counts it’s what we do!

Above the mouth: This point helps with the dissipation of panic and shock. It removes feelings of self-consciousness and embarrassment therefore improving our sense of self and our social interactions.

Below the mouth: tapping on this point helps with the alleviation of shame, anxiety and panic. These tend to be the primary reasons for our incongruence. We are often so consumed by the feeling of being 'found out' and how we will appear to the world that we trade in our intrinsic value to fit in, thereby diminishing our true worth. One who is living a life being true to herself transcends the views and opinions of others as she becomes truly comfortable in her own skin. Such integrity generates happiness.

ON THE CHEST: This point relates to self-belief and confidence. Tapping on this area improves willpower and motivation. It increases self-worth and self-care and eliminates mental angst. It is also excellent for pain relief and helping to bring about balance within the lymphatic system. A lot of individuals find an upsurge of emotion at this point because of their lack of self-belief, which in turn undermines their highest ambitions for the self. Most of us are busy adapting to what each situation requires of us, rather than being true to ourselves. The emotional release that is often felt at this point will bring about enormous shifts, as greater integrity and self belief are unleashed.

UNDER THE ARM: This meridian point relates to letting go. It is important to note that most human struggles are exacerbated by our unwillingness or inability to let go. So many of the trials and tribulations we face would be remedied almost immediately, by simply letting go. Tapping at this point relieves anxiety and addictive urges which help to release the underlying self-destructive patterns. Concentration and decision-making are also enhanced at this meridian crossroads. Emotional discharge here almost certainly is about the struggle between how the individual wants to 'be' and how they are currently living their life. It takes great faith and courage to let go and tapping on this point helps in the creation of that energy and momentum.

SUMMARY: For those of you who want to take a closer look at EFT there is plenty of literature already out there in one form or another. What we have tried to offer here is not a critique of EFT because we acknowledge that it can and does work extremely well. Our aim, as previously stated, is to 'add value' especially in those instances where EFT has failed to deliver. We think this is because of the lack of a 'whole person' approach. When one pulls together the latest neurological research, which is helping us to understand both the left and right hemispheres of the brain and their different functions, we come to understand that no one thing addresses all human dysfunction. The left hemisphere is bound up with logic and past and future events. It ignores the moment called 'now' as it is busy computing a future based on what has gone before. The right hemisphere on the other hand is caught up almost exclusively with emotion, creativity and thinks more 'magically'. Whilst these two hemispheres work tirelessly in the name of their different agendas, not sharing their incredible data, then internal conflict reigns supreme. This is where activities such as EFW, meditation, prayer, silent reflection etc. help to bridge that divide. The corpus colosum is the area of the brain that could be described as the information highway. It allows communication between the two hemispheres. The activities, such as prayer, meditation, EFW etc. engage this important faculty, thereby facilitating 'whole brain' thinking, which for most of us is lacking because of our disfigured patterns and dysfunctional ways of being. We have learned to operate from 'parts of ourselves' whilst completely overlooking other bits (see Community of the Self 1 & 2). So, it's time to take the journey of bridging the divide. This is best done by giving due respect to silence and positive emotional endeavours. Emotional Freedom Work will help you in this task and those who take the journey with you. Make peace with yourself and help others to do the same.