

Hi Everyone!

I'm so excited Jenny is sharing about Emotional Freedom Techniques (a.k.a EFT or EFT tapping) with you.

Some basic reminders:

1. The more specific you are about the situation you are addressing and the emotion, the more beneficial EFT will be for you. Ex: Tapping on fear of finances can create emotional overwhelm or confuse the brain. Tapping on anxiety about paying a specific bill, or embarrassment about the time you couldn't pay rent when you were 20 will be MUCH more powerful and will make bigger and more permanent change.
2. Please, do not work on emotionally overwhelming or traumatic events from the past without support.
3. Use it in the moment! When you are feeling emotions strongly, just tap or rub the points. Some or all of them; even rubbing a couple can help to get your system regulated. Because "now" is the specific situation. You don't even have to talk out loud. You can tap your fingertips together to help yourself while breathing.

Included is a PDF with really basic instructions on how to set up a powerful setup statement for yourself so you can have maximum benefits with your practice. I have quite a few videos about EFT on my YouTube channel:

<https://www.youtube.com/c/TouchRemedies>

Here is a link to a one-hour class I taught that goes deeper into the details of how to do EFT for yourself.

<https://www.youtube.com/watch?v=RmOTwONvxkM&t=16s>

Or, here's the quick 17-minute version.

<https://www.youtube.com/watch?v=uut-OX7Hoqo>

As my gift to you, here is the link to a 13 and 30-minute EFT Science of Tapping video that explains the research and data behind the mechanisms of EFT Tapping. The 30-minute is just an expanded version of the 13-minute. Please contact me if you have any problems with it. You only have 12 hours to watch it after entering your information, as it is a subscription I pay for to share with people. <https://www.scienceoftapping.com/limited-viewing-registration/>

And finally, if you have questions or are having problems using EFT I'd love to help. Feel free to schedule a 30-minute session with me here. <https://calendly.com/touchremedies/eft-setup>

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