



Adios Anxiety

Ultimate guide
to
Emotional Freedom
Technique & Tapping



Warm welcome & thank you for choosing this guide

My name is Sai, I'm Yoga Teacher & Spiritual Mentor

I am a practitioner of Emotional Freedom Technique (EFT), Thought Field Therapy (TFT), Neuro-Linguistic Programming (NLP) and an Internationally Accredited Meta-Coach.

According to Beyond Blue's statistics in any one year over 2 million Australian adults have anxiety.

I am one of those adults, over the last few years I have suffered immensely from social anxiety so I know what it is like to experience its crippling effects.

Thankfully I have adopted a few strategies to help me manage my anxious spells. I found eft (emotional freedom technique) to be one of the most effective hence why I decided to put together and share this guide.

disclaimer

the information presented in this guide is not intended to substitute professional medical advice or psychological/mental health treatment. falo strongly recommends seeking professional advice before making any health decisions. falo presents this guide based on own personal experience and knowledge and makes no guarantee on outcome whilst you use eft for any particular issue. falo accepts no responsibility or liability for the use or misuse of the information contained in this guide, including any external resources.



What is EFT?

EFT (emotional freedom technique) is a powerful self-help method and can also be described as 'emotional acupressure' in the form of fingertip tapping on acupuncture points. It is a form of energy medicine based on the same meridian system used for thousands of years by traditional Chinese medicine.

Meridians are energy pathways that run through your body along very specific routes, carrying your chi aka life energy. when your chi is blocked you may end up with emotional struggles and physical ailments. eft tapping reduces the production of the stress hormone (cortisol) helps clear any blockages and releases any emotions that have been stored in your energy pathways allowing you to restore back to a balanced state.

how to get started

I would suggest to start tapping at the onset of an anxiety spell, the basic technique requires you to focus on the negative emotion/thought occurring: what the anxiety is about.

While maintaining your mental focus on this issue, use the tips of two fingers (index and middle finger) to tap 5–7 times on the body's meridian points (sequences + diagrams shown below)



continued....

Traditional EFT tapping uses a specific phrasing/statement whilst going through the tapping process.

My offer would be to use 'even though I'm feeling anxious about (insert issue), I completely forgive and accept myself'

Please feel free to use a phrase that resonates with you.

You will repeat this phrase as you complete the tapping sequence(s).

Once you feel like you have done enough rounds of the tapping and your state as significantly improved (you are no longer feeling the heights of anxiety) you then use the closing sequence to end your practice. the closing sequence is designed to engage all areas of the brain to 'lock in' the changes and improvements in your state.

beauty of eft

It is fast, effective and discrete, you can use eft anywhere and whenever you start to feel anxious or stressed. if you feel self conscious tapping in public you can choose a private room or even the bathroom or your car.

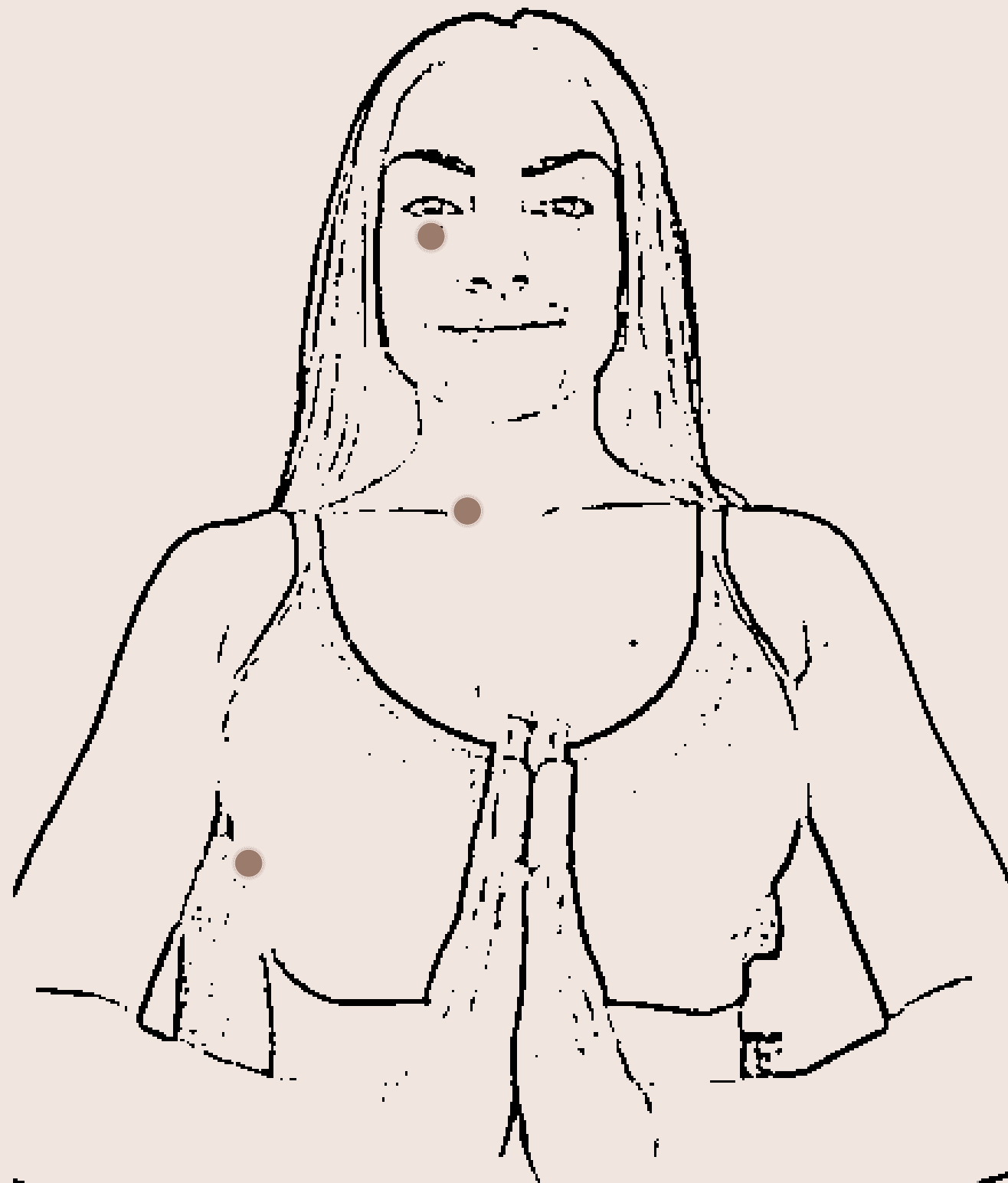
EFT founder, Gary Craig says,

“try it on everything!”



Traditional EFT Sequence

- 1.karate chop
- 2.top of head
- 3.inside of eyebrow
- 4.outside of eyebrow
- 5.under the eye
- 6.under the nose
- 7.on the chin
- 8.middle of collar bone
- 9.under the arm



Anxiety Reducing Sequence

- 1.under the eye x 5 taps
- 2.under the arm x 5 taps
- 3.middle of collarbone x 5 taps (repeat steps 1–3 until your state has significantly improved)
- 4.complete the closing sequence for 1 round
- 5.repeat steps 1–3 for 1 round



Closing Sequence

Start by gently tapping in the spot on the back of your hand.

- 1.close your eyes
- 2.open your eyes
- 3.look down to the left
- 4.look down to the right
- 5.roll your eyes in one direction
- 6.roll your eyes in the opposite direction
- 7.hum a tune for 5 seconds
- 8.count out loud 1–5 and then 5–1
- 9.hum a tune for 5 seconds

Allow yourself to come to a natural softening of tapping to a stop.



I hope you have found this
guide helpful.

It takes some time to learn
something new & to make it
a habit. Stick with it.

Give yourself the tools you
need to keep stress and
anxiety at bay.

I would love to hear your
experience of tapping. Let
me know:

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with love & kindness, Sai x