



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

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 his 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.

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.



EFT has many uses. The list below is a sample of what EFT has been used to successfully treat, or assist in the treatment of. However the general rule is try it on anything.

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

EFT was introduced in 1995 by Gary Craig, a Stanford Engineering graduate 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."

Gary Craig, Founder of EFT

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

"My doorman told me that after suffering from weekly and sometimes daily migraines since childhood, he hadn't had a single migraine since the EFT treatment, which was between 5 and 6 years ago. He still doesn't understand what went on in my office, but is thrilled with his relief."

Dr. Carol Look, LCSW, DCH

"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

"EFT has been for me, the single most effective technique I've used in my 45 years of practice as a psychiatrist."

Curtis Steele, MD

"The EFT is working just great for me, it is night 13 of falling asleep without the pain of the Invisible Chronic Illness (fibromyalgia) and this is a phenomenal record for me. Since 1991, the onset of this illness, I have not had two pain free nights in a row. You are very much appreciated and a great big "Thank you."

Janet Cole