

Emotional Freedom Techniques for **Love**

by

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Disclaimer

Emotional Freedom Techniques (EFT) is a member of a new category of treatment techniques and protocols referred to as Energy Therapy. While still considered experimental, these techniques are being used by therapists, nurses, physicians, psychiatrists and lay people worldwide with exceptional results in the treatment of psychological and physical problems. EFT is meant to compliment NOT replace traditional counseling, therapy or medical treatment. Even though I have not experienced nor witnessed adverse side effects resulting from using this technique, each individual must take full responsibility for their own health and well-being when using this technique. This information is provided to educate, inform and inspire you.

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Directions

For the complete instructions in EFT, consult Gary Craig's manual, a free download, at <http://www.emofree.com/a/?108> . For a free copy of the manual translated into Spanish, go to http://www.findthelightwithin.com/eft_esp.htm .

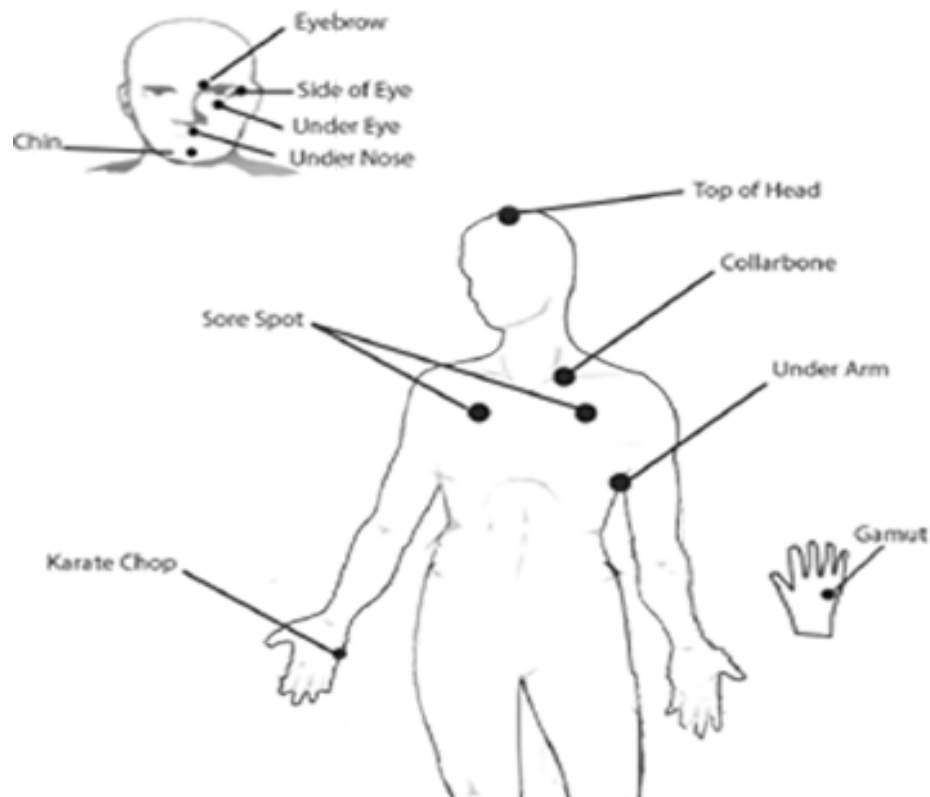
In this script and the audio a modified version of the EFT “basic recipe” is used. The following explains the basic steps:

1. **The Setup Statement** - *Name the problem* while tapping on Karate Chop (KC) or rubbing the Sore Spot (SP) point (see diagram).
Example: “Even though I have *this fear of failing*, I deeply and completely love and accept myself.
2. **Negative Tapping Sequence** – *Tune into the problem* by tapping the EFT meridian points while *focusing on the problem* and saying a **Reminder Phrase** out loud. This focuses the mind on the negative thought patterns and allows EFT to release it.

Example of Reminder Phrase: *This fear of failing*

- Tap each point 7 to 10 times while repeating the *negative reminder phrase*.
- Sequence of tapping points: Start tapping at the eyebrow point (see diagram).
 - Eyebrow (EB)
 - Side of Eye (SE)
 - Under Eye (UE)
 - Under Nose (UN)
 - Chin (CH)
 - Collarbone (CB)
 - Under Arm (UA)
 - Top of Head (H)

3. **Positive Tapping Sequence** – State preferences, choices and potential alternative outcomes while tapping on the EFT meridian points to *focus on the solution*. This allows you to incorporate the positive thought pattern.
Example: *I am successful*.
 - Tap each point 7 to 10 times while repeating the *positive phrase*.
 - Start at the eyebrow point and follow the same sequence of tapping points as before.
4. **Breath** – Take a deep breath to help move the energy through the body.



Tips and Suggestions

EFT is easy to use because of its flexibility. Here are some guidelines on how best to use it in order to enhance your experience.

- Be specific – The more specific the better. Identify a specific person, place, experience, memory, sight, sound, event, feeling or sensation associated with the issue.
- Scale – It is best to have an idea of how strong the block or specific issue is that you want to clear before you begin. Use a scale of 0 to 10 (where 10 is the most intense) to identify how strong your emotions are about a specific topic. After you complete an EFT tapping sequence, do a check-in on your emotions in relation to this scale again. Did they go up, stay the same or go down? You may tap until you reach a zero on this scale as it is an indicator of emotions released on the specific issue.
- Check-in – After completing an EFT sequence, pay attention to any thoughts, feelings or memories that come to mind. They could be a part of the block or issue you are releasing. Do the EFT tapping sequence on them to collapse them completely.
- Be persistent – Repeat the EFT sequence until you have released all of the emotions about the specific event. There could be many aspects or layers to a block or issue. So continue tapping until all of them have been addressed or contact an EFT practitioner for guidance.
- Flexibility – You may tap on the EFT tapping points with either hand, on either the right or left side of the body depending on what is more comfortable for you.
- Tapping points - As long as you tap in the general area of the point you will stimulate it so you don't have to worry if you are on the exact spot.
- Water – Dehydration has been found to affect the results experienced with EFT. So it is recommended that you drink water before, during and after EFT to stay hydrated.
- Scripts and audios – These scripts and audios are guides. Add or delete words to make them more specific and personal to your particular issue.

How to Use this Script

Remember this script is a guide. You may tap along from beginning to end or repeat parts or all of it until you feel in a state of LOVE.

LOVE

"Love is not a matter of what happens in life. It's a matter of what's happening in your heart." - Ken Keyes

Love is heart energy, healing energy. Love allows you to heal yourself, and love heals others. I feel inspired to appreciate love in life so I decided to share some of that love with you. This is my gift of love. I hope that you will be inspired by this EFT script and audio to clear your blocks to love and to focus your life on LOVE.

In addition, let's all dedicate a day to LOVE. Today, let's focus on LOVE. To participate in this Day of LOVE all you have to do is simply BE LOVE. The focus of the day is the love in your heart. Be aware of it. Allow LOVE to lead you, and guide you throughout the day. Just BE LOVE. Follow the EFT script and audio to "tap" into a state of LOVE. Then DO anything else that is LOVE inspired.

Remember LOVE is an incredible healer. LOVE yourself today and every day. Let the LOVE in your heart be your focus and guide. Watch the amazing results that come of it.

Love

Begin by rubbing the Sore Spot or tapping the Karate Chop Point and say out loud:

Even though I don't know how to love myself, much less those who I don't like, I choose to send love to everyone today.

Even though I want to love myself, I was never taught how. I choose to be open to loving myself.

Even though LOVE is such a big thing, it is also such a simple thing. It is the highest vibratory energy that exists. What could have more power than to be in a state of love?

Even though I'm not used to it, I choose to be in a state of love more and more often. To love myself. To love my family. To love my friends. To love my animal friends. To love those I don't even know. To send LOVE out into the world is the greatest gift I can give.

Tap on the following points and say out loud:

Eyebrow: Wow! That is a tall order. I hope I can do it. I hope that I can at least give myself some love. It is usually easier to love others.

Side of Eye: How am I going to BE in a state of LOVE? I don't know how. I choose to use today to practice. Anything I've done well, I've practiced.

Under Eye: I choose to practice LOVE today. I focus on LOVE. Every time I shift back into a negative thought, emotion, or action that is negative, I choose to pause a moment, then shift consciously back into the feeling of love.

Under Nose: I shift back into a feeling of LOVE by focusing on my heart, by focusing on something that makes me feel good.

Chin: Love is a choice. I choose this day to focus on love. I focus on love all day. What a great thing to do. Every moment that I focus on love, I feel more love. It is easy to feel love, return to love under all circumstances.

Collar Bone: How do I love myself? How do I love someone who is unkind or even hateful? I don't have to. All I have to do is feel LOVE within me. The LOVE within me will do all the work. LOVE creates the acceptance, the recognition of the divine even in those who don't show it.

Under Arm: How do I find LOVE within me? Where do I begin? LOVE is an inside job. It is about me and what I believe about myself. I find it within me. But how?

Top of Head: I start by focusing on my heart. I put my hands over my heart. I focus on my breathing. I breathe in deeply. I feel the breath expanding into my heart. I exhale the old and unneeded. I breathe in again letting love fill my heart. I exhale out the negative. I breathe in a third time and let the love permeate my heart.

Eyebrow: I continue sending love into my heart. I imagine it filling my heart with love, divine love. My heart is filling with radiant love. I feel it filling with the rosy golden color of love. The color of love fills my heart, permeates my heart with radiant love.

Side of Eye: I feel the love expanding in my heart. I feel the energy of love in my heart. I sense it. I enjoy it. I enjoy how good it feels to have my heart full of love.

Under Eye: I breathe again to feel the expansion of LOVE in my heart. That rosy golden love. It heals me and delights me.

Under Nose: I breathe again to feel the expansion of LOVE in my heart. That rosy golden love. I now feel my heart pumping, pumping that love from my heart out into my body. I feel it moving into all areas of my body.

Chin: My body is filling with the love in my heart. I feel radiant love expand out and into my head, my chest, my belly, my arms all the way down to my fingertips. I feel love pulsing there, vibrating love there. It feels so good.

Collar Bone: I feel the love clearing my mind, letting my mind rest, quieting my thoughts. I am quiet in the presence of love. It stills me.

Under Arm: I feel the love filling my chest, opening my lungs and allowing me to take in the breath of life. I breathe deeply. I feel love filling my lungs with that rosy golden love. I exhale that love out into the world.

Top of Head: I feel love filling my belly. Love fills my solar plexus and empowers me. Love empowers me to be genuine, kind and loving.

Eyebrow: Love flows into my arms all the way to my fingertips. I am able to embrace life with love, to touch, to hold and to allow freedom to what needs to be free. I allow love to caress my world through my fingertips.

Side of Eye: I feel love pumping out of my heart into my back and spinal column. I feel love supporting me, holding me, strengthening me. It is always there for me. Love gives me the energy and power to be supportive and supported. It allows me to be strong, upright as well as tender, kind and attentive.

Under Eye: I feel love pumping from my heart down my legs, all the way to the tips of my toes. I feel love expanding in my legs. I feel it giving me the power to stand on my own two feet, to walk proud, to step forward in life with joy, happiness and love, and to step into a life filled with love because it is already within me.

Under Nose: I feel the love flowing throughout my body, communicating with each cell in my body. Telling each cell in my body that it is love. Each cell responds with love, functioning to perfection, healing and communicating with all the other cells. All the cells in my body become one team of love. They work together through love to create health, and vibrant energy in my body. This love feels light, comforting, and delicious.

Chin: Love now fills my body. It fills my body completely. All of me is filled with love. This love becomes RADIANT LOVE. I am filled with RADIANT LOVE. RADIANT LOVE fills me with joy and happiness, enlivens me, and heals me. I am now RADIANT LOVE.

Collar Bone: There is so much RADIANT LOVE within me that it expands and overflows. I am so full of love that it flows out of me and into my surroundings. The rosy golden RADIANT LOVE flows out of me and out into the world.

Under Arm: As the RADIANT LOVE flows out of me, all of my interactions and communications are more loving, kind and honoring. I rejoice in the ability to communicate from love. It is the purest form of communication. I don't even have to say anything. I only need to BE LOVE. LOVE does the rest.

Top of Head: When I speak the energy of love permeates my words. Love clears my words so that only love is transmitted to the one I'm speaking to. Love allows the person hearing my words, to hear only the LOVE within them.

Eyebrow: Even when I talk to myself (mentally or verbally), I choose to let love permeate my thoughts and words so that from now on I hear the truth, that I am a loving being and deserve to give and receive love.

Side of Eye: When I interact with my parents, I choose to allow the LOVE filling me to talk for me, to erase any issues from the past, to be present in the moment, and appreciate my parents for all they are and all they have tried to do.

Under Eye: When I speak from the energy of love to my coworkers, we relate on deeper level, we understand each other and our work flows smoothly and with amazing results leading to prosperity for us all.

Under Nose: When I interact with children, I let the LOVE that permeates me go out to them first followed by my words and actions. I know in their hearts they will “catch” the feeling and let it make them feel loved. In return, their innocent and pure love comes back to me.

Chin: When I relate to my partner/spouse, I allow the LOVE now permeating my heart and soul to communicate that love to my partner, to speak volumes of what I feel and open me to deep communication, deeper relating, and deeper love between us. Radiant Love allows me to fully give and receive love.

Collar Bone: When I interact with Mother Nature and the creatures that live upon her, I also come from a state of LOVE. That love allows me to walk gently on the earth, interact kindly with all creatures and live in harmony.

Under Arm: When I am full of love, all interactions become a blessing, a delight and finally I am able to see beyond the surface to the “heart” of each person, place or creature I encounter and see each one is LOVE.

Top of Head: I am love. I am RADIANT LOVE. I am ONE with RADIANT LOVE. RADIANT LOVE is all there is. I feel that RADIANT LOVE flowing through me. RADIANT LOVE connects me with all living creatures in a loving way.

Take a deep breath.