

Emotional Freedom Techniques for **Peace**

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.

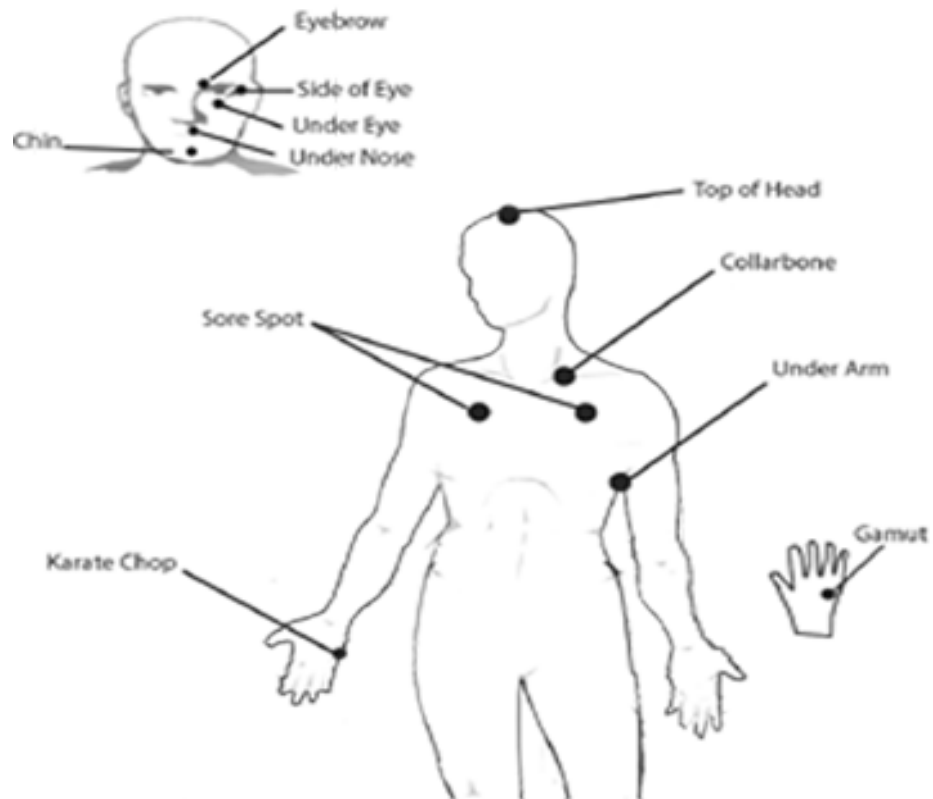
Example of Reminder Phrase: This fear of failing

- Tap each point 7 to 10 times while repeating the *negative reminder phrase*.
 - Sequence of tapping points: Start tapping at the eyebrow point
 - 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.

Peace

Since so many of us want peace, but feel that we are not at peace with ourselves, others, or the circumstances in the world. I am offering a sample of how to use EFT based on the topic of peace. I came across the following story that illustrates well my belief that peace begins from within.

A Sioux Indian Story

My grandfather took me to the fish pond on the farm when I was about seven, and he told me to throw a stone into the water. He told me to watch the circles created by the stone. Then he asked me to think of myself as that stone person.

"You may create lots of splashes in your life but the waves that come from those splashes will disturb the peace of all your fellow creatures," he said.

"Remember that you are responsible for what you put in your circle and that circle will also touch many other circles. You will need to live in a way that allows the good that comes from your circle to send the peace of that goodness to others. The splash that comes from anger or jealousy will send those feelings to other circles. You are responsible for both."

That was the first time I realized each person creates the inner peace or discord that flows out into the world. We cannot create world peace if we are riddled with inner conflict, hatred, doubt, or anger. We radiate the feelings and thoughts that we hold inside, whether we speak them or not. Whatever is splashing around inside of us is spilling out into the world, creating beauty or discord with all other circles of life.

Remember the eternal wisdom:

Whatever You Focus On Expands.

Author Unknown

In this sample EFT script and audio I will focus first on **Inner Peace**, i.e., releasing our blocks to inner peace and then focusing on creating peace within, followed by **Outer Peace**, i.e. blocks to peace with others, circumstances and the world and then focus on creating peace in our outer world.

Before you begin, please make a list of areas where you feel you are not feeling inner peace. Do you have inner conflicts, anger, frustration, self-blame, self-hate? Then make a list of what it is like to have inner peace. Is it feeling calm, relaxed, content, and happy, liking yourself and giving? Now create a list of areas where you lack outer peace? Is there discord between you and your spouse, your parents, your boss, your friends, your government? Then create another list of what it is like to have outer peace. Is it feeling joy whenever you see or hear from your family and friends, working closely with your teammates at work, being in integrity in all you say and do?

To me peace, inner and outer, is being in that state of inner peace that allows me to stay calm in all circumstances, to look for the good in all that is happening, to project forth peace to all I encounter. Wouldn't it be lovely if we all felt this inner peace and interacted with everyone we meet in this way? Well, let's start by using EFT to release some blocks to feeling at peace and then instill a new peaceful belief system. Let's see how being internally at peace affects the state of peace around us.

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 peace. You may even modify some of the words to fit more closely to the feelings you have. I'll suggest one way in which you can use this script.

Begin by choosing one topic on your list of areas where you don't have inner peace. Bring it into focus by imagining it, remembering it, feeling it. Rate the intensity on a scale of 0 to 10 (10 being the most intense). Then begin going through the script or listening to the audio for inner peace. After each round note any changes in your perception, feelings, and thoughts about peace. Check if there were any signs of release, such as yawning, tingling or a relaxation of your physical body. Repeat it if necessary until you have reduced that topic to zero. You may then choose another topic from that list or go on to the portion on outer peace. Again choose a topic on your list where you don't feel outer peace, rate the intensity. Bring it into focus by imagining it, remembering it, feeling it. Then begin going through the script or listening to the audio for outer peace. Check for signs of release. Again repeat the script if necessary. Continue until you feel at peace.

Inner Peace

Inner Peace Round 1:

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

Even though I don't feel at peace, I love and accept myself.

Even though I'm riddled with anxiety, inner conflict, hatred, doubt, anger, frustration, and self-blame, I am open to liking myself and being at peace with myself.

Even though I've had these feelings for so long that they feel like an integral part of me, I'm willing to let them go now, to love myself as I am.

Even though I'm not even sure what it means to feel at peace, I love myself completely and profoundly. I forgive myself for being stressed out, anxious and angry so often. It is a consequence of the life I lead, with way too many things to accomplish in one day, with beliefs that it is difficult to be at peace, that it is not possible to have inner peace. I know now that I can create peace in my life by having inner peace.

Eyebrow: I'm not at peace with myself.

Side of Eye: I'm filled with feelings, ideas, and concepts that don't let me feel at peace.

Under Eye: I don't even know what it's like to be at peace.

Under Nose: No one can ever reach that state of complete peace. Certainly I can't.

Chin: I'm angry, frustrated and upset with myself.

Collar Bone: I don't even like myself most of the time so how can I find inner peace.

Under Arm: I feel too sad to be at peace.

Eyebrow: I'm the one who always tells myself how bad it is, so I'm my own worst enemy when it comes to being at peace.

Side of Eye: I think it would be nice to be at peace with myself.

Under Eye: I release my anger, frustration and anxiety. As I do, I feel more peaceful.

Under Nose: I choose to start finding peace by looking inside. I know I've felt peaceful once in a while.

Chin: I remember a peaceful moment. I like feeling at peace. It is soft, warm, and comfortable.

Collar Bone: I like this feeling.

Under Arm: I think I'll be at peace more often.

Eyebrow: I release my old ways of believing that it is impossible to be at peace.

Side of Eye: That was my old paradigm.

Under Eye: I now choose to be at peace.

Under Nose: That is my new paradigm.

Chin: I remember peaceful moments and focus on them.

Collar Bone: It makes me smile to feel at peace.

Under Arm: I enjoy feeling peaceful.

Top of Head: Peace is a feeling. I am at peace. Peace is within me.

Take a deep breath.

Notice any release or shifts before starting round 2.

Inner Peace Round 2:

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

Even though there is way too much to do in a day to feel at peace, I love and accept myself. I know that I'm capable. I'm ok.

Even though I usually feel stressed and anxious, and it keeps me from feeling peace, I love myself completely.

Even though I'm not at peace with myself because of my past experiences, my beliefs, my actions, I love myself completely and profoundly.

Even though I've spent more time feeling out of peace than in peace, I forgive myself for believing all those stories that it is impossible to be at peace. I choose peace now.

Eyebrow: There's too much to do every day to be at peace with myself.

Side of Eye: I don't have time to be at peace. I feel too much anxiety and stress to be at peace.

Under Eye: I don't even like myself, so how can I feel at peace with myself.

Under Nose: I don't even know what it's like to be at peace.

Chin: No one's ever taught me how to be at peace so how am I to find inner peace.

Collarbone: I've always looked outside of myself to find what I've wanted, but it never felt like enough. I forgive myself for that.

Under Arm: It's not my fault that I don't know how to be at peace, no one taught me.

Eyebrow: I like finding moments of peace during my day and recognizing them.

Side of Eye: When I recognize a moment of inner peace, I can ask for more moments like that.

Under Eye: I choose to notice those moments of peace and enjoy them.

Under Nose: I choose to do things that make me feel at peace: walk in Nature, sing a song, bake a cake, read, take photos, paint or whatever tickles my fancy.

Chin: I like myself more when I feel at peace. Everything I do goes better when I feel at peace.

Collarbone: I smile more when I feel at peace. I laugh more when I feel at peace. Peace is such a wonderful feeling.

Under Arm: It grows every time I feel it. It gets easier to feel at peace the more I'm at peace.

Top of Head: I am at peace with myself. I have inner peace.

Take a deep breath.

Notice any release or shifts before continuing.

Outer Peace

Outer Peace Round 1:

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

Even though I'm not able to stay calm because of my work, family, and living situation, I accept myself.

Even though I react too much, am out of control, don't like what I see going on around me and feel that I have no control over it, I love myself profoundly and completely.

Even though it is easier to blame outer circumstances for my inner turmoil, I love and accept myself completely.

Even though peace is one of those concepts that people talk about but is too difficult to attain, I love myself anyway.

Eyebrow: I react too often. I'm out of control. I don't like the way things are going. It isn't fun anymore. It is just too stressful.

Side of Eye: I don't like this inner turmoil that creates outer turmoil in my life and world.

Under Eye: I don't want to feel out of control anymore. I don't want others to control how I feel.

Under Nose: I don't like how I treat and react to my family, friends and coworkers.

Chin: I'd rather blame others than take responsibility for my thoughts and actions.

Collarbone: I'm not at peace with myself or others. I'm still too reactive and take things personally.

Under Arm: Peace is one of those pipe dreams.

Eyebrow: I forgive myself for blaming others for my lack of peace.

Side of Eye: I let go of needing to be in control of everything and be more at peace.

Under Eye: I like being at peace with myself. I can forgive myself for all the things I did wrong and forgive others for what they did to me. I forgive myself completely. I forgive everyone. I am at peace now.

Under Nose: I find something peaceful to focus on each day. I am calm in all circumstances because I have inner peace.

Chin: I like that more peaceful incidences come into my life now that I'm focusing on peace. I like the results of being peaceful. Everything goes well when I'm peaceful and if it doesn't I am calm enough to deal with whatever happens.

Collarbone: I am at peace. I am calm. I am relaxed. I enjoy my day. As I do, others feel the peace I emit and catch it too. Now there are more of us at peace.

Under Arm: I remember to breathe deeply. I breathe in life deeply. I love being at peace.

Top of Head: Peace begins with me. Peace begins when I'm at peace with myself.

Take a deep breath.

Notice any release or shifts before starting round 2.

Outer Peace Round 2:

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

Even though most cultures teach us that peace is an impossible dream, I believe in peace. Even though I was taught that it is the survival of the fittest and in order to survive you must fight, I love and accept myself.

Even though there are images of war, strife, hunger and violence on the TV and radio every day, I don't have to buy into that viewpoint. I can dial into my inner view of peace. Even though it feels like such a big "job" to create peace, and it feels like an overwhelming task, I know that every time I feel at peace that world peace is growing.

Eyebrow: I have many cultural beliefs of scarcity and needing to fight for resources.

Side of Eye: My cultural beliefs that there is never enough; we must hoard and fight for what we have.

Under Eye: I was at war. I was at war with myself and still am.

Under Nose: I fight with myself all the time. You can't do this. You can't do that.

Chin: I fight with who I should be, want to be, must be, what my parent's want me to be, what my teachers, boss, friends, partner wants me to be.

Collarbone: How can I find peace in today's world? It's too violent; people are selfish; we've lost our values.

Under Arm: It feels like a constant struggle.

Eyebrow: Who are "they" anyway who create these beliefs?

Side of Eye: Why should I believe them? I can have my own view of peace.

Under Eye: I am the only person I can change so I choose to be more peaceful.

Under Nose: As I feel more peaceful I emit peace. I am at peace with my family.

Chin: As I practice being peaceful I am at peace with my colleagues, my family, my friends, acquaintances, and people on the street.

Collarbone: I like feeling so at peace. It makes those around me feel calm too. I like that.

Under Arm: As I'm peaceful others feel more peaceful. It creates a great cycle.

Eyebrow: I'm only responsible for myself being at peace. I love the consequences of me being at peace; others are more at peace too.

Side of Eye: Oh this is fun to feel so peaceful and to see others peaceful too.

Under Eye: Peace is a feeling. Peace is within me. I am at peace.

Under Nose: As I am at peace with myself, my voice emanates peace. Others notice that I'm at peace.

Chin: It makes them feel at peace. Then they emanate peace. Then others feel that peace. Peace grows as each one of us learns to be at peace. What a joyous adventure.

Collarbone: Creating peace is a loving adventure.

Under Arm: Peace is within me. Peace is around me. Peace grows. Peace flourishes. Peace abounds.

Top of Head: I am peace. I am love.

Take a deep breath.

Notice any release or shifts before continuing or congratulate yourself for coming to a state of inner peace.