

Learn How Emotional Freedom Techniques (EFT) Can Empower You to Clear Your Own Energy Blocks Caused by Everyday Stresses and Other Emotional Issues, and How to Co-Create with the Universe to Bring Exactly What You Want with a Clear Signal!

Dr. Helen D. Wix



Photo Credit: George Hodan

NOTE: ALWAYS DRINK PLENTY OF WATER WHEN DOING EFT OR OTHER ENERGY HEALING WORK

WHAT IS ENERGY HEALING?

Although I use Infinity Healing, Usui and Karuna Reiki® primarily as energy clearing methods that quickly and easily help people achieve wholeness, I also use the healing modality known as Emotional Freedom Techniques (EFT). I believe we need all of these healing tools. Trying to heal using just one tool is like trying to build a house using only a hammer. A house is a complex structure and requires different tools. We as human AND divine beings are also complex, and I want to empower you to take care of yourself on all levels. I also encourage you to learn about other healing modalities if you feel drawn to do so.

Carol Tuttle, author of *Remembering Wholeness*, is a certified Master Rapid Eye Therapist, a Reiki Master Teacher, and certified Energy Medicine and Emotional

Freedom Technique Therapist. She describes energy healing this way: "Energy therapy techniques clear the blocked emotional energy and negative thought energy that has become so common for people. It is what we commonly refer to as stress. When we have blocked, scrambled, stuffed, and damaged energy flows and systems, we cannot achieve our full potential.

"Energy healing releases people from the emotional energy of their past, cleans up their mental states and repairs the entire energy system. What that looks like in our day-to-day life is better health, more joy, clearer mental states and a stronger spiritual connection. Energy therapy gives power to our life force and vibrational tone so we are a powerful instrument in attracting what is good and wanted into our lives."

WHAT ARE EMOTIONAL FREEDOM TECHNIQUES (EFT)?

One of the main components of EFT is acupressure, which is a variation of acupuncture but does not use the needles. Acupuncture's history dates back to China about 5,000 years or more. The website *Acupuncture – History and Theory*, says, "The Chinese believed that in addition to being in balance, the energy or life force (which the Chinese called chi) had to be able to circulate freely around the meridians."

(The meridians can be likened to highways where energy is transported along different routes to our internal organs.) "If a break occurred anywhere in this circulation, illness would result. An example is backache, which is viewed by the Chinese as a blockage in the "chi" circulating in the bladder meridian. The remedy was, put in the simplest terms, to insert a needle at the point of discomfort, thus encouraging flow to re-establish itself."

Many people believe that every physical illness has a corresponding emotional and/or spiritual component. Richard Ross, developer of Emotional Freedom & Healing (EF&H), says, "If we don't deal with emotional/spiritual issues they then become physical issues. If we already have a physical issue, there's an emotional component to it."

This viewpoint is held by many others and led to the discovery of acupressure and its ability to move stagnant energy. The Chinese believed that illness was just an energy imbalance, either too much energy or not enough. Once that imbalance is corrected, then the disease or illness (physical, emotional, mental, or spiritual) disappears. Energy healing corrects that imbalance.

This explains the miracles of Jesus, the Christ, as well as modern-day miracles. If there is a spiritual, mental or emotional cause of the "disease" then it can sometimes disappear miraculously from the physical body. Have you not heard about people having tumors or some other illness, and when they went back to

the doctor, it had disappeared mysteriously? It really is no mystery when you understand about our energetic bodies and how healing works.

Western medicine has it backwards unfortunately and tries to rid the physical body of the disease *first* by cutting it out or burning it out with radiation. If the causes are not addressed on these other levels, (the spiritual, mental and/or emotional), then the disease just comes back.

Eastern medicine understands about the four levels (physical, emotional, mental, and spiritual) and treats the whole person, which is why what Eastern-trained healers practice is called "Holistic Medicine." Thankfully, some Western doctors are starting to understand about our four bodies and how they should all be treated together to keep us happy and healthy.

Years ago, I learned EFT but stopped using it because I didn't think it was effective. I believe the reason EFT didn't work for me had to do with the phrasing or wording. I didn't always use the right phrase but have since learned a way to do EFT which is much more effective. You will learn how later in this module.

ROGER CALLAHAN

Roger Callahan is considered the father of energy psychology. Dr. Callahan had a traditional practice (talk therapy, psychotherapy, etc.) in California up until 1980. He also had an interest in alternative healing methods. But although Dr. Callahan studied acupuncture, acupressure and other holistic modalities, he didn't incorporate any of them into his work with patients. Then, something changed all that.

Dr. Callahan had been treating a woman named "Mary" for a water phobia. Mary's treatment had been going on for over a year. She couldn't take showers or take a bath unless the water in the tub was only about one inch. If it was even raining outside it created intense fear for her, as well as going near a swimming pool. She wanted desperately to get over this phobia.

One day Mary was at Dr. Callahan's home office. There was a pool on his property, and knowing this, Mary was terrified. When she described her stomach pain to Dr. Callahan, he suggested that she tap under her eye on the cheekbone. Because Dr. Callahan had studied acupuncture, he knew that the point under the eye was the stomach meridian.

After a short time, Mary said, "I'm fine now. I don't have the pain anymore, and I don't think I have the fear of water anymore." To test it, Mary and Dr. Callahan went outside to the pool and Mary did something she had never done before: she put her foot in the water! Her fear never returned even after 20 years!

Dr. Callahan was astonished at Mary's response to the tapping, and began doing the tapping on other patients to see what worked and what didn't. With some of his patients, he discovered that the tapping didn't work at all. After much careful study, Dr. Callahan developed a series of formulas (called algorithms) that released certain emotions. He named his healing modality *Thought Field Therapy* (TFT).

Dr. Callahan went on to appear on many talk shows demonstrating his work, and also wrote a book. He taught many others his work, including some therapists and others non-therapists from other walks of life. For more information about Dr. Callahan and TFT, visit <http://www.tftrx.com>.

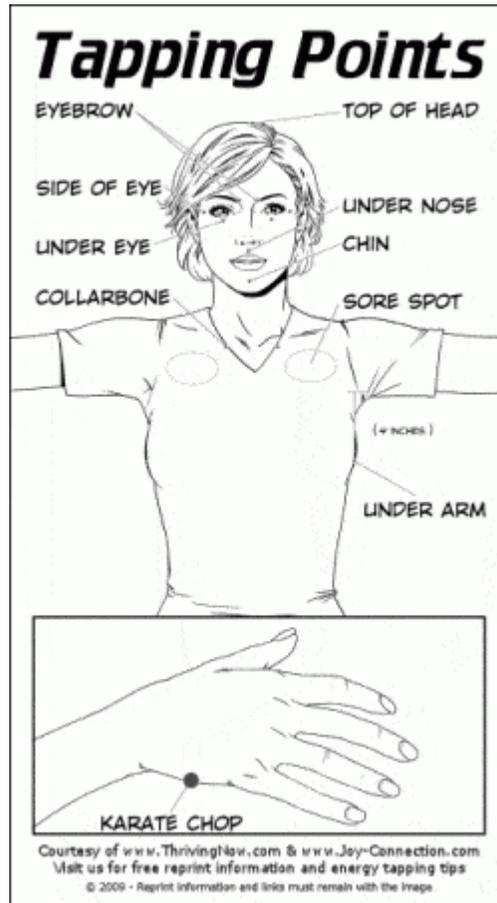
GARY CRAIG

Some people found Dr. Callahan's TFT processes too complicated. One such person was a student of Dr. Callahan's named Gary Craig. A retired engineer, Mr. Craig studied TFT closely. He concluded that TFT was way too complex and developed a much simpler system. His process is called *Emotional Freedom Techniques* or EFT and is a complete sequence that can be used for every issue.

EFT involves tapping on meridian points in a sequence using a very specific language. EFT is a very effective process, in fact, it's probably the most popular meridian therapy used today. For more information about Gary Craig and EFT, visit <http://www.emofree.com>.

EFT is taught in different ways. In this module, you also received a bonus copy of *Tapping Your Way To Health, Happiness and Abundance*. In this eBook, you will learn one of the many ways to do EFT. You can also learn by visiting YouTube and typing in "EFT." You will find many practitioners who can teach you how to do it. In this module, I included an EFT script which I adapted from Carol Tuttle's EFT model. Her way seems to work best for me. But adopt the EFT style that works best for you.

INSTRUCTIONS ON HOW TO DO EMOTIONAL FREEDOM TECHNIQUES (EFT)



The following instructions are adapted from Carol Tuttle's instruction sheet from her "Creating the Ultimate Energy Healing Enterprise Boot Camp." EFT is done many different ways by many different people. These instructions are to help you do EFT on your own.

The tapping points are (see chart above):

- karate chop (side of hand with little finger)
- beginning of eyebrow
- side of eye
- under the eye
- below the nose
- on the chin
- just below collarbone
- under the arm (about 4 inches below the armpit)
- top of the head

1. Choose a specific issue or challenge that you would like to work on such as weight loss, quitting smoking, getting rid of a headache, etc.
2. (Optional) Determine the SUD's (which stands for "Subject Units of Distress") by rating your feelings on a scale from 1 to 10 with 10 being the highest feeling of distress.
3. Use the following as your set-up phrase as you tap on your **Karate Chop** point:

"Even though I have this (STATE THE CHALLENGE), I deeply and completely love and accept myself."

Example: If you want to lose weight and are having a hard time doing it, you could start with a set-up phrase like this:

"Even though I want to lose weight and don't seem to be able to, I deeply and completely love and accept myself."

Repeat the set-up phrase three (3) times with the karate chop point.

4. Next, tap on the different points of the body listed above, beginning at the eyebrow point. While tapping on these points, repeat a "reminder phrase" that deals with the challenge such as:

"I am releasing (whatever the challenge is); I am letting it go now."

Example:

"I am releasing my inability to lose weight; I am letting it go now." Or you could just say, "My inability to lose weight..."

At the end of the round, take a deep breath and notice how you feel. Do more rounds if negative feelings still seem to be present. Tap until you feel a peace and calmness inside. If the challenge is strong and persistent, you may have to work on this over a period of time (days, weeks or months).

5. Next, make your right hand into a fist, and rub your heart area in a clockwise direction while repeating this forgiveness statement:

"I forgive myself for this (CHALLENGE); I am doing the best I know how."

"I forgive (NAME OF ANYONE ELSE INVOLVED) for their (WHATEVER PART THEY HAD); they are doing (or did) the best they know (knew) how."

Examples:

“I forgive myself for my inability to lose weight; I am doing the best I know how.”

“I forgive my parents for not buying healthy foods when I was growing up; they did the best they knew how.”

6. Reassess your SUD rating. If it dropped, you may want to repeat another round using this set up phrase:

"Even though I STILL have SOME of this (CHALLENGE), I deeply and completely love and accept myself."

Example:

“Even though I still have some of this inability to lose weight, I deeply and completely love and accept myself.”

Your goal is to get your SUD to 0. Continue to tap as many rounds as necessary until you reach the desired 0.

7. As you do EFT, other aspects of your challenge may surface, and you may feel a need to tap on those also to release them completely and permanently.

8. Whenever you clear something negative, you should put something positive in its place. To bring your energy systems alive in truth, you want to tap in positive affirmations (which you learned about in Module 8). In order to manifest, our bodies must vibrate and radiate out into the Universe what we want to co-create with It. By doing this, you will change your habits, and ultimately change your life!

In this step, it is not necessary to do the karate chop point. Just start tapping at the eyebrow point and go through the entire tapping sequence. If you have any affirmations left to do, just start over and tap on each point until you are done.

Examples of affirmations:

"I now choose to love and accept myself."

"I can let my light shine brightly now."

"It is good to be alive."

EFT VARIATIONS

Unfortunately, a lot of people won't do EFT because they get hung up on what to say.

Next, I'm going to teach you a way to do EFT that can apply to any situation that you may find yourself in. It's easy! I learned this technique from Robert G. Smith of FasterEFT (<http://fastereft.com>). You don't have to use the karate chop point on any of the variations below.

If something happens that upsets you, just start tapping:

Eyebrow: "Let it go!"

Side of eye: "It's safe to let it go!"

Tap on all of the points and just say, "Let it go!" or some variation of those words. Take a deep breath at the end (top of the head) and see how you feel. If you still feel some negativity, do another round of tapping. Keep tapping until you feel a complete release, and until a feeling of calmness and peace comes over you.

Another variation is just to voice your frustrations as you tap. Let's say that you just got some upsetting news, or someone said or did something that upset you, then, you could say exactly what you're feeling as you tap on each point.

For example:

Eyebrow: "I'm sick of him always interrupting me!"

Side of eye: "I've never met anyone so rude in my entire life!"

You get the idea! Just go through all of the tapping points and express EXACTLY what you're feeling! That is how you release those negative energies so that they don't stay trapped inside you and cause problems. Just remember to take a deep breath after you finish each round of tapping.

One more thing I want to share with you. You don't have to use this technique just to release the negative. You can also use it to put in the positive. As you learned in Module 8, you can tap these points using affirmations, (and if you don't currently use affirmations, I strongly encourage you to do so). Start at the eyebrow point and go through the whole sequence. You don't have to use the karate chop point.

EFT CLEARING SCRIPT FOR MONEY BLOCKS

The following money script is adapted from Carol Tuttle's "Manifesting More Money Boot Camp."

Starting with the Karate Chop point, repeat the following:

Even though I have problems with money, I love and accept myself.

Even though money seems hard to come by, I love and accept myself.

Even though I feel depressed about my money and the lack of it, I am ready to clear this energy now.

Even though I get discouraged and angry when I pay my bills, I am grateful for all that I do have.

Even though I have created patterns of struggle and lack with money, I am ready and grateful that I am free to receive more...

Start tapping on the face and torso points while repeating...

Eyebrow: Release...

Side of Eye: Money doesn't grow on trees...

Under Eye: Money is filthy and dirty...

Under Nose: Money is not spiritual...

Chin: I don't deserve money...

Collarbone: My parents' money was more important than me...

Under Arm: I will never have enough...

Top of Head: Rich people are worldly...

Eyebrow: Releasing, letting go of...

Side of Eye: There is not enough money for me...

Under Eye: Afraid of wealth...

Under Nose: Not good enough...

Chin: Poor people are more spiritual...

Collarbone: Frustration...

Under Arm: Money is not there for me...

Top of Head: I hate money...

Eyebrow: It has caused me nothing but trouble and heartache...

Side of Eye: I will never get out of debt...

Under Eye: It is so hard...

Under Nose: Money is hard...

Chin: Releasing it, let it go from all my cells...

Collarbone: Releasing...

Under Arm: I am supposed to be poor...

Top of Head: I have always struggled and always will struggle...

Eyebrow: When will it be my turn to have money?

Side of Eye: How can I have money when my family doesn't?

Under Eye: It is a sin to spend money...

Under Nose: If I spend it, it will never come back to me...

Chin: Deep grief – angry I have to struggle...

Collarbone: I am not worth it...

Under Arm: Don't deserve it...

Top of Head: Have to work hard to get ahead...

Eyebrow: Releasing all the generational beliefs around poverty consciousness...

Side of Eye: Releasing...

Under Eye: Hate bills...

Under Nose: Resenting others for having money...

Chin: Money will corrupt me...

Collarbone: Money goes out faster than it comes in...

Under Arm: Feeling worthless...

Top of Head: Stuck...

Eyebrow: Poor...

Side of Eye: I will never get out from under...

Under Eye: My parents never got ahead, neither will I...

Under Nose: Fear of being greedy...

Chin: Can't make money doing what I love...

Collarbone: Release it from every cell in the body...

Under Arm: Release it, let it go...

Top of Head: I couldn't make that much money...

Eyebrow: Afraid of wealth...

Side of Eye: Negative language around money...

Under Eye: I can't afford it...

Under Nose: I don't have enough...

Chin: Release all the arguments and conflicts I have created around money...

Collarbone: Can't trust my family, they will spend it all...

Under Arm: If I make it, I get to control it...

Top of Head: Money is difficult to come by...

Eyebrow: Release it ALL, let it go...

Side of Eye: Letting go of the lack, the struggle, and the conflict with money...

Under Eye: Releasing...

Under Nose: Giving my power away to money...

Chin: Let is all go ONCE AND FOR ALL...

Take three (3) deep breaths and let all the stress, worry, and overwhelm go about money...

FORGIVENESS STEP

Place your fist on your heart chakra (the center of your chest where your heart energy is vibrating) and rotate your hand in a clockwise direction while repeating the following:

I forgive myself; I have done the best I know how with money.

I forgive money; it has always been there for me; I claim it now.

I forgive my parents; they did the best they knew how.

I forgive my ancestors; they did the best they knew how.

I forgive myself for not changing this pattern sooner; it is now time.

REFRAMES TO CREATE AN ABUNDANCE OF MONEY

Start tapping on the eyebrow point while repeating the following...

Eyebrow: Thank you God (or Spirit, etc.) ...

Side of Eye: I am creating a new energy with money

Under Eye: I deserve to be successful

Under Nose: I am responsible with money

Chin: I am doing God's will with my abundant supply

Collarbone: Thank you God...

Under Arm: I am abundant in money

Top of Head: I am worth it

Eyebrow: I am rich in all areas of my life

Side of Eye: Money is easy to come by

Under Eye: Living is easy

Under Nose: I deserve abundance

Chin: Tap it into every cell

Collarbone: Thank you God...

Under Arm: I claim my wealth now

Top of Head: I am spiritual, and I am wealthy

Eyebrow: I am grateful I have so much money that it is easy to share with others

Side of Eye: I come by money easily

Under Eye: All my debts are paid in full

Under Nose: I am trusting my family with money

Chin: I am appreciated

Collarbone: I am taking the proper steps to resolve my debt

Under Arm: I can be rich like everyone else

Top of Head: I can create wealth easily and effortlessly

Eyebrow: Tap it into every cell, taking on a new energy with money

Side of Eye: Thank you God...

Under Eye: For blessing me with wealth

Under Nose: I have the power to create the life of my dreams

Chin: I am expecting more prosperity, more happiness, and more joy than ever before

Collarbone: I am free

Under Arm: I feel safe being me

Top of Head: My vibration allows an abundance of money

Eyebrow: I always have enough money for all my needs

Side of Eye: I am financially rewarded for all the work I do

Under Eye: I have an abundance of health

Under Nose: This is an abundant universe and there is plenty for all

Chin: I am open to my abundance; this is my natural state

Collarbone: I always have everything that I desire

Under Arm: I am now acting upon my Life Mission with joy and passion

Top of Head: I am grateful for all that I already have

Eyebrow: I am loving my bills and bless with love all my creditors and am so grateful for their kindness

Side of Eye: God is lavish and abundant, and it is my BIRTHRIGHT to be supplied with everything I need and desire

Under Eye: I am continuously rejoicing in and blessing all the good fortune of everyone

Under Nose: I am an unlimited being, accepting from an unlimited source in an unlimited way

Chin: My life is a series of successes

Collarbone: I use the power of my mind to cause positive changes in my life

Under Arm: I believe in myself

Top of Head: I am a winner

Eyebrow: The universe supports me in reaching my goals

Side of Eye: I let go of all negative belief systems

Under Eye: I set my imagination free to accomplish what I desire

Under Nose: I am open to all the blessings God has for me; I am receiving them now!

Chin: I am happy, healthy, wealthy, healed, and whole

Collarbone: I value myself

Under Arm: I allow myself to dream

Top of Head: My energy flows freely and easily in all areas of my life

Eyebrow: I am open to my inner guidance

Side of Eye: I am wealthy in every area of my life

Under Eye: I am open and receptive to all the good and abundance in the Universe

Under Nose: I am open and receptive to new avenues of income

Chin: I now receive my good from expected and unexpected sources

Collarbone: My money increases whether I AM working, playing or sleeping. I have every talent, skill, gift, and ability I need to make lots of money

Under Arm: Money is my friend. I enjoy a great and healthy relationship with money

Top of Head: The more money I earn, the more I can help and serve others

Take a deep breath, and feel a new connection with abundance, prosperity and money.

About Dr. Helen D. Wix and the MLM Mastery Academy:



Are You Ready to Finally Be Emotionally and Financially Free?

Dr. Helen D. Wix is a certified life and spiritual coach, psychic, Reiki Master Practitioner, Infinity Healer, spiritual teacher, author, and energy therapist.

Dr. Wix, founder of the [MLM Mastery Academy](#), creates Empowered Freedom Leaders. Think of her as a modern-day Harriet Tubman who empowers men and women to create wealth from the inside out by leading them to emotional and financial freedom. This means that Dr. Wix teaches how to free yourself from negative emotions such as limiting beliefs, worries, doubts, and fears.

You will also learn how to create generational wealth for yourself, and your family and leave a legacy. More importantly, Dr. Wix provides transformational tools through the "[My Life Mission Mastery Course](#)" which assists people in clearing their own past traumas plus the unresolved traumas we're carrying from our ancestors so that we can finally achieve personal fulfillment and world peace. Her "Build Wealth from the Inside Out" YouTube Channel teaches you how to create wealth from the inside out because wealth is an inside job. This will enable you to create a life of happiness, abundance, and success.

What is an Empowered Freedom Leader?

An Empowered Freedom Leader is a man or woman who has decided to free himself or herself emotionally and financially by using the tools available at the MLM Mastery Academy website, and then, as an Empowered Freedom Leader, helps others to free themselves. Empowered means that he or she will be taught how to access their inner Divine Power, so they can write their own ticket for the life of their dreams.

Dr. Wix worked in corporate America for 25 years before leaving to pursue a mission that was more meaningful and truly spoke to her soul. She wants to help others do the same. Contact her at helen@mlmmasteryacademy.com.

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