

Emotional Freedom Technique Podcast Transcript

Vanessa

Emotional Freedom Technique is another tool that helps with tapping the energy centers. So there are various techniques and tools, and EFT is based on the meridians, which is based on Chinese medicine, which like a lot of acupuncture uses.

When energies are flowing, we're in a state of balance and all the meridians are open and flowing. And when we're in a state of fear, there are certain blocks that can happen. So what we wanna do is we want to continue to have the flow. So when there's stress or anything of that sense, it can create blocks throughout our energy's points so we wanna do a tapping as it helps open those channels up and it helps the flow coming back down, okay?

So what we're doing is when there's a part that does feel stuck, we're trying to stimulate that to help clear that energy out and to come back into a state of balance. So with EFT, you can use either hand, and you can use two fingers or one, whatever feels best for you.

And it is important that you take care of yourself. Sometimes different emotions and different memories can come up, so it's super important for you to be aware of that and come back to yourself. So when an emotion does come up, you can continue to tap until it goes away. But you can also speak with your therapist or psychologist, that can help with that as well, okay?

So I want you to take a moment and just get into a comfortable space. So we wanna to do a EFT is we wanna check in in the beginning and also the end to see how we liked this practice, if it was helpful to us, if it's something we want to expand on or not, okay? So the first thing I want you to do is just take a moment, take a couple breaths in and out your nostrils, and rate your stress level on a 1 to 10. Beautiful.

And I want you to take your hand, either hand, and on the side of your hand, we are going to tap in. And again, one or two fingers, and say, "Even though I have this stress, I choose to love and accept myself. Even though I have this stress, I choose to love and accept myself. Even though I have this stress, I choose to love and accept myself." Continue to tap and to say, "Even though I have this stress, I choose to love and accept myself. Even though I have the stress, I choose to love and accept myself. Even though I have this stress, I choose to love and accept myself."

And then you can tap your forehead point, "This stress, this stress, this stress." Top to the corner of your eye, continue to tap and say, "This stress, this stress, this stress, this stress." Under your eye, "This stress, this stress, this stress, this stress."

The space between your lips and your nose and tap, “This stress, this stress, this stress.” Under your lips, “This stress, this stress, this stress, this stress, this stress.”

Right below your collarbone, “This stress, this stress, this stress, this stress, this stress, this stress, this stress, this stress, this stress.” Under your arm and tap, “This stress, this stress, this stress, this stress, this stress. And on the top of your head and say, “This stress, this stress, this stress, this stress, this stress, this stress, this stress, this stress.”

And lower your hands and take an inhale. And exhale. Continue to take another inhale and exhale. And pause for a moment. And you can rate your stress level again. Beautiful.

Crystal

Thank you for listening to PRA Well-Being’s Emotional Freedom Technique Exercise. This is one of a three-part wellness series developed and led by Vanessa Marrufo of Solrise Wellness. The exercises included in this series are intended to boost well-being and mindfulness. If you haven’t already done so, please listen to the other exercises in this series, the Body Scan and the Vagus Nerve Reset. This series was produced in association with Policy Research Associates and for more information about PRA Wellbeing, you can visit the website at www.prainc.com.