



Yours for free,
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Into More

An Introduction to

EFT TAPPING

CREATE YOUR OWN INNER PEACE

FEEL AND FREE YOUR EMOTIONS

ELISE CRAY | TAP INTO MORE

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EFT DAILY JOURNAL + NOTE SECTION

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HI, I'M ELISE

I'm a certified EFT Practitioner with a background in Psychology, and am the Founder of Tap Into More.

More and more people are talking about how effective EFT can be and how easy it is to implement a daily practice at home.

This quick guide is going to focus on introducing you to EFT and will be a great starting point if you are new to it. I'll show you what's involved in an EFT practice, what the tapping points are, and give you a bit of background about how EFT came about.

LET'S GET STARTED!

Elise xoxo



WHAT IS EFT?

EFT is a complimentary therapy, combining aspects of acupressure, neuroplasticity, and modern psychology.

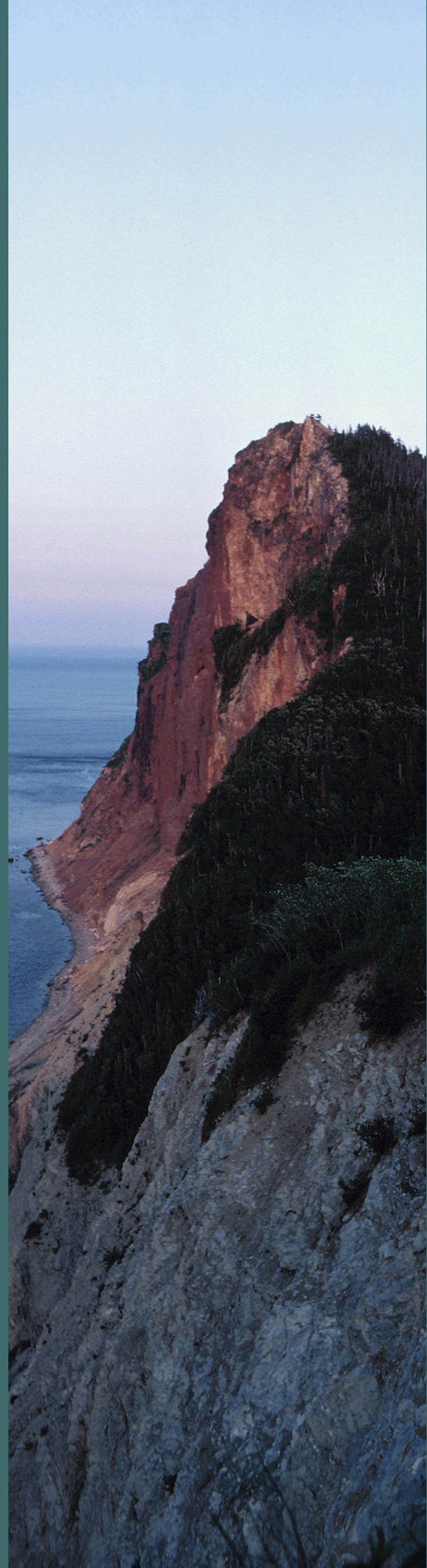
EFT stands for Emotional Freedom Techniques.

Also often referred to as 'Tapping', EFT is a **holistic, psychosomatic healing method** that combines elements of ancient traditional Chinese medicine (dating back to over 5,000 years ago) with modern psychology. By gently tapping on specific acupressure points on the body that have been well establish for thousands of years, EFT aims to **unblock energy meridians and psychologically release emotional and physical distress**, allowing for a greater sense of emotional freedom and well-being.

It was in the **ancient Chinese Shaolin and Taoist monasteries** that the energy meridians of the human body were first mapped, and this information has become the base of many popular therapies today, including acupuncture, acupressure, reflexology and shiatsu massage.

EFT as we know it today, was established by **Gary Craig** in the 1990's, and it has since gained popularity worldwide for its **simplicity and effectiveness**.

Studies have shown that one hour of EFT can reduce cortisol by more than 43% !!





UNDERSTANDING THE BASICS OF HOW EFT WORKS

To grasp the essence of EFT, it's essential to understand a few key concepts. First, EFT operates on the principle that **disruptions in the body's energy system** can lead to emotional imbalances and physical discomfort. By tapping on specific meridian points, we can **restore the flow of energy and alleviate these disturbances**.

Additionally, EFT recognizes the **profound connection between our thoughts, emotions, and physical health**, emphasizing the importance of addressing **both the mind and body** in the healing process.

The effectiveness of EFT lies in its ability to **calm the body's stress response and rewire neural pathways associated with negative emotions**.

When we tap on acupressure points, we send calming signals to the amygdala, the brain's fear center, triggering a relaxation response. This process helps to **reduce the intensity** of negative emotions and **reframe our perception** of stressful situations, promoting a sense of **emotional resilience and inner peace**.

GETTING STARTED

Ready to experience the power of tapping for yourself?
Follow these simple steps to begin your EFT practice*:



- 1.** Identify the specific emotion or issue you'd like to address.
Locate where the emotion is in your body and visualize its color, texture and shape. (Guessing is fine).



- 2.** Rate the intensity of the emotion (as it is in that moment) on a scale of 0 to 10, with 10 being the most intense.
Aim to get the intensity down to a 1 or 2, if you can. The help of a practitioner may be necessary for this.



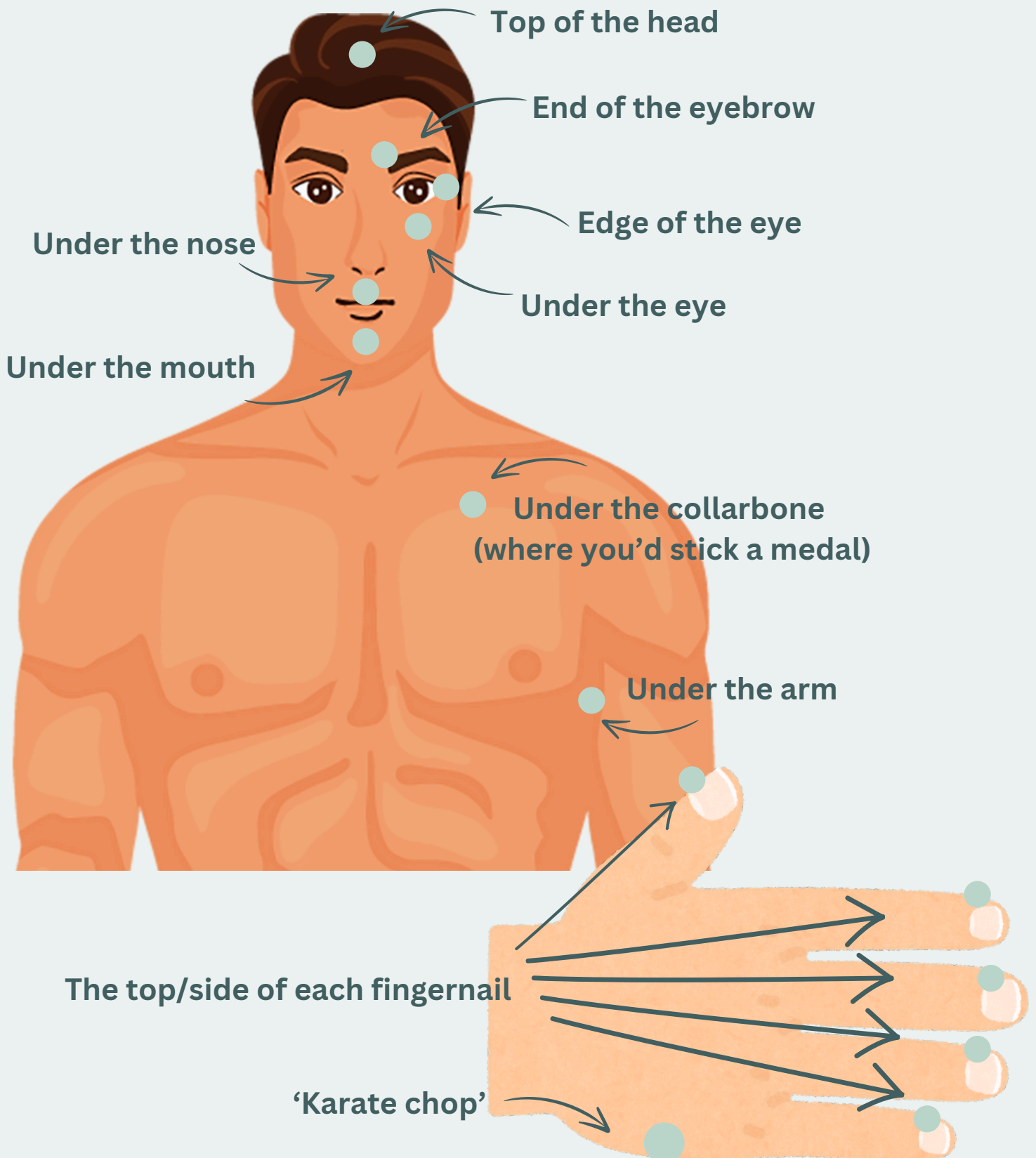
- 3.** Formulate a setup statement that acknowledges the issue while affirming self-acceptance and love. Eg. "Even though I feel this spiky red anger in the center of my chest right now, I deeply love and accept myself."



- 4.** Gently tap on each of the EFT meridian points while repeating your setup statement, and then any further expansions of your feelings and/or affirmations.

*In a Clinical EFT session with an EFT Practitioner, there are more steps involved. However, the above steps form a basic self-practice.

Introducing the **EFT TAPPING POINTS**



And now for the **EFT TAPPING SEQUENCE**

01

THE 'KARATE CHOP'

02

TOP OF THE HEAD

03

END OF EYEBROW

04

OUTER EDGE OF EYE

05

UNDER THE EYE

06

UNDER THE NOSE

07

UNDER THE MOUTH

08

UNDER THE COLLARBONE (WHERE YOU'D STICK A MEDAL)

09

UNDER THE ARM

10

THE TOP/SIDE OF EACH FINGERNAIL

Start at the
'karate chop'
point, and then
work from your
head down.



CLINICAL EFT

Clinical EFT involves taking part in a private EFT therapy session, with just you and a qualified EFT Practitioner (like myself).

The difference between this and doing self tapping at home, is that you will have more of an opportunity to work through deeper and more complex feelings, beliefs and experiences.

An EFT Practitioner should provide a safe space, where you are supported and gently guided at your own pace, through whatever comes up for you.

WHICH ONE?

SELF PRACTICE

A self practice of EFT at home on your own is a great way to establish effective self-soothing practices to use in your everyday life for whenever you need them.

These can be highly effective in regulating your nervous system, reducing cortisol (the stress hormone), and providing instantaneous anxiety relief in times of stress or heightened emotion.





How to **GET THE MOST OUT OF EFT TAPPING**

Research and countless personal accounts have shown that regular practice of EFT can lead to lasting improvements in both mental and physical health.

To get the most from your EFT practice, whether it's self-practice, clinical practice or both, here are a few tips:

- Be really honest with yourself about what you're feeling and thinking.
- Use positive and empowering language in your setup statements and later in your affirmations.
- Practice self-compassion and acceptance throughout the process.
- Try to get into the habit of doing a few quick rounds of tapping any time you start feeling emotionally overwhelmed, throughout your day.

Tap

CONCLUSION...

I hope this brief introduction to the powerful and beautiful world of EFT has answered some of the questions you had about its history and practice.

EFT can be a thoroughly life changing tool, and I invite you to continue exploring it and integrating it into your daily life.

Whether you're looking to manage stress, overcome emotional challenges, or enhance your overall well-being, EFT can be a simple yet effective tool to help you **Tap Into More** peace, balance, and joy within yourself and your life.

To help you develop healthy emotional freedom habits through EFT, I've included a **Daily EFT Journal**, where you can record what you worked through each day and what new realizations came to you in the process.



HOW TO WORK WITH ME

I am currently offering **global online EFT sessions** for anyone wanting to take the Clinical EFT session route and aim for a more thorough approach.

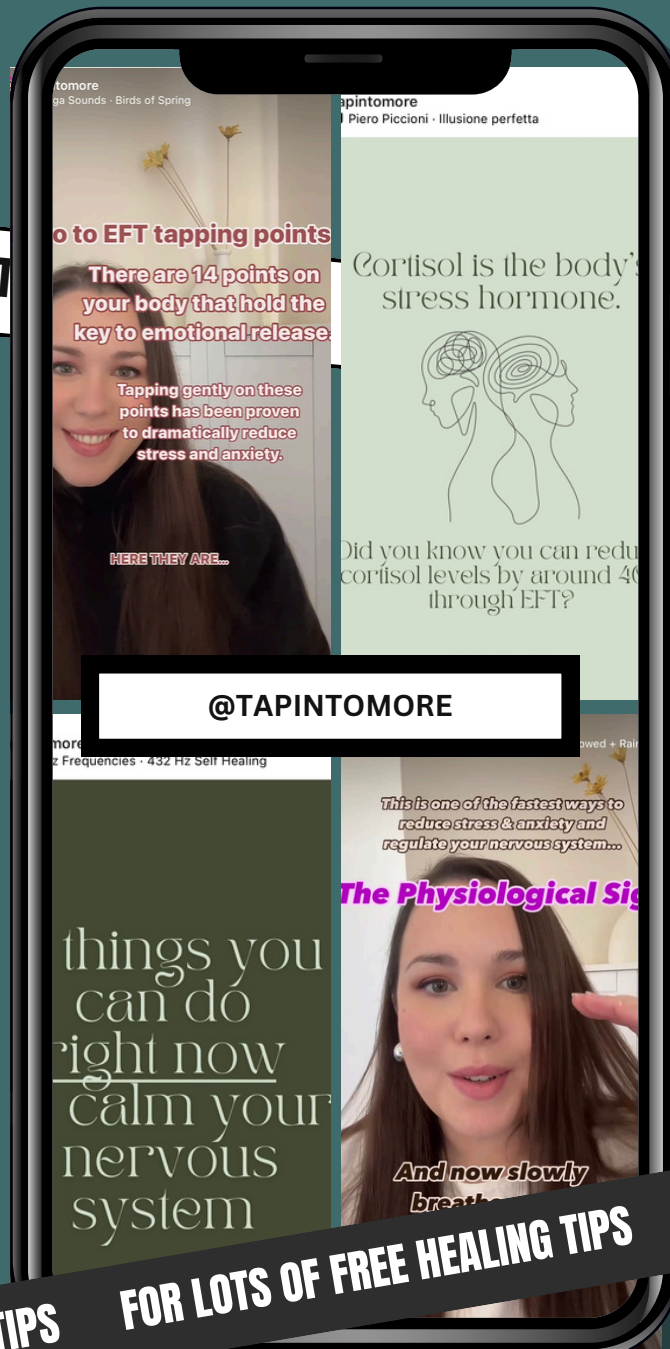
If an elevated and guided self-practice is more your style, I will soon be releasing some very specific **online courses that you can do in less than 15 minutes each day at home.**

If you have an area in mind that you'd love an EFT course on, please send me a DM - my aim is to create courses that help you through exactly what you need help with!

You're invited to **FOLLOW US**

GRAM FOLLOW US ON INST

INSTAGRAM FOLLOW US O



FOR LOTS OF FREE HEALING TIPS

FOR LOTS OF FREE HEALING TIPS

FOR LOTS OF FREE HEALING TIPS

Your Daily EFT JOURNAL

GOAL :

DATE:

DAY

01

DAY

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DAY

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DAY

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DAY

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DAY

07

[illegible]

Time to Tap Into More...