

A presentation on EFT (Emotional Freedom Techniques) for an introduction to new people.

## EFT and Related Acupuncture Points

**TH** - Top of Head - 'Hundred Meeting Points' Meridian

*Releases:* Inner critic, lack of focus and 'gerbil wheel' thinking  
*Allows:* Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity

**EB** - Eyebrow - Bladder Meridian

*Releases:* Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread

*Allows:* Inner peace and emotional healing

**SE** - Side of Eye - Gall Bladder Meridian

*Releases:* Rage, anger, resentment, fear of change and muddled thinking

*Allows:* Clarity, compassion and understanding

**UE** - Under Eye - Stomach Meridian

*Releases:* Fear, anxiety, worry, emptiness, nervousness and disappointment

*Allows:* Contentment, calmness, feeling safe... "All is well".

**UN** - Under Nose - Governing Meridian

*Releases:* Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals

*Allows:* Self-empowerment, self-acceptance and compassion

**CH** - Chin - Central Meridian

*Releases:* Confusion, uncertainty, embarrassment, shame and second guessing decisions

*Allows:* Certainty, clarity, self-confidence and self-acceptance

**CB** - Collarbone - Kidney Meridian - Adrenals

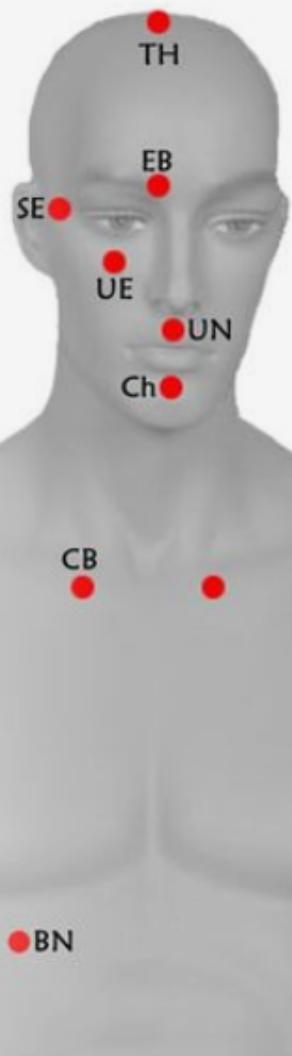
*Releases:* Psychological reversal, worry, indecision, feeling stuck and general stress

*Allows:* Ease in moving forward, confidence and clarity

**UA** - Under Arm - Spleen Meridian

*Releases:* Guilt, obsessing, worry, hopelessness, insecurity, and poor self esteem

*Allows:* Clarity, confidence, relaxation and compassion for self and others



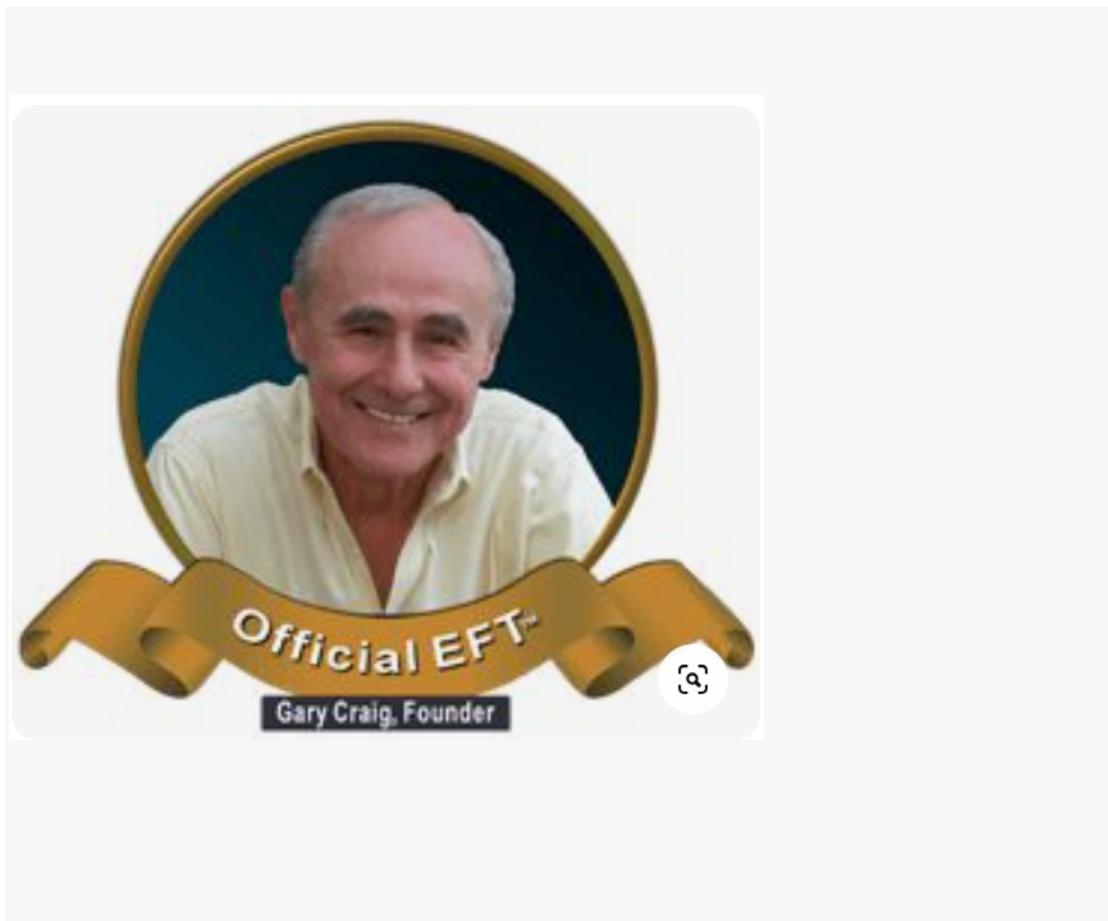
## Introduction to EFT and Galvanometers

### Introduction to EFT (Emotional Freedom Techniques)

- EFT, short for Emotional Freedom Techniques, is a powerful and widely used mind-body therapy.
- It involves a unique approach to emotional and psychological well-being through a technique known as tapping.
- In this presentation, we will explore the basics of EFT, its history, and its scientific backing.

### The History of EFT

- Gary Craig developed EFT in the 1990s.
- It is rooted in earlier work by psychologist Roger Callahan.
- Craig's innovative approach made EFT accessible to a broader audience.



The history of EFT (Emotional Freedom Techniques) is an interesting journey that evolved from earlier practices in energy psychology and meridian therapy. Here's a brief overview of the history of EFT:

**Early Influences (1980s):** EFT's development was influenced by the work of psychologists and therapists, including Roger Callahan, who developed Thought Field Therapy (TFT). TFT involves tapping on specific meridian points to treat psychological issues.

**Gary Craig's Innovation (1990s):** EFT as we know it today was developed by Gary Craig, an engineer and personal performance coach. In the early 1990s, Craig learned about TFT and began working with Dr. Callahan. However, Craig simplified the TFT techniques and developed a more structured approach, which he called Emotional Freedom Techniques (EFT).

### Understanding Galvanometers

- Before delving into EFT, let's briefly introduce the concept of galvanometers.
- A galvanometer is an instrument used to measure the flow of electric current.
- It plays a role in our discussion as we explore the energy-based principles behind EFT.

### *How Galvanometers Work*

- Galvanometers work on the principle that electric current creates a magnetic field.
- When current flows through a coil of wire, it generates a magnetic force that causes a pointer to move.
- The movement of the pointer is proportional to the current passing through the wire.

### *EFT's Connection to Energy*

- EFT is founded on the idea that emotions and mental states are energy-based.
- It proposes that disruptions in the body's energy system contribute to emotional distress.
- By using tapping techniques on specific acupressure points, EFT aims to balance this energy flow.

Let's see How the galvanometer works on EFT Points

[Click here](#)

## *The Tapping Process*

- In the following video, we will see the tapping points of EFT.

Let's see tapping points

[Click here](#)

## AMYGDALA

The amygdala is indeed a significant part of the brain that plays a crucial role in emotional processing, particularly in the context of fear and emotional responses. While EFT doesn't directly target specific brain regions, some practitioners and researchers have explored its potential effects on the amygdala and the brain's emotional processing centers.

Here's how EFT may be related to the amygdala:

**Emotional Regulation:** EFT is often used as a tool to regulate and manage emotions, including those related to fear and anxiety. The amygdala is known for its involvement in processing fear and emotional responses. EFT practitioners suggest that tapping on specific acupressure points may help reduce the amygdala's overactivity, leading to a sense of calm and relaxation.

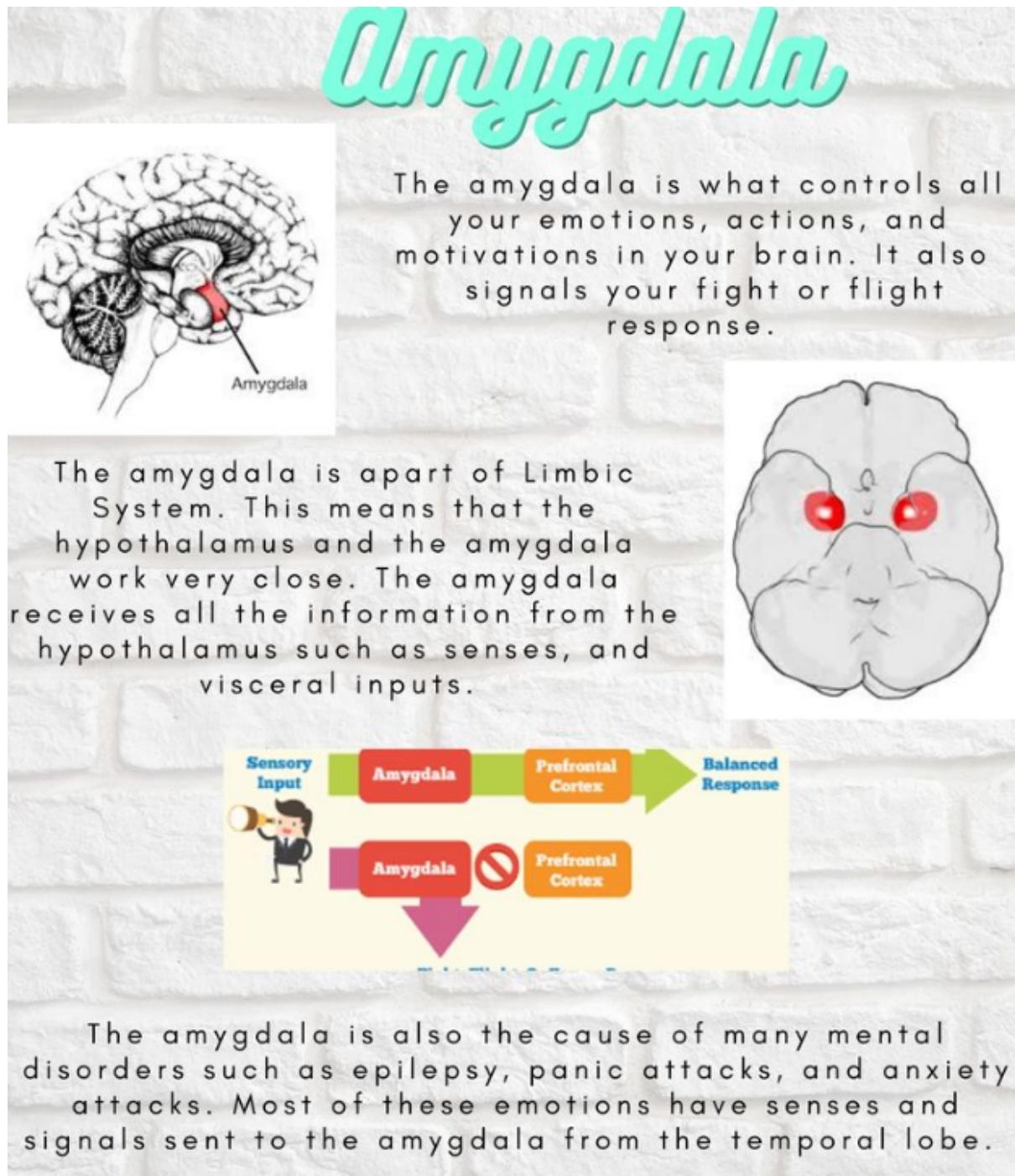
**Stress Reduction:** EFT is recognized for its ability to reduce stress and anxiety. Chronic stress can affect the amygdala and its connections to other brain regions, potentially leading to emotional dysregulation. EFT's stress-reduction effects may indirectly impact the amygdala by promoting a more balanced emotional state.

**Desensitization:** EFT is sometimes used to address phobias and traumatic experiences. These issues often involve heightened amygdala activity and strong emotional reactions. Through tapping, individuals may gradually desensitize their responses to these triggers, potentially leading to a reduction in amygdala activation.

**Relaxation Response:** Tapping in EFT is often accompanied by relaxation techniques and deep breathing. These practices can have a calming effect on

the brain and may contribute to reducing amygdala activity associated with heightened emotional responses.

While there is some anecdotal evidence and a growing body of research supporting the effectiveness of EFT in addressing emotional issues, including those related to the amygdala, it's essential to acknowledge that the specific neural mechanisms involved are still an area of ongoing study and debate.



**Amygdala**

The amygdala is what controls all your emotions, actions, and motivations in your brain. It also signals your fight or flight response.

The amygdala is a part of Limbic System. This means that the hypothalamus and the amygdala work very close. The amygdala receives all the information from the hypothalamus such as senses, and visceral inputs.

**Diagram:**

```
graph LR
    SI[Sensory Input] --> A1[Amygdala]
    A1 --> PC1[Prefrontal Cortex]
    PC1 --> BR1[Balanced Response]
    SI --> A2[Amygdala]
    A2 -- crossed-out --> PC2[Prefrontal Cortex]
    PC2 --> DR[Distressed Response]
```

The amygdala is also the cause of many mental disorders such as epilepsy, panic attacks, and anxiety attacks. Most of these emotions have senses and signals sent to the amygdala from the temporal lobe.

To understand more about the Amygdala

<https://neuroscientificallychallenged.com/posts/know-your-brain-amygdala>

## Scientific Backup for EFT

**Cortisol Reduction:** EFT has been associated with reduced cortisol levels, indicating its potential to lower stress.

**Anxiety Reduction:** Research studies have shown that EFT can effectively reduce symptoms of anxiety disorders.

**PTSD Symptom Reduction:** EFT has demonstrated promise in reducing symptoms of post-traumatic stress disorder (PTSD) in clinical studies.

**Pain Management:** EFT has been found effective in managing chronic pain conditions and improving overall well-being.

**Psychological Symptom Improvement:** EFT has been linked to the reduction of symptoms related to depression, anxiety, and phobias.

**Neuroimaging Studies:** Preliminary neuroimaging studies suggest that EFT may affect brain regions associated with emotional regulation and processing.

## Benefits of EFT

**Stress Reduction:** EFT is known for its ability to significantly reduce stress levels and promote relaxation.

**Anxiety Relief:** EFT is an effective tool for relieving anxiety symptoms, including generalized anxiety disorder and specific phobias.

**Emotional Regulation:** EFT helps individuals manage overwhelming emotions, process traumas, and develop emotional resilience.

**Improved Well-Being:** Practicing EFT can lead to an improved sense of mental and emotional health, enhancing overall quality of life.

**Pain Management:** EFT is effective in managing physical pain, such as chronic pain conditions and headaches.

**Enhanced Self-Awareness:** EFT encourages self-reflection and increased self-awareness, contributing to personal growth.

**Phobia Resolution:** EFT is widely used to address specific phobias, facilitating desensitization and resolution.

**Trauma Recovery:** EFT has shown promise in trauma recovery, including post-traumatic stress disorder (PTSD).

**Improved Sleep:** EFT can lead to better sleep quality by reducing anxiety and stress.

**Self-Empowerment:** Learning and practicing EFT empowers individuals to take control of their emotional well-being.

**DOING IS BELIEVING**