

Tapping Your Way to Health
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Is the cure to what ails you at your fingertips? Gary Craig thinks so. Craig is the founder of Emotional Freedom Therapy (EFT), and host of the EFT website (www.emofree.com). EFT practitioners believe that by tapping away negative energy, they—or you—can alleviate “phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments”. Some of the case studies on the EFT website include a diabetic whose “insulin need dropped....from 3 shots to 1 shot per week”, and curing a child whose OCD manifested itself in repeated hand-washings that resulted in raw, cracked skin.

The EFT process is both non-invasive and drug free. Its adherents consider EFT one of the most powerful healing tools for emotional and physical issues. Pat Farrell, a Clinical Hypnotherapist, has been using EFT as her therapy of first choice for the past five years. In an email to the author, Farrell refers to EFT as a “miracle drug without the drug”, and said that “at least 80 % of the people who come to me have complete cessation or significant decrease in the issue for which they came during their first session”.

The process is simple enough to learn and is based on meridian theory of Traditional Chinese Medicine (TCM). Essentially, the body is a giant energy conductor that passes electrical signals across a network of meridians. These are the same signals that tell your brain to move your hand out of the scalding water or show up on the EKG machine as visual measures of the electrical activity of the heart. According to Craig, “the cause of all negative emotions is a disruption in the body’s energy system.” An

acupuncturist will insert needles on the various points of these meridians to correct the energy flow. Someone performing EFT will tap rather than puncture the end points of the meridians while thinking about the specific physical or emotional problem. Craig claims through this tapping, “you can experience some profound changes in your...health.” EFT practitioners and clients say that through tapping and understanding the cause of the negative energy, the body can cure, or, at the very least, reduce the pain of almost anything.

The process of EFT does not take long to learn or practice; Craig sums it up in one page of the EFT Manual. Unlike other therapies that require expensive classes, anyone can download the manual free from the EFT website. The author downloaded the information kit and was able to reduce the pain from a severe headache to no pain and remain aspirin free. There are practitioners who charge for their services though they bring more than just EFT to the session. Some are Neuro-Linguistic Programming (NLP) coaches: Craig himself is a master practitioner of NLP; and others, like Farrell, are Hypnotherapists. Both believe, however, that EFT trumps other forms of therapy. Farrell related the story of how she worked with a client who suffered from Chronic Fatigue Syndrome and, in less than five minutes, had relieved the client of the CFS. Farrell did say, however, that “...this is unusual for Chronic Fatigue. It usually has layers of emotions to deal with and is a longer process.”

Based on the authors personal experience, as well as the case studies from EFT practitioners, Emotional Freedom Therapy is certainly worth further research. *After Dark* and author are not offering medical advice, and are not suggesting that the reader should stop any course of treatment he or she is following—just that EFT is another avenue the reader should investigate.

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