

## **SELECTED EFT RESOURCES**

### **BOOKS:**

**The Tapping Solution** by Nick Ortner

**Freedom at Your Fingertips** by Brad Yates, et al

**The Wizard's Wish: Or, How He Made the Yuckies Go Away** by Brad Yates

**EFT for PTSD** by Gary Craig; or 2<sup>nd</sup> Edition by Dawson Church:

### **WEBSITES:**

**www.emofree.com**: Website of Gary Craig, Originator of EFT: **Free Tutorial**

**www.eftuniverse.com**: Website of Dawson Church: **Free Tapping Mini Manual**

**http://www.stressproject.org**: Veterans Stress Project

**www.bradyates.net**: Website for the Wizard's Wish, a Children's Book about EFT

### **WORLD TAPPING SUMMIT WEBSITES:**

1. **www.AttractingAbundance.com**
2. **www.EnergyPsychEd.com**
3. **www.TheTappingSolution.com**
4. **www.thetappinginsidersclub.com**
5. **www.MyUltimateYou.com**
6. **www.CherylRichardson.com**
7. **www.MargaretMLynch.com**
8. **www.gwenn@tapintoheaven.com**
9. **www.Rick@Thrivingnow.com**
10. **www.Mycoachmary@yahoo.com** or **Mary@tapintoaction.com**
11. **www.MakeYourSuccessEasy.com**
12. **www.eftdownunder.com**
13. **www.eleanoreduyndam.com**
14. **www.ProEFT.com**
15. **www.LearnEnergyMedicine.com**
16. **www.BreakthroughEFT.com** or **www.ByeByeBlocks.com**
17. **www.TeriCole.com**
18. **www.dressingyourtruth.com** or **www.thecarolblog.com**
19. **www.excededge.com.au**
20. **www.successcoachingwithKate.com**
21. **www.masteringEFT.com**
22. **www.Dr.TomHanson@gmail.com**

## EFT Tapping Points

### The Basic EFT Protocol

1. **CHOOSE** a problem or issue (this craving for chocolate; this anxiety, etc)
2. **RATE** the level of disturbance (SUD) from zero (0) to ten (10).
3. **SET UP PHRASE:** "Even though I have this -----, I deeply and completely accept myself." (3 times)
4. **TAP** about 5-7 times on each point, saying "this -----".
5. **Breathe. CHECK SUD.** If not zero,
6. **REPEAT #3 and #4** saying:  
Even though I still have this -----"  
and "this remaining -----"

