

# ☞ EFT Quick Start Give Away ☞

## Contents

A note from Liesel .....	2
Welcome to your EFT Quick Start Give Away!.....	3
What is EFT?.....	3
What is Tapping?.....	3
How did EFT start? .....	3
Module 1: What is your Issue or Problem? .....	4
What Next? .....	5

© 2013: Liesel Teversham – All rights reserved, except those expressly granted

### Disclaimer

This is an informational guide and is not intended as a substitute for medical or other professional services. While the results from EFT have been dramatic, it is still considered an experimental process. Using this program constitutes your agreement that you take full responsibility for your health and well-being. Liesel Teversham offers this work as a Coach, not as a licensed health care professional or mental health professional. May this content serve you well as you take action towards achieving emotional freedom.

## A note from Liesel

I'm so excited to introduce you to the wonderful world of EFT, or tapping as it's also known! We're going to explore together how EFT can help you achieve emotional freedom in so many areas of your life.

We'll start simply – with one problem or issue. We'll use these lessons like building blocks, each building on the previous – so that you have a clear picture and idea of how to use EFT for any issue or problem you may face when you have completed the Guide.

EFT is a life changing tool – I have heard this from so many people all over the world. I've been teaching EFT for many years and it has certainly changed my own life in so many ways. I used to have no tools to deal with my emotions, except take them out on my piano when I was a teenager! I used to brew under the surface and suppress emotions until my health paid the price. I was put on anti-depressants at the age of 15.

EFT gives us the opportunity to safely feel, process and release any uncomfortable emotion that arises for us. You can work with single emotions, physical issues, traumatic events from the past, mini-traumas (like being embarrassed in front of a class), fears about the future – even phobias are successfully addressed with the skilful application of EFT. It can roll so many of the roadblocks out of the way towards feeling more joy, happiness and fulfilment.

This is a Quick Start Guide. We are going to look at the basic building blocks of the process of EFT and give you a solid foundation to start off your own application of this wonderful tool. For deeper knowledge, other courses are available and will be announced with time.

I'm cheering you on towards freedom, peace and happiness!



### About Liesel



Liesel Teversham is the author of "[No Problem. The Upside of Saying No](#)", a handbook for those who feel overwhelmed, exhausted and resentful because they feel guilty when they say "no" to requests. Liesel is an EFT Trainer. She supports professionals who are tired of putting themselves last, to start a healthy self-care routine.



## Welcome to your EFT Quick Start Give Away!

EFT is a comprehensive tool and this is a brief background introduction. You're receiving an extract from my online course "The EFT Quick Start Guide".

### Introduction

#### What is EFT?

It's short for **Emotional Freedom Techniques** and is almost like an *emotional needle-free version of acupuncture*. EFT is really a great **stress-relief tool** that helps you to **get calm about any problem** quickly, so that you can **think more clearly** about the situation and therefore **get into action!**

#### What is Tapping?

**Tapping is a synonym** for EFT that has sprung up in recent years. It has also been called **MTT** or **Meridian Tapping Techniques**. We use the term *tapping* to describe the action of tapping lightly with finger points on certain stress relief points on the body. These stress relief points relate to the beginning or ending of the meridian energy channels that run invisibly through the body.

These same energy channels are used also by the skilled acupuncturist to correct imbalances in order to stimulate the body's own healing systems. Acupuncture (in China) and Acupressure (in Japan) have been used for thousands of years to support the natural ability of the body to heal itself.

Fortunately for us, we don't need to use needles. Activating the stress relief points with light tapping is enough to correct the imbalance. We'll address the reason for that at a later stage.

#### How did EFT start?

EFT was originally developed in the early 1990's by a **Stanford Engineer, Gary Craig**. He has always been exceptionally interested in **personal performance** and supporting people to move beyond the roadblocks separating them from their potential.

He is a highly skilled **NLP Master** and combined his knowledge of NLP (Neuro Linguistic Programming) with studies he did under **Dr Roger Callahan**. Dr Callahan, a psychiatrist who passed away in 2013, was a true pioneer in the field of energy medicine. His work combined elements of Western psychiatry and Eastern energy medicine techniques.

Gary Craig's work took it one step further by giving the world a simple recipe that anyone can learn to utilise the power of these techniques for self-help and healing.

### Module 1: What is your Issue or Problem?

In order to use EFT effectively, we have to have a target. As you know by now, EFT is short for “Emotional Freedom Techniques”. So... what is the issue that you’d like to be free from?



It’s good to remember that you can use EFT for anything! Do you have a physical pain? An emotional issue? A bothersome memory? A goal you’d like to reach but have not been able to? It doesn’t matter what your issue is. One of the mantras of EFT is **“Try it on Everything”**.

First you have to define your issue so that we can use it in the EFT process. Write down your problem in a few words in the form of a problem statement – for instance:

- I’m really angry with my mother
- I have a persistent pain in my left knee
- I’m petrified of my dentist’s visit next week Friday
- I resent my sister for what she said
- I could strangle my colleague, I’m so cross with him

**Write down your issue below in a short sentence that you can easily say:**



#### Tip:

*Be really honest. Write it like it is! In EFT, the more honest you are, the better this will work. There’s no need to be “nice” here. This is just you, no-one else will hear. If you feel guilty about admitting the truth, that’s our next target for tapping. Remember to write it down as well.*

## What Next?

- Use your One Page “Basic EFT Technique” to do the whole process for yourself.
- Look at Liesel’s recommended [EFT books](#)
- Buy Liesel’s book [“No Problem. The Upside of Saying No”](#) on Amazon – it has extensive EFT information and tapping ideas
- [Work with Liesel](#) on your own issues

I wish you peace, love and happiness on the journey!

*Liesel Teversham*