

# The power of EFT



**Désirée Manders**

**NLP Master**

**EFT Specialist**

**Gabriel method coach and UCE Specialist**

# The power of EFT

## This is what you will learn;

- What EFT is
- How EFT works
- Why EFT is so effective
- The programming your respond to
- How you can work on the root of the problem
- What else is possible

We will end this lesson with an EFT session on how you feel about the way you look.

# The power of EFT

- What is EFT?
- How does it work?
- Why is it so effective?

# The power of EFT

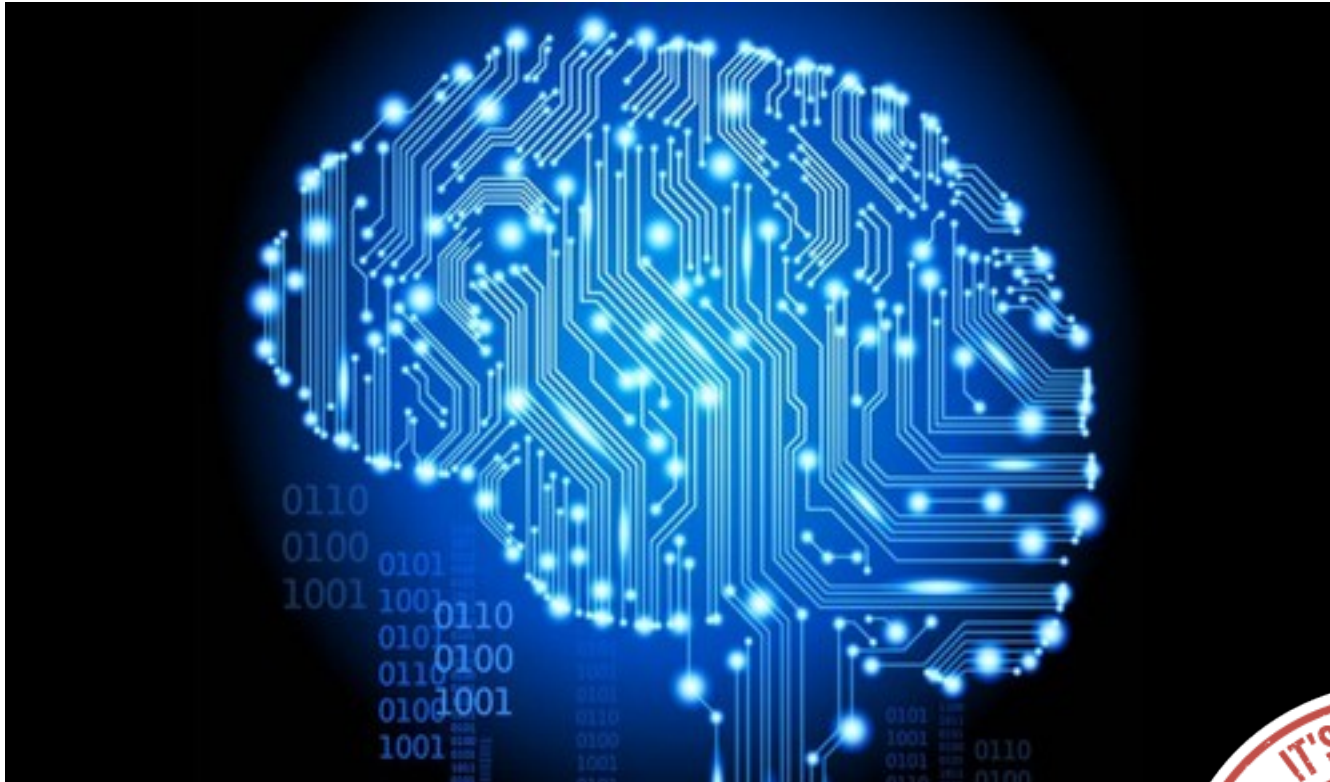
## What is EFT?

EFT stands for Emotional Freedom Technique.

It is a remarkable healing technique based on the ancient art of acupuncture, combined with modern psychology.

The power of EFT lies in the combination of the sense of touch and the power of words, enhancing a true mind/body connection. Just as words (or thoughts) based on limiting beliefs can block the flow of energy in your life or stop you from building momentum, the exact same mechanism can be used to reverse this; by focussing on supporting beliefs.

# The power of EFT!



Our brain is like a supercomputer.



# The power of EFT

## How does it work?

We all have a conscious and an unconscious or subconscious mind. The ratio between the two is 10% conscious to 90% subconscious.

The subconscious mind works like a super computer. In the storage part of your subconscious all kinds of data has been downloaded. You could look at this data as 'programming'; like a manual you have created based on your perception and past experiences. This information is gathered from what we learn from others and what we see around us in the world. Unfortunately in most cases this means we also take on other people's stories and (limiting) beliefs and believe them to be our truth.

EFT allows you to consciously 'tap' into those subconscious layers so you can see, feel, recognise what is blocking you. It helps you to 'read' the story of you and it allows you to 'rewrite' that story.

# The power of EFT!



Neurons or nerve cells transmit signals through our brain. They form patterns and those patterns cause us to react out of habit.



# The power of EFT

## Why is it so effective?

Tapping on the meridian points allows the body's energy flow to open up.

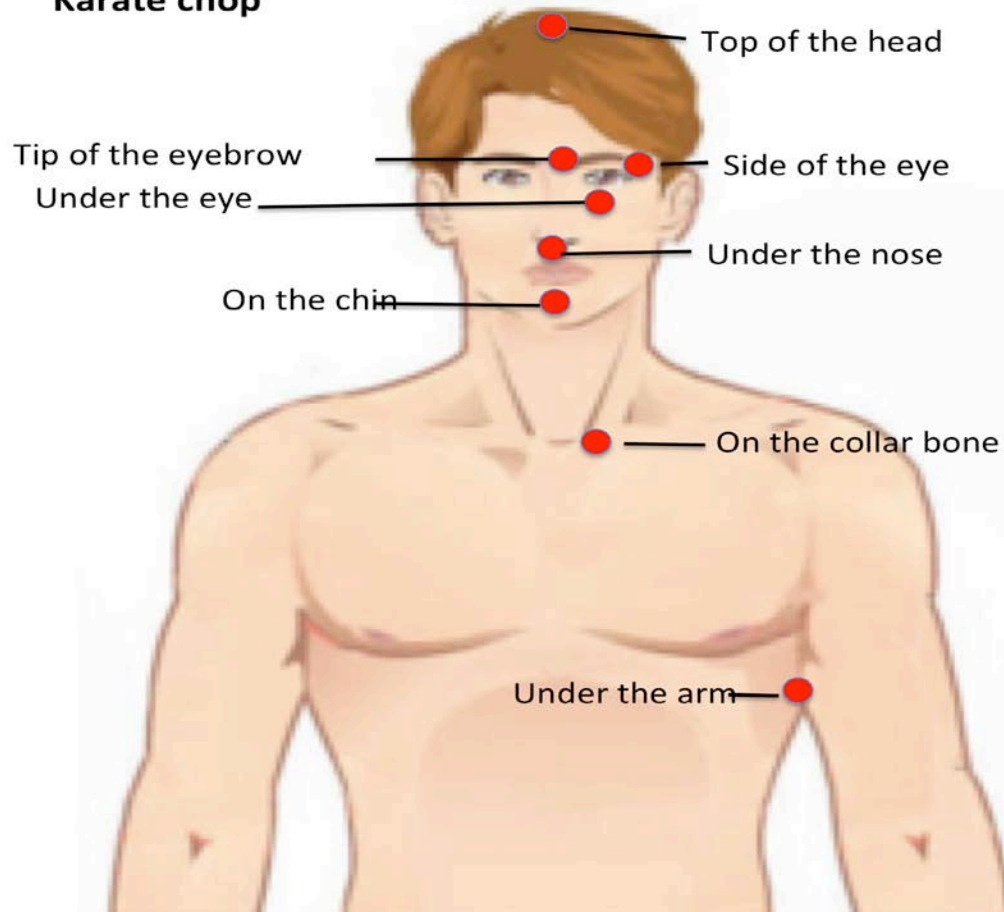
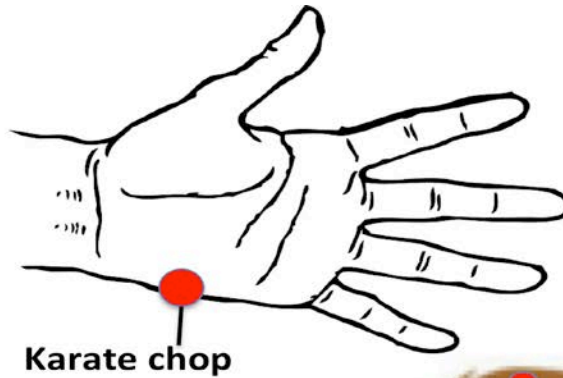
An EFT session follows 4 sequences.;

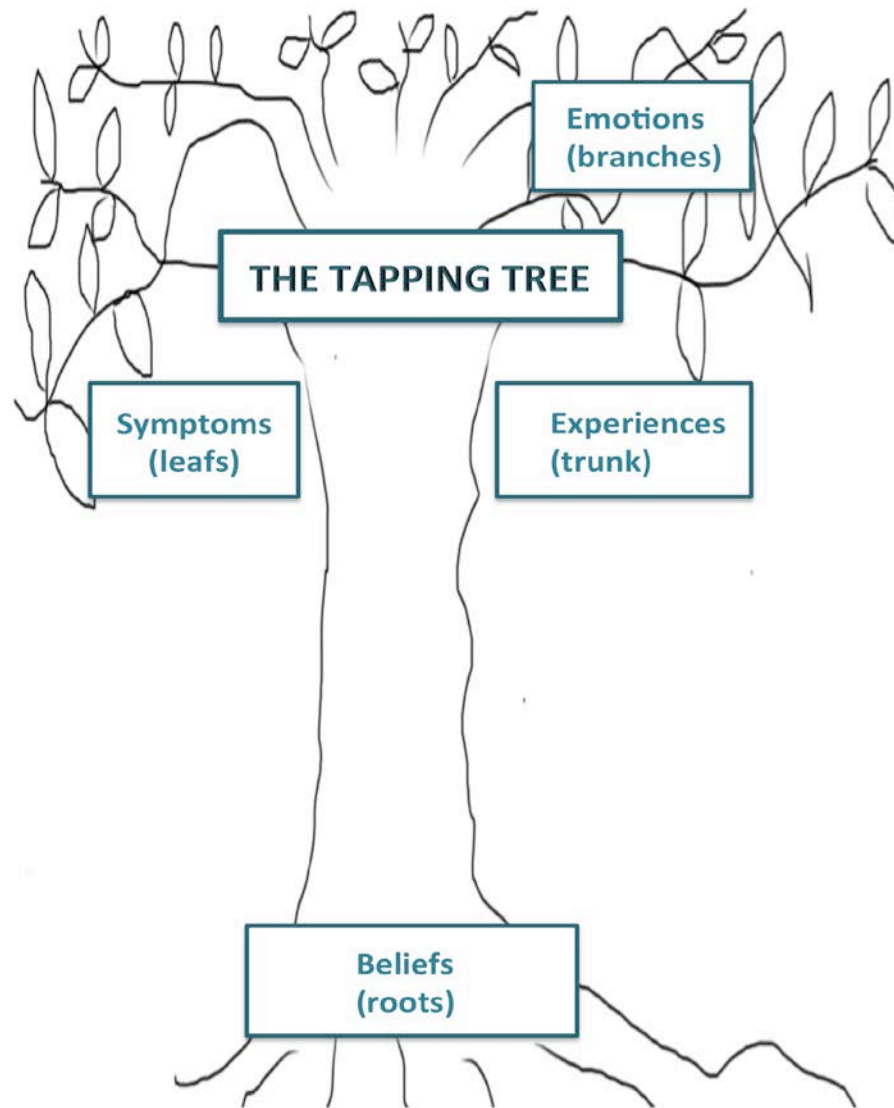
1. **Set Up** – acknowledgment of the problem and the start of self-acceptance and self- forgiveness.
2. **Release of Energy Blocks** – expression of the emotions connected with the problem and the release of blocked energy associated with the problem.
3. **Neutralising State** – disconnection from any limiting beliefs and emotions connected with this problem. This allows you to be neutral, calm and not overwhelmed when reflecting on the cleared problem.
4. **Install new beliefs** that are loving and supportive. This part is a lot of fun because anything is possible! Feel free to use any words to describe the beautiful person with infinite possibilities you truly are!

**An EFT session can bring immediate relief, as you are able to let go of things which may have troubled you for years.**



# The power of EFT





Working on the symptom only will provide temporary relieve. The root cause will find a way to a new 'branch' and show in a new 'leaf'. Go to the root to accomplish true and lasting change.

## The tapping tree shows the connection between;

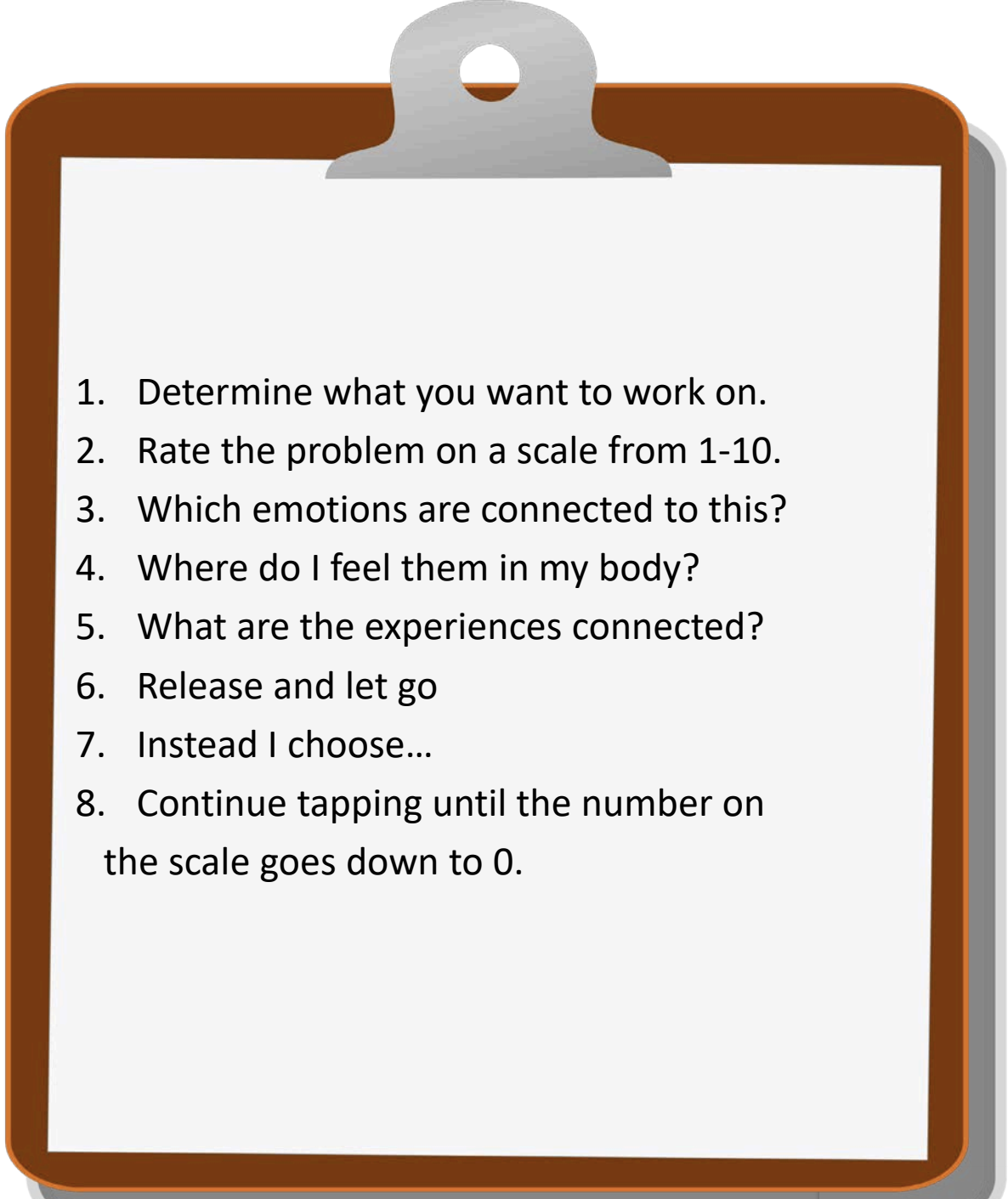
- Symptoms
- Emotions
- Experiences
- Beliefs

**The symptoms** represent (disturbing) events, situations or feelings that are blocking you. They are like leafs on a tree; they are noticeable.

**The emotions** are like the branches on the tree, where leafs grow.

What we feel or perceive is connected to **an experience**, either in the past or in the present. This is the trunk.

Further down you'll find the roots of the tree; the tree cannot exist without them. Every emotion or symptom is based on **a belief**; the 'root' of the problem.

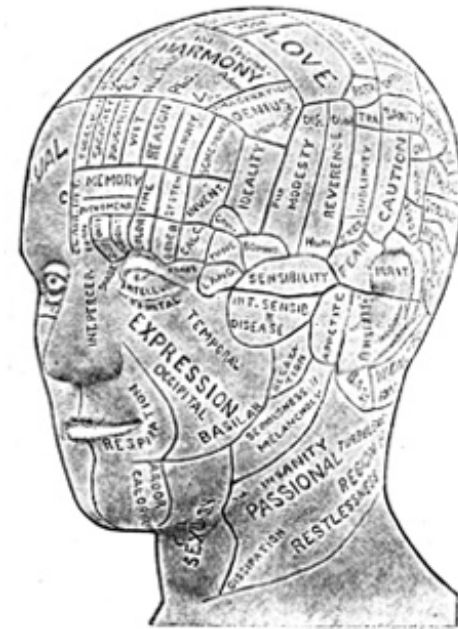
- 
1. Determine what you want to work on.
  2. Rate the problem on a scale from 1-10.
  3. Which emotions are connected to this?
  4. Where do I feel them in my body?
  5. What are the experiences connected?
  6. Release and let go
  7. Instead I choose...
  8. Continue tapping until the number on the scale goes down to 0.

# The power of EFT

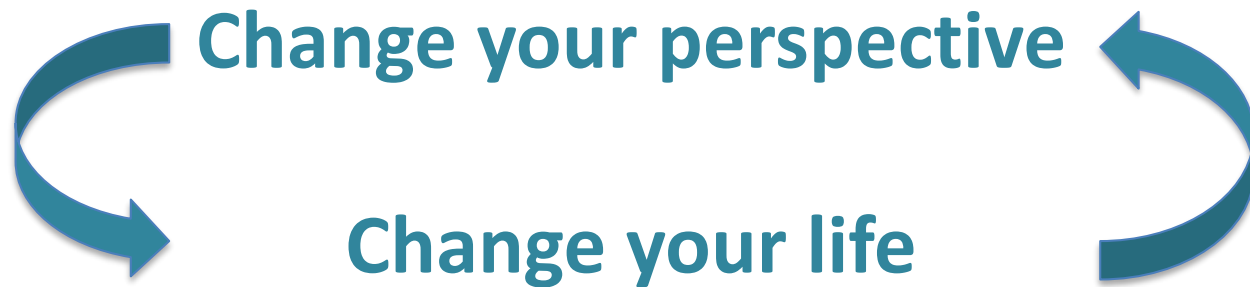
- **What else is possible?**

## Follow the energy of your own story;

- **Listen to the words**
- **See images**
- **Translate your thoughts**
- **Feel!**



# The power of EFT!



# The power of EFT

**Let's tap together!**



# The power of EFT

Here is where you can practice;  
Youtube; [Desiree Manders EFT](#)



