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WARRIOR  
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Emotional Freedom Technique (EFT) for Cancer

# What is EFT?

- It's a form of “emotional acupuncture” or “mindful acupressure” that involves the stimulation of traditional Chinese acupuncture points.
- Instead of using needles, EFT uses a technique of gentle tapping on these points.
- This system was originated by Dr. Callahan and streamlined by Gary Craig.



# Emotional Freedom Technique (EFT)

A safe and easy-to-use self-help method that combines **gentle touch** with **mindful attention** to thoughts and feelings.



# Disclaimer

- Never discontinue your medical care without first talking with your doctor. This tutorial cannot and will not substitute any current or future medical or psychological care or treatment.
- This tutorial is intended to educate, inform and inspire you on your personal journey towards optimal health and thriving life.
- If any concerns i.e. medical or psychological, arise, you should immediately consult a qualified health care provider for diagnosis and professional advice.



# How Does EFT Work?

- In EFT, we use our fingertips to systematically tap on various acupressure points on the face, hands, and body while focusing on a problem or issue we wish to resolve.
- EFT also uses verbalization. It involves communicating the “issue” in a structured way through a phrase of affirmation.
- Together, the verbalization and tapping help release the intensity or charge of the “issue” we tap on.



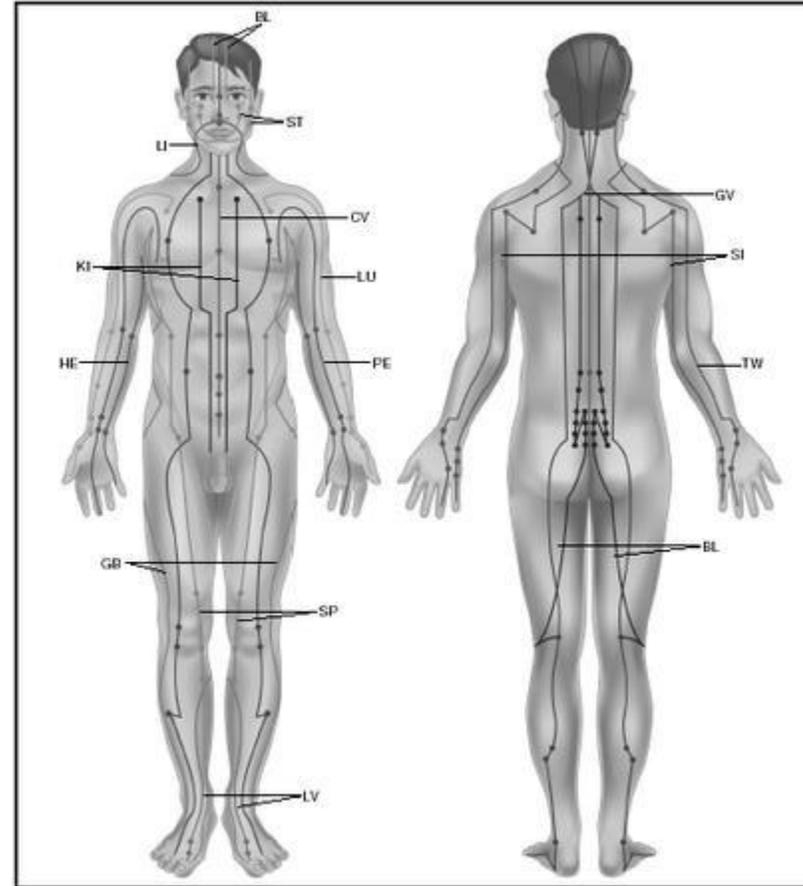
# Ancient Origins

- ❑ EFT works with the body's subtle energy system, which has been utilized in Chinese medicine for 5000 years.
- ❑ According to traditional Chinese medicine, the body is “wired” with energy circuits or pathways known as **Meridians**.



# The Meridian System

- The meridian system is a distribution network through which the fundamental life-energy is known as "qi" flows.
- It can be accessed or hacked by stimulating specific locations or points along the body.

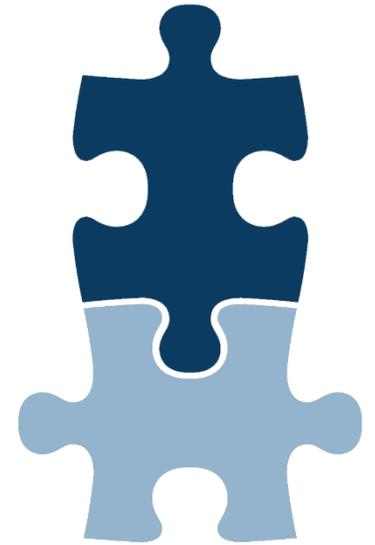


# The Mind-Body Connection

- Our body, mind, and emotions are intimately connected.

When we apply EFT to something that triggers and upsets us - our thoughts, feelings, and bodily responses seem to shift.

- EFT allows us to release and transform the way feelings like guilt, fear, or anger may be affecting our bodies and our health.



# EFT for Cancer

- EFT let you take part and ownership of your healing journey.
- It will help you cope with and overcome fear, anxiety, guilt, blame, and shame, as well as physical discomfort & treatment side effects.
- It will empower you to maintain a positive mindset before, during, and after treatment.



# The EFT Process

A complete approach to personal well-being.

1. Setup

2. Tapping Sequence

3. The 9 Gamut Procedure

4. Tapping Sequence

**Shortcut**

**Full Recipe**



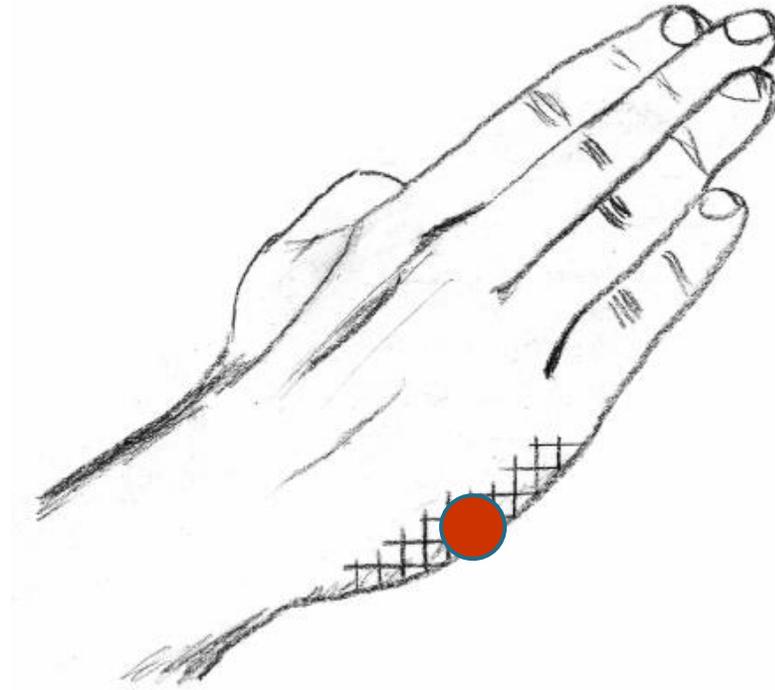
# The Shortcut Process

- Both the Short-recipe and the full-recipe begin with your personal assessment.
- Bring to mind the topic upon you wish to tap. Evaluate topic intensity by scaling it from 0 – 10 (10 is the most intense).
- When you think about \_\_\_\_\_, how does it make you feel? From 0-10, how intense is this feeling?



# The Setup Stage

- The setup stage prepares the body's energy system for a proper release.
- It involves tapping on the **Karate Chop** point while verbalizing the template phrase.



# The Setup Template Sentence

- Even though I (insert problem here), I deeply and completely love and accept myself.
- Examples of setup phrases might be:

Even though I was **diagnosed** with cancer...

Even though I am so **afraid**...

Even though I feel **helpless**...

Even though I am so **anxious**...

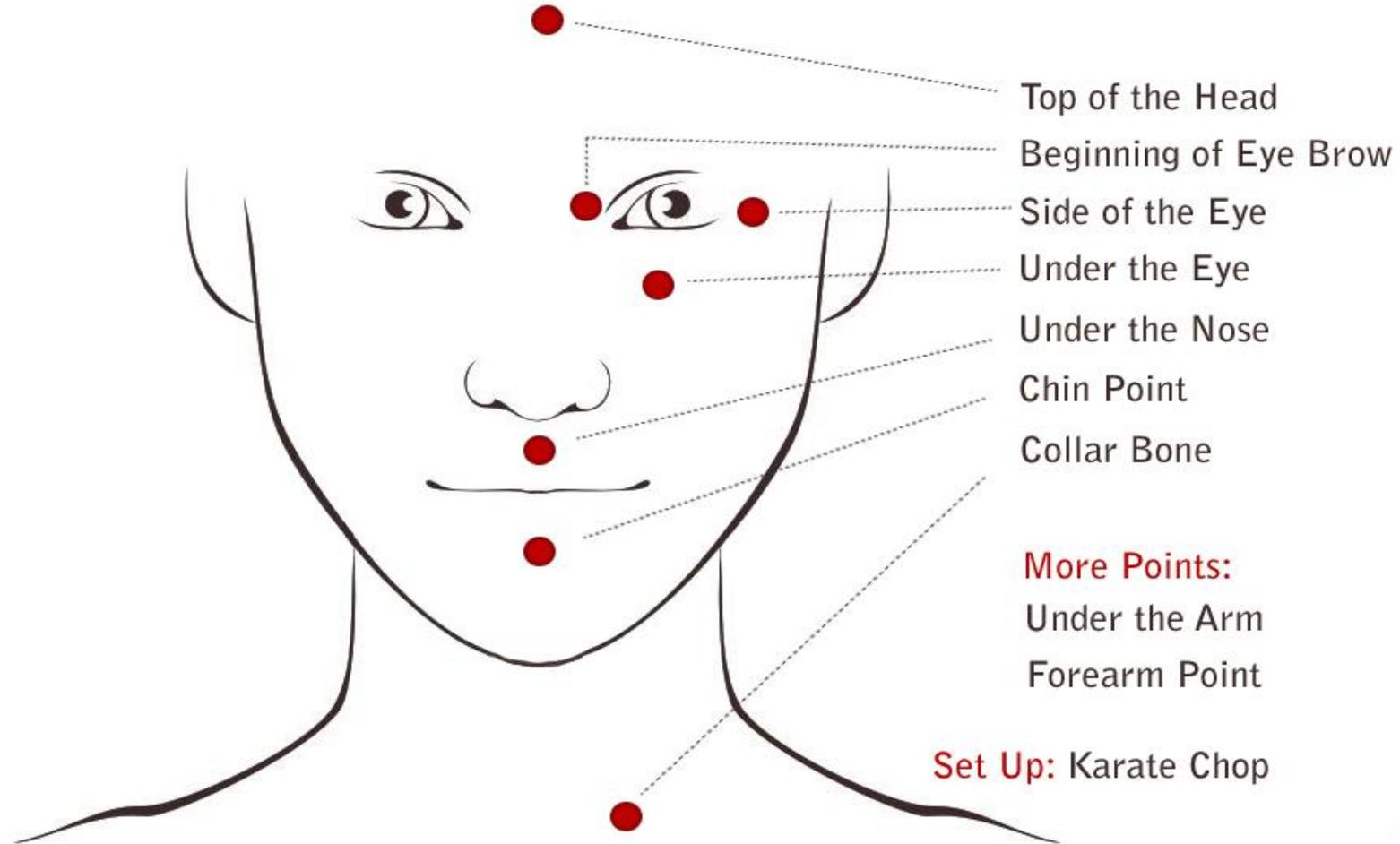


# The Tapping Sequence

- The tapping stage involves tapping on the various acupressure point on the head, face, and chest.
- While tapping, we will keep in mind the “**issue**” we tap on by reciting a reminder phrase.
- A reminder phrase need to be of just one word. This word captures the focus of our template phrase i.e. “**diagnosed**” or “**afraid**” or “**helpless.**”



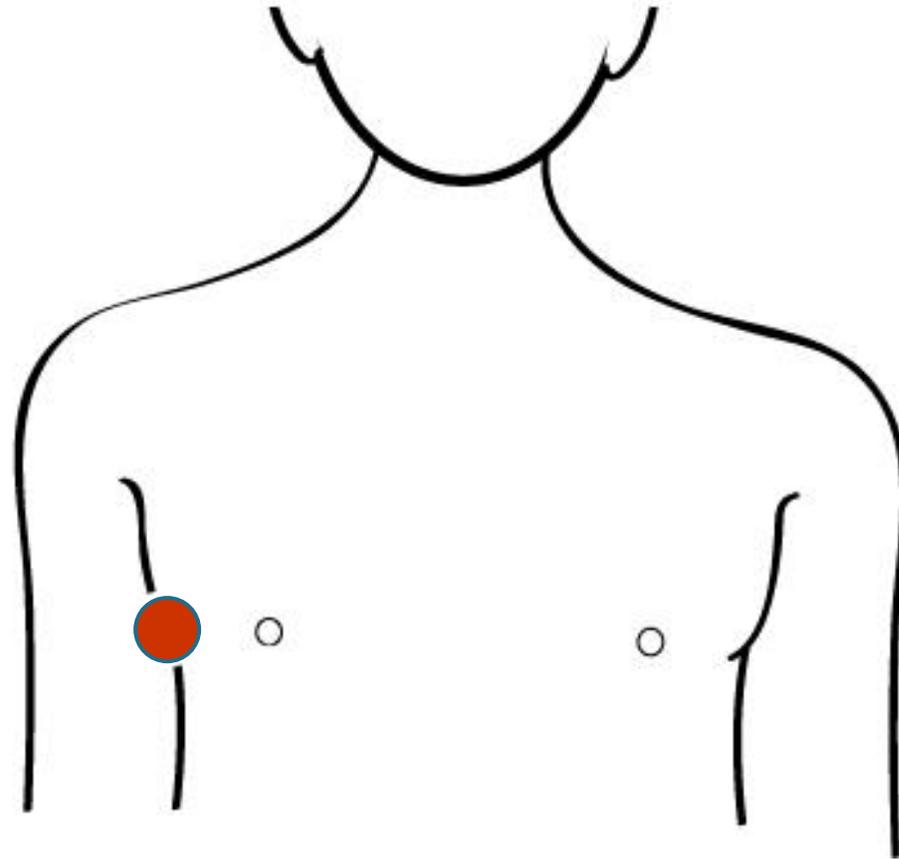
# The Tapping Points



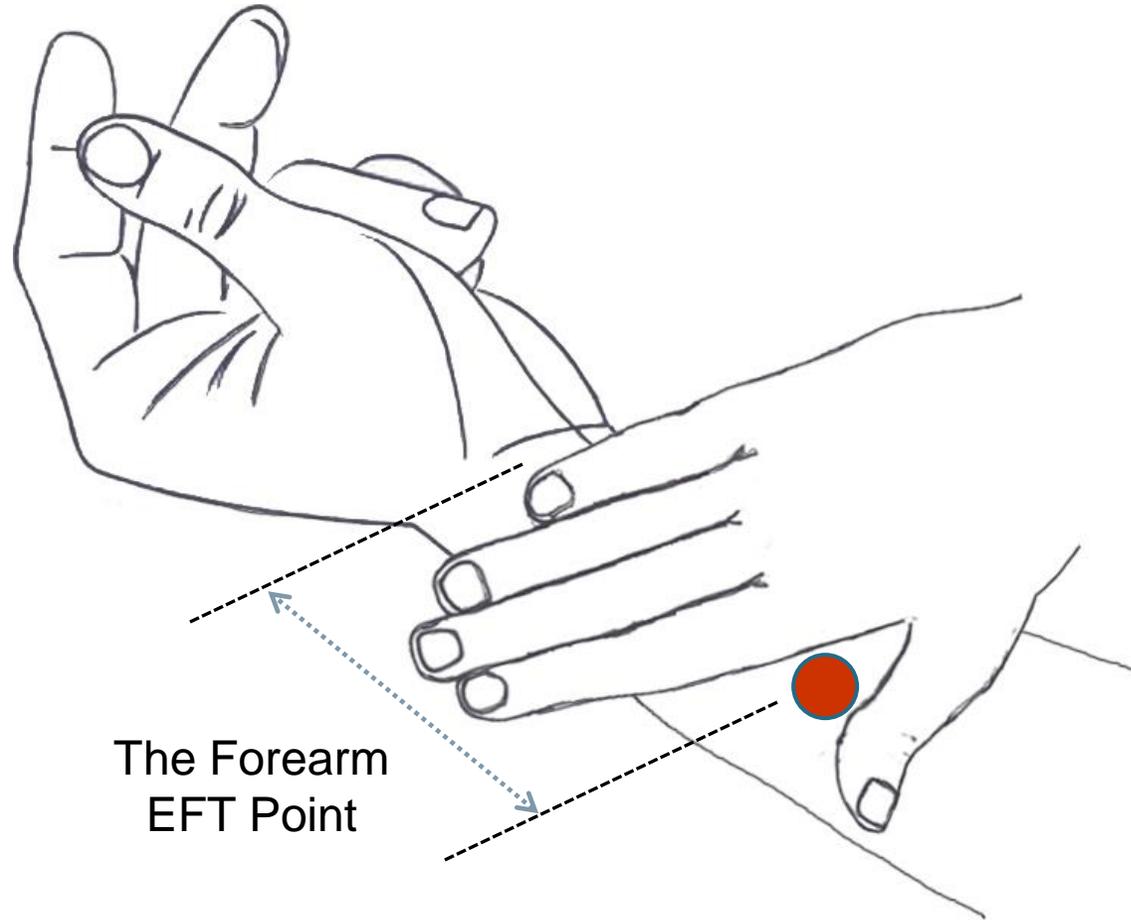
# Under the Arm EFT Point

- This point is located about 4 inches below the armpit.

(For women this point is located approximately in the middle of the bra strap).



# The Forearm EFT Point



Use the hand you tap with as a spacer.

Place it in line with the palm of your hand.



# The Finishing Sentence

- When tapping on the forearm point, state the outcome you wish to have.
- Examples of finishing sentences:

I just want to feel more calm and relaxed.

I am open to the possibility I can feel better.

I just want to feel my positive normal self again.



# ENJOY YOUR FREEDOM!

WATCH THE 'HOW TO' TAPPING VIDEO NEXT

