

EFT for Clarity

So many times we are stymied when making decisions wondering what to do while fearing regret. Sometimes there does not seem to be enough options, other times, there seem to be too many choices. If only we could get clear, to really KNOW in our heart the right choice, the right path. But how?

One way to get clear and gain peace of mind is to use Emotional Freedom Technique (a.k.a. EFT or Meridian Tapping Techniques - MTT) to tap on the confusion and gain clarity. Below I offer a sample tapping session to help you get clear. If you are presently challenged and afraid to make a decision please insert your own words where I use the word "problem" or "challenge".

Many of my clients have successfully released fears, anxieties, limiting beliefs and debilitating emotions to find peace amid this storm. By using the simple and easy process of tapping on acupuncture points clients have discovered the clarity and calm they seek. EFT/MTT is like needleless acupuncture and has been documented to change brain chemistry over just a few sessions.

To help you reduce some of your stress and anxiety and to gain clarity and peace of mind while making decisions, I have included below a sample of a quick tapping segment that might help. Of course, a single session or simple example such as what is included here is not likely to be as comprehensive and rewarding as working one-on-one with an EFT professional, but it can bring greater clarity and peace and that is a great start.

Before you begin tapping, notice as you think about the decision at hand being as specific as possible bringing to mind any concerns, fears or apprehensions you might have. Identify what emotions are coming up for you. On a scale of 1-10 with 10 being the worst, rate your emotion. For example, if you are anxious, rate your anxiety on this scale. When finished with the tapping you will rate the original emotion, the one you initially rated before tapping.

Tap at least 6-7 times on the following points saying the phrases aloud.

Karate Chop (fleshy side of hand near the little finger):

“Even though I am anxious and scared about making this decision, I don’t know what will happen if and when I do, I deeply and completely love, accept and forgive all of me.”

“I am scared to death that I might make the wrong decision and regret it for the rest of my life. Even though I feel scared, I choose to allow calm and clarity into my life now.

“Even though I don’t believe this is going to work, I deeply and profoundly love and accept all of me and my doubts.”

Now using the index and middle fingers, tap on the following points. You can find detailed reference for these points are on my website:

<http://www.andreamincsakbordelon.com/Articles/EFTTappingPoints.pdf>

Round one:

Eye brow (nearest nose): I am so scared that I might make the wrong decision...

Side of eye (outside bone of brow): What if I make a choice that I regret for the rest of my life...

Under eye: I am afraid to commit to any decision...

Under nose: I am scared that it will not work out as I planned...

Chin: I am so scared...

Collarbone: I am so worried...

Underarm (in line with the breast): I am so disappointed with myself, why can’t I just make a decision and stick with it?

Top of Head: What’s wrong with me?

Round two:

Eye brow (nearest nose): There must be something wrong with me...

Side of eye (outside bone of brow): Maybe there is nothing wrong with me...

Under eye: There must be something wrong with me, otherwise I would easily make this decision and be done with it...

Under nose: So what, if I don't make a decision right now...

Chin: I choose to be calm and peaceful even if I never decide...

Collarbone: It's okay to not decide...

Underarm (in line with the breast): It feels good to know that I can make the decision in my own time...

Top of Head: I choose to be safe and calm right now...

Round three:

Eye brow (nearest nose): I allow myself to feel relaxed and hopeful...

Side of eye (outside bone of brow): I can be safe and calm...

Under eye: I love feeling safe...

Under nose: I love the guidance I receive when I am calm and relaxed...

Chin: I love this new clarity...

Collarbone: I love feeling peaceful...

Underarm (in line with the breast): I am strong and resourceful...

Top of Head: I now allow myself to feel calm and attract clarity into my life...

Round four:

Eye brow (nearest nose): I am grateful for the clarity I receive...

Side of eye (outside bone of brow): I now choose to clearly see the next steps I need to take...

Under eye: I now allow peace, calm and clarity into my life...

Under nose: I choose to feel okay about myself and my decisions...

Chin: I choose to feel in control of my life, no matter what is happening around me.

Collarbone: It's okay to relax when making decisions...

Underarm (in line with the breast): I am always safe and always guided...

Top of Head: I am so happy and grateful for my ability to tap into the feeling of being calm and be in a place where I can make good decisions...

Take a good deep breath.

Now tune back into the original emotion and re-rate it. How did it change? Are you feeling any more at peace or more calm? Email me and let me know...looking forward to hearing from you!

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