

Five Things You Need to Give Yourself a Great EFT Session



Once you've learned the basics of EFT, you can give yourself a great (even life-changing) tapping session. However, oftentimes, when people set out to use EFT on their own, they just tap for a few minutes here and there when they're stressed-out, without giving themselves what they need to really go in-depth and get to the root of the issues that are causing them to suffer. Here are the five things you need to ensure that the time you spend tapping is as effective as possible.

1. A Room of One's Own

Virginia Woolf really was onto something with this (and if she'd had EFT, perhaps her life would have turned out differently). When it's time to tap, make sure you have a comfortable place to sit or lie down where you won't be interrupted. Treat

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this time as you would any other appointment. In other words, this time is set aside for a certain purpose, and you are not available for anything else. Since this is an appointment with yourself, you don't have to schedule it ahead of time (though that wouldn't be a bad idea), but in every other regard, treat it as you would your calendared commitments.

2. The Sound of Silence

Turn off your phones (cell, landline, office phone, whatever). This is your time to heal. Would you want phones ringing (or any interruptions) while you were in a session with an EFT practitioner? The last thing you need when you're halfway through tapping out an EFT breakthrough is for your phone to ring.

3. Kleenex

Get a box of tissues and put it next to where you'll be sitting. If you're really not a crier, meaning there is absolutely no chance you'll cry during your session, then skip this part, but if there's any possibility that tears will flow as you're tapping, best to be prepared so that you don't have to stop the flow of your session to get up for tissues.

4. Water

Get a glass of water and put it next to where you'll be sitting. The body uses a lot of water during and after an EFT session, and the tapping isn't as effective if you're dehydrated, so be sure to drink a bit before you start and have some on hand if you get thirsty during the session. Almost all of my clients get thirsty during their sessions, and having water at the ready ensures that the tapping will be effective and the session will be as uninterrupted as possible.

5. Timer

Set a timer for 30 minutes. You can do more than 30 if you want, but it's not necessary. You'll be amazed by how much you can clear in a half-hour. If you don't

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want to do 30 minutes, do 20. Less than that could put you in the suboptimal position of your timer going off just when you feel like you've really gotten to a deep place with your tapping.

EFT is the most powerful healing modality I know of, but it only works if you do it, and it only works really well if you really do it, by giving yourself a real session. If you do this once a week, after one month, you will be amazed by how much you have healed and transformed in such a short time.