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## **Align Your Thought Field** (excerpt from *TheMindMatters Manifestation Manual*)

Emotional Freedom Techniques (EFT) (see [www.emofree.com](http://www.emofree.com)) is an unconventional method which offers remarkable results. It can be used to release negative thoughts and emotions and reinforce positive affirmations and beliefs. You can let go of limiting beliefs that keep you from living the life you want. EFT can be used to focus and choose positive thoughts by affirming what you want. Since you are only able to process one emotion at a time, you must make a choice. EFT helps you to make that choice energetically.

EFT is a form of Energy Psychology, Meridian Therapy, or Thought Field Therapy. It is an obvious extension of Einstein's discovery that ALL matter, including the human body, is composed of energy. When we experience a negative emotion or physical discomfort or pain, it is because there has been a disruption in our energy system. The thought energy affects the emotional energy which affects the physical energy. EFT works by tapping on a series of points on the body which correspond to acupuncture points in the energy meridian system. Tapping on the conduits between the energy body and the physical body releases blockages and limitations and enhances the well-being and functioning of the individual. EFT is an emotional version of acupuncture, except you stimulate the meridian points by tapping on them with your fingertips.

Tuning into a problem or a limiting belief can be done by simply thinking about it. Thinking will bring about the energy disruptions involved which then ...and only then... can be balanced by tapping the 9-Step Sequence.

To release negative emotions, review the list of negative beliefs or experiences you created. Rate each of the negative beliefs or experiences using a number scale from 1 to 10, giving each a rating about how bad it makes you feel - a subjective unit of discomfort (SUD).

Take a deep breath, focus on your issue and create a set-up phrase, which identifies the problem.  
“Even though I have ...this problem... I deeply and completely accept myself.”

Examples of “this problem” may be something like:

“Even though my father told me I was lazy...”

“Even though I’ve failed before...”

“Even though I’m overweight...”

“Even though I’m unworthy...”

Using two fingers begin by tapping on the first spot. Either tap on the thymus gland located at the center of the breastbone, or tap on the side of the hand at the karate chop point. While tapping, focus on your issue and breathe deeply. Do this while repeating the set-up phrase three times. It doesn’t matter if you tap on either your right or left side. Or you can use both hands while tapping through the 9-Step Sequence; tapping on both sides of the body at the same time.

Now, while saying “releasing this problem”...”don’t need this problem”...”letting go of this problem”, tap on the remaining spots of the 9-Step Sequence:

2. inner eyebrow

3. outer eyebrow

4. under eye

5. under nose

6. chin

7. collarbone

8. under arm

9. crown of head.

Continue tapping on the outer side of the thumb, pointer, middle and little fingers, as well as the karate chop point on the side of the hand. Repeat the set-up phrase as you tap on the karate chop point. Evaluate your SUD and continue the process until you have reached a level of comfort.

You may also use the 9-Step Sequence to release any unwanted emotions at the time you are experiencing the feeling. It is not necessary to verbally express and identify the emotions...just tap.

To reinforce and choose positive behaviors and affirmations, use the 9-Step Sequence to tap as you focus on your choices. For example, after you have “released anxiety” you can then “choose to be calm”. You can also choose confidence, focus, motivation, joy, freedom, empowerment or any other positive emotion. After you have written your affirmations, take a moment to tap through the 9-Step Sequence while you read and focus on your affirmation. Notice if you are energetically aligned with your desires. If not, take the opportunity to tap away any limitations.

There are many ways to fine tune the procedure. The set-up phrase, identifying the problem or formulating the affirmation or choice, is a very important factor. Please contact a Certified EFT Practitioner for assistance.

Belief in the process is unnecessary. EFT is like gravity or electricity. It works whether you believe in it or not. In order to achieve results, you just have to do it. Persistently and consistently.