

Your Guide For EFT (TAPPING)



MODULE #1

By Leanne Lisbon. Mind Over Muffin.

What is EFT(TAPPING)

Hey lovely, welcome to The Conquer Cravings Fast Training using EFT (Tapping). You might be an experienced Tapper or you might be totally new to it, either way this training will help you make some powerful shifts with your eating habits and fast. EFT is a tool that has supported me massively on my journey of healing my relationship with food and my body and it's helped hundreds of my clients too.

So let's get to it.

So what is it?

EFT stands for Emotional Freedom Technique and it's a tool that involves tapping on certain energy points in your body to release built up emotion. You are an energetic being, energy is flowing through your body all the time (or should be). When you're experiencing a problem or feeling a lot of emotion, you get a block in the flow of your energy and this means you become stuck....energetically and emotionally. The problem or emotion can consume you, it's all you can think about and feel and that's because it's stuck in your body, your mind and your energy. The same when you get a craving, the thought and feeling is consuming right? You can't think about anything else than that food you want to eat.

Emotion is 'energy in motion' when you don't acknowledge and release emotion properly it becomes stagnated in the body and interrupts your flow. By holding emotion in the body it can cause all types of problems, illness, tight muscles, tiredness, make you lethargic, the list goes on. By releasing this emotion from your body, you allow the energy to flow again and the emotion to move, meaning the problem and feelings connected to it will shift.



So how does this help with cravings? Well, cravings are an emotional surge through your body that are linked to a belief system and become a habit that makes you turn to food. If you can release the emotion, you'll release the drive or need to eat when you're not really hungry.

For example if you're someone who eats when they're stressed, it's not the food that's the problem, it's the stress. If you can learn to manage the stress, you take away the trigger making you want to eat. No trigger = No eating. Make sense?

Conquering cravings is all about being able to identify the WHY. Why you want to eat. Then taking action to manage that emotional state and also your thoughts around it. If you can do this you will forever conquer cravings.

So how does it work?

The energy system that EFT uses is the same as the one used in acupuncture which you may have of. These energy lines and centres that run through your body are called meridians. All emotions such as anxiety, fear, stress, anger, shame etc will be directly linked to a disturbance or blockage in one or more of the energy lines. Some of these emotions may have been stored here for a long time, we're talking years and are taking a toll on your body, you will feel a big release when you shift them!

We will be using EFT to activate the energy disturbance/blockage while you focus your mind on the problem. When you tap on the meridian line points the energy blockage (emotion) will shift and you will feel the emotion, the problem, the physical connection you have to it just fade away.

You will then be able to think about that old problem completely emotion free. Or in terms of cravings, they will disappear and you'll be able to move on with your day without eating in that moment.



What Can You Use Tapping For?

Well firstly we will be using it to conquer cravings and it works amazingly for this but other things you can work on are;

ANY EMOTION - Anxiety, stress, frustration, anger, sadness, boredom, loneliness, fear, guilt, shame, worry, doubt...any emotion that is bothering you or weighing you down.

HABITS - Any habits that are not serving you, eating in the car, nail biting, smoking, anything.

BELIEF SYSTEMS - 'I'm not good enough', 'I'll never be slim', 'I hate the way I look'. Any thought process you run on repeat can be changed using tapping.

INSTALLING NEW HABITS AND BELIEFS - You can install any new belief or habit that you want by using EFT. I have included a bonus module on this for you in this training.

So now you have an understanding of what Tapping is it's time to learn how to use it so you can conquer cravings. Once you've mastered the technique and process you can apply the tool to any of the above. So be sure to come back and work through the emotions, habits or belief systems that you would like to release too.

Head over to the next module to learn the points and start Tapping.

