

Using Mindmapping to Facilitate EFT

by Steve Dawson

HOW MANY OF US have spent months or years and thousands of dollars in therapy or psychoanalysis? The good news is that in most cases, we can now do the same job in one to five sessions and for less than \$1,000. Behaviors that used to require months or years to correct can now be improved in a few simple sessions. Whether you have a fear of public speaking, are stressed to the breaking point or just want to improve your golf score, the use of mind mapping with EFT can dramatically improve your life.



EFT or Emotional Freedom Techniques, is a form of acupuncture — but rather than using needles, the client uses their own fingertips to “tap” or stimulate certain meridian points in their body while simultaneously focusing their mind on the emotional issue they wish to resolve. The cause of all negative emotions is thought to be a disruption of the body’s energy flow, and tapping with EFT re-balances the body’s energy, clearing the emotional blockage and often reducing or eradicating the problem.

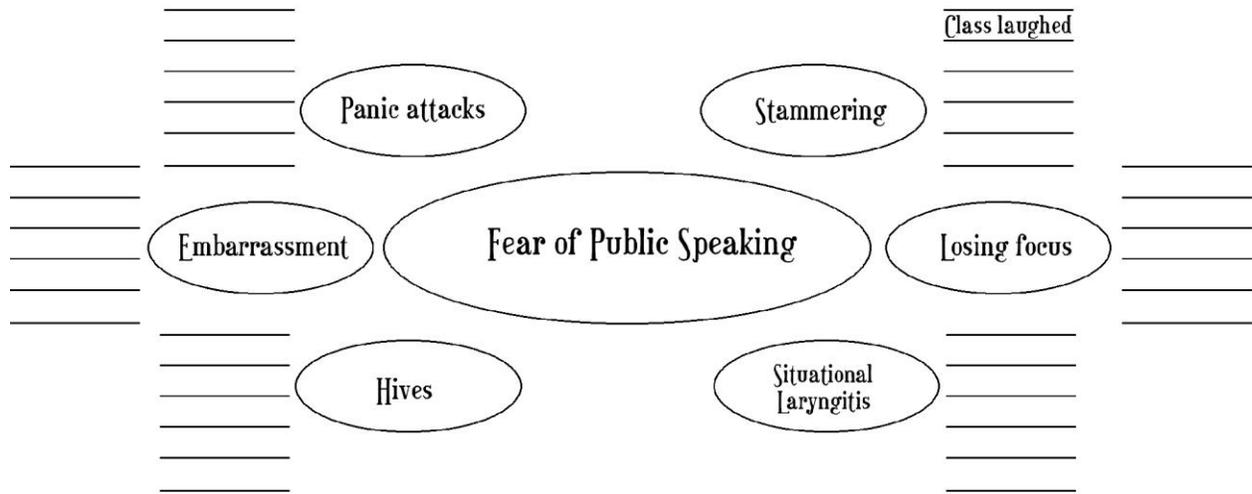
Mind mapping is an easily employed technique to help break down an overwhelming problem into more specific treatable issues. These specific issues can then be further reduced to uncover the core emotional cause of your distress. It’s like slicing through an onion to get to the core (issue/aspect), rather than peeling away each layer individually.

Basically, a mind map is a picture of your thoughts.

Using this grid, you begin by filling in the center circle with the overriding concern you wish to address with EFT. In the given example, we used fear of public speaking.

The next step is to fill in the surrounding circles with issues related to the central concern. In the given example, issues related to fear of public speaking include panic attacks, embarrassment, stammering, losing focus, situational laryngitis, and hives.

The next step is to further break down and explore each of those related issues. For the sake of our example, we stop at three levels, but in reality, you will want to keep on mapping (further exploring each tangential issue) until you hit upon the true emotional source of the original issue.



In the case of a fear of public speaking, it could be that stuttering during a presentation in the sixth grade caused the whole class to laugh at you, which has forever evoked your extraordinary fear of speaking in public. And that incident would be the block EFT could help you eliminate.

EFT has proven clinically effective for the treatment of trauma, abuse, stress, anxiety, fears, phobias, depression, grief, addictive cravings and other physical symptoms including headaches, body pains and breathing difficulties. Properly applied, more than 80 percent of EFT users achieve either noticeable improvement or complete cessation of their problem.

But the best news of all is that the technique is so simple to learn that you can master it yourself. For further information, visit the official [EFT Web site](#).

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