

**Emotional Freedom Techniques**  
for  
**Healthy Immune System**

by  
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## Disclaimer

Emotional Freedom Techniques (EFT) is a member of a new category of treatment techniques and protocols referred to as Energy Therapy. While still considered experimental, these techniques are being used by therapists, nurses, physicians, psychiatrists and lay people worldwide with exceptional results in the treatment of psychological and physical problems. EFT is meant to compliment NOT replace traditional counseling, therapy or medical treatment. Even though I have not experienced nor witnessed adverse side effects resulting from using this technique, each individual must take full responsibility for their own health and well-being when using this technique. This information is provided to educate, inform and inspire you.

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## Directions

For the complete instructions in EFT, consult Gary Craig's manual, a free download, at <http://www.emofree.com> . For a free copy of the manual translated into Spanish, go to [http://www.findthelightwithin.com/eft\\_esp.htm](http://www.findthelightwithin.com/eft_esp.htm) .

In this script and the audio a modified version of the EFT “basic recipe” is used. The following explains the basic steps:

1. **The Setup Statement** - *Name the problem* while tapping on Karate Chop (KC) or rubbing the Sore Spot (SP) point (see diagram).  
Example: “Even though I have *this fear of failing*, I deeply and completely love and accept myself.
2. **Negative Tapping Sequence** – *Tune into the problem* by tapping the EFT meridian points while *focusing on the problem* and saying a **Reminder Phrase** out loud. This focuses the mind on the negative thought patterns and allows EFT to release it.

Example of Reminder Phrase: *This fear of failing*

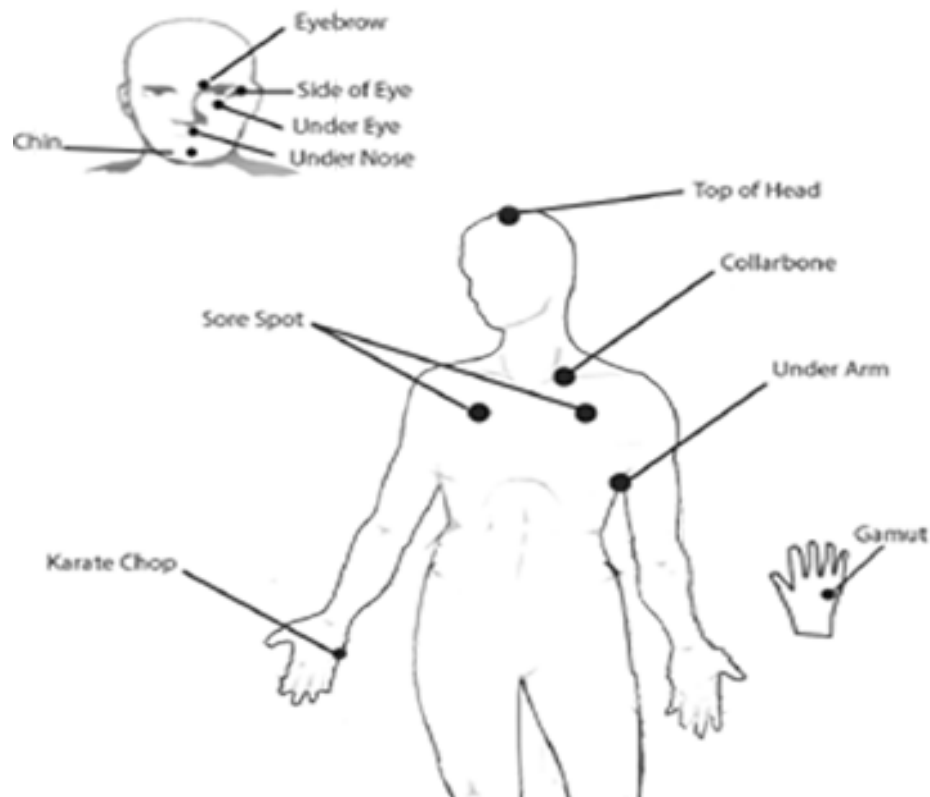
- Tap each point 7 to 10 times while repeating the *negative reminder phrase*.
- Sequence of tapping points: Start tapping at the eyebrow point (see diagram).
  - Eyebrow (EB)
  - Side of Eye (SE)
  - Under Eye (UE)
  - Under Nose (UN)
  - Chin (CH)
  - Collarbone (CB)
  - Under Arm (UA)
  - Top of Head (H)

3. **Positive Tapping Sequence** – State preferences, choices and potential alternative outcomes while tapping on the EFT meridian points to *focus on the solution*. This allows you to incorporate the positive thought pattern.

Example: *I am successful.*

- Tap each point 7 to 10 times while repeating the *positive phrase*.
- Start at the eyebrow point and follow the same sequence of tapping points as before.

4. **Breath** – Take a deep breath to help move the energy through the body.



## **Tips and Suggestions**

EFT is easy to use because of its flexibility. Here are some guidelines on how best to use it in order to enhance your experience.

- **Be specific** – The more specific the better. Identify a specific person, place, experience, memory, sight, sound, event, feeling or sensation associated with the issue.
- **Scale** – It is best to have an idea of how strong the block or specific issue is that you want to clear before you begin. Use a scale of 0 to 10 (where 10 is the most intense) to identify how strong your emotions are about a specific topic. After you complete an EFT tapping sequence, do a check-in on your emotions in relation to this scale again. Did they go up, stay the same or go down? You may tap until you reach a zero on this scale as it is an indicator of emotions released on the specific issue.
- **Check-in** – After completing an EFT sequence, pay attention to any thoughts, feelings or memories that come to mind. They could be a part of the block or issue you are releasing. Do the EFT tapping sequence on them to collapse them completely.
- **Be persistent** – Repeat the EFT sequence until you have released all of the emotions about the specific event. There could be many aspects or layers to a block or issue. So continue tapping until all of them have been addressed or contact an EFT practitioner for guidance.
- **Flexibility** – You may tap on the EFT tapping points with either hand, on either the right or left side of the body depending on what is more comfortable for you.
- **Tapping points** - As long as you tap in the general area of the point you will stimulate it so you don't have to worry if you are on the exact spot.
- **Water** – Dehydration has been found to affect the results experienced with EFT. So it is recommended that you drink water before, during and after EFT to stay hydrated.
- **Scripts and audios** – These scripts and audios are guides. Add or delete words to make them more specific and personal to your particular issue.

## HEALTHY IMMUNE SYSTEM

It seems that more and more people are worried about health these days, whether it be flu, colds or serious illness like cancer.

Underneath it all is fear, fear that something will happen to you or to a loved one. It may even be fear of how to control your health, the consequences of not being healthy, the fear of losing control, or needing someone to take care of you, or no one there to take care of you. Fear never helps us stay healthy. It is best to focus on the health you have and the health you want to have.

For me the bottom line is having a healthy immune system. When one's immune system is strong then anything that comes along is taken care of by the body's defense system.

There are many simple ways to improve one's immune system such as eating well, exercising, and sleeping well. In addition, you can tap to ease your tensions and fears, and communicate with your body about being healthy and having strong defenses.

For me, that is key. Create a healthy attitude and immune system and your ability to stay healthy increases.

The greatest force in the human body is the natural drive of the body to heal itself, but that force is not independent of the belief system... everything begins with belief.  
Norman Cousins

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## TAPPING FOR A HEALTHY IMMUNE SYSTEM

Even though I worry about getting ill especially when there are so many around me getting sick or already sick, I love and accept myself.

Even though there are health scares in the world especially as it is so easy to travel from one place to another, it doesn't mean I have to get ill.

Even though I fear that I may get sick, or pay attention to the news and how "bad" it could be, I choose to build up my immune system, to take care of myself, to treat my body well and it will respond with health and a strong defense system. My body is built to do just that as long as I let it.

**Eyebrow:** I worry about all the illnesses in the world right now. It is scary what is being said in the news.

**Side of Eye:** It all sounds so horrible. It makes me feel so helpless and small. How can I take care of myself and those I love?

**Under the Eye:** I worry. I fret. I see how potentially dangerous it all is. I see illness growing, hospitals overflowing with all sorts of serious illnesses.

**Under the Nose:** I feel powerless to do anything but be super vigilant, to stay apart, to isolate, to not get close.

**Chin:** Yet, what I need is to take care of myself, to care for my body, to build up my immune system so that I can freely walk in the world.

**Collarbone:** I can do just that in simple ways. I choose to eat better, exercise and sleep enough. That alone will help me enormously.

**Under the Arm:** My body naturally knows how to defend itself. It is amazing how my body communicates and knows what is going on.

**Top of Head:** My body sends messages to clear out invaders all the time. In fact, my body is made to create health.

**Eyebrow:** My body was NOT created to become ill, but to renovate itself over and over again. It does just that by its cells turning over basically creating new tissues, organs and eventually my whole body.

**Side of Eye:** I can do my part to help my body stay healthy. I choose to do that. I choose to rest, release stress, think positively, feel good and focus on what I desire.

**Under the Eye:** Stress affects my body and immune system in a way that makes me more susceptible to what I want to avoid. Instead of focusing on illness, I choose to focus on what ways I'm already healthy.

**Under the Nose:** I focus on all the healthy parts of me, how my body does so many things for me without me having to think about it.

**Chin:** It breathes naturally and takes oxygen around my body to where it is needed, it digests my food, it takes out the waste and gets rid of it, it communicates what is going on around me, takes those messages and helps my body respond accordingly and so much more.

**Collarbone:** I choose to imagine myself healthy, to feel my body vibrantly healthy, to sense how special my body is.

**Under the Arm:** My body is so amazing. It coordinates the functions of each cell individually and as a group. That's around 100 trillion cells,

**Top of Head:** I choose to appreciate and give my body loving attention. As I do, it responds with loving attention to my health and well-being. We are an amazing team.

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## **SCRIPT AND AUDIO**

I've created a longer version of the Immune System script with an audio if you are interested. Go to: [http://www.findthelightwithin.com/eft\\_scripts\\_audios\\_eng.htm](http://www.findthelightwithin.com/eft_scripts_audios_eng.htm)

At the same site, you can download my gifts, 2 scripts and audios. One is for Peace and the other is for Love. Download them, use them, share them. This is all about creating love for ourselves and others. It is my honor to participate in that journey.

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