



Nicolas Ortner

Creator and Executive Producer of *The Tapping Solution*

As the creator and executive producer of *The Tapping Solution*, Nicolas Ortner has a passion for bringing holistic health and a message of hope to the public. Nick had always been a daring entrepreneur with businesses in real estate and a website development and marketing consulting firm, but did not incorporate the information he had been “studying on the side” until 2007 when he decided to create a film about EFT. With no prior experience in movie making and a small personal budget, Nick recruited the help of his best friend Nick Polizzi and his sister Jessica Ortner. The three of them set out to complete a project that usually takes a big budget and experts to complete. Their personal passion for sharing this groundbreaking information led them every step of the way. Their perseverance and enthusiasm caught the attention of great writers, EFT practitioners, doctors and scientists who were willing to share their own powerful experiences with EFT.

In October 2007 the trio set out to film a four-day event where they picked ten people from around the country to see what was possible in just four days of EFT. The results even astounded them and are shown in the film

They achieved their goal in creating a movie that teaches people about the power to heal all aspects of their lives. They encourage others to “try it on everything” so that we can continue to discover the power we have within us. They all continue to use their talents in spreading this powerful message.



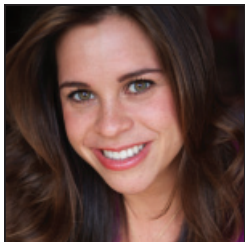
Creative Team and Cast featured in *The Tapping Solution*



Creator / Executive Producer - Nicolas Ortner - Creator of The Tapping Solution. Nick's vision and determination created a film that inspires others. Nick is CEO of The Tapping Solution, LLC and continues to create products that spread a message of healing and hope.



Director / Editor - Nicholas Polizzi - Jokingly called the "All in one production team." Nick filmed and edited the movie, lending his impressive creative talent. Nick continues following his passion for using his creative talents to make a positive difference.



Associate Producer - Jessica Ortner - Jessica coordinated the shoots and the event. Her love of discovering new ideas came in handy as she was able to interview her own role models for the film. She continues interviewing EFT experts at <http://TheTappingSolution.com> and <http://TappingInsidersClub.com>.



The Participants in the 4 Day EFT Event

Rene- Rene lost his wife in a car crash in 2007. The trauma of the car accident and losing his wife has left him depressed and uncertain about his future. Can he learn to move forward and rebuild his life?

Patricia- Patricia was on a boat when the driver tried to avoid a crash. Patricia was thrown into the air and crashed back in the boat, breaking her L1. Her spinal cord injury led to months in the hospital and a hand full of other medical complications. Can she release the pain in her back and live a normal life?

Donna- A mother of two, Donna, was devastated to learn she had breast cancer. With all the chemo and the stress of being a mother and wife, Donna has severe insomnia. Can Donna use EFT to help her sleep again and build the strength to recover?

Jodi- Jodi was diagnosed with Fibromyalgia, which led to insomnia. Her constant pain has led her to give up her favorite pastime, hiking, and she feels blocked in pursuing her dreams of being an author. Can Jodi release the pain and follow her dreams?

Jonathan- After serving in the Vietnam War, Jonathan suffered with PTSD, an extreme phobia of rats and chronic back pain. Can Jonathan release his fears, trauma and back pain to be able to return and continue his volunteer work in Vietnam?

Jackie- Jackie is a realtor and is focused on paying off her debt. The fear of speaking in public or even to her own boss has left her feeling stuck. Can Jackie find her voice and become a confident businesswoman that thrives?

Bernadette- Bernadette has been living a sedentary lifestyle, gaining weight because of her cravings for sugar and her inability to find the motivation to exercise.. Can Bernadette use EFT to overcome her dependency on sugar and begin to take care of her body?

Dennis- Dennis has been smoking for 33 years. Being a consultant for a health company leaves him feeling like a hypocrite. Dennis' wife encourages him to go to this event. Can he finally let the cigarette go?

Sam - Sam struggles with ADD behavior. He has trouble concentrating and experiences severe migraines. Sam is also accident-prone and wants to finally change his pattern. Can he live a pain free life and get his life back on track?



Thea- A 22 year old mother, Thea, has been battling with addictions all her life. Finally off prescription drugs, Thea is looking to reestablish relationships she has destroyed and face the challenges that have led her to use drugs. Can EFT help?



Experts Featured in the Film

Jack Canfield - Co-Creator of "Chicken Soup for the Soul" Best-selling Series



Jack Canfield has been coaching individuals, entrepreneurs, educators, and corporate leaders on how to accelerate the achievement of their personal and professional goals, live their dreams, and create more joy in their life on a day to day basis.

He's also known for originating the Chicken Soup for the Soul series.

What the film crew says:

"Nick O., Nick P. and I went to San Diego to interview Jack Canfield. I don't usually get nervous before interviewing someone, but with Jack I was tapping in the bathroom before the interview. This guy's a big deal! He has inspired us all with his Chicken Soup for the Soul Books and The Success Principles. Before Jack showed up we decided to put on fun music and get into a huddle to state our intention for a great interview. And that's exactly what we got!"

-Jessica Ortner

Cheryl Richardson - Personal Coaching Pioneer



Cheryl Richardson is the author of *The New York Times* bestselling books *Take Time for Your Life*, *Life Makeovers* and *Stand Up for Your Life*, and *The Unmistakable Touch of Grace*. As a professional speaker, Cheryl has designed and presented programs to universities, Fortune 500 companies, educational conferences, and professional associations. Her work has been covered widely in the media including *The Today Show*, *Good Morning America*, *CBS This Morning*, *New York Times*, *USA Today*, *Good Housekeeping*, and *O Magazine*. Cheryl was the team leader for the Lifestyle Makeover Series on the Oprah Winfrey Show and she accompanied Oprah on the "Live Your Best Life" nationwide tour. Cheryl writes a regular column for *Body+Soul* magazine and hosts a large online community at cherylrichardson.com.

What the film crew says:

"The night before the interview Cheryl called me to ask how big our production crew was and if we had a makeup artist. "Its just me and a camera man; sorry we don't have a makeup artist," I replied. I was nervous she wouldn't be happy. After all, this woman is used to being interviewed by Good Morning America! She responded with, "Okay, I really just wanted to know how many scones I should make."

Cheryl was so kind and a lot of fun. At the end of the interview I threw away my note pad and just started asking her all these questions I had about some of the things she was saying. We just went with the flow and what came out was magic!"

-Jessica Ortner

[Click here to visit Cheryl's site - www.CherylRichardson.com](http://www.CherylRichardson.com)

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Bob Proctor - Author and Success Mentor



Bob Proctor is an author, lecturer, counselor, business consultant, entrepreneur, and teacher preaching the gospel of positive thinking, self-motivation and maximizing human potential. In that endeavor, he follows in the footsteps of such motivational giants as Napoleon Hill, Earl Nightingale and Wallace D. Wattles. He continues to lecture and inspire.

What the film crew says:

"A question I always get when people hear about this film and the people in it is, "What's He/she like?" An one of the amazing things is that I can reply every time, "gracious", "humble", "giving", etc. for all these experts. Well, that can be said doubly so for Bob Proctor! We met him in Aspen,

which, he told us, is the same place where he was filmed for The Secret! Auspicious we hope! He was warm, caring, friendly and the energy and substance he gives the film is amazing."

-Nicolas Ortner

Dr. Patricia Carrington - EFT Expert



Dr. Patricia Carrington is a leading psychologist and expert in stress management. One of the pioneers in the field of Energy Psychology, she is an important researcher in this field as well as author of four well known books on the management of stress..

Dr. Carrington is the creator of the widely acclaimed positive version of EFT known as the *EFT Choices Method*. She is presently an Associate Clinical Professor of Psychiatry at UMDNJ-Robert Wood Johnson Medical School in New Jersey and was formerly on the Faculty of Princeton University. Dr. Carrington has created (and is continuing to create) highly innovative EFT materials.

What the film crew says:

"Dr. Carrington was one of the last interviews we did, because our schedules couldn't match up for months, but I am SO glad that it worked out. Her breadth of knowledge and experience is amazing and she brings such a peaceful, deep energy to this film. Nick Polizzi and I had a wonderful couple of hours with her where we learned so much- and that's after filming hundreds of hours on EFT already!"

-Nicolas Ortner

Dr. Joseph Mercola - Founder Optimal Wellness Center



[Joseph Mercola](#) is a medical doctor and founder of [mercola.com](#), the most visited natural health site in the world. Through comprehensive and researched guidance on the best nutritional, medical, emotional therapy and lifestyle choices, he is heavily influential in the fields of health and medicine. Author of his new book "Take Control of Your Health – Your Complete Guide to Optimal Health."

What the film crew says:

"I had no idea who Dr. Mercola was when I learned I was going to interview him. All until the guys told me he has the biggest holistic health website in the WORLD. It's incredible!"

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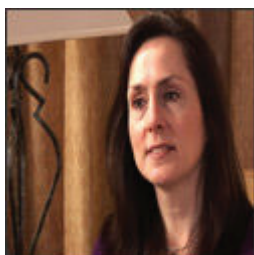
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Now I'm not just a fan of the website but of Dr. Mercola himself. When someone is so successful and impacts so many people in the world you tend to wonder, "Can they really be that amazing? Do they really have my best interest in mind?" After spending time with Dr. Mercola I can personally tell you this guy is the real deal, a walking heart of gold."

-Jessica Ortner

Carol Look - EFT and Attracting Abundance Expert



Carol Look's specialty is inspiring clients to *attract abundance* into their lives by using EFT to clear limiting beliefs, release resistance and build their "prosperity consciousness." Before becoming trained in numerous *Energy Psychology methods* such as Thought Field Therapy (TFT), Emotional Freedom Techniques (EFT) and the Tapas Acupressure Technique (TAT), Carol was trained as a Clinical Social Worker and earned her Doctoral Degree in Clinical Hypnotherapy.

What the film crew says:

"When Carol speaks, people listen. She is so insightful and clear she leaves everyone in deep thought. She really stands out as a strong voice in spreading EFT. We interviewed Carol in Texas. She was the very first person we interviewed for this movie and it was a great start! She then joined us at the EFT weekend event, and did some amazing work with the participants, of which you can see ample evidence of in the film. If you have an opportunity to see Carol at one of her live events, you must go; it's an amazing experience!"

-Jessica Ortner

[Click here to visit Carol's site - www.AttractingAbundance.com](http://www.AttractingAbundance.com)

Bruce Lipton - Cellular Biologist and Author



Bruce Lipton is an internationally recognized authority in bridging science and spirit. He has been a guest speaker on dozens of TV and radio shows, as well as keynote presenter for national conferences. He received his Ph.D. Degree from the University of Virginia at Charlottesville before joining the Department of Anatomy at the University of Wisconsin's School of Medicine. Dr. Lipton's research on muscular dystrophy, studies employing cloned human stem cells, focused upon the molecular mechanisms controlling cell behavior. An experimental tissue transplantation technique developed by Dr. Lipton and colleague Dr. Ed Schultz and published in the journal *Science* was subsequently employed as a novel form of human genetic engineering. Dr. Lipton's work summarizing his findings is entitled *The Biology of Belief*.

What the film crew says:

"As we pulled up into Bruce's driveway he walked out of his back door to greet us in bare feet, a t-shirt and a massive grin. Not what we expected from a man who has done stem cell research and worked as a professor. Nick P. and I looked at each other with a smile – we knew something great was about to happen. And it was fantastic! This man lives what he teaches. We couldn't stop talking about the experience for a full week afterwards."

-Jessica Ortner

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Joe Vitale - Bestselling Author and Founder of the Hypnotic Marketing Institute



Joe Vitale is an ordained minister, a certified metaphysical practitioner, and a certified hypnotherapist who's the founder and president of the Hypnotic Marketing Institute. Vitale is one of the stars of The Secret, the DVD about the law of attraction. He appeared on CNN's Larry King Live. He recently wrote a book entitled, Zero Limits.

What the film crew says:

"Nick P. and I flew to Austin, Texas to interview Joe. Joe welcomed us into his house wearing a purple t-shirt, bare feet and a big smile (Bruce Lipton flashback!)."

He brought us upstairs into his office. I have never seen so many books. Every wall had a bookshelf overflowing with books in every direction. It looked like books were starting to grow out of the ground! This man is truly dedicated to learning, growing and bringing you the best information to help you better your life."

The interview was unbelievable. He brought a new element that no other speaker had done before. Sometimes after an interview I have to look back at the footage to see if it's any good. With Joe I knew we had instant gold."

-Jessica Ortner

[Click here to visit Joe's site - www.MrFire.com](http://www.MrFire.com)

Dr. Norman Shealy - Pain Specialist and Holistic Physician



Dr. Norm Shealy is one of the world's leading experts in pain management. He was among the first physicians ever to specialize in the resolution of chronic pain. He is the founder of the first comprehensive pain and stress management facility in the country, The Shealy Institute, known for innovative and successful rehabilitation approaches. His published works total over 275. His seminars and workshops are given worldwide, and attended by physicians and laypersons alike. He has acted as consultant to leaders in every specialty, including the personal physician to President Kennedy and Eisenhower.

What the film crew says:

"Norm was a neurosurgeon when he discovered that most fixes for chronic pain did not come from the established medical community. He was in Connecticut to speak to a graduate class when we had the opportunity to interview him."

To have the opportunity to speak to someone who had once dedicated his life to pursuing a career in established medicine and then found holistic approaches more effective was really inspiring. Meeting Norm reaffirmed the importance of getting this message out so that others can finally find relief. Norm has a passion and a smile that are contagious. It was a real honor to meet him."

-Jessica Ortner

[Click here to visit Norm's site - www.NormShealy.com](http://www.NormShealy.com)

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Rick Wilkes - Founder of Thriving Now and EFT Practitioner



Rick Wilkes is an Emotional Freedom Coach, Certified Massage Therapist, and Ordained Interfaith Minister. For the past fifteen years, Rick has been exploring energy therapy combined with spiritual inner guidance to promote healing from chronic stresses and pains. This exploration lead him to become nationally certified in therapeutic massage and bodywork. Rick loves the fact that EFT can be used for ongoing emotional self-care, and he has devoted himself to spreading the word about EFT.

What the film crew says:

"Rick was someone we had not heard of before but was recommended to us. We interviewed him because he was at a workshop in Texas with us and we thought we would give it a shot. When Rick sat in front of the cameras he surprised us all by becoming one of our most valuable interviews. It seemed like he was born to be in front of the camera."

"He's very engaging and has great stories. Now whenever I want to convince Nick P. to film another experts I say, 'Lets just try it, he might be another Rick Wilkes!'"

-Jessica Ortner

[Click here to visit Rick's site - www.ThrivingNow.com](http://www.ThrivingNow.com)

Brad Yates - Peak Performance and EFT Coach



Brad Yates is a member of the Association for Comprehensive Energy Psychology, the National Guild of Hypnotists and the American Counseling Association. He was trained and certified at the Hypnosis Motivation Institute, where he served on staff. He coaches groups and individuals in achieving greater success, health and happiness in their lives. Brad's clients vary from CEO's to professional and NCAA athletes, from award-winning actors to residents at Turning Point Transitional Housing. He has also been a presenter at the past two International Energy Psychology Conferences.

What the film crew says:

"We interviewed Brad in San Diego. I was looking forward to this interview because I had listened to his Wealth Beyond Belief audio program and thought it was fantastic. He has a very clear and simple way to describe EFT that makes you feel like you really can "try it on everything." The place where we wanted to interview Brad fell through so the two Nicks and I ran around San Diego to try to find a place while Brad patiently waited for me to call him. I convinced the hotel to let us use part of their restaurant.... Thank you Manchester Grand Hyatt! It was a very close call! Brad was great!"

-Jessica Ortner

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Fred Gallo, Ph.D. - Author, Clinical Psychologist



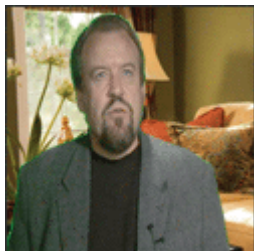
Fred P. Gallo is a clinical psychologist and received an MA from the University of Dayton and a doctorate from the University of Pittsburgh. Before entering private practice, he worked in the fields of corrections, mental health, mental retardation, child welfare, and chemical dependency. He also taught at Pennsylvania State. He has practiced hypnosis, Client Centered, Gestalt, Cognitive-Behavioral, Ericksonian, Contextual, and Solution Focused therapies, Neuro-Linguistic Programming (NLP), Eye Movement Desensitization and Reprocessing (EMDR), and Thought Field Therapy (TFT).

What the film crew says:

"We interviewed Fred Gallo in Pennsylvania. We drove all night and reached his town at 6:30 in the morning! We slept 2 hours in a hotel and then we were up to film. Now that is dedication! Fred's enthusiasm and knowledge was better than caffeine. It's so intriguing how effective Fred finds EFT compared to all his other training. It makes me wish that one day they'd be teaching this type of therapy in universities."

-Jessica Ortner

Dawson Church, Ph.D. - Author, Publisher and Energy Medicine Expert



Dawson Church, Ph.D. has edited or authored over 200 books. Books he has authored include Soul Medicine, The Genie in your Genes, Healing Our Planet Healing Ourselves, and Heart Healing. He is a co-founder of Aslan Publishing, a former CEO of Atrium Publishers Group, and former publisher of Celebrity Press.

What the film crew says:

"We met Dawson in Virginia. Dawson is a walking encyclopedia. Ask him a question and you will hear interesting stories topped off with impressive statistics that leave you thinking, 'How on earth do remember all that!' If you ask him a question, make sure you have time to enjoy the ride."

-Jessica Ortner

[Click here to visit Dawson's site - www.SoulMedicineInstitute.org](http://www.SoulMedicineInstitute.org)

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Carol Tuttle - Author, Abundance Expert



Carol Tuttle is an electrifying catalyst for healing who has devoted her life to helping people rise out of deprivation into overflowing abundance. She is the author of the highly acclaimed spiritual self-help book, *Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century*. A popular speaker, she is teaching how to bring wholeness and joy to everyday lives. Her topics include: *The Art of Manifesting*, *Clearing the Issues that are Keeping You Fat!*, *Creating Money*, *Intentional Parenting*, and *Petitioning Your Angels* and more.

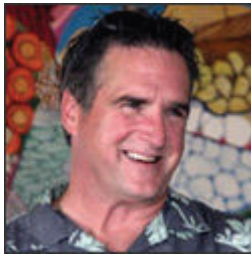
What the film crew says:

"Carol Tuttle is the author of one of my favorite books, Remembering Wholeness. Carol came to visit us in Connecticut so I had the opportunity to pick her up from the airport. How many times are you in the car with one of your favorite authors for a full hour? I had to jump on the opportunity to pick her brain! Carol was such a great sport. I felt like I was taking a seminar in my car! The fun continued with an insightful interview. A few weeks later I got a surprise package in the mail, Energy Healing 101 by Carol Tuttle. I spent a full Sunday listening to it while I cleaned the house. I give it two big thumbs up!"

-Jessica Maya

[Click here to visit Carol's site - www.CarolTuttle.com](http://www.CarolTuttle.com)

David Rourke - EFT Addictions Specialist



David Rourke attended an Emotional Freedom Techniques workshop given to clinicians and Social Workers in Toronto, Canada in the fall of 1998. Curiosity led him to attend; fascination led him to seek additional information and training. Since 1998, David Rourke has attended many specific workshops and conferences to expand his knowledge and expertise of these techniques. He uses Emotional Freedom Techniques in his private practice to facilitate healing from major trauma, addictions, phobias and anything else that gets in the way of true happiness.

What the film crew says:

"One word to describe David: FUN! When I interview someone I'm usually right next to the camera and they are looking at me. When they speak I have to be as quiet as possible, which means no laughing! David made my job very difficult! He has a great way of making serious life topics fun and accessible to others."

-Jessica Ortner

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Donna Eden - Author, "Energy Medicine"



Donna Eden is widely recognized for her in-born ability to literally see the body's energies, to accurately determine the causes of physical and psychological problems based on the state of those energies, and to devise highly effective treatments.

She has treated over 10,000 clients individually and has taught hundreds of classes, speaking to packed houses throughout the United States, Europe, Australia, New Zealand, and South America. She consistently exhilarates and amazes her audiences, and now you can study with her through her videos, DVDs, books, and other home study resources.

What the film crew says:

"I can sum up my experience with Donna quite simply. As I interviewed her, I found myself feeling BETTER and BETTER and BETTER! Her energy is so positive, so powerful that it will bring you up no matter what you do. I personally believe her work is an amazing complement to EFT and highly recommend that you get her book, "Energy Medicine"

-Nicolas Ortner

[Click here to visit Donna's site - www.InnerSource.net](http://www.InnerSource.net)

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What is EFT, Anyway?

Millions of people are settling for lives filled with poor health and emotional baggage. Not knowing how to achieve the joyful and satisfying lives they desire, they're stuck accepting a lifestyle of emotional trauma, chronic physical pain, compulsions and addictions, or perhaps just an empty feeling inside.

If you're like many people, you feel trapped, caught in this cycle. You're tired of feeling sad, depressed, anxious, discontent, and unwell. You're sick of the expensive and ineffective treatments. You're fed up with relinquishing the power over your health and happiness to psychologists and doctors. You'd like to grow, flourish, and thrive, putting the past in the past. You want to be your best, living a life that is filled with peacefulness, joy, and fulfillment, from day to day and moment to moment.

With EFT, you can do that. You can discover the vital secret for emotional wholeness and physical relief. You can take your physical and emotional well-being into your own hands. It's simple for anyone to master, and it's free.

EFT provides relief from chronic pain, emotional problems, disorders, addictions, phobias, post traumatic stress disorder, and physical diseases. While EFT is newly set to revolutionize the field of health and wellness, the healing concepts that it's based upon have been in practice in Eastern medicine for over 5,000 years. Like acupuncture and acupressure, EFT is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body's own energy and healing power.

Your body is more powerful than you can imagine... filled with life, energy, and a compelling ability for self-healing. With EFT, you can take control of that power.

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So, How Does It All Work?

“The cause of ALL negative emotions is a disruption in the body’s energy system.”

-Gary Craig, founder of EFT

This fundamental principle is the basis of EFT. All negative emotions are felt through a disruption of the body’s energy. And physical pain and disease are intricately connected to negative emotions. Health problems create feedback – physical symptoms cause emotional distress, and unresolved emotional problems manifest themselves through physical symptoms. So, the body’s health must be approached as a whole. You cannot treat the symptoms without addressing the cause, and vice-versa.

The body, like everything in the universe, is composed of energy. Restore balance to the body’s energy, and you will mend the negative emotions and physical symptoms that stem from the energy disruption. EFT restores the body’s energy balance, and negative emotions are conquered.

The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that’s bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 12 of the body’s meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body’s energy, restoring it to a balanced state.

You may be wondering about these meridians. Put simply, energy circulates through your body along a specific network of channels. You can tap into this energy at any point along the system.

This concept comes from the doctrines of traditional Chinese medicine, which referred to the body’s energy as “ch’i.” In ancient times, the Chinese discovered 100 meridian points. They also discovered that by stimulating these meridian points, they could heal. Call it energy, call it the Source, call it life force, call it ch’i... Whatever you want to call it, it works.

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In some ways, EFT is similar to acupuncture. Like EFT, acupuncture achieves healing through stimulating the body's meridians and energy flow. However, unlike EFT, acupuncture involves needles! "No needles" is definitely one of the advantages of EFT.

Acupuncture also takes years to master. Acupuncture practitioners must memorize hundreds of meridian points along the body; the knowledge and training take years to acquire.

EFT is simple and painless. It can be learned by anyone. And you can apply it to yourself, whenever you want, wherever you are. It's less expensive and less time consuming. It can be used with specific emotional intent towards your own unique life challenges and experiences. Most importantly, it gives *you* the power to heal yourself, putting control over your destiny back into your own hands.

The History of EFT: An Accidental Discovery Leads to a Healing Revolution

It began in 1980, with a psychologist by the name of Roger Callahan, and a patient with an extreme phobia of water. Mary's fear of water controlled her life and kept her from daily activities. She was unable to take her children to the beach and was unable to drive near the ocean; she grew fearful when it rained, and could not even withstand the sight of water on TV. She had vivid nightmares involving water.

Dr. Callahan and Mary had been working on this problem together for over a year. Finally, Mary worked up the courage to sit within sight of the pool at Dr. Callahan's house. Even doing this caused Mary extreme distress, and though she found ways to cope with the intense fear and emotional pain, she did not overcome her phobia. They discussed her problem, and how to overcome it, but without success.

Her fear of being near the water caused Mary stomach pains – a common "gut reaction." Dr.



Callahan had recently been studying traditional Chinese medicines, and learning about meridians. Suddenly he had an inspiration. Remembering that there was an acupuncture point for the stomach meridian on the cheekbone, he asked her to tap there, thinking it might cure her stomach pains.

Mary tapped her cheekbone as directed, and this little action changed medicinal history! The response seemed miraculous, to both Mary and Dr. Callahan. Her stomach pains disappeared. But even more amazingly, her phobia of water disappeared, too! She ran down to the pool and began splashing herself with water, rejoicing in her newfound freedom from fear.

Based on this discovery, Dr. Callahan began a series of investigations to develop and refine this technique, which he termed Thought Field Therapy. Gary Craig trained under Dr. Callahan's tutelage in the 1990's, learning the procedures for TFT. As time passed, Craig began to observe some problems with TFT, aspects that he saw were unnecessary complications.

TFT required practitioners to tap on a specific sequence of meridians (called an algorithm) for each different problem. Diagnosing the problem required a technique called muscle testing, wherein the practitioner would measure the relative strength of a muscle, while the patient explored various thoughts or statements.

Craig observed repeated scenarios in which the problem was incorrectly diagnosed or the practitioner tapped out the meridian points in the wrong order, yet the patient was still cured. Based on these observations, he concluded that it did not matter in which order the meridian points were tapped.

Craig developed EFT as a simplified, improved version of the concepts behind Callahan's TFT. EFT has one basic, simple sequence of points to tap, no matter what the situation. It does not require complicated muscle testing. It is simple to administer and easy to master.



Because of this, hundreds of people have used EFT to cure illnesses and resolve emotional problems. EFT practitioners have studied the techniques and trained to take on more complicated and difficult cases, and these dedicated practitioners report more successful applications daily. More and more people are discovering and exploring EFT. Many are discovering how EFT can change *their* lives.

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