

# EFT – Is “Emotional Freedom Technique” Effective and Biblical?

By Dr. Mark Virkler & Dr. Charity Virkler Kayembe

**Question:** What is “Emotional Freedom Technique”? Is EFT tapping compatible with Scripture? Is it safe and effective? Is it something I might want to try? Are there ways to integrate the working of the Holy Spirit with EFT?

**Answer:** Our answer to all of these questions is “Yes.” I was able to overcome a crick in my neck with one session of EFT which I performed by myself. I had had the stiff neck for three weeks and been to the chiropractor three times and I still had pain and stiffness in my neck. It was caused by some pent up emotions that I had toward a person which I needed to release. I was able to effectively release them in a five minute session of EFT. When you say a person is a “pain in the neck,” it is a truism. In the weeks that followed, as I meditated on the situation, the Lord helped me see the person and the offending event through His eyes so I could walk in mercy and understanding toward the person, rather than judgment and pain.

---

**Emotional Freedom Technique (EFT)** is a method for discharging trapped emotions or bodily pain by releasing blocked energy. Since physical pain is often the result of emotional stress, and emotional stress is often connected to ungodly beliefs, all three of these can and should be addressed together in an EFT session (i.e. pain, emotions and beliefs). EFT is also called “Tapping,” because you are tapping about 3-7 times on each of nine different acupuncture points as you cycle through the process.

## An EFT Approach Which Includes Christ

### The Basic EFT Confession

*Even though I have this problem of (state the issue/problem), I fully and completely accept myself, just as You, Jesus, accept me. I release this (issue) to You, Jesus, and I receive Your healing touch. I completely forgive and love (the person, animal or equipment involved, including myself). I repent of my anger toward (them, God, self) over this situation and I release (them, God, self). I thank You, Jesus, for this release!*

## The Procedure – We Tap as We Speak



As you are speaking the above, you are tapping on the nine acupuncture points around your head and chest as described [in this free short tapping training video](#).

On the first acupuncture point (the edge of your palm - which is not pictured in the diagram to the right), you speak the entire statement above, and on the following eight points, you only speak a “reminder phrase” of the complete statement. The “reminder phrase” is any part of the statement which comes to you spontaneously, which will be the part which needs re-affirming until it deeply penetrates your heart.

Repeat “reminder phrases” over and over while tapping on each point, until you feel you “own” what you are saying. “Owning it” means “your heart has

accepted it.”

## Some Examples of “Reminder Phrases”

- **Pain:** Even though I have this pain in my leg ...
- **Emotions:** I fully and completely accept myself... I forgive myself ... I forgive the driver of the truck ... I forgive you, God, for allowing this to happen ... I release my anger to You, God... I release the anger I have against myself...
- **Beliefs:** I see why *(person's name)* did this... I see the brokenness in *(person's name)* heart... I see *(person's name)* did not mean to hurt me... I release God's grace to *(person's name)* ... I pray God's healing oil be poured into the cracks of *(person's name)* heart... I see the good God has brought to my life through this ...

You can cycle through the nine points numerous times speaking sections of the above until you have come to peace and calm. The process can go from 5 to 45 minutes. Your pain/anxiety level should be determined before you begin, on a scale from 0 -10, with 10 being “intense” and “0” being “all gone.” The goal is to bring the intensity down from 7 - 10 at the start to 0 - 2 by the time you are through.

You will likely move on to adjusted and/or additional phrases as you cycle through the 9 acupuncture points several times. You often discover yourself moving from statements about pain to statements concerning emotions underlying the pain and then ultimately to the beliefs you hold concerning the situation.

Ask for and receive God's beliefs, His emotions and His healing power. God especially wants you to forgive and release yourself, others, events and Him, so that healing can flow unhindered (Mk. 11:25; Matt. 11:35). Compassion heals (Matt. 14:14). Jesus will help you forgive and see the situation from His perspective. Since God causes all things to work together for good, He will help you see the good that has come out of the experience. A hurt is healed when you can see the good that God has brought through the situation (Rom. 8:28).

## Using the “*Language of the Heart*”

My heart accepts things most quickly when I am using the language of my heart (i.e. pictures, emotions and flow). With 1302 Scriptural references to *heart* or *spirit* and only 144 on *mind*, I truly want to resolve things on a heart level, and not simply a mind level, for out of the heart flow the issues of life (Prov. 4:23).

- **Picturing** involves seeing the painful memory or focusing on the painful spot on my body.
- **Feeling** involves sensing the emotion or the connected pain.
- **Flow** involves tuning to spontaneity and seeing Jesus assist me in the transactions taking place. Jesus is accepting me, and is taking my anger, resentment, unforgiveness and exchanging it with mercy and love and He is taking the emotional and physical pain as I thank Him.

## Can MRT Be Combined with EFT as an Effective Diagnostic Tool?

Since God has created the body with the knowledge to heal itself, it is possible to use **Muscle Response Testing** to help discern the root cause(s) of the pain you are seeking to resolve and to help confirm at the session's close that the issue has been completely resolved. For example, at the close you could state, “My heart has fully forgiven and released this person.” Testing strong to this statement means the forgiveness has penetrated your heart. Testing weak to it means the forgiveness is still a head thing and not a heart thing. So in this case, make sure you are using the “language of the heart” as you go through the EFT process again.

## “Spirit-Anointed EFT”

If one desires a specifically Holy Spirit led EFT experience, then the following prayers can be included.

## **An Initial Prayer for Guidance**

*Holy Spirit, lead me in this prayer time. Allow me to fully see, feel and experience this scene/the physical and/or emotional hurt, and Your healing touch which transforms it. Thank You, Lord.*

Take a few moments to connect to the flow of the Holy Spirit using whatever means works best for you. This could be seeing Jesus at your right hand (Acts 2:25), praise and worship, speaking in tongues, or softly and lovingly repeating the name “Jesus” over and over as you tune to flowing thoughts and flowing pictures.

## **A Cleansing Prayer Which You Can Speak Aloud Anytime During the Healing Process**

*I place all my (anger, guilt, unforgiveness, pain) on Your altar and ask that You consume it in Your holy fire. (See yourself doing this. Use your hand. Put it in your hand and reach out and put it on His altar, and see His holy fire consuming it.) I choose to honor and bless myself and others as You have commanded. I receive Your cleansing and Your forgiveness and I put on Your robe of righteousness, now. (See yourself putting on this robe of spotless white.)*

*I ask that You show me any lies I believe, so that I may repent of them and receive from You the proper beliefs.*

Now pause, tune to flowing thoughts and flowing pictures and flowing emotions, noting them (perhaps through journaling) and repenting of ungodly, limiting beliefs, and confessing and affirming biblical beliefs. This is a good time to use [two-way journaling](#) which gives God an extended opportunity to speak concerning the situation.

*I dismiss and break off all demonic forces connected with (this issue) and I break the agreement I had with them so they don't have a right to come back. I command, “All evil spiritual forces, leave me now, in Jesus' name! “*

*I ask, “Lord, let Your healing and transforming power flow down over me now, healing my spirit, soul and body. I receive Your healing touch now. I lay my hand on my heart, and speak: “Heart, be made new... come to peace ... be healed ... be restored ... be calm.” I lay my hand on my body and I speak: “Body, be healed, now in Jesus' name ... cells, function normally in Jesus' name ... pain, be gone now in Jesus' name.”*

*Lord, I receive Your healing touch from Your loving hand. I thank You for it. Blessed be the name of the Lord our God! Thank You, Lord. I receive Your gift of life! I am healed in Jesus' name! I stand complete in Christ!*

# Taking EFT as I Take Daily Medicine

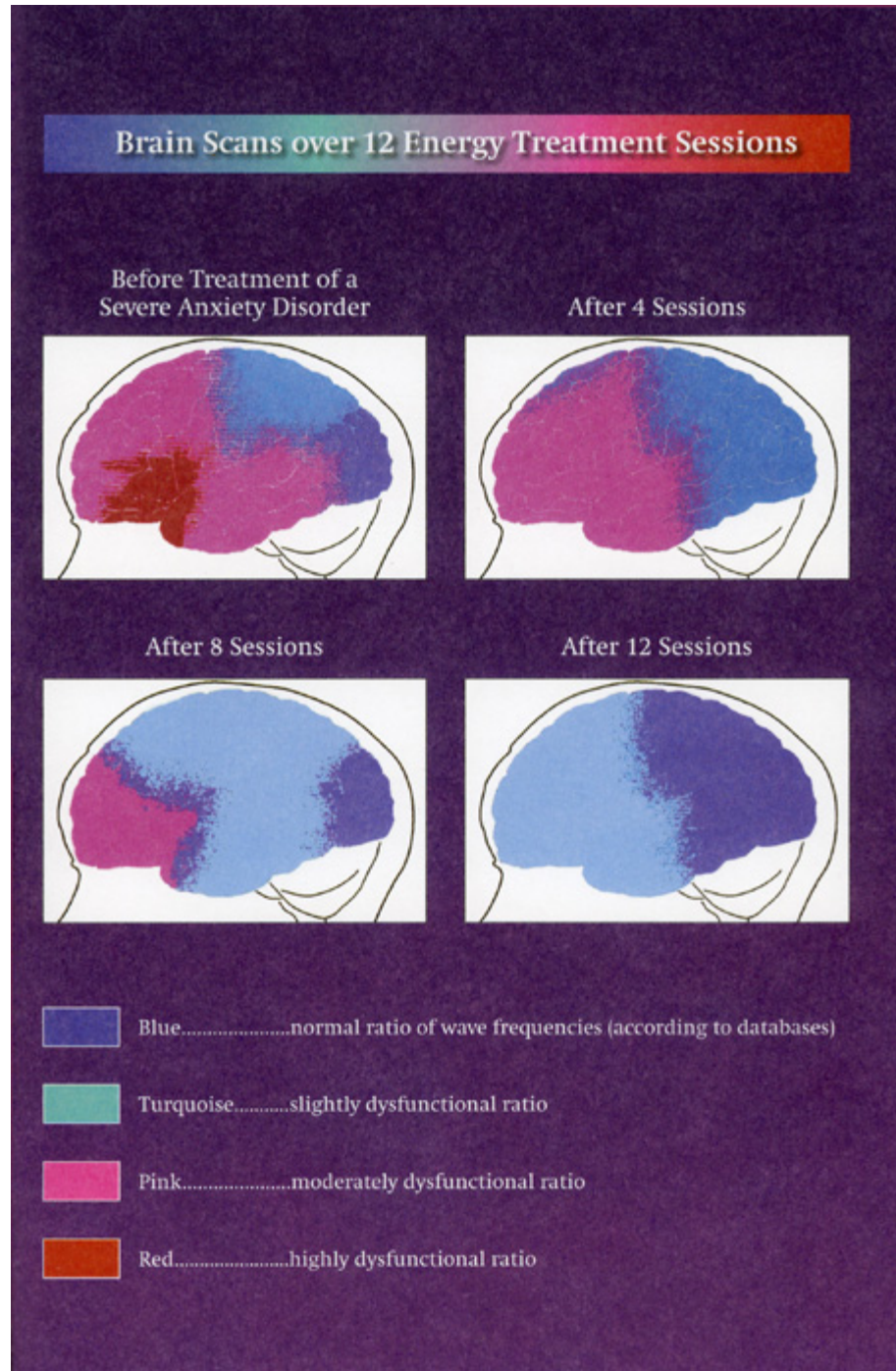
To overcome a life consuming issue, I see no reason not to do an EFT session morning and evening, or even three times a day, just as you would medicine. Why not? The process is free, quick, easy, has no harmful side effects and can be done anywhere you can get 5 minutes of privacy, plus it requires no equipment. So what do you have to lose? Then determine how you are feeling in a week or two. Rate your progress on a scale of 0-10 with 10 being "intense" and "0" being "all gone."

## The History of EFT

EFT has been developed by Gary Craig. [His website is here](#) and it

offers a [free tutorial on how to do EFT](#). Here is another short video with awesome testimonies and [amazing photos of live blood analysis](#) before and after an EFT session.

Many have added to, adjusted and marketed EFT, including Jon Gabriel, who presents it with a New Age slant, [Dr. Joseph Mercola](#), who introduces a Christian viewpoint to it, and Nick Ortner, who presents a scientifically researched perspective. Nick's material is called "The Tapping Solution." His book and DVD series are [available here](#).





The [Splankna Therapy Institute](#), a Christian counseling training and ministry center, trains its prayer counselors to utilize EFT as one of the tools in their healing arsenal.

Dawson Church's book, *The Genie in Your Genes* spends a fair amount of time discussing EFT in a fascinating way. (I read his book twice, after which I meditated on it. I don't agree with everything he says, but there is a lot to chew on.) He even has [a website which promotes EFT to increase performance](#) within corporations and on sports teams. One team did **38% better** at free throws than the control team after an EFT treatment.

Photo credit [www.eftpowertraining.com](http://www.eftpowertraining.com)

## What Happens in EFT?

In essence, what EFT is is the release of physical and emotional pain through acknowledging its presence while verbally stating that you unconditionally accept and love yourself even in the midst of this pain and pressure. So the therapy is taking place in the presence of healing LOVE rather than destructive self-judgment.

As you repeat these statements, you are gently tapping on several acupuncture points around your head and chest, with the goal of interrupting the negatively programmed energy flow, thus dismantling the learned fight/flight emotional response, which in turn allows positive emotions to come forth.

Jesus demonstrated that energy is conducted through touch, by laying on hands as He healed. Jesus, and those He touched, could sense the flow of God's healing energy through touch (Mk. 5:28-34).

Touch promotes healing in numerous ways as discussed in the links below:

- Loving touch - Scientific research from [Web MD](#) demonstrates this
- Tapping on meridian points to release energy flow - [Scientific research](#) available here
- Touch which releases the compassionate healing power of the Holy Spirit (Mk. 5:28-34)

A Christian is welcome to use all of the above forms of healing touch; however our primary goal is to release the compassionate healing, miracle-working power of the Holy Spirit through our touch as we minister God's grace while following the leading of the Holy Spirit (Lk. 9:1,6).

The key point I would like to make is that we can assume biblically speaking that energy can be moved/altered/adjusted through touch. So let's be open to touch and experiment with ways of using compassionate touch in the healing process as we restore proper energy balance to our bodies.

The active energy (power) of God accomplishes many things within us. I want to become sensitive to each of the various manifestations of this energy which the Bible calls by the Greek word *energeo*. Check out these blogs on the [three words for healing](#) and [three words for power](#) in the New Testament, and here is a blog on every verse in the New Testament containing the [Greek word for “active energy.”](#)

As you speak and tap, you stay tuned to flow. As the intensity of the emotion within you changes, so does what you say. You begin by stating what you are seeking to process, either emotional or physical. So for an emotional pain, you state how emotionally hurt you are and how much pain you feel. Since it is important to actually touch the emotional pain in order to heal it, you re-engage the emotional intensity by picturing the scene(s) where the pain is experienced. There is no need to fully re-traumatize yourself by entering deeply into the picture, and this can be destructive, so we suggest **lightly touching** the emotion, **not full re-traumatizing**.

You are then to interrupt your learned negative response by standing in the midst of unconditional love. You can present the situation to Jesus, asking Him to step into it while staying tuned to flow and letting Him show you the roots of it, and how He wants to remove these roots and take your burden and grant you a new perspective by showing you different beliefs which alter how you feel and which provide a way out.

After tapping a few rounds on the various acupuncture points (while speaking honestly what you are feeling and believing) you are likely to find the intensity of the pain diminishes (on a scale of 1-10), and new beliefs about it may begin emerging. You may change to, “I accept and forgive this person and I accept and forgive myself for any responsibility I played in this.” The end goal would be, “I now see the gift that God has created in my life through this experience. Thank You, Lord, for what You have produced in my life.”

## **Do I Really Want to Confess that I Have a Problem? Isn't that Counter to a Faith Confession?!**

Let's talk for a moment about “owning the negativity.” As Christians we are trained to never ADMIT that we feel or are thinking horrible things. “I can't stand this person.” “They make me so angry!” “I feel like a failure.” “I have no faith.” Especially as “word of faith” people, we always jump right into the Truth, without first addressing and acknowledging our own current perception of what's true for us in the moment.

The scriptural basis that makes it okay to own the sin is – that's the only way to get rid of it! That's the only way to have it be cleansed and removed from our hearts and minds. We don't just get saved – we first admit our sin. We confess our sin. So we confess our sin of being angry. We confess our sin of doubt. We acknowledge the fear, in order for it to be replaced by faith and love.

**Repentance Defined:** When it comes to ungodly beliefs, we want to reject and replace them. This is the biblical definition of “repentance” which is the changing of your mind or thinking differently concerning a thing. Biblical repentance has a key role to play in EFT (**Repentance:** Strong’s Greek Number: 3340, μετανοέω, metanoéō, (met-an-o-eh'-o): I repent, change my mind, literally, "think differently afterwards").

We usually just rush to confess the Bible truth without first accepting where we are now. I think it’s key to accept where we are now, because we’re identifying our sins. ***IF*** we confess our sin, He’s faithful and just to forgive us and cleanse us. So this is about confessing every day, in the moment, that sin of wrong thinking, that sin of limiting beliefs.

We need to realize that fear is sin (Rom. 14:23). Wrong emotions and wrong (faithless) thoughts are sin. These all need to be repented of.

We know that we don’t become Christians and have Jesus save us from all our sins without first acknowledging where we’re at. We need to keep doing this every single day, having that salvation be worked out (Phil. 2:12-13) – by getting another wrong emotion saved. Another wrong belief or thought pattern purified (i.e. the process of sanctification - 1 Thess. 5:23).

We must acknowledge and own our inner realities. Burying and denying and ignoring how we feel is a lie that keeps us stuck. So in tapping we’re bringing it up to the surface, so it can be swept away in the cleansing flow. We are shining a light on it, in order for it to be removed, replaced and “saved”. We should expect that once a strong negative emotional trigger is identified, focused on and removed, its intensity is dissipated. We should not expect to continue day after day to confess the same emotional sin. The healing process is expected to WORK.

## Personalize What You Say

Another rule is that you are to say the things which are comfortable for you to say. So for me, as a passionate, Spirit-filled Christian, I will be saying spiritual things. For example: 1) Holy Spirit, bring to my remembrance events and memories You want to heal. 2) Holy Spirit, circumcise my heart and remove anger, fear, etc. and grant me a new heart full of love and peace. 3) I will state, “I choose to forgive this person (and/or myself), and release them and bless them and honor them.” 4) I will state “By His stripes I am healed” and “Body, be healed in Jesus’ name,” and “Function normally in Jesus’ name.” I will close in praise and worship, thanking God for the healing He has performed or is in the process of performing.



## A Summary of the Key Steps in EFT, Correlated to Scriptural Principles

<b>The Step</b>	<b>Emotional Freedom Technique</b>	<b>Biblical Principle or Counterpart</b>
Healing touch	Tap on acupuncture points.	Jesus touched/healed ... (Matt. 8:3)
Truthfully admit and state current situation.	Even Though I ... (have this problem – state it specifically)	David FULLY owns and admits his need/issue/problem (Ps. 73:1-16).
No Judgment – Rather unconditional love ...	..., I fully and completely accept myself.	“I have nothing against myself” (1 Cor. 4:4). I am cleansed by His blood.
Re-experience emotional intensity by picturing the hurtful scene.	Identify emotionally with the issue by picturing it. You must “feel it” to break the energy.	Peter – re-identifies with his sin (Lk. 22:54ff) – by reliving a 3 fold denial in the PRESENCE OF LOVE (Jn. 21:2-17).
Move forward as stressful emotions subside.	Releasing pent up emotional stress opens healing channels.	Releasing Christ’s healing emotions of love, joy, peace (Gal. 5:22).
Honor and follow flow.	Allow statements to change.	Follow Holy Spirit’s flow (Jn. 7:37-39).
Interrupt negative patterns so life flow is re-established.	Healing occurs as stress energy is released and statements change.	Jesus felt energy released when woman touched him (Lk. 8:46).
Repetition deepens	Repeat morning and evening, until pain is mostly or totally removed.	Repeat morning and evening (1 Chron. 23:30).

## To Heal Heart Wounds, Perhaps Begin With “Prayers That Heal the Heart!”

I choose to utilize our [Prayers That Heal the Heart](#) process as my primary tool for healing heart wounds and, if necessary, I would follow that up with having [Bob Lucy do prayer ministry](#) to heal dissociative identity disorder with clients needing that ministry. However, I am open and flexible. If one wants to try EFT that too would be fine. God sure has more than one way to get people healed up. Who am I to limit God? As long as the process is: a) compatible with scriptural principles and b) bears good fruit in people’s lives, I will embrace it.

## **Is EFT Legitimate?**

Some people would consider that anyone who believes in meridian lines or acupuncture points is superstitious or a New Ager. Those positions are invalid. The Bible is absolutely clear that we are to honor all people (1 Pet. 2:17), so to take an accusative attitude is, in reality, allowing myself to be used as an instrument of the accuser (Rev. 12:10). I will not listen to the voice of the accuser whether it comes directly from satan as a thought into my mind or it comes through the voice or writings of an individual. Both are toxic to my spirit. Both are unbiblical and are to be given NO attention!

If you are tempted to separate truth about spiritual things from “truth” about medical or secular things, then of course you will want to ask if the Bible compartmentalizes truth into spiritual and medical/secular truth, or if it considers all truth to be God’s truth and to come from Almighty God. These are things you really want and need to know. If your epistemology is wrong, your life will be seriously damaged.

In 1747 Dr. James Lind, a surgeon in the British Navy did an experiment composed of 12 British sailors, which he divided into six groups of two and presented each group a different diet to see which diet might prevent scurvy. The two that received citrus did not experience scurvy. This tiny experiment produced truth even though the British Navy did not add citrus to sailors’ diets for another 42 years, resulting in much needless suffering and death. My choice is to be an “early adopter” concerning health routines. I do not need a multi-million dollar study to convince me something is true. A study with 12 individuals is enough for me to personally experiment and see how my body responds.

## **Am I Manipulating God’s Healing Power When I Tap on Acupuncture Points?**

I don’t think so. I believe we are releasing and unblocking the flow of energy God placed in your body so it can flow as God designed it to. Sin can block the flow of God’s power and piety can unblock it (Heb. 5:7). Plus EFT is more than simply tapping on acupuncture points. We affirm, we confess sinful attitudes/thoughts/feelings, we acknowledge weakness, we repent, we replace unbiblical beliefs, we speak God’s truth, and we choose God’s emotions and His attitudes and perspectives and choose to live out of His mind, the mind of Christ. We break off demonic forces. All these things restore the balance of energy flow which God has designed for the human body, and it also releases the Holy Spirit’s life and power.

## Do the Unsaved Have God's Energy in Them?

Yes. *He is before all things, and in Him all things hold together* (Col 1:17). No one is totally disconnected or independent from God. *Jesus is the light of every man* (Jn 1:9). There is one body, one Spirit, one hope, one Lord, one faith, one baptism, one God and *Father of ALL who is over ALL and through ALL and in ALL* (Eph. 4:4-6). Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another (Eph. 4:25). Wow, members of our "neighbors"? That seems like it could be open to anyone, not just fellow believers.

The spirit of man is the lamp of the LORD, searching all the innermost parts of his being (Prov. 20:27). This verse is talking about God's breath moving (searching) through all the different chambers of our beings and God uses that breath/spirit to enlighten us, to re"move" the darkness. That is what a lamp does. He is doing this for ALL of mankind, removing blockages, dark areas, healing, touching with His life, and setting us free. Unconditional love, as exemplified in Jesus' healing ministry, is available to ALL who ask.

## But Tapping Looks Funny!

Well, that is absolutely true! But if I were to reject something because it looked strange, then I sure would not wash seven times in the dirty Jordan to get over leprosy (2 Kings 5:10), nor would I spit in a blind person's eyes to help him see (Mk. 8:23), nor would I blow trumpets at a wall to get it to fall down (Josh. 6:20). Rejecting something because it looks funny is unbiblical and thus unwise.

## Is EFT New Agey?

There is no verse or principle in the Bible against the belief of energy pathways (i.e. meridians) in one's body, nor does the Bible suggest that tapping on them, where they come to the surface of the body, would be a sin. The body has pathways for blood, pathways for lymph and pathways for nerves, so why not pathways for energy? Do we not run on energy? When our life force is gone, are we not dead?

As far as being New Agey, if you define New Agey as something New Agers do, well then, yes, New Agers do this. However, New Agers get married, eat three meals a day, drive automobiles and go on vacations. Does that make these things New Agey? Does the Bible anywhere instruct me to live in reaction to cult groups? Not that I am aware of. I live by the Spirit (Gal. 5:25) and I meditate on the Word of God (Josh. 1:8).

The Bible surely endorses the other elements within EFT: identifying and repenting of limiting (ungodly) beliefs (Mk. 6:12); overcoming fear, anger and hopelessness so I can experience God's opposites of love, joy and peace (1 Cor. 13:13); understanding that positive emotions are at the root of good health (Prov. 17:22). The Bible also speaks of energy as in-working within us all (Col. 1:29),

healing through touch (Lk. 8:46), the need for unconditional love (Rom. 8:39) and the need for an honest assessment of where I am at (Rom. 12:3).

So if I were not able to help a person through our Prayers that Heal the Heart approach, or Bob Lucy's prayer method for healing dissociative identity, then I would be open to having a person try EFT. Personally, I would be inclined to use the following adaptation to the EFT approach.

## My Specific Christian Adaption of the Steps in Emotional Freedom Technique

1. **Honestly Admit**: Begin by accepting and honestly speaking forth what my current situation is, so I acknowledge it, stating, "Even though I have this condition ... I fully and completely accept myself, just as Christ loves and accepts me." Healing occurs in the presence of compassionate love.
2. **Experience the Emotion**: I visualize the trauma so I can feel and honor the presence of these emotions (emotions follow pictures), and I **repeat** any of the phrases in the prayer I need to in order to deepen and fully "feel" the reality of the need.
3. **Trace from Fruit to Root**: Recognize that generally **physical** ailments have **emotional** roots, and these emotional roots are based on unbiblical **beliefs** in the heart, so I seek to have uncovered these underlying emotions and limiting beliefs.
4. **Ask for Revelation**: I specifically ask the Holy Spirit to bring to my remembrance underlying scenes which fuel the emotional stress that is behind the physical condition. "Lord, what are these scenes?" As scenes pop into my mind, I ask Jesus to show up in the midst of them and show me what He was doing. I use the identical process with limiting/unbiblical beliefs. "Lord, what are the unbiblical beliefs I am holding which are fueling this problem in my life?"
5. **Follow the "Flow"** of the Holy Spirit (Jn. 7:37-39) while processing through the above. I don't rush forward speaking things I am not yet feeling. I speak where I am at. I ask God to give me the strength, wisdom, comfort and deliverance that I need. I tune to His flow, receive and respond with "Yes, Lord" to the things He is asking me to do. I affirm as true God's beliefs and pictures. This displaces the negative pictures and beliefs.
6. **Dismiss Demonic Forces**: Demons attach themselves to traumas, sins and bodily weaknesses. Now I say, "I dismiss all demons in Jesus' name. Be gone now, in Jesus' name." I simply assume that demons are attracted to all sin and darkness, so they will need to be commanded to leave whenever I repent of sin. I repent of sin **and** cast out demons as two back to back functions.
7. **Repeat Until Healed**: Pray this prayer for 5 – 15 minutes, both morning and evening, until it has fully taken root and I am experiencing God's emotions of love, joy, peace, and release from pain in my spirit, soul and body. Thank You, God, for Your compassion, wisdom and power to do what I am unable to accomplish on my own.

# Results I Have Seen as I Used the EFT Prayer Tapping Approach

I tried the above prayer to remove a “lingering” 1% **pain still left from a torn ligament in my knee**. I tapped on the appropriate points as I tuned to flow and essentially flowed through the concepts in the above prayer, not reading them, but just speaking them as they came to my mind. I felt some spiritual forces break off me and felt a new freedom in the knee.

This is impressive. I realized that over the months as the knee problem had lingered, it had skipped my mind to break off any spiritual forces hindering my knee. By going through the above prayer, that issue was brought to my attention, and I did break off any spiritual forces and I sense a new freedom in my knee. So once again, I see confirmed in my life the value of a prayer checklist to ensure I cover all the bases that need to be covered.

**I have also gotten over a pain in my neck** that lasted for three weeks, by doing one tapping session where I forgave a person who had offended me and was literally a pain in my neck. Three chiropractic visits had not been able to resolve this, so I was astounded that it was addressed so thoroughly in five minutes of tapping prayer.

## Why Might the Above “EFT Prayer” Be More Effective Than “Normal” Prayers?

1. **It begins by having you honestly admit sins and infirmities:** You “own” your problem, so you can deal with it through repentance and restoration.
2. **It immerses you in unconditional love:** It begins with your unconditional loving and accepting yourself right where you are at, rather than self-judgment. We know that living in judgment and unforgiveness attracts demons (Matt. 18:34,35).
3. **It utilizes healing touch:** Jesus healed through touch.
4. **It utilizes heart modalities:** It utilizes vision which in turn engages emotions which are both heart modalities. “Flow” is also a heart modality. EFT also utilizes repetition which is a biblical technique for deepening realities, moving them from your head to your heart.
5. **It encompasses the Holy Spirit’s revelation:** It encourages you to follow “flow” which allows the Holy Spirit to reveal to you root underlying issues to remove through repentance.
6. **It honors the reality within you:** You repeat phrases within the prayer, thus honoring and staying in touch with the emotional and physical reality present within yourself, rather than seeking to cover it up or ignore it or rush on before it is fully processed.
7. **It provides for extended focus:** It encourages you to repeat the entire prayer process, **morning and evening**, day after until the new reality takes full root within your life.

Indeed, that would make it a power-packed prayer time regardless of whether I was “tapping” or just laying my hand lovingly and gently on my heart or the one I was praying for. So if you’re not



comfortable with the “tapping” part, I would still highly recommend simply laying your hand on your body and doing all the rest of the parts. It is a much better prayer approach than most people are practicing today.

## WHY NOT experiment with new prayer approaches?

I can see no reason to not try out a new prayer approach and see what effect it might have. It's got to be better than watching TV.

**Question:** So what is there in my life right now that I could try this prayer approach with?

**Answer:** *Lord, show me any a) emotional pain, b) any physical pain, c) any relationship pains, d) any area of my life where I am not experiencing Your covenant blessings.* That should get you started!

Would you email me ([Mark@cluonline.com](mailto:Mark@cluonline.com)) with your stories of success with this prayer approach? I would love to hear them, and your healing will solidify as you write out a memorial of what God has done in your life.

---

**Disclaimer:** The above is only an introduction to EFT. There is much more that can be learned and applied. For example, you may find considerable benefit from just trying the eye movements [taught here](#) in the final video, which is titled, “Other Tapping Points and Routines.”

## Testimony from Dr. Joel N Trenkle D.Min.



To begin, medicine as we know it is really in its infancy, and I am not certain we are headed toward something better or are we actually in a retrograde movement? Unlike 60 years ago, medical professionals today have come to rely upon a myriad of tests to arrive at a possible diagnosis. They will then typically treat the symptoms of the ailment, usually with chemicals. One estimate is there were over 130 million prescriptions for antibiotics given last year in this country which the individual practitioner knew would not help the particular ailment, but it appeased the patient.

The Emotional Freedom Technique is a combination of an ancient method of alerting the body to a possible problem, and biblical principles such as: I have been fearfully and wonderfully made (Psalm

139); I have been created in the exact likeness and image of God (Genesis 1:26-27). There are many more, but you get my point.

The “Emotional” part of this technique is sound biblical advice. I had a person in my church who was diagnosed with a cancer tumor on his kidney. The surgical procedure had been put off due to the probable complications. In the meantime, this person, his wife and others prayed that this tumor would shrink at its root and that the cancer would leave. He pictured this happening. When they finally did the surgery, guess what they found! A shriveled up tumor with no signs of cancer in it. I believe the cancer had been given a root, due to pent up anger and anxiety. These are the spiritual areas which he repented for and released. These are the areas which EFT is designed to help release as well.

I could talk further about other miraculous healings which have happened this past year, and they all have the same components: forgiveness, repentance, release of pent up emotions of fear, guilt and shame; with the person picturing themselves healed, and in the loving arms of our Lord.

The “tapping” which is a vital part of this technique is a nuance of Chinese medicine, which utilizes acupuncture. These tapping points are the same areas which would, in some cases, be used for acupuncture. The nerves in these areas are stimulated by the tapping. The combination of the tapping and the proper thought processes about oneself can, over a short time, produce remarkable results toward healing and wholeness without the use of chemicals or prescription drugs.

Acupuncture is now taught in many medical schools. It is used by some Medical doctors and Holistic Practitioners. Historically the use of acupuncture can be traced back 2000 years and is estimated by some to be as old as 4000 years. This is hardly a New Age practice.

If you are struggling with a major issue in your life, I highly recommend you fix your eyes on Jesus, the author and perfecter of our life; Picture yourself whole and healthy as God wants us to be, and try EFT.

Dr. Joel N Trenkle D.Min.

Pastor, Dayspring Mission

Sheridan, MT

---

[More testimonies here...](#)

---

## Additional Resources

1. [EFT for Christians – Tapping Into God’s Peace and Joy](#) by Dr. Charity Virkler Kayembe and Sherrie Rice Smith. Outstanding! Written by a Biblical Studies Professor and a retired nurse of 40 years, this explains the science behind tapping and answers all of your questions from a scriptural perspective. This book has my highest recommendation!
2. [EFT for Christians](#) book by Sherrie Rice Smith
3. [EFT for Christians](#) Facebook group and [EFT with Sherrie Rice Smith](#) Facebook group.
4. EFT for Christians blog can [be found here](#).
5. Upcoming EFT training classes with Sherrie Rice Smith can [be found here](#).
6. [Emotional Freedom Prayer - Simple and Easy - Free three page download](#) (Courtesy of [WFM Peace Clinic](#))
7. [The Genie in Your Genes](#) by Dawson Church - He applies the insights of the new field of epigenetics (epi = *above*, i.e. “*control above the level of the gene*”) to healing. Citing 417 scientific studies, he shows how consciousness—in the form of beliefs, altruism, optimism, meditation, emotions, and energy psychology methods like EFT—can trigger the expression of DNA strands, with the goal of turning on healing functions within your body. I do not agree with everything in this book, but **it has enough value to cause me to read it several times**.
8. *The EFT Manual* by Dawson Church
9. [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#)
10. [4 Keys to Hearing God’s Voice](#) allows the Wonderful Counselor to heal pent up emotions.
11. [Counseled by God](#) trains you how to live in faith, hope and love.
12. [Prayers that Heal the Heart](#) gives you the tools to heal deep festering heart wounds.
13. [Miracles of Healing – 7 Step Model](#)
14. [Clearing Cellular Memories Worksheet](#) – Highly recommended!

---

### Go Deeper - Get Healthy!

Check out this entire blog series on [Vibrant Health! - Miracles PLUS Gifts of Healings](#). Working through this series on health is ideal for both individuals and groups. The more we take responsibility for ourselves - spirit, soul and body - the healthier we become! Won't you join me in living to at least 100 in vibrant health?