

## Pro EFT™

### Progressive, Proficient, Professional Tapping

How Pro EFT™ (Energy Field Tapping)

Differs from Traditional EFT (Emotional Freedom Techniques)



*There are many differences between Progressive EFT™ and basic EFT. This essay is a simplified explanation of some of the most significant differences, including our unique, Pro EFT™ techniques and processes* Lindsay Kenny, EFT Master

**On the following pages you will find over 20 of the techniques, processes and benefits unique to Pro EFT™**

**At their core, Emotional Freedom Techniques and Progressive EFT™ are *similar*.** That is, each stimulates the body's acupressure points while repeating verbal phrases. Both basic EFT and Pro EFT™ deliver dependable relief from a variety of emotional or physical issues.

We wouldn't have Pro EFT™ without basic EFT, which is why it is the foundation of our workshops. However, traditional EFT has not substantially evolved since it was introduced in the mid 90's, per the request of EFT founder, Gary Craig.

Progressive EFT™ does reflect the growth of Tapping, including philosophies and techniques that have greatly enhanced the effectiveness of the tapping form of Energy Psychology. For example, you could say that automobiles are alike at the *core* level, in that we can transport ourselves from point A to point B by means of just about any vehicle. However, automobiles vary greatly in their appearance, efficiency, speed, function and safety, yet still deliver us to our destinations.

Your experience and comfort, however, driving a '91 pickup truck, would be vastly different than driving a luxury sedan. The end result would be the same, in that both would deliver you to your destination. However, the luxury car would get there faster, with greatly enhanced comfort and safety.

Now, that is not saying basic EFT is like a '91 a pickup truck. Goodness, gracious, no! In fact, when applied properly, EFT is very effective and has been used by millions of people, including myself, to improve our lives. EFT provides an important foundation for all tapping techniques and therefore fulfills a vital need. Pro EFT™, however, as well as other energy modalities, goes well beyond basic EFT, providing a more efficient and effective way to use meridian tapping.

## Ways Pro EFT™ differs from basic or original EFT

- 1) **The identification and neutralization of two primary types of Reversals**, neither of which are not recognized in basic EFT:

- a. **Secondary Benefit Syndrome™** (SBS) – a subconscious resistance to change.
- b. **General Polarity Reversal™** (GPR) – scrambled energy, sensitivities to substances, toxins, dehydration and more

**Benefits:** *Knowing how to recognize and neutralize the two types of Reversals allows the client or practitioner to eliminate the most common barrier to effective tapping.*



Watch this free [YouTube video about Reversals](#) to understand the critical importance of this element. Or purchase a package about Reversals and receive Lindsay's Reversals eBook and teleclass audio recording and a more detailed Reversal Neutralization video with handouts.

- 2) **Pro EFT™ Muscle Testing-** We use muscle testing in a unique way; for validation of the intensity level and to demonstrate the effect negative emotions have on our energy system. We also use muscle testing to check for food sensitivities and to demonstrate Reversals. (Taught in [Levels 1 and 2](#))

**Benefits:** *Muscle testing helps tune into, or validate one's intuition. It also helps to physically demonstrate how the body's energy system works and to check for remaining aspects. It proves very handy in many tapping situations.*

Watch our [You Tube video on Muscle Testing](#)

- 3) **Bundling Baggage Technique™** – This unique and controversial technique allows you to group together similar, repetitive events, traumas, emotions or beliefs... neutralizing them all at once. (a Level 2 technique)



**Benefits:** *Bundling Baggage saves time by dealing with certain similar events at one time. It also decreases the chance of re-traumatizing someone since it is not essential to get in touch with an emotion or even remember the event to neutralize it. The BBT eliminates the need for specificity under certain circumstances. **This is one of the most useful, versatile and effective techniques in the tapping world.***

[Purchase an affordable teleclass audio](#) on this technique and receive a free eBook, handouts and video demonstration with Lindsay on using it with a student during a workshop.

- 4) **Golden Gate Technique™** – Allows easy transitioning from negative phrasing to positive statements and choices

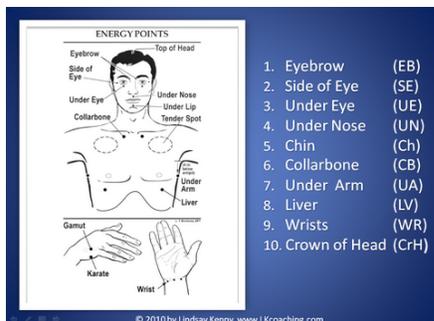
**Benefits:** *It's simple, easy-to-use and is highly effective. The GGT provides a template for tapping to help people remember what to say and when... a big stumbling block for many. The Golden Gate Technique also allows expression of a positive outcome you want, rather than making only negative statements while tapping. (Level 1 technique, used in virtually all Pro EFT™ processes) [Click here](#) to purchase the Golden Gate teleclass audio with free eBook.*





## Additional Pro EFT™ Techniques:

- ◆ **Bi-lateral tapping and the use of all 14 of the meridians** – Adding the use of both hands, on both sides of the body assures tapping on all of the meridian points, instead of the 9 used with basic tapping. (Level 1 technique)



**Benefits:** *This simple change to bi-lateral tapping along with using all of the meridians, can increase effectiveness by over 55%. It also helps in dealing with shifting aspects while working on the core issue. This procedural change also helps maximize the balance of the entire energy system.*

You can download the [bilateral tapping chart](#) free, for personal use. Or purchase it for use in your own tapping brochures, website or material [at this link](#).

- ◆ **Tapping Into Intuition** – simple steps to help you tap into your intuition. We use muscle testing and intuition to help you realize what you didn't know that you knew.
- ◆ **Personal Power Process™** – 3 steps and 15 days to personal transformation. This is a valuable homework assignment (Taught in [Level 3](#))
- ◆ **The Dan Rather Technique™** – a simple method to gently lead toward healthier, wiser, positive decisions and choices. (This is a [Level 3](#) technique.)
- ◆ **Belief Busting Technique™** – easy, attainable process to eliminate limiting beliefs, doubts and fears (Level 2)
- ◆ **3-Dimensional Objects™** – a simple way for many people to deal with their intensity or SUDs level without giving a 0 to 10 rating. (A [Mentoring Course technique](#))
- ◆ **The PHOOSIE Method™** – A simple, but powerful way to see complex issues clearly and identify core issues. It shows how negative events impact your life and the best methods for resolution. This is an amazing method. (A [Mentoring Course technique](#))
- ◆ **The Ultimate Choice Process™** – This is a powerful, potentially life-saving technique for to clients who are uncommitted to their lives. It helps provide clarity, focus and commitment to move forward. (This is a [Level 3](#) process.)
- ◆ **The “Tower of Shame” Process** – This is one of our newest and most powerful processes. It facilitates the elimination of a lifetime of shame, guilt, regret and disappointment. [Read more about on our Pro EFT Processes page.](#)



## Pro EFT™ Programs and Courses:

### *For Practitioners:*

- ◆ **[Webinar and Tele-seminars](#)** – multi-media courses for highly effective, experiential, training and communications with maximum convenience. Our Level 1 and 2 recorded video Webinars are available now.
- ◆ **Our exclusive 4-day Practitioners Intensive** - for practitioners or want-to-be-practitioners. It includes Levels 1-3, plus Law of Attraction, Weight Issues and more. [www.PractitionersIntensive.com](http://www.PractitionersIntensive.com)
- ◆ **Level 4 Continuing Education Program** – for practitioners. This is multi-part, multi-media program provides ongoing training for our Level 3 practitioners. We cover several new techniques, some mentioned above, as well as dealing with questions on personal issues that come up. Be sure to download the FAQs for steps to Certification.
- ◆ **Live, Board Certification Assessment** - [www.ProEFTcertification.com](http://www.ProEFTcertification.com) for certification assessment. Hands-on evaluations are the most comprehensive and effective way to teach, critique an implement. – This clinic is taken only after Levels 1-3 are successfully completed, as well as completion of other certification requirements.
- ◆ **Pro EFT™ Masters Program** – This exclusive program is for the best of the best practitioners who have completed Levels 1- 4 and passed the Pro EFT™ Board Certification.

### *Self-Help Tapping from Beginners to Experts*

- ◆ **[Transformational Tapathon™](#)** This unique transformational program helps everyone from beginners to experts crash through barriers and create the life of their dreams
- ◆ **Tap Away Weight Program** – a non-traditional method of dealing with weight release and weight-related health goals [www.TapAwayw8.com](http://www.TapAwayw8.com)
- ◆ **Tap into 2 Love** – Our newest workshop on Lindsay's oldest subject and specially; Attracting your life partner. Read about it at [www.TapIn2Love.com](http://www.TapIn2Love.com)

For more information on about Progressive EFT, please visit the FAQs, Media and Free Stuff pages at [www.ProEFT.com](http://www.ProEFT.com) or find out about our workshops a [www.TappingWorkshops.com](http://www.TappingWorkshops.com)

Good Luck and Good Tapping,

*Lindsay Kenny*  
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