



Progressive, Proficient, Professional Tapping Differences between EFT and Progressive EFT



There are many ways Progressive EFT differs from traditional tapping or basic EFT. This is a simplified explanation of some of the most significant differences, including several of our branded, unique, Pro EFT techniques. Lindsay Kenny, EFT Master

At their core, Emotional Freedom Techniques, and Progressive EFT are the same. Each stimulates the body's acupressure points while repeating verbal phrases. And each delivers dependable relief from a variety of emotional or physical issues. There would be no Pro EFT without basic EFT, which is why I teach both in our workshops and courses. There are many vital differences with Progressive EFT that greatly improve and enhance traditional tapping.

Here's an example we can all relate to with cars. You could say that automobiles are alike, at the core level. We can transport ourselves from point A to point B by means of just about any vehicle, using our own skills and abilities. With that, automobiles can be vastly different in their appearance, efficiency, speed, function and safety, yet still deliver us to our destinations. Your experience driving a '91 pickup truck would be very different than driving a new luxury sedan. Although the end result would be the same, the luxury car would most certainly get you to your destination in less time, with greatly enhanced safety, comfort and better fuel economy.

Now I'm not knocking the 1991 pickup truck, bless its heart, nor am I comparing basic EFT to a '91 pickup truck. Holy cow, no! EFT isn't a truck, nor uncomfortable, nor obsolete. EFT is incredibly effective and it's how I (and millions of others) have learned how to tap and improve our lives. EFT provides an important foundation for learning all tapping techniques and therefore serves a vital purpose.

Progressive EFT covers the basics of EFT while providing an easier, more efficient way to learn and apply tapping. It's also faster, safer for both clients and practitioner and provides vastly improved ways to deal with more complex issues. We have outlined some of the many elements unique to Pro EFT and their benefits below.

Progressive EFT Elements Not Included in Basic EFT:

1) The identification and neutralization of two primary types of Reversals:

- 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 video about Reversals to understand the importance of this element <http://tinyurl.com/ReversalsGift> (Taught in [Levels 1 and 2](#))*

2) **Muscle Testing-** Pro EFT uses muscle testing for validation of SUDs level, to demonstrate the effect negative emotions have on the body's energy system, to check for basic 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.*

3) **Bundling Baggage Technique** – grouping together similar, repetitive events. It can also be used to bundle related emotions, traumas or beliefs, dispensing with them all at once. (A Level 2 technique)



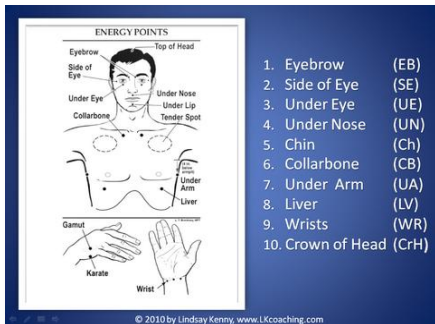
Benefits: It saves time in that it's not necessary to deal with certain events individually with Bundling. It also decreases the chance of re-traumatization since it is not essential to get in touch with an emotion to neutralize it, using this technique. It eliminates the need for specificity under certain circumstances. Bundling is one of the most useful, versatile and effective techniques in the tapping world.

4) **Golden Gate Technique** – Easy transitioning from the negative positioning 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 learn what to say... a big stumbling block for many. It also allows expression of a positive outcome of how you want to feel, rather than stating only negative statements while tapping. (Level 1 technique, used in virtually all processes)*



5) 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. (Level 1)



Benefits: *This simple change in procedure can increase effectiveness by over 56% and help deal with shifting aspects while working on the core issue. It also more accurately balances the entire bi-lateral energy system.*

7) Relationship Remedy – This 4-part process helps to heal continuous relationships of all types; siblings, parent-child, love, friends, co-workers, employer-employee, families, etc. ([Level 3](#))



Benefits: *This process uses effective tapping techniques to focus on what you want in the relationship, as well as appreciating the other person's good qualities. It provides step-by-step tools to help neutralize hurt feelings and restore relationship health. The RR also allows the release of anger, frustration, resentment and other negative emotions. Seemingly hopeless relationships can be transformed with this process.*

8) Ultimate Truth Statement (UTS) – Used as a powerful contract with yourself, the UTS facilitates moving toward a goal, rather than struggling with what you *don't* want. The UTS combines tapping with the Law of Attraction for a powerful duo. (This is a [Level 3](#) technique)



Benefits: *The UTS simplifies dealing with complex issues and incorporates the Law of Attraction. It helps people easily focus on their goals and how they want their lives to be. And it isolates obstacles, allowing them to be easily neutralized.*

9) Identification and Usage of Simple vs. Complex Issues – This is an important differential for easier resolution of issues, especially for beginners. (Level 1 and 2)

Benefits: *If you don't understand the problem, how can you deal with it? Knowing how to easily delineate a simple issue from a complex one gives both the tapper and practitioner a sense of order. It helps you know how to deal with the problem and insure (for trainers) that you invite appropriate volunteers in front of the room.*

Additional Pro EFT Techniques:

- 10) **Mentoring Programs** – for practitioners. This is a 10-part Webinar, once a month, for ongoing supervision and continual training. We cover several new techniques, some mentioned above, as well as dealing with questions on personal issues that come up.
Tapping Into Intuition – simple steps to help you tap into your intuition. We use muscle testing and intuition to help you realize what you already knew but didn't know. (Level 2)
Personal Power Process – 3 steps and 15 days to personal transformation. This is a valuable homework assignment (Taught in [Level 3](#))
- 11) **Dan Rather Technique** – a simple method to gently lead toward healthier, wiser, positive decisions and choices. (This is a Level 3 technique.)
- 12) **Belief Busting Technique** – easy, attainable process to eliminate limiting beliefs, doubts and fears (Level 2)
- 13) **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](#))
- 14) **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](#))
- 15) **The Ultimate Choice Method** – This is a powerful and essential technique to introduce to clients who are uncommitted to their lives. It helps provide clarity, focus and commitment to move forward. (This is a Level 3 process.)

Additional Pro EFT courses or services

- ◆ **Tap Away Weight Program** – a non-traditional method of dealing with weight release and weight-related health goals
- ◆ **Our 9-day Practitioners Intensive** - for serious want-to-be-practitioners. It includes Levels 1-3, plus Law of Attraction, Weight Issues and much more.
- ◆ **Webinar and Tele-seminars Hybrids** – multi-media courses for highly effective, experiential, training and communications with maximum convenience
- ◆ **Live certification classes** – for certification assessment. Hands-on evaluations are the most comprehensive and effective way to teach, critique and implement. – This clinic is taken only after Levels 1-3 are successfully completed, as well as completion of other [certification requirements](#).

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

Good Luck and Good Tapping,
Lindsay