

# Progressive EFT

Tap into Joy, Prosperity and Emotional Freedom

## Pro EFT™

### Progressive, Proficient, Professional Tapping Differences between Traditional 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 our unique, Pro EFT™ techniques.*

Lindsay Kenny, EFT Master

**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 I teach both in our workshops. However, traditional EFT has evolved substantially since it was introduced in the mid 90's. Progressive EFT™ reflects that growth, including philosophies and techniques that have greatly enhanced the effectiveness of tapping.

As an example, 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. However, automobiles can be vastly different 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 new, luxury sedan. Although 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, safety and fuel economy.

Now basic EFT is not a pickup truck. Goodness, gracious, no! In fact, when applied properly, EFT is 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 serves a vital purpose.

Pro EFT™, however, goes well beyond the basics of EFT, providing an easier, more efficient way to learn and apply tapping. It's also faster, safer and much more effective.

## Below are over 20 of the techniques and benefits unique to Pro 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 critical importance of this element: <http://tinyurl.com/ProEFTReversals> Or [purchase a package about Reversals](#) and receive Lindsay's Reversals eBook and teleclass audio recording and the Reversal Neutralization video.

### 2) **Muscle Testing-** Pro EFT™ uses muscle testing for validation of the intensity level and to demonstrate the effect negative emotions have on the body's 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. It can also be used to bundle related emotions, traumas or limiting beliefs, dispensing with them all at once. ( A Level 2 technique)



**Benefits:** *Bundling Baggage saves time by not having to deal with certain events individually. It also decreases the chance of re-traumatizing someone since it is not essential to get in touch with an emotion to neutralize it using this technique. The BBT eliminates the need for specificity under certain circumstances. It is one of the most useful, versatile and effective techniques in the tapping world.*

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

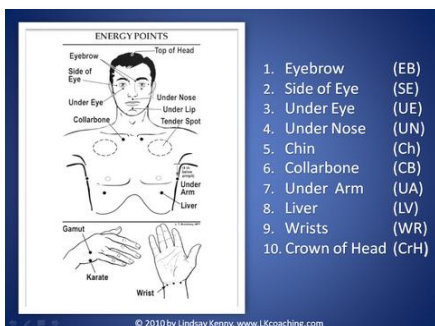
4) **Golden Gate Technique** – Easy transitioning from negative phrasing to positive statements and choices

**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](#) purchase a teleclass audio of the Golden Gate Technique, with free ebook

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, 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](#).

7) **Relationship Remedy** – This 4-part process helps to heal contentious 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.*

[Click here](#) to purchase the Relationship Remedy Teleclass audio. Learn how to fix your own troubled relationships.

**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.*

This is an advanced technique, so we only recommend the [teleclass audio of the UTS](#) to those who know how to use EFT well.

**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.*

Download this 'simple' but free handout on [Simple vs. Complex issues](#).

### **Additional Pro EFT™ Programs or Techniques:**

- 10) **Mentoring Programs** – for practitioners. This is a 10-part Webinar, provides ongoing training. We cover several new techniques, some mentioned above, as well as dealing with questions on personal issues that come up.
- 11) **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.
- 12) **Personal Power Process** – 3 steps and 15 days to personal transformation. This is a valuable homework assignment (Taught in [Level 3](#))
- 12) **Dan Rather Technique** – a simple method to gently lead toward healthier, wiser, positive decisions and choices. (This is a [Level 3](#) technique.)
- 13) **Belief Busting Technique** – easy, attainable process to eliminate limiting beliefs, doubts and fears (Level 2)
- 14) **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](#))

- 15) **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](#))
- 16) **The Ultimate Choice Process** – This is a powerful 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.)
- 17) **The “Tower of Shame” Process** – This is one of our newest processes to help eliminate a lifetime of shame, guilt, regret and disappointment

### **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 exclusive 5-day Practitioners Intensive** - for practitioners or want-to-be-practitioners. It includes Levels 1-3, plus Law of Attraction, Weight Issues and more.
- ◆ **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)
- ◆ **Webinar and Tele-seminars Hybrids** – multi-media courses for highly effective, experiential, training and communications with maximum convenience
- ◆ **Live Certification Assessment Program** – 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](#).

**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**