

EPISODE 79

Tapping Our Inner Voice of Freedom: Breaking Through Traumatic Memories and Release Triggered Emotions with EFT

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[00:00:00] Eric Almeida:

[00:00:00] Hello?

[00:00:00] Jeffrey Besecker: Hello,

[00:00:01] Eric. How are you?

[00:00:02] Eric Almeida: Good. How are you?

[00:00:03] Jeffrey Besecker: Fantastic. I am just coming back from an extended vacation trip.

[00:00:08] Eric Almeida: Good for you

[00:00:09] Jeffrey Besecker: well, I am looking forward to this conversation with you. EFT is a very unique perspective. We have yet to share on our program from an in-depth conversation. You know, we've had several mentions of it. In others in their conversation. And, some of the therapies they have tried, but we have yet to talk with someone like yourself who specializes in EFT.

[00:00:31] So I'm looking forward to this today and diving in

[00:00:34] Eric Almeida: Yeah!.

[00:00:34] Jeffrey Besecker: Great. are you all right?

[00:00:38] Eric Almeida: I am ready whenever you are. Alright. I'm good. Whenever you

[00:00:41] are.

[00:00:41] Jeffrey Besecker: So I want to thank you for joining us today.

[00:00:45] Eric Almeida: Sure.

[00:00:46] Jeffrey Besecker: As we look at EFT or emotional freedom techniques of

[00:00:51] therapy

[00:00:52] Eric Almeida: technique, not plural.

[00:00:53] Jeffrey Besecker: So it is a singular technique. This, this is a new one for us. I'm excited to find out more, you know, from the angle of coaching and therapy and how we can utilize this to help

[00:01:07] others.

[00:01:07] Eric Almeida: Absolutely. Yeah. Just cue me up and Yeah, take me, take me wherever you want to go. Ask me whatever questions you want to ask. So, , I'm very happy to go wherever you want to lead me. You know, your audience

[00:01:17] Jeffrey Besecker: off with looking at exactly what EFT is from that kind of clinical description. As a modality of therapy.

[00:01:27] Eric Almeida: For sure. So yeah, so the emotional freedom technique is a practice in which the client would tap on accurate pressure points on their body in order to calm the fight flight and freeze response that we all naturally have. So that's the response that you get. If you're driving on the highway, someone starts merging into your lane, you swerve out of the way, it's the same response that you have.

[00:01:49] If a snake crosses your path, when you're going for hike and you jump, we need that for basic human survival and a lot of other species incorporate that same kind of survival technique as well, where that becomes a problem is when it is that system is being activated unnecessarily. So if anyone experiences any event.

[00:02:09] provokes a strong emotional response, and that is specific to the person, not the event. So the same event can affect, different people very differently. that system gets activated and their subconscious basically says whatever happened to us, just now put us in what we perceive to be as life-threatening danger.

[00:02:27] And so we're going to make sure you never do this again to keep you alive. It's it's to keep us alive. So when you're tapping on the acupressure point, as I'm doing now for your viewers, the listeners are supposed to have to listen along to me, randomly tapping. it comes that fight flight and freeze response down.

[00:02:41] . It calms the amygdala of the brain and allows the frontal lobe, the conscious mind, the rational mind to re-engage. And so, as you're doing the tapping on the acupressure point, as I'm doing now, which are typically, and there's more, but typically it's the top of the head dead in the middle eyebrow with the bridge of the nose, the side of the eye and the bony socket under the eye on the bony socket, the upper lip, the lower left and the crevice of the chin, the collarbone under the arm on the rib cage, beneath the armpit, the interest, and the side of the hand below the pinky, also known as the karate chop point at the same spot you hit.

[00:03:15] If you can create a shopping center, as you're doing that rhythmic tapping, as you are processing, whatever you're feeling or you're talking about the incidents that you're experiencing, that system calms down. And essentially what ends up happening is that as you calm the surface level, triggers your subconscious.

[00:03:33] As it starts to experience the relief of heightened emotion being like go your subconscious starts to allow you to get in touch with what's contributing to the trigger. So, yeah, let's go with, uh, let's go with a hypothetical example. If someone had never been in a car accident before and gets in a car accident, they're fine.

[00:03:54] Typically afterwards, they might feel skiddish about driving a car because they went through a traumatic experience, quote unquote, where they got and what could have been a life-threatening car accident. And they may become more adverse towards driving. That could also be very specific to what caused the car accident.

[00:04:09] So if they got in a car accident on the highway, they might become scared to go on the highway again. And the subconscious trying to protect you. It's like when you did this, you almost died. So why are you you're doing it again when you do the tapping, it could alleviate all of that. And, allow you to redo what you did.

[00:04:26] That's a very simple surface example. That takes something that's more profound if you were, and this is the one of the most common fears that we all have. If you were giving a presentation, when you were young, let's say middle school, you're giving a middle school presentation. I'll use my own example.

[00:04:41] I was a middle-school presentation, a science presentation, and me being a fifth grader didn't prepare enough. And so in the middle of giving the presentation, I just kind of gave up and was like, I'm not prepared enough to do this presentation. My teacher was upset. I felt like a doofus in front of my classmates and that experience of feeling embarrassed and feeling ashamed and all of that is now in the back of my mind.

[00:05:04] And now fuels my emotion around. public speaking or anything that's related to that. And so in that instance, as I got older to fifth grade, what is that? 10, 10 years old, roughly. I might forget about that particular memory, but as I get older, that memory and that embarrassed ashamed version of myself is still in my subconscious, still repeating that trauma again and again, of being embarrassed.

[00:05:30] And then when the incident of doing public speaking and present as an adult, as a 30 something adult, he gets activated again and adds fuel to the fire of the normal jitters. You would get for giving a presentation. So with EFT, you start with the contemporary issue, which would be in, the fear of public speaking.

[00:05:45] And then as you're doing the tapping, those old memories or those old beliefs will come to the surface because your subconscious is like, oh, we're feeling relief. You're ready to re-experience this again. And then you can put the tapping can still dismantle the old trauma quote, unquote, the lowercase T trauma, and then eventually it ends the pattern all together.

[00:06:06] Jeffrey Besecker: Let's reel that back just a little bit. These emotional experiences as we have them at their core are an energetic response, to the outside stimulus from the world around us. At our core, we're all, nothing more than energy. Every system in our bodies is collectively aligned within this field of energy.

[00:06:26] From our bodily functions, to our thoughts, experiences, emotions, we project this energy out into the world. That energy reflects back to us. It's how we connect with others in the world around us.

[00:06:38] Eric Almeida: For sure,

[00:06:39] Jeffrey Besecker: from that perspective, our emotional reactions, our emotional responses. Are that energetic response to the world around us from that perspective, can you explain how EFT therapies interact with this cycle of energy and why it's such an effective method of healing?

[00:06:58] Eric Almeida: So essentially what ends up happening is as we live our lives and we experience these traumatic events amongst again, lowercase T what we perceive as a strong emotional response, if it's not properly healed while it's alive, while it's fresh. Cause we have that happens to us all the time and not everything lingers.

[00:07:19] what ends up being created as almost like an energetic echo of who you were when it originally happened. Even though you, as the you have today, continues to age and evolve and grow. So. Each of us has within us, these energetic echoes of the versions of us from our past. And they kind of collectively create who we are today.

[00:07:40] And so when we are going into an event that upset one of these echoes of our past self, that past self bear energy becomes the predominant energy of our whole energetic force. and then it escapes us and then it's received by others and vice versa. So you see that, that sounds like a very complicated way of saying you can tell, especially if you're empathic, you can tell when someone is angry, you can tell when someone is upset, you can tell when someone is elated.

[00:08:13] Yeah. Like we feel that in their energetic field, they emit those emotions. And the same thing happens with that. So with, with EFT, you're calming that energetic echo of yourself to allow the present version of you, your core self, to communicate with the past echo and for your energy to merge back in with the past energy and to cleanse the trauma and then the echo dissipates, and just becomes part of you and that energy that's been stuck there in your past, repeating that trauma over and over and over again, and the echo it stops and that energy returns back to, and it's what creates an a sense of when you, get those echoes to return back into it, psychoanalysis refers to as reintegration, you know, there's, there's a multiple of terms for what I'm trying to describe, and they all kind of do the same thing from different modalities.

[00:09:04] You get that mental vitality back, you get that energetic vitality back. And so a great analogy for all of this. I actually, learned this from a former professor. We are all born with a mental army and each of us is born with a different number of soldiers. It's natural variation as we live through life and we have difficulties in our life.

[00:09:25] We use our mental army to deal with that. Sometimes even though the battle has ended, some soldiers get stuck on the field. They they're stuck in that battlefield as the rest of the army moves on. And then, so the army continues to dwindle, but when a contemporary battle, a present day battle hits you and you don't have enough soldiers, your subconscious poles, some of those reserves in order for you to deal with the present, but then the old stuff comes back.

[00:09:51] And so. It ends up contributing into mental illness. So the things that we do, drinking issues, overeating avoidance patterns, addictions, depression, anxiety, all the things that you normally would talk about in regards to mental illness are our mental reserves being less than what we need to handle the present.

[00:10:11] And it gets to a point where the president could be fine, but all of a person's reserves could be stuck in the past. And they could feel horrific because there's so much in the past that isn't resolved and they have nothing left they're depleted in the present. So EFT allows a person to slowly do that emotional time, travel within themselves and reclaim those lost soldiers and bring them back and end those wars once and fall and break the patterns of it as well.

[00:10:40] Jeffrey Besecker: I like looking at that idea. emotional echo. We can think about that in the terms of when somebody walks in the room and we intuitively instinctively know, they've had a bad day, they're in a bad mood. This person is upset. For instance, this person might be fearful. We can feel that anxiety.

[00:10:59] We start to sense that energy field sometimes even advance before they even come in here. We can hear a person coming down the hallway and tell by, you know, the urgency in their footsteps. Sometimes that something is awry here. We can start to sense that energy before they actually arrive in. We start to process that

[00:11:17] Eric Almeida: for sure.

[00:11:17] Jeffrey Besecker: Gary Craig, the mastermind behind EFT reveals that the treatment spread from the idea that the cause of all negative emotions is a disruption in the body's energy system. You know, we have this system that's connected throughout our. EFT allows us to disrupt that energy and bring it back into alignment.

[00:11:39] As you mentioned, share with us a little bit about the EFT tapping sequence and why our body's Meridian points or energy points play such a crucial function in balancing our energetic state.

[00:11:52] Eric Almeida: Yeah. So the points that are selected, like you were just mentioning, activate the meridians in the body, which is part of Chinese medicine.

[00:12:00] I only mentioned 10 points. There are 14 Meridian, some of the points that I mentioned cross more than one Meridian. these particular points for those of your listeners who are more versed in Chinese medicine, I'm not super versed into it are not the most efficient ways of activating the meridians, but they're the most easily accessible points to activate the system.

[00:12:20] So By tapping on every single point you activate all of the meridians. You activate every single energetic system within the body at once. Yes. And by doing that, you re-engage the entire energetic system of the body , in order to bring it into a rhythmic alignment with, where you are in the present.

[00:12:40] And a lot of times, like when I'm working with my clients, they may be drawn towards one point or another for whatever reason. And I always say to them, if you want to linger on a particular point, do so, or if a particular points very sensitive or painful, you can't avoid it as well by doing that whatever system needs activation or it's too sensitive at the moment to be activated by engaging them or by giving them some rest, it allows the body to slowly.

[00:13:07] Let those energy systems process what's going on. So once again, I'm not the best averse in the, in the cheek component of all of this, but there's one point that I know the most,

that I have a little more familiarity because of the personal connection. And it's a, it's a good reference point, the under the arm point.

[00:13:22] So under the armpit on your rib cage, that point activates the digestive system and the digestive energy system of the body. So if someone's normal response to high emotions or stress is digestive upset, that particular point can be particularly soothing. That is how my anxiety has been primarily expressing my body is through digestive upset.

[00:13:43] And so one of the interesting things that can happen from activating that under the arm point, is that not only can it calm your digestive system and your stomach, it can also keep your digestive system in tune. A lot of times people might have a common side effect, quote, unquote of EFT could be things like belching and burping.

[00:14:01] Cause by tapping that particular point I just listed there is kind of getting like a, like a rhythmic tune-up and it's getting out of being locked up or being really activated,

[00:14:11] Jeffrey Besecker: literally

[00:14:11] hiccup to kind of reset.

[00:14:14] Eric Almeida: Yes, exactly. Exactly. Yeah. other common biological responses could be yawning.

[00:14:21] I had one client every time we were doing deeper work, they would yawn uncontrollably like rapid succession, like, like the whole time we're doing the tapping work. Yeah. Some people it's the belching or the burping. it could be body temperature changes getting hotter or getting cold.

[00:14:36] It could be, tingling sensation. So for me, I also feel tingling sensation with when energy moves through my body. And when I feel energy, moving with a client in particular, in my fingertips and my, and my feet, and then deeper within my core, depending on the depth of the work that's being done, that's normally more self work than client work.

[00:14:55] But by activating all of the systems, if any of the systems are like jammed, if they're, if they're out of alignment, the tapping kind of just either reawakens them, if they're locked up or it slows them down. If they're, over-activated just like I was saying with that, I guess the thing. So if diarrhea is a common side effect for you due to the anxiety or everything that the tapping on that under the arm point can help with that.

[00:15:19] Or if it's the other extreme. If you just get constipated, your whole body locks up as a result, it will also kind of let your system come back to baseline. So no matter which extreme you're on, the tapping just brings you back to equilibrium and it's, very natural by doing it.

[00:15:36] Jeffrey Besecker: You mentioned that theory of Chichi, the Chinese theory of qi.

[00:15:40] We won't dive too deep in that today, but a basic overview, relates that to our life force energy or our connection with not only our systematic energy, but all of the energy of the universe around us that could become a little bit of an overwhelming thought that we're interacting with all of that energy around us.

[00:15:59] That alone could potentially cause anxiety in some of us. We won't dive into that too far today, but it makes sense to kind of look at how that life force energy flows throughout our body interacts. As you mentioned with all of these bodily function, I'm going to put a little note in our liner notes for this show that will highlight some of those interactions for those that are curious in the listening audience.

[00:16:23] So once it kind of bridged that gap a little bit and start relating to some of these systems from that aspect, to me, it's, it's really amazing to look at how that interconnectivity, not only interacts with your emotional thought, not only interacts with, you know, some of our responsiveness, we think about getting anxious in our stomach, tightening up.

[00:16:43] It's amazing to me that tapping technique kind of acts like that little voice on your shoulder. That's tapping to say, Hey, pay attention, pay attention to this perspective.

[00:16:53] How do we then start to recognize. When we're, we're starting to go into this reactive mode, this emotional reactive mode, and start to feel some of these stressors, some of these centers popping up. And how do we recognize that and realize when it's time, to say, Hey, I need to start going through the sequence.

[00:17:12] Eric Almeida: So that can be quite difficult. And that would require the individual person to have enough of a self-awareness that they're going into something. Yeah. There's kind of like tears that I've noticed with the clients that I've worked with. There are those who are completely blind to their response and to the cause.

[00:17:29] There are those who are aware of the response but don't know the cause there. And then there are those who are aware of the response and are aware of the cause, but it hasn't healed. And so. If someone is completely blind to their reaction, they won't have the self-awareness to do something they're going to have to deal with the response from the world around them.

[00:17:49] That's something is up. So that could be a very classic, spouse, you know, a wife telling the husband, like you're screaming right now. And the husband being like, no, I'm not. And it's like, oh, you're you're screaming. And so like, there's that kind of thing. It's

[00:18:03] getting that initial awareness that something is off. Yes. Typically it would requires the person to either be told by the outside world or for them to hit a pain point on their own. So it's, it's kind of, it's like the classic example, like when someone's dealing with a depiction. Yes. They don't see it as being a problem.

[00:18:22] Until they hit their rock bottom. So, sometimes we have to hit like that rock bottom moment, per se, for us to be like, I need to do something about this. So that could be, like, they're going to the hub example. It could be you're screaming at your kids. And then all of a sudden, like you see your kid's reaction and that wakes you up to being like, oh my God, like, why am I so angry?

[00:18:40] You know, that could be the, I ate this entire pint of ice cream. And I, now I feel worse than I did before. That could be your awakening to like, what am I doing? Like what, like, I don't

understand what I'm doing. That's usually when a person gets to that point where they're kind of like, oh crap.

[00:18:56] Like I you've been doing this and it's not good for me. or it's like, I can't like I can't get in a relationship that's longer than a couple of months. I don't know why what's wrong with all these other people. It's like how many relationships have ended that quickly? The common denominator is you and it's, so it's like, what's like, are you picking the wrong person what's going on?

[00:19:14] And so the initial part is hard and usually a person has to trip and fall before they kind of find that once they have enough of it, what I typically would say to people is in those moments when you catch yourself or you think you're catching yourself doing pattern or an emotional pattern or a physical pattern that you're wanting to stop, you know, you're about to go on an emotional eating bench.

[00:19:35] you can feel yourself getting hot and you feel like you feel that you're about to start screaming, or you can just feel the weight of like a depressive spiral happening. What I would say to my clients or to anyone who's interested, you want to start tapping right then and there, and just focus on what you're feeling in that moment or what you're thinking in that moment and just be tapping through the points and just being like, I'm not feeling good right now.

[00:19:58] You know, I feel really weird. I, feel kind of nauseous. I don't like how I'm feeling like, I don't like feeling this way. I want to, you know, I'm going to eat something that usually makes me feel better, but I don't know if I should. And it's like, you keep tapping through the points while you're in the middle of it and it'll calm you down.

[00:20:14] It'll help slow down you going into the bathroom. And it can stop you from doing it or getting you out of the bad pattern. But what ends up coming along with that is you slowly start to get exposed to the cause of it. So your subconscious, like I said before, will slowly allow the real issue to slowly come to the surface in whatever way it feels safe to show it to you.

[00:20:36] So for some people it could just be biological. So they could just be like, I just have this strong, pit in my stomach, or I have this terrible pain in my back or like I won't stop twitching. And then you just keep tapping and being like, you know, my eye keeps twitching. I don't understand why my eye keeps twitching, but it's twitching and it's bothering me and it's like, Hmm, you're still calming.

[00:20:59] Whatever's causing that down. And eventually you'll get more insight. And so what I typically say to someone, okay, When you get that insight, you know, when, when for some reason you started thinking about your mother or your dad or your aunt or your uncle, or one particular memory comes up, or you start thinking a particular belief of like, you know, I can never lose weight.

[00:21:22] So what's the point of eating healthy and like those, up, you want to record those, tap through it in the moment to calm yourself down. And those are the things you want to take to a practitioner of any kind, if it's EFT or not, that is your subconscious saying to you, this is connected to what you're just experiencing right now.

[00:21:39] And so I always say to people, you, I always caution people about wandering into their minds alone, there's demons and vampires and zombies in there. And if you hit something that's really traumatic that you don't expect, it could be debilitating temporarily because you don't have a third person perspective that kind of get you through it.

[00:21:56] So typically I say to people on a emotional trauma scale of zero to 10, zero being, there's no emotional response at all, to what you're thinking. And 10 being, it's a five alarm fire, and you're just freaking the heck out. You don't want to do anything alone. That's above a five because you're, you could trauma aside yourself more and then make you avoid wanting to deal with it.

[00:22:14] Cause you can get stuck sometimes. Yes,

[00:22:17] Jeffrey Besecker: it's important. I feel we, as you mentioned, bringing that awareness into play of establishing when, you know, we're starting to get that trigger of those negative emotional responses. You know, we start to feel that kind of nagging feeling or intuitively start to feel things just don't feel quite right.

[00:22:36] Responding with things like fear and anxiety, a bad memory signals that, you know, there's some unresolved issue or problem there that's surfacing and repeating it. Anything that's disturbing, you know, that awareness is key. When we start to feel these things, it's often helpful that, you know, we take a moment and jot down what that thought is, what that feeling is, what are you experiencing?

[00:23:00] You know, if you feel those bodily disturbances, that upset stomach that, pounding headache sometimes with anxiety and stress, take a moment and write down, I feel X, Y, Z, and make a mention of that. That is such a helpful tool that when you do connect with somebody, connect with a counselor or a coach therapist, healer practitioner, you have a little bit of forethought and insight exactly what you're experiencing.

[00:23:28] I know that's a bold step that many of us aren't taught in advance

[00:23:33] Eric Almeida: and to be very clear as well, the primary goal for yourself in those modes. Is to calm yourself down. If you end up getting that nugget of insight and you record it, that's gravy. The goal in the moment is to just to get you to go back to your baseline, to get you to calm down it's to get you out of what you're feeling that is disruptive to you, that is upsetting to you.

[00:23:57] So if I don't want, I don't want people who are listening, do you give it a try to beat themselves up because they didn't have this amazing level of insight. It doesn't always happen. But if you can turn eating the entire pint of ice cream, into eating a third of the pint of ice cream, and then you're able to get yourself to stop.

[00:24:12] That's a victory. If you're able to go from four glasses of wine down to two, that's a victory. You know, if it's raising your voice, but not screaming. That's a victory, the, the insight and all that kind of stuff. That's that's gravy because at the end of the day, the tapping and the EFT work it's, it's, it's, uh, it's that practical tool in the moment, because so, so many times, so many times the advice that we get is very rational and that does not work when the emotional part of you is screaming.

[00:24:48] So like for anyone, who's a parent. If you have a little kid who wakes up from a nightmare and is hysterically crying, you saying to them, it was a nightmare. Does that ever work? No, the kids just freaking out what does work? You soothing the child, you rocking them in your arms and saying, it's okay. It's just a dream.

[00:25:09] I'm here. You're safe. The tapping does the same thing. It's emotional care giving to yourself. It's that part of you, that energetic echo is freaking the hell out. And you need to Sue that part of you. And in the beginning, you don't know who the heck it is. that you're feeling all of these emotions from it.

[00:25:28] Some part of yourself or multiple parts of yourself that are communicating in that moment that have come to the emotional eating or the anger or whatever it is. And so the main goal is to just calm yourself down, just calm yourself down to alleviate the distress that you're in. And then you figure out what's going on, you know, no different, than if someone had a physical injury.

[00:25:49] In the moment when they're screaming in pain, they don't want the paramedic to say to them, oh, it looks like you broke this bone. You're spreading. It's like, no, no, they'll be the ones like, give me the, give me the morphine. Like I want this pain to stop. And then you can tell me what happened and we can fix it.

[00:26:02] the tapping is the tapping is that it's that, that pain relief. And, but the difference between a more, the morphine example is that it's not masking the pain. It's letting it out. It's getting it out of you and being done with it in that moment. And then when you do the deeper work, it gets it out of you permanently.

[00:26:23] And so like a lot of times when you're working with a client, when you get to those core memories and you clear all the emotion out of it, by from doing the tapping with the practitioner, you don't forget the members. It might actually be harder for you to remember it, which isn't very interesting, but you don't forget the memory, but what ends up happening is that all the life in the memory is drained out.

[00:26:52] It's almost like I've had people describe it as the memory feels dry, or the memory like goes black and white or becomes fragmented. It's because your subconscious is like, we don't need this anymore. There's nothing of importance here anymore. We can let it go. Just like how we forget all the time, what we ate for breakfast the day before, because our long-term memory memories, like this is a relevant information.

[00:27:13] We don't, why are we keeping this? And it lets it go. It's only those traumatic components that we keep the good and the bad, you know, we'll remember the day our child is born. We'll remember the day we get married. We'll also remember the car accident. We'll also remember, the day our parent hit us or something like that.

[00:27:27] Like those stick, cause there's a strong emotional component. And our subconscious is like, we need to keep this for one reason or.

[00:27:33] Jeffrey Besecker: that stood out to me in bringing that in your awareness. As I was doing my research into EFT, the importance of before you begin your tapping, establishing a

setup phrase that describes the current issue you're facing the setup phrase or a reminder phrase, , what is this experience that I am currently stuck in or currently feeling this feedback from what is the role and importance of using a setup?

[00:28:01] A reminder phrase?

[00:28:03] Eric Almeida: Sure. So

[00:28:05] the setup phrase is essential for deep healing for coping. It's not so, When you're doing deep healing work, the setup phrase is the starter to kind of keep your intention on what you're working on. The setup phrase is always done by tapping on the karate chop point on the side of the hand.

[00:28:22] And the setup phrase is always, even though you state the problem, then you end with an affirmation. So it's, even though I have no self control with ice cream, I would like to love and accept myself. It's a pretty basic one. Even though I have no self control with ice cream at like 11, except I usually stay at three times and then you'd start tapping through all the points that is essential.

[00:28:41] When you're doing work with a practitioner that is the bread and butter of the, of the work. When you're doing it on your own for coping the setup phrase, isn't necessary, it doesn't hurt, but it's not necessary because you're, you're in the middle of it. So a lot of times I say to people when you're in the middle of.

[00:28:57] Either focus your mind on what you're feeling, or just talk out loud about what's going on. You don't have to do the full setup phrase and the, all the, the, the structure that is there. It's not as important in the moment, because in the moment you, you need the relief immediately. When you're doing, if you're doing self work or you're working with a practitioner, there's always the setup phrase.

[00:29:17] And then typically when you're working with the practitioner, the set of praise, isn't the end of it. It's back and forth between the practitioner and the client when we're working together. So usually what I would say, if you are my client Jeffrey, I would say to you, , you're going to fall along with me, we're going to be tapping together and you're gonna repeat everything I say.

[00:29:34] And if anything I say does not fit, or the words are not right for you, I want you to change it. You're not going to upset or offend me. And then we started the side of the hand, and then at each point we do, some kind of phrasing. So we will see, you know, even though I can't stop. Eating ice cream at like 11 or something.

[00:29:49] Say that three times. And on top of that, it's like, I can't stop eating ice cream, eyebrow that part to the nose. it makes me feel better inside of the eye. I've been doing it for years under the eye. Um, it always makes me feel better upper lip, but I can't make myself stop lower lip. I remember my mom always doing this color, like, so, and then if anything didn't fit with what I just said, cause bought a big component of what the practitioner is doing is using their intuition.

[00:30:15] And a lot of the times it's repeating back the words that were said to them in the session. So when I have my clients, I take an insane amount of notes, most of which I can't read

half the time because I'm writing so fast. And the reason for that is I use their words back at them. Because it's more powerful.

[00:30:32] they're hearing their own internal narrative back to them. so I changed my own vernacular to match theirs and sometimes it could be quite, , I guess I could say problematic on my perspective, because sometimes they'll say things about themselves that are honestly pretty awful.

[00:30:47] And I've noticed that I, that I will use their own horrible words back at them and the tapping, because it's going to hit the hardest. So, I'm a gay man working with the LGBT plus community a focus of my work. Cause there aren't a lot of practitioners who, are in that world.

[00:31:02] And so I had a client a male client who referred him to himself as the F-word and the gay, well, I won't say it for the recording. I'm happy to, but I won't say it. And so he referred to himself as that. And so I was like, I was like, I hate this word myself, but you know, this is what the client gave to me is I'm going to give it back.

[00:31:20] And so we did that and it, it resonated with him because it was the way his father referred to him. And so when we were doing that deeper work, , that involved his father, we set it back. And then at the end of the session, I kind of brought it up. He like, was it okay though? You said that. And I'm like, I was using your own words.

[00:31:40] And he was like, no, no, it was, he was like, no, it was good. It was fine. So for me, yeah, yeah. I felt more comfortable because that was my same community. if I was working with someone who was African-American and they use the N word, I don't know, comfortable with put that back at them, but it's that same kind of thing when you're using their same speech patterns, when you're using their same words and same phrasings, it resonates more with them because it's, they're reprogramming their internal narrative when they're doing the test.

[00:32:06] It's like their own they're, they're literally their own, their inner voice is talking back to them because they're, they're saying the phrases out loud. And so the end they're hearing it as they, as they hear it. So, yeah. So to sum up the setup phrase is important for deeper healing work and it's, it's the bread and butter of working with a practitioner on your own.

[00:32:22] When you're coping, it's just, just tap, just tap, tap, tap the faster, the better, especially if you're in a, in an emotional state of upheaval.

[00:32:28] Jeffrey Besecker: Well, to me,

[00:32:29] it makes sense that when we're recalling these experiences, we're recalling this energy. We learn these beliefs and patterns, these negative patterns by that mirroring oftentimes at a very young age, we're mirroring back an interaction with a parent authority, figure someone around us somewhere in our experience.

[00:32:50] So it makes sense to me that that trigger state brings us back to that moment and allows us to reconnect with that energy because we learn that pattern in that same way.

[00:33:00] Eric Almeida: Absolutely. When every single horrible thing that you have ever said about yourself, or thought about yourself, someone taught you that when we are born, we are born quite energetically clean.

[00:33:16] I will 100% honor and acknowledge the past life component of that, that you could be bringing in things from a past life

[00:33:22] Jeffrey Besecker: and the emotional DNA of, you know, yes.

[00:33:26] Community, emotional DNA, energy, especially

[00:33:30] Eric Almeida: a hundred percent. and one of the really interesting things too, is it's a limitation of conventional talk therapy that EFT can utilize very well is yes.

[00:33:40] If your mother, while you're in the room is experiencing strong negative energy, and negative emotions. You beat gestating in the wound or absorbing that as well. And you can carry that with you in life, and per pre-birth. And so, or, and also obviously extreme early infancy, the tapping and the NFT allows you to work on that energy that you've absorbed or that you've picked up and such early let levels of life without ever having conscious memory of it at all.

[00:34:10] Because it's, if that part's not as important, it's not as relevant because you can, if you've always had this belief in your system and you, You said that your responses I've had it for as long as I can remember, you could have absorbed it in pre memory years. It doesn't mean you can't get rid of it.

[00:34:28] It doesn't mean you can't heal it. It's just there. You're not going to have an active memory to process, which EFT is great as well, but you don't have the active memory. You're just going to have to, you're just going to work with the body sensations and your emotional response to it. We think of that amazing fact that all of our life is initially fed through that connection through the umbilical. You know, that connection through our stomach starts to filter all of the life force, energy or cheese that we are created from. We start to filter that through that connection with the mother.

[00:35:02] Jeffrey Besecker: That energy is flowing for through us. From that stage already, to me, that's such a fascinating connection. We just talked about that a little bit on a previous episode where that energy source, so often we discount how that process begins before we even exit the womb.

[00:35:19] Eric Almeida: Yeah, absolutely. It it's one of the primary reasons for why we have such a strong connection to our mothers, especially in early life compared to our fathers, you know?

[00:35:30] Yes, the conventional science can say that, you know, we need our mothers for human survival because they, you know, they provide us nourishment and protection, but also energetically, we absorbed the most energy from our mothers because we were literally being grown inside of them. And so, um, Repeat the question.

[00:35:46] I'm sorry. I lost the train of thought.

[00:35:48] Jeffrey Besecker: I was more,

[00:35:49] more so a insight and statement than a question. So let's Dodge a little bit at that point. What is the importance or is there an importance in the number or amount of taps you do on each Meridian point?

[00:36:04] Eric Almeida: Now,

[00:36:04] there is no importance. You don't have to be, you don't have to count the order.

[00:36:09] You don't have to count points. The order is irrelevant, which side of the body you're tapping on. Left-hand right-hand both cross body, same side. All of that is completely irrelevant. The only thing that does become relevant. There's two main things that are kind of primarily relevant. One, if you're tapping completely on the wrong spot, if I'm tapping like my upper shoulder, which might be some accurate pressure point, I don't know of, then you're way off and it just won't do anything as much.

[00:36:36] Um, so there's that the other thing though, is speed. Speed does have an impact. The more emotional upheaval you have, the faster you want to go, because the faster you will calm down. So if I'm more, especially when I'm working with a client, it may have seen the frequency. Exactly. Exactly. So when I'm working with a client and they say.

[00:36:57] You know, either getting super angry or they be typically they start breaking out and become really hysterical, crying. I stopped the back and forth all together and I just, I bring them more back into the present. And then we tapped through all the points in rapid succession, as fast as humanly possible.

[00:37:14] You can skip points. You can goof a little bit. You, it doesn't matter. You're going as fast as you can because the person is just They are in there in the height of the emotional roller coaster and the faster you tap, the faster you'll get through the rollercoaster and a big thing that is a cue for me as a person or a person can use it for themselves as well as if you're in the middle, out on emotional rollercoaster.

[00:37:34] The most common cue to know that you're starting to calm down is a really deep breath or sigh. It's the. That's usually a big sign that you're over the hump and that you're you're declining and that you'll eventually reach a baseline. I see that a tons of times with my clients and you, you just, you ride it out until, until it passes.

[00:37:57] But the thing I remember that I forgot from the previous comment, when it comes to absorbing the energy from the mother, from a parent, a big thing that you could, that you could see very practically when you're, especially when you look at siblings, you can see very different temperaments between different siblings and a lot of it, you can just attest to genetics.

[00:38:16] But part of it also is the energetic world that they were exposed to. So if one child, if the first let's say for example, the first child was conceived and born into a very tense family environment that was temporary, but it was still emotionally tense. That tension, that energetic tension will be absorbed by that child.

[00:38:36] And it will be within them the next child, even if it's a year or so apart, if the energetic world they go into it's more calm because whatever it was has tasked, they won't have that at all. So that could be an energetic explanation for why one child could be more neurotic or more or more prone to anxiety.

[00:38:55] And the other child could be really chill and vice versa.

[00:38:58] Jeffrey Besecker: Yeah. We think about some of the conditions that evolved, you know, as a family grows and expands. If you start off with one child, you might have a mother that's anxious about, child rearing and being a new mother, that energy might be projecting.

[00:39:12] You start to think, you know, you add child one child, two. You have various stresses of raising children. You know, the mother is frustrated because you have children. You're also trying to manage while you're raising and birthing, you know, giving life to this other child, you have, the added stimulus sometimes if the financial burden becomes greater and you have parents that are absorbing that energy and trauma of being financially challenged, that also, you know, those kinds of elements come into play.

[00:39:43] So it's amazing to look at how that connection. So often we discount, we don't necessarily bring that into our simple awareness, how that comes into play in our lives

[00:39:55] Eric Almeida: for sure. And a big thing too, just to add another thing on top of all of that is, and this is something that a lot of soon to be parents or new parents don't realize until they're kind of in the thick of it.

[00:40:07] When you have children of your own. All of your stuff that you didn't deal with from when you were a kid, all of the weird dynamics that you had with your own parents, congratulations, you're going to be dealing with it now because you will, you will, whether you're aware of it or not be processing, you will project your stuff onto your kid.

[00:40:28] And so all of a sudden, you know, if you came from a very neglectful parental appraising, you will then over-correct and you might become a very overbearing parent that also has also has a, um, an energetic, a low energetic frequency of it could be anxiety, or it could be guilt, or it could even be resentment.

[00:40:49] And all those things play out in the dynamic, which, from parents to children in both directions. So unfortunately, A lot of the work. I do a lot of the sources of the problems come from parents and that's not to blame parents. It's just parents. if they're involved in their kids' lives, in any capacity are the most influential people in the kid's life, it's biological or not.

[00:41:12] So if, you know, if you adopted a child straight from the hospital, from the surrogate or whomever, and you, even, if you don't have the biological connection to them, you're still the primary energy that you're emitting onto them. And you will still bring what's come what came from the mother and things like that too.

[00:41:28] And so there's, there's just a lot there. And at the end of the day, we're all figuring it out. You know? No, one's no parent has given a manual how to do it. There's a lot of pretty easy things. You can say you shouldn't do. You should not do this as a parent, but there aren't a lot. There isn't like a default right way to parent and societally, it changes all the time.

[00:41:50] You know, it wasn't that long ago that it was societally expected for the, the man of the household to have a very stern hard, you know, almost what would be considered abusive today, , control of the family and the wife. That was what culture deemed as the norm in the past nowadays it's, it's, we've gone away from that.

[00:42:10] We might be going into the other extreme of being overly catering to a four year old and things like that. And so it's, it's, it's the ever given take. So I can bash the current, you know, me being a millennial, I can bash the, the, you know, the whole participation trophy kind of stuff. It's we do this all the time.

[00:42:28] You know, we go to one extreme to another, on a societal level and each extreme has its ups and downs. And you want to be somewhere in the middle, like with everything it's just like with same thing with energy, you want to be energetically down. You don't want to be perpetual low energy.

[00:42:41] Don't wanna be perpetual high energy. You can't, you can't sustain either. It's too taxing on you

[00:42:48] Jeffrey Besecker: as a

[00:42:48] sidebar to that. And this again is a reflection back to a previous episode. We each have that energetic signature. We can, we can kind of think of that in the terms of music. It's like the beat or rhythm of a song.

[00:43:03] But in our case, as human beings that be in rhythm is in constant fluctuation based on our interactions, how our state is the energies we're taking in around us. We're interacting in a way that, you know, that signature is exposed and shifts with those energies. As we look at that, I like to look at that, you know, just a brief look at how we look so often at raising our vibration as a set point.

[00:43:30] And we look at that as a destination to reach. We have to keep in mind as we're on that journey to find that set point where we're operating at a consistent rate of energetic alignment that we fluctuate on our path to get there. So often I feel like that can become a limiting belief or stuck point because we see it as that destination of arrival.

[00:43:53] It becomes that destination point that gets us stuck. You know, we, when I get to a higher vibration can become a limiting belief, can become stressful in and of itself. So that's just a little sidebar I'm going to throw in there

[00:44:08] Eric Almeida: and , to add on to that so using the song analogy, energetic, When it comes to day to day life, we w we will have the ups and downs, energetically that is natural.

[00:44:19] Just like a song, you know, songs, you, you know, it's not a crescendo build to a crescendo, and then you can come back down. That is normal. You have the quiet, soft parts, you know, the deeper tones here and there. And then you have the normal, you know, the melody and everything like that. And then you go into the bang and everything like that.

[00:44:39] It's not all bang you, you, you know, no one listens to songs and it's all just bang, bang. Maybe they do. But, um, it's you can't, you can't stay there.

[00:44:49] Jeffrey Besecker: We have to change that playlist.

[00:44:51] Eric Almeida: Yes,

[00:44:52] exactly. You can't, you can't stay there forever. It's it's honestly, it's not nothing like, it's what makes a song. It's what makes songs so popular is when, when they go up and down.

[00:45:03] You know, and yes, there are plenty of songs that we enjoy that stay more in the summertime. And there's plenty of songs that we enjoy the stay more on the high tones. But like you said, we have to change the song on the playlist. Overall, you need to go with the rhythm. You can't stay with one note because eventually you'll get sick of it.

[00:45:20] You, you, as weird as it may sound, you will get sick of it. Staying at a high frequency, you will get, it will burn you out. You just can't, you can't be perpetually. You, you cannot be happy

[00:45:35] all the time.

[00:45:36] Jeffrey Besecker: Harmony that compliments the world around us. Not necessarily singing to the tune or dancing to the beat of another, but simply playing in a way that the orchestra compliments.

[00:45:50] Eric Almeida: Exactly. Exactly.

[00:45:52] Exactly. Exactly. And then to go more meta at it from this, from that perspective, we all have our own song that matches us. And there's a lot of, you could call that your destiny, you can call that your path. You can call that whatever, you know, we all have our, your, your frequent. Like, we all have our song that we are meant to play.

[00:46:15] It's weird. And that part of us live, at least in my personal belief, part of us living our lives is to discover what that is. And then to live that in life, to play that song, that is our theme song through life. And so, you know, when you're not playing your song because you will hate the life that you have, even if objectively your life might be great.

[00:46:41] It explains why there are so many wealthy people who still die from depression and drug abuse, wealth and fame. are not there. They may be great, but they may, but they're not necessarily the end all for a person. And so you are way too far off of if you're really, if you're supposed to be playing classical and you're playing dubstep or something like that, but you're supposed to be a classical pianist and you're playing dubstep and stuff, you're going to despise it.

[00:47:13] And then what will eventually happen is that your energetic system will rebel and that rebellion will be something in the mental health world would be an emotional break of some kind. So like for me personally, that was a panic attack. I was so leaning into the logical half of me and completely abandoning the emotional half of myself.

[00:47:39] And working in a field that was very technically the last job. The job I had when I had the panic attack was in subsidized housing was government paperwork, very regimented how to maintain an emotional distance from the residents. It was not the field I should have been in. And, um, my coping mechanism, which was compartmentalization, was great for working in that field, in the customer service, but it was unhealthy for me.

[00:48:03] I was so far off of my path. I was playing the completely wrong song that the orchestra rebelled and my subconscious rebelled by basically being by me, having a panic attack that I thought was a heart attack. And so sometimes you have those moments and it forces you to reassess and to try and start playing a different song, assuming you survive it.

[00:48:24] And so some people, unfortunately, don't, you know, it gets, you know, you get so bogged down that, you know, unfortunately someone might take their own life or unfortunately, their coping mechanisms. Of drugs or reckless behavior could end up killing them. And so you don't want to have to get that far, but unfortunately a lot of times it takes those pivotal moments to kind of like, be like, you know, wake up like your S your energy, your, your, your soul, your energetic system, God, whatever, whatever word you wanna use in my mind, they're kind of all interchangeable, , is saying to you, you need to change.

[00:48:57] And we we've been nice about it. We've been gnawing at you. We've been poking at you and then we've gotten louder and now we're going to hit you with a bat cause you're not listening to us. So yeah, been there, done that. It sucks.

[00:49:12] Jeffrey Besecker: We

[00:49:12] get off track dancing to the Rome beat. This is a great example of illustrating how that notion of EFT can serve as that.

[00:49:23] Hello? Hello. Tap on the shoulder. Yeah. Wakes us up and reminds us to dance to the tune of a new drum. Yeah, throw that out there.

[00:49:34] A

[00:49:34] hundred percent sounds to me is a very clear way to illustrate why this technique can be so effective at that point. Where can our listeners go to you, Eric, to tune in and find help in discovering that new beat, that new rhythm today?

[00:49:51] Eric Almeida: Absolutely the best place to go would be to my website. That's Eric E F t.com and that's Eric with a C I offer a free 20 minute consultation. So if you want to see if I would be a good fit for you, or if you have to, you would be a good fit for you. You're welcome to do that. I offer a bunch of free workshops all the time.

[00:50:08] So if you sign up for my newsletter, you'll be apprised of the upcoming workshops there. I have a few coming up later this year. I have one coming up that I anticipate will be quite popular in the fall, which will be how to deal with family during the holidays, because it'd be the first normal ish holiday for most of us and family tends to trigger the crap out of us all.

[00:50:26] So, but yeah, that'd be the best way to get in touch.

[00:50:30] Jeffrey Besecker: Awesome. Well, I want to thank you for sharing this very insightful conversation with us today. This has been endlessly fascinating for me, and I hope it is the same for our community. So thank you so much for sharing this conversation. I'd love to have you come back and explore EFT a little bit deeper sin.

[00:50:49] Eric Almeida: Yeah, whenever you want me, I'm happy to

[00:50:51] Jeffrey Besecker: Awesome.

[00:50:51] Thank you. You maybe we can find a specific issue or a specific cause that this EFT really can connect and become that bridge in creating a new

[00:51:01] experience.

[00:51:02] Eric Almeida: Absolutely. If, if there is a specific topic that you yourself are interested and doing some tapping on, or if your clients, clients ha, if your listeners are interested and I'm happy to do a demo through the podcast, it works very, very well.

[00:51:19] So I've done it. I've done it plenty of time to see what your, yeah. Let's look

[00:51:21] into that a hundred percent.

[00:51:23] Jeffrey Besecker: Thank you. I'm so grateful for your time and your energy today. Eric, this has been such a pleasure.

[00:51:29] Thank you.

[00:51:30] Eric Almeida: It's been a pleasure. I appreciate you.

[00:51:32] Jeffrey Besecker: Well take care. We'll see you soon.

[00:51:34] Eric Almeida: Goodbye.

[00:51:34] Jeffrey Besecker: Goodbye.