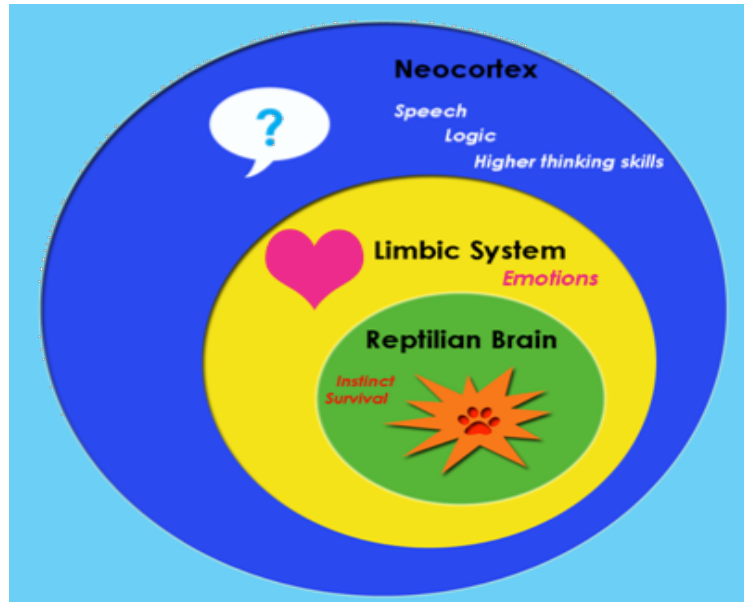


# EFT And The Brain

**How 3 Basic  
EFT ELEMENTS  
Relate to 3 Key  
BRAIN FUNCTIONS  
(Another Perspective)**



www.wikipedia.org

## EFT Tapping Process:

## Triune Brain Model:

### Expansive Positive Thoughts



### Executive Brain

"I accept myself," or any statement that encourages a good feeling. **Corresponds with the Executive Brain.**

The neocortex, gives us the power to think, laugh and create insights and metaphors. It's the part that makes us human. We accept that life "is what it is," and we appreciate the warmth of sunshine.

### Specific Emotional Feelings



### Emotional Brain

"The look in her eyes," "the tone of her voice," "the butterflies in my stomach." **Corresponds with the Emotional brain.**

The limbic system, controls emotions such as fear, anxiety, and loneliness. It triggers butterflies in the stomach or tightness in the chest. You see an explosion; you feel fear, and you get a tight sensation in your chest.

### Body Involvement



### Reptilian Brain

Tapping on meridian points is primal and non-verbal. Testing and Matrix Reimprinting uses body involvement. **Corresponds with the Reptilian/Primal functions of the brain.**

The basil ganglia, in charge of our survival instinct, controls our primal fight, flight or freeze responses. It's an uncomplicated binary system: toward/away, take action/be still.

We address all 3 parts of the brain so that the emotions, pain, memories, thoughts and beliefs are integrated within the brain in a healthier way.

**That's the secret sauce of EFT: 1-Grand positive thought 2-Very specific emotional feelings, and 3-Tapping. EFT is like a mental exercise for the brain.**

