

Path to Emotional Freedom Deck

To Replace or Complement Muscle Testing

Disclaimer: The deck and manual are not offered to diagnose or prescribe for medical or psychological conditions nor to claim to prevent, treat, mitigate or cure such conditions, nor to recommend specific products or services as treatment of disease or to provide diagnosis, care, treatment or rehabilitation of individuals, or apply medical, mental health or human development principles, to provide diagnosing, treating, operating or prescribing for any human disease, pain, injury, deformity or physical condition. Therapies that may benefit are recommended based upon traditional uses and are not yet generally recognized as substantiated by competent and reliable scientific evidence. Any use of products or services is experimental and based upon your informed consent and private license. In a small number of cases, individuals working with EFT may experience abreactions.

How to Use the Cards

This deck and manual is intended for individuals who are already experienced with Emotional Freedom Technique (also known as EFT). If you have bought this deck and wish to learn EFT, I recommend visiting sites such as www.EFTuniverse.com or www.emofree.com.

To begin, shuffle and spread the cards face down in front of you. Then, form in your mind a clear perception of an issue you would like to work on. For example, “I would like to be free of this headache.” Then, ask your Higher Self (or whatever energy you wish to work with) what block needs to be cleared in order for you to be free of your particular issue. Drawing only one card at a time, flip one over; paying attention to the phrase that is at the top of the card that you draw. It is not necessary to pay attention to the colored symbol and its meaning unless you have specifically drawn a card with your focus directed toward working with the chakras or energy field.

To find the definition for the card, you can use what is written in small type on the cards or download the more in-depth manual at empoweryourhealerwithin.com.

Proceed to tap a round or two of EFT on whatever card is drawn. For example, if the issue you want to treat is a headache and you draw the card “I deserve,” you may wish to tap the EFT set-up statement, “Even though I do not deserve to be free of this headache, I deeply and profoundly love and accept myself.” Feel free to ad lib with your own words when inspired. After tapping a round or two of EFT, you can try pulling another card to see if there are any other blocks.

Keep drawing cards, tapping through each block, until either your headache is relieved or you receive the “Blocks are clear” card. If when drawing the “Blocks are clear” card your issue or pain is still present, try finding another aspect.

Sometimes you may find that the symptoms have changed or moved. In the case of a headache, perhaps the pain is gone but you may still feel pressure behind the eyes. In such a case, begin the EFT process over, clearing any blocks to releasing the pressure behind the eyes. “Chase the pain” (see glossary) or any symptoms until the issue is clear.

This “chasing the pain” process also works well with emotional issues. In treating emotional issues, you may wish to ask yourself—or any other person you are working with—to visualize or affirm what is wished to be achieved. Alternatively, you can focus on a source of distress, allowing any emotions or fears to arise. Tune into your body and note any sensations or tensions that arise. Wherever you feel resistance, tension or negative sensations in your body, use EFT to address these states.

For example, if you should feel anxiety over being rejected by a loved one, allow yourself to temporarily focus on the anxiety or any memory that is attached to being rejected. Then, scan your body for any sensations or tensions. Perhaps you may feel your jaw clench, your stomach tighten up or a pain in your heart. If so, continue to focus on that particular sensation while using the cards and EFT to clear any blocks to its release. Then, refocus on the issue to see if any unpleasant symptoms arise. Sometimes you may find that the sensations will move or change. Usually this indicates another aspect is coming to the surface which is still connected to the original issue. For example, an original tension in the stomach may have resulted from fear. However, if when refocusing on the issue a new sensation arises in the heart, such a sensation may no longer be connected to fear but to sadness or heartache.

Drawing a Card More Than Once

Sometimes you may find that you draw the same card more than once. This is usually an indication that this block is a sticky one for you. You may wish to deal with this issue through one of the below methods:

- Break it down through determining the root of the block. For example, if the card is “It is safe for others,” ask yourself why and in what way it is not safe for others for you to overcome your issue and tap through this. Perhaps you feel that the only way to love others or to prove your love is to stay small or weak in ways (for the purpose of being more humble or less assertive, for example). If this felt valid, you may wish to tap using a set-up statement such as, “Even though I can’t heal this issue because in order for me to be a loving person I have to compromise myself for others or be sick, needy, or in pain, I deeply and profoundly love and accept myself.”
- “If you do not know why you have a block or what is connected to it, simply tap (for example in the

case it is not “safe for others” like above”), you can try tapping an EFT set-up statement such as, “Even though it is not safe for others for me to overcome this issue and I don’t even know why, I deeply and profoundly love and accept myself.”

- Tap through any memories that feel connected to your issue or block.
- Keep tapping the block as it is. It may simply need additional rounds of tapping.

Using the Cards as a Starting Point

These cards may also be used as a starting point to ask your High Self what issue would most benefit from being tapped through. For example if you draw the card “*Fear of failure*” you might want to start with this issue. If you draw “*I deserve*” you might want to start with issues of self-worth, deserving good things to come to you or a feeling of guilt.

Tapping “Out” or Tapping “In”?

On some of the cards is written “Tap in” or “Tap out.” These phrases simply refer to whether you would most benefit from using an EFT set up statement that affirms something positive or would benefit from acknowledging the block head on while applying love and acceptance. What is important is to tap what feels right to you.

Some people feel uncomfortable working with acknowledging negatives, fearing that a negative focus will lead to manifesting a negative outcome. Others may prefer to see working with negatives as a form of homeopathy or “like treats like.” If you consider that everything we experience is energy, and that “symptoms” are forms of repressed energy popping up to say “hi,” then saying “hi, I love you” back can tell these suppressed parts of you that they have been heard and acknowledged. Thus, these parts of you or emotions may no longer need to bother you in order to receive your love or attention.

Releasing or Integrating?

While the cards are written to use the phrase “I release and let go of...,” you can also try experimenting with using the phrase “I integrate...,” instead. If we fall into the pattern of feeling we need to continually “release” things within ourselves, it can turn into a form of perfectionism where we never feel good enough as we are. If you find this applies to you, you might wish to try an opposite approach of acknowledging the inner child rather than pushing it and its unconsciousness away. Treat your inner child the same way you would if you were confronted with a young child that needed your love and acceptance: be gentle and compassionate.

Homolateral Energy & Switching

If you draw the *Homolateral energy* card, it indicates that your energy may not be crossing over in an optimal way. Marching in place for about 1 minute can often correct the issue. Make sure you raise your right arm with the left leg and the left arm with the right leg. Using google, you can find sites or YouTubes which offer more in depth demonstrations of this energy correction technique.

Regular exercise can also help if you find you draw this card regularly. People who suffer from energy cross over issues can suffer chronic illness, allergies, poor coordination, learning disabilities, chronic fatigue or issues with the nervous system.

If you draw this card in its reversed position (*Switching*), it indicates that this energy condition (also known as “neurological disorganization”) may be an issue. This could apply to you if you tend to feel overcharged, forgetful, scattered, ADD, disorganized or ungrounded. If so you may wish to us a correction technique called “Cook’s Hook Up”.

To perform this exercise, sit upright in a chair and cross your left ankle over your right ankle. Then, hold your arms out in front of your body and cross your right arm over your left arm in a manner where both palms are facing one another. Clasp your palms together interweaving your fingers. Flip your clasped hands towards the body and upwards so that they are resting on your chest, pointed up towards your chin. Press your tongue against the roof of your mouth and breathe deeply for a minute or two.

Energy Toxins

If you draw the “*Energy toxins*” card, what may be acting as a block may include:

- food sensitivities
- chemical sensitivities
- geopathic stress (sensitivity to frequencies emitted by electronics)
- molds or sick building syndrome
- supplements or drugs (never discontinue a drug without advisement from you doctor)

Because the physical is usually a mirror for emotional/relationship issues, you may also work on the problem of energy toxins by tapping on issues such as fears, guardedness, emotionally toxic environments, toxic forms of nurturing/relationships, post-traumatic stress, abuse, etc.

You can also clear blocks to releasing all of your energy toxins in a straightforward manner. To do so, simply treat “energy toxins” as a main issue and tap through any blocks. Though, for more lasting effects, it is better if you can concurrently work on the causes or emotional components that are depleting your energy.

Using the Cards for Energy Work

If you are new to chakra work, there is a wealth of information on the internet pertaining to what chakras are, what each represents and their location. For example, Stephen H. Barrett has authored a book titled *Chios Energy Healing: Powerful New Techniques for Healing the Human Energy Field* which I highly recommend, as it contains a wealth of information on the human energy system. With knowledge of the various defects and imbalances that can occur within the chakras and the energy field, one can, then, apply EFT toward correcting these imbalances.

Using EFT to work with one's energy field or charkas is not difficult. It simply involves changing the set up statements to reflect energy work. In fact, some individuals, if deeply stuck when working through a particular issue, may receive more benefit from working with their chakras and energy field.

Not only can the cards be used to determine which part of the energy field or chakra to work with, the same cards can be used to clear any blocks in the way to clearing these energetic issues.

To begin, each card possesses a center image which is color coded. You may wish to select a card concerning what part of the energy field may most benefit from applying EFT toward clearing blocks. The chart below covers the color codes and what each one represents:

Color Code	Meaning
<i>A red symbol</i>	<p><i>Work with the root chakra (located at the base of the spine).</i></p> <p>Sample set-up statement to tap on: "I give thanks that my root chakra is clear, balanced and free of energetic defects."</p>
<i>An orange symbol</i>	<p><i>Work with the sacral chakra (located in the area of the belly button, on the front and the back of the body).</i></p> <p>Sample set-up statement to tap on: "I give thanks that my sacral chakra is clear, balanced and free of energetic defects."</p>
<i>A yellow symbol</i>	<p><i>Work with the solar plexus chakra (located just below the middle point of the ribs, on the front and back of the body).</i></p> <p>Sample set-up statement to tap on: "I</p>

give thanks that my solar plexus chakra is clear, balanced and free of energetic defects."

A green symbol

Work with the heart chakra (located over the heart center, on the front and on the back of the body).

Sample set-up statement to tap on: "I give thanks that my heart chakra is clear, balanced and free of energetic defects."

A blue symbol

Work with the throat chakra (located in the center of the throat, on the front and the back of the body).

Sample set-up statement to tap on: "I give thanks that my throat chakra is clear, balanced and free of energetic defects."

An indigo symbol

Work with the third eye chakra (located between the eyes at the brown, on the front and the back of the body).

Sample set-up statement to tap on: "I give thanks that my third eye chakra is clear, balanced and free of energetic defects."

A violet symbol

Work with the crown chakra (located on the top of the head).

Sample set-up statement to tap on: "I give thanks that my crown chakra is clear, balanced and free of energetic defects."

A pink symbol

Work to clear cords, attachments and energies that do not belong to you (i.e. energies that may be empathically taken on).

Sample set-up statement to tap on: "I release and let go of all cords, attachments and energies that do not belong to me."

A white symbol

Work with the energy field and upon issues such as leaks, tears or

impurities.

Sample set-up statement to tap on: “I give thanks that my energy field is strong, healthy, clear and balanced. It expands out, full of bright, white, brilliant light.”

A black symbol

Work with issues of grounding and that you can feel happy and safe fully incarnated in your body.

Sample set-up statement to tap on: “I give thanks that I am grounded and vitally alive. I feel happy and safe while fully incarnated in my body.”

“Blocks are Clear”

Work with affirming that you’re your energy field and chakras are clear and free of blocks. You are whole.

Sample set-up statement to tap on: “I give thanks that my energy field and chakras are balanced, clear and free of energetic defects. I am free of blocks and move forward easily and effortlessly.”

To perform an energy clearing using EFT, spread the cards face down in front of you and select one. Draw a card paying attention only to the colored symbol rather than the words. For example, if the “I am safe...” card is drawn, which has a red symbol, it indicates to work with the root chakra.

Next, use the deck to draw cards for what blocks you may have to this chakra being clear, balanced and free of energetic defects. For example, if you were to draw the card “I am ready...,” then you may wish to tap a set-up statement such as, “Even though part of me does not feel ready for my root chakra to be clear, balanced and free of energetic defects, I deeply and profoundly love and accept myself.” Do a couple rounds in the negative and then switch to tapping in a positive affirmation such as “I am ready for my root chakra to be clear, balanced and free of energetic defects.”

Continue this process, drawing further cards until you draw the “blocks are clear” card. Use your intuition for what feels right for you.

You can use the below definitions for examples of what to tap for each color code.

The Emotions & Timeframes Deck

There is an Emotions and Timeframes Deck which can be used in conjunction with the Path to Emotional Freedom Deck. For example, if you draw the “*Energy Toxins*,” “*Heal the cause*” or “*Clear memories*” cards, you can use the emotions deck to identify any trapped emotions or memories that might be involved.

About the Author

Mandy is an Artist, Intuitive, Visionary, Empath and EFT Practitioner whose life and passion has always been towards being a voice of empowerment. Her desire is to help empower those struggling within themselves and their relationships, as well as to help others understand a bigger picture which includes the collective and our planet.

Find Out More

For more information about this deck, or other EFT decks, at empoweryourhealerwithin.com and:

thegamecrafter.com/games/path-to-emotional-freedom

thegamecrafter.com/games/release-transform:-emotions-timeframes-deck

thegamecrafter.com/designers/peterson-art-design (for all published decks)