

Some EFT Links

EFT an Introduction

<https://www.youtube.com/watch?v=VFKVVP8KXd4&t=52s>

The EFT Basic Recipe by Founder Gary Craig

<https://www.youtube.com/watch?v=1wG2FA4vfLQ>

EFT #2 - Gary Craig - Lets do it

<https://www.youtube.com/watch?v=DozzGfFS2T8>

A basic use of Optimal EFT for an emotional issue - Father beating sister

https://www.youtube.com/watch?v=g2xt9A5uPoA&list=PLgVlwKg5ugskb_gh4oU2g1YNlxuZf6qu6