



# **EFT Tapping for Spiritual Warfare**

by

**Cia M. Watson**

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# Introduction

I am writing this booklet to introduce a relatively new tool called 'EFT' or 'Emotional Freedom Techniques' or "tapping" in the context of using EFT tapping as a tool in spiritual warfare.

I have been using EFT for myself for a few years, and had no real inclination to offer it as a service to others. I'd also been researching spiritual warfare issues for the last several years.

I then began to see that there were emotional similarities to spiritual issues; and issues I saw going on in the world outside, while I was researching spiritual warfare. As I read various books, and visited some websites on the topic, I saw some aspects of it that would be made much easier and more approachable using EFT.

The biggest reason I'm writing this, is because I have a vision of some of what is possible using EFT, from both personal use and testimonials received with the EFT e-newsletter. This is particularly to introduce it to Christians, within the context of spiritual warfare, because that's where I feel called.

Since it is a somewhat new tool, and that may make it seem a little 'woo-woo', I also wanted to show that it doesn't, or needn't contradict scripture at all; and in fact EFT can enhance one's ability to 'fight the good fight of faith'.

I'm also very enthusiastic about EFT tapping, but I'm not a great salesperson and/or marketer, and don't really aspire to be one. So, I hope that this can be a vehicle for me to communicate some of my enthusiasm and help others see the possibility that I see. I hope to give you enough information to be able to use this as a self-help tool. It's something that almost anyone can use.

Some of the things that can be, or have been accomplished through much effort with more 'traditional' methods can be done far more quickly, with less pain and more effectively with EFT. I know those are tall claims, and I wouldn't believe it if I hadn't experienced it for myself.

I want to say up front that this is being written primarily for a Christian audience, from a Christian perspective, so the language will reflect that, but I hope others may also find some benefit from it, too.

I

wanted to keep this relatively concise and focused, as well as informative, and there is a lot of information I didn't put in here. So, this is really more of an introduction than anything, please forgive me if it seems too simplistic in some areas. I will likely make at least one revision to this, based on reader comments and questions. To that end I've included my email address at the end of the booklet.

*Acts 5:38-39 And now I say unto you, Refrain from these men, and let them alone: for if this counsel or this work be of men, it will come to nought: But if it be of God, ye cannot overthrow it; lest haply ye be found even to fight against God.(KJV)*

*1 Corinthians 1:27 But God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty; (KJV)*

*Rom 12:2 (2) And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. (KJVA)*

May 2023 – I stopped hosting the website where this was available around 2013, after I got a full time job and didn't have time to offer coaching. I also don't use EFT in my daily life as much as I did 10 years ago. However, I do still use it when I'm feeling stressed or anxious. I've recently felt that the Holy Spirit would like me to put this online again. We're living in very stressful times right now, and EFT tapping can be a very useful tool. I'm calling this the 3rd revision.



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# Chapter 1. What is EFT tapping?

I will be borrowing a good deal of the material in answer to the question 'What is EFT?' from the EFT manual, Fourth edition<sup>1</sup>. I will also add some of my own comments or observations. E.F.T. (or just EFT) is an acronym for 'Emotional Freedom Techniques'.

First, I'll define some terms, since there is going to be some 'jargon' that will be easier to understand if you know what it means. The first term is 'SUDS' and that is a psychological term that stands for 'subjective unit of distress'.

Before you start using EFT on a particular memory or issue, it's usually a good idea to determine the SUDS level in advance, on a scale of 1 to 10, or 0 to 10. That way you'll be better able to gauge whether you're moving in the right direction or not. Sometimes the level will go down so quickly that, if you didn't put a level or number on it at the start, you'd later try to say it wasn't really an issue. (It's called the 'apex effect' – which I won't get into here, but it really does happen.)

However, IF you're working on a particularly traumatic memory, where even thinking about it a little bit would bring up a strong emotional reaction, there's something called the 'tearless trauma technique' where you'd just guess the likely SUDS level without actually going there.

Another term, that is basically interchangeable with the whole EFT procedure, is 'tapping', because most of the EFT procedure involves tapping on specific points on the face or hands or other parts of the body. For instance, instead of saying 'Have you tried EFT on that?' I might ask if you've tried tapping on that? Or I may suggest that it's a 'tappable issue'. Or I might tell you about something that I've 'tapped on'.

There are a few pages under the heading of 'The Legal Stuff' that I'm adding below, but I'm not going to put them all here. The first one:

Common sense would suggest that you wouldn't expect much in the way of negative side effects from

EFT. This is because there are:

- No surgical procedures.
- No needles.
- No pills or chemicals.
- No pushing or pulling on the body.

Instead, there are just a few seemingly harmless procedures that involve tapping, humming, counting and rolling your eyes around in your head. By now over 100,000 people have used EFT and the number of complaints are well under 1%.

Once in awhile someone might report feeling a little nauseous and, on occasion, a few people report "feeling worse." Because these reports are so infrequent it is unknown whether or not EFT actually

caused the problem. Some people, by the way, feel nauseous or "get worse" at the mere mention of their particular problem. They will do so whether or not EFT is introduced.

The second thing I want to add from the EFT Manual, under the heading of 'The Legal Stuff' is this:

Some people have been so badly traumatized and/or abused in their lifetimes that they have developed severe psychological problems.... such as multiple personalities, paranoia, schizophrenia and other serious mental disorders. While EFT has been helpful even in such severe cases, IN THESE INSTANCES IT SHOULD ONLY BE APPLIED BY A QUALIFIED PROFESSIONAL WITH EXPERIENCE IN THESE DISORDERS.

Why? Because some of these patients experience "abreactions" whereby they go out of control. During abreactions they can be harmful to themselves and others and may need to be sedated or hospitalized.

This, obviously, is no place for the novice....no matter how enthusiastic one might be with the tapping procedures.

Incidentally, we don't know yet whether tapping actually causes such abreactions or if it is just the memory of one's troublesome issues that precipitates such problems. Nonetheless, if you have no experience in these areas, please don't go where you don't belong. How often do these abreactions happen? In a psychiatric hospital they are common. In everyday society they are rare. I recently called several proficient tappers that have dealt with a wide variety of emotional problems and learned that less than 1 in 1,000 clients had experienced such a severe abreaction.

I also wanted to share that I have had instances where I 'felt worse' when I first started using EFT. What actually happened is that I'd start off tapping on something with a SUDS level of around a 6, and then after 1 or 2 rounds of tapping, my SUDS level would go UP to around a 9 or a 10; but then after another one or two rounds it would go down. I could offer a couple of explanations for it, but I'd only be guessing. I'm sharing this so that if it happens to you, don't become alarmed, just stick with it and keep tapping. Or it may be that it's because the emotion shifted (for instance, fear to anger), if that's the case, then acknowledge the new emotion and tap on that.

The preceding was to provide some strong words of caution. Now let's get to some actual explanation and details about EFT itself.

EFT is an offshoot of something called 'Thought Field Therapy' (TFT), which was developed by Roger J. Callahan, Ph.D. Gary Craig then developed EFT, as an easier and less costly approach to the principles of TFT. I found Gary's web site after reading Dr. Callahan's book, Tapping the Healer Within. I became somewhat frustrated with the different 'formulas' or 'tapping sequences' or 'algorithms' as Dr. Callahan calls them. There are 2 or 3 algorithms for anxiety, one for depression, another for anger and rage, two for jet lag (one for east to west and another for west to east!), a simple trauma algorithm, another for complex trauma, another for complex trauma with anger and another for complex trauma with guilt.

I think you get the picture, how is a layperson to know which one fits the occasion? Here was something that promised real hope, and I wanted some guidance on which one fit which scenario without trying a 'hit-or-miss' approach. I went to the internet and found Dr. Callahan's web site, and discovered that more information cost a lot more money, which I didn't have. Not to be undaunted, I decided to do an internet search for similar types of information; and that's how I found Gary's web site.

## **How does it work?**

I'm not a scientist, so this is just a layperson's explanation. We all have nervous system 'pathways' or 'meridians', and EFT has a person tap with their fingertips, (gently but firmly) on certain easy-to-reach points where these pathways are close to the skin's surface, related to those used in acupuncture. You do this while you are thinking about whatever the issue or past occurrence may be that brings about the negative emotion, or feeling. It's what Dr. Callahan terms 'tuning the thought field'.

Sometimes all you will have access to is the negative emotion or feeling, and tapping on that may help bring to mind a specific incident. The goal is to make it as painless as possible, on the way to finding relief. Gary Craig's explanation is that: "The cause of all negative emotions is a disruption in the body's energy system." © Gary Craig. EFT helps to clear the disruption.

If you have ever found yourself rubbing your forehead or temples when you're upset or tired; or impatiently drumming your fingers on a table while you're waiting for something, you've been using the principles behind EFT without being aware of it. What EFT can do is allow you to be more aware and specific, to more easily resolve whatever issue(s) you're working with.

I think that there may be a bit of a chicken & egg aspect to it, as in: did the disruption in the body's energy system cause the negative emotion? Or did the negative emotion cause the disruption in the energy system? And do emotions have to do with more spiritual or merely physical qualities, or both?

A couple years after I originally wrote this e-book I discovered Transformation Prayer Ministry (TPM). Their ministry is based on the premise that negative emotions are triggered by one or more lie-based beliefs. This certainly ties in with some accounts I've read about exorcisms.

I'm approaching it from a spiritual perspective. My hypothesis is that there is a link between the spirit and emotions; and I also believe that one's emotional state greatly affects one's thinking – or at least our ability to think clearly and rationally or whether there is a state of confusion.

In Tapping the Healer Within, Dr. Callahan discusses a patient and notes "He credited TFT with lifting the burden of anxiety from his shoulders, allowing him to make a rational decision about his future." <sup>2</sup>

This would indicate to me that the anxiety was blocking his rational decision-making ability – and how do you change your thinking in such an instance, without removing the hindrance?

On questions about the science behind this 'tapping', Gary Craig writes in The EFT Manual: "EFT gives you striking evidence that energy flows within your body because it provides the effects that let you know it is there. By simply tapping near the end points of your energy meridians you can experience some profound changes in your emotional and physical health. These changes would not occur if there was no energy system. Western medical science tends to focus on the chemical nature of the body and has not paid much attention to these subtle, but powerful, energy flows until recent years. However, they do exist and are attracting an expanding group of researchers. Read the following for more details:

\*\*Becker, Robert O. and Selden, Gary. The Body Electric. Morrow, NY, 1985

\*\*Becker, Robert O. Crosscurrents. Tarcher, NY, 1992

\*\*Burr, H.S. Blueprint for immortality: the electric patterns of life. Neville Spearman, London, 1972

\*\*Nordenstrom, B. Biologically closed electric circuits: clinical, experimental and theoretical evidence for an additional circulatory system. Nordic, Stockholm, 1983"

Dr. Callahan also discusses what he terms the 'thought field' and writes as follows, "Energy produced within the brain can be measured/detected by EEG. Now picture this thought energy as being bound in a field – no more directly observable, but just as real, as a magnetic or gravitational field." <sup>3</sup>

Since the body's meridian network may not (yet) be a mainstream scientific concept, and it's at least nominally related to acupuncture and the whole concept may be seen by some as 'new age-y' or unscriptural, Dr. Callahan notes that in 1995, Pierre de Vernejoul provided concrete evidence that the



meridian network does exist. The bottom line: the meridian system is an actual, clearly defined network. Thus, the energy system used in Thought Field Therapy (and by extension, EFT) is genuine, and not some mystical notion. <sup>4</sup>

Bob Larson writes the following in the book Larson's book of Spiritual Warfare, in reference to acupuncture:

Acupuncture – Knowledge of acupuncture goes back nearly three thousand years in Chinese literature. Primitive societies practiced it hundreds of years earlier.

One legend claims that acupuncture arose when villagers noticed that a warrior's long-standing maladies were mysteriously cured by spear wounds suffered during a battle. [He then discusses the use of different materials for the needles over time.] Their use is based on the philosophy of Chinese medicine, which is rooted in the religious philosophy of Chinese medicine, which is rooted in the religious tenets of Taoism. [Then discusses their belief in 'chi' or 'life force' and yin / yang principles] Both flow through the body in defined pathways known as meridians.

Christians must ask whether the use of acupuncture can be divorced from its pagan and occult background. That depends on the practitioners motives. <sup>5</sup>

It's possible that you may look at all of this and still be a bit apprehensive about even trying EFT, and all I would ask is that you look at the instructions and see that there aren't any religious rituals or praying to idols or anything, it just looks a little strange if you're not used to it. I no longer think it looks strange, but at one point I did. EFT is considered or falls under the heading of 'energy therapy', and some of those methods do indeed call on 'spiritual forces' or 'angels' and the like. I don't believe that many of those 'therapies', such as Reiki, would be compatible with Christianity. Several years ago I did study Reiki a bit, and had a 'level 1 attunement'. (There are apparently 3 'levels' before one can be considered a 'master') I have since repented of that, and never did engage in it as a practice. I don't necessarily want to 'stir the pot' with those statements, but I've run across some discernment websites that discuss some of the 'new age' practices some in the Christian faith are embracing, so I wanted to add my perspective.

When I sat down and thought, and prayed about the whole issue of whether EFT is a Christian sort of thing to do, for me the biggest plus is that it encourages or enhances the 'fruit of the spirit'. As I'm refreshing this in 2023, I'll add that I prayed about this for years and always got the answer that it's OK. I even prayed that if it's not a good thing for me to do, from a spiritual standpoint, that it would stop working for me, and it still works.

*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. (Gal 5:22-23 KJV)*

In addition, you can be skeptical and still try it or test it; it doesn't require you to 'believe' in it, in order for it to work.

## Chapter 2. Using EFT – or – let's start tapping, already!

- a) The Basic Recipe
- b) Like Baking a Cake – The Setup
- c) The Sequence – 9 Gamut Procedure – The Sequence (again)
- d) The Reminder Phrase – Adjustments for Subsequent Rounds

### The Setup

*Your energy system is subject to a form of electrical interference, which can block the balancing effect of these tapping procedures. When present, this interfering blockage must be removed or The Basic Recipe will not work. Removing it is the job of The Setup. Technically speaking, this interfering blockage takes the form of a polarity reversal within your energy system. This is not the same thing as the energy disruptions which cause your negative emotions. The term 'polarity reversal' has an official name of 'Psychological Reversal' and also goes by the acronym 'PR'.*

*When it is present it will stop any attempt at healing, including EFT, dead in its tracks. Therefore...It must be corrected if the rest of The Basic Recipe is going to work. Being true to the 100% overhaul concept we correct for Psychological Reversal even though it might not be present. It only takes 8 or 10 seconds to do and, if it isn't present, no harm is done. If it is present, however, a major impediment to your success will be out of the way. That being said, here's how The Setup works. There are two parts to it...*

- 1. You repeat an affirmation while you... (The EFT 'protocol' calls for repeating the affirmation 3 times, I have since discovered that repeating it only once works just fine. See notes below.)*
  - 2. Rub the "Sore Spot" or, alternatively, tap the "Karate Chop" point (these will be explained shortly).*
- The Affirmation*

*Since the cause of Psychological Reversal involves negative thinking it should be no surprise that the correction for it includes a neutralizing affirmation. Such is the case and here it is.*

*Even though I have this \_\_\_\_\_, I deeply and completely accept myself.*

*The blank is filled in with a brief description of the problem you want to address. Here are some examples.*

*\*\*Even though I have this fear of public speaking, I deeply and completely accept myself.*

*\*\*Even though I have this headache, I deeply and completely accept myself.*

*\*\*Even though I have this anger towards my father, I deeply and completely accept myself.*

*\*\*Even though I have this war memory, I deeply and completely accept myself.*

*\*\*Even though I have this stiffness in my neck, I deeply and completely accept myself.*

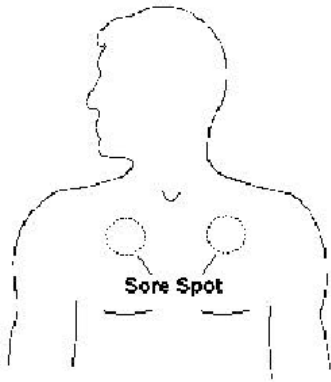
*Now here are some interesting points about the affirmation...*

*\*\*It doesn't matter whether you believe the affirmation or not.... just say it.*

*\*\*It is better to say it with feeling and emphasis but saying it routinely will usually do the job.*

*\*\*It is best to say it out loud but if you are in a social situation where you prefer to mutter it under your breath....or do it silently....then go ahead. It will probably be effective.*

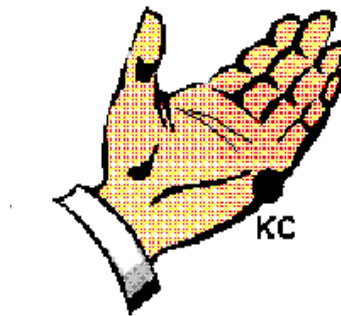
*To add to the effectiveness of the affirmation, The Setup also includes the simultaneous rubbing of a "Sore Spot"....or....tapping on the "Karate Chop" point. They are described next.*



### **The Sore Spot**

*There are two Sore Spots and it doesn't matter which one you use. They are located in the upper left and right portions of the chest and you find them as follows:*

*Go to the base of the throat about where a man would knot his tie. Poke around in this area and you will find a U shaped notch at the top of your sternum (breastbone). From the top of that notch, go down 3 inches toward your navel and over 3 inches to your left (or right). You should now be in the upper left (or right) portion of your chest. If you press vigorously in that area (within a 2 inch radius) you will find a "Sore Spot." This is the place you will need to rub while saying the affirmation. Either side works. An alternative to the 'sore spot' is the 'karate chop' point*



### **The Karate Chop Point**

*The Karate Chop point (abbreviated KC) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or....stated differently....the part of your hand you would use to deliver a karate chop. Instead of rubbing it as you would the Sore Spot, you vigorously tap the Karate Chop point with the fingertips of the index finger and middle finger of the other hand. While you could use the Karate Chop point of either hand, it is usually most convenient to tap the Karate Chop point of the non-dominant hand with the two fingertips of the dominant hand. If you are right handed, for example, you would tap the Karate Chop point on the left hand with the fingertips of the right hand.*

*Should you use the Sore Spot or the Karate Chop point? After years of experience with both methods, it has been determined that rubbing the Sore Spot is a bit more effective than tapping the Karate Chop point. It doesn't have a commanding lead by any means but it is preferred.*

The above description of the 'Setup' is from the EFT manual – however questions about the setup and affirmation are one of the most common questions I've had, particularly the part about 'deeply and

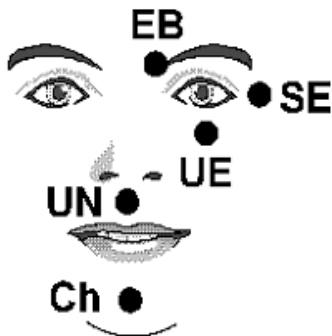
completely accept myself' as well as repeating it 3 times, and I've come to the conclusion that using the exact method above is not 'carved in stone'. I went back to Roger Callahan's book Tapping the Healer Within, and found that his method of PR correction is to tap on the KC point 5 to 7 times, without any affirmation at all. <sup>6</sup>

I frequently do step 2 (the Setup) without any affirmation at all and that also works fine. The modified version I use is to tap the KC point –or– rub the sore spot while stating, just once, the issue or emotion, and then adding an affirmation if you want. That will help you to stay 'tuned in' to the emotion or memory and you'll have tapped the KC point or rubbed the sore spot a total of at least 5-7 times in the process. For example: 'I'm feeling fear in this memory, but God hasn't given me a spirit of fear'; and then move on to the rest of the 'recipe'.

### Ingredient #2...The Sequence

*The points: Each energy meridian has two end points. For the purposes of The Basic Recipe, you need only tap on one end to balance out any disruptions that may exist in it. These end points are near the surface of the body and are thus more readily accessed than other points along the meridians that may be more deeply buried. What follows are instructions on how to locate the end points of those meridians that are important to The Basic Recipe. Taken together....and done in the order presented....they form The Sequence.*

*\*\*At the beginning of the eyebrow, just above and to one side of the nose. This point –*



*–is abbreviated EB for beginning of the EyeBrow.*

*\*\*On the bone bordering the outside corner of the eye. This point is abbreviated SE for Side of the Eye.*

*\*\*On the bone under an eye about 1 inch below your pupil. This point is abbreviated UE for Under the Eye.*

*\*\*On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated UN for Under the Nose.*

*\*\*Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated Ch for Chin.*

*\*\*The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for CollarBone even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point*

TH - stands for the top of your head. Right at the center of the top of your head is also frequently used. Use 2-3 fingers from either hand to gently tap your fingertips on this location. (No illustration included)

**\*\*On the side of the body at a point even with the nipple (for men) or in the middle of the bra strap (of women). It is about 4 inches below the armpit. This point is abbreviated UA for Under the Arm.**



#### Ingredient #4...The Sequence (again)

*All of this may look a bit complicated, but after you've done it a few times you'll probably find that you don't need to consult the 'map' anymore, because you have it memorized already.*

*The Reminder Phrase -- You "aim" The Basic Recipe by applying it while "tuned in" to the problem from which you want relief. This tells your system which problem needs to be the receiver.*

*Tuning in to a problem can be done by simply thinking about it. In fact, tuning in means thinking about it. Thinking about the problem will bring about the energy disruptions involved which then, and only then, can be balanced by applying The Basic Recipe. Without tuning in to the problem--thereby creating those energy disruptions--The Basic Recipe does nothing.*

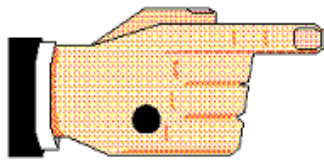
*However, you may find it a bit difficult to consciously think about the problem while you are tapping, humming, counting, etc. That's why I'm introducing a Reminder Phrase that you can repeat continually while you are performing The Basic Recipe. The Reminder Phrase is simply a word or short phrase that describes the problem and that you repeat out loud each time you tap one of the points in The Sequence. In this way you continually "remind" your system about the problem you are working on.*

*The best Reminder Phrase to use is usually identical to what you choose for the affirmation you use in The Setup. For example, if you are working on a fear of public speaking, The Setup affirmation would go like this: 'Even though I have this fear of public speaking, I deeply and completely accept myself.' Within this affirmation, the underlined words, fear of public speaking, are ideal candidates for use as the Reminder Phrase.*

#### Ingredient #3...The 9 Gamut Procedure

*(Please note - the 9 Gamut Procedure isn't used very often, so even though it's called Ingredient #3 from the EFT Manual, I'm adding it to the end of the process. You can use it if you've done a round of tapping on an issue and the SUDS level hasn't gone down at all. I've used it on myself and clients, and it does help. But, doing the rest of the procedure without this usually works on it's own. Use this if you become "stuck".*

*The 9 Gamut Procedure is a 10 second process wherein 9 of these "brain stimulating" actions are performed while continuously tapping on one of the body's energy points.....the Gamut point. It has been found, after years of experience, that this routine can add efficiency to EFT and hastens your progress towards emotional freedom....especially when sandwiched between 2 trips through The Sequence. To do the 9 Gamut Procedure, you must first locate the Gamut point.*



Gamut point

It is on the back of either hand and is 1/2 inch behind the midpoint between the knuckles at the base of the ring finger and the little finger.

Next, you must perform 9 different actions while tapping the Gamut point continuously. The 9 Gamut actions are:

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. Roll eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order.
6. Same as #5 only reverse the direction in which you roll your eyes.
7. Hum 2 seconds of a song (suggest Happy Birthday, or Mary Had a Little Lamb).
8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song again.

### Subsequent Round Adjustments

Let's say you are using *The Basic Recipe* for some problem (fear, headache, anger, etc.). Sometimes the problem will simply vanish after just one round while, at other times, one round provides only partial relief. When only partial relief is obtained, you will need to do one or more additional rounds. Those subsequent rounds need to be adjusted slightly for best results. Here's why: One of the main reasons why the first round doesn't always completely eliminate a problem is because of the re-emergence of Psychological Reversal, that interfering blockage that *The Setup* is designed to correct.

This time, Psychological Reversal shows up in a somewhat different form. Instead of blocking your progress altogether it now blocks any remaining progress. You have already made some headway but become stopped part way toward complete relief because Psychological Reversal enters in a manner that keeps you from getting any better still.

Here's the adjusted format for *The Setup* affirmation:  
Even though I still have some of this \_\_\_\_\_, I deeply and completely accept myself.

Please note the emphasized words (*still & some*) and how they change the thrust of the affirmation toward the remainder of the problem. It should be easy to make this adjustment and, after a little experience, you will fall into it quite naturally.

The *Reminder Phrase* is also easily adjusted. Just put the word remaining before the previously used phrase. Here, as examples, are adjusted versions of the previous *Reminder Phrases*.

- \*\*remaining headache
- \*\*remaining anger towards my father
- \*\*remaining war memory
- \*\*remaining stiffness in my neck

*Be Specific Where Possible* – It is best, of course, to be specific whenever you can. That way you

*can efficiently zero in on an exact fear, pain, memory etc., and eliminate it from your limiting baggage.*

An important tip: focus on the feeling or emotion, and not necessarily on the situation itself. I discovered the importance of this a few years ago, when I was tapping on being unemployed. That situation may bring up some emotions, so it's those emotions that you want to tap on, such as 'fear of being broke' or whatever it is. To be more specific, rather than tapping on 'even though I can't find a job', ask what feeling(s) that brings up, and tap on those feeling(s), either one at a time or perhaps on something like 'general frustration'. Being as specific as possible will generally yield the best results.

Another thing to try, if you don't seem to be making any headway with the current issue, is to relate the current emotion to a previous event where you had the same or very similar emotion, and then tap on that too. As in, what does this remind me of, in my feelings? Depending on how raw those emotions or memories are, it may be best to tap on the feelings in relation to the current situation first, and then move backward to earlier memories. Part of what led me to this whole area of spiritual warfare was tapping on my fear of the IRS, and I then realized it was similar to fear I had growing up in an abusive home. I'll let you draw your own conclusions about that particular linkage. (Those of you who may be reading this outside of the USA may not appreciate this 'fear of the IRS', they're part of the U.S. 'tax collection' apparatus, and I'll leave it at that.)

I believe that is a good deal of what can make EFT such a powerful tool for spiritual warfare, (more in Part II and III), is because it appears that most of the 'grounds' or 'hold' a particular dark entity or demon has is through a particular painful or traumatic event that gave them 'access' when one's defenses were down. In fact, I think that may be part of the meaning behind the following verse of scripture, which will then lead me to Part II, where I'll discuss spiritual warfare. God comes into your life or situation by invitation only; you have to ask Him in. He will call you, and/or knock on your door, but ultimately He won't come in without permission. He is polite and well-mannered, and the devil and his dark horde of demons are essentially the opposite of that.



*And they were all amazed, insomuch that they questioned among themselves, saying, What thing is this? what new doctrine is this? for with authority commandeth he even the unclean spirits, and they do obey him. (Mar 1:27 KJV)*

*Then they went out to see what was done; and came to Jesus, and found the man, out of whom the devils were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid. (Luk 8:35 KJV)*

*For this purpose the Son of God was manifested, that he might destroy the works of the devil. (1Jn 3:8b KJV)*

## Chapter 3. Why engage in spiritual warfare?

*We know that we are from God, and the whole world lies in the power of the evil one. (1Jn 5:19 ESV)*

*[But] he who commits sin [who practices evil-doing] is of the devil [takes his character from the evil one], for the devil has sinned (violated the divine law) from the beginning. The reason the Son of God was made manifest (visible) was to undo (destroy, loosen, and dissolve) the works the devil [has done]. (1 John 3:8) (Amplified)*

I'm going to begin the answer to the question 'why engage in spiritual warfare?' with something by C.S. Lewis.

One of the things that surprised me when I first read the New Testament seriously was that it talked so much about a Dark Power in the universe – a mighty evil spirit who was held to be the Power behind death and disease, and sin. The difference is that Christianity thinks this Dark Power was created by God, and was good when he was created, and went wrong. Christianity agrees with Dualism that this universe is at war. But it does not think this is a war between independent powers. It thinks it is a civil war, a rebellion, and that we are living in a part of the universe occupied by the rebel.

Enemy occupied territory – that is what this world is. Christianity is the story of how the rightful king has landed, you might say landed in disguise, and is calling us all to take part in a great campaign of sabotage. When you go to church you are really listening in to the secret wireless from our friends:

*that is why the enemy is so anxious to prevent us from going. He does it by playing to our conceit and laziness and intellectual snobbery. I know someone will ask me, 'Do you really mean, at this time of day, to re-introduce our old friend the devil – hoofs and horns and all?' Well, what the time of day has to do with it I do not know. And I am not particular about the hoofs and horns. But in other respects my answer is 'Yes, I do.' I do not claim to know anything about his personal appearance. If anybody really wants to know him better I would say to that person, 'Don't worry. If you really want to, you will. Whether you'll like it when you do, is another question.'*<sup>7</sup>

I don't begin to fathom a lot of this, and I began doing all of this somewhat reluctantly. In this case, the adage 'ignorance is bliss' is at least partly true. On the other hand, having a relationship with the One God who has all authority and power in heaven and earth; (see Mark 1:27, Luke 4:36, Luke 9:1, Matth. 28:18) and finally making sense of some of what I've been through, and see going on around me in the world, convinces me I'm on the right path.

So, the answer to the question, why engage in spiritual warfare? The first reason is because it's one of the signs of a believer:

*And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; (Mar 16:17 KJV)*

The second reason is because it's practical. It allows you to relieve a lot of your own and perhaps others' suffering. It can also help your confidence and faith grow. With time and practice, it gets easier to discern the lies of the evil one and his attempts to push you around.



## What is spiritual warfare?

I didn't find any one set of guidelines to answer the question: What is spiritual warfare? I imagine that most people have heard of exorcism, and many have also heard of deliverance. But I discovered that the arena of what is termed spiritual warfare goes beyond either exorcism or deliverance.

From my perspective, it covers not only casting out of devils, but also resisting the devil and he will flee from you. It also includes knowing our rights and/or authority as believers in Jesus Christ. It may involve the Holy Spirit giving us an unction to pray for someone else.

It also involves not giving the devil a place to re-enter our lives once we've discovered his presence and sent him packing, or perhaps throwing him out again a 2nd or 3rd time, or however many times it takes. It also involves allowing God's love and mercy in to heal us and guide us, and help us develop new habits; and then passing that gift on to others as we feel lead to do that. It can also be the simple, yet sometimes very difficult act of moving forward with something God has put on your heart to do, when 'the world' is screaming something else at you. It is also walking by faith, and not by sight. I'm still learning and working on these things.

I found a lot of information on the topic, both in books and on the Internet. I'll combine information from both sources. As I mentioned in the Introduction, there is a lot of information I haven't included, because I want to keep it mostly relevant to use with EFT.

First, from a book titled: Spiritual Warfare by Joseph Prince:

“Spiritual warfare is a vital part of our walk with God. There is a war going on around us that is invisible. You can't see it in the physical. But it is real. Once you are born, you automatically have an arch-enemy dedicated to your destruction. His name is Satan. He is the enemy of every man, woman and child. Whether you are a Christian or not, he hates you because when God made you, He made you in His own image. [ . . . ]

He can't get God because God is too powerful for him, so he goes after God's image – you and I. But the difference is this: When there is an attack from the devil, if you are a Christian, God's Word tells you how to stand victorious in the victory that you have in Christ. On the other hand, if you are not a believer, then you are under the devil's dominion and he can pick your number any time.”<sup>8</sup>

From my own experience and research, I believe that the devil's lies are very much tied into trying to influence one's emotional state, and/or that a negative emotional state is, to a greater or lesser degree, what gives the devil / evil spirit 'grounds' or a 'legal right' to stick around. I suspect, and hopefully we'll discover one way or the other, that once you discharge the emotional 'charge' with EFT – banishing the evil spirit will be much easier. It won't be subject to nearly as much turmoil as I've read about in the several accounts of exorcism or deliverance I've read.

In some respects, it would be easier to not have to ask this question, about spiritual warfare. It seems to me that most of the 'conventional wisdom' is not inclined to believe that there is a world of spirit. The belief is that if you have a problem, it's probably just some chemical imbalance that the right drug or some other 'rational' intervention ought to be able to fix. At least that's the hope. The “mainstream” certainly doesn't want us to believe any of that mumbo-jumbo about there being a spiritual realm. Given the topics of some of the recent of programs on TV. about such things, (i.e. 'Medium' and 'Ghost Whisperer' and 'Supernatural') maybe such a thing isn't seen as far-fetched as it was a few years ago.

## Do demons exist?

I don't want to focus too much attention on the whole question of whether or not there is a dark realm of the spirit, whether there are demons and the devil, and all of that. And perhaps I should have asked this question first, since their existence (or not) is what lies behind the reason for engaging in spiritual warfare. I'm going to proceed under the premise that they do exist. I don't believe they were just the beliefs of a people who were not yet able to name or diagnose various psychological maladies; as some would have us believe. If that were the case, society would, I believe, be in far better shape than it is now. One idea that influenced a change in my thinking on the topic, was the premise that if the devil / Satan does exist, he is called the father of lies.

*John 8:44 "You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies. (NASB)*

And then I started to wonder, after I'd heard the question posed elsewhere, if perhaps his non-existence is in fact his biggest and most successful lie? So rather than dismiss it out-of-hand, I decided to do some research. There is also the fact that 'devils' and 'unclean spirits' and their ilk are mentioned in many places in the New Testament, for instance: *Use all the armor and weaponry that God provides, so that you will be able to stand against the deceptive tactics of the Adversary. For we are not struggling against human beings, but against the rulers, authorities and cosmic powers governing this darkness, against the spiritual forces of evil in the heavenly realm. (Eph. 6:11-12 JNT)*

I don't believe that the realm of evil spirit disappeared when Freud came onto the scene. My research indicates that Freud was in fact an atheist. Both Freud and Carl Jung were very much influenced by the writings of Friedrich Nietzsche, of whom Ravi Zacharias notes that: "Nietzsche despised religion in general, and Christianity in particular with unbridled fury." <sup>9</sup> Another item I found was this: "It was Baudelaire who said: "The devil's cleverest ruse is to make man believe that he does not exist." For multitudes of people, generally among the more highly educated, the idea of a devil is something to be received with an amused tolerance. " <sup>10</sup>

In addition, Chuck Smith writes:

Because there is so much space in an atom, experts say it is theoretically possible for two worlds to coexist at the same time and in the same place, both passing through each other, unconscious of the other's existence. All it would take is for them to be made up of different molecular structures.

Now, in a sense, that is what the Bible teaches. It tells us there are two worlds coexisting, each passing through the other. For the most part, we are not conscious of that other world—but it is very conscious of us. The Bible calls it the world of spirits. This spiritual world is very real, and has a tremendous influence on all of our lives, either for good or for evil.

The Bible says of angels, "Are they not all ministering spirits sent forth to minister for those who will inherit salvation?" (Hebrews 1:14). We are grateful for the Holy Spirit, and for His influence upon our lives for good, convincing (sic) us of sin, drawing us to Jesus Christ, and molding and shaping us into the image of Jesus.

But there is another realm of spirit beings that is hostile to us and our walk with Christ. These spirit beings try to exert an extremely negative influence upon us. As Paul wrote, "We do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places." (Ephesians 6:12). A battle goes on and all of us are engaged in it.

Unfortunately, evil spirits are able to appear as angels of light, and thus it is possible for a person to be deceived by them. The Bible says Satan himself is able to transform himself into an angel of light (2 Corinthians 11:14).

Beyond that, even as we try to analyze our own thoughts, questions arise: Does that thought come from God, from my flesh, or from Satan? Who planted that thought in my mind? <sup>11</sup>

One pastor gives some guidance on "How Do Demons Get Inside?"

*"Spirits invade us through chinks in our natural armor caused by trauma. Spirits take hold of our natural carnal desires when they are indulged to excess." Later he adds: "Naming the spirit brings the thing to light, and since all evil thrives in deception and darkness and hates the truth and the light, naming the spirit exposes it, weakens its hold and sets the stage for deliverance." They can also gain entry by involvement in the psychic arena or by consulting mediums, astrology, fortune-telling, ESP, or otherwise dabbling in the spiritualistic world. <sup>12</sup>*

I have also read of the beliefs of those who claim that a Christian can, or can't be, 'possessed' by the devil or his demons. I don't begin to be able to say I know the mechanics of being 'possessed' or 'oppressed'; or even just 'harassed', and the real difference between them. However, for those who say a Christian can't be 'possessed', I have to ask the question: What about the period before they became a born-again believer? It may well be that there are degrees of either possession or oppression and harassment; but there's a lot about the topic that I don't know.

The following is an excerpt from one NDE (near death experience) by Dr. George Ritchie, which I believe gives an idea of some of what happens:

*"The instant I perceived him, a command formed itself in my mind."Stand up!" The words came from inside me, yet they had an authority my mere thoughts had never had. I got to my feet and as I did came the stupendous certainty: 'You are in the presence of the Son of God.'*  
*If this was the Son of God, then his name was Jesus. This person was power itself, older than time and yet more modern than anyone I had ever met.*

*Above all, with that same mysterious inner certainty, I knew that this man loved me. Far more even than power, what emanated from this Presence was unconditional love. An astonishing love. A love beyond my wildest imagining. This love knew every unlovable thing about me - the quarrels with my stepmother, my explosive temper, the sex thoughts I could never control, every mean, selfish thought and action since the day I was born - and accepted me just the same.*

*I noticed a certain phenomenon repeatedly - people unaware of others right beside them. I saw a group of assembly-line workers gathered around a coffee canteen. One of the women asked another for a cigarette, begged her in fact, as though she wanted it more than anything in the world. But the other one, chatting with her friends, ignored her. She took a pack of cigarettes from her coveralls, and without ever offering it to the woman who reached for it so eagerly, took one out and lit it. Fast as a striking snake the woman who had been refused snatched at the lighted cigarette in the other one's mouth. Again she grabbed at it. And again ... With a little chill of recognition I saw that she was unable to grip it. Like me, in fact, she was dead.*

*Gradually I began to notice something else. All of the living people we were watching were surrounded by a faint luminous glow, almost like an electrical field over the surface of their bodies. This luminosity moved as they moved, like a second skin made out of pale, scarcely visible light. At first I thought it must be reflected brightness from the Person at my side. But the buildings we entered gave off no reflection, neither did inanimate objects. And then I realized that the non-physical beings didn't either. My own unsolid body, I now saw, was without this glowing sheath.*

*I thought I had seen heavy drinking at fraternity parties in Richmond, but the way civilians and servicemen at this bar were going at it beat everything. I watched one young sailor rise unsteadily from a stool, take two or three steps, and sag heavily to the floor. Two of his buddies stooped down and started dragging him away from the crush.*

*But that was not what I was looking at. I was staring in amazement as the bright cocoon around the unconscious sailor simply opened up. It parted at the very crown of his head and began peeling away from his head, his shoulders. Instantly, quicker than I'd ever seen anyone move, one of the unsubstantial beings who had been standing near him at the bar was on top of him. He had been hovering like a thirsty shadow at the sailor's side, greedily following every swallow the young man made. Now he seemed to spring at him like a beast of prey. In the next instant, to my utter mystification, the springing figure had vanished. It all happened even before the two men had dragged their unconscious load from under the feet of those at the bar. One minute I'd distinctly seen two individuals; by the time they propped the sailor against the wall, there was only one.*

*Twice more, as I stared, stupefied, the identical scene was repeated. A man passed out, a crack swiftly opened in the aureole round him, one of the non-solid people vanished as he hurled himself at that opening, almost as if he had scrambled inside the other man.*

*Was that covering of light some kind of shield, then? Was it a protection against ... against disembodied beings like myself? Presumably these substance-less creatures had once had solid bodies, as I myself had had. Suppose that when they had been in these bodies they had developed a dependence on alcohol that went beyond the physical. That became mental. Spiritual, even. Then when they lost that body, except when they could briefly take possession of another one, they would be cut off for all eternity from the thing they could never stop craving.*

*If I suspected that I was seeing hell, now I was sure of it. These creatures seemed locked into habits of mind and emotion, into hatred, lust, destructive thought-patterns. <sup>13</sup>*

It can turn into a pretty complex topic, which is beyond the scope of what I'm writing. And in the end, the main point of determining if a person is or may be under the influence or possession of the demonic realm, would be to help that person find freedom from that state of bondage, would it not? My purpose and intention in this work is to lend assistance to help at least some of my fellow brothers and sisters find that freedom, as well as learning information I need myself.

In addition to what follows, I have a small personal example to share. One morning a few years ago, I was in the bathroom brushing my hair, and a very strong thought came inside my head, it told me that "today is the last day you'll be alive" (or something very similar). It was essentially a foreign, intrusive thought. I pondered for a moment whether that was true or not? I said a silent prayer for safety, or if it was God's will to bring me home, then so be it. Then I mostly forgot about it and went about my day. The next morning, the same thing happened with the strong intrusive thought. However, since I'd already learned some information on spiritual warfare I mentally told this 'voice / entity' that it had told me the same thing yesterday, and yet here I am, still alive. I then told it that it was a liar and to get away from me and don't come back, in Jesus' name. I haven't heard that particular lie or had that happen since then.

And in the end, the real deliverer is the One whose authority we stand on, and I/we need to be guided and open to the Holy Spirit in these matters. There indeed may be cases where EFT is not appropriate, or it's only appropriate as a tool to remain free of the devil's attempts to re-gain entry – using his usual emotional bag-of-tricks.

There are several parts to spiritual warfare, one of which is:

Dismantling the strongholds of the adversary, which is “a mindset impregnated with hopelessness that causes me to accept as unchangeable something that is contrary to the will of God.”<sup>14</sup>

The most important aspect of spiritual warfare, which applies with or without using EFT as a tool, is our authority over the powers or forces of darkness, as a believer in Jesus Christ.

And if we think that we need to, or even can, use our own power to deal with them, we'll quickly realize it's not possible. Even with and in Him, it's a process, and the devil will try his best to convince you he's more powerful and bigger than your problem, it's hopeless, etc. Don't believe it, he's a liar!

*John 8:44 "You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies. (NASB)*

*Joh 10:10 KJV The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.*

In describing characteristics of the devil, or the demonic realm or spirit, I want to add several passages from M.Scott Peck's book, People of the Lie.<sup>15</sup>

Evil is in opposition to life. It is that which opposes the life force. It has, in short, to do with killing. (pg. 42)

Evil, then, for the moment, is that force, residing either inside or outside of human beings, that seeks to kill life or liveliness. And goodness is its opposite. Goodness is that which promotes life and liveliness. (pg. 43)

When a child is grossly confronted by significant evil in its parents, it will most likely misinterpret the situation and believe that the evil resides in itself. When confronted by evil, the wisest and most secure adult will usually experience confusion. (pg. 62)

And from Clint M. Byars book, Devil Walk<sup>16</sup> the following:

*The primary desire of my particular audience was that I live in fear and mental torment until I had no mental capacity left. This is exactly how Satan and demons work. They constantly try to wear us down. They wait until we are at our weakest and then, like the spineless creatures they are, they attack.*

*Demons have no morals, integrity or character. They will stop at nothing to sway us to believe what they want us to believe. The more I listened to them, the more heinous their methods and thoughts and accusations became. (pg. 70)*

Several sources that I consulted, of those who had visions and/or NDE's that brought them to the demonic realm, had similar things to say about those in or under the sway of the forces of darkness. I'll note a couple of them below.

"I felt as though I was being "sized up" and that my torment would be their amusement. ... The creatures seemed to derive pleasure in the pain and terror they inflicted upon me."<sup>17</sup>

"Jesus said, "Satan feeds on evil. He glories in pain and suffering and gains power from it." "Satan feeds on our pain and grows strong on our cries of despair and sorrow."<sup>18</sup>

The biggest reason for including the above quotes is because, knowing that my anger or sadness or fear or whatever negative feeling I may be having is weakening me and strengthening my adversary, (and possibly compounding the problem); is sometimes what I need to make me remember I have a

choice of where I put my focus. (More on this in part III) And then it reminds me to tap and regain my equilibrium, and many times, also to pray.

Since this can be a somewhat intimidating topic, from which most of us would tend to want to shrink away and hide; I wanted to include the following quote from an interview with Fr. Amorth, an exorcist in the diocese of Rome. I found the statement to be encouraging to me and hopefully to you, too.

When we speak about Satan and satanic action, we usually have fear within us. . .

It is because we are not any more used to exorcism. Priests in general believe very little in the extraordinary action of Satan. If a bishop proposes to them to do the exorcism, *they are frightened, as if they think: "If I leave the devil in peace, he will leave me in peace. If I fight him, he will attack me."* This is wrong. The more we fight Satan, the more he is afraid of us. (emphasis added) <sup>19</sup>

## Spirit and feelings / emotions in scripture

*"It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life. ( John 6:63 NASB)*

*Anyone who does not love does not know God, because God is love. (1Jn 4:8 ESV)*

*There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. (1Jn 4:18 KJV)*  
*Love worketh no ill to his neighbour: therefore love is the fulfilling of the law. (Rom 13:10 KJV)*

I have also included an Appendix to this booklet listing a variety of scriptures that deal with emotions and spirit. I added it as an appendix because I discovered, as I was compiling the list, that there were too many passages to include as part of the general text.

One thing that's mentioned frequently in books or web sites about spiritual battles is that of 'thought patterns'. And I'm probably going to upset a lot of people with some of this, but I have to go where the evidence leads me. So I believe that it is not so much a person's 'thought patterns' that fuel their emotional state, BUT that their emotional state fuels their thought patterns. When you begin to use EFT, I suspect you'll be more inclined to agree with me.

At the very least, if you discover you have some unhealthy or negative thought patterns, if you discover some emotional resistance to letting them go or some strong emotional reaction lurking, using EFT on that emotional state will make it much easier to let it go and adopt a healthier outlook; not unlike putting on a new garment.

In her book Matters of the Heart, Juanita Bynum tells us:

"Scientists have observed that feeling is faster than thought, so our emotional reactions show up in brain activity before we have time to think. As soon as we perceive something, our emotions are active. We think, or process the perception, afterward. This is the reason we say things before we realize why we have said them. Emotions, even though they are influenced by our thoughts, act much faster. Doctors have concluded that we cannot manage our emotions through our rational mind. We react, and then we think." <sup>20</sup>

Or as the Apostle Paul put it: *Romans 7:15- I don't understand my own behavior – I don't do what I want to do; instead, I do the very thing I hate! (JNT)*

As part of this research, I consulted the Strong's Concordance <sup>21</sup>, and found a lot of words describing feelings or emotions in the Bible, King James Version. Here is a partial list:

Afraid, anger, anguish, bereaved, bitterness, bless(ed), cheer, confidence, confused, contrite, delight, desire, despair, discourage, dismayed, distress, doubt, ease, encourage, envy, fear, furious, glad, happy, hate, haughty, hope, humility, indignation, jealous, joy, love, merry, mirth, misery, mourn, peace, pity, pleasure, pride, rebellious, respect, sad, shame, suffer, thankful, tormented, triumph, troubled, trust, uncertain.

It may well be that our feelings and emotions are very much influenced by the spirit realm. Then our 'flesh' or waking, thinking conscious mind comes along later to play 'catch—up', as it were. One of the devil's biggest weapons, at least in my life, is fear, in addition to doubt and discouragement. And the Hebrew word for 'spirit' in the Old Testament is Strong's H7307 – rûach, also meaning 'breath' or 'air' or 'wind'. I imagine we've all noticed that our breathing is often constricted when we're fearful or stressed, and when we're relaxed we can 'breathe easy'. I don't think it's too much of a stretch, to at least partly relate one's emotional state with what we think of as 'spirit'.

As some corroboration for that premise, I refer you to 2 Tim 1:7 *For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm {and} well-balanced mind {and} discipline {and} self-control. (Amplified)*

And in the KJV, instead of timidity it says 'God did not give us a spirit of fear...', which leads to the question, if God did not give us a 'spirit of fear (or timidity)', then who or what did? We may, indeed, feel fearful due to some painful or traumatic event in the past, but ultimately the above passage tells us that God hath not given it to us; so it must have come from the Adversary, a.k.a. the devil.

This is precisely one of the areas where EFT can be very helpful. I'm still working on this myself, it's a process. Depending on your background, persistence is important, because the 'weeds' can take over pretty quickly, if you let them.

PR (psychological reversal) isn't a term or concept that we're familiar with, (see part I) but since most of what EFT presents isn't terribly familiar, I just took it as it's presented and went with it. While researching the topic of spiritual warfare over the last couple of years, I ran across some information that shows some use or knowledge of 'polarity' in terms of a person's energy system by those who practice witchcraft, of all things! In light of that, I did a web search for the words 'reverse polarity magic' on Jan. 14<sup>th</sup>, 2007 on the dogpile.com search engine, and found some interesting information; since I wanted to be able to document my finding about polarity reversal being tied into witchcraft, or 'magick' as some of the practitioners call it.

The first thing I found was that there's a card game called 'Magic The Gathering' where one of the cards is titled: 'Reverse Polarity'.

I also discovered a couple of articles on the topic, here's the first paragraph from one of them:

2000. A group of ordinary ritual magicians commenced this project with the intention of becoming wealthier. Amongst the members of a small group of practising ritual magicians it had been noticed that more money was observed to flow out of the pockets of the members, than was observed to flow into their pockets. This phenomenon was defined as polarity of cash flow. The intention of the exercise was therefore defined as the reversal of polarity. 22

That tells me that from a spiritual warfare perspective, PR is certainly something to be aware of, and EFT has a method to correct it at the beginning of the sequence. While 'polarity reversal' and 'PR / psychological reversal' may not technically be the same thing, I believe there are similarities. And I have had instances where I did one or 2 rounds of EFT on an emotional aspect or part of an unpleasant

memory without doing the PR correction first, and the intensity or SUDS level didn't change, until after I did the correction.

In M. Scott Peck's *People of the Lie*, he briefly discusses the topic of exorcism, and says this about counseling someone afterward: "Satan does not easily let go. After its expulsion it seems to hang around, desperately trying to get back in. All the old complexes were back in place, but it was as if the energy had gone out of them."<sup>23</sup>

To relate that to EFT tapping, the 'complexes' would be the harmful thought patterns and the energy having gone out of them would be the negative emotions holding them together. And EFT can, in that respect, be an excellent tool in keeping the devil from returning, once expelled. Some refer to emotions as 'energy in motion', and whether positive or negative they will frequently put us in motion.

You can more easily take control of your thoughts after you've started getting rid of some of the negative emotion 'weeds' in your life. Then when you start to get fearful about something, you'll get to where you will more and more often be able to stop it in its tracks.



## Chapter 4. Putting the two together

### EFT tapping and Spiritual Warfare

An analogy that I've found useful, with respect to spiritual warfare, is to think of it as similar to dealing with an unruly child. Here in the USA we used to have a TV show called SuperNanny, where a nanny spends time with a family and guides them and gives them tools to help them function better. They learn to discipline their children, open up communication and generally bring order to a household that was very disorderly. The aspect of the process that parallels spiritual warfare, in my mind, is that of claiming rightful authority over the situation, without becoming angry or upset and lashing out. You just decide that certain things / behaviors are not acceptable, and though there may be a struggle at first, once the unruly child realizes you really mean it, they behave accordingly. And everyone ends up much happier. It's an amazing thing.

To summarize my perspective, or position or hypothesis in putting these topics together, I wanted to demonstrate the following:

First – that EFT tapping is an excellent tool for relief of emotional (and sometimes physical) pain.

Second – that spirit (good or bad) is very much linked to our emotions.

Third – that the activity of evil spirit may be, frequently or not, linked to negative emotions or that they may attempt to stir up negative emotions to further their agenda.

Fourth – that using EFT tapping as a tool / weapon in our spiritual battles gives us more control over the devil's tactics as well as his attempts to keep us in bondage.

*So it is with us – when we were 'children' we were slaves to the elemental spirits of the universe; but when the appointed time arrived, God sent forth his Son. ... In the past, when you did not know God, you served as slaves beings which in reality are non-gods. But now you do know God, and, more than that, you are known by God. So how is it that you turn back again to those weak and miserable elemental spirits? Do you want to enslave yourselves to them once more? (Gal. 4:3,4a,8-9 JNT)*

From Spiritual Warfare Ministries Online, Don Rogers writes: "A spiritual warrior knows he must bring discipline to his thought life and to his actions. If he allows these areas to be compromised, he will not be effective in resisting the enemy." And: "A spiritual warrior knows his inheritance in Christ. He knows God's promises and is not easy prey to the lies and deceptions of the enemy, who tries to call these promises and inheritance into question. He understands the lie is the enemy's language and his most effective weapon. Therefore, the warrior seeks constantly to fortify himself in an understanding of God's truth which he wears like armor for protection."

Also, in a section titled "Does a believer need to fear curses?" Don Rogers writes: "Fearing Satan, his hosts or curses only gives the enemy more power in your life. Fear is not trusting God. It is yielding to the lies and intimidations of the enemy. If the truth will set people free (Jn. 8:32), then believing the enemy's lies keeps people in bondage. God's children must live by the truth."

The importance of what we say – including and perhaps most importantly, what we say to ourselves!

Since there is a lot of verbiage in EFT, such as during the setup and the use of the 'reminder phrase'; as well as in our thought-life, I wanted to include something on this topic. I know for me, and probably for others as well, I would never talk to others the way I sometimes talk to myself. Some of it is probably

from old 'tapes' that I learned from my parents or others around me, and/or some of it is of the evil one, but in the end I have the choice of whether I'm going to believe it or not. And with EFT, it's not very difficult to help re-shape our thinking and 'self-talk' to match God's Word, which is why I've included some scriptures to 'tap on' at the end of this section. Of course, you're free to pick other scriptures or other words of encouragement and truth.

Sometimes, particularly if it's an area where we're not making any progress, it may be due to the PR issue. For example, we may say and believe that we want to lose weight, but we find we have a lot of emotional resistance to making any real changes in that area. So, in that area, we may consider ourselves like a 'house divided'. EFT can be very helpful in that respect, though frequently persistence is important. It may also be that what we think we want isn't God's will, for instance a particular type of new car, so we can pray and tap that our will and His will come into alignment. (It may be that something like gas mileage and/or reliability is more important and that car you have in mind isn't going to give you those things, which God already knows and will lead you to what is the best fit for you.)

In addition, sometimes we will have made a 'vow' of some sort after a particular incident; and not realize it's now affecting us. God is faithful to reveal these things to us, though again it sometimes requires persistence. You may be struggling in an area, and not be aware of a particular incident until you have a sudden 'insight' that you can then tap and/or pray about. Or, it may be that you have conflicting feelings and beliefs around a particular topic, such as money or health or any number of things. EFT can be an excellent tool to help sort it all out, in conjunction with prayer and scripture.

#### Potential benefits of using EFT in relation to spiritual warfare / issues

The areas where I see that EFT has great potential are the following:

- Recovering from previous attacks (i.e. painful memories, trauma, etc.), allowing one to get to the 'roots' of an issue and clear it out.
- Gaining discernment – becoming more able to distinguish between your own thoughts and feelings, those coming from the Holy Spirit and those of the evil one.
- Keep small or more current issues from becoming habits that then become strongholds – leading to fewer feelings of despair and hopelessness.
- Using your power of choice to accept, reject or question thoughts or suggestions that come into your mind. Having more control over where you put your attention and focus.

Before I add some more detail to the above points, I did want to mention something called 'energy toxins', which can affect a person's feelings or emotions more often than you'd realize. I know this from first-hand experience, after I discovered several years ago that eating wheat was a big contributor to the huge anxiety I used to have. That was also before I discovered EFT, though I now eat a gluten free diet and also avoid some additives such as MSG.

I've also heard accounts of depression, fatigue and other reactions to various substances; sometimes a substance included in a food or beverage, or sometimes something in a piece of clothing, or furniture or laundry detergent, perfumes, the list goes on and on.

Some EFT practitioners have also discovered that sometimes a substance will behave as an 'energy toxin' due to being associated with a painful or traumatic memory in the past. For instance, as a made-up example: pine trees and a particular instance of a friend teasing you as a child. If you discover the link, or trigger, and neutralize it with EFT – then the substance (pine trees) may no longer be considered toxic by your system. I did want to bring up those possibilities, and it may be something you'll particularly want to consider if you don't appear to be making any headway with EFT, or if the issue(s) keep returning.

I also think that dealing with emotional triggers could very well lead us back to the spiritual arena, and may be worthy of greater study. I haven't really studied NLP (neuro-linguistic programming), but what little I know of it, at least some of it also appears to deal with emotional triggers.

## Getting specific

I'm going to discuss some of the benefits and/or uses of EFT in relation to spiritual warfare and life in general, but first I wanted to get specific, so you can put it to use; and then use the rest of the information as a sort of thought-provoker or springboard. Then you can use that to make it specific to your situation.

In addition, though this may go without saying – don't limit yourself to just 'spiritual' issues. If you have some sort of issue or ailment that you wouldn't necessarily put under the heading of 'spiritual', try using EFT on it anyway. Practice makes perfect, and as Gary Craig says 'try it on everything'.

Robert S. McGee outlines 4 false beliefs that hinder many of us in our walk with God.<sup>24</sup> He then gives us God's truth and related scripture, and how to apply God's solutions to our search for significance. He makes a very good case that many of our behaviors, whether they are functional or dysfunctional, are based on our search for significance. I'll list those 4 lies and the corresponding truths below, and then pick one of them to use as an example for EFT.

*False belief:* I must meet certain standards to feel good about myself. If I don't ... (fear of failure).

*God's Answer:* I am completely forgiven and fully pleasing to God.

*Being therefore justified by faith, we have peace with God through our Lord Jesus Christ; (Rom 5:1 WEB)*

*False belief:* I must be approved (accepted) by certain others to feel good about myself. If I'm not approved ... (fear of rejection).

*God's answer:* I am totally accepted by God.

*You, being in past times alienated and enemies in your mind in your evil works, yet now he has reconciled in the body of his flesh through death, to present you holy and without blemish and blameless before him, (Col 1:21-22 WEB)*

*False belief:* Those who fail are unworthy of love and deserve to be blamed and condemned. (Fear of punishment, propensity to punish others.)

*God's answer:* I am deeply loved by God.

*By this God's love was revealed in us, that God has sent his one and only Son into the world that we might live through him. In this is love, not that we loved God, but that he loved us, and sent his Son as the atoning sacrifice for our sins. (1Jn 4:9-10 WEB)*

*False belief:* I am what I am. I cannot change. I am hopeless. (Shame)

*God's answer:* I am a new creation, complete in Christ.

*Therefore if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new. (2Co 5:17 WEB)*

It may be that, as you read some of those false beliefs, certain incidents come to mind that relate to that belief or idea. If so, make a note of it to tap on later. In fact, it's a good idea to either start a computer document or notebook or calendar page, as a place to note feelings or incidents to work on later, as they come to mind. For instance, under the first false belief, it shows 'If I don't ...' (meet certain standards), you can fill in the blank with your own specific beliefs about the consequences of not meeting those often

self-imposed standards, and/or the incidents where you started to hold that belief. Just remember it's the emotional aspect that you'll want to tap on.

However, for sake of illustration, I'm going to use the false belief and then God's answer as examples for tapping. Before you start, take a SUDS level of 0-10 of how strong the emotional upset is. Here's what it looks like:

first – tap the PR spot firmly with 2 or 3 fingers of the other hand, -or- rub the 'sore spot' firmly while saying 'Even though I have this belief that I must meet certain standards to feel good about myself, I deeply and completely accept myself.'

(Or, since there's at least a small possibility you don't really accept yourself, and certainly not deeply and completely, then try 'I would like to deeply and completely accept myself'.) Do this only once. Then come up with a 'reminder phrase' while you're tapping the different points, such as 'certain standards' and continue.

Then, tap a complete round while saying the reminder phrase for each point:

EB – 'certain standards'  
SE – 'certain standards'  
UE – 'certain standards'  
UN – 'certain standards'  
CH – 'certain standards'  
CB – 'certain standards'  
UA – 'certain standards'  
TH -- 'certain standards'

If you've done a round and the SUDS level hasn't gone down, then do the 9-Gamut procedure and then another round as above. If the level has gone down, but isn't at a 0 yet, do another round with the reminder phrase "remaining distress" or something similar.

As a reminder from Chapter 1, the 9-gamut procedure involves 9 different actions while tapping the Gamut point continuously. The 9 Gamut actions are:

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. Roll eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order.
6. Same as #5 only reverse the direction in which you roll your eyes.
7. Hum 2 seconds of a song (suggest Happy Birthday, or Mary Had a Little Lamb).
8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song again.

Then, for the next round, use the false belief as you do the setup and then God's answer as the reminder phrase, or God's answer and the corresponding verse of scripture alternatively.

It would look like this:

While tapping PR spot or rubbing sore spot, say to yourself (once):

Even though I (now) believe I must meet certain standards to feel good about myself, I would like to believe (or 'I choose to believe') that I am completely forgiven and fully pleasing to God. (I think I said that I would like to believe and KNOW...)

Reminder phrase: 'completely forgiven and fully pleasing to God'

EB – ‘completely forgiven’  
SE – ‘fully pleasing to God’  
UE – ‘completely forgiven’  
UN – ‘fully pleasing to God’  
CB – ‘completely forgiven’  
UA – ‘fully pleasing to God’  
TH - “completely forgiven’

Mr. McGee suggests writing the false belief on one side of an index card, and God’s truth and the corresponding scripture on the other side of that card and reading it daily. I believe that incorporating EFT with the exercise increases the effectiveness. You can use the same principle in conjunction with Bible-study materials too, if you wanted.

## More ideas for getting specific

In the book Devil Walk (see endnotes), Clint Byars has a section entitled: The Truth vs. The Lie (pg. 165-168). In it he gives a pretty thorough list of the devil’s lies, and then a scripture reference which shows the Truth as found in scripture. I’m going to list the lie, and then the scripture reference that’s given in the book. I’ll let you look up those references yourself, and I believe that you or I could find several more scripture references to answer or respond to each of these lies with the truth. If one or more of the lies bring up an emotional reaction for you, it may be a lie you’ve come to believe; and it may be held in place by one or more incidents in your past. Make a note of them, and start tapping! Also, pray and ask God to provide Holy Spirit guidance, comfort and assistance. Then tap on the truthful scripture, which opposes the lie, too. Here’s the list:

The Truth vs. The Lie

The lie is .....

- There is no God. (Psalm 14:1)
- God does not love you. (Romans 5:8)
- God’s holding out on you. (Romans 8:32)
- Satan has power over you. (James 4:7)
- God’s lying to you. (2 Corinthians 1:20)
- God has abandoned you. (Hebrews 13:5b)
- God cannot help you. (Isaiah 41:10)
- You’ve sinned too much for God to save you. (Romans 10:13)
- God doesn’t care about you. (1 Peter 5:7)
- You have no hope. (Colossians 1:27)
- Don’t bother to pray; God won’t listen to you. (Jeremiah 29:11-13)
- You can’t be forgiven. (Romans 8:1)
- You can’t escape your past. (2 Corinthians 5:17)
- God won’t take care of you. (Philippians 4:19)
- Being a Christian will be hard and miserable. (Matthew 11:28-30)
- You have to work for your salvation (Ephesians 2:8-9)
- Your sins will always control you. (Romans 8:2)

## The importance of expectations and persistence

Another thing that is becoming clearer to me is that our expectations reveal where we stand in our faith. I’d heard and read that our beliefs play an important part in what we get in life, or how we see things, etc. But I wondered, how the heck do I identify my beliefs? I now think that I can get to my beliefs through

what I expect. Do I expect good things to happen, in line with God's goodness? Do I expect to be able to accomplish what I set out to do, or have been called to do? Or do I expect the worst? I've recently discovered (or the Lord has revealed) that I have generally expected the worst, or at least I haven't expected anything too far above a tolerable existence. Oh sure I hoped for more, but 'don't expect too much, then you won't be disappointed'.

So, look at your expectations and check them out against the Word of God. I read somewhere that it's a good idea not to confuse the facts and the truth. The 'facts' may be what you can see, touch, smell, etc. The 'facts' may also include how 'the world' says you should believe, and go about things to get results. But the Truth is what is found in the Bible. The 'facts' may only be in your life as a result of the devil's lies, use that as material to tap on and change your focus to the truth. Then begin to notice what happens.

And persistence is a vital ingredient to winning your spiritual battles. If you're dealing with a stronghold, the devil may not give up very easily. The 'roots' may have dug in pretty deeply. However, with EFT I believe it can be a lot quicker and easier than it used to be. In addition, just the fact that you have a tool to help alleviate your pain or other issues, means you're less likely to find some way to try and run away from it. That in itself is a huge part of the battle, in my opinion.

### Gaining discernment – becoming more able to distinguish between your own thoughts and feelings, those coming from the Holy Spirit and those of the evil one.

I know in my case, I have found it easier to distinguish whose 'voice' I'm hearing, though that voice is generally similar to my own thinking voice. What I mean by that, is that when you're thinking in your head the thoughts are the same 'voice' that you hear. If you have a memory of a conversation with someone, then I suspect we all remember the other side of the conversation in the 'voice' of the person we were speaking to, such as one of our parents. Or if we remember a song, we remember it with the singer's voice singing it. So the voice of the Holy Spirit isn't usually like I'd hear if someone were sitting next to me speaking into my ear, it's inside my head like a thought, but it generally has a tone of more assurance or authority than my own thoughts. It sometimes has a more masculine sound, too.

The voice of the devil or his demons, on the other hand, usually has more of a sarcastic tone or a whiny sort of feeling-tone, or mean and insulting, but not always. More recently I've found it to be more demanding or impatient. I can generally distinguish it by how it makes me feel or where it seems to want to lead me – i.e. to take offense or to want to give grace to someone who's said something that could be taken more than one way. My own thoughts are pretty much the ones I have when I'm trying to put together a shopping list, or something similar. If in doubt, the one thing to remember is that the Holy Spirit will NEVER, ever contradict His Word, i.e. the Holy Bible. That's why it's a good idea to regularly spend some time either reading or listening to the Bible.

Since I'd read in at least a couple of other places, in relation to this topic, that our thoughts are not always our 'own' thoughts, but may also come from either God or the devil, too. I found the information below from Joyce Meyer to add credibility to that idea:

Speaking of mind control, it is interesting to note that people operating in witchcraft seek to control other people's thoughts. Learning to project wrong thoughts toward unsuspecting people is one of their top priorities. What I get from this is that Satan wants to control our mind. <sup>25</sup>

I've also noticed that I am more able to spot someone else trying to manipulate my actions through emotions, than I used to be. It's a pretty pervasive thing with the news, politicians and government officials (where it is called 'psyops'), and advertisers. The overall point is that I find I'm much more able to

distinguish and/or question my thoughts and how they relate to my emotions and reactions, than I was before I started using EFT. I believe that the same is likely to happen for you, too.

## Questions / clarifications

1.) EFT does not replace prayer.

I pray a lot, particularly for other people, as well as for wisdom and guidance and protection, as well as for other more mundane things, for myself. I sometimes tap and pray at the same time! I have heard of people being supernaturally 'delivered' from disease, and/or from addictions or other ills, through prayer alone. I don't in any way want to take away from that. On the other hand, those things appear to be the exception rather than the rule, as far as I can tell. I don't know why. I do feel called to put out this information, as well as using this information as an EFT practitioner.

2.) EFT does not, as far as I know, replace exorcism or deliverance, i.e. the Catholic or Protestant means of 'casting out devils'.

I didn't even realize there was a term 'spiritual warfare' when I started researching the topic. I'd seen the movie *The Exorcist* 30 years ago when I was in high school, but otherwise I had a mostly secular view on the whole topic for most of my adult life, until just a few years ago. Then after re-reading *People of the Lie* by M. Scott Peck (see endnotes), I read a book by Fr. Amorth, about his life as an exorcist. Then I read Malachi Martin's book *Hostage to the Devil*, and it was a real eye-opener. I then discovered that those of the Protestant faith use the term 'deliverance' and apparently don't use an actual ritual or set of prayers, as in the Catholic rite of exorcism. There are several good websites on the topic, in addition to the authors just mentioned, for those who may want to do more research.

As I noted earlier, it appears that one way the demonic gains access is during traumatic events in our life. EFT can help remove the emotional pain of those memories, and I suspect that would make any need for exorcism or deliverance much easier. Overall, this is a new tool for us. I trust the Holy Spirit will lead and help us to use this tool for His healing purposes, and discover how and where it can have the most positive impact.

## Scripture to tap on

Following are some passages of scripture that have been helpful to me, and several of them have come to mind when the adversary's tried to come against me with one of his lies. The passages shown in the section 'The Truth vs. The Lie' would be good to use, too, one or two of them may also be on this list below. These may or may not fit your situation, so use what fits for you and ask the Spirit to guide you.

Jehovah / God will never leave me nor forsake me (Deut 4:31 – Deut 31:6; 31:8; Jos 1:5; 1 Kings 8:57; 1 Chr 28:20; Heb 13:5)

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. (Joh 14:27 KJV)

Rejoice in union with the Lord always! I will say it again: rejoice! Let everyone see how reasonable and gentle you are. The Lord is near! Don't worry about anything; on the contrary, make your requests known to God by prayer and petition, with thanksgiving. Then God's shalom, passing all understanding, will keep your hearts and minds safe in union with the Messiah Yeshua. (Phil. 4:4-7 JNT)

Moreover, my God will fill every need of yours according to his glorious wealth, in union with the Messiah Yeshua. (Phil. 4:19 JNT)

Col 2:14 Having cancelled {and} blotted out {and} wiped away the handwriting of the note (bond) with its legal decrees {and} demands which was in force {and} stood against us (hostile to us). This [note with its regulations, decrees, and demands] He set aside {and} cleared completely out of our way by nailing it to [His] cross. (Amplified)

And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it. (Mat 16:18 KJV)

James 1:17 Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow. (NASB)

He said to me, Yahweh, before whom I walk, will send his angel with you, and prosper your way. (Gen 24:40(a) WEB)

Gal 5:6 For [if we are] in Christ Jesus, neither circumcision nor uncircumcision counts for anything, but only faith activated {and} energized {and} expressed {and} working through love. (Amplified)

John 10:28 And I give them eternal life, and they shall never lose it {or} perish throughout the ages. [To all eternity they shall never by any means be destroyed.] And no one is able to snatch them out of My hand.

John 10:29 My Father, Who has given them to Me, is greater {and} mightier than all [else]; and no one is able to snatch [them] out of the Father's hand. (Amplified)

You, children, are from God and have overcome the false prophets, because he who is in you is greater than he who is in the world. (1John 4:4 JNT)

Isa 62:4 You [Judah] shall no more be termed Forsaken, nor shall your land be called Desolate any more. But you shall be called Hephzibah [My delight is in her], and your land be called Beulah [married]; for the Lord delights in you, and your land shall be married [owned and protected by the Lord]. (Amplified)

Isa 54:14-15,17 WEB

(14) In righteousness you shall be established: you shall be far from oppression, for you shall not be afraid; and from terror, for it shall not come near you.

(15) Behold, they may gather together, but not by me: whoever shall gather together against you shall fall because of you.

(17) No weapon that is formed against you will prevail; and you will condemn every tongue that rises against you in judgment. This is the heritage of the servants of Yahweh, and their righteousness which is of me, says Yahweh.

Let the words of my mouth and the meditation of my heart be acceptable in thy sight, O Jehovah, my rock, and my redeemer. (Psa 19:14 ASV)

Yet seek ye his kingdom, and these things shall be added unto you. Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. (Luk 12:31-32 ASV)

Save now, we beseech thee, O Jehovah: O Jehovah, we beseech thee, send now prosperity. (Psa 118:25 ASV)



Is 55:11 So shall My word be that goes forth out of My mouth: it shall not return to Me void [without producing any effect, useless], but it shall accomplish that which I please {and} purpose, and it shall prosper in the thing for which I sent it. (Amplified)

The blessing of the LORD, it maketh rich, and he addeth no sorrow with it. (Pro 10:22 KJV)

For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, (2Co 10:3-5 ESV)

For I know the thoughts that I think toward you, says Yahweh, thoughts of peace, and not of evil, to give you hope and a future. You shall call on me, and you shall go and pray to me, and I will listen to you. You shall seek me, and find me, when you shall search for me with all your heart. (Jer 29:11-13 WEB)

And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen. (2Ti 4:18 KJV)

One final note to keep in mind is that the devil doesn't like to give up easily. Keep yourself strengthened with prayer, being on the lookout for his lies or temptations – as an invitation for you to become discouraged or doubtful. The serpent's first words in the Bible are 'yea, hath God said?' or 'did God really say...?' – sowing seeds of doubt. (See Genesis 3:1) Also, tap on those feelings, tap on the everyday issues or annoyances that come up, and find some related scripture to tap on. What I do is find a few verses that relate to a particular area, and tap on the 'issue' and then alternate with the scripture until the SUDS level of the issue is greatly reduced or completely gone. Then for a few days, or sometimes even weeks, I'll read or speak the related scripture, and sometimes I'll tap at the same time. Use what works best for you. The important thing is that it helps to get your thoughts and feelings in agreement with God's word.

What I've discovered while doing this research, is that the Adversary knows a lot more about how we operate than we seem to know, and it's used against us to his advantage. Hopefully, more of us will start to change that. Then, let the Holy Spirit direct your focus, and your goals, and help to advance the Kingdom of God.

I am available for coaching, please visit my website at

<https://isaiah613ministry.com> or you can send an email to: [info@isaiah613ministry.com](mailto:info@isaiah613ministry.com). My phone number is on the website as well.

I'm also on both X/Twitter and Truth Social as @ciawatson.

## Endnotes

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