

The Awareness Gauge - An emotional (feelings) vibration test to cultivate Awareness of perceived reality and change

Awareness: The first important step of EFT (Emotional Freedom Techniques) and all Meridian Tapping Techniques and also the one we keep returning to in sessions and self help. Awareness is a vital skill in the use of EFT. It is the ability to tune in with honesty to our emotions and to be able gauge our intensity, vibration and feelings. When using the [Emotional Toothbrush Series](#) you will be asked to tune in to your emotions, feelings, memories, beliefs and how you experience them in your body. Does a thought make your throat clench, or your stomach flip, your chest tighten and so on? This awakening awareness will greatly enhance the results of EFT, sometimes you may have to consciously give yourself permission to become aware. Developing awareness is about listening to the inner and outer verbal, emotional and physical dialogue intently. It is about expanding your perception to listen to more than the story, words, emotions, movement, physical signs. Awareness is the ART of tuning IN. To awaken the process of awareness takes only a few minutes every day and as this ability grows, it takes seconds and then it happen instantly. Joining an [EFT workshop](#) will help you experience and develop this skill of focusing in.

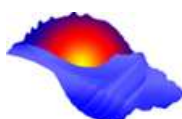
The following Table will help you begin the process of tuning in and give you a scale to gauge your progress as your vibration shift and lightens. You can you return to this questionnaire periodically to test the efficacy of the [Emotional toothbrush](#) series. It is a rudimentary and basic questionnaire which may be of use.

The way to use this questionnaire is to read the statements and then rate your intensity or level of truth next to the statement as a 0 to 10 scale. 0 is this does not apply to me and does not resonate or affect me and 10 means this is completely true for me and affects me strongly. 10 means it feels intensely true for me.

	Statement to Test	Intensity/ Truth Scale Rate 0 to 10
For Eg.	I am Unhappy	5
For Eg.	I am Happy	8

This “awareness test” is not about judging where you are at, but getting a chance to know yourself and where you are on your journey and to give you a sense of possibility. I find it very useful to know that I am constantly changing and am not fixed in any emotional state. Also the more aware I become of my present thinking and emotions the easier it is to think things I have never thought before, and to feel things I never felt before, so I find myself doing things different than I ever did before AND I get different results that I ever got before. You can utilize this questionnaire before you start using [the Emotional Toothbrush audio series](#) and a month later use it again and see if there has been any change in any of these. This is a a good way to test the results.

Nancy Gnecco, LPC, EFT Master, writes, in her article [3 Keys to EFT Mastery](#), “Testing our results is one of the primary skills taught in all the EFT instructional videos



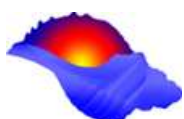
*and one that tends to be most under-used. Traditional psychotherapy seeks to have the client gain insights into their problems, symptoms or behaviours. Traditional therapists were not taught to test their results; because once we got the person calmed down we didn't want to trigger them again. I remember being taught in Polarity Therapy never to allow the client to talk about distressing issues after the session; because once we have the energies balanced we don't want the person going back into thoughts that could disrupt them again. The truth is that **if we have truly balanced the energies, nothing that we do or say will be able to bring back the distress.** The ability to bring back the distress is evidence that the issue has not been balanced energetically.*

With EFT we are constantly testing to let ourselves, the practitioners, and the clients know where we are. By testing we mean that we monitor the level of intensity during treatment, and we deliberately try to have the person get upset again once we believe we have collapsed the issue to an intensity of zero.

During treatment we want to monitor the level of intensity, so we ask for an initial rating on a scale of 0 to 10 with 0 being no intensity at all and 10 being the worst it can be. After each round of treatment we ask the client to check the intensity. "If your anxiety was an 8 when we started, what is the level of intensity now?" If it is not zero we know we have more work to do, so we complete another round of EFT on the remaining intensity. "If it started at an 8, and went to a 3, where is it now?" If the client reports that it is zero, or that they can't find it, we want to know if we have truly collapsed the issue so we ask the client to literally try to get the intensity back up. If the client can, we have more work to do; if not we want to move to a different level of testing just to be sure that the person truly has emotional freedom on the issue.

In the May 26, 2006 issue of the EFT Newsletter [Gary Craig](#) gives a "**Helpful Hint:** One key trait of EFT Masters is the tendency to test their work before assuming they are done. For example, have the height phobic look off the top of the tallest building in town ... or ... have the trauma victim repeat a graphic sentence like, "There was blood all over the place and I can still hear those constant screams" ... or ... ask the headache sufferer to shake his or her head ... and so on. If any of these tests show residual problems then you have more to do. This is important to know. Otherwise, your work is incomplete and your client has been short changed."

The Table below is really a global feelings / emotional vibration test to cultivate Awareness of perceived reality and change. I have compiled it more as a basic guide to test the results of tapping on a daily basis and of using EFT as an [Emotional Toothbrush](#). Hope it helps.



	Statement to Test	Intensity/ Truth Scale Rate 0 to 10
1.	I get stressed / anxious easily	
	I rarely feel stressed or anxious	
	I am calm and confident	
2.	I am in pain most of the time	
	I manage my pain well and get relief fast	
	I feel fit and healthy, I feel really good in my body	
3.	I feel ugly, I don't like looking in the mirror	
	I am comfortable with my body and am working towards feeling fit and flexible	
	I love my body and feel good when I see my reflection	
4.	My life is a mess, Nothing helps and I feel lost and alone. I am unhappy	
	My life is full, I feel OK, I do my best to be positive	
	I love my life, I love waking up in the morning filled with Joy and Laughter, Happiness is my life	
5.	I am not wealthy, I never have enough, I am just scraping by (barely)	
	I am content with what I have (just) I make do with what I have	
	I am Wealthy, My life is blessed with abundance and prosperity, I love sharing my wealth	
6.	The world is scary and unfriendly, I am afraid especially of others judgments	
	I am comfortable with people and learn from my mistakes. The world is safe	
	I love the world and my place in it. I feel free and enjoy expressing my Truth	
7.	I don't believe in anything, I've been let down God, Nothing good ever happens	
	I believe in God/a Higher Power/ Love, good things sometimes happen to me	
	I experience God/ Truth/ Love/ Consciousness all the time, I am filled with Love, Bliss and Truth	

