

*Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.* 3 John 1:2

While Emotional Freedom Techniques (EFT) have been gaining widespread traction as a new and natural healing resource during the past decade, **most Christians are still unfamiliar with this simple and astonishingly effective self-help tool**, especially in light of its unfortunate association with the New Age arena. As a result, those who have discovered its often dramatic potential may be unsure how it fits in with their faith, especially when Clinical EFT's underlying principles, known as "energy medicine," have a decidedly New Age ring to them, having already been widely embraced in those circles.

But focusing instead on the pure efficacy of this therapeutic tool and the substantive relief provided to the end-user, **Sherrie Rice Smith, RN (Retired) has pioneered the use of this breakthrough approach (also called "tapping") with fellow Christians and has an extensive faith-based EFT practice. In this book, she shows how to use Scripture while tapping and also incorporates the power of prayer into her sessions with clients. Packed with compelling case histories of both physical and emotional healing drawn from her Christian EFT practice and predicated on her extensive nursing background, Sherrie explains the science behind Clinical EFT and how this methodology specifically works in harmony with our divinely created physiology.** She demonstrates how this (drug free) science coupled with one's faith is able to provide often instantaneous healing from a wide variety of conditions – whether spiritual, emotional, or physical in nature – along with the often profound relief Believers experience thereafter when set free from their suffering, especially when their symptoms have been chronic. **Unlike conventional "talk therapy," a hallmark of EFT is its unique ability to eradicate a problem permanently** -- although it's important to note that some serious issues require the assistance of an EFT practitioner and may take several sessions.

## Meet the author...

**Sherrie Rice Smith, R.N. (retired)** devoted over four decades to her nursing career which included providing hospice, ER, medical/surgical, and pediatric care. Given her keen interest in biology, physiology, psychology, philosophy, and quantum physics, she understands the scientific mechanics of why EFT works so well. Her own traumatic childhood and subsequent struggles also inform her personal appreciation of how EFT delivers relief to those suffering both physically as well as emotionally as EFT has delivered a source of deep healing and renewal in her own life.



A devout follower of Jesus for the majority of her adult life, Sherrie's a certified EFT Practitioner/Trainer/Instructor and is teaching other Christians as well as EFT practitioners, pioneering this new healing modality which powerfully combines prayer with tapping. In her own practice, she taps with clients of all faith bases (or no faith base if desired) utilizing Clinical EFT.



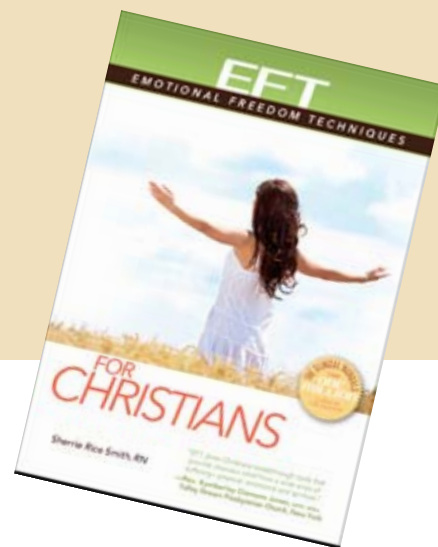
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# What people are saying about “EFT for Christians”

www.EFTforChristians



**"EFT gives Christians breakthrough tools that provide dramatic relief from a wide array of suffering—physical, emotional and spiritual."**

—Rev. Kimberley Clemons Jones, MDIV, MSED  
Valley Stream Presbyterian Church, New York

“As a registered nurse, I always want to know how and why various modalities work. This book delves into the physiology of "tapping" and makes it understandable. It provides insight into the subconscious mind and how it can be "reprogrammed" by simply tapping on various points on the body and it can be done in the privacy of your own home or with the assistance of qualified EFT practitioners. What a remarkable healing tool Ms. Smith has shared.”

-- Mary E. Cieslak, RN  
Voted Nursing Leader of the Year for 2015  
by the Wisconsin Organization of Nurse Executives

“Hats off to Sherrie Rice Smith for her new book, EFT for Christians. Sherrie is a person immersed in both medicine and faith and has done an admirable job of integrating science and religion when it comes to EFT. She spends lots of time on the science and physiology of EFT and she does this from a faith perspective, as one who has a foot in both worlds. As a practicing ordained pastor of thirty-five years and an EFT Practitioner myself I recommend her work without reservation to anyone who wants to explore the effectiveness of EFT and integrate it into mainstream Christian thought and practice with integrity.”

-- Pastor Tim Carson  
Broadway Christian Church (1000 member congregation)  
Columbia, Missouri

“EFT is a systematic, well-researched resource that allows Christians to take every thought captive unto the Lord while operating in this simple yet profound technique. As God has designed mankind with a clear body-mind connection, EFT breaks the negative feedback loop of rumination by neutralizing the negativity that’s been held within -- releasing and delivering the individual to inner peace. Christians can learn the process and add to their daily practice of meditation and spiritual disciplines.”

-- Victoria K. Eagleson M.A. M.S., MFT  
School Psychologist/Counselor, Fullerton Joint Union School District  
Orange County, CA

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# Sample interview questions

for **Sherrie Rice Smith, RN (Retired)**

Author, *“EFT for Christians”*

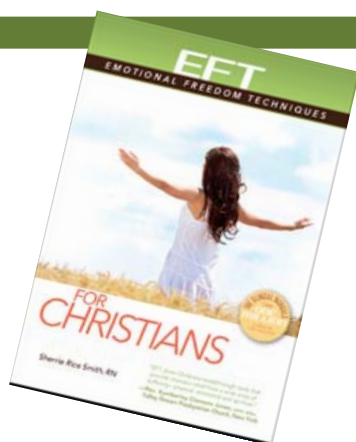
**www.EFTforChristians**



- 1.) What are Emotional Freedom Techniques (EFT)?
- 2.) Does EFT have any scientific underpinnings?
- 3.) What are your training & credentials re: EFT?
- 4.) What is the difference between EFT and Christian EFT?
- 5.) How can Christian EFT help me?
- 6.) What is the spiritual benefit?
- 7.) Can I do this for myself?
- 8.) As a Christian, how can I feel confident it's okay to use EFT?
- 9.) How do I determine if my specific condition needs the help of an EFT practitioner?
- 10.) How do I find a Christian EFT practitioner?
- 11.) Are there classes available to learn EFT? How do I find those?



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