



## Easily Make Mechanical Changes

**Question:** Can I use Emotional Freedom Technique to make mechanical changes?

**Answer:** This is an area I have been working on extensively with my athletes since 2003 with great success. I've discovered that you can make mechanical changes very quickly with the use of EFT. The standard belief in golf is that it can take up to a year to change a golf swing and in baseball the belief is that it can take up to 5000 swings to change a batting swing. Well, not anymore!

When you are attempting to make a mechanical change, you're fighting against a habit that is literally held in every cell membrane of your body. Every time your body makes the new movement your cells fight to re-establish the old pattern. It feels hard and uncomfortable because you're not only fighting the habit that is trying to re-establish, but also you're directing your body to make a new movement it isn't used to or comfortable with. With EFT it's easy to give your body the instruction to release the old habit and easily adapt to the new movement.

Here's an example of what I did with one of my major league baseball players. His batting coach was asking him to lower his hands to waist level at bat and his normal stance was to have them at shoulder level. This was a significant change and would normally take quite a bit of time to get used to. This is what we tapped on:

- It feels awkward with my hands lowered
- My arms feel uncomfortable lower
- I can't keep my arms parallel to the ground
- I'm holding this habit in every cell of my arms to move them up
- I can't trust myself to keep my arms down there
- I don't like my hands there
- I can't step into my swing with my arms lowered
- My arms and hands feel tense and tight when I hold the bat lower
- My arms and hands fight against holding the bat lower
- It feels natural and comfortable to hold the bat at shoulder level

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The next session he reported the following “ My new batting position feels really natural. I have more squat in my stance and I’m able to explode with my legs with no fear. I’m swinging good and my grip is looser and feels very comfortable.” We never had to tap on that mechanical change again.

With one of my Senior PGA Tour Players we worked on the mechanical issues of not getting the club across the line and not taking the club inside. Here’s what we tapped on:

- I’m not getting the club across the line
- I’m not getting my hands inside
- It doesn’t feel comfortable to take my hands inside
- I do it perfectly and then I revert back to the old way
- Every cell membrane is holding the habit of not taking the club across the line
- I take the club outside to avoid hooking the ball
- Taking the club inside feels unusual and uncomfortable to my body
- I’m holding this habit of taking the club outside in every cell of my body
- My body is more comfortable taking the club outside
- It feels so new and different to take the club inside
- It feels awkward to my body to take the club inside

By the next session he reported a considerable difference in his ability to take the club inside and across the line. He was pleased with his rapid results.