

EFT on a Page

THE DISCOVERY STATEMENT

"The cause of all negative emotions is a disruption in the body's energy system."

EFT IN A NUTSHELL

Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!!

0. Think of the problem and rate it from 0 to 10 with 0 being not an issue to 10 which is the worst it can be.

THE BASIC RECIPE

1. The Setup...Repeat 3 times this affirmation:

*"Even though I have this _____,
I deeply and completely accept myself."*

while continuously rubbing the Sore Spot or tapping the Karate Chop point.

2. The Sequence...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

EB, SE, UE, UN, Ch, CB, UA, BN, Th, IF, MF, BF, KC

3. The 9 Gamut Procedure...Continuously tap on the Gamut point while performing each of these 9 actions:

(1) Eyes closed (2) Eyes open (3) Eyes hard down right (4) Eyes hard down left (5) Roll eyes in circle (6) Roll eyes in other direction (7) Hum 2 seconds of a song (8) Count to 5 (9) Hum 2 seconds of a song.

4. The Sequence (again)...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

EB, SE, UE, UN, Ch, CB, UA, BN, Th, IF, MF, BF, KC

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the remaining problem.

5. Re-rate the issue. If it is not a 0, then perform again starting with Step 1 and adding the word "Remaining".