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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. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!!

THE BASIC RECIPE

Rate the intensity of your feeling on a 0-10 scale (10 = most).

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

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

while continuously rubbing the chest sore spot or tapping the KC spot (SI 3).

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
(BL 1-2, GB 1, ST 1, GV 27, CV 24, K 27, SP 21, LV 14, LU 11, LI 1, P 9, HT 9, SI 3)**

3. The 9 Gamut Procedure ... Continuously tap on the Gamut point (TW 3) while performing each of the 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 (8) Count to 5 (9) Hum 2 seconds (any notes, a song is okay)

4. Repeat steps 1 and 2, The Sequence

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