

The Emotional Freedom Technique™

THE DISCOVERY STATEMENT

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

EFT IN A NUTSHELL

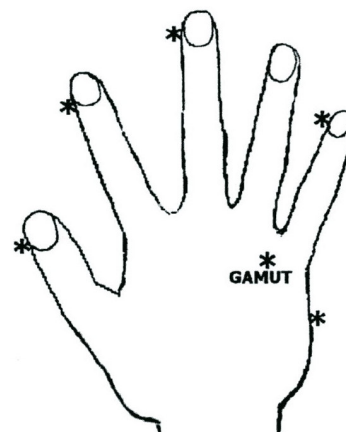
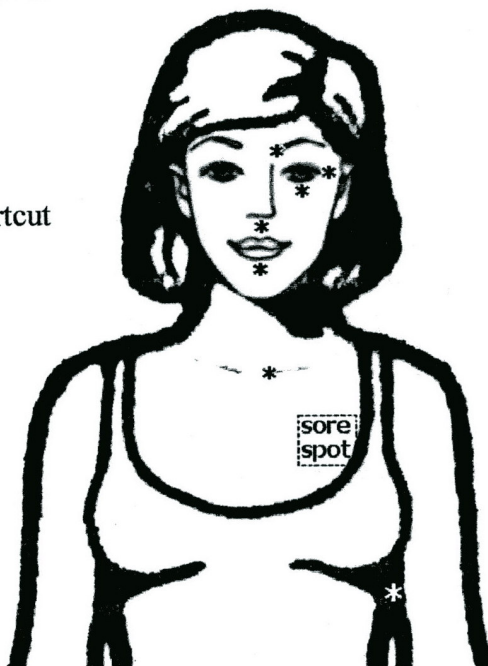
Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup Affirmation and Reminder Phrase. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!

THE BASIC RECIPE

1. Rate intensity of feeling, event or issue. 10 = worst, 0 = no pain, no feeling
2. The Setup... Repeat 3 times while rubbing the Sore Spot or tapping the Karate Chop point. "Even though I have this _____, I deeply and completely accept myself."
3. The Sequence... Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

EB (inside of eyebrow)
SE (side of eye)
UE (under the eye)
UN (under the nose)
Ch (chin)
CB (collar bone)
UA (under the arm)
Th (thumb)
IF (index finger)
MF (middle finger)
BF (baby finger)
KC (karate chop point)

} Shortcut



4. **The 9 Gamut Procedure...** Continuously tap on the Gamut point while performing each of these 9 actions:
Close the eyes. Open the eyes. Look hard down to the right. Look hard down to the left. Roll the eyes in a large circle. Roll the eyes in the other direction. Hum the beginning of a song, about 5 notes. Count aloud to 5. Hum 5 seconds of the song again.
5. Repeat the Sequence again (step number 3) until rating has decreased as desired.

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

Instant Emotional Healing by Peter Lambrou, Ph.D and George Pratt, Ph.D

www.emofree.com

Handout provided by Lida Monaghan, MSW, LCSW. Use Jody Pawel's affiliate link for a free manual, e-newsletter and to buy DVDs: http://snipurl.com/EFT_emofree