

EFT PROCEDURE "THE BASIC RECIPE"

1. Ingredient # 1 The Setup The Affirmation

Even though I have this _____, I deeply and profoundly accept myself.

2. Rub the sore spot and repeat the affirmation 3 x

3. Ingredient # 2 The Sequence, Tapping the energy meridian points 7 x on each tapping point while repeating the "Reminder Phrase" .

1 Top of Head, # 2 Eyebrow, # 3 Side of Eye, # 4 Under Eye, # 5 Under Nose, # 6 Chin, # 7 Collarbone, # 8 Underarm, # 9 Below Nipple, # 10 Wrist # 11 Thumb, # 12 Index Finger, # 13 Middle Finger, # 14 Baby Finger, # 15 Karate Chop

Ingredient #3 The 9 Gamut Point Procedure

1 Tap the gamut point continuously # 2 Close your eyes, # 3 Open your eyes # 4 Look down hard right while holding your head steady, # 5 Look down hard left while holding your head steady, # 6 Roll your eyes in a circle as though your nose is at the center of a clock and your trying to see all the numbers in order. Hold your head steady, # 7 Roll your eyes in a circle in the reverse direction. Hold your head steady. # 8 Hum 2 seconds of a song. # 9 Count rapidly from 1 to 5, # 10 Hum 2 seconds of a song again, Ingredient # 4 Do an identical trip through the " The Sequence"

*Tune into the issue by aiming EFT with the "Reminder Phrase"

THE CAUSE OF ALL NEGATIVE FEELINGS (from emotion)
IS A DISRUPTION IN THE BODY ENERGY SYSTEM