

EMOTIONAL FREEDOM TECHNIQUES

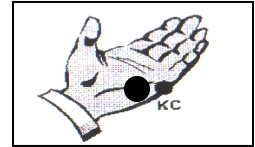
Tapping Sequences used on the Acupressure/Acupuncture meridian lines are simple to learn.
EFT is not invasive and will not unbalance medications. EFT works on skeptics!

(Be cautious regarding all medical/health matters – do not discontinue/alter medications without your physician's advice.)

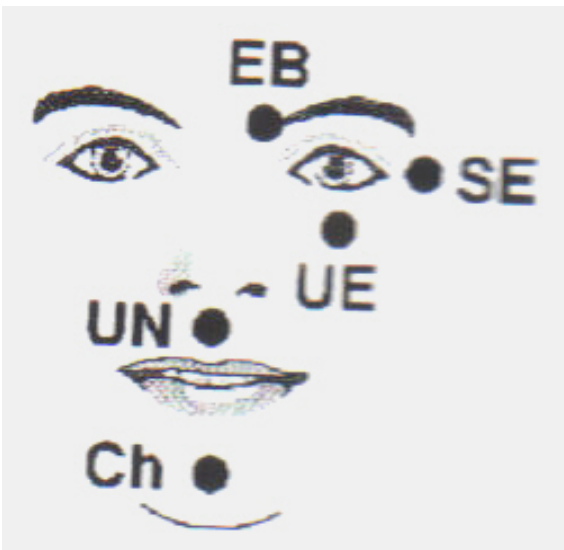
EFT CAN BE DONE EFFECTIVELY BY TELEPHONE

FOCUS - Focus on a specific issue (fear, pain, and trauma, etc.). Record intensity level for feeling 0-10 (none, to extreme)

BEGIN - Tap the fleshy outside of either palm (KC - Karate chop point, as shown) with three fingers while speaking the acknowledgement and affirmation. Example: Even though I have this fear of flying, I deeply love and accept myself. Even though I have this migraine (or pain), I deeply love and accept myself. Even though I have these terrible nightmares (or awful memories), I deeply love and accept myself. Repeat phrase at least three times, focusing on the issue you are addressing.



Continue tapping with two fingers, in a gentle but firm pattern, four to seven times on each point. Begin on the top/crown of your head, following down the tapping points shown left, first down one side, and then down the other. As you tap, repeat aloud the key words of the issue you focus on. Example: this paralyzing fear of flying... this throbbing migraine... this sharp pain... this terrible nightmare... Focused phrases keep you tuned in, and changing the words (point of focus) to be very detailed in specifics, intensifies the results achieved.



Begin KC Karate chop point, with affirmation & issue

Go to CR Crown of head (center back of top) & issue

EB Inner corner of eyebrow

SE Side Eye (outside corner of eye)

UE Under eye

UN Under nose

CH Chin (under lip) continue on...

CB Collarbone (2" below & 2" outside of bump)

UA Under arm (4" below armpit)

WR Wrist – inside of arm (2" above wrist)

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AN Ankle – inside back half of leg (3" above ankle)

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Tap meridian points for two or three full rounds (tapping both sides for balance) - the exact number of taps and the order of tapping are flexible.

Focus again on the original issue - do you have any remaining intensity on a 0-10 scale? If you are at 0, good! Release any remaining intensity of an original issue, either clarify/change your wording, or tap sequence as previously spoken, adding "this REMAINING _____" before BOTH the opening affirmation and your issue phrases. Our minds are very literal, and this change of phrasing does make a difference. Any issue which does not clear completely may need more individual aspects of the issue to be addressed, or you may not be addressing the core issue directly.

Issues may include many Aspects. The aspects of the issue 'Car Accident' may include: the crash, a hospital stay, financial and insurance stresses, physiotherapy, disfigurement, disability, etc. Clear multiple Aspects effectively by tapping continually while picturing your memories as short 'movie clips', of 2 minutes or less. Rerun your 'movie clips' slowly, tapping on individual details (aspects), until all segments of the memory clips have a zero intensity. Distressing emotional issues may benefit from the support and interaction of an experienced practitioner or therapist.

Free EFT manual available. See EFT results at http://emofree.com/splash/video_popup.asp

EFT helps with Stress, Trauma, Abuse, Depression, Letting Go of the Past, and MUCH more.

For information call: Janice Smylie PhD, CCHt, CBT, EFT Practitioner and Trainer

Calgary (403) 969 4054 Toll Free (866) 969 4054

www.JaniceSmylie.com