

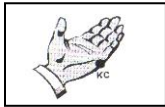
EMOTIONAL FREEDOM TECHNIQUES

Tapping Sequences used on the Acupressure/Acupuncture meridian lines are simple to learn. EFT is gentle and effective. Studies show EFT reduces stress – which is of benefit to your body. Keep taking all medications your doctor advises for you, and discuss any wish to change or reduce medications directly with your physician. Only use meridian tapping or EFT if you are willing to be fully responsible for yourself.

FOCUS - Record your intensity level of 0-10 (none, to extreme) regarding your issue (fear, pain, and trauma, etc.).

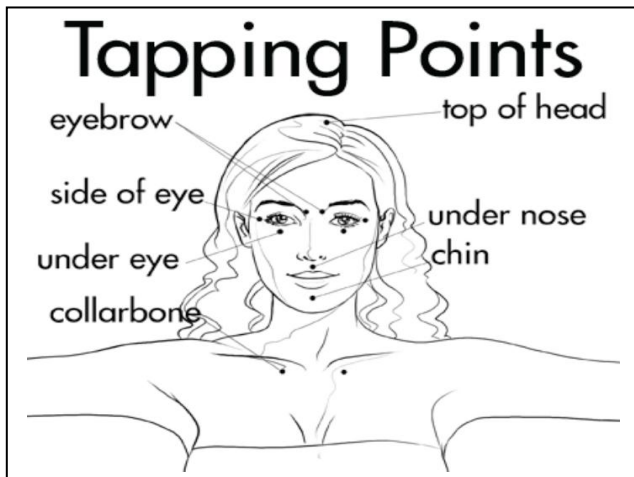
BEGIN - Tap the outside of palm (KC - Karate chop point, as shown) with three fingers while speaking the acknowledgement and affirmation. Example: Even though I have this fear of flying, I deeply love and accept myself. Even though I have this migraine... (be specific about intensity and location of all pain), I deeply love and accept myself. Even though I have these terrible nightmares (or awful memories), I deeply love and accept myself. (Note: Always be honest. Change words to be TRUE for you - I want to - or I know it would be helpful to deeply love and accept myself.) Repeat phrase at least three times, focusing on the issue you are addressing, followed by your neutralizing statement.

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.



TAPPING POINTS: EFT SESSIONS CAN BE DONE EFFECTIVELY BY TELEPHONE

Begin tapping KC Karate chop point (between finger and wrist) with affirmation & issue.



Go to Crown of head (center top back of head) & tap on issue, speaking aloud. Then continue tapping on...
Inner corner of eyebrow
Side Eye (outside corner of eye)
Under eye
Under nose
Chin (under lip)
Collarbone (1" below & 1" outside of bump)
Under arm (4" below armpit – where bra wraps, for women)
Wrist – inside of arm (2" above wrist)
Wrist – outside of arm (2" above wrist)
Tap meridian points for two or three rounds; whichever feels right to you. The exact number of taps and the order of tapping can be flexible. If you wish to do FULL rounds of tapping, you may also tap on...
Ankle – inside (on back half of leg - 3" above ankle)
Ankle – outside (on back half of leg - 3" above ankle)

FOCUS AGAIN on the original issue - do you have any remaining intensity on a 0-10 scale? If you are at 0, good! To 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, pain, 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. **Very distressing emotional issues may benefit from the support of an experienced practitioner or therapist.**

EFT releases or reduces Stress, Cravings, Trauma/Abuse, Depression, Past Issues, and more... Call today!

Janice Smylie PhD, CCHt, CBT, EFT Practitioner and Trainer
Calgary (403) 969 4054 Toll Free (866) 969 4054
www.EFTinCalgary.com

As a Clinical Hypnotherapist, I offer Stress Reduction, a Bariatric Surgery Support System (Weight Loss), Achieving Success sessions, and much more.