

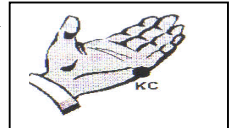
EMOTIONAL FREEDOM TECHNIQUES

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

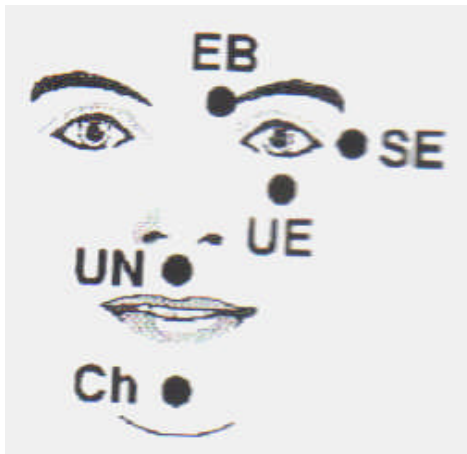
(Be cautious regarding all medical/health matters – do not discontinue medications without your physician's advice.)

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

BEGIN - Tap the fleshy edge of palm (KC - Karate chop point, as shown) with three fingers and speak aloud the issue to release and affirmation. Eg. Even though I have this paralyzing fear of flying, or... even though I have this piercing migraine, or... even though I have this sharp angry pain that just won't go away, or... even though I have these terrible nightmares... **Your issue, BE SPECIFIC! is followed by... I deeply love and accept myself.** Repeat issue to release and affirmation phrase at least three times.



Continue tapping gently and firmly with two fingers, four to seven times on each point. Begin on the top/crown of your head, tapping down the points shown left... tap one side, then down the other... or both sides at once. As you tap, repeat aloud the issue you are releasing. Eg. **Releasing this** paralyzing fear of flying... this throbbing migraine... this sharp burning pain... Be aware that keeping your words very detailed in specifics increases the results you achieve, so adjust your words as you tap. If a 'sharp burning pain' changes to a 'dull aching pain' say the words that are true in the moment, as you are tapping. Be TRUTHFUL, and direct.



Begin KC Karate chop point, with affirmation -

- Go to CR Crown of head (center back of top)
- 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)
- WR Wrist - inside of arm (2" above wrist)
- WR Wrist - outside of arm (2" above wrist)
- AN Ankle - inside back half of leg (3" above ankle)
- AN Ankle - outside back half of leg (3" above ankle)

Tap meridian points for one or two full rounds. The exact order of tapping is not important... tapping is both effective, and forgiving!

Focus on the original issue. Do you have any remaining intensity on a 0-10 scale? If you are at 0, good! For any remaining intensity of an original issue, tap the sequence again, changing BOTH the opening affirmation and focus phrases to "this REMAINING fear, this REMAINING pain, etc.". Our minds are very literal, and this change of phrasing does make a difference. Any issue which does not clear easily and completely may need more aspects to the issue addressed, or you may need a practitioner to assist you to find the core issue to release.

One Issue may include many Aspects... for **Issue** 'Car accident' – possible **Aspects** include: the crash, ambulance journey, trapped in the hospital, extended physiotherapy, disfigurement/disability, extended pain, change of lifestyle, loss of work/home/family.

Movie release - multiple Aspects can be addressed by tapping continually while picturing your memories/feelings as short 'movie' clips, 2 minutes long or less. The more graphically you detail the memories to release... the more relief is attained. When the 2 minute 'movie' segment of memory has a zero intensity, run the next 2 minute 'movie' segment, again tapping continuously, until all segments have an intensity rating of zero. Distressing emotional issues may benefit from the presence of a practitioner or therapist.

EFT was created by Gary Craig, in 1983. www.emofree.com offers a free manual & tutorials.

The EFT tapping sequences are now 'streamlined' – easier to learn and to use effectively.

EFT has been shown on AM TV in the Canada, Australia, the USA, England and Europe.

A trained EFT practitioner can offer help with Trauma, Abuse, Phobias, Stress, Anxiety, Depression, Grief, Addictive Cravings, and physical symptoms including headaches, body pains, and breathing difficulties.

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