

EFT on a Page

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.
- Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem.
- Where necessary, be persistent until all aspects of the problem have vanished.
- Try it on everything!!

THE BASIC RECIPE

1. The Setup...Repeat 3 times this

affirmation:

"Even though I have this _____ ,
I deeply and completely accept myself," while
continuously rubbing the Sore Spot or tapping
the Karate Chop [13]KC point.

2. The Sequence...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

1) EB 2) SE 3) UE 4)UN 5)Ch 6)CB
7)UA 7.1)BN 9)Th 10) IF 11) MF 12)BF
13) KC

*8) TOH is on diagram, but is not used in the basic recipe.

3. The 9 GamutProcedure... Continuously tap on the Gamut point (14)while performing each of these 9 actions:

(1) Eyes closed (2) Eyes open (3) Eyes hard down right
(4) Eyes hard down left (5) Roll eyes in circle
(6) Roll eyes in other direction (7) Hum 2 seconds of a song
(8) Count to 5 (9) Hum 2 seconds of a song.

4. The Sequence (again)...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

1) EB 2) SE 3) UE 4)UN 5)Ch 6)CB
7)UA 7.1)BN 9)Th 10) IF 11) MF 12)BF
13) KC

*8) TOH is on diagram, but is not used in the basic recipe.

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

