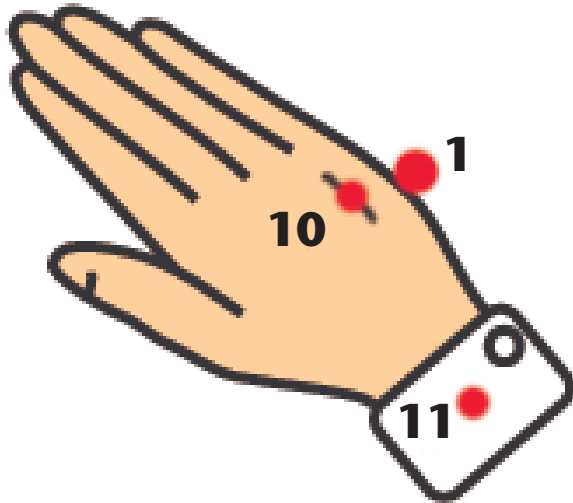


Emotional Freedom Technique (EFT)



Start by tuning into the problem (specific emotion, pain, or craving) and assess the intensity level on a scale of 0 to 10.

Tapping on the karate chop point (#1) on the side of the hand, state the set-up phrase: "Even though I have this ____ (pain, fear, anger, etc.), I completely accept myself and I'm willing to let this go." Repeat 3 times.

Then tap on all the points starting at the top of the head (#2) while saying the reminder phrase: "this pain" or "this fear" or whatever the issue is that you are clearing.

Tap on the inner end of the eyebrow (#3), the side of the eye (#4), under the eye (#5), under the nose (#6), on the chin (#7), on the collar bone (#8), under the arm on the muscle (#9), on top of the hand between the pinky and ring finger (#10), karate chop point again (#1), and inside the wrist (#11), all the while saying the reminder phrase.

Tune into the issue again and assess the intensity level. If not zero, do another round stating "Even though I still have some of this ____, I completely accept myself and choose to let go of the rest." Tap on all points with the reminder phrase "this remaining ____ (pain, fear, etc.)."

More About EFT

EFT combines two basic principles for its effectiveness. First, it uses dissociating anchors (the tapping) on the same body energy meridians used in accupressure and accupuncture. To this it adds emotional pattern interrupts on the physical level (the words and tapping).

EFT often is a long-term fix, but to avoid recurrence of the problem you must clean up the emotional and intellectual issues underlying the problem.

Notes:

- EFT was discovered by Gary Craig; see his website at www.emofree.com for more details
- This simplified EFT procedure was developed from extensive practice by Melissa Tiers; see her website at www.melissatiers.com
- See our website at www.lifeforceinstitute.org



Life Force Institute
Powerful Transformations