

The Basic Recipe "Reader's Digest" Version

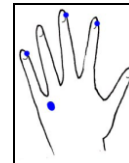


The EFT Tapping points :

1. EB= Eyebrow point-,at the beginning of the eyebrow, the nose.
2. SE= Side of the Eye, on the bone bordering the outside of the eye.
3. UE= Under the Eye, on the bone directly under the eye.
4. UN= Under Nose, in the center of the area between the nose and top lip.
5. CH= Chin, in the center between the bottom lip and bottom of the chin.
6. CB= Collarbone, right under your collarbone, about 3" from the center.
7. UA= Under the Arm, on the side of the body about 4"s below the armpit.
8. LS=Liver spot (not shown on diagram)=about 2" under your right breast
9. WR= Bump your wrists together, where you hand bends to meet the arm.
10. CRH= Crown of the head- toward the back. (not shown on diagram.)



Karate Chop Point



Gamut and finger points

Before you begin remember to assess your level of distress (1-10), and choose your set-up statement.

- I. **The Set-up.** Rub the tender spot in a circular motion, while doing the set-up statement "Even though I have this (insert your issue), I deeply love and accept myself. Continuing rubbing while saying the statement 3 times.
- II. **The Sequence.** Tap the following points 5-7 times while saying the reminder statement. Example; "This fear of snakes", " My anger at mother", "The pain in my back" etc.
- III. **Reassess** your intensity level and perform Subsequent Rounds – Once you have completed the first round of tapping change the set-up set statement to something like: "*Even though there's still some (whatever the issue is ...) I deeply and completely accept myself*" Repeat 3 times while rubbing. Then, repeat the tapping sequence with an altered reminder statement of "*still some of this...*" or "*remaining issue*" **Keep repeating this steps until you're at a zero of intensity. Test yourself** by thinking about the issue or incident to see if there's still "something there"... that is, your number goes up to a 1 or more. If it does go up, complete the sequence again or...
- IV. **Fine Tune** by doing the 9-point Gamut. (tapping, eye rolls, humming, counting, another round)
- V. **Test Your Results** Check your completion by trying to get upset over the issue. If there's any remaining charge do the steps 4, or all steps if necessary to completely resolve the issue.

Optional- Fine Tuning – "9 Point Gamut" - You only need to do this part of the sequence if an issue seems to be stuck at a 1 or less in intensity. It balances the right and left hemispheres of the brain and finishes the procedure nicely. Locate the gamut point on the back of your; hand which is between the little finger and ring finger and down about an inch (not shown on above chart). Continue tapping on that spot while repeating the reminder phrase and while doing the following sequence:

1. Close your eyes tightly, then open wide (remember to keep tapping and saying the reminder phrase during the whole gamut)

2. While keeping your head still and using your eyes only, look down hard to the right, then down & to the left. (Keep your head straight while you keep tapping and repeating the reminder statement.)
3. Roll your eyes around in a big circle as if looking at all the numbers on a big clock. (Keep your head straight ahead and keep tapping and repeating the reminder phrase).
4. Roll your eyes around in the opposite direction (Keep tapping and saying the reminder statement)
5. Hum 2 seconds of a familiar song like “Happy Birthday” or “Jingle Bells”.
6. Count rapidly from 1 to 5
7. Hum the last 2 seconds of the song
8. Tap again from the eyebrow point, ending after the karate chop, while saying the reminder statement.

Note: If you get stuck and are not getting the results you want, the reason may be:

- 1) You may have a **Polarity or Psychological Reversal** – try tapping on the karate chop for 10-20 seconds while saying “Even though, for some reason I don’t REALLY want to let go of _____ (your issue), I completely accept myself anyway”. Sounds odd but it works.
- 2) You may be dehydrated. You should be drinking at LEAST 64 ounces a day. EFT is adjusting the body’s energy (electrical) system and electricity is conducted by water. Drink 2 (8 ounces of water and try EFT again). This is the most common cause of EFF appearing not to work.
- 3) You may be stating your issue in too general of terms. Be specific, i.e. Even though: “...my father hit me when I was 6”, “...I have this pain in my left knee”, “...I’m mad at my brother, for lying”.
- 4) You may have sensitivity to a substance that’s blocking your progress. You may need to see an EFT practitioner to figure out this one, unless you know what your sensitive too.

You can also visit our website www.Lkcoaching.com to read about Reversals and what to do about the above situations. EFT works about 90% of the time, far more than any other type of therapy. So if you’re having problems, it’s most likely for a “mechanical” reasons, rather than the process of EFT.

Other tips:

- ◆ For tapping, use the index finger, middle finger and ring finger, at least, or all four fingers are fine.
- ◆ Tap on both sides of your body when possible.
- ◆ If you can’t find the sore spot, or it gets too sore, use the karate chop point instead.
- ◆ Do the karate chop several times during the day to keep from getting or staying reversed. Do it when you’re at stoplights, in the shower, on the toilet, every time you drink water, etc. (10-15 times a day).
- ◆ Do EFT while undisturbed (turn off your cell phone, put the kids in front of the TV, etc.)
- ◆ Take off your watch, bracelets or glasses and remove any electrical “appliances” like cell phones, Palm Pilots, Walkmans, pagers, etc. from you body
- ◆ Drink a lot of water daily—at least **64 oz.**
- ◆ Do the Personal Peace Procedure everyday (download the instructions from our website)
- ◆ **And most importantly: Practice EFT every day.** Try doing it at a set time like just before bed, or in the shower, or when you first wake up, etc. More than anything you can do for yourself, doing EFT daily can make a enormous difference in your overall energy and peace of mind

Doing EFT consistently and properly can give you the emotional freedom and inner peace now that most people crave throughout their lives. Among other things:

- ✓ **EFT can help you go through life with less stress, pain, grief and angst.**
- ✓ **EFT can help you feel more joyful, more fulfilled, and more confident**
- ✓ **EFT can help you experience life with more peace, power and purpose.**

Like anything worthwhile, EFT will only work if you use it!

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