

EFT™ Procedure – The Basic Recipe

First The Setup

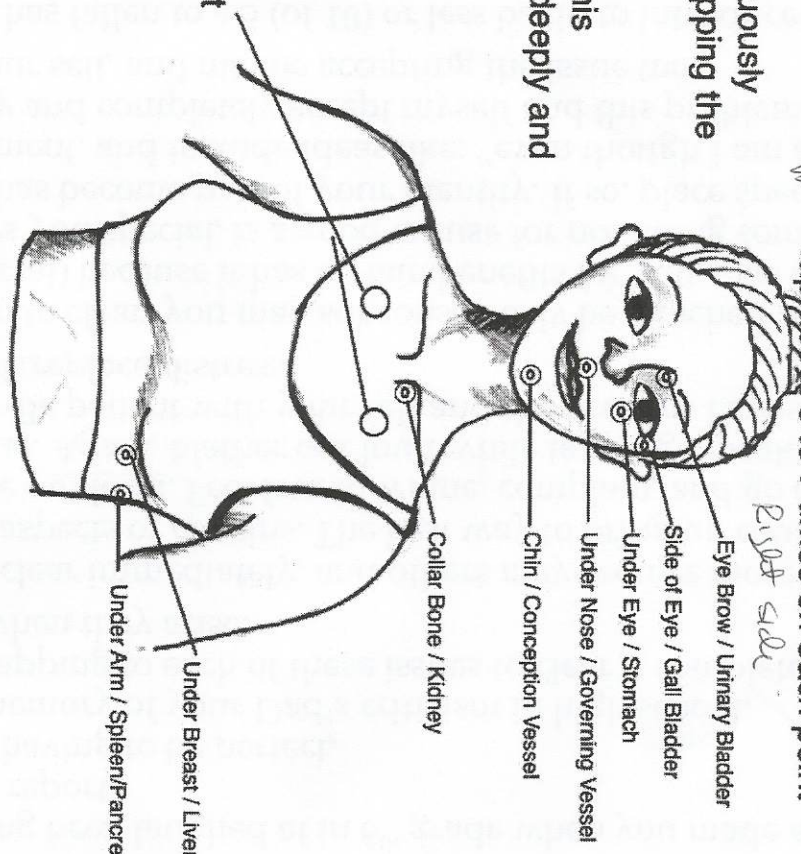
Repeat 3 times while continuously rubbing the "sore spot" or tapping the "karate chop" point.

"Even though I have this _____ (name the issue) _____, I deeply and completely accept myself."

over on chest side with

Second The Tapping Sequence

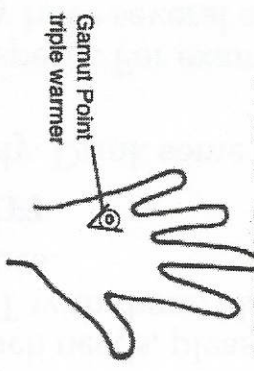
Tap about 5 to 7 times on each point



Right side

newly use two fingers

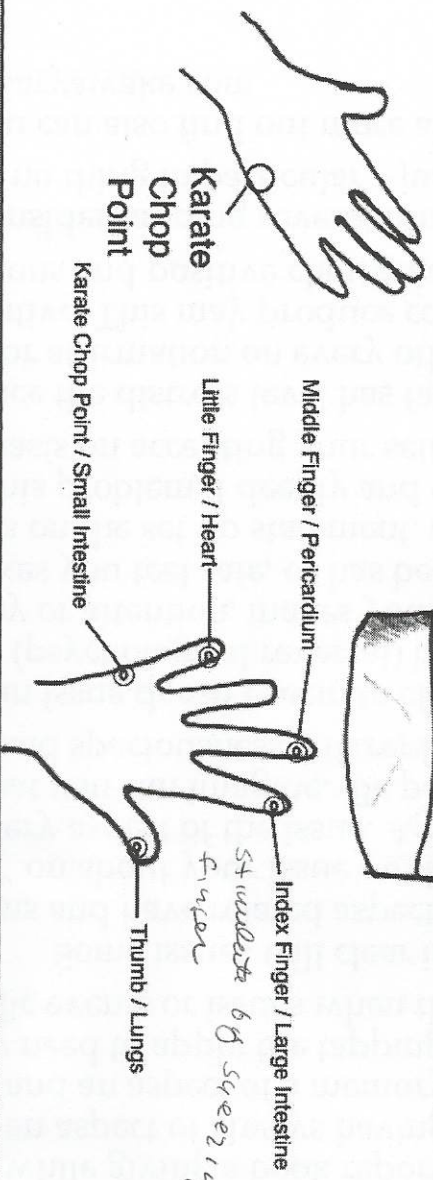
Third The 9 Gamut Point



Perform these 9 actions while continuously tapping the Gamut Point.

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes look down right
- 4) Eyes look down left
- 5) Roll eyes in a big circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of any song
- 8) Count aloud from 1 to 5
- 9) Hum again for 5 seconds

The Sore Spot Karate Chop Point



Repeat the Tapping Sequence

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

GaryAwake.com 828-253-9451 EFT was developed by Gary Craig

2 other right above ankle vol 4 finger fontanel - tap

Disclaimer: The training in the Emotional Freedom Technique (EFT) that you are about to receive is a training in a self applied system for rebalancing the energy field. Please be advised that while EFT may have therapeutic effects, it is not intended as a substitute for medical or psychological therapy. If you have such needs, please consult an appropriate health professional and discuss your use of EFT with them. Have a support system in place before taking on deeply traumatic issues.

Tips to Getting the Best Results with EFT

You must be hydrated for this technique to work properly. Drink some water before, and during the tapping.

Distressing issues often have many cousins, or related aspects. For example, your distress about giving an upcoming speech or presentation may have several aspects:

1. fear of disapproval,
 2. the memory of having been laughed at in 6th grade when you made a mistake while giving a book report,
 3. an aspect of always having to be perfect,
 4. and an aspect of a memory of your Dad's criticism in high school.
- You may need to apply the tapping to each of these issues to clear it completely. Focus on specific events or issues when they arise.

Some issues will clear immediately, and others may require more

repetitions and have related aspects or cousins. The best way to bring up cousins is to "blather" on about your issue out loud. Feel free to whine, complain, and go on and on about every aspect of the issue. Again, blather out loud while tapping. Speak to every aspect that you can imagine. Be patient with your self and the process. Persistence will pay off, and spaciousness will replace distress.

If an issue doesn't seem to clear, you may subconsciously be attached to the problem (psychological reversal) because it has certain benefits for you – i.e. attracts sympathy or attention, makes you special, is a good excuse for not doing something else, makes you feel safe, or has become part of your identity. If so, place special emphasis on the set up statement, and include ideas like: "even though I am afraid to release this problem, I deeply and completely accept myself and this problem." Place an emphasis on accepting your self, and maybe accepting the issue too.

Once the distress level has fallen to a 5 (of 10) or less begin to introduce a positive reframe or affirmation on every other tapping point. Alternating between the positive and negative. This may produce confusion – that's a good sign. Finally, do a round of affirmations and positive choice statements.

Consider tapping several rounds before sleep and upon awakening, on any issue, or about no thing in particular – just to rebalance your energetic system.

You can also find out more about EFT and EFT trainings from:

<http://Garyawake.com>

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