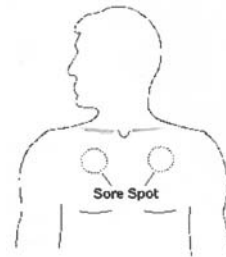
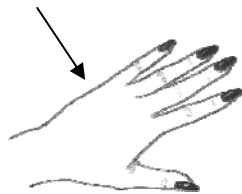


EFT ON A PAGE: SHORT VERSION

"The cause of all negative emotions is a disruption in the body's energy system."

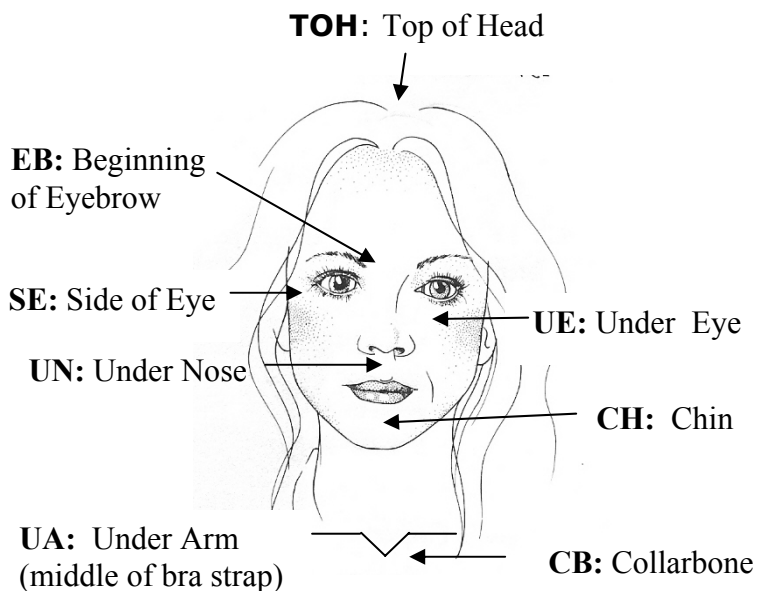
1. Define the problem and notice:
 - The main emotion
 - any physical symptoms (pain or tension, tightness in chest etc)
2. Rate the intensity on a 0-10 scale: 0 is nothing; 10 is as bad as it can be.
3. While tapping on the karate chop point with your dominant hand or rubbing the sore spot continuously, do the setup statement by repeating the problem 3 times:
(*"Even though I have this [problem], I deeply and completely accept myself."*)

Karate Chop Point



4. Tap about 7 times on each of the following points using your dominant hand while repeating the reminder phrase [problem ie headache] at each point:

EB, SE, UE, UN, CH, CB, UA, TOH.



If intensity goes down but progress stalls, adjust the setup statement and the reminder phrase. Karate chop point (say 3 times):

*"Even though I still have some **remaining** [problem] I deeply and completely accept myself"*

Then tap through the points saying **remaining** [problem]. This will address the **remainder** of the problem.

Where possible aim EFT at specific events in your life and be persistent until all aspects of the problem have vanished.

Try it on everything!