

EFT™ TAPPING PROCEDURE (The Basic Recipe)

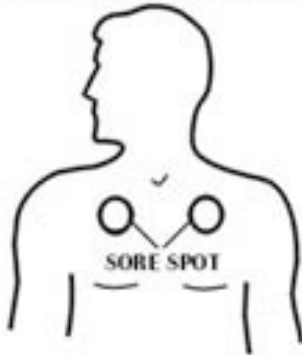
#1...The Setup

1) Repeat 3X

*Even though I have this
(problem)
I deeply & completely accept myself.*

2) While continuously
rubbing the "Sore Spot" or
tapping the "Karate Chop" point.

The Sore Spot/ Karate Chop Point

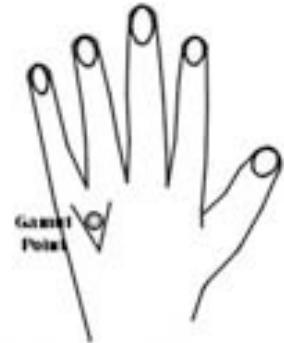


#2...The Sequence

Tap about 5X on each point



#3...The 9 Gamut



Perform 9 actions while tapping the
GAMUT POINT continuously:

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes hard down right (head steady)
- 4) Eyes hard down left (head steady)
- 5) Roll eyes in a circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of song (Happy Birthday)
- 8) Count from 1 to 5
- 9) Hum 5 seconds of a song again.

#4...Repeat (#2) The Sequence

NOTE: In subsequent rounds of tapping,
change the setup language to "Even though I
STILL have SOME OF this problem..." and use
"REMAINING problem" as a reminder phrase.

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Tap the points while "tuned in" to the issue you are working on so that you can release the energy of it. Tap on one side of the body or both. Finger points (shown above) are optional when using the Top of Head point, since we get energy into all of our finger tips while doing so. Remember to stay hydrated while tapping.

ADDITIONAL TAPPING POINTS:

All of the meridians intersect at these points:

- Top of the head, toward the back
- Insides of the wrists
- Insides of the ankles

More great tapping points:

- Thymus point – upper middle chest
- Spleen Neurolymphatic and Liver points – below the breasts along the ribs
- Middle of forehead just above eyebrows (Third Eye)
- Inner knee

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EFT BORROWING BENEFITS CIRCLE – ONGOING, EVERY OTHER WEEKEND

Time: 10:30 am - 12:30 pm • See www.eft-seattle.com for meeting dates.

Where: Maitreya Learning & Healing Center • 2260 152nd Avenue NE • Redmond, WA 98052

www.maitreyaseattle.com Upcoming meeting dates: Sat. 5/10, Sat. 5/24, Sun. 6/8.

Cost: \$10/person

EFT has been described as "acupuncture without needles." Instead of inserting a needle, we gently tap with our fingers on specific meridian points while tuned in to a distressing thought or emotion. The tapping resets and balances the meridians so that the old, negative association to the thought is neutralized and the new association is a calm, balanced meridian system. Very often we can get permanent relief from the distress. "Borrowing Benefits" means you can tune in to your own issue privately and get relief, i.e. "borrow benefits" from someone else's tapping in the group, even if theirs is a totally unrelated issue. EFT can help with physical and emotional issues as well as more abstract topics such as strengthening intuition and experiencing more love, peace and gratitude in our lives. EFT is safe, gentle and easy to learn. Beginners welcome – you'll be taught the basic tapping points and be able to join right in.

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Recommended Books:

The Promise of Energy Psychology - Gary Craig, Donna Eden and David Feinstein

Energy Psychology Interactive - David Feinstein

Energy Tapping - Fred P. Gallo, Harry Vincenzi

Energy Psychology - Fred P. Gallo

Instant Emotional Healing - Acupressure for the Emotions - Lambrou & Pratt

Adventures in EFT - Sylvia Hartman

Energy Medicine - Donna Eden, David Feinstein

Attracting Abundance With EFT - Carol Look

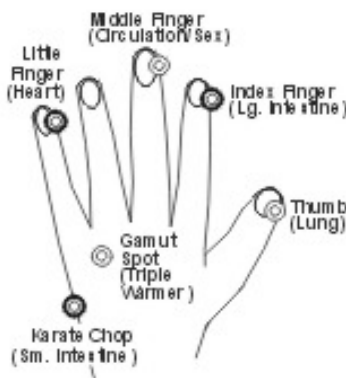
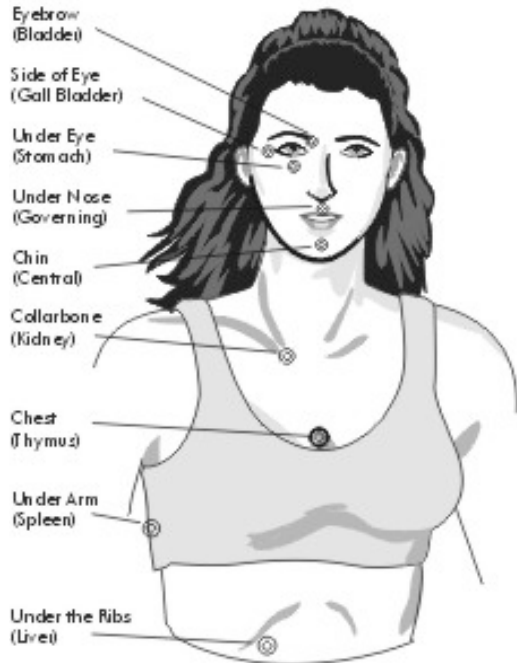
Freedom at Your Fingertips: Get Rapid Physical and Emotional Relief with the Breakthrough System of Tapping - Joseph Mercola + 20 EFT Experts

Getting Thru to Your Emotions with EFT: Tap into Your Hidden Potential with the Emotional Freedom Techniques - Phillip Mountrose

The Heart & Soul of EFT and Beyond: A Soulful Exploration of the Emotional Freedom Techniques and Holistic Healing - Phillip Mountrose

Life Energy - John Diamond

BALANCE YOUR MERIDIANS AND MAINTAIN EMOTIONAL HEALTH



MERIDIAN MAINTENANCE EXERCISE

Repeat each affirmation 3X, taking deep breaths in between, while tapping on the meridian point. You can add "Right now, I deeply and completely accept myself, and," before each affirmation for increased effectiveness.

TAP ON:

AFFIRMATION:

Chest (Thymus)	I have love, faith, trust, gratitude, and courage.
Eyebrow (Bladder)	I am in harmony, I am in peace.
Side of Eye (Gall Bladder)	I reach out with love.
Under Eye (Stomach)	I am content, I am tranquil.
Under Nose (Governing)	I am standing tall and overcoming any problem.
Chin (Central)	I am clear, centered and secure.
Collarbone (Kidney)	My sexual energies are balanced.
Under Arm (Spleen)	I have faith and confidence in my future.
Rib (Liver)	I am happy, I have good fortune, I am cheerful.
Thumb (Lung)	I am humble, I am tolerant, I am modest.
Index Finger (L Intestine)	I am basically clean and good. I am worthy of being loved.
Middle Finger (Cir/Sex)	I renounce the past. I am generous. I am relaxed.
Little Finger (Heart)	I have forgiveness in my heart.
KC Point (Sm Intestine)	I am jumping with joy.
Gamut (Triple Warmer)	I am safe. I am light & buoyant.
Chest (Thymus)	I have love, faith, trust, gratitude, and courage.

MERIDIAN MAINTENANCE PLAN

The above Meridian affirmations are based on the work of Dr. John Diamond from his book "Life Energy." Saying the affirmations while tapping on the corresponding points is a great way to strengthen your body's Meridian System and keep it in balance. The more tapping you do, the more your body "knows" what you would like it to do - namely, stay in balance. The more tapping you do, the more resilient your energy system becomes. It is recommended you do these tapping affirmations daily to keep your Meridians humming.

Interesting note: Once you have done all the affirmations at least once, you may get results in the future by simply LOOKING AT this chart! This is because your Meridians now "know what to do," and will balance themselves if you just read or look at this chart!