

EFT ON A PAGE

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

EFT: A BRIEF EXPLANATION Memorize The Basic Recipe. Use it on any emotional or physical problem by customizing it to your needs with an appropriate Setup affirmation and Reminder Phrase. Be persistent until all aspects of the problem have been resolved. Use it on everything!!

THE BASIC RECIPE (Set a level of discomfort from 0-10 before starting)

1. The Setup...Repeat 3 times this affirmation:

Say "Even though I have this anger, frustration, fear, etc., I deeply and completely accept myself." while continuously tapping either the **Karate Chop** point on either hand (for specific issues) or rubbing one of the two **Sore Spots** (for intense and/or generalized issues).

2. The Sequence...Tap about 5-7 times with two fingers on each of the following energy points found on the attached diagram while repeating the Reminder Phrase at each point.

1 2 3 4 5 6 7 8 9 10 11 12 13
EB, SE, UE, UN, CH, CB, UA, TH, IF, MF, LF, KC, TOH

3. The 9 Gamut Procedure . . .Continuously tap on the Gamut point (9G) (14) while performing each of these 9 actions (The 9 Gamut is not used unless necessary):

- (1) Eyes open (2) Eyes closed (3) Eyes hard down right (4) Eyes hard down left
- (5) Roll eyes in full circle (6) Roll eyes in circle in other direction (7) Count to 5
- (8) Hum 2 seconds of a song (9) Count to 5

(Re-evaluate your discomfort level before continuing.)

4. The Sequence (again)...Tap about 5-7 times on each of the energy points in Step 2 while repeating the Reminder Phrase at each point.

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing "this remaining"... (problem) etc. (continue until at a zero).

Legend:

- | | | |
|----------------------|------------------------|-------------------------|
| 1 - EB - Eye Brow | 6 - CB - Collar Bone | 11 - MF - Middle Finger |
| 2 - SE - Side of Eye | 7 - UA - Under Arm | 12 - LF - Little Finger |
| 3 - UE - Under Eye | 8 - KC - Karate Chop | 13 - TOH - Top of Head |
| 4 - UN - Under Nose | 9 - TH - Thumb | |
| 5 - CH - Chin | 10 - IF - Index Finger | |

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