

THE DISCOVERY STATEMENT

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

EFT IN A NUTSHELL

Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!!

THE BASIC RECIPE

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

"Even though I have this _____, I deeply and completely accept myself."

While continuously tapping the Karate Chop point.

2. The Sequence...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase ("Even though I have this _____") at each point.

EB = Beginning of the EyeBrow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch = Chin

CB = Beginning of the CollarBone

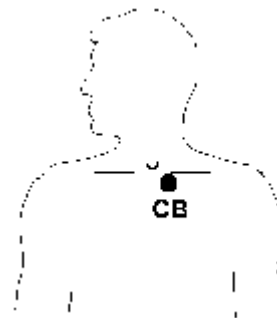
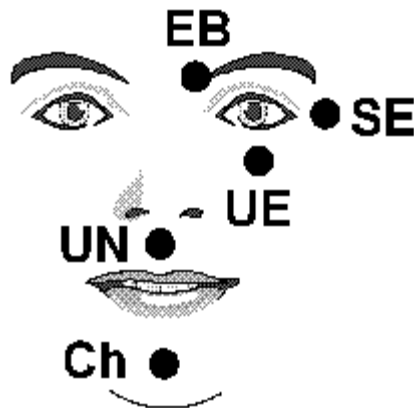
UA = Under the Arm

TH = Top of Head

"Karate Chop" point



The Sequence



Subsequent rounds

Even though I **still** have **some** of this _____, I deeply and completely accept myself.

Reminder Phrase **remaining** _____