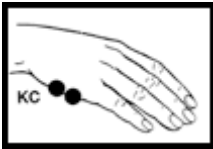


EFT Process - EFT Tapping Instructions

Before beginning each EFT session, it is necessary that you establish your area of concern. As you think about it now (at this moment), determine how much it distresses you on a scale of 0-10 (where 0=no disturbance 10=severe disturbance). How uncomfortable are you? How anxious do you feel thinking about this particular issue?

Please Remember To Drink Some Water Before & After Each Session. Water is a great conduit of energy.

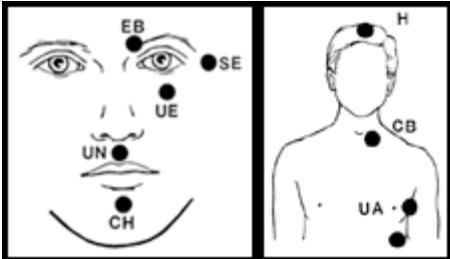


Start by tapping the Karate Chop (KC) point of the non-dominant hand with the fingertips of the dominant hand (you can tap on either hand- no problem) while saying the Set-up Statement. Tap seven (7-8) times with each statement. Repeat the Set-up three (3) times.

Sample set-up statement: ***“Even though, I have this issue. I deeply, completely and profoundly accept myself.”*** Repeat three times while tapping continuously.

Next tap on the Inner Eye Brow point (EB), Side of Eye point (SE), Under Eye point (UE), Under Nose (N), Under Lower Lip/Chin (CH), Collarbone (CB), Under Arm (UA) and the top of the head (H). Tap each point seven or more times and repeat the Negative Phrase.

Sample Negative Phrase: ***“I have this issue”.*** Say it one time tapping on the point seven times. Then move to the next point and repeat the process.



The Remainder Phrase or Second round is a repeat of the first round with different words based on what emotions, feelings or thoughts come up for you during the first round. This is to remove the remaining block or residue of the emotion.

Remainder Phrase: ***“I still have some remaining feelings about this issue.”*** Say it once while tapping 7-8 times on each point.

The Positive Statement: Do this in the same manner as you just did with the negative phrase. The words are replaced with positive statements which enable the change in energetic vibration.

Sample Positive Phrase: ***“I choose to feel complete about this issue.”*** Say it one time tapping on each point 7-8 times. Repeat the process, if necessary.