



EFT Universe

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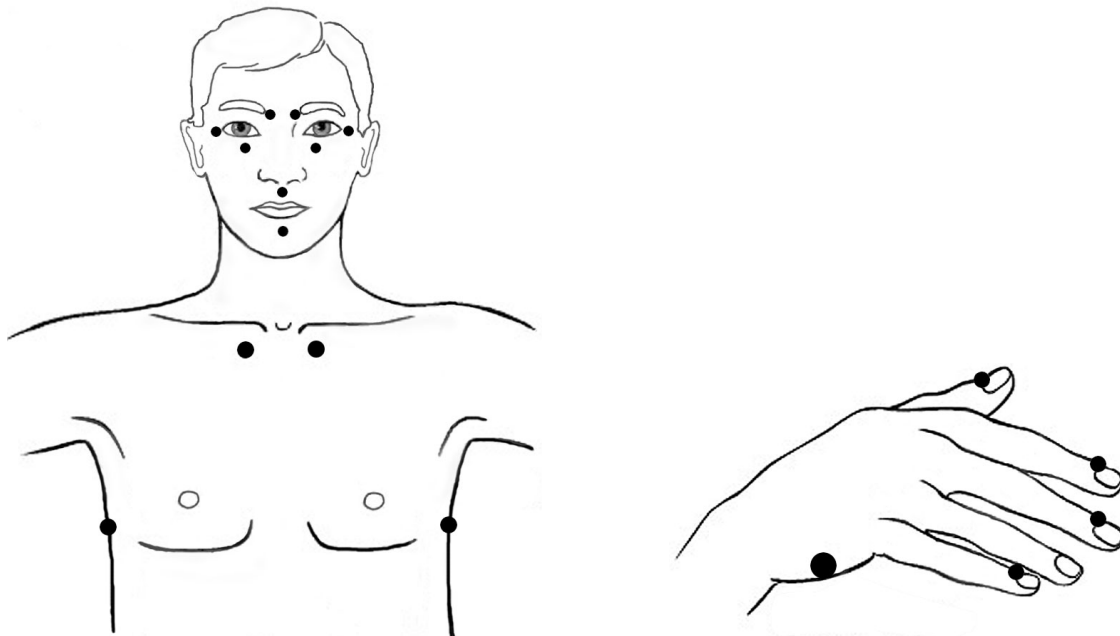
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Emotional Freedom Techniques (EFT)

The Basic Recipe

- 1. Where in your body** do you feel the emotional issue most strongly?
- 2. Determine the distress level** in that place in your body on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity:
10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0
- 3. The Setup:** Repeat this statement three times, while continuously tapping the Karate Chop point on the side of the hand (large dot on hand diagram below)
"Even though I have _____ (name the problem), I deeply and completely accept myself."
- 4. The Tapping Sequence:** Tap about 7 times on each of the energy points in these 2 diagrams, while repeating a brief phrase that reminds you of the problem.



- 5. Determine your distress level** again on a scale of 0 to 10 again. **If it's still high, say:**
"Even though I have some remaining _____ (problem), I deeply and completely accept myself."
- 6. Repeat from Step 1** till your distress level is as close to 0 as possible.

About EFT Video (7 minutes): <http://youtube.com/watch?v=9nRY3UtTHvo>

EFT 5 minute tap along video: <http://www.youtube.com/user/kinesiologyinstitute>