

Balance Life Naturally

Infinite Possibilities

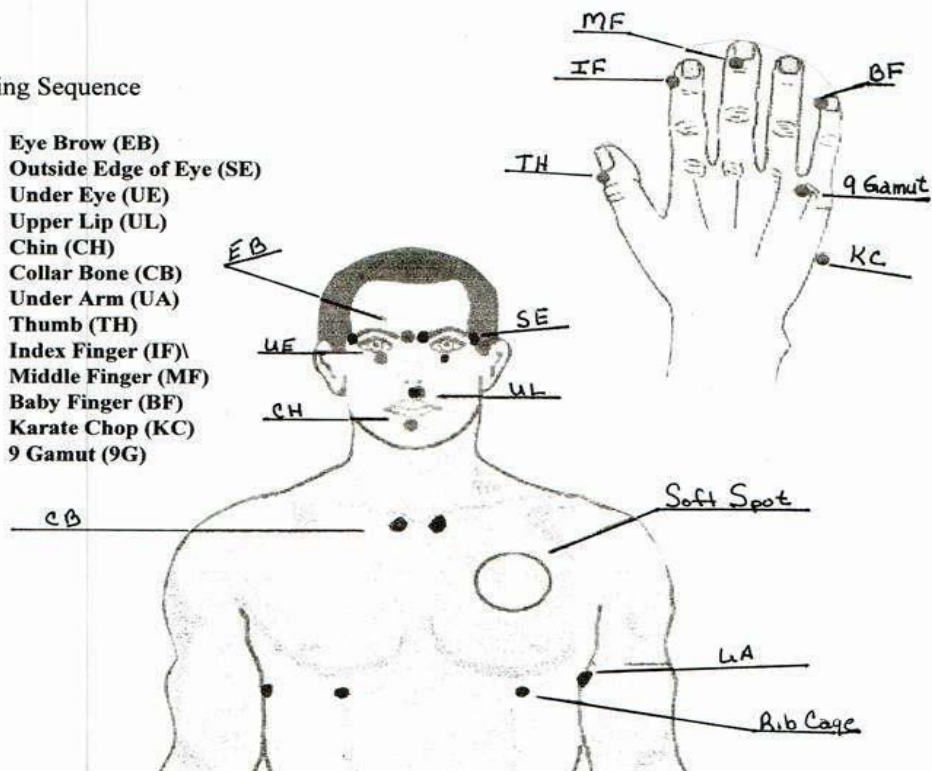


The Discovery Statement

“The cause of all negative emotions is a disruption in the body’s energy system”

Tapping Sequence

- Eye Brow (EB)
- Outside Edge of Eye (SE)
- Under Eye (UE)
- Upper Lip (UL)
- Chin (CH)
- Collar Bone (CB)
- Under Arm (UA)
- Thumb (TH)
- Index Finger (IF)
- Middle Finger (MF)
- Baby Finger (BF)
- Karate Chop (KC)
- 9 Gamut (9G)



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Emotional Freedom Technique *  * Kinesiology Practitioner

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EFT BASIC RECIPE

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

“Eventhough I have this _____,
I deeply and completely accept myself.”

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

2. The Sequence...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point

EB, SE, UE, UN, CH, CB, UA, TH, IF, MF, BF, KC

3. The 9 Gamut Procedure...Continuously tap on the 9 Gamut Point while performing each of these 9 actions:

- i. Eyes Closed
- ii. Eyes open
- iii. Eyes hard down right
- iv. Eyes hard down left
- v. Roll eyes in a circle (Clockwise)
- vi. Roll eyes in other direction (Counter Clockwise)
- vii. Hum 2 seconds of a song (i.e. Happy Birthday)
- viii. Count to 5 out loud
- ix. Hum 2 seconds of a song (i.e. Happy Birthday)

4. The Sequence (again)...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point

EB, SE, UE, UN, CH, CB, UA, TH, IF, MF, BF KC

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing the remaining problem.

