

EMOTIONAL FREEDOM TECHNIQUE

1. Take SUD discomfort reading 1 -10
2. Do PR Correction: tap edge of hand while saying:
3 X "EVEN THOUGH I HAVE THIS PROBLEM, I
DEEPLY AND PROFOUNDLY ACCEPT MYSELF"
3. Tap 8-10 times while saying phrase:
 - inside eyebrow (begin bladder)
 - side of eye (begin gallbladder)
 - under eye (begin stomach)
 - under nose (end governing)
 - below lower lip (end central)
 - collarbone point (end kidney)
 - under arm (end spleen)
 - outside thumb cuticle (end lung)
 - outside index finger cuticle (begin large intestine)
 - outside middle finger cuticle (end circulation-sex)
 - outside baby finger cuticle (begin small intestine)
 - karate chop point (small intestine)
4. 9 Gamut Process - tap back of hand between baby & ring
 - close eyes - open eyes
 - look down to left - look down to right
 - roll eyes clockwise - roll eyes counter-clockwise
 - hum a few bars " count to 10 - hum a few bars
5. Repeat tapping (number 3)
6. Take SUD discomfort reading, if not at 0, do mini PR and repeat 3&4
MINI PR: tap Karate point saying 3 X "Even though I
STILL have SOME of this problem, I deeply and
profoundly love and accept myself.
7. When SUD at 0 - do FLOOR to CEILING EYE ROLL
While tapping Gamut spot, hold head level rotate eyes
slowly from floor to ceiling on vertical line