

Emotional Freedom Tapping Basic Recipe for Clients Use.

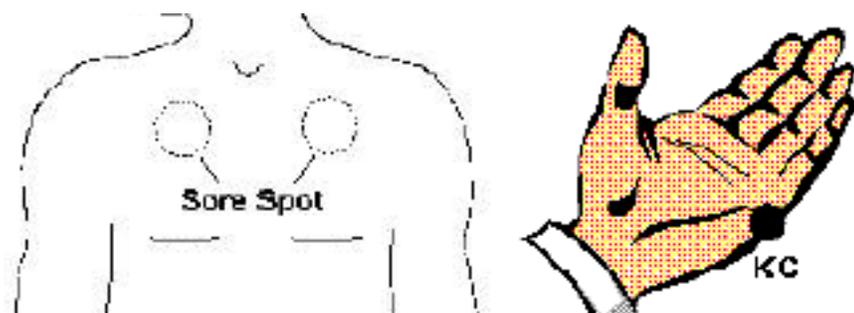
EFT works because it releases energy blocks in the meridian system which in a 24 hour cycle energize every organ in the body. Each organ in turn is associated with an emotion. For example the lung are associates with grief, the liver with anger, the stomach with worry and so forth.

The Basic Recipe includes 4 steps:

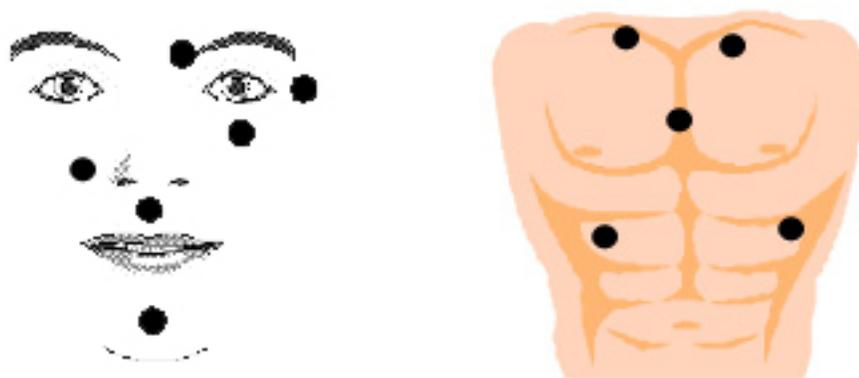
1. The Setup : choosing you affirmation:

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

This affirmation is repeated 7 time while tapping either on the top of the heard or on the soar spot underneath the clavicles. Or the Karate Chop Point on the pinky side of your hand. Experiment to see which you prefer.



2. The Basic Sequence Involves tapping on specific point on the face and body while repeating your affirmation.

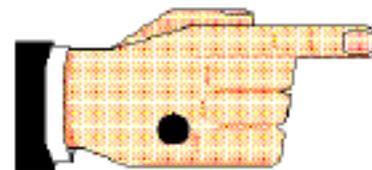


3. The 9 Gamut Procedure

Involves tapping in sequence on the outside edge of your thumb at a point even with the base of the thumbnail. On the side of your each fingers. The last point is at the level of the karate chop point, on the back side of your hand between the top of the wrist bone and the base of the pinky finger--the Gamut point.

Next, you must perform 9 different actions while tapping the Gamut point continuously.

1. Close your Eyes. 2. Open your Eyes.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. Roll eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order.
6. Same as #5 only reverse the direction in which you roll your eyes.
7. Hum 2 seconds of a song (suggest Happy Birthday).
8. Count rapidly from 1 to 5, then backward form 5 to 1.
9. Hum 2 seconds of a song again.



These 9 actions are presented in a certain order and I suggest that you memorize them in the order given. However, you can mix the order up if you wish so long as you do all 9.

4. The Sequence: Putting all together.

- 1- Write down your affirmation or several affirmations.
 - 2- Think about the issue and rate it from 1 to 10. 1 feeling fine and 10 feeling awful, or the pain from 1 being non existent to 10 being unbearable.
 - 3- Do your set up with you favorite point: top of head or chest or karate chop.
 - 4- Go through the Basic sequence once follow by the 9 point Gamut
- Then test yourself to asses your feeling, condition, pain....
and repeat until you reach at least 2 best if you go down to 1.

When doing this by yourself try to stay with it. It is easier if you can do it with someone else to keep you going when you are releasing.

The affirmation can evolve while you do it and trust your intuition if other words related to the issue are coming to you this means you are going deeper.

End with a positive affirmation.

Such as I am healthy strong and energized.

If you need help please call me at 203-980-4103
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