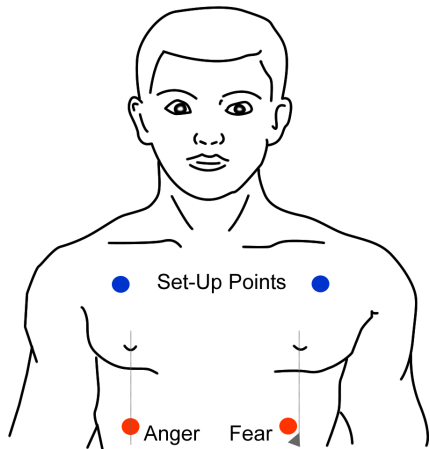


EMOTIONAL FREEDOM TECHNIQUES

SHORT VERSION

EFT remediates the subtle energies of the body and in the process harmonises and strengthens the body-mind-spirit relationship. Continuous application of EFT facilitates unconditional self acceptance and builds the necessary foundation for healing and personal growth.

Before you start tapping, assess the strength of your emotion spontaneously on a 0-10. This allows you to recognise any changes during and after the process. Usually the emotions become weaker, however it is possible that they can get stronger, or even change to e.g. sadness, rage or loneliness etc, accordingly adapt the affirmation.



Set-Up: While rubbing either Set-Up point repeat aloud 3x: *Even though I have this ... (problem) , I accept this ... (problem). I deeply and completely love , honour and accept myself ... as i am ... even with this ... (problem).*

Sequence: Depending on your emotion, (anger or fear), tap on the respective point 7-10 times while repeating aloud the same reminder phrase as you used in the Set-Up. In between breath consciously out. Repeat the sequence till you feel better, or completely free of this emotional problem.

Note: The anger point is in straight line under the nipple on the edge on the rib cage. Where as the fear point is also in straight line under the nipple on the rib cage, yet towards the solar plexus. Important: While tapping, feel the emotion of the problem and stay connected with it during the process. In subsequent rounds the Setup Affirmation and the Reminder Phrase are adjusted to reflect the progress you have made: *Even though I still have some of this ... (problem) ... I deeply and completely love and accept myself.*

Albert Einstein: *Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.*

The cause of all negative emotions is a disruption in the body's energy system.

Examples of different Set-Up and Sequence phrases based on:

Even though I have this xxx, I deeply and completely accept, honour and love myself.

Key words: I accept, love, honour, deserve, relax, forgive, choose, let go, take responsibility, heal, grow, etc.

- Although I have "this backache", I (try to) accept the situation and the pain. Even with this pain I (try to) accept myself in every aspect. I deserve that.
- Even though I have this "fear of spiders" I am willing to honour and accept myself. My fear of spiders ... my fear ... this fear.
- Even though I still have this "headache" I accept and am willing to relax regardless.
- Even though I "hate X", I (try to) accept and love myself as I am. I recognize and feel that these emotions don't serve me well and therefore I (try to) let go of all that "hate". I choose to be kind to myself.
- Even though I feel this "rage", I (try to) forgive myself. I choose to accept and love myself. I let go from all "rage". Such strong emotions don't help to be my true self.
- Even though I have this craving for alcohol, I (try to) love and accept myself as I am. I understand that every addiction is only an expression of missing love. It is up to me to define and create love as I deserve it. I take full responsibility.
- Whatever I have contributed to (create) 'this problem' in my life, I am ready to forgive myself ... it is time to let go. I am also willing to forgive all the people who (might) have contributed to ... "my problem". I accept as it is and am willing to take full responsibility. This is the only way to heal and grow.

In your own words vary and combine the different phrases as it feels right. Play with them and trust, you can't make a mistake. Not only can you change negative patterns, but anchor positive and new affirmations into your life., because:

Where intention goes, energy flows.

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