

\*\*"I \_\_\_\_\_ I \_\_\_\_\_  
 \_\_\_\_\_" \_\_\_\_\_ or  
 \*\*"E \_\_\_\_\_ I \_\_\_\_\_, I \_\_\_\_\_  
 \_\_\_\_\_" \_\_\_\_\_  
 or  
 \*\*"I \_\_\_\_\_ I \_\_\_\_\_  
 \_\_\_\_\_" \_\_\_\_\_

All of these affirmations are correct because they follow the same general format. That is, they acknowledge the problem and create self acceptance despite the existence of the problem. That is what's necessary for the affirmation to be effective. You can use any of them but I suggest you use the recommended one because it is easily memorizable and has a good track record at getting the job done.

Now here are some interesting points about the affirmation.

- \*\*It doesn't matter whether you believe the affirmation or not, just say it
- \*\*It is better to say it with feeling and emphasis but saying it routinely will usually do the job
- \*\*It is best to say it out loud but if you are in a social situation where you prefer to mutter it under your breath, or do it silently, then go ahead. It will probably be effective.

To add to the effectiveness of the affirmation, The Setup also includes the simultaneous rubbing of a "Sore Spot" or tapping on the "Karate Chop" point. They are described next.

#### The Sore Spot

There are two Sore Spots and it doesn't matter which one you use. They are located in the upper left and right portions of the chest and you find them as follows:

Go to the base of the throat about where a man would knot his tie. Poke around in this area and you will find a U shaped notch at the top of your sternum (breastbone). From the top of that notch go down 3 inches toward your navel and over 3 inches to your left (or right). You should now be in the upper left (or right) portion of your chest. If you press vigorously in that area (within a 2 inch radius) you will find a "Sore Spot". This is the

place you will need to rub while saying the affirmation.

This spot is sore when you rub it vigorously because

lymphatic congestion occurs there. When you rub it, you are dispersing that congestion. Fortunately, after a few episodes the congestion is all dispersed and the soreness goes away. Then you can rub it with no discomfort whatsoever.

I don't mean to overplay the soreness you may feel. It's not like you will have massive, intense pain by rubbing this Sore Spot. It is certainly bearable and should cause no undue discomfort. If it does, then lighten up your pressure a little.

Also, if you've had some kind of operation in that area of the chest or if there's any medical reason whatsoever why you shouldn't be probing around in that specific area then

Both sides are equally effective. In any case, if there is any doubt, consult your health practitioner before proceeding, or tap the "Karate Chop" point instead.

#### The Karate Chop Point

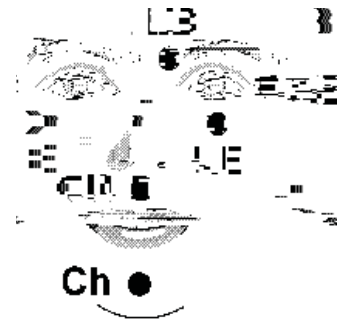
The Karate Chop point (abbreviated **KC**) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or, stated differently, the part of your hand you would use to deliver a karate chop.



Instead of rubbing it as you would the Sore Spot, you vigorously tap the Karate Chop point with the fingertips of the index finger and middle finger of the other hand. While you use the Karate Chop point of either hand, it is usually most convenient to tap the Karate Chop point of the non-dominant hand with the two fingertips of the dominant hand. If you are right handed, for

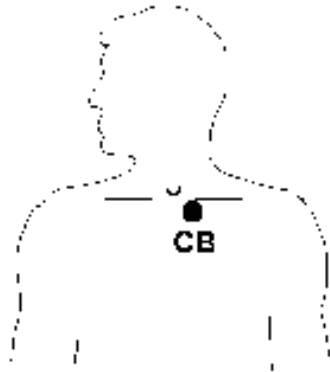
example, you would tap the Karate Chop point on the left hand with the fingertips of the right hand

**Should you use the Sore Spot or the Karate Chop point?** After years of experience with both methods, it has been determined that rubbing the Sore Spot is a bit more effective than tapping the



\*\*Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated **Ch** for **Chin**.

\*\*The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated **CB** for **CollarBone**.

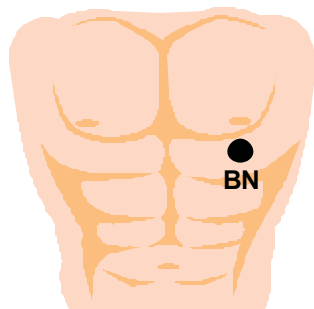


It is at the of the collarbone and we call it the collarbone point because that is a lot easier to say than " ( ), ".

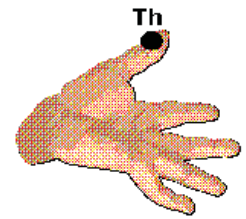
\*\*On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated **UA** for **Under the Arm**.



\*\*For men, one inch below the nipple. For ladies, where the underskin of the breast meets the chest wall. This point is abbreviated **BN** for **Below Nipple**. As discussed below, this point has been added for this edition.



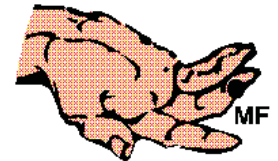
\*\*On the outside edge of your thumb at a point even with the base of the thumbnail. This point is abbreviated **Th** for **Thumb**.



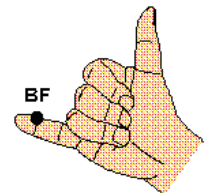
\*\*On the side of your index finger (the side facing your thumb) at a point even with the base of the fingernail. This point is abbreviated **IF** for **Index Finger**.



\*\*On the side of your middle finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated **MF** for **Middle Finger**.



\*\*On the inside of your baby finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated **BF** for **Baby Finger**.



\*\*The last point is the karate chop point, which has been previously described under the section on The Setup. It is located in the middle of the fleshy part on the outside of the hand between the top of the wrist bone and the base of the baby finger. It is abbreviated **KC** for **Karate Chop**.



The abbreviations for these points are summarized below in the same order as given above

**EB** = Beginning of the **Ey**e**B**row

**SE** = Side of the **E**ye

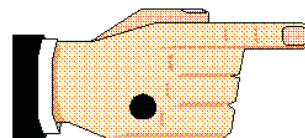
**UE** = Under the **E**ye

### The Setup

*Th S qu nc* (Bread)

*9 Gamut* (Ham)

*Th S qu nc* (Bread)



Gamut point

Note that 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 of them... **and**... you perform 7, 8 and 9 as a unit. That is, you hum 2 seconds of a song... then count... then hum the song again, in that order. Years of experience have proven this to be important.

Also, note that for some people humming Happy Birthday causes resistance because it brings up memories of unhappy birthdays. In this case, you can either use EFT on those unhappy memories and resolve them, or you can side step this issue for now by having them hum some other song.

### Ingredient #4...The Sequence (again)

The fourth... and last... ingredient in The Basic Recipe was mentioned above. It is an identical trip through The Sequence.

### The Reminder Phrase

Once memorized, The Basic Recipe becomes a lifetime friend. It can be applied to an almost endless list of emotional and physical problems and provides relief from most of them. However, there's one more concept we need to develop before we can apply The Basic Recipe to a given problem. It's called the Reminder Phrase.

When a football quarterback throws a pass he aims it at a particular receiver. He doesn't just throw the ball in the air and hope someone will catch it. Likewise, The Basic Recipe needs to be aimed at a specific problem. Otherwise, it will bounce around aimlessly with little or no effect.

You "aim" The Basic Recipe by applying it while "tuned in" to the problem from which you want relief. This tells your system which problem needs to be the receiver.

Remember the discovery statement which states...

"  
"

Negative emotions come about because you are tuned into certain thoughts or circumstances which, in turn, cause your energy system to disrupt. Otherwise, you function normally. One's fear of

heights is not present, for example, while one is reading the comic section of the Sunday newspaper (and therefore not tuned in to the problem).

Tuning in to a problem can be done by simply thinking about it. In fact, tuning in... thinking about it. Thinking about the problem will bring about the energy disruptions involved which then... and only then... can be balanced by applying The Basic Recipe. Without tuning in to the problem... thereby creating those energy disruptions... The Basic Recipe does nothing.

Tuning in is seemingly a very simple process. You merely think about the problem while applying The Basic Recipe. That's it... at least in theory.

However, you may find it a bit difficult to consciously think about the problem while you are tapping, humming, counting, etc. That's why I'm introducing a Reminder Phrase that you can repeat continually while you are performing The Basic Recipe.

The Reminder Phrase is simply a word or short phrase that describes the problem and that you repeat out loud each time you tap one of the points in The Sequence. In this way you continually "remind" your system about the problem you are working on.

The best Reminder Phrase to use is usually identical to what you choose for the affirmation you use in The Setup. For example, if you are working on a fear of public speaking, The Setup affirmation would go like this...

*E*                    *I*                    \_\_\_\_\_  
*I*                    *I*                    .

Within this affirmation, the underlined words... fear of public speaking... are ideal candidates for use as the Reminder Phrase.

You may notice that Adrienne and I sometimes use a bit shorter version of this Reminder Phrase when dealing with people on the recordings included with this course. We might, for example, use "public speaking fear" or just "public speaking" instead of the somewhat longer version above. That's just one of the shortcuts we have grown accustomed to after years of experience with these techniques. For your purposes, however, you can simplify your life by just using the identical words for the Reminder Phrase as you use for the

affirmation in The Setup. That way you will minimize any possibility for error.

Now here's an interesting point that you will most certainly notice on the audios and some of the videos. When Adrienne and I are helping people with EFT

. That's because we have discovered over time that simply stating the affirmation during The Setup is usually sufficient to "tune in" to the problem at hand. The subconscious mind usually locks on to the problem throughout The Basic Recipe even though all the tapping, humming, counting, etc. would seem to be distracting.

But this is not true and, with our extensive training and experience, we are able to recognize whether or not using the Reminder Phrase is necessary. As stated, it is not usually necessary but... **when it is necessary it is really necessary and must be used.**

What's beautiful about EFT is that you don't need to have our experience in this regard. You don't have to be able to figure out whether or not the Reminder Phrase is necessary. You can just it is always necessary and thereby assure yourself of always being tuned in to the problem by simply repeating the Reminder Phrase as instructed. It does no harm to repeat the Reminder Phrase when it is not necessary and will serve as an invaluable tool when it is. This is part of the 100% overhaul concept mentioned earlier. We do many things in each round of The Basic Recipe that may not be necessary for a given problem. But when a particular part of The Basic Recipe necessary... **it is absolutely critical.**

It does no harm to include everything... even what may be unnecessary... and / . This includes repeating the Reminder Phrase each time you tap a point during The Sequence. It costs nothing to include it... not even time... because it can be repeated within the same time it takes to tap each energy point 7 times.

This concept about the Reminder Phrase is an



**\*\*E**      *I still*      *som*      \_\_\_\_\_  
 \_\_\_\_\_, *I*

**\*\*E**      *I still*      *som*  
 \_\_\_\_\_, *I*

**\*\*E**      *I still*      *som*      \_\_\_\_\_  
 \_\_\_\_\_, *I*

**\*\*E**      *I still*      *som*      \_\_\_\_\_  
 \_\_\_\_\_, *I*

**\*\*E**      *I still*      *som*      \_\_\_\_\_  
 \_\_\_\_\_, *I*

**\*\*E**      *I still*      *som*      \_\_\_\_\_  
 \_\_\_\_\_, *I*

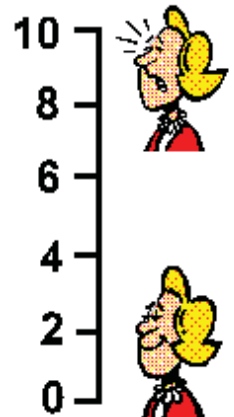
**\*\*E**      *I still*      *som*      \_\_\_\_\_  
 \_\_\_\_\_, *I*

**\*\*E**      *I still*      *som*  
 \_\_\_\_\_, *I*

The Reminder Phrase is also easily adjusted  
 Just put the word \_\_\_\_\_ before the previously  
 used phrase. Here, as examples, are adjusted  
 versions of the previous Reminder Phrases

**\*\*r maining**  
**\*\*r maining**  
**\*\*r maining**  
**\*\*r maining**  
**\*\*r maining**  
**\*\*r maining**  
**\*\*r maining**

### Intensity Meter



then close your eyes and imagine seeing a spider or imagine a past time when a spider scared you. Assess your intensity on a scale of 0 to 10.

If you estimate it at a 7, for example, then you have a benchmark against which to measure your progress.

Now do one round of The Basic Recipe and imagine the spider again. If you can get no trace whatsoever of your previous emotional intensity then you are done. If, on the other hand, you go to, let's say, a 4 then you need to perform subsequent rounds until 0 is reached.

### Aspects

You might wonder at this point if getting to 0 while just about a spider will hold up when you are actually confronted with a spider. The answer is usually... **yes!!**

In most cases, the energy disruptions that occur while about the spider are the same as those when you are in the presence of a spider. That's why the original energy balancing tends to hold in the real circumstances.

The exception to this is when some new aspect of the problem comes up in the real situation that wasn't there when you were just thinking about it. For example, you may have been about a stationary spider that didn't move. If that movement is an important aspect of your fear and... if it was absent from your thinking when the original rounds were done... then that part of the fear will arise when you see a moving spider. This is a reasonably common occurrence and



**Each aspect, when present, is handled as a separate problem.**

*EF*

It simply means there is more to do. Just apply The Basic Recipe to the new aspect (moving spider) until your emotional response goes to 0. Once all aspects have been eliminated your phobic response to spiders will be history and you will be perfectly calm around them.

The notion of aspects is an important one in EFT. As in the spider example above, some problems have many pieces... or aspects... to them and the problem will not be completely relieved until all of them are

addressed. Actually, each of these aspects qualifies as a separate problem even though they seem to be all lumped together. The fear of a stationary spider and the fear of a moving spider, for example, would seem to be lumped together. In fact, they are separate problems and need to be addressed separately by EFT.

Different aspects are possible with just about any problem you want to address with EFT. Sometimes they take the form of a series of traumatic memories such as memories of war, abuse or rape. Each of those memories may be a separate problem, or aspect, and needs to be addressed individually before complete relief from the distress is obtained.

Please understand that where several aspects of an problem are present, you may not notice any relief until all aspects are reduced to 0 by The Basic Recipe. This becomes very clear when you compare it to its counterpart in healing. If, for example, you have a simultaneous headache, toothache and stomach ache, you will not feel healthy until all 3 are gone. The pain may seem to shift but it is, nonetheless, still pain. So it is with issues that contain different aspects. Until all aspects are gone you may not feel you are getting relief even though you have taken care of 1 or more aspects.

### Persistence Pays

As a newcomer to EFT, you may lack the experience to be able to identify specific aspects and address them

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## Be Specific Where Possible

It is best, of course, to be specific whenever you can. That way you can efficiently zero in on an exact fear, pain, memory etc., and eliminate it from your limiting baggage.

Sometimes we lump together a number of specific problems under a larger heading. This can handicap your progress with EFT. For example, most people would like to have a better "self image" but don't realize that the term is a general label which serves as a catchall phrase for numerous problems (e.g. memories of abuse, rejection, failure and/or fears of various kinds).

Someone who has been subject to severe rejection as a child is likely to feel inadequate in many areas of their life. This contributes to their poor self image by causing energy disruptions (and hence negative emotions) when they face potential rejection. Accordingly, they consistently feel "not good enough" when given opportunities and tend to stay stuck where they are in life. When lumped together with other negative emotions, self image problems become more widely generalized and the person feels stopped in even more areas.

I use a metaphor to put self image and other general emotional labels into proper EFT perspective. I liken the problem to a **diseased forest in which each of the underlying specific issues is a negative tree**. The forest, at first, is so densely populated with trees that it may seem impossible to find your way out. To some, it may even seem like a jungle.

When we neutralize each specific negative event in our lives with The Basic Recipe we are, effectively, cutting down a negative tree. Continue cutting down these trees and, after a while, the forest will have thinned out so you can walk out of it rather easily. Each toppled tree represents another degree of emotional freedom and, if you are persistent with The Basic Recipe, you will gradually find your negative responses subsiding. You will find yourself at ease, and calm, when faced with new opportunities and you will be guided by a new sense of adventure rather than by a fear of not being "good enough."

One very helpful concept here is to break down problems into the **specific events that underlie them** and use EFT on each such specific event. For example, if you have anger because your father abused you, apply EFT to specific events like, "When Dad hit me in the kitchen at age 8." This is often superior to using EFT on the more global issue of "My father abused me."

**Perhaps the biggest mistake made by newcomers is that they try to use EFT on issues that are too global. They may make good headway with persistence but they are less likely to notice the**

results right after. Typically, they are too persistent

reduce the subject matter to a simple paragraph. I have done that with EFT. What follows is...

### **EFT in a nutshell**

**Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!!**

That's it. That's the essence of what you are learning here. If you would like an expanded version of this summary you will find it on the next page. There I include... on a single page... The Discovery Statement, The Basic Recipe and EFT in a Nutshell. I call it EFT on a page. You might wish to use it as a quick reference until you master these procedures.

P.S. As a reminder, please recall from our opening comments that the emotional and energetic releases brought about by EFT frequently result in profound physical healings.

**Important Note to those downloading this manual for free from the internet:** This Manual refers to videos and audios that are included in the much more comprehensive EFT Course. Those videos and audios are available at <https://www.emofree.com/eftstore>. However, this manual provides all the basics. The videos and audios are not unnecessary unless you want to expand your skills beyond beginner status. **Also:** If you haven't already done so, please subscribe to our free EFT Insights Newsletter at <http://www.emofree.com/subscribe.asp>

# EFT on a Page

## THE DISCOVERY STATEMENT

" \_\_\_\_\_ "

## EFT IN A NUTSHELL

Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!!

## THE BASIC RECIPE

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

"E \_\_\_\_\_ ,"  
I \_\_\_\_\_ ."

while continuously rubbing the \_\_\_\_\_

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, BN , Th, IF, MF, BF, KC

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

(1) Eyes closed (2) Eyes open (3) Eyes hard down right (4) Eyes hard down left (5) Roll eyes in circle (6) Roll eyes in other direction (7) Hum 2 seconds of a song (8) Count to 5 (9) Hum 2 seconds of a song.

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, BN , Th, IF, MF, BF, KC

**Note:** In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the r *maining* problem ("still")