

EFT on a Page

THE DISCOVERY STATEMENT

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

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. 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:**

*"Even though 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 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, 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.

The Science Behind EFT

An engineer looks at the science of psychology • The body's energy system

Dr. Callahan's first experience

The Discovery Statement • The 100% overhaul concept

An engineer looks at the science of psychology

This course is written by a Stanford engineer. I'm not a psychologist with a long list of initials behind my name. People call me Gary and not Dr. so and so.

If you are a conventional thinker, that might bother you. After all, what business does an engineer have intruding into the field of psychology? The physical sciences and the mind sciences appear to have nothing in common. True.

But 30 years ago I realized that the quality of one's life was directly related to their emotional health. Emotional health is the foundation beneath self confidence and self confidence is the springboard to achievement in every walk of life. This is not a new idea, of course. Virtually everyone agrees with it and the self help section in every major bookstore is burgeoning with books on the subject.

Most people take this idea for granted and read a book or attend a seminar on it now and then. But I took it seriously...very seriously. As long as I'm going to spend a few decades on this planet I might as well make it a joyous experience for myself and others. So I went on a 30 year search to find tools that would help people in this regard.

I read all those books (by the hundreds) and spent thousands of dollars on seminars and tapes. I chased down every lead I could find with the enthusiasm of a newspaper reporter on the hunt for that "big story." I talked to psychiatrists and psychologists and psychotherapists of every kind to find what worked. And EFT, by far, is the most fascinating, most rewarding, most effective tool I have ever found for personal improvement. It lives up to its name and does, indeed, provide freedom from negative emotions.

But I'm getting ahead of myself. I want to trace through some of the milestones of my search because they form an important base on which to build your introduction to this ingenious discovery.



First, please understand that I have never formally used my training as an engineer. I have always chosen people oriented professions and have, at the same time, always pursued my true passion as a Personal Performance Coach.

But that doesn't mean I wasn't influenced by my scientific training. Indeed, that training led me to many useful personal performance tools. You see, engineering is an *exact* science. It is very practical. Two plus two must equal four. There is a reason for everything. Logic tends to rule in the thinking of an engineer.

So, when I set out to find personal improvement tools I took that mindset with me. To me a tool had to make sense...it had to be practical...it had to be scientific. In short...if it didn't work in the real world I wasn't interested.

So I began reading those books and attending seminars on psychology. It was the "logical" thing to do. But psychology was a puzzle to me. I was looking for the same logic and precision that I was used to as an engineer but it didn't seem to be there. After many years of probing the institution known as psychology I can assure you that **the science of engineering and the science of psychology bear little relationship to each other.**

On the surface, psychology *seems* to be very scientific. There are laboratories in nearly every major university in America dedicated to research on psychological issues. Theories are put forward and rigorously tested. "Double blind" studies are done to assure the findings are valid. These studies then form the basis of carloads of professional papers written by the most highly esteemed practitioners in the field. It all seems very impressive and, in many ways, it is.

All this research *does* uncover many valuable aspects to our thinking process and our behaviors. They are used effectively in sales and advertising and many other fields. But **the vast majority of them do very little to give people rapid, long lasting relief from their emotional concerns.**

I know that sounds a little irreverent and I mean no one disrespect. But by an engineer's standards...that is a very true statement. There are some exceptions, of course, but the vast majority of the conventional techniques have poor track records.

Please understand, this is not a criticism of psychotherapists. I find the members of that profession to be among the most dedicated people on earth and I count many of them as my personal friends. They are very caring individuals who have great concerns for their patients. They work long hours and are constantly seeking new ways to improve on the tools they have been given to work with. EFT is a new tool for their "people helping toolbox" that contains a distinctly scientific component. That scientific component would satisfy even the most demanding engineer. It has to improve any therapist's performance.

Some people undergo therapy for months or years for relief from their fears, anger, guilt, grief, depression, traumatic memories, etc. and make little or no headway. So they switch therapists in hopes someone else has "the answer." The results are often the same. They switch again...and again...and again. They spend money. They spend time. They go through emotionally painful sessions. But if anything positive happens for most of these people, it doesn't appear to be much.

I found this rather curious. To me there was something obviously wrong with the methods used because (1) they weren't working (at least by my standards) and (2) they were painfully slow. So I asked therapists and patients, "Why does it take so long to do so little?" The answers varied, of course, but generally speaking they went something like this....

- "Well, the problem is deeply ingrained" or
- "It is a deep scar" or
- "We don't know for sure...we are dealing with the mysteries of the mind, you know."

My engineering mind tossed these answers out immediately as convenient ways to explain away, or rationalize, methods that just didn't do much. But to most people they sounded good. They sounded reasonable. So they were accepted and pursued. Besides, what else could be done? Real answers weren't available.

Also, I don't mean to imply here that no one gets any help or relief from therapy. That just isn't so. Some do. But in general it is among the slowest, most ineffective sciences on earth.

To this engineer the only scientific laboratory that counts is the real world and there is only one criteria for whether or not a given theory is valid. Namely....does it work?

If an engineer designs a computer, for example, it had better work in the real world and work perfectly. Otherwise, consumers will return it promptly for a refund and may send a nasty letter to boot. In emotional health, however, if a new method *seems* to

work once in a while (and as long as it is not *too* radical) it is often heralded as a breakthrough and the discoverer of the method gets rich by writing books and giving lectures. Interesting...but that's the way it is.

In the early years of my search for personal improvement tools I considered getting degrees in psychology. But the more I was exposed to that field the more I concluded that to do so would work to my disadvantage. Why? **Because I would have to learn about methods that didn't work...at least by my standards.**

I just couldn't see the merits in going through all that schooling to learn something that, to me, was of questionable value. It would, paradoxically, distract me from my true goal of finding personal improvement tools that work.

As the years went by I discovered a list of helpful tools that I used for myself and taught to others. None of them, incidentally, came from psychology text books. They were all well received and effective when properly applied. I teach them in my course, "How to Drive Your Own Bus."

One of the tools that I thought was quite helpful was Neuro Linguistic Programming (also known as NLP). I dove into that head first and became quite proficient at it. I became certified as a Master Practitioner and helped a lot of people with it. I recommend anyone study it who is interested in personal improvement.

Then my search for reliable personal improvement tools took a mega jump to a new level. I was told about a psychologist in Southern California, Dr. Roger Callahan, who was giving people relief from intense fears (phobias) in minutes. So, ever the eager beaver, I called him immediately to inquire of his methods. He told me that his methods weren't limited to just phobias. **They applied to all negative emotions.**

That included depression, guilt, anger, grief, post traumatic stress disorder (PTSD) and any other negative emotion I could name. Furthermore, the method usually only took minutes to perform and the result was usually permanent.

On the one hand I was enthusiastic about his claims. But I must also admit to a fair amount of skepticism as well. The statement sounded a bit grandiose...even to me. But I was still listening. Then he told me the method consisted of tapping with the fingertips at the end points of the body's energy meridians.

"You mean meridians like in acupuncture?", I said.

"Exactly," he replied.

"Sure!", I thought, "And bees give milk too."

Here was a PhD making some startling claims and trying to explain them in terms of the subtle amounts of electricity that circulate throughout the body. Psychology and electricity seemed rather far apart to me

but I bought some of his videotapes anyway so I could see a demonstration.

I was stunned by what I saw. Clearly and obviously people were getting beyond the most intense of emotions and **they were doing so in moments and...the results were long lasting.**

I had never seen anything close to this....anywhere.

I still didn't see the connection between emotions and the body's energy system but it *did* have a scientific ring to me. Perhaps I was about to find a truly scientific approach to psychology. Indeed, that is what I found. The *true cause of negative emotions*, it turns out, is not where everyone thinks it is. It is not where psychologists have been looking. That's why they haven't found it. They have been looking in the wrong place. *The cause of all negative emotions is involved with the body's energy system.* This is indisputably so...even though it sounds a bit strange.

But the proof is in the results. For me, the only laboratory that counts is the real world and that is where these techniques excel. You will see that repeatedly throughout this course. The speed, efficiency and long lasting nature of these techniques is far beyond anything I have come across in 30 years of intensive searching.

This discovery is the engine that runs EFT. Without it, this course wouldn't exist. So to better build your understanding we need to focus a bit on that vital energy system.

The body's energy system

Our bodies have a profound electrical nature. Any beginning course in anatomy covers this. Shuffle your feet across a carpet and then touch an item made of metal. Sometimes you can see the static electricity that is discharged from your fingertip. This wouldn't be possible unless your body had an electrical nature to it.

If you touch a hot stove you will feel the pain instantly because it is *electrochemically transmitted* along the nerves to your brain. The pain almost instantaneously and that is why you feel pain so quickly. Electrochemical messages are constantly sent throughout your body to keep it informed of what is going on. Without this energy flow you would not be able to see, hear, feel, taste or smell.

Another obvious bit of evidence regarding the existence of electricity (energy) in the body are the electroencephalograph (EEG) and electrocardiograph (EKG). The EEG records the *electrical activity of the brain*



and the EKG records the *electrical activity of the heart*. These devices have been used by medical science for decades and are the ones you see in TV hospital dramas hooked up to dying patients. When the screen stops "blipping" the patient is dead.

Our electrical systems are vital to our physical health. What could be more obvious? When the energy stops flowing....we die. Ask your doctor about this. No one disputes it.

In fact, civilization has known about this for milleniums. About 5,000 years ago, the Chinese discovered a complex system of energy circuits that run throughout the body. These energy circuits...or meridians as they are called...are the centerpiece of Eastern health practices and form the basis for modern day acupuncture, acupressure and a wide variety of other healing techniques.

This energy courses through the body and is invisible to the eye. It cannot be seen without high tech equipment. By analogy, you do not see the energy flowing through a TV set either. *You know it is there, however, by its effects.* The sounds and pictures are your ever present evidence that the energy flow exists.

In the same way, EFT gives you striking evidence that energy flows within your body because it provides the effects that let you know it is there. By simply tapping near the end points of your energy meridians you can experience some profound changes in your emotional and physical health. These changes would not occur if there was no energy system.

Western medical science tends to focus on the chemical nature of the body and has not paid much attention to these subtle, but powerful, energy flows until recent years. No one denies their existence, however, even though they have been given very little weight in medicine and no weight whatsoever in psychology. But they *do* exist and are attracting an expanding group of researchers. Read the following for more details:

- Becker, Robert O. and Selden, Gary. *The Body Electric*. Morrow, NY, 1985
- Becker, Robert O. *Crosscurrents*. Tarcher, NY, 1992
- Burr, H.S. *Blueprint for immortality: the electric patterns of life*. Neville Spearman, London, 1972
- Nordenstrom, B. *Biologically closed electric circuits: clinical, experimental and theoretical evidence for an additional circulatory system*. Nordic, Stockholm, 1983.

A growing number of health practitioners are finding ways to use this vital energy system to help physical healing. Acupuncture, massage therapy and

chiropractic are but a few of them. Bookstore shelves are loaded with books on energy meridian techniques to promote good physical health.

Dr. Callahan's first experience

The science behind EFT was not developed like many other discoveries. That is, it was not created in a laboratory and then tested in the real world. Instead, a stunning turn of events in the real world pointed the way first. Here's the story.

In 1980 Dr. Callahan was working with a patient, Mary, for an intense water phobia. She suffered from frequent headaches and terrifying nightmares, both of which were related to her fear of water. To seek help, she had been going from therapist to therapist for years....with no material improvement.

Dr. Callahan tried to help her by conventional means for a year and a half. He didn't make much headway either.

Then one day he stepped outside the normal "boundaries" of psychotherapy. Out of curiosity, he had been studying the body's energy system and decided to tap with his fingertips under her eyes (an end point of the stomach meridian). This was prompted by her complaint of some stomach discomfort.

To his astonishment, she announced immediately that her phobia was gone and she raced down to a nearby swimming pool and began throwing water in her face. No fear. No headaches. **It all went away....including the nightmares. And it has never returned.** She is totally free of her water phobia. Results like that are rare in the field of psychotherapy...but commonplace with EFT.

A first hand description. Here's how Dr. Callahan describes it in his 1990 book, "The Rapid Treatment of Panic, Agoraphobia and Anxiety."

"...I was totally unprepared for what happened. As I tapped under her eyes, Mary said, 'It's gone!.' 'What's gone?', I asked. 'My fear of water, it's gone, I don't have those awful feelings in my stomach any more!'"

We were working in my home office and I said, with a somewhat challenging and skeptical tone, "Let's go down to the pool and see."

I fully expected her to resist as usual, but, to my surprise, I had to hurry to keep up with her on the way to the pool. For the first time, she looked at the water, put her head near it and splashed water in her face, from the shallow end. I watched in amazement, as she joyfully shouted, "It's gone, it's gone!"

Mary's next move frightened me. She suddenly ran toward the deep end of the pool, and this sudden total absence of fear around the pool was so unusual for her

that I shouted, "Mary, be careful!" I was afraid that she might jump into the pool and drown. She laughed when she saw my alarm and reassured me; "Don't worry Doctor Callahan, I know I can't swim." Ten years experience with the treatment has since taught me that the treatment does not cause sudden stupidity. Respect for reality, I have learned, is not diminished by successful treatment.

All Mary needed was that tap under the eyes. Later, I learned that most people need more. In any case, I started trying the treatments on some of my other phobic clients, and found that I got similar results in about one of five. The discovery of psychological reversal and other refinements in the treatments have now boosted our success rate to about 98%.

The first question I usually get is, "Does the treatment last?" The implicit assumption is that if something is done quickly, it can't last. This is pure prejudice against the "quick fix"; the answer is; it usually does last; in a small number of cases it might have to be repeated. Of course, it is easy to repeat. Usually, in such cases, the person is cured and after ten years Mary has no trace of this problem. Interestingly, there have been no nightmares about water since that first treatment...."

This, of course, got Dr. Callahan's attention.

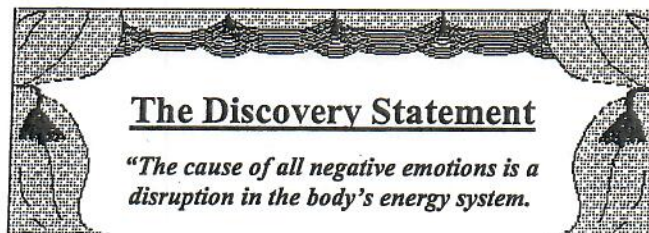
He has since refined and expanded his findings to a series of related routines. They encompass nearly every area of emotional improvement imaginable....from phobias to panic disorders to sports performance.

And, along the way, he has also applied these techniques to physical problems and addictive cravings with notable success.

EFT is based on all these procedures. It reduces years of diligent research and endless trial and error to one practical course that you can master in your living room. It is like having your own private guide to a workable version of the most stunning personal improvement findings in the last 100 years.

The Discovery Statement

Now, with this in mind, here's the essence behind EFT. We will refer to it henceforth as the "Discovery Statement."



Let's put this in terms of Mary's water phobia. When she was experiencing her fear, the energy flowing through her stomach meridian was disrupted. That energy imbalance is what was causing her emotional intensity. Tapping under her eyes sent pulses through the meridian and fixed the disruption. It balanced it out. Once the energy meridian was balanced the emotional intensity....the fear....went away. Therein lies the most powerful thing you are ever going to learn about your unwanted emotions. They are caused by energy disruptions.

Now, let's examine the discovery statement in more detail. First, notice what it does *not* say. It does *not* say that a negative emotion is caused by the memory of a past traumatic experience. This is important to recognize because that presumed connection of traumatic memories to negative emotions is a mainstay in conventional psychotherapy.

In some circles, it is the accepted practice to treat the memory and, in the process, ask the client to repeatedly relive some emotionally painful event. EFT, by contrast, ignores the memory and addresses the true cause....a disruption in the body's energy system.

People call me from all over the country for help over the telephone. Without my asking, they invariably start telling me in detail about their past traumas. That's because they mistakenly believe I need all these details to help them. To them, these memories are the cause of their problems.

I care deeply about helping people who needlessly carry around all these emotionally charged memories. That's why I created this course. But it always seems strange to people when I tell them they don't need to painfully relive all those horrid details for EFT to help them. These memories may *contribute* to an unwanted emotion (you'll see how later), but they are not the direct *cause*. Accordingly, we don't need to spend time painfully dwelling on them. It is superfluous to do so.

Thus there is no significant emotional suffering involved with EFT. It is painless. You will be asked to briefly recall your problem, but that is all. There is no

need to relive the pain. In fact, with EFT, generating prolonged emotional discomfort is frowned upon. This is but one example of where EFT is a radical departure from conventional methods.

As a further aid to your learning, it might help if you compare the energy flow in your body to that of a TV set. As long as the electricity flows through your TV normally, the sound and picture are both clear. But what would happen if you took off the back of the TV set and poked a screwdriver amongst all that "electronic spaghetti?" You would, quite obviously, disrupt or reroute the flow of electricity and an electric "zzzzzt" would occur inside. The picture and sound would lose clarity and the TV would exhibit its version of a "negative emotion."

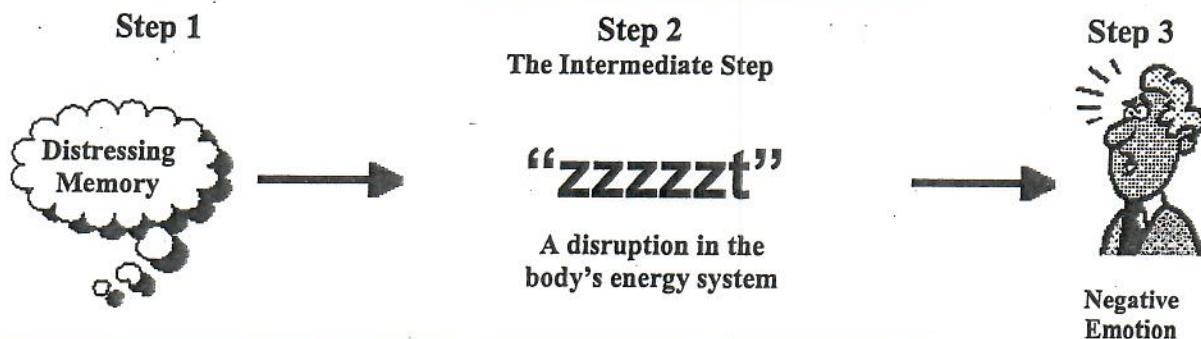
In the same manner, when our energy systems become imbalanced, we have an electrical "zzzzzt" effect going on inside. Straighten out this "zzzzzt" (by tapping) and the negative emotion goes away. It's that simple. I'm well aware of how strange this may sound and how difficult it can be to believe....at least at first. I wouldn't believe it myself if I hadn't seen so many marvelous changes in people after applying these techniques.



The intermediate step...the missing piece. Once you accept it, though....once you "let it in"....its logic becomes undeniable. It becomes obvious and you begin to see all the weaknesses in other methods.

For example, the "treat the memory" method mentioned above becomes glaringly erroneous in the light of these discoveries. It is assumed, in that method, that the past traumatic memory is the direct cause of the emotional upset in someone. It is not. There is an intermediate step...a missing piece...between the memory and the emotional upset. And that intermediate step, of course, is the disruption in the body's energy system. It is that disruption, the "zzzzzt", that is the direct cause of the emotional upset. This is portrayed graphically below.

How a negative emotion is caused



Please note that if step 2, the intermediate step, does not occur then step 3 is *impossible*. In other words...if the memory does not cause a disruption in the body's energy system then the negative emotion cannot occur.

That is why some people are bothered by their memories and others are not. The difference is that some people have a tendency for their energy systems to become imbalanced under such a memory, while others do not.

With this in mind, it is easy to see how the "treat the memory" method misses the mark. It addresses step 1 and ignores step 2.

This is why some people tend to get worse when conventional psychology aims for the memory and not its cause (the energy disruption). Addressing step 1 by requiring someone to vividly relive a distressing memory serves to induce more disruption in the energy system. And that means more pain, not less. It can, and often does, aggravate the problem. If step 2 was addressed instead of step 1, then there would be no pain. The energy system would be balanced (by appropriate tapping) and internal calm would replace the negative emotion. The result would be rapid relief because the true cause was being addressed. This happens repeatedly with EFT.

Now back again to the "Discovery Statement." Please notice that it is all inclusive. It says, "*The cause of ALL negative emotions is a disruption in the body's energy system.*" This includes fears, phobias, anger, grief, anxiety, depression, traumatic memories, PTSD, worry, guilt and all limiting emotions in sports, business and the performing arts. That's a comprehensive list and covers just about every restrictive emotion we can experience.

Differently stated, this means that all these negative emotions have the same cause....an electrical "zzzzzt" in the body. It also means...they can all be relieved in a similar manner.

Grief has the same basic cause as anxiety, depression, guilt, fear and a baseball player's hitting slump. So the same general method can be used for all these problems. This "one cause" idea is also a blessing for mental health professionals. They are accustomed to an endless, ever changing number of explanations for the seemingly countless emotional concerns of their clients. To learn that there is only one cause greatly simplifies their efforts.

Can you diagnose for energy imbalances? The existence of any energy imbalance is readily detected using some unique diagnostic techniques. Anyone skilled in these techniques would know, in short order, what's going on in your energy system and would know precisely where to tap.

The bad news here is that the diagnostic techniques are outside the scope of this course and will not be taught. You will be unable to diagnose.

An end run around diagnosis. But the good news is that you don't have to know anything about diagnosis to have success with EFT. This is my contribution to these discoveries. EFT creates an effective end run around this inability to diagnose that is valid for the vast majority of the population. This is not to say that the ability to diagnose is unimportant. Quite the contrary. Professional therapists...especially those dealing with clinically disturbed patients... will want to go this extra step. However, the "100% overhaul concept" (described next) works admirably as a substitute. Diagnosis is not necessary for the majority of issues with the majority of people.

The 100% overhaul concept

To understand how this end run works, let's go back to our TV set analogy. Suppose your TV picture is fuzzy....there is a "zzzzzt" somewhere inside....and you want it repaired. Now suppose further that your TV repairman has no tools with which to diagnose the problem. He has no way of telling whether you need something major like a new picture tube or something minor like a new capacitor. How then, does he repair your TV?

Here's the answer: In order to fix your TV...he **overhauls the whole thing...**just as an auto mechanic might overhaul an entire engine. He replaces every electronic gizmo in sight....the picture tube, the resistors, all the wires, every capacitor, etc. Is he overdoing it a bit? Oh sure!. But the important question is, "Is he likely to fix the problem?" Oh sure again! In fact, since he is replacing everything, his odds approach 100%.

Of course the overhaul will be of limited help if the TV is located in a poor reception area where interference is present. But that's usually not the case. By the same token, some people (about 5%) have energy systems that are subject to substantial interference (energy toxins...discussed later) so that EFT is of limited use. With persistence they are still likely to improve but may need more advanced help.

The Basic Recipe. The 100% overhaul concept is EFT's end run around diagnosis. We overdo it. We use a memorized process called The Basic Recipe with which we apply enough tapping procedures to overhaul the whole energy system. This way, our odds of fixing the specific energy imbalance, or "zzzzzt," are greatly enhanced....even though we have no ability to diagnose.

The only difference between the TV repairman and EFT is that our overhaul takes only a few minutes.....not days. Therefore it is very practical to do.

The 100% overhaul concept requires that you tap near the end points of numerous energy meridians without knowing which of them may be disrupted. In this way you "overtap" and will, in the process, tap on some energy meridians that are flowing normally. You might wonder if this does any harm. The answer is no. As stated earlier, I have never seen a material negative effect from these tapping procedures. Thus "overtapping", as EFT requires, has the same effect as overhauling a TV set. No harm done.....and you'll probably fix what's wrong.

Summary so far. To this point we have covered some basic background and discussed what to expect. We have also developed the science behind the techniques and have learned that, *"The cause of all negative emotions is a disruption in the body's energy system."* This is a radically new discovery and requires thinking outside the normal boundaries to be truly appreciated.

We also learned that diagnosing for energy imbalances is important but is impractical to teach in this course. Fortunately, diagnosis can be avoided in a great majority of cases by using the 100% overhaul concept.

The 100% overhaul concept requires a memorized tapping procedure. This procedure is the centerpiece of EFT and is referred to as The Basic Recipe. It is your primary tool and "best friend" for emotional freedom. You now have the necessary background to appreciate its power. We cover it next.

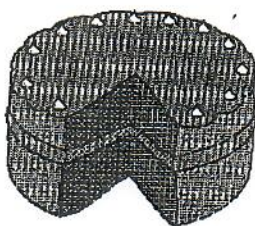
The Basic Recipe

Like Baking a Cake • The Setup
The Sequence • 9 Gamut Procedure • The Sequence (again)
The Reminder Phrase • Adjustments for Subsequent Rounds

Like Baking a Cake

Our end goal in this course is to equip you with an easy to use recipe for expanding your emotional freedom. I call it The Basic Recipe and the pages that follow are dedicated to its development.

A recipe, of course, has certain ingredients which must be added in a certain order. If you are baking a cake, for example, you must use sugar instead of pepper and you must add the sugar *before* you put it in the oven. Otherwise....no cake.



The Basic Recipe is no exception. Each ingredient must be performed precisely as described and they must be introduced in the proper order. Otherwise....no result.

Although I am going to some length to describe it in detail, The Basic Recipe is very simple and easy to do. *Once memorized, each round of it can be performed in about 1 minute.* It will take some practice, of course, but after a few tries the whole process becomes familiar and you can bake that emotional freedom cake in your sleep. You will then be well on your way to mastery of EFT and all the rewards it provides.

Let me interject here that various **shortcuts** are available and described in Part II of this manual and on Videotape #1 of Part II. I am describing the *full* Basic Recipe here because it provides an important foundation to the whole process.

However, the proficient practitioner may want to use the shortcuts because they cut the average time involved by at least half.

The full Basic Recipe consists of four ingredients...two of which are identical. They are:

1. The Setup
2. The Sequence
3. The 9 Gamut Procedure
4. The Sequence

They are each treated in detail below.

Ingredient #1...The Setup

Applying The Basic Recipe is something like going bowling. In bowling, there is a machine that sets up the pins by picking them up and arranging them in perfect order at the end of the alley. Once this "setup" is done, all you need to do is roll the ball down the alley to knock over the pins.

In a similar manner, The Basic Recipe has a beginning routine to "set up" your energy system as though it was a set of bowling pins. This routine (called The Setup) is vital to the whole process and prepares the energy system so that the rest of The Basic Recipe (the ball) can do its job.

Your energy system, of course, is not *really* a set of bowling pins. It is a set of subtle electric circuits. I present this bowling analogy only to give you a sense for the purpose of The Setup and the need to...**make sure your energy system is properly oriented before attempting to remove its disruptions.**

Your energy system is subject to a form of electrical interference which can block the balancing effect of these tapping procedures. When present, this interfering blockage must be removed or The Basic Recipe will not work. Removing it is the job of The Setup.

Technically speaking, this interfering blockage takes the form of a *polarity reversal* within your energy system. This is not the same thing as the *energy disruptions* which cause your negative emotions.

Another analogy may help us here. Consider a typical hand held electronic device such as a tape recorder. Like all such devices, it needs batteries to work and, equally important, *the batteries must be installed properly.* You've noticed, I'm sure, that batteries have + and - marks on them. Those marks indicate their *polarity*. If you line up those + and - marks according to the instructions, then the electricity flows normally and your tape recorder works fine.

But what happens if you put the batteries in backwards? Try it sometime. The tape recorder will not work. It acts as if the batteries have been removed. That's what happens when polarity reversal is present in your energy system. It's like your batteries are in backwards. I don't mean you stop working altogether....like turn "toes up" and die....but your progress **does** become arrested in some areas.



This polarity reversal has an official name. It is called Psychological Reversal and represents a fascinating discovery with wide ranging applications in...**all areas of healing and personal performance.**

It is the reason why some diseases are chronic and respond very poorly to conventional treatments. It is also the reason why some people have such a difficult time losing weight or giving up addictive substances. It is, quite literally, the cause of self sabotage. An entire course could be dedicated to its uses and it is covered in detail in Part II of this course.

For now, however, we need only know some foundational things about Psychological Reversal that apply to EFT and...more importantly...how to correct it.

Psychological Reversal is caused by self defeating, negative thinking which often occurs subconsciously and thus outside of your awareness. On average, it will be present...and thus hinder EFT...about 40% of the time. Some people have very little of it (this is rare) while others are beset by it most of the time (this also is rare). Most people fall somewhere in between these two extremes. It doesn't create any feelings within you so you won't know if it is present or not. Even the most positive people are subject to it....including yours truly.

When it is present it will stop any attempt at healing, including EFT, dead in its tracks. Therefore...**It must be corrected if the rest of The Basic Recipe is going to work.**

Being true to the 100% overhaul concept we correct for Psychological Reversal *even though it might not be present*. It only takes 8 or 10 seconds to do and, if it isn't present, no harm is done. If it is present, however, a major impediment to your success will be out of the way.

That being said, here's how The Setup works. There are two parts to it...

1. You repeat an affirmation 3 times while you...
2. Rub the "Sore Spot" or, alternatively, tap the "Karate Chop" point (these will be explained shortly).

The Affirmation

Since the cause of Psychological Reversal involves negative thinking it should be no surprise that the correction for it includes a neutralizing affirmation. Such is the case and here it is.

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

The blank is filled in with a brief description of the problem you want to address. Here are some examples.

- *Even though I have this fear of public speaking, I deeply and completely accept myself.*
- *Even though I have this headache, I deeply and completely accept myself.*
- *Even though I have this anger towards my father, I deeply and completely accept myself.*
- *Even though I have this war memory, I deeply and completely accept myself.*
- *Even though I have this stiffness in my neck, I deeply and completely accept myself.*
- *Even though I have these nightmares, I deeply and completely accept myself.*
- *Even though I have this craving for alcohol, I deeply and completely accept myself.*
- *Even though I have this fear of snakes, I deeply and completely accept myself.*
- *Even though I have this depression, I deeply and completely accept myself.*

This is only a partial list, of course, because the possible issues that are addressable by EFT are endless. Please note that in the videotapes and audiotapes included with this course, Adrienne and I apply various forms of this affirmation. You may hear us use affirmations like...

- "I accept myself even though I have this _____." or
- "Even though I have this _____, I deeply and profoundly accept myself." or
- "I love and accept myself even though I have this _____."

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...

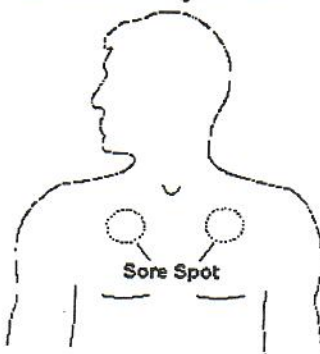
- It doesn't matter whether you believe the affirmation or not....just say it.
- It is better to say it with feeling and emphasis but saying it routinely will usually do the job.
- It is best to say it out loud but if you are in a social situation where you prefer to mutter it under your breath....or 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 *switch to the other side*. 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 *could* 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 Karate Chop point. It doesn't have a commanding lead by any means but it *is* preferred.

Because The Setup is so important in clearing the way for the rest of The Basic Recipe to work, I urge you to use the Sore Spot rather than the Karate Chop point. It puts the odds a little more in your favor. However, the Karate Chop point is perfectly useful and will clear out any interfering blockage in the vast majority of cases. So feel free to use it if the Sore Spot is inappropriate for any reason.

You will notice on the videotapes that I often instruct people to tap the Karate Chop point instead of rub the Sore Spot. That's because it is easier to teach when I'm on stage.

Stepping Through It

Now that you understand the parts to The Setup, performing it is easy. You create a word or short phrase to fill in the blank in the affirmation and then...**simply repeat the affirmation, with emphasis, 3 times while continuously rubbing the Sore Spot or tapping the Karate Chop point.**

That's it. After a few practice rounds, you should be able to perform The Setup in 8 seconds or so. Now, with The Setup properly performed, you are ready for the next ingredient in The Basic Recipe....The Sequence.

Ingredient #2...The Sequence

The Sequence is very simple in concept. It involves tapping on the end points of the major energy meridians in the body and is the method by which the "zzzzzt" in the energy system is balanced out. Before locating these points for you, however, you need a few tips on how to carry out the tapping process.

Tapping tips: You can tap with either hand but it is usually more convenient to do so with your dominant hand (e.g. right hand if you are right handed).

Tap with the fingertips of your index finger and middle finger. This covers a little larger area than just tapping with one fingertip and allows you to cover the tapping points more easily.

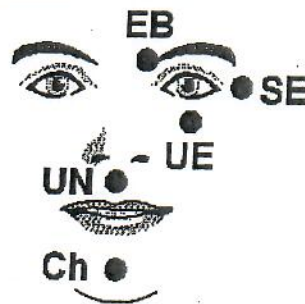
Tap solidly but never so hard as to hurt or bruise yourself.

Tap about 7 times on each of the tapping points. I say about 7 times because you will be repeating a "reminder phrase" (covered later) while tapping and it will be difficult to count at the same time. If you are a little over or a little under 7 (5 to 9, for example) that will be sufficient.

Most of the tapping points exist on either side of the body. It doesn't matter which side you use nor does it matter if you switch sides during The Sequence. For example, you can tap under your right eye and, later in The Sequence, tap under your left arm.

The points: Each energy meridian has two end points. For the purposes of The Basic Recipe, you need only tap on one end to balance out any disruptions that may exist in it. These end points are near the surface of the body and are thus more readily accessed than other points along the meridians that may be more deeply buried. What follows are instructions on how to locate the end points of those meridians that are important to The Basic Recipe. Taken together....and done in the order presented....they form The Sequence.

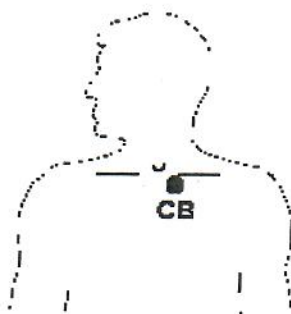
- At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated **EB** for beginning of the EyeBrow.



- On the bone bordering the outside corner of the eye. This point is abbreviated **SE** for Side of the Eye.
- On the bone under an eye about 1 inch below your pupil. This point is abbreviated **UE** for Under the Eye.
- On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated **UN** for Under the Nose.

- 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 *even though it is not on the collarbone (or clavicle) per se*. It is at the *beginning* of the collarbone and we call it the collarbone point because that is a lot easier to say than *"the junction where the sternum (breastbone), collarbone and the first rib meet."*



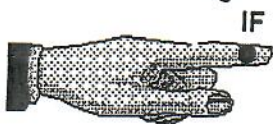
- On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated **UA** for Under the Arm.



- 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**

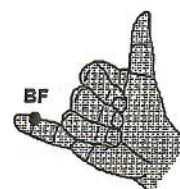


for Index Finger.

- 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. It is also the order in which they should be tapped:

EB = Beginning of the EyeBrow
SE = Side of the Eye
UE = Under the Eye
UN = Under the Nose
Ch = Chin
CB = Beginning of the CollarBone
UA = Under the Arm
Th = Thumb
IF = Index Finger
MF = Middle Finger
BF = Baby Finger
KC = Karate Chop

Please notice that these tapping points proceed *down the body*. That is, each tapping point is *below* the one before it. That should make it a snap to memorize. A few trips through it and it should be yours forever.

Ingredient #3...The 9 Gamut Procedure

The 9 Gamut Procedure is, perhaps, the most bizarre looking process within EFT. Its purpose is to "fine tune" the brain and it does so via some eye movements and some humming and counting. Through connecting nerves, certain parts of the brain are stimulated when the eyes are moved. Likewise the right side of the brain (the creative side) is engaged when you hum a song and the left side (the digital side) is engaged when you count.

The 9 Gamut Procedure is a 10 second process wherein 9 of these "brain stimulating" actions are performed while continuously tapping on one of the body's energy points.....the Gamut point. It has been found, after years of experience, that this routine often adds efficiency to EFT and hastens your progress towards emotional freedom....especially when *sandwiched* between 2 trips through The Sequence.

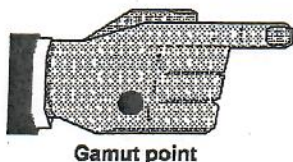
One way to help memorize The Basic Recipe is to look at it as though it was a ham sandwich. The Setup is the preparation of the ham sandwich and the sandwich itself consists of two slices of bread (The Sequence) with the ham, or middle portion, as the 9 Gamut Procedure. It looks like this...

The Setup

**The Ham
Sandwich**

The Sequence (Bread)
9 Gamut (Ham)
The Sequence (Bread)

To do the 9 Gamut Procedure, you must first locate the Gamut point. It is on the back of either hand and is 1/2 inch behind the midpoint between the knuckles at the base of the ring finger and the little finger. If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle whose other sides converge to a point (apex) in the direction of the wrist, then the gamut point would be located at the apex of the triangle.



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

1. Eyes closed.
2. Eyes open.
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.
9. Hum 2 seconds of a song again.

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.

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...

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

Negative emotions come about because you are tuned in to 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 *means* 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 which you can repeat continually while you are performing The Basic Recipe.

The Reminder Phrase is simply a word or short phrase which describes the problem and which 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....

Even though I have this fear of public speaking, I deeply and completely accept myself.

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 tapes 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 which you will most certainly notice on the audiotapes and some of the videotapes. When Adrienne and I are helping people with EFT *we don't always have them repeat a Reminder Phrase*. 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 *always* 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 *assume* 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 *is* necessary...it is absolutely critical.

It does no harm to include everything...even what may be unnecessary...and *it only takes 1 minute per round*. This includes *always* 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 easy one. But just to be complete, I am including a few samples below:

- *headache*
- *anger towards my father*
- *war memory*
- *stiffness in my neck*
- *nightmares*
- *craving for alcohol*
- *fear of snakes*
- *depression*

Subsequent Round Adjustments

Let's say you are using The Basic Recipe for some problem (fear, headache, anger, etc.). Sometimes the problem will simply vanish after just one round while, at other times, one round provides only partial relief. When only partial relief is obtained, you will need to do one or more additional rounds.

Those subsequent rounds need to be adjusted slightly for best results. Here's why: One of the main reasons why the first round doesn't always completely eliminate a problem is because of the re-emergence of Psychological Reversal...that interfering blockage that The Setup is designed to correct.

This time, Psychological Reversal shows up in a somewhat different form. Instead of blocking your progress altogether it now blocks any *remaining* progress. You have already made some headway but become stopped part way toward complete relief because Psychological Reversal enters in a manner that keeps you from *getting any better still*.

Since the subconscious mind tends to be very literal, the subsequent rounds of The Basic Recipe need to address the fact that you are working on the *remaining problem*. Accordingly, the affirmation contained within The Setup needs to be adjusted as does the Reminder Phrase.

Here's the adjusted format for The Setup affirmation:

*Even though I still have some of this _____,
I deeply and completely accept myself.*

Please note the emphasized words (*still & some*) and how they change the thrust of the affirmation toward the *remainder* of the problem. It should be easy to make this adjustment and, after a little experience, you will fall into it quite naturally.

Study the adjusted affirmations below. They reflect adjustments to the original affirmations show earlier in this section.

- *Even though I still have some of this fear of public speaking, I deeply and completely accept myself.*
- *Even though I still have some of this headache, I deeply and completely accept myself.*
- *Even though I still have some of this anger towards my father, I deeply and completely accept myself.*
- *Even though I still have some of this war memory, I deeply and completely accept myself.*
- *Even though I still have some of this stiffness in my neck, I deeply and completely accept myself.*
- *Even though I still have some of these nightmares, I deeply and completely accept myself.*
- *Even though I still have some of this craving for alcohol, I deeply and completely accept myself.*
- *Even though I still have some of this fear of snakes, I deeply and completely accept myself.*
- *Even though I still have some of this depression, I deeply and completely accept myself.*

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

- *remaining headache*
- *remaining anger towards my father*

- *remaining war memory*
- *remaining stiffness in my neck*
- *remaining nightmares*
- *remaining craving for alcohol*
- *remaining fear of snakes*
- *remaining depression*

This completes the features of The Basic Recipe. You now need two things to be effective with it. You need to *memorize it* and you need a few *tips on how to apply it*. Those tips are next.

Tips on How to Apply EFT

**Testing Aspects • Persistence Pays • Be Specific Where Possible
The Generalization Effect • Try It On Everything • EFT in a Nutshell**

EFT is remarkably simple to apply. Just customize the 1 minute Basic Recipe with a Setup affirmation and Reminder Phrase that aims at your problem. Then do as many rounds as necessary until the problem is gone.

This easy process can be used, with persistence, to literally...**re-engineer your system**.

It will unload the fears, anger, grief, depression and other negative emotions that cause people to drive through life with their brakes on. And....along the way....it will probably give you relief from headaches, asthma, pain and a seemingly unending list of physical ailments.

This section of the course adds a few tips...some useful insights...so you can make better use of EFT. It takes you behind the scenes and helps you build a firmer foundation beneath your new skills.

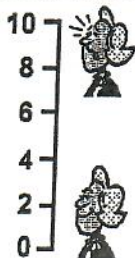
Testing

You will notice on the videotapes and audiotapes that Adrienne and I are constantly asking people to evaluate the extent of their problem on a scale of 0 to 10 (where 10 represents maximum intensity and 0 represents no intensity whatsoever). This provides an *essential benchmark* against which to measure your progress. You might start at a 6, for instance, and then go to a 3....and then a 1....and finally to 0....as various rounds of The Basic Recipe are applied.

You should always measure the intensity as it exists NOW....as you think about it....and not as you think it would be in the actual situation. Remember, The Basic Recipe balances the disruptions in your energy system as they exist NOW while you are tuned in to the thought or circumstance.

Here's an example of how it works. Let's say you have a fear of spiders that you would like to put behind you. If there is no spider

Intensity Meter



present to cause you any emotional intensity 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 *as it exists NOW while you think about it*. 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 *thinking* about a spider will hold up when you are actually confronted with a *real* spider. The answer is usually....yes!!

In most cases, the energy disruptions that occur while *thinking* about the spider are the same as those when you are in the presence of a *real* 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 *thinking* 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 it *doesn't mean that EFT didn't work*.



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

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 is obtained.

Please understand that where several aspects of an *emotional* 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 *physical* 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 *emotional* 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 individually with The Basic Recipe. That's okay. You need only go with whatever feeling you are having and address that feeling with The Basic Recipe. Your subconscious mind knows what you are working on. You might address this "feeling" with a Setup affirmation that goes...*"Even though I have this feeling, I deeply and completely accept myself"* and a Reminder Phrase that says...*"this feeling."*

Please understand that the majority of the problems The Basic Recipe addresses are *not* laden with numerous aspects. Most problems are easy to identify and just as easily relieved. But just in case you happen to have one of those more involved problems and you are unable to identify specific aspects of it, then I suggest you do 3 rounds of The Basic Recipe for "this

feeling" or "this problem" once per day (that's about 3 minutes per day) for 30 days. Your subconscious mind has a way of bringing up what is necessary and you should have relief long before the 30 days are up. EFT, as you can tell, is...a very flexible process...and will often make progress on problems that are outside your awareness.

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 *specific* 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 *general* problem to a...forest in which each of the underlying specific issues is a 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 emotion with The Basic Recipe we are, effectively, cutting down a tree. Continue cutting down 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."

The Generalization Effect

That being said, I want to acquaint you now with a fascinating feature of EFT. I call it The Generalization

Effect because, after you address a few related problems with EFT, the process starts to *generalize* over all those problems. For example, someone who has 100 traumatic memories of being abused usually finds that after using EFT...they all vanish after neutralizing only 5 or 10 of them.

This is startling to some people because they have so many traumas in their life they think they are in for unending sessions with these techniques. Not so...at least not usually. EFT often clears out a whole forest after cutting down just a few trees.

Try It On Everything!!

This course is replete with case histories. Their purpose is to imbed within you how EFT works in the real world. There's a whole section on them in this manual and the videotapes and audiotapes contain many more. They span issues...

- from the fear of public speaking to intense war memories,
- from chocolate cravings to insomnia and
- from hiccups to multiple sclerosis.

I know of no limit to the emotional and physical problems which can be addressed by EFT. Accordingly, I TRY IT ON EVERYTHING!! and urge

you to do the same. People are forever asking me, "*Will it work on _____?*" and I always respond with, "*Try it!*" I have given up being surprised at the results. Headway is usually gained.

EFT in a Nutshell

I value clarity and strive to inject it into what I teach. To me, the ultimate evidence of clarity is being able to 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. 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.

Aspects are important. Aspects, as you recall, are different parts of the phobia that contribute to your emotional intensity. Let's revisit the height phobia example for clarification on this idea. Most height phobics have had many occasions where they were up high and their phobic responses left them with distressing memories. For example, one gentleman I helped with a height phobia had a fearful memory (aspect) of sitting on a water tower when a little boy. There was no way to get down and it scared him to death. Memories like this are separate aspects of a height phobia if, when separately recalled, they produce a fear response.

Since most phobias only need one aspect addressed, just 1 to 3 brief trips through The Basic Recipe will usually do the job. You will be rid of the problem in a matter of minutes and, in most cases, it will never return.

At this point, neither you nor I know how many aspects of your phobia need to be addressed. That notwithstanding, we can still proceed very effectively. All we have to do is assume you have several aspects that need addressing and address them, one by one until you have no more emotional intensity. When your emotional intensity has vanished you will know that you are done and all relevant aspects have been addressed.

Questions and Answers

Q. Once the phobia is eliminated, is the result always permanent? Almost always. In my

experience, however, two things can bring it back. One would be a brand new traumatic experience which starts the phobia all over again. In this case, you need only repeat the process again as if it was a brand new phobia (which it is). Relief should be moments away. The other possibility is that some energy toxins are irritating your energy system and not allowing EFT to take hold. In this case, follow the directions in the energy toxin section of the manual and reapply The Basic Recipe again.

Q. What do I do if I have several phobias?

Address them one at a time. For example, make sure your spider phobia is totally neutralized before you address your claustrophobia. Then make sure your claustrophobia is totally neutralized before you address your driving phobia, etc.

Some phobias are labeled complex in that they are several phobias wrapped into one. The fear of flying is sometimes like that because it can also involve (1) claustrophobia, (2) the fear of falling, (3) the fear of dying, (4) the fear of turbulence, (5) the fear of taking off, (6) the fear of landing, (6) the fear of people, etc. If you can isolate them in your mind, they qualify as different aspects and should be addressed separately.

If you have a complex phobia, but are unaware of it, persistent use of The Basic Recipe should still do the job. But it may take many trips through the process until all "zzzzzt's" are neutralized. The intensity may rise and fall as the different aspects are handled "behind the scenes."

Using EFT on Traumatic Memories

(Including War, Accidents, Rape, Post Traumatic Stress Disorder (PTSD) and all past abuses.)

This section is in stark contrast to all conventional approaches. In it we lump a nearly endless list of emotional problems into one category (traumatic memories) and handle them all as if they were identical. In fact, they are identical because they all have the same cause...a disruption in the body's energy system.

Traumatic memories generate a wide variety of emotional reactions when people recall them. Some become very intense. They get headaches or stomach aches. Their hearts pound. They sweat. They cry. They may have sexual dysfunction, nightmares, grief, anger, depression and any number of other emotional and physical problems.

Let's begin by applying what you learned in earlier. Please recall the discovery statement upon which EFT is built:

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

Thus every negative emotion you have regarding a traumatic memory is caused by a "zzzzzt" in your energy system. That means the solution to your problem is conceptually very easy. Just eliminate the "zzzzzt" and the emotional impact will fade to zero. No more nightmares. No more headaches. No more pounding heart. No more problems whatsoever. You will still have the memory, of course. But that is all. The emotional charge will be neutralized.

Our tool for this, of course, is The Basic Recipe. A few trips through it should give relief. How many trips you need, however, depends on how many aspects there are to the memory.

Aspects are important. Aspects, as you recall, are different parts of the memory that contribute to your emotional intensity.

Most traumatic memories have only one main aspect. Thus 1 to 3 brief trips through The Basic Recipe will usually suffice. You will be rid of the problem in a matter of minutes and, in most cases, it will never return.

Some traumatic memories, though, have several aspects. They require more time because more trips through The Basic Recipe are needed. But even if extra trips are necessary, we are usually only talking minutes here. Maybe 20 or 30 minutes instead of 5 or 6.

What we need, obviously, is a way to locate these aspects. Once located, it is a simple matter to address them one by one until every aspect of the memory has been neutralized. We can do this rather efficiently by using the "short movie in your mind" concept.

A short movie in your mind. Consider a traumatic memory as a short movie that runs in the theater of your mind. There is a beginning. There are main characters and events. And there is an end.

Usually, the "movie" plays in a flash and ends in a familiar unwanted emotion. Because the movie plays so fast, we are unaware that it may have different aspects that are contributing to the negative emotion. It seems to come from the movie as a whole.

If we could run the movie in slow motion, the different aspects could be located and then addressed. So that is what we do. We run the movie in slow motion.

Narrate the movie. The best way to do that is to narrate the movie OUT LOUD. Tell it to a friend, or a mirror or a tape recorder. And, most importantly, tell it in detail. This automatically slows the movie down because words are much slower than thoughts.

As you tell it in detail, each aspect will make itself known to you. Stop as soon as you feel any intensity (remember, we minimize pain here) and perform The Basic Recipe on it as though it was a separate traumatic memory. Actually, it is a separate traumatic memory. It just got lost within a larger movie.

Then continue through the aspects, bringing each to zero, until you can tell the whole story with no negative emotional impact whatsoever.

As stated, most traumatic memories only have one aspect. Others have 2 or 3. Rarely is there more than 3

but it *could* happen. If so, be persistent. Relief is not far away.

Questions and Answers

Q. What do I do if I have several traumatic memories? Address them one at a time. Take your most intense memory first and bring it to zero before going on to the next one. Follow this pattern until all of your traumatic memories are neutralized. In the process of putting your traumatic memories "in the bag" you will likely feel a freedom that may border on euphoria. It is an incredible gift to unload useless baggage like this.

Some people (like war veterans) have hundreds of traumatic memories. If you are among them, you can expect the generalization effect to work for you. For example, if you have one hundred traumatic memories, you probably only need to address 10 or 15 of them. After that, you are likely to have difficulty getting any emotional intensity over the remaining ones. The generalization effect will have neutralized them.

Q. Doesn't the rapid elimination of emotional problems "rob" someone of the importance of exploring the problem in depth and "getting to the bottom of it?" Conventional methods presume that the cause for these "deep set" emotional problems resides in some recess of the mind which must somehow be discovered and unraveled. To do otherwise is to "cheat" the client and leave the problem unresolved. EFT ignores this idea totally.

I have helped hundreds of people with traumatic memories...some of them extraordinarily intense. After using EFT, not one person....ever....has shown any interest in exploring it further or "getting to the bottom of it." To them, it is completely resolved and they are gratefully relieved of its burden.

In my experience, EFT *does* get to the bottom of the issue and does so very powerfully. People's attitudes change almost instantly about the memory. They talk about it differently. Their words shift from fear to understanding. Their demeanor and posture evidence a dramatically shifted disposition about the memory. They don't even bring it up any more because it has been put in perspective. All this happens when EFT removes the offending "zzzzzt" from the energy system. That's because the "zzzzzt" is the true cause.