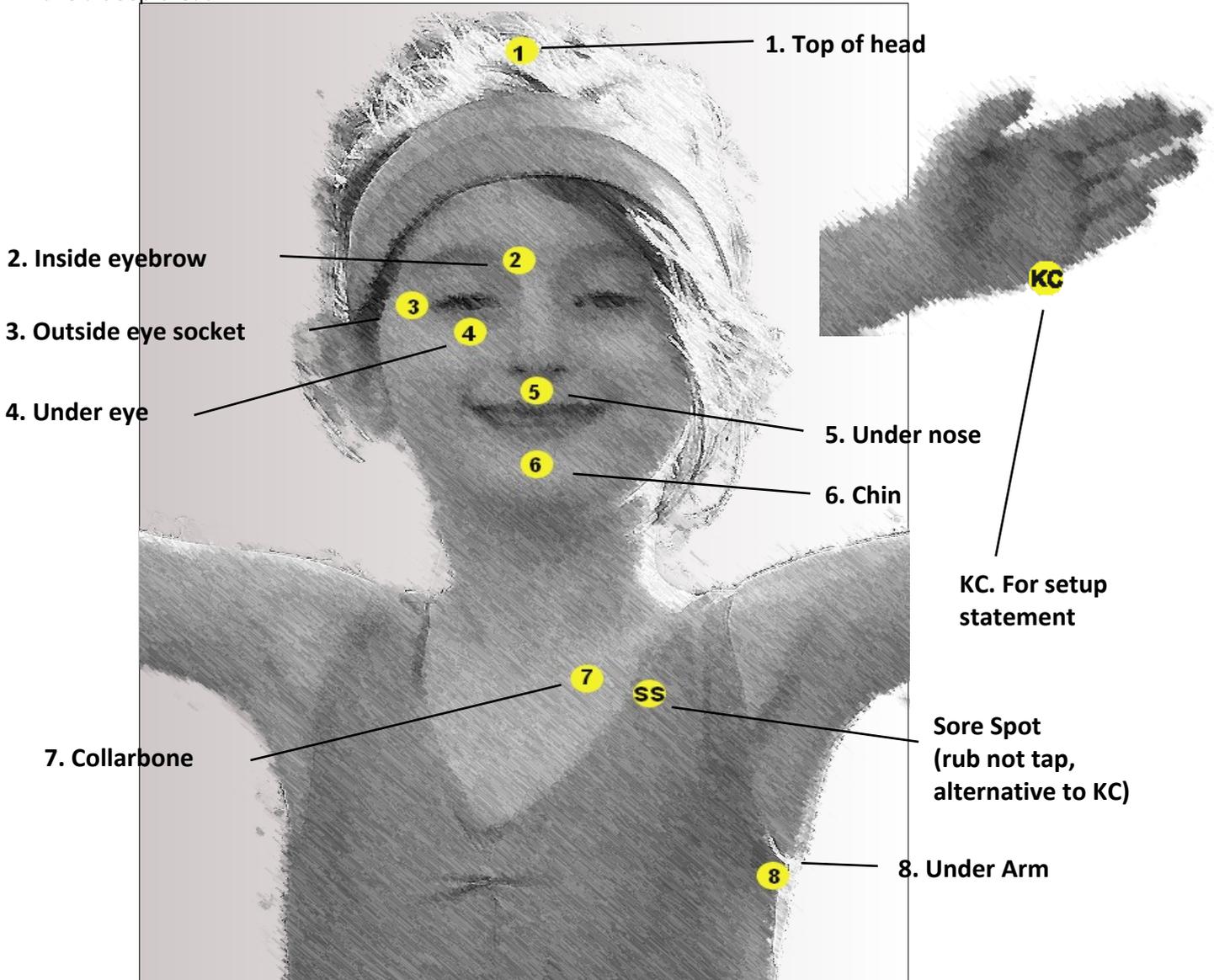


EFT Fast-Start Reference (For use with additional instructions or qualified therapist)

By Peter Donn, trainer, practitioner. Root-Cause Healing Therapy, EFT

1. Assess severity of belief / emotion / feeling 0-10
2. Do Setup Statement 3x whilst tapping on KC: *"Even though _____ I deeply and completely love and accept myself"*
3. Do twice: Tap points 1-8, approx 7 times each. On each point use reminder phrase - e.g. *"This anger"*
4. Take a deep breath.

5. Assess severity of SAME belief / emotion / feeling 0-10.
6. Adjust Setup Statement. If severity zero, re-assess what is now present, and create new one. If severity reduced, use *"Even though I still have some _____, I deeply and completely love and accept myself"*. For reminder statement use, e.g. *"Remaining anger"*.
7. Repeat steps 3-6 again as often as necessary.



Notes on EFT points. Use a couple of fingers on each point unless specified. Use left or right side arbitrarily. KC = Karate Chop Point. Use a few fingers on the padded area on the side of the hand.

<p>1 - Top of head, where hair band would go. Use ends of all fingers, and move around to cover a large area.</p> <p>2 - Outside eye, near edge of eye socket</p> <p>3 - Under eye, near bottom edge of eye socket</p> <p>4 - Under nose</p> <p>5 - Chin, in "recess"</p>	<p>6 - Collarbone (just under, where ribs start). Can use whole fist.</p> <p>7 - Under arm, level with nipple in men, bra strap in woman. Use whole hand.</p> <p>8 - Inside eyebrow, where eyebrow ends</p>
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Frequently Asked Questions

Q. Do I have to get the procedure exactly right?

A. Absolutely not. Actually it's hard to get it wrong! Most people tap around 7 times on each point but it can vary widely. If you tap next to a point rather than on it, the vibration still has the desired affect.

Q. The intensity does not go down after two rounds. What do I do?

A. This can be for several reasons:

1) You are not being specific enough. Referring to "this depression" is too general and could take a huge amount of effort to reduce (you would have to do daily tapping on this for months, potentially). Instead ask "I feel depressed because..." and tap on the reasons. E.g "...because I feel out of control".

2) You are not accurately saying how it really is for yourself in the setup statement. For example if you feel frustrated and you say "Even though X is driving me mad" will not work as well as "Even though I feel frustrated with X because he's not doing what I want him to do".

3) Part of you doesn't want to clear what you are feeling for different reasons, e.g. "It won't be safe if I clear this", or "I won't know who I am if I clear this". Ask yourself "What reasons could I have for not wanting to clear this". For each, say "Even though [reason]" 3 times on KC point, then return to your original statement again.

4) Sometimes (rarely) you may need to say the statements with more meaning. Try emphasising key words in the setup statement; also strengthen "*I deeply and completely accept myself*" even if you don't believe that you're saying.

Q. I feel overwhelmed with emotion - I can't think straight.

A. Simply drop ALL the words (setup and reminder) and tap though all the points again and again for as long as it takes to get yourself to a calm state. This could take 15-30 minutes.

More FAQ will appear in future releases of this reference sheet.



Resources

www.london-eft.co.uk/resources.html

A video introduction to EFT

www.emofree.com

The site of EFT founder Gary Craig - a huge number resources including a free full manual and 1000's of case histories.

Examples of issues treated

- Stress, fears and anxiety
- Stubborn or chronic physical issues
- Relationship challenges
- Emotional and mental issues
- Spiritual growth
- Life purpose
- Trauma / PTSD
- OCD
- Cancer and other serious dis-eases
- Back, neck, muscular and joint pain
- Sports and performance psychology
- Blocks to abundance
- Blocks to manifesting goals



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