

## Below is how to perform EFT on yourself or another.

All the points are on both sides and you can mix and match as much as you like.

Statements take the form of:-

Even though I don't believe this will work, I **completely** accept myself.

Or "Even though I cannot make up my mind or commit to anything (or x), I **completely** accept myself"

Score everything on a 10 ... 0 rating and notice how you go down the scales.

If you would like to work through any issues, ring me or email me at [ric@eft.me.uk](mailto:ric@eft.me.uk) and I will help you to investigate further with you. **01473 270344**.

*Ric carries out most of his EFT Sessions over the phone, call now for details and to book one.*

### The Setup

Whilst tapping the "Karate Chop" point continually.

### Repeat 3 times (with feeling):

"Even though \_\_\_\_\_ I completely accept myself."

### The Sequence

Tap each point progressing down the body (1-10) while repeating a phrase that reminds you of the problem. For example "this feeling".

### After the Sequence....

#### The 9 Gamut

Perform these actions while continually tapping the Gamut Point  
Keeping your head still

Look down and to the left.... Look down and to the right.

Rotate eyes in a circle one way .... Rotate eyes the other way

Close your eyes. ... Open your eyes.

Hum two seconds of a song.

Count out loud from 1 to 5.

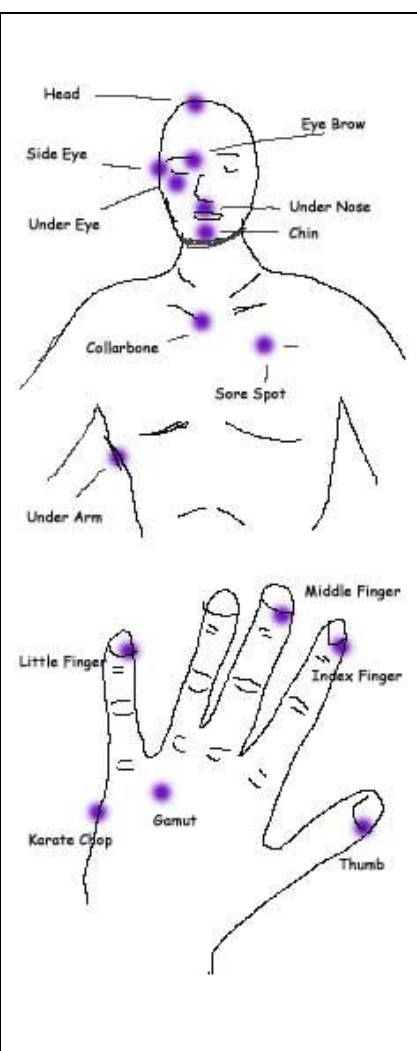
Hum two seconds of a song. again.

### Test the intensity of the feeling from 10 .. 0

Repeat the Setup and Sequence if it is not 0 or at an acceptable level

### In further rounds on the same thing, change the Setup phrase to:

"Even though I still have some of this \_\_\_\_\_ I completely accept myself". Change the reminder phrase to "remaining \_\_\_\_\_" (e.g. remaining feeling) and tap on all the points again.



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2 days £200 certificated

Check the dates on our website at [www.eft.me.uk](http://www.eft.me.uk)

*If you can get 4 or more people together (8 max) in your area and a venue, like a room in a library or a village hall, I come to you almost anywhere in the UK and train for an all inclusive price of £550 a day.*