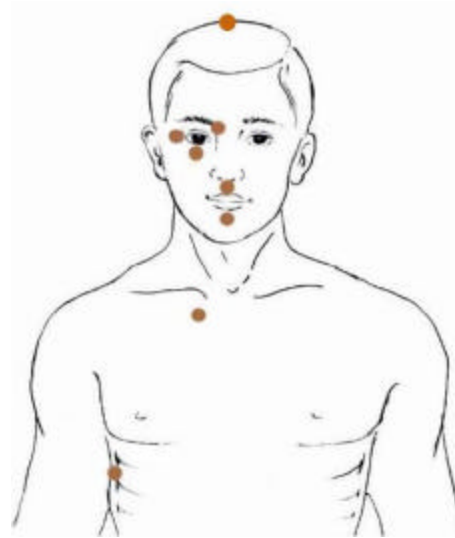




Premise: "The cause of all negative emotions is a disruption in the body's energy system." G. Craig

EFT Short Version

- 1) Think of a problem/painful memory, rank your feelings (0-10; 10 = severe emotion)
- 2) Set up statement 3x - rub sore spot:
 - a) Even though I have this..., I deeply & completely love & accept myself.
- 3) Sequence - tap 7x at energy points:
 - a) Beginning of eyebrow
 - b) Side of eye
 - c) Under eye
 - d) Under nose
 - e) Chin point
 - f) Collar bone
 - g) Under arm
 - h) Top of head
- 4) Repeat reminder phrase at energy points
- 5) Take a deep breath
- 6) Rank your feelings again
- 7) Repeat 1.-6. until you reach 0 ranking



Your Notes:



Dagmar Jangl-Janousek
EFT Practitioner

Specializing in enlightened wealth facilitated by human potential techniques

Visit www.richmom.info to make an appointment