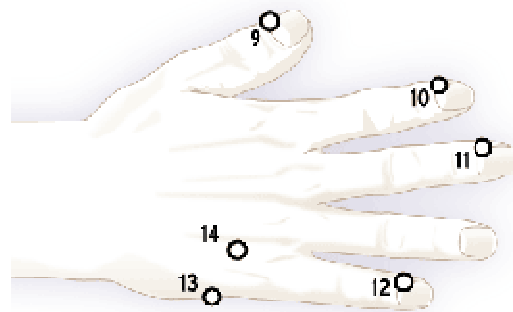
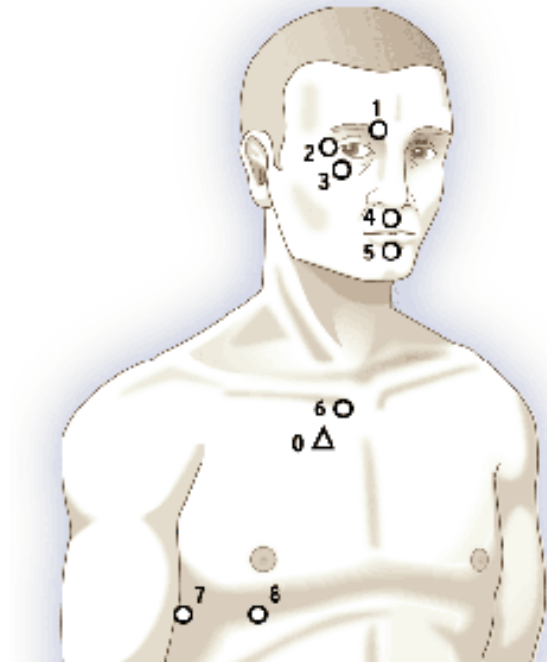


Quick Reference to EFT (Basic Recipe)

1. Create a **Setup Phrase** to address the issue you want to clear: “Even though (insert emotion, physical problem, or whatever the issue is here), I deeply and completely love and accept myself.
2. Run **Setup**:
 - a. Find Point 0 on the chest on the diagram. Press around in the area of Point 0 until you find a tender or “sore” spot.
 - b. Rub the “sore” spot while repeating the **Setup Phrase** 3 times.
3. Run the **Sequence**:
 - a. Tap each of the points 1 through 13 with two fingers while repeating the **Setup Phrase**.
 - b. Note that it does not matter which side of the body you tap on; you can even switch sides in the middle of tapping.
4. Run the **Gamut**:
 - a. Tap point 14
 - b. Tap point 14 with your eyes closed
 - c. Tap point 14 while looking down and hard to the right
 - d. Tap point 14 while looking down and hard to the left
 - e. Tap point 14 while making circles with your eyes
 - f. Tap point 14 while reversing the circle with your eyes
 - g. Tap point 14 while humming the first two lines of a song
 - h. Tap point 14 while counting 1, 2, 3, 4, 5
 - i. Tap point 14 while humming the first two lines of the song again
5. Run the **Sequence** again (repeat #3).
6. Repeat the **Sequence** until issue is resolved.



Shortcuts:

SUPERcharge EFT with the **EF (Emotional Freedom) vial**:
<http://www.efvial.ehdef.com>

After running the Basic Recipe once, tap point 13 (the karate chop point) while addressing the remaining issues. Often just using that point clears will issues without continuing to tap through the **Sequence**.

Occasionally just tapping point 13 (karate chop point) without running the entire Basic Recipe will clear issues.

Simply say “reminder phrases” (such as “pain in my neck”) rather than repeating the entire **Setup Phrase** while tapping the **Sequence**, but I think it is more effective and collapses the issue faster if you use the entire **Setup Phrase**.

Learn more about the technique and its uses at <http://ehdef.com> and <http://www.emofree.com>