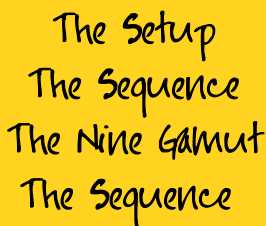


Basic EFT Instruction

Before you start, you will want to know that it takes less than two minutes to do a complete "round" of EFT. It is a very simple thing to do. Don't be discouraged by the length of these instructions. It takes many more words to explain EFT than to do EFT. This might take you ten minutes to figure out but, after that you will find it quick and easy to execute.

Please read the full disclaimer at the end of this document before proceeding.

Basic EFT consists of four segments:



The Setup
The Sequence
The Nine Gamut
The Sequence

It takes less than two minutes to complete all four segments.

You start by deciding what issue you would like to focus on. It could be an emotional hurt, a fear, a phobia, a dread, anger, or frustration, or envy, or confusion. Any possible emotion is fair game.

It can also be a physical symptom, like pain, or nausea, or weakness. Or maybe your issue is addiction. You can try it on anything and everything, from hiccups to fear of tunnels and bridges, to cancer, to pain. It is astounding how many issues have been alleviated with this simple technique. So just try it on everything.

Once you have identified your specific issue
you will turn it into a setup statement:

Setup Statement

The basic formula for the Setup Statement is this:

Even though I (fill in the blank) ,
I deeply and completely love and accept myself.

You fill in the blank with your particular issue.

Example:

Even though I feel sad that my dog died
I deeply and completely love and accept myself.

Other statements to put in the blank might be:

- ... I feel afraid to sleep without a light on
- ... I feel concerned about global warming
- ... I feel pain in my shoulder
- ... I am afraid of dogs
- ... I am terrified to fly
- ... I am really scared about the speech I have

to make next week

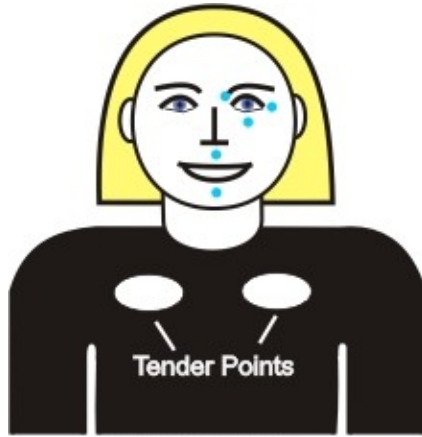
- . . . I hate sex because I was molested as a child
- . . . I dread balancing my checkbook
- . . . I feel sad because my husband was short with me
- . . . I am attracted to people who abuse me
- . . . I wish I had taken better care of my parents

The statement choices can be vast and varied, depending on our personal issues. Once you learn the basic technique you can practice and become more skilled in formulating successful statements.

Once you have formulated a *Setup Statement* that clearly expresses your specific emotion or physical symptom, you:

- 1) Repeat the statement 3 times while:
Massaging the **tender point** on the right or left of the chest;

See Graphic:



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Either side, or both sides, it doesn't matter.

The tender points are located on the flat part of your chest, just below the collar bone.

See graphic for location of **tender spot**.

Repeating the statement three times tells our brain what we want it to focus on. Massaging the tender spot on the chest begins the process of releasing biologically produced electric-magnetic energy that eliminates or reduces the negative emotion or symptom.

This is a bit like highlighting text on the computer that we want to eliminate. On the computer we highlight the text and hit one button, the "delete" key (or the "back space" key, or the "enter" key), and the highlighted text vanishes.

EFT works similarly. We highlight the emotion or symptom we want to eliminate by focusing on it, then we tap on the acupoints which sends a frequency to the stored emotion, neutralizing it, and the emotion or symptom vanishes, or is greatly reduced.

Next we proceed to:

The Sequence

The *Sequence* consists of:

1) Reducing the *Setup Statement* strictly to the issue itself, and repeating it while:

2) Tapping on all 12 acupoints:

(5 on the face, 2 on the torso, and, 5 on the hand.)

How to reduce the *Setup Statement* down to the basic issue itself:

Let's say that your original *Setup Statement* was this:

Even though *I feel sad that my dog died,*
I deeply and completely love and accept myself.

You reduce that statement down to just the issue itself, which is what ever you "filled in the blank with." In this particular statement it would be:

I feel sad that my dog died

With your reduced statement:

I feel sad that my dog died

You go to the first acupoint, which is the Eye Brow point, (see graphic) and you:

1) Say your reduced statement out loud one time, while at the same time:

2) You tap on the Eye Brow point approximately 7 times.

You repeat this process at all 12 acupoints in the order listed below.

EB = Eye Brow → **Point 1:** This is on the skin, right in front of the Eye Brow hair. Not on the Eye Brow itself.

SE = Side of Eye → **Point 2:** This is on the bone on the side of the eye.

UE = Under Eye → **Point 3:** This is directly

beneath the pupil, on the bone under the eye.

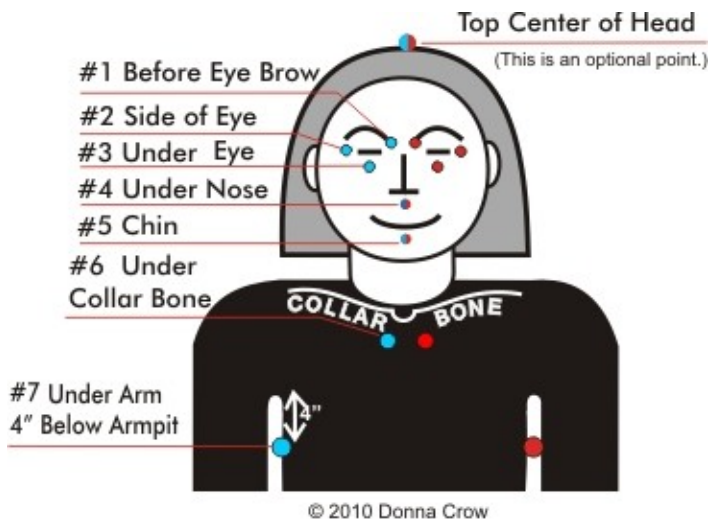
UN = Under Nose → Point 4: This is on the skin between the bottom of the nose and the upper lip.

C = Chin → Point 5: This is beneath the bottom lip, in/near the crease between the bottom of the lip and the bottom of the chin.

CB = Collar Bone → Point 6: This is on the flat part of the chest. To locate this point, go to the base of the neck, where your collar bones come together and dip down into a little U shape. Measure straight down the chest, about one inch. Now measure to the side; about one inch. (Either side is fine, right or left, it does not matter.)

UA = Under Arm → Point 7: This is located on the side of the body about four inches down from the armpit. It is usually sore and can be located by firmly poking around in the area. If you can't "feel" it just locate it by measuring about four inches down on your side underneath your armpit.

See graphic on next page.



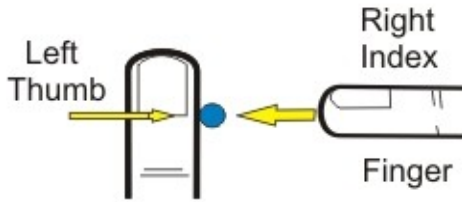
TH = Thumb → **Point 8:** This is located on the side of the Thumb. If you are tapping on the left Thumb, (with your right index finger) it is on the right side of the Thumb.

It is directly in line with the bottom of the thumb nail.

It is on the side of the Thumb, between the tip of the Thumb and the knuckle.

If you draw an imaginary line across the bottom of the Thumbnail, over to the side of the Thumb, and you will be on the exact spot.

See Graphic Below.



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All the finger points are in the same location: On the side between the tip and the first knuckle – directly in line with the base of the nail.

IF = Index Finger → **Point 9**

MF = Middle Finger → **Point 10**

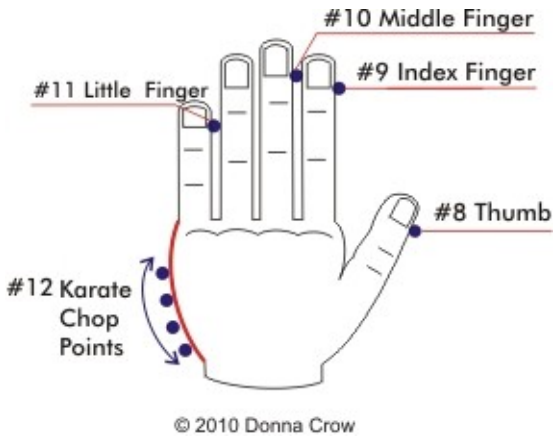
(Skip the Ring Finger)

LF = Little finger → **Point 11**

KC = Karate Chop → **Point 12 :**

The Karate Chop point is located on the side of the hand. (Along the side of the palm – the area you would use to Karate Chop with) You use all the finger tips of one hand to tap the whole side of the palm of the other hand.

See red area in graphic below.



You can tap on either hand, right or left.

To Recap:

The Sequence consists of:

Saying your reduced statement one time, while at the same time tapping on the acupoint approximately seven times.

You do this at each of the twelve acupoints, starting at the eye brow point and ending with the Karate Chop point.

Basically, in the time it takes you to say the reduced statement out loud, you will have tapped about seven times on the acupoint. Once you have done this a few times you will find you do not need to count. You will just quickly tap, while you say your reduced statement.

How to Tap: Using the index finger, or middle finger, of either hand:

Firmly tap the acupoint. Firm, but not so hard as to hurt yourself, or bruise yourself. You are releasing energy into the acupoint. If you tap too lightly, it will be less effective.

Consider the difference between tapping and patting. Tapping is done with the tip of the finger. Patting is done with the flat side of the finger. Patting tends to be done more gently. Tapping is a little stronger. Be careful to TAP. **DO NOT PAT.**

It should take less than 30 seconds to tap on all 12 points, from the Eye Brow down to the Karate Chop point. Once you get the hang of it, it shouldn't take more than about 3 seconds, at each acupoint, to tap seven times while saying your statement.

Once you have completed
The Sequence,
you proceed to:

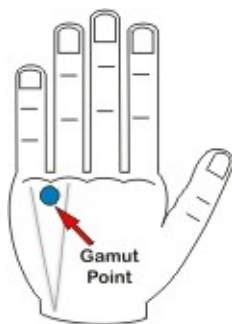
The Nine Gamut

Notice in the graphic that there is a spot on the top of the hand, between the bones of the last two fingers, called *The Gamut Point*.

On this point you tap while "running the gamut". *The Nine Gamut* takes less than ten seconds and consists of:

Five eye movements,
Brief Humming,
Counting to five,
Brief Humming again

All the while tapping on the **Gamut point**.



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See Gamut Point graphic above.

This is designed to interact with both sides of the brain regarding the issue.

So it goes like this:

1) Starting with the eyes closed:

Tap on the **Gamut Point** approximately seven times. (You might want to mark this spot with an ink pen for easy reference during your first few EFT attempts.)

2) With your eyes open:

Tap on the **Gamut Point** approximately seven times.

3) With your head up and your eyes open (looking straight ahead), direct your eyes downward to the right and:

Tap on the **Gamut Point** approximately seven times.

4) Direct your eyes downward to the left and:

Tap on the **Gamut Point** approximately seven times.

5) Rotate your eyes in a big circle, counter clockwise, floor to ceiling and:

Tap on the **Gamut Point** approximately seven times.

6) Rotate your eyes in a big circle, clockwise, floor to ceiling and:

Tap on the **Gamut Point** approximately seven times.

7) Now, continuing to tap on the Gamut Point, hum a few notes of a simple familiar song like Happy Birthday or Amazing Grace. (Just 3 seconds or so.)

8) Continuing to tap on the **Gamut Point**, quickly **count to five**.

9) And finally, continuing to tap on the **Gamut Point**, briefly **hum** a few notes of a simple song again.

Once you have completed *The Nine Gamut*, repeat *The Sequence*.

(*The Sequence* = Starting at the Eye Brow point tap down through all the acupoints, ending at the Karate Chop Point.)

Congratulations!

At this point you will have done:

The Setup Statement

The Sequence

The Nine Gamut, and

The Sequence

And you have officially completed one round of EFT.

Once you have mastered this, the whole process should take less than two minutes. By the time you have finished a round of EFT, you should notice some reduction in the emotion or the physical symptom that you were working on.

Be wise in the choices you make at this point. Example. A friend of mine had some lower spine pain from overdoing it chopping wood. He did some EFT and got great pain relief. Instead of resting and letting his body repair without pain, he decided to go do some more work. This is not smart. If you have pain that is related to an injury that is in the process of repair and you use EFT to get some pain relief that is wonderful, but be wise and give the body part rest so that it can heal. Instant pain relief does not mean you have experienced instant healing. Let it heal!

One way to help judge your progress with emotions, or pain, or physical symptoms is by answering this question before you start working on an issue.

"On a scale of 1-10, (ten being strong and one being weak), What is the intensity of what I am feeling. Ask your self this question before and after doing a round of EFT. After completing a round your symptom or emotion should be reduced or eliminated.

For example:

A person might have a fear of pickles that they judge to be about a **seven** on a scale of 1-10.

They would then do a round of EFT for something along the lines of:

Even though I am afraid of pickles I deeply and completely love and accept myself.

Once they have finished this entire round of EFT they would then determine if they notice any relief. Perhaps their fear will totally disappear and will be a zero. That would be the best case scenario.

What is more likely is that it will reduce a few points. Perhaps they will feel that it is now at about a **five**; down two points from the starting point of seven.

They can then repeat the EFT process, changing the Setup Statement slightly, to:

I still have some fear of pickles,

When they have finished this second round of EFT, with their reduced statement, they would ask themselves:

“On a Scale of 1-10, what number is my fear now?”

If it has not gone to zero, then they would do another round of EFT changing their setup statement ever so slightly to reflect their current state. For example:

I still have a little bit of fear of pickles,

or

I still feel a little fearful of pickles

This process can be continued until the pain is completely gone.

This is basic, simple EFT and it is remarkable effective. In rare cases this basic EFT process doesn't seem to work.

Generally when this happens it is because the phrase is not true, or the focus is wrong. You want to clearly state the emotion around a memory, rather than the memory itself. You are not stating a historical fact, you are stating what you felt during the event, or what you now feel when you remember the event.

As an example: It might **not** work to say:

"My husband yelled at me."

It might be better to say:

"I felt hurt when my husband yelled at me."

or,

"I feel hurt because my husband yelled at me."

One statement is historical fact, the two are emotional feelings related to the fact. EFT works on emotions related to the fact. It generally does not work on dry historical details.

If, when you state the historical fact, you become very emotional, even to the point of crying, you can just proceed with tapping, not worrying about how precise your statement is. If you are feeling extremely emotional, perhaps even crying, then you obviously are focused on the issue and you can just keep tapping and you should get some relief.

Okay, so that is very basic EFT instruction. In the other chapters I have endeavored to help you to understand options for applying EFT successfully. Don't be intimidated by the advanced experiences of others.

As you start with obvious issues you are going to wake up to other feelings. You are going to get insight and you are going to build skill as you go. You are going to make progress and become more precise as you go. The only trick is to go.

Start with something small, if you like:

"Even though I hate having to vacuum. . ."

Or jump right in to the deep end with your more serious issue(s). Either way, get after it. EFT only works if you do it, so do it.

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EFT and The Biology of Soul
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