

Personal Peace Prescription

In essence, the Personal Peace Procedure involves making a list of every bothersome SPECIFIC EVENT in your life and systematically using the Emotional Freedom Techniques to tap the impact of these events out of existence and thus eliminate major causes of most emotional and many physical ailments. When used in conjunction with a skilled EFT practitioner as “homework” between sessions it is certain to accelerate and deepen the healing process. And, by itself, this is an excellent way to consistently relax.

MOST OF OUR EMOTIONAL AND MANY PHYSICAL PROBLEMS ARE CAUSED

(OR CONTRIBUTED TO) BY UNRESOLVED SPECIFIC EVENTS IN OUR LIFE.

The idea is to use EFT (tapping about seven times on each spot) repeatedly on ALL the specific negative events in your memory. These events make up the building blocks behind the more generalized (but VERY important) issues such as: Self-image, Anxiety, Depression, Feelings of abandonment, Addictions, Compulsions, Persistent insomnia AND many others.

Make a detailed list of all negative events in your life that you remember. Most people have well over 100. Then tap on one each day. Continue until all of the aspects have been resolved – this may take more than one day.

As you eliminate the emotional baggage from your specific events list you will have less and less internal conflict for your system to deal with. Less internal conflict translates into a higher level of personal peace and less emotional and physical suffering. For many, this procedure may result in resolving lifelong issues that more traditional methods have not touched.

You will find yourself calmer and much less easily aggravated by the annoying events of the day. People and events no longer trigger your negative reaction. Try using EFT on everything that comes up that bothers you. Some issues are: anxiety, auto accidents, phobias or fears of anything, depression, shame, abuse, love pain, grief, weight loss, stop smoking, headaches, sports performance.

Be persistent and don't give up until the situation no longer bothers you.

EMOTIONAL FREEDOM TECHNIQUES

- ❖ Tap fatty side of hand (Karate chop side) or rub sore spot while repeating your affirmation.
- ❖ Tap beginning of eyebrow
- ❖ Tap outside of the eye on the bone
- ❖ Tap under the eye on the bone
- ❖ Tap under the nose
- ❖ Tap chin area
- ❖ Tap just under the collarbones
- ❖ Tap 4 inches under armpit
- ❖ Tap top of head (crown area)

Reminders:

- Make a list of all of your emotional issues and bothersome memories/events.
- Use this procedure on one issue every single day.
- In three months you have freed yourself of as many as 90 issues!
- Start TODAY!!!