

**The Discovery Statement**

**“The cause of all negative emotions is a disruption in the body’s energy system.”**  
– Gary Craig, *Founder of EFT*

**The Basic Recipe**

The Basic Recipe is made up of:

**Set-Up, Sequence, 9 Gamut, Sequence.**

- You will have been taught to do the Basic Recipe
- Your Practitioner probably only used the Shortcut version for most of your session
- At home use the Shortcut version may which leaves out the 9 gamut and repeat sequence
- Use the Basic Recipe if you feel you are not getting results

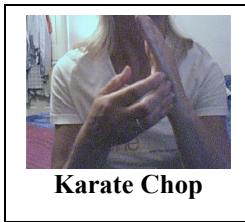
**Before you begin...**

- **Identify your problem.** This will be your Set-Up phrase.  
e.g. Fear of cats, feeling angry, when my bag was stolen, he laughed at me.
- **Be specific**, break it down into different ‘aspects’ such fear of the cat scratching me, fear of the cat looking at me, and work on each aspect separately. Use language appropriate to you, even if that involves nonsense words or swearing!
- **Rate it on a scale of 0 to 10**, where 0 is no intensity of feeling around it, and 10 is very intense feeling. *Write it down.*
- **Complete a round and then rate it again.** If it is not a 0 then change the set-up phrase to: **“Even though I *still* have *some* of this remaining (problem), I deeply and completely love and accept myself.”**  
Aim to get to a zero, or as close as possible. You may be feeling a different kind of emotion now so use that in the Set-Up phrase instead.
- **Be Persistent.** Some issues are dealt with in one or two rounds, others require detective work; look for hidden aspects. Other times tapping daily and often for several months may be needed. Record the little changes you will begin to notice, in a journal.

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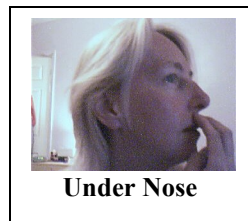
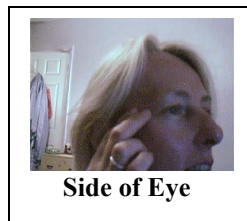
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**The Setup**

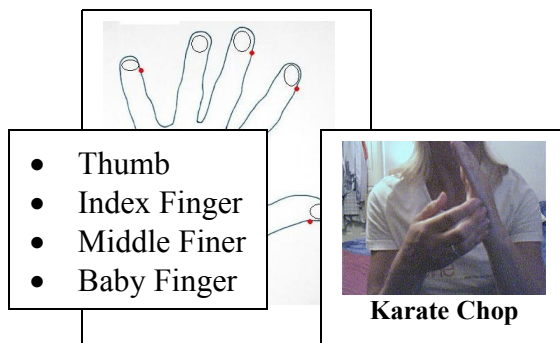


**“Even though I have this *(problem)* I deeply and completely love and accept myself.”**  
Repeat 3 times while tapping the Karate Chop point with all four fingers.

**The Sequence** Tap the following points about 7 times while repeating the Reminder Phrase: **“*This (problem)*”**



**This completes the Short Cut...or continue for Basic Recipe**



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*Disclaimer - While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete personal responsibility for their use of it.*

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How To Do EFT – A Brief Guide

**The 9 Gamut** – Tap continuously on this point whilst performing the following movements. Keep your head steady and straight ahead. This is an important procedure which engages both parts of the brain into the process:



9-Gamut

- Eyes closed
- Eyes open
- Eyes hard down right
- Eyes hard down left
- Roll eyes in circle in one direction
- Roll eyes in circle in other direction
- Hum “Happy Birthday to You”
- Count to 5
- Hum “Happy Birthday to You”

**Repeat:** The Sequence section to finish the Basic Recipe.

**Finally**, it is important to focus on what you are working on, but at the same time be aware of thoughts or memories that may ‘pop’ into your head. These can give you amazing insights, link your current emotions with past events from where they came, and help you to see things in perspective. Again, keeping a journal helps you to see the changes over time, as they often feel so natural that you may ‘forget’ why you started tapping in the first place!

**For help with anything in the booklet, or for more information about EFT in Kent, please call Sandy Hartley on 0700 345 0165 Or visit [www.sandyhartley.co.uk](http://www.sandyhartley.co.uk)**

**To find out more about EFT visit [www.emofree.com](http://www.emofree.com)**

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How To Do EFT – A Brief Guide  
An article by Gary Craig

**Personal Peace Procedure**

1. Make a list of every bothersome specific event you can remember. If you don't find at least 50 you are either going at this half-heartedly or you have been living on some other planet. Many people will find hundreds.
2. While making your list you may find that some events don't seem to cause you any current discomfort. That's OK. List them anyway. The mere fact that you remember them suggests a need for resolution.
3. Give each specific event a title....as though it was a mini-movie.  
Examples: Dad hit me in the kitchen--I stole Suzie's sandwich--I almost slipped and fell into the Grand Canyon--My third grade class ridiculed me when I gave that speech--Mom locked me in a closet for 2 days--Mrs. Adams told me I was stupid.
4. When the list is complete, pick out the biggest redwoods in your negative forest and apply EFT to each of them until you either laugh about it or "can't think about it any more." Be sure to notice any aspects that may come up and consider them separate trees in your negative forest. Apply EFT to them accordingly. Be sure to keep after each event until it is resolved.  
If you cannot get a 0-10 intensity level on a particular movie then assume you are repressing it and apply 10 full rounds of EFT on it from every angle you can think of. This gives you a high possibility for resolving it.  
After the big redwoods have been removed, go to the next biggest trees.
5. Do at least one movie (specific event) per day...preferably three...for 3 months. It only takes minutes per day. At this rate you will have resolved 90 to 270 specific events in 3 months. Then notice how your body feels better. Note too, how your "threshold for getting upset" is much lower. Note how your relationships are better and how many of your therapy type issues just don't seem to be there any more. Revisit some of those specific events and notice how those previously intense incidences have faded into nothingness. Note any improvements in your blood pressure, pulse and breathing ability.

I ask you to consciously notice these things because, unless you do, the quality healing you will have undergone will seem so subtle that you may not notice it. You may even dismiss it saying, "Oh well, it was never much of a problem anyway." This happens repeatedly with EFT and thus I bring it to your awareness. © Gary Craig

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