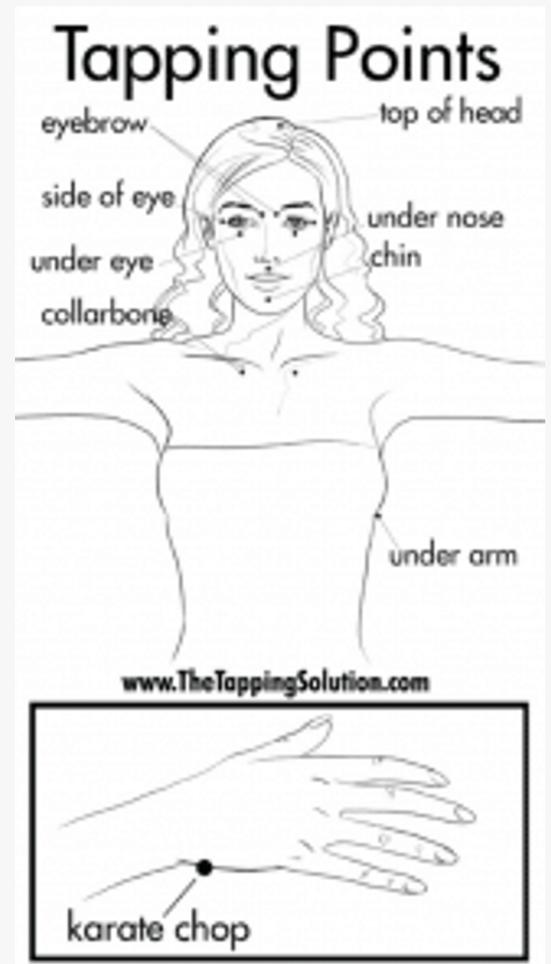


WRITTEN GUIDE TO EFT

1. Is there an issue in your life that is causing emotional distress?
2. Determine the distress level of that issue on a scale of 0 to 10 where 10 is maximum intensity and 0 is no intensity.
3. Name the problem and determine a set up statement. "Even though I have ___ (name the problem), I deeply and completely accept myself." Tap on the karate chop point continuously while saying this set up statement 3 times.
4. Tap about 7 times on each energy point in the illustration starting with the eyebrow point and working your way down. End with the top of the head. Repeat a brief phrase that reminds you of the problem while you tap on each point.
5. Determine your distress level again on scale of 1 to 10 and continue to tap through the sequence until your distress level is as close to 0 as possible. Start the sequence again with the karate chop point. Your statement can go something like this: "Even though I have some remaining (name the problem), I deeply and completely accept myself."



GUIDE TO ECOMEDITATION

1. After tapping to release emotional distress, go through the tapping sequence 1-2x more. As you tap this time say, "I release any and all blocks to inner peace. I release all tension in my body. I release anything in my past, present or future that stands between me and inner peace."
2. Close your eyes and let your tongue rest loosely on the floor of your mouth.
3. Feel your hands. Feel your feet. Feel the space inside your hands. Feel the space inside your feet. Feel the space inside your legs, your arms, your torso, your neck and head. Feel the space inside your whole body. Picture a big empty space behind your eyes. Picture a big empty space between your eyebrows. If thoughts arise in your mind at any point during the meditation, just let them go. Watch them drift like clouds across the sky without attachment.
4. Breathe slowly - 6 second inhale and 6 second exhale. Notice how relaxed your tongue is and picture the big empty space behind your eyes. Keep your tongue relaxed. If aches or pains arise in the body, just observe them. Nothing needs to be done about them. Keep your attention focused on the breaths.
5. Visualize the location in your chest where your heart resides. Imagine breathing in and out through your heart while maintaining the 6 second inhale and 6 second exhale. Maintain a relaxed tongue.
6. Imagine a beam of love pouring out through your heart toward a person or place that you love with each out breath. Stay in this state for several breaths.
7. Bring the beam of love back into your body, into the area of your physical heart. Send that love to any part of your body that is uncomfortable or in pain. Take 3 deep 6 second inhales and exhales while visualizing this beam of love.

When you feel complete with the meditation, return your attention to the room you are in. Open your eyes and look at the object closest to you and observe its characteristics such as color, texture and weight. Shift your gaze and look at the object furthest away from you. Notice your breath, the weight of your body on the chair or on the surface you are sitting on. Feel your hands and feet and be aware of the time. Bring yourself back to the here and now.

Do this meditation for 20 minutes everyday for a week and notice the difference in how you feel the rest of the day.