

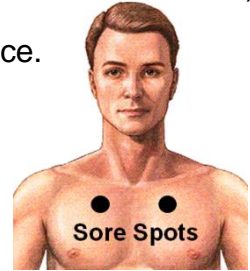
# EFT / ECM on a PAGE

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Rate 'negative' emotion on a scale of 0 – 10 (0 being no emotion, 10 being a most intense emotion).

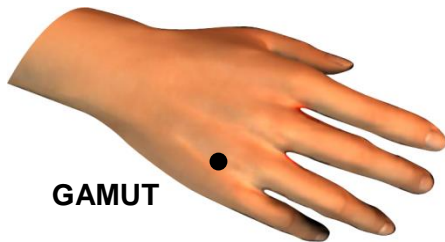
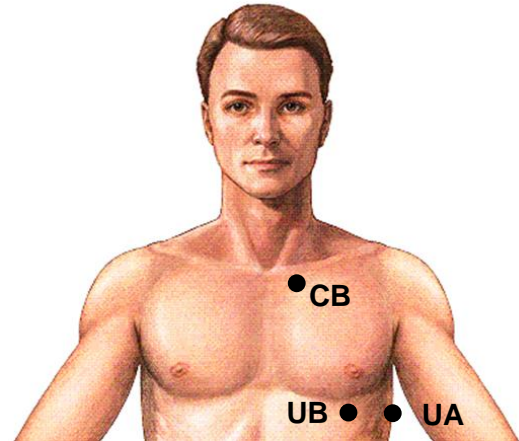
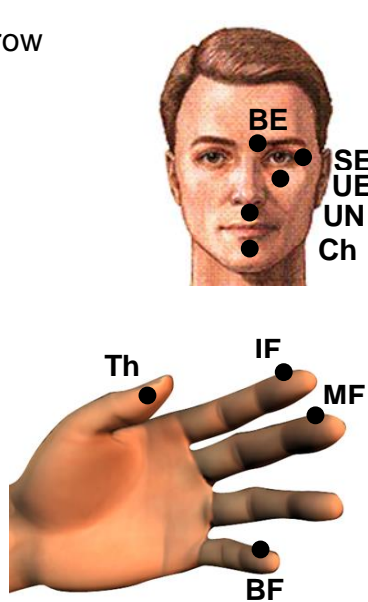
**The Setup** Involves naming "the problem," followed by a statement of acceptance. Repeat 3 times, while continuously rubbing the Sore Spots:

"Even though I feel this \_\_\_\_\_ about \_\_\_\_\_  
(or "Even though I have this \_\_\_\_\_ about \_\_\_\_\_ ),  
I deeply and completely love and accept myself."



**The Sequence:** Tap about 7 times on each of the following energy points while repeating the **Reminder Phrase** ("this \_\_\_\_\_ about \_\_\_\_\_") at each point.

- BE = Beginning of the Eyebrow
- SE = Side of the Eye
- UE = Under the Eye
- UN = Under the Nose
- Ch = Chin
- CB = Collarbone
- UA = Under the Arm
- UB = Under the Breast
- Th = Side of Thumb
- IF = Side of Index Finger
- MF = Side of Middle Finger
- BF = Side of Baby Finger
- KC = Karate Chop



**Note:** 1<sup>st</sup> time at the KC point, re-state the first part of your **Setup**, and then vent your frustration or justification, finishing with: "and even though all of that is true, I deeply and completely love and accept myself!"  
2<sup>nd</sup> time at the KC point, just repeat your **Reminder Phrase**.)

**The 9 Gamut Procedure:** Hold your head up, look straight ahead. Now, continuously tap on the Gamut point while you: (1) Close your eyes (2) Open your eyes and look straight ahead (3) Eyes hard down right (4) Eyes hard down left (5) Look way up to 12:00, and roll eyes clockwise (6) Then roll eyes counterclockwise (7) Now, forget all of that, get happy, and hum a happy tune for 2 seconds (8) Count to 5 quickly (9) Get happy, and hum a happy tune for 2 seconds.

**The Sequence (again):** Tap about 7 times on each of the following energy points while repeating the **Reminder Phrase** at each point: BE, SE, UE, UN, Ch, CB, UA, UB, Th, IF, MF, BF, KC

Shake it off a little bit, take a deep breath in, and then exhale up toward the ceiling. Drink a little water. Re-rate 'negative' emotion.

**Note:** In subsequent rounds, **The Setup** and **The Reminder Phrase** are adjusted to reflect that you are addressing the remaining problem:

**Setup:** "Even though I still feel some of this \_\_\_\_\_ about \_\_\_\_\_, I deeply and completely love and accept myself."

**Reminder Phrase:** "Any remaining \_\_\_\_\_ about \_\_\_\_\_."