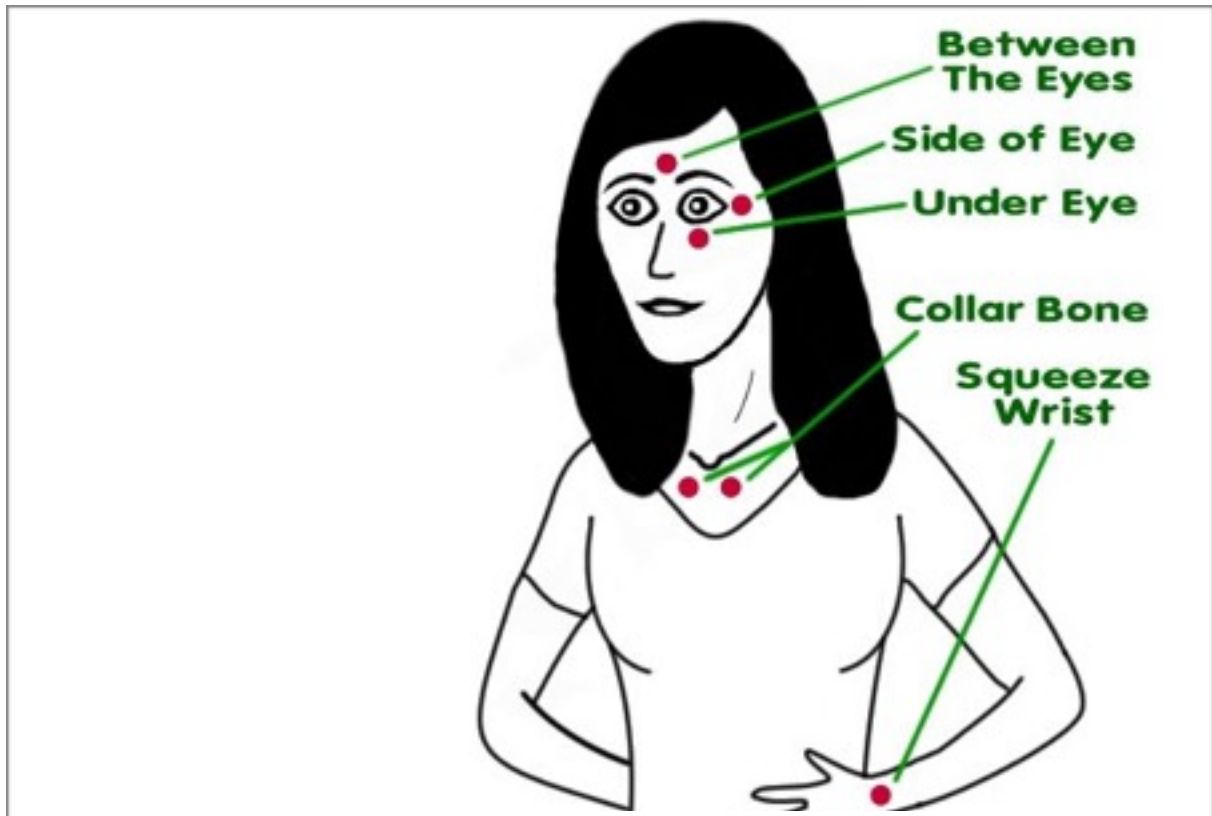


Faster EFT Script

FasterEFT does not need scripts and does not use them however there is a protocol you can use:



1. Ask: What is the problem? HOW DO I KNOW I HAVE A PROBLEM?

Do you have a feeling, are there images /memories showing up in your mind, do you hear or see words? Just notice how you know you have the problem. Don't analyse it and ask why, don't get stuck in a story, just notice you know you have one and notice how.

2. NOW TAP on the points shown on the picture above. Notice your fingers touching your skin.

Say: 'Just let it go', 'it's ok as I let this go', 'it is safe to feel this'.

3. Then CLASP YOUR WRISTS AND SAY 'PEACE'.

Step into a positive memory, or anything that makes you feel good. Allow yourself to really go there and feel it and see it. If you can't do that just notice your breathing, chair supporting you, sounds around you. Notice the parts of your body that feel calm, quiet. Notice different temperatures in your body.

4. Then CHECK AGAIN. Is that problem still there?

Aim at the problem again; go within, ask yourself what has changed? Notice if there is anything left that bothers you. If so repeat the above procedure until it is all gone.

If you are finding it difficult to break the trance you are in, then get up, move around, listen to some music you love, go and take a walk, watch a comedy. And then go back and re-address what you were working on.

Don't over analyse it. Keep it simple. Put as much emphasis into feeling good when you hold your wrists and take the deep breath in. This can take some practice but it is important.

