

Your Personal Peace Journal

A Personal Journey to Peace
with Emotional Freedom Technique (EFT)

by Sandra Kumskov



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My Journey to Personal Peace

I first discovered Emotional Freedom Technique (EFT) around 2000; I cannot remember exactly when but it was while I was experiencing great stress in my relationship and with my health. My self-worth was at an all-time low, and the books I'd been reading contained information I already knew, but nothing that made me feel better. I was training to be a counsellor and was having counselling every single day when I was in class, but I still felt tormented and unhappy.

In desperation I turned to my second love, the internet, with whose many thousands of websites I'd been having a passionate affair since 1996. While I don't remember the exact string I searched for, Yahoo gave me Gary Craig and EFT. (Yes, Yahoo – before Google!)

I read through some of the many pages on the site, downloaded his [free manual](#), printed it, and when the children were in bed I headed for a bubble bath with a glass of wine. What on earth could this tapping thing do that the tried-and-true techniques I was learning in class couldn't?

Lightening Up

I soon found out. As I tried EFT, I felt the heavy weight around my heart lighten. As I tapped and hummed and rolled my eyes and counted, the weight got even lighter.

It wasn't an instant miracle but it was a change I had not experienced before, at least not as quickly and easily. And it was enough of a change that I was able to easily put aside most of my worries, get out of the bath and get on with life as a mother, wife, worker and student. Life took over again and the EFT book printout sat on my desk untouched, though I stayed in touch with the increasing number of uses of EFT through the newsletter.

At least I thought that was what happened, and it wasn't until a year or so later that I took another look at it and gained a different understanding.

Taking a Class

Some time later a lecturer at college talked to a few students, me included, about a technique she'd heard of called Thought Field Therapy (TFT), and invited us to attend a two day class being given in our city. I vaguely remembered that TFT and EFT were related so relished the opportunity to learn more.

We joined about 200 other people in a room with an enthusiastic American called Eugene, who taught a complicated set of 'algorithms' which you could use to guide you in tapping with your fingertips on your body. If you felt anger you'd tap a set sequence, if you felt fear you'd use a different one.

Again the tapping and counting and humming popped up, along with a process called collarbone breathing. Again, I felt distinct shifts in my emotions around events I recalled for the exercises.

I couldn't help but remember EFT and compare the two. EFT seemed much simpler, but was it as effective? EFT used a lot more talking, was that necessary? TFT seemed quite clinical and that didn't sit right with the Holistic Counsellor I was becoming.

Emotions Are the Key

My studies were validating my own experience with emotions: that any emotion is rarely experienced alone. Usually there is a complex interaction with one emotion riding high and then another taking its place, and then they switch and roll and tumble around as our databank of life experiences and beliefs try to make logical sense of what's going on.

I was learning about energetic frequencies and the mind-body-spirit interaction, the ancient wisdom of Asian medicines, the power of high dilution and the incredible power our mind and our world. It all resonated with a truth in my being that was difficult to refute.

Still, TFT was useful and though a bit clinical, it was 'clean'. I made up a set of TFT cards for quick reference and used them from time to time, when I could clearly name the emotion I was feeling.

An Opportunity for Clarity

In my last year of study for a psychology subject I had to submit a paper on any therapy I particularly liked, ideally one that had not been covered in the course. I was still of two minds between EFT and TFT, so decided to use this opportunity to make up my mind. I started by reading Roger Callahan's books and website, moved onto Gary Craig's Advanced videos, came across [David Feinstein](#) and [Joaquín Andrade's](#) studies, took online classes with EFT therapists, connected the dots between what I'd been learning in other disciplines (particularly the emotional understandings of Traditional Chinese Medicine), and boiled it all down into a paper - on EFT only.

To me EFT not only 'felt' like a gentler and more effective therapy than TFT, I was also very convinced by the results of the admittedly-small amount of research.

As I remember my seminar presentation of my paper, complete with pretty PowerPoint, I remember also that my lecturer, a well-respected and practiced psychologist, found it rather amusing. He confessed he'd never heard of EFT but he was accustomed to 'weird' ideas coming from the students at the Australian College of Natural Medicine (now Endeavour College). But because of Drs Feinstein and Andrade's research and credentials, he gave the paper more weight than he otherwise might have, and I earned a 7 (the highest in Australia's grading system). I was chuffed at the result but even more so at my clarity about EFT's place in my future practice.

Practice Makes Perfect

And practice it I did – on dozens of fellow students, family, friends, and acquaintances. I also kept studying: [NLP](#), [Emotrance™](#), acupuncture, intentional tapping therapies like [Z-Point Process](#), [PSYCH-K®](#), [Theta Healing](#), [Silva](#), [Reiki](#), [The Release Technique](#), and always more on understanding the brain and emotions.

Today I work in two clinical practices with other professionals including an integrative GP, naturopaths, nutritionists, homeopaths, acupuncturists, massage therapists, a well-known psychic, and [exercise physiologists](#). They refer their clients or patients to me for a whole range of issues, which EFT helps them shift quickly and elegantly, and support

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at www.sandykumskov.com/pppb

their healing in every way. Clients also find me from my articles and listings on various websites, and of course from referrals from happy clients.

And still, I wanted something more for those courageous people who sat in the armchair across from me, facing down their demons. I wanted a way for them to clear not only the issue for which they wanted help, but all the other issues standing in their way, blocking [their health and happiness](#); and I wanted that way to be easy so they didn't become slowed down or hung up on the technicalities.

And that's when I remembered the Personal Peace Procedure. I'd used it myself for a time, to deal with many of the blocks surfacing in me as I developed my professional practice.

So I wrote a small booklet outlining the process and gave it to some clients. A couple of them used it between sessions and loved it; they gained insight and direction and did some EFT rounds to clear things that came up.

The Journal Evolves

But why weren't the other clients to whom I gave it, using it?

I asked them and they sheepishly admitted that small things were keeping them back: they needed to find paper, they went blank when they started to think about the issues, or they plain just didn't really know where to start.

And that's what brought me to write this eBook.

I thought a journal would remove some of the obstacles around organisation and convenience. I knew from my own experience that once I opened the tap on my memories to start writing my list, the tap turned on full-bore and I filled several pages as the memories kept gushing out. But I had the benefit of clinical training so was practiced at self-examination, which many of my clients were not. So I've also developed an extensive set of questions and other memory-joggers to help you open your own memory tap.

So why is it Free?

Just as I finished writing this, in April 2009, the financial crisis was beginning to make its effects known here in Australia, and the Swine Flu was making headlines as well. I am clear that being as stress-free as possible is the best way to keep both your immune system and financial health strong. With the media feasting on these two crises I know the level of fear on the planet is rising, so I decided to give the eBook away in the hope it would get quickly into the hands of those who most need it right now. I encourage you to give this eBook freely to anyone you think would benefit from it, and ask only that you respect my copyright and do not use my material elsewhere without acknowledgement.

I have also added links throughout the book to other resources I have found particularly helpful, and if you choose to explore those links further, I hope you will find them as helpful as I have done. Some of the links are affiliate links (meaning I will receive a commission if you purchase any products from the site the link points to); many more links are not affiliate links. Either way, I only recommend people and products which personally resonate with me; please evaluate them for yourself having regard to your position.

Feedback and Suggestions Welcome

As you travel through your memories and this process, I hope you will find and clear those experiences that caused you to make small but life-limiting decisions about yourself, and that the instructions and resources about EFT in the information sections will help you start clearing what you need to clear.

I would greatly appreciate your feedback and suggestions to help me improve future editions of this eBook; please feel free to visit my website and leave your comments, <http://sandykumskov.com/ppp> or email me ppp@sandykumskov.com.

With warmest wishes for your personal peace, as soon as you like,



Sandy Kumskov, Brisbane, Australia, May 2009.

Free audios, videos and more, to help you with your journey,
at www.sandykumskov.com/pppb

A Brief History of EFT

A new healing paradigm has been emerging over the last few decades, and is gathering momentum as we head into the new planetary energies. Based on long-used Eastern medical understanding of the body's energy fields, energy medicine is a transformative wave gaining momentum across the world, and is changing the way we think about healing.

These new energetic treatments have been spearheaded by healers like [George Goodheart](#), [John Diamond](#), [Donna Eden](#), and [Gary Craig](#) who have systematised their processes and made them available to anyone who wanted to learn and use them.

Many of these therapies are easy to learn, the information is often available for little or no cost, and anyone can get good results. Very effective online programs have been developed, for example [Carol Tuttle's Energy Profiling system](#), a personal favourite of mine (I'm a 2 ☺)!

Thought Field Therapy (TFT)

As I mentioned earlier, EFT and TFT are closely linked.

Psychologist [Dr Roger Callahan](#) developed Thought Field Therapy (TFT) in the early 1980s. Frustrated with the levels of healing that talk-based-therapies deliver and the speed at which they work, Dr Callahan continued to search for new ways to help ease his patients' distress, outside mainstream psychotherapy.

He had been working with a woman named Mary for more than a year. She had a life-long severe water phobiaⁱ; the worst phobia of its kind he'd treated in his 20 years' clinical experience. Dr Callahan had tried every tool in his extensive kit to help her, with limited success: Mary still suffered great anxiety when near any water; bathed in just a few inches of water; took very brief, stress-filled showers; and couldn't even look at the sea without fear overcoming her. It took all her courage to sit at the shallow end of Dr Callahan's swimming pool outside his home office, and she usually developed crushing headaches as a result of the stress being near the water caused her. Callahan was at his wits' end.

Dumbfounding Results

During one session Mary indicated her fear felt like it was in the pit of her stomach. Dr Callahan had some familiarity with acupuncture, and knew that the stomach meridian had points on the face. Taking a leap of intuition he tried an experiment: he had her tap with her fingers underneath one eye, while focussing her mind on her fear.

Within just two minutes she told him the fear was gone. She demonstrated it by running to the pool, leaning over it, and splashing water all over herself. That night she waded into the sea up to her waist, and was completely free of fear.

Callahan was astonished. Over the next months he tried variations of the treatment with other patients and gradually developed a set of specific multiple-point 'algorithms' to act not just on phobias but on each of the main emotional states. He called the resulting system Thought Field Therapy and began training therapists in using the algorithms and diagnosing the underlying problems before treatment could begin.

TFT routinely helps between 75 to 80 percent of people get complete relief from emotional distress, as compared to around 30 percent with traditional talk-based therapies. In the hands of a skilled therapist, success rates climb to around 98%.

A Word to Sceptics

Not surprisingly, people traditionally trained in the western, reductionist, medical model can be very sceptical about those results. This was evident from the very earliest days of TFT. Callahan reported that in one of his training sessions he had two extremely sceptical psychotherapists who were both convinced that TFT only worked if the client *believed* it would work, and that at best it was a placebo effect.

He asked them both to provide a demonstration to the group. One of the therapists had a genuine phobia so sat in the 'client' role, and the other provided the treatment. Within minutes the phobia had been eradicated. Both therapists were extremely surprised and had to concede that their level of belief had nothing to do with the therapy's effectivenessⁱⁱ.

In the past decade, research psychologist David Feinstein, Steve Wells and others have been conducting the level of experiments required to

'prove' the techniques to the scientific and medical communities. There's not much money available for research into energy therapies, even though we know that energy therapies seem to actually *fix* issues. Therefore there are no long-tail profits for anyone through ongoing drug therapies for life, to provide funds for the research.

Nonetheless the research results are very clear: this stuff works! If you'd like to find out more, Google for David Feinstein or visit my website.

In 2009 new variations of energy psychotherapies are still emerging. Amongst the most widely used are [Be Set Free Fast](#), [Emotrance](#)™, [Tapas Acupressure Technique \(TAT\)](#), [ETHOS](#)™, [Z-Point Process](#), [PET](#), and many others.

What is Emotional Freedom Technique?

One of Callahan's students, Gary Craig, an NLP Master and personal performance coach, simplified TFT's complex algorithms and diagnostic procedures. He added concepts developed from NLP, and with incredible generosity and a flair for marketing, gave (yes, for free) the work to the world. His therapy, named [Emotional Freedom Technique \(EFT\)](#), is surfing the crest of the wave. Or as he says, we're on the ground floor of a healing high-rise. Who knows how high it will rise?

Anyone can learn and apply EFT to their own body and own issues in just a few minutes. Some of Gary Craig's many workshops and trainings were filmed and sold for almost crazily-cheap prices through his website.

He developed a large community and teaching forum through his website where therapists and lay people from every continent frequently report amazing stories of phobias and anxieties fading in minutes; peak performance being turned up remarkably quickly; depression lifting without drugs; anger being managed and dissolved; and even complex long-term physical health problems resolving with amazing speed when compared to traditional therapies.

And it's just the beginning: it's been very effectively applied to animals, babies, and over distances as people action Gary's driving belief: *Try it on everything.*

It is a simple, usually painless technique, which corrects what Gary Craig calls 'short circuits' in the body's energy system. Acupuncturists call them blocks in the meridians.

How Do You Do It?

While repeating a 'setup statement' to focus the mind and correct any possible energy reversals, you tap lightly with your fingertips on a specific point. Then while using a reminder statement, you tap on various points on your head, face, torso, and hands. The points are the beginning or end point of the major meridians, and are illustrated on page 11.

Diagnosis is not required, only the natural human ability to tune into the body's expression of emotion; for example, fear being felt in the pit of the stomach, anxiety being felt as a tightening of the throat, and so on. Often it's not even necessary to give the body feeling a name; just feel the feeling.

The tapping movement sends a pulse of kinetic energy through the meridian. It seems that combined with your *intention* to heal, the incoming energy clears the blockages that cause emotional or physical pain. Often it takes several rounds to clear the blockage, and often several aspects of the problem will need to be addressed before it's completely cleared.

Recent Developments

EFT continues to evolve. With Gary Craig's encouragement, therapists from many disciplines are contributing to the understanding and growth of this remarkable technique.

A 'Short Form' of EFT is most widely used at the moment, making it even easier for anyone to get great results*. New points have been added to the original routine, and some points moved to the 'use if you're not getting results with the short form' category. The points used throughout this book are the ones I've found most useful in my work with clients, and are a variation of the original EFT form developed by Gary Craig,

* While anyone can get good and even amazing results with EFT, Gary Craig does encourage people to develop their skills in the art of delivery – because the art of delivery is what makes all the difference in the results you get. Trained and experienced therapists will help you move faster.

which you will find in his manual, [available for free from his website](#). He also has a series of great value and highly useful DVDs from which you can learn EFT, and a newsletter which is priceless.

One hand or two?

Great question! I prefer to tap with both hands because to me it feels more complete. Gary Craig taps with one hand and so do many other therapists. It really is a matter of preference, so tune into what feels right for you and trust yourself.

Should I find a Therapist?

You can do a whole lot of healing yourself with this elegant and simple method, before you [find a therapist](#). If you find yourself going around and around the same place at any time then I'd say yes, find a therapist.

A therapist can help you see patterns and aspects of your self that you cannot see for yourself – it's called a blind spot, and we all have them! A good therapist will have skill in the art of delivery, and that can help you get even faster results.

Disclaimer

You should understand the following before you decide to use EFT:

I understand that the use of energy treatment points within the field of psychotherapy is a relatively new development and that at this time there is only limited published research in established scientific journals investigating these methods.

While clinical reports of successful outcomes using these methods do exist in the published literature of the field known as energy psychology, I understand that clinical reports do not constitute conclusive scientific evidence.

I further understand that even if the clinical effectiveness of these methods is scientifically established, results will vary from person to person.

I understand that while an energy psychology approach is a safe treatment method, with a substantial body of clinical experience showing no serious side-effects when properly administered, that with

any form of psychotherapy it is possible that unresolved memories and related emotions and sensations may be brought into my awareness.

It is possible that this emotional material may continue to surface after I have used the material in this book, and I may require treatment with a professional.

I also understand that previously traumatic memories may lose their emotional charge, and this could adversely affect my ability to provide legal testimony that carries the same impact as prior to treatment.

By using the EFT scripts in this book, I acknowledge that I am doing so by my own choice.

Let's get started

This smiling young woman with the dots on her face and body is illustrating the points of EFT.



FIGURE 1 THE EFT TAPPING POINTS

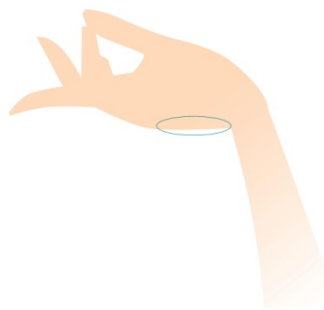


FIGURE 2 THE KARATE CHOP POINT

- | | |
|-----------------|---|
| 1. Top of head | Pat with whole hand |
| 2. Eyebrow | Tap with tips of two fingers |
| 3. Side of Eye | Tap with tips of two fingers |
| 4. Under Eye | Tap with tips of two fingers |
| 5. Under Nose | Tap with tips of two fingers |
| 6. Under Lip | Tap with tips of two fingers |
| 7. Collarbone | Tap with tips of two fingers |
| 8. Under Arm | Pat with whole hand |
| 9. Rib | Pat with whole hand |
| 10. Wrists | Cross wrists 90° and tap insides together, at creases |
| 11. Top of head | Pat with whole hand |
| Karate Chop | Pat with four fingers of the other hand. Use either hand. |

Everything you need to know about using and getting great results with EFT is in the diagram on the previous page, and in the description below.

If you, like me, are fascinated to know which point affects which body system and which body system affects which emotion, please flick to Appendix 1 at the back of the book.

Trying it out

Follow this little script to test EFT. We'll focus on you *feeling sceptical that this can work for you*. If you don't feel sceptical, please focus on something else, perhaps feeling overwhelmed at how much there is to do, or something else that's relevant for you.

Step One

On a scale of 1-10 where 1 *is very confident* and 10 *is highly sceptical*, rate your feeling about how well you think EFT will work for you, and write it here: _____

The number is the one that popped into your head, not the one you're left with after having a little logical conversation with yourself! Use the first one, it came from your intuition/Higher Self/Super-conscious/Spirit. Whatever you call it, it came from that part of you which is wiser than you know.

Step Two

Tap with one hand on the karate chop point of the other hand, while you say **three times**:

“Even though I *don't believe this will work for me*, I deeply and completely love and accept myself anyway.” Remember, say this three times. This focuses your bodymind on the issue you want to deal with.

Following the diagram above, with two fingers tap seven to ten times on each of the points while saying the reminder phrase; in this case, “*it won't work for me*”.

Top of head – tap and say “*it won't work for me*”

Eyebrow – tap and say “*it won't work for me*”

Side of Eye – tap and say “*it won’t work for me*”

Under Eye – tap and say “*it won’t work for me*”

Under Nose – tap and say “*it won’t work for me*”

Chin/Under Lip – tap and say “*it won’t work for me*”

Collarbone – tap and say “*it won’t work for me*”

Under Arm – tap and say “*it won’t work for me*”

Under Breast – tap and say “*it won’t work for me*”

Creases of wrists– tap and say “*it won’t work for me*”

Top of head again – tap and say “*it won’t work for me*”

Step Three

Now check in with your feeling about how well you think EFT will work for you, and write your rating number here: _____. Hopefully it is a lower number. If there is still a bit of charge left on this issue, go to point 3 and tap another round, this time saying “this leftover it-won’t-work-for-me feeling”. And again rate your feeling. Hopefully by now you’re down to a 1 or even 0.

That’s it, you’re done. Yes that’s really all there is to it.

Another Variation: Slow EFT

As mentioned earlier, there are many many variations of EFT, and one of my favourites is [Sylvia Hartmann's Slow EFT](#).

This is where you tap on the point while saying the reminder phrase once, then keep tapping on the same point while you breathe slowly and stay tapping on that same point for about a minute in total, or until you feel a shift.

Sometimes it just *feels* right to use slow EFT, and sometimes it feels right to do as many rounds as you can squeeze into the time available.

I think both approaches work well. As always - *follow your own intuition*.

You Might Avoid Doing It

With this powerful tool in your hands, and all the information in the world in your head, you might still find you don't take any action. Believe it or not, this is very common.

The reason is that it's hard to change; it's much easier to stay stuck in the rut we're in, no matter how much it's hurting to stay there. You likely reached a point where something was hurting enough that it felt about equal to the pain of change, which is what led you to download and open this book.

And so maybe you will use the techniques for one or two issues, but then you mysteriously lose interest in continuing; you get too busy, decide the issues aren't so bad, or you decide it doesn't work. I do know how you feel because it happened to me way back when I first discovered EFT.

What I now know is that your *ego* is stopping you from moving forward. Unlike many therapists, I don't think the ego is something to be overcome or controlled. I do however think we need to pay attention to *balancing* our ego in the same way we pay attention to our physical health or our nutrition.

Your Wonderful Ego

The ego is a very protective part of our psyche. Yes I said protective, because it will fight your stated desire to change the status quo of your life. I know that seems counter-intuitive, but read on. Change will inevitably bring short-term pain, regardless of how greatly the change will improve your life, success, or happiness in the long term. Humans are pleasure-seeking by nature; most humans don't enjoy experiencing any level of pain. Our egos are highly-sensitive pain detectors. At the first sign of potential pain, your ego fires up and steps into the gap between the change and the status quo.

That's why you might find yourself resisting tapping; your ego is protecting you from pain. Fortunately you can tap for it using set-up statements like these:

"Even though I don't want to tap right now I deeply and completely accept myself."

"Even though I feel guilty for not tapping I deeply and completely accept myself"

"Even though I know it will be good for me to tap, I still don't want to and I deeply and completely accept myself."

Top Five EFT Tips

1. You can't do it wrong – you just have to *do it*
2. It doesn't matter what order you tap in. We use the order above because it's easy to remember and ensures you get all the meridians. But you can tap in any order you like.
3. Any tapping is better than no tapping.
4. All tapping is useful.
5. You can't do it wrong.

On Track for Success

"Thankyou so much for your newsletter this morning. I keep replaying what I read in my head about changing some of the 'one day' things into action. Almost seems like it's given me a different way of looking at things. Well it has actually. Keep them coming. " ~*Amanda*

I'm really enjoying receiving your emails – inspirational and practical at the same time, lovely. Just letting you know that my email address has changed to xxxxx. Would you mind changing your records so I can keep receiving your e-letters to my new address please?" ~*Kerith*

You've inspired me today!! ... I always love reading your emails, but today when [baby] is sleeping, I'm going to start typing out the ideas I've had hurricaning around my mind for the last 2 years and format a way to start writing my book." ~*Maya* .

These are just three of the many many positive messages I get every week in response to my newsletter. It's light, an easy read, and I aim to make it a bright spot in your week. To sign up now, no strings, no hard sell, please [click here](#).

The Power of Emotions

Almost every person in the Western World is a Master of Emotional Suppression, in my opinion and clinical experience.

Even those people who seem to be very emotional, for example they might cry easily, are a roiling mass of suppressed emotion.

Many thousands of trees have been sacrificed to the volumes of written wisdom exploring how and why this emotional suppression happens, is good or bad for you, and how it can, can't, should, or shouldn't be changed. I'm sure you've probably read a few of those books and they all have their own merits. Mostly though, they are concerned with *thinking* about your feelings, and for me, that's a major reason why they're not giving you the results, the peace, you want.

Energy in Motion

My personal belief is that emotions are energy. Gary Craig and others say emotions are 'energy in motion' – e-motion. I say when you're feeling emotional pain, it's more like 'energy in stuckness'!

Think about something that causes a strong emotional response for you, one that you can feel powerfully in your body, probably a negative one. Now, locate that feeling in your body, it might be in your chest, throat, solar plexus, or elsewhere.

Does it feel to you as though that feeling is likely to move out on its own?

I call that stuck energy; what would you call it?

Being able to locate those stuck heavy feelings is a very useful skill; perhaps even more useful than being able to put a name or an explanation to the feeling. Because if you know you have a huge heavy hot feeling in your stomach when you think about your Aunt Mary whacking you when you spilled your milk, you're certainly going to be able to clear that feeling quickly; even if you can't say if the feeling is fear, shame, guilt, or something else.

In my experience there is almost never a single emotional state present; we are all complex creatures capable of feeling complex mixes of

emotions. That's one reason we have needed forests of trees sacrificed to understanding them 😊

Emotional Forests

Gary Craig's forest metaphor is different though, and much more useful I think. He sees each feeling as a tree in your personal emotional forest. Releasing the feeling releases the energy and your forest thins out, allowing you to see and experience your life with more clarity and ease.

If you do not acknowledge your feelings and release the energy, over time the feelings grow stronger. Like magnets around iron filings, the stuck mass of energy collects more of itself, and uses much more of your vital life energy to contain it. Eventually you have only a trickle of available life energy to actually power your life is just a trickle, because you're using so much suppressing all the stuff you'd rather pretend is 'fine' or otherwise not deal with.

Why Clear These Feelings?

And it gets worse: all your suppressed energy causes long-term health problems.

Energy is intended to flow around your body through the meridian and other energy systems. When you're creating reservoirs of locked-up emotional energy, the flow around your body is diminished.

Asian healing traditions indicate that physical symptoms are the result of disharmony in the energy system. What that means is by the time you're experiencing physical symptoms, your energy system has been unbalanced for a length of time. Very often when the emotional roots of a problem are dealt with, the physical symptoms also clear up.

Disclaimer: Please don't consider this statement as a substitute for the medical care you usually give yourself.

Physical Stress

Emotional stress also causes an ongoing physical stress response in your body. Stress hormones, like cortisol and adrenaline (plus oxytocin in women) linger in the body for hours after any stress-inducing event. The stress hormones prepare your body to defend itself from a threat, run

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fast to get away from the threat, or stand really really still and hope the threat won't see you! Your heart, lungs and muscles all prepare for action to ensure your physical safety, and your inner organs slow down to give your heart, lungs and muscles extra energy. It's a process that demands a great deal of energy.

Living with emotional stress for years causes your body to be constantly flooded with these hormones. The glands which produce the hormones can become exhausted; your inner organs' reduced function cause subtle but increasing health problems; poor digestion can cause weight gain; blood pressure increases; and your immune system gets weaker and weaker, making you much more prone to virus and bacterial infections.

And yet, perhaps you're still not sure that putting in the time and energy to clear these blockages is worth your while, pain, and effort.

No, I won't be Negative!

The self-improvement industry has a long history of condemning negative thinking. I'm sure that you, like me, and also many of my clients, have experienced the almost instant mood drop that follows from being stuck in a negative thought loop.

Once we become aware of the impact of negative thoughts, it's tempting to believe that negative thoughts are the enemy and must be conquered at all costs.

I have a slightly different view though. Negatives are hugely helpful in my opinion, because they provide two things:

- Contrast that helps us sharpen up our focus onto what we *do* want to experience in our lives, and
- The opportunity to acknowledge our true experience in that moment.

The Power of Contrast

The same way that day helps us understand what night is, a negative can help us understand what it is that is not working for us. The power of the negative lies with the next step you take with it: how you transform it to something which works better for you.

For example, "I hate being confused" is profoundly negative on many levels. Being aware of the negative allows transformation into something like "I enjoy the clarity that comes with feeling calm".

What I'm saying is that the negative just *is*, like night is night. It is not good or bad, it just is. You can choose to acknowledge that negative and transform it into something that serves you and your dreams and goals better.

Truth Statements

EFT begins with a truth statement.

Usually it sounds like a negative statement, because often when you're ready to change something with EFT, it begins with something that is not working for you. For many people who are on a personal growth journey and have had exposure to affirmations, the truth statement feels like affirming a negative.

About Affirmations

Affirmations are positively-framed statements that, if you repeat them over and over and over, can help to change underlying beliefs. The big problem here, as I see it, is that experts estimate it takes about 60,000 repetitions to change one negative belief.

I don't know about you, but I think I'd lose count. And get bored way before I got close to 1000, let alone 60,000.

When I first heard the above statistic, I felt a tremendous sense of relief, because I'd long felt I was an affirmations-failure. Now there was a real reason that affirmations didn't work for me: too many repetitions required.

And one more little thing: if you've got any other unhelpful beliefs supporting the one that you're trying to change using the affirmation, you can repeat the affirmation 600,000 times and you will not change the whole belief structure. These are what Gary Craig calls 'tail-enders'. I call them 'yeah-rights'.

"I easily maintain my weight at 50kgs." "Yeah right, I only have to look at a chocolate and I gain 2 kgs." You see the problem? ☺

Using EFT to clear your less-supportive beliefs and paying attention to the other aspects that come up will win over affirmations every time.

There are just a couple of little possibilities in the realm of affirmations, which have emerged in the last year or so, that I consider move out of the rigid requirements of making affirmations successful:

1. Noah St Johns' [Affirmations](#), which enrol your subconscious mind in finding solutions, and
2. Sylvia Hartmann's [Affirmation Magic](#) which helps you put real power into your affirmations.

Both while you're on the road to clearing the issues with EFT, of course.

One final point we need to shine some light on before getting into the Personal Peace Procedure is the idea of forgiveness, and its role in your journey.

Forgiveness

If you've been in any situation where you have suffered any level of emotional pain, and that pain has lingered for any length of time; if someone else was involved in that situation (and that's almost a guarantee), you probably hold that person responsible in some way for your suffering.

And the thought that you could or should forgive them may be so horrible to you that you consider the very idea both crazy and beyond your ability to achieve.

Would you be willing to consider this idea in a different light?

Remember that containing any blocked e-motion takes more and more of your vital life energy as you get older.

So holding onto blaming another for the experiences in your life, uses up a whole lot of your vital life energy, and limits your life more and more as time moves on. The reality is that the only person who is hurting by you holding onto this unforgiveness, is you – the other person either has no idea that you were so damaged by what they did, because they will have experienced it very differently, or they have no way of really caring

about the impact on you. Either way, nothing changes until you make the decision to move on.

Colin Tipping, the author of the [Radical Forgiveness programmes](#), says better health is only one of the benefits of forgiving. You release the energy you've been using to hold your negative emotions, you will feel happier and be easier to be with so your relationships will improve, and you will feel empowered in your own life.

And if you're on, or would like to be on, a path of spiritual growth, your own consciousness will raise a few points, which contributes to the overall raising of consciousness.

The only downside is that you may have to give yourself some time and attention to clear the blockages.

The perfect tool is the Personal Peace Procedure, and it begins on the next page.

What is the Personal Peace Procedure?

This process is as simple and elegant as EFT itself. In just five steps, five minutes a day, you'll be able to make profound changes in your life, move your "upset line" a long way from where it is now, and move closer to personal peace.

Step One

Make a list of at least 50 specific events in your life that still bother you. Use the journal pages in this book to make your notes.

Only move on when you've found 50. If it seems impossible that you would have at least 50 bothersome events that need clearing then, as Gary Craig says, you're either going at this heal-heartedly or you have been living on some other planet! *Any* memory that surfaces while you're making your list probably needs to be cleared, even it doesn't cause you any discomfort at that moment.

For example: when I was making my list, after about 15 minutes I clearly remembered, like it was yesterday, being in the classroom at St Joseph's Convent in Primrose, at about age 8. I hadn't really thought about the incident much at all since it had happened, I don't think, and it seemed strange that it surfaced during this process. But I was willing to trust the process and see where it went.

It was during the last week or two of the school year and me and many classmates were clustered around the desk of my, and everyone else's, favourite teacher. We saw her only three times a week to learn Afrikaans. Her teaching was so caring and gentle and so much fun that we all loved her dearly. Interestingly, I could remember her face, remember the moment, but still can't recall her name.

As we all gathered around her desk, each wanting to share a little bit of our lives with her, she passed me a note, a narrow strip of blue paper torn out of her marking book and folded a few times. As she passed it to me she said, "Read it later". So I put it into my pocket though I was bursting to read it. So was every other child in the class, none of whom had received a note.

Clearly Miss had intended I be by myself when I read it, I thought, so I was not going to show it to anyone else. But one by one my classmates badgered me to see the note, I said “later”. Eventually we were all settled into our desks and Miss was teaching or reading a story, I don't remember. I just remember my fierce desire to read the note! So I slipped it out of my pocket and read it: “You came first in Afrikaans”.

I was thrilled! I was a good student, languages came easily to me, and I learned fast; faster I'm sure under Miss' gentle and always positive encouragement. I had worked hard all year to make my writing neat, learn the poems word-perfect, and get my spelling right. And Mum and Dad would be so pleased! All I could think of right then was showing the note to Mum after school.

The lesson soon ended and I was still wrapped in my little bubble of delight, doubled when Miss seemed to give me a special smile as she left the room. Instantly the kids around me demanded to see the note. I knew some of them wouldn't like it so refused to let them see it. That was mistake 1: they weren't pleased. Anyone who seemed to be more favourite than another with Miss wasn't going to be popular! But it was my note, my reward for hard work, my secret, and I was only going to share it with Mum and Dad.

At Break, I was thrilled to share it only with my best friend, Ingrid. That was mistake 2: half an hour later I was getting angry “teacher's pet” hisses from what seemed to be every other child in class. I was devastated. Some were even saying they hated Miss anyway, so what did she know.

As I rolled the movie through my mind at age 40, I was shocked at how emotional I became about my eight-year-old self, how heavy the feeling in my heart was, and I realised there was a great stack of aspects I needed to tap on:

- Ingrid told my secret to everyone
- I can't trust anyone
- Feeling shocked about everyone's jealousy
- Angry for feeling weak under that attack by people I had formerly trusted
- Wanting to be small so they would leave me alone

- Feeling responsible for others now hating Miss

What I also realised, at age 40, was that was probably when I'd first learned it was 'dangerous' to shine. So that led me into a whole new setup statement, "Even though it was dangerous for me to shine..."

All that from one initially-pleasurable little memory of getting a great-news note from my favourite teacher!

As I write this, I'm wondering if I told my parents about my success, and I seem to remember I did not; they would have seen the information on my report card anyway. So even now, another aspect to tap on:

"Even though it wasn't okay to tell mum and dad about my success at school..."

Aspects, aspects....

Just remembering an event probably means you need to tap around it.

As in my example above, once I started tapping on the main issue I felt, that my best friend had given away my trust, other things occurred to me that I'd never considered before; other people who gave away my trust, other people whose trust I'd given away, colleagues, friends, strangers. I wrote them down at the end of each round, checked the intensity, and one by one tapped them away over a few days, and my forest thinned out.

So pay attention to anything else that comes up as you tap any issue, and write them all down.

Step Two

Give each specific event a title, as though it was a 'mini-movie'.

Using my example above, I called my first event *When Miss Gave me the Afrikaans Note*.

Keep going with specific events until you have at least 50. Don't stop to flesh-out any event, just let them come up, along with any attached feelings. As you open your consciousness and allow the events to flow, more and more are likely to come up. It doesn't matter how small or trivial each event seems; the fact that you remember it probably means you need to clear it.

Since our beliefs and values and decisions about who we are, are largely formed before our first seven-year lifecycle completes, your adult self is probably not running your life. You didn't program your beliefs or values in, but you can change them for ones that are more in tune with who you want to become! The meaning our child-selves put onto the early events that shape us, is what subconsciously runs our adult lives! I know that's not the part of me that I wanted to have running my life, and I'm willing to bet that's true for you as well, or you'd not be reading this book!

So, relax, allow your life's experiences to rise through memory, trust your intuition, and write it all down.

Step Three

When your list is complete – or as complete as you can make it with the first pass – **pick out the biggest event**. That's the one that's jumping up and down on the page saying 'pick me, pick me'. It's possibly the one you think is the most painful, difficult, or perhaps, the silliest. Trust your intuition to guide you to the first event. And even if you choose one that turns out to not have been the most important, let it be okay to trust the process. It's only the *first* event, and it's only the order that you're able, right now, to work with it.

Rate the event on a scale of 1-10. Tap a round of EFT following the instructions beginning on page 11. Check intensity, keep going until the intensity drops.

Notice any thoughts, feelings, memories that come up. Look for different aspects of the incident. These, Gary Craig says, are separate trees in your forest. Note each aspect in your journal, and tap separately to uproot each one. Keep at it until it's resolved.

If you cannot get any intensity rating on an issue, Gary Craig suggests you're probably repressing, and by default, you treat that as a high-importance incident and apply ten full rounds of EFT to it, from every angle you can think of!

As you see, your list will continue to grow. Mine went on for pages!

Step Four

Keep working on your movies, at least one per day; Gary Craig suggests three! If you're thinking, "*Three? That will take forever*", remember that a round of tapping takes only a minute or two. One movie per day will probably only take five minutes; three will take no more than 20 minutes. Do you deserve to give yourself the gift of 20 minutes a day?

If not, you know what to do..... yep, tap on that belief ☺

The Last Step

This is not in Gary's original protocol but I often include this step in tapping sequences because it seems to release any last little lurking leftovers that we might not have identified earlier.

"I forgive myself for any and all harmful or limiting beliefs I've had around [this incident], and I forgive myself and anyone else for our parts in it..."

As discussed earlier, forgiveness releases *you* from being tangled and stuck in the energies of the past; from being tied to the people who have harmed or bothered you in the past; and essentially putting the events of the past where they belong – in the past. That leaves you free to get on with establishing the life you want, here, in the present.

The Last Last Step

If you keep tapping away at least one movie every day, by the end of three months you will have tapped out at least 90 of the incidents that have you pinned, mostly subconsciously, in the past.

Turn to page 86 in the Journal and make a note of how your body feels, how your relationships have changed over the time you've been tapping, any changes in your finances, your living arrangements, your overall health.

It's important to take this time out right now to pay attention to any changes in your life, and acknowledge them. Otherwise, Gary Craig says, the healing you've experienced will be so subtle that you will probably dismiss the power of the gift you've given yourself.

And finally...

Gary Craig warns: If you are taking medications, you may feel the need to discontinue them. Please do so **ONLY** under a qualified physician's advice.

Self-worth and Self-esteem

Before going on, it's important to have a clear distinction between self-worth and self-esteem. At first glance they seem to be simply different words for the same concept, and they have often been used that way.

Self-worth is about who you *are*. Self-esteem is about what you *do*.

Self-worth is solid and strong. Self-esteem goes up and down as what-you-do is easy or more difficult, if you're having a good hair day or a bad hair day.

For most of us though, what we *do* becomes who we *are* and the two concepts collapse into one. So who we are becomes less solid as it is affected by what we do.

Think for example, about people who retire. For many who have strongly identified with their work, their entire concept of who they are, is built around *doing* the tasks that a manager or a carpenter or a nurse do. They *become* a manager or a nurse or a carpenter, rather than a person who uses part of their time doing the tasks that their job requires.

And when they no longer go to that job every day, their lives seem to stop. Many simply withdraw, and seem to wither and die in a few short years.

However, when a person has a strong sense of *their worth as a person*, retiring becomes just another thing they *do* in their life.

So pay attention to your thinking about yourself, and separate what you do, from you are. Hopefully the Personal Peace Procedure will help you to stand powerfully in who you are, and also peacefully with what you do.

The Most Common Issues

The hugely-prolific author and teacher, [Joe Vitale](#), identified some of the most common limiting beliefs we humans experience, and they may provide a starting point for you too. I've listed them below:

I'm Not Good Enough

This underpins some of the most dysfunctional behaviour I've ever seen in anyone, including myself. Observe someone who is aggressively defending any position and you will like also identify I'm Not Good Enough at their foundation.

Observe also anyone who is quietly passing through life, and you may find I'm Not Good Enough lurking there as well.

As if I'm Not Good Enough isn't limiting enough all on its own, it has a close cousin, I Don't Deserve. If you can't find any specific events where you remember thinking "I'm not good enough", see if you can find any "I don't deserve...." event memories.

Personally, I found a bunch of both.

No One Likes Me

We learn this one early: when other kids seem to have many friends, or even just one special friend; when everyone else gets picked for teams first; when no one keeps a place in line for you, and on and on... reinforcing the idea that no one likes me, and very often we also arrive at "I don't like me".

As a result you might feel automatically defensive. That can make you hard to be with, having a profoundly negative effect on your relationships.

Finding and clearing these events brings you back to yourself in a way so profound you may not recognise, at first, the real powerful you!

I don't want to be rejected (And I don't fit in anyway)

Fear of rejection is a really ugly one to live within; it limits all kinds of [connections between humans](#), from friendly pass-the-time-of-day ones, to the most intimate. Finding and clearing the early rejections will help you to open your heart and self to new opportunities in the present.

I Have to be Right

Another ugly one which I believe this also comes from childhood. Many of us grow up hearing plenty of "no", and of course we get the disapproval during schooling for being wrong! Being right, then, becomes a way to find a place of feeling good and being calm. Except that it doesn't really work that way in adulthood, when many other people are set on being right as well!

Being around someone who must be right at all costs can be a huge strain. If you have someone like that in your life, you might have some tapping to do anyway, if you want to maintain a relationship with them.

Giving up the need to be right opened so many possibilities for me, and while I do still sometimes feel myself rising to the defence of my ideas or actions, mostly I believe I am more open to just listening and finding a way through.

I'm Not Special

"Who do you think you are, the cat's mother?" was a common refrain from the adults in my life, when I was a child. I never really understood what it meant, and to be honest, I still don't. But I got the message – you're no one special, and you get no privileges here. Many of my clients have variations of this little phrase running through their lives, keeping them “in their place” of being nothing special.

The other little phrase that I tapped on was "You're as handy as a wee pot without a lid", a regular phrase from my Scottish mother during all my growing years. It wasn't until I was 18, and she said it to my boyfriend (later husband), that I objected to her using it.

The conversation went something like this:

Mum: Larry, thanks, you're as handy as a wee pot without a lid.

Larry: Uh, what does that mean?

Me: It means you're useless.

Mum: What? No it doesn't. It means you're the handiest thing around!

Me: Oh right, what use is a pot without a lid?

Mum: I use my wee pot with no lid all the time; every day, I couldn't cook without it!

Me: Oh.....

All those years my mum had been telling me she thought I was kind and helpful, I'd been hearing she thought I was useless. I made that decision as a small child, when I had no idea that a small pot with no lid was a useful tool.

Many of the decisions you made as a child, that underpin this I'm Not Special belief, are probably also wrong.

So if you're not sure where to start tapping, start with these five beliefs, which are listed again in a couple of pages. For now, think about where you are right now, and what you'd like from this challenge.

Self Assessment

Before you begin your self-questioning phase, it would be useful for you to take a few minutes to think about what you'd like to get from this experience. Describe your life as it is right now. Be honest, it's your life.

What I most want from doing this work is _____

Questions to help your memory

Without further ado, let's get into unlocking your memories! With your preferred writing implement (pen/pencil/quill/etc) in hand, read the headings on each of the following pages. You don't have to start on this page, just answer the questions in any order that suits you. Give yourself a few minutes to sit quietly with each statement, and then write down anything that comes up.

Of course, if you already have a starting point, go with that! Blank pages for your own questions are at the back of this section.

I'm Not Good Enough because

I have to be right because

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At school I

My brother(s)/sister(s)

Even today I won't

I am most sorry about

Women are

My biggest weakness is

My greatest strength is

What I most hate about myself is

My mother never

My brother always

My

never

People like us do

People like us always

Rich people are

I'll never be _____ enough because

I'll never be _____ enough because

Notes

In Summary


The journey to Personal Peace can be long and lonely. Feel free to email a copy of this eBook to any friends, family, colleagues, or anyone else, who might benefit. Any of those might be willing to be a buddy for you on the journey.

I am willing to offer support through my blog at www.sandykumskov.com/pppb. Please note that I will require you to register, and that other people on the journey may also be willing to share their experiences with you.

I have been asked to offer an audio version of this eBook and will do so when my decks clear a bit; it is on my list! If you're registered at my site I will notify you when any support resources are available.

Finally, if you find any errors in this eBook please let me know by email ppp@sandykumskov.com, and I will make it worth your while 😊

Appendix 1 - Meridians and Emotions

	Point	Meridian	Out of Balance	Balance
	1/11 Crown of Head	Du20	This is the meeting point of all Yang meridians in the body, a powerful contact point for every issue	
	2 Eyebrow	Bladder 2	Anxiety, futility, irritation, frustration, trauma	Hope, peace, and harmony
	3 Side of Eye	Gall Bladder 1	Rage, judgmental, resentment	Kindness, tolerance, love, tranquillity, contentment
	4 Under Eye	Stomach 1	Obsessive worry, fear, anxiety, bitterness, disappointment, emptiness, greed	Trust in the larger picture, contentment, tranquility
	5 Under Nose	Governing Vessel 26	Lacking courage to move forward, no backbone	Standing tall, sense of strength, healthy pride
	6 Chin	Central Vessel 24	Feeling vulnerable, shame, embarrassment	Feeling secure, centered, healthy pride
	7 Collar-bone	Kidney 27	Fearful isolation, shame, anxiety, trauma	Gentleness with self, calm
	8 Under Arm	Spleen 21	Over-compassionate, inability to assimilate input, anxiety, low self-esteem	Fairness toward self, metabolises input into self, confident, secure
9 Point	Liver 14	This point is sometimes eliminated in public forums, especially on females, because of the closeness to the breast. Do use it when you're tapping on yourself as it is an important meridian.		

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			Rage against self, guilt, sadness	Kindness towards self, happiness
	10 Wrist	Heart 7	Heartache or heartbreak, anger	Love for self and others, forgiveness
		Pericardium 7	Bewildered by choices and demands, neglecting heart's needs, remorse, regret, jealousy,	Discernment, prioritizing heart's needs, generosity, relaxation
		Lung 9	Grief, detachment, false pride, disdain, intolerance, scorn, contempt	Inspiration (in-breath), letting go (out breath), faith, tolerance, humility
	KC: Karate Chop	Small Intestine 3	Feeling divided, pulled in more than one direction, sadness, sorrow, vulnerability	Decisiveness, clarity, joy

More Resources

An audio version of this program is available for just \$14.97. Please [click here](#) for more information.

I've developed a tracking sheet to help with your tapping – if you'd like it, please [click here](#) – free, no strings.

Are you interested in a body image version of this journal? If so please [click here](#) to let me know.

Are you looking for some extra support while you work your way through this journal? I use and recommend a beautiful vibrational essence called Crisis Calm. [Click here](#) to find out more!

ⁱ Tapping the Healer Within, p7

ⁱⁱ Tapping the Healer Within, p64