

# The Short Story



## WolfStone Fact Sheet

107 Fairway Dr.  
Black Mountain NC 28711  
828-669-2933

### The EFT Basic Recipe

#### The Setup

**Repeat 3x while tapping the Karate Chop (KC) Point or rubbing the sore spot continually.**

“Even though I have this \_\_\_\_\_ I deeply and completely accept myself” **(Fill in your description of specific problem, feeling, intrusive memory, goal, etc.)**

#### The Sequence

Tap each point (1-13) while continually repeating a phrase that reminds you of the problem (e.g. this headache)

#### The Nine Gamut

Perform these 9 actions while continually tapping the Gamut Point (your head should remain still while doing actions):

1. Close your eyes.
2. Open your eyes.
3. Look down and to right at the floor.
4. Look down and to left at the floor.
5. Roll eyes in a circle clockwise.
6. Roll eyes in a circle counter clockwise.
7. Hum the first line of a song with lyrics (e.g. “Happy Birthday”)
8. Count from 1-5
9. Hum the first line of a song again.

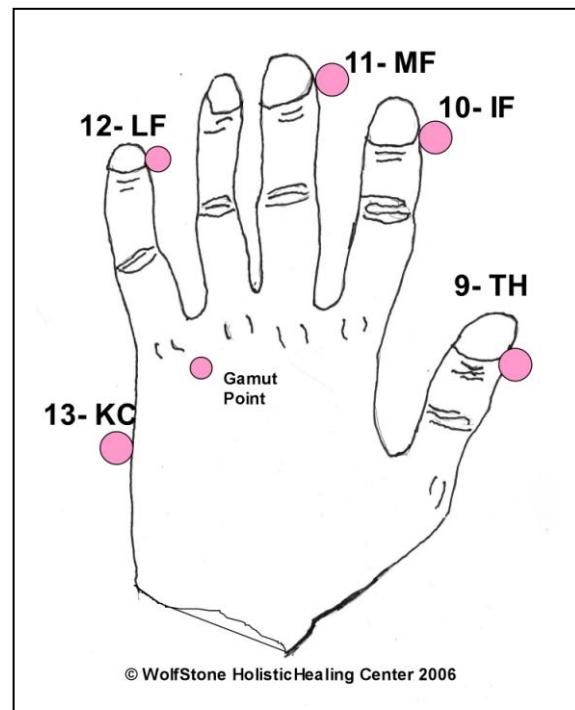
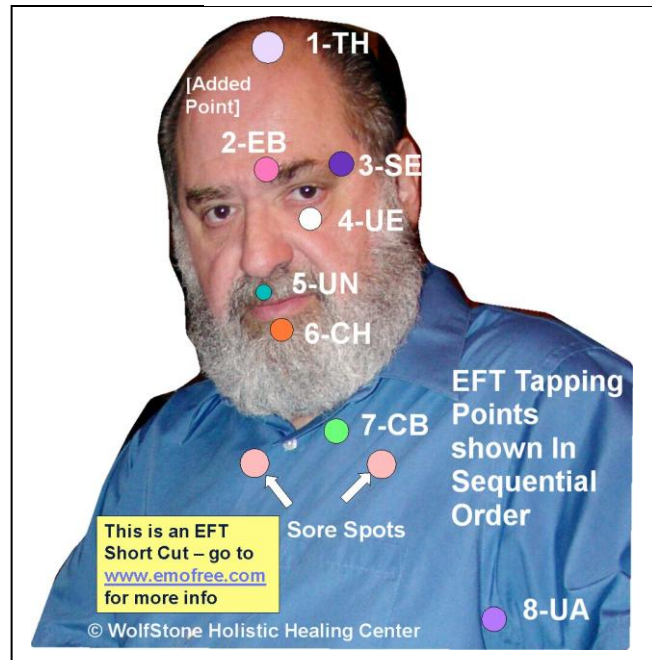
#### Repeat the Sequence

**Note: This is one complete round of EFT**

**Special Instructions:** Before starting, first select a problem, pain, feeling, intrusive memory or goal, to work on with EFT. The more specific your selection the better. Write down a brief description of your selection and a brief **reminder** phrase. On a scale of: 0= issue has no severity and 10=maximum severity, rate your issue. If **after completing a full round of the basic recipe you are not at a “0” or an acceptably low number,**

**repeat the Setup process and two Sequence processes (with the gamut in between).**  
**Note:**

In subsequent rounds change the Setup phrase to be: “Even though I **still have some of this** \_\_\_\_\_ I deeply and completely accept myself”. Change the reminder phrase to “**remaining** \_\_\_\_\_” (e.g. **remaining** headache) and tap on all 13 points again.



## EFT- The Cutting Edge for Emotional And Physical Freedom

### What Is EFT?

EFT stands for Emotional Freedom Techniques. It can be thought of as a unique emotional version of Acupressure that involves **gentle finger tapping on specific head, face, and body and finger points while focusing on a problem by saying key phrases about it.**

### The Discovery Behind EFT

**"The cause of all negative emotions is a disruption in the body's energy system."** And because of the clinically well established body mind connection it is reasonable to suggest that:

**"Our unresolved negative emotions are major contributors to most physical pains and diseases."**

### Related EFT Concepts

- **Be Specific-** Better results are generally obtained with EFT if you choose specific issues or events to work on rather than general ones. E.g. My 3rd grade teacher embarrassed me in front of my family during a class play vs. I am easily rejected.
- **Aspects** – sometimes an issue will have many sides of facets to it. You should treat each facet as a different issue. E.g. If you have a phobia of snakes and you had past phobic experiences where a snake was in a cage sitting still, and another where it was not in a cage moving toward you, you may have to treat both situations with EFT to get over your snake phobia. In the same way, you may have a bothersome past memory, you are treating with EFT where various strong emotions are present. The various emotions should be treated as different aspects of the same problem.
- **Core Issues-** Core issues behind unresolved negative emotions may not always be obvious to a person trying to use EFT. To aid identification of these issues try the following questions. 1- What does this feeling/issue/person remind you of? 2- When was the first time you remember feeling this way? 3- If there were a deeper emotion underlying this problem what might it be? 4- If you could live your life over again, what person or even would you prefer to skip?

### A Universal Healing Aid

EFT is a universal healing method, which has been proven clinically effective in tens of thousands of cases for physical symptoms, trauma, common stress, anxiety, phobias, depression, addictive cravings, insomnia, bothersome memories, children's issues, sports performance issues and more. It is a highly valued method currently in use by more than **five thousand medical doctors, psychiatrists, psychologists, hypnotherapists, massage therapists, physical therapists, chiropractors, acupuncturists, nurses and other members of the healing professions in dozens of countries. It is one of the cutting edge therapies collectively known as energy psychology.**

### A Self Help Method As Well

Even in the hands of most newcomers, it often achieves either noticeable improvement or complete cessation of the problem. In addition, the process is often rapid, long lasting and gentle and sometimes works when nothing else will. Many have used EFT to achieve balance and freedom from perceived limitations in their lives. It can be used for goal attainment and achieving a happy, healthy, peaceful and abundant life.

### EFT Development

This acupressure-based healing modality was pioneered by renowned chiropractor, George Goodheart who developed the methods of applied Kinesiology, Medical doctor and psychiatrist, John Diamond and psychologist Roger Callahan furthered the work. It was dramatically simplified and improved by Stanford engineer Gary Craig. With the initial aid of Adrienne Fowlie, Craig developed EFT in 1995 and made the work elegant, efficient and affordable for almost anyone. Today EFT is used on not only emotional but also mental and physical issues as well. Craig admonished everyone to "try it on everything".