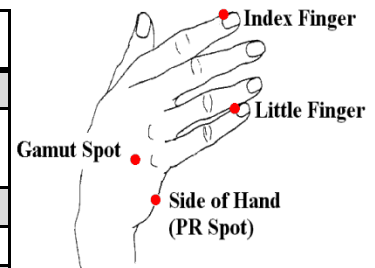
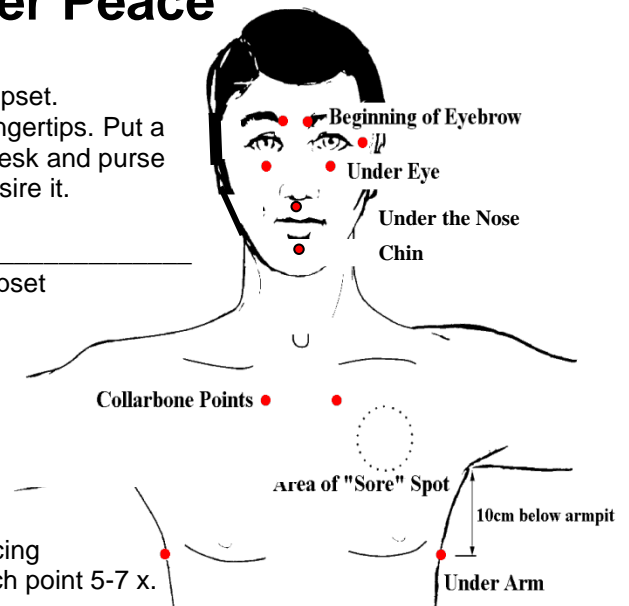


# 9 Easy Steps to Inner Peace










Use this simplified Thought Field Therapy protocol whenever you feel upset. Observe how quickly, these negative emotions will melt away at your fingertips. Put a copy of this protocol on your mirror, in your nightstand, your car, your desk and purse so you can enjoy emotional freedom and inner peace whenever you desire it.



- Think** about the upsetting emotion. Give it a name: \_\_\_\_\_  
Now rate how high it is right now if 10 is the most and 0 is no upset at all. Write down the number: \_\_\_\_\_.
- Tap the **side of hand** 15 x.
- Rub the Sore Spot** in a circular motion 15 x.
- Tap **under the nose** 15 x.
- In the table below **check off** all the emotions you are experiencing right now. Then **tap** the corresponding Healing Ccode. Tap each point 5-7 x.

Check your emotions	Emotion	TFT Healing Code
<input type="checkbox"/>	Stress, Anxiety, Fear	Eye – Arm – Collarbone
<input type="checkbox"/>	Anger, Frustration, Resentment, Rage	Tiny Finger – Collarbone – Outside of Eye – Collarbone
<input type="checkbox"/>	Guilt	Index Finger – Collarbone
<input type="checkbox"/>	Shame, Embarrassment	Chin – Under the Nose
<input type="checkbox"/>	Repetitive Thoughts	Collarbone – Eye – Collarbone
<input type="checkbox"/>	Sadness, Trauma, Grief	Eyebrow – Eye – Arm – Collarbone
<input type="checkbox"/>	Depression	Gamut Spot 50x – Collarbone (5-7x)

- 9 Gamut Sequence:** Tap the gamut spot continuously while doing the following exercises:

-  1. **Close** the eyes
-  2. **Open** the eyes
-  3. Move the eyes **down** and to one side
-  4. Move the eyes **down** and to other side
-  5. Roll the eyes in a **circle** in one direction
-  6. Roll the eyes in a **circle** in the opposite direction
-  7. **Hum** a tune (about five notes out loud with mouth closed)
-  1,2,3,4,5 8. **Count** aloud from one to five
-  9. **Hum** a tune again aloud, with mouth closed

- Repeat** tapping all TFT Healing Codes identified in **Step 5**. Then continue with Step 8.
- Floor to Ceiling Eye Roll:** While continuously tapping the gamut spot, hold the head level. Look down to the floor and slowly, smoothly, to a count of 10, roll your eyes from the floor straight up to the ceiling. When the eyes are at the top, stop.
- Note your **level of upset** again and write down your number: \_\_\_\_\_. If it is gone, congratulations. If there is still some upset, **repeat** the protocol starting from Step 2. (Check if any new emotions have come up or are no longer present. If yes, add/delete them to your tapping sequence.)