

# How To Do a Deep EFT Session

1. Write down the specific issue that you want to address.
2. Write answers to the following questions or guess answers.

- What are my negative feelings about this?
- What critical things do I tell myself about this?
- When did this start / how long has it continued?
- When did I first have a situation that felt similarly from an much earlier event in my past?
- What limiting decision(s) or beliefs do I have as a result of the event(s) I just listed?
- Who in my family modeled these similar attitudes or feelings?
- Who do I blame or hold accountable?
- Where and how do I feel this in my body?
- What is my hidden gain in keeping this issue; or what do I get out of having to be, do, feel, or have by having this issue as it is? Protection from what?
- Who would I be without this issue?



3. Evaluate the intensity of your issue and the intensity level for each statement memory or belief you wrote and jot down the intensity levels for each one using a scale from 1-10 (ten being the most intense).

4. Starting at your chest, massage the tender area (Sore Spot at upper pectoral muscle in lymph system) State out loud the set up phrase below. Repeat set up phrase a few times while rubbing spot tuning into feelings and statements that are there.

SET UP PHRASE: “**Even though I have this (name the issue), \*BREATHE\***

**I deeply love and accept myself.”** If it doesn’t feel true to say you accept and love your self say: “**Even though I have a hard time loving or accepting myself, I accept these feelings and this issue right now.**

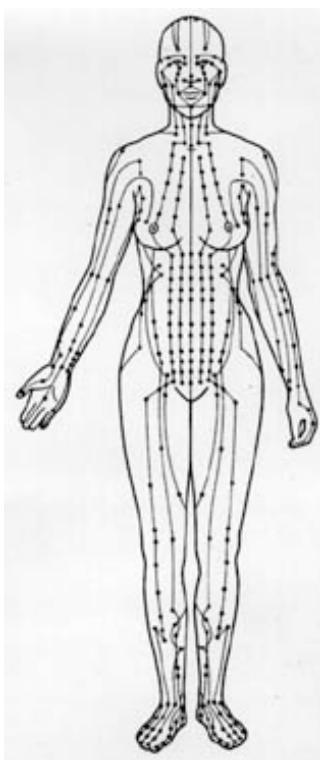
5. Beginning at eyebrow point tap gently 5-7 times then move to next point on side of the eye, continue to go through remaining points see charts above, using key words or the title of the basic issue and connect with feelings to stay tuned in. **THEN one at a time address the surrounding feelings and beliefs changing to next feeling or statement when you sense the intensity has dropped to a 1 or 0.** (You can tap on either side of body with either hand. Points can be taped in any order with same effect.)

**NEXT move to the following feeling, statement or memory on the list. \*\*REMEMBER TO BREATHE\*** especially when emotions are present, allow sound with your breath.

**Allow your self to relax towards the feelings instead of pulling away or bracing against them. Gently leaning into the experience will melt the issue most efficiently.**

**\*Note :** Tap specifically about key hurtful words involved, things you saw, or heard, or smelled, or saw, or believed etc.

7. Eventually include **love, acceptance and forgiveness to free up karma or undissolved energy for ALL involved.** If its not time for forgiveness just allow the **possibility** of having it happen **eventually** so you can free your self of this old burden and **get your life force BACK!** (Remember forgiveness **DOES NOT JUSTIFY OR CONDONE** the situation(s) it just relieves the blockages and hard feelings you have carried about it!)



**\*\*IMPORTANT: START FORGIVENESS WITH YOUR SELF!** Then, include parents, care givers, friends, children, schools, grandparents, lovers, spouses, governments, churches and society or whom ever you are holding responsible. **It is OK and really important to admit the feelings of lack of love, acceptance or forgiveness i.e. anger, hatred, embarrassment, feeling justified etc for as long as it feels true!**

**LET YOURSELF HAVE THESE FEELINGS!**

**8.** Keep flossing between being *open to love, accept and forgive every thing and one involved* and what is actually being experienced i.e. resentment, sadness, anger, guilt, feelings of not enough, unforgivable, unlovable, regret, its too late etc.

**Begin to create possibilities that what you desire to be or feel or have is available, *could be easy and natural for you and any others involved to experience now.* \*BREATHE\* frequently and deeply.**

**TAP IN THE MOST POSITIVE VERSIONS** of what you desire to experience using all tapping points. i.e. *"I am trusting my self" "I am safe" "I can receive love easily"* \*BREATH\* deeply after each statement.

**\*Pause occasionally to see how levels have shifted.**

If its not a 0 yet tap saying **"Even though its still a 3 (or what ever it is) its OK... I love and accept my self and this remaining feeling of have them tune it and (fill in the blank)."**

Some people may experience sudden insights or interesting body sensations including tingling, warmth, yawning, burping, feeling drowsy or other sudden body sensations that temporarily increase as you are processing.

**\*\*Pay attention to what is giving you physical sensations or good release and repeat these statements several more times as you continue tapping until things feel neutralized.**

**KEEP TAPPING, BREATHING and relaxing into whatever comes up inside you with acceptance.** Pause and tap about the sensations if they become uncomfortable pay attention to what you said or were thinking as sensations appeared or became uncomfortable (this is a clue to you about what's going on underneath.) As you keep tapping and breathing for things written on your list, (and that come up that weren't written down) the issue it's self will clear and dissolve. *Sometimes DEEPER ISSUES become apparent. If this happens don't worry just repeat process steps 1-8 and they too will resolve. It may take several sessions to resolve everything but you will feel so much lighter and more energized!*

**Changes from doing EFT may be noticed as increased levels of awareness, peace, a sense of real resolution on the issue and or increased ability to relax deeply in your body. You may find physical problems and other issues disappear as they are addressed with EFT.** Let me know what happens for you using EFT at [sonyasophia@god-dess-in-us.us](mailto:sonyasophia@god-dess-in-us.us) To learn more about EFT see: [www.god-dess-in-us.us](http://www.god-dess-in-us.us) or [www.emofree.com](http://www.emofree.com)

