

EFT SERVE



Personal Peace Procedure

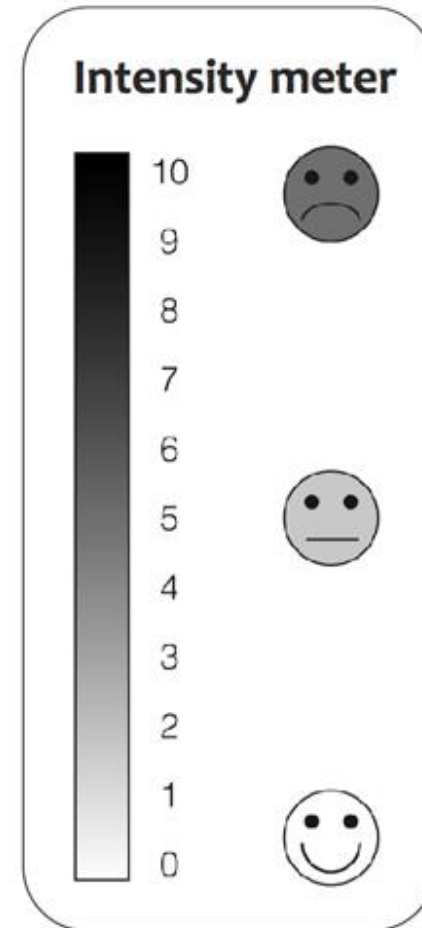
- Make peace with what happened in the past
- Resolve a pattern or improve something in life, for example health



Most of our emotional and physical problems are caused (or contributed) by our unresolved events

Negative Events

- Type of events
 - Negative
 - Dis-empowering
 - Traumatic
- Can cause
 - Limiting beliefs
 - Fears
 - Phobias
 - Addictions
 - Illness



Personal Peace – Make a List

- Begin making your list of bothersome, specific events, memories or people in your life.
- Give each one a short title.
 - Even if hazy, trust its come into your awareness for a reason
 - Be specific: “Shame by teacher” or “that time in class”
 - Look out for people, images, memories and situations that come to mind
 - You can even pick themes, for example, “I want to change being on time for work.” or “I’d like to sleep better.”
 - Trust yourself with what comes up
 - Assign an intensity number to each one, for example, “Shame by teacher – 8”

Personal Peace – Daily Tap

- Pick those that have a lower intensity for your daily tap
- Find a comfortable & private space with no distractions
- Tap on one a day using the tell the story method
- It can take up to 10 minutes a day
- For longer or higher intensity events make a note to work with them on a weekly basis
- In one year, you have resolved as many as 365 of your events

Tell the story



1. Give the story a name (be specific) and measure the intensity



2. Complete rounds of tapping using simplified EFT



3. Bring the SUDs to a manageable level



4. Start by telling the story of the event uncovering specifics



5. As soon as any emotional disturbance is detected, stop and scale the emotion – tap using the exact words

Tell the story



6. Test by re-telling the previous part of the story



7. When it feels calmer, continue to tell the rest of the story



8. Stop and tap on each emotional disturbance



9. Test by telling the entire story from start to finish



10. Stop when the story can be told in full while remaining calm

Personal Peace – Daily Tap

- Scan the body, mind, emotions and ask yourself:
 - How am I feeling today?
 - What do I want to work on today?
 - How is my body feeling?
 - What does my body want from me?
 - Who or what situation needs some attention?
 - What do I want to explore, such that if I explored it, it would make a real difference to my life?
- Ask yourself, “What number is this issue, goal, or challenge that I want to explore today?”
- You can replace I with you as if you are the Practitioner asking yourself the question.

Personal Peace – Daily Tap

- Write down the answers to the questions at any intensity levels. This will help you to stay on track with the different aspects being explored.
- If you get stuck ask yourself, *“If you were working with a client, what would you do right now?”*
- If the mind checks in, just notice the mind checking in. You might wander off for a bit and then you will find you will come back to yourself.
- You can also record the sessions to remember what happened to be able to write up the case study.

Personal Peace - Deeper Issues

- Fill in an intake form for a series of 6 self-help sessions and then book an appointment with yourself in the diary.
- Make it an hour-long appointment and treat it like a professional appointment as if you were working with a client.
- Set your private space up as if a client is coming, for example:
 - Clean the space
 - Water
 - Tissues
 - Clock
 - 2 chairs
 - Notebook and pen/pencil
- Meditate prior to the beginning of a session, just like you would with a client.
- As the session begins, review the intake form and then ask yourself, “What do you want to work on today?” or look at your list and ask yourself what you want to explore. For case studies refer to your Intake form.

Personal Peace Procedure

- If past event, pick what jumps out the most right now.
- Apply EFT, bringing each one as close to “0” as it will go.
- If other, more intense, events pop-up – that’s ok.
- See if you can just be curious about whatever arises and write these events down as well, giving an Intensity Level to each.

Role Play Both Roles

- Have 2 chairs available in the room where you sit in one position when you are the practitioner and then sit in the other position when you are the client
- This approach causes you to physically stand up and move between the 2 different positions
- You can also open your skype or zoom account and look at yourself on the screen and ask yourself the question and wait for a response.
- The same approach is possible while looking at a mirror.

Personal Peace Procedure

- Do approach these events in your own time and in your own way, gently tapping until the intensity is “as low as it will go.”
- After using personal peace for a month, ask yourself:
 - Are chronic conditions feeling less like a problem?
 - How might your relationship to yourself or others have improved?
 - Are you breathing more easily?
 - Are you less stressed? More energized?
- Write it up as if you are a practitioner giving the session to a client

Mind Checking In

Daily Positive Tapping

Practice Sessions

EFT SERVE

- ~~23rd January 2021 – Freedom from Limits~~
- ~~20th February 2021 – Working with Physical Pain~~
- ~~20 March 2021 – Emotional Eating & Cravings~~
- ~~17th April 2021 – Freedom from Fear & Phobias~~
- ~~15th May 2021 – Personal Peace Procedure~~
- 19th June 2021 – Children & Teenagers
- 17th July 2021 – Surrogate Tapping
- 21st August 2021 – Low self esteem and confidence
- 18th September 2021
- 16th October 2021
- 20th November 2021
- 18th December 2021

BOOSTED

- Daily Energy Yoga & EFT Tapping
- COVID Task force for one-to-one sessions
- Starting 24th May 2021, 9 am IST

WEIGHT LOSS PROGRAM

- Every Thursday, starting 27th May
- 4-7pm IST
- 12 Weeks

Mark Your Calendar

- INNER CHILD MATRIX: 10-13th & 17-20th May 2021, 10-1pm & 4-7pm IST
- EFT ADVANCED PRACTITIONER (Level 3): 5-7th July & 12-14th July 2021, 10-1pm & 4-7pm IST
- EFT PRACTITIONER (Level 1&2): 23rd - 25th July & 30th July - 1st August, 6th - 8th August & 13th - 15th August 2021, 2:30pm - 6:30 pm IST Daily
- Assist/Resit: <https://bit.ly/AssistTeamInvitation>

Your EFT Serve Portal

<https://vitalitylivingcollege.info/eft-serve-community-portal/>

EFT Practitioner Training

