



Taking Care of all your Past Events (EFT's Personal Peace Procedure)

Please learn the Movie Technique or Matrix Reimprinting to work on each of the below.

(Much of this text was taken from www.emofree.com and www.askandreceive.org)

1. Make a list of every bothersome specific event you can remember. If you don't find at least 50 you are you're not trying. Many people will find hundreds. An easy way to find events is to break your life up into 5 year increments.. You can start from conception (yes, inside Mommy – was anything stressful going on in HER life at the time? – growing babies feel everything) and continue until kindergarten. Then think through elementary school, etc.
2. While making your list you may find that some events don't seem to cause you any current discomfort. That's OK. List them anyway. The mere fact that you remember them means it's worth working with.
3. Give each specific event a title....as though it was a mini-movie. Examples: Being alone in my crib when Mommy left - Dad grabbed the candy bar out of my hand and threw it across the room—I pushed Mary and she fell and her nose bled—I stole those penny candies in 2nd grade –My second grade teacher made fun of me about my hair in front of the class—My aunt locked me in the back room when she was sitting me when I was 9—Mr. Gleason told me I'd never amount to anything – Mom and Dad got a divorce.
4. When the list is complete, pick out the ones with the most powerful memories/pictures in your head/feelings and use EFT/MTT/Matrix with each of them until all the negative feelings aren't strong anymore - you either laugh about it, think it is too bad it happened but with no real emotion or the whole event becomes unimportant. Be sure to notice any aspects (different feelings/the way you look at what happened) that may come up. You have to tap on each of them separately. Be sure to keep tapping with each aspect until the entire event is resolved. Keep notes as different feeling pop up, so you can finish the current feeling until it's a very low intensity – preferably a zero – before you move onto that next feeling that popped up. If something is particularly stressful – KEEP TAPPING until the level comes down. If you are “afraid to go there”, it's time for a professional EFT/MTT practitioner for that one – but you can continue on with other events on your own.

Always check your intensity when you start and as you do the rounds of tapping. If you cannot get an intensity level at all on a particular “movie” (10 being huge, zero meaning it doesn't bother you at all) then you are probably repressing it and you should start and just guess what someone would feel if that happened to them – every angle you can think of... make it up. Your subconscious will find the ones that apply. This gives you a high possibility for resolving it.

You can attack these “movies” in any order you want, but the 2 best ways are

- go back to the earliest ones you can remember, and
- work with the movies that you remember the most/have the biggest impact/ clearest pictures/highest intensity

5. Do at least one movie (specific event) per day...for at least 20 minutes. If you can resolve more than one event in 20 minutes – go for it! But it usually takes 20 – 30 minutes per event if you address all the aspects... Imagine ALL those negative emotions you could break free from in only 6 months! Your body feels better. Your threshold for getting upset is much lower. Your relationships are better. Many of your therapy-type issues just don't seem to be there any more. When you revisit some of those specific events, you'll notice how those previously intense incidences have faded into nothingness.

It's important for you to notice how intensity lowers with tapping – and that when you look back on those events you worked on, you'll think “It was so long ago, of course it doesn't effect me anymore” or “It wasn't really all that important.” That's what tapping does! It releases the giant problems so no more negative impact! The event or bad thing still happened, but it doesn't own you anymore. And that feels SO natural, you'll say that it had nothing to do with the tapping! This happens all the time. Because it IS YOU! It's you without all those negative emotions clogging you up. So you are MORE you! And it feels so natural you'll forget that you were ever a 10 with all that negative emotion.

6. At the end of each day's 20 minutes, tap on the gamut point and say:

- Some parts of me have been healed with this tapping
- The parts of me that HAVEN'T been healed are willing to learn from the parts that HAVE been healed
- Whether I believe it or not... Whether I feel it or not
- Those unhealed parts are receiving that information now.
- That information transfer is complete – whether I believe it or not
- I am grateful that I have this wonderful tool to help myself and I'm grateful I am willing to do this for myself.

7. If you can work with your events more often than once a day – you'll feel better MUCH quicker!

IMPORTANT: If you are taking medications, you may start thinking about discontinuing them. Please do so ONLY under a qualified physicians advice. Tapping is not a replacement for medical care.