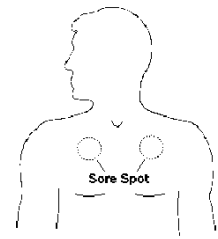


James Hardiman's EFT On A Page

Imagine a line coming down from the side of your neck and another coming from your armpit. Where the two lines meet, if you poke around a bit, you'll find a tender place. Massage it with a circular clockwise motion. Now, think of your problem. Imagine your diet hasn't been going well, and you're craving that cream cake in the fridge. Here's the phrase you need to focus on your problem.



Even though I really crave that cream cake, I love and accept myself completely.

And I now choose the healthiest option for me.

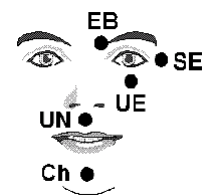
Say that, out loud, six times, whilst massaging first the sore point on the left, then the one on the right. Make sure that you say that stuff (it's called "The Set Up Phrase") with *real* feeling:

Even though I ***really*** crave that cream cake, I ***love*** and ***accept*** myself ***completely***.

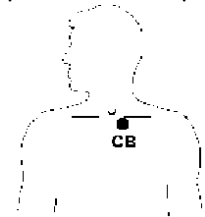
And I now choose the healthiest option for me.

You may find it difficult to say. No matter. Say it anyway. And massage away.

Now. Take your glasses off, take the index and middle fingers of your dominant hand (right hand if you're right-handed), and tap, seven times, quite sharply, on the inside end of your eyebrow, whilst saying, out loud "these cravings". Repeat for this sequence of places:



Inside of **Eye**Brow. **Out**Side edge of **E**ye, on the edge of the socket. **Under** the **E**ye on the lower eyelid. **Under** the **N**ose, just above the top lip. In the groove between your bottom lip and your **Ch**in. On the point of your **Collar**Bone (lumpy bit where the

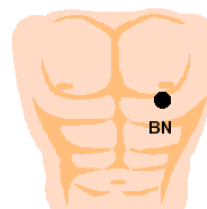
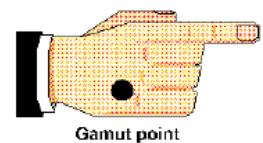


clavicle meets the sternum). **Under** your **Arm**, where your bra strap goes (if you wear one, or in line with your nipple, if you don't)—this is another point that's often tender. **Below** your **N**ipple, where your breast joins your chest (another sore point—or it is for me). On the outer, lower corner of your thumbnail. Same place on your index finger. Same place on your middle finger (skip the ring finger). Same place on your little finger. Imagine you were using the side of your hand to do a **Karate Chop**.

We're talking the fleshy bit on the side of your hand, just below your little finger's knuckle. On the back of your hand, in the space between the knuckle of your little finger and that of your ring finger (this is called the Gamut Point). That's the 14 points.

Next, there's a special process that you carry out while tapping the Gamut point. For each line below, tap about seven times.

1. Tap with eyes open
2. Tap with eyes closed
3. Keep your head still, and tap whilst looking hard down right
4. Look hard down left (and tap)
5. Circle your eyes through 360° clockwise,
6. Same anti-clockwise
7. Hum "Happy Birthday to me, Happy Birthday to me..."
8. Count 1, 2, 3, 4, 5.
9. Hum Happy Birthday again.



Now tap the 14 points again.

Take a *deep* breath in, and let it out *very slowly*.

Hmm.

Cream cake? What cream cake?



If the cravings aren't all gone, do it all again, but change the setup to "Even though I still have some cravings, I love and accept myself completely", and the reminder to "these remaining cravings"