

# THE PERSONAL PEACE PROCEDURE

**Using EFT:  
The Emotional Freedom  
Techniques**

*Compiled and Edited  
by*

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# The Personal Peace Procedure

**If you are ultimately going to do something important that will make a real difference...do it now.**

*Howard Wight*



The **Personal Peace Procedure** that I'm about to unfold for you is not just a way to "feel a little more peaceful." Properly understood, this technique should be the healing centerpiece for every person on earth. Every physician, therapist, spiritual counselor and personal performance coach in the world should be using it as a leading tool for helping others (and themselves).

In essence, the **Personal Peace Procedure** involves making a list of every bothersome SPECIFIC EVENT in one's life and systematically EFT-ing their impacts out of existence. By diligently doing this we can pull out every negative tree from our emotional forests and thus eliminate major causes of our emotional and physical ailments. This, of course, propels each individual toward personal peace which, in turn, contributes mightily toward world peace.

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## Here are some uses....

1. As “homework” between sessions with a physician or therapist. This is certain to accelerate and deepen the healing process.
2. As a daily procedure to clear out a lifetime of accumulated emotional debris. This will enhance self-image, reduce self-doubt and provide a profound sense of freedom.
3. As a means to eliminate a major contributor (if not the sole cause) of a serious disease. Somewhere within one’s specific events are those angers, fears and traumas that are manifesting as disease. By addressing them all, you will likely cover those responsible for the disease.
4. As a useful substitute for finding core issues. If you neutralize all the specific issues you will have automatically included core issues.
5. As a means for consistent relaxation.
6. To become an example to others as to what is possible.

This simple concept should shift the entire healing field.

I can state it in a sentence...

**Most of our emotional and physical problems are caused (or contributed to) by our unresolved specific events, the vast majority of which can be easily handled by EFT.**

Not bad for a mere engineer, eh? *[Note: Gary Craig was a Stanford engineering graduate]* That sentence, if adopted by every healing practitioner and patient, would likely:

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1. Dramatically increase our healing rates while
2. Precipitously drop our [health and mental healthcare] costs.

Please note that this idea completely ignores chemical causes such as those propounded by the medical model. That's because I have repeatedly seen improvements in clients where drugs and other chemical solutions have failed miserably.

This is not to say, however, that drugs, proper nutrition and the like don't have their place. Indeed they do. They can often be vital. In my experience, however, our unresolved specific events are nearer the foundational cause for illness than anything else. Thus they deserve our primary attention..

How obvious! Experienced EFT-ers are well aware of EFT's ability to cleanly wipe the negative specific events off of our mental walls. This is the area wherein our highest success ratios appear. To date, however, we have focused our efforts on those negative specific events that underlie a given ailment such as a phobia, headache or traumatic incident.

This is good...very good...and we should continue doing so. On the other hand, why not use EFT on ALL the other specific events that are behind our more generalized (but VERY important) issues such as (to name a few)....

- ❖ Self-image
- ❖ Anxiety
- ❖ Depression
- ❖ Persistent insomnia
- ❖ Addictions
- ❖ Compulsions
- ❖ Feelings of abandonment

As you eliminate the emotional baggage from your specific events you will, of course, have less and less internal conflict for your system to deal with.

## **Less internal conflict translates into a higher level of personal peace and less emotional and physical suffering.**

For many, this procedure will likely result in the complete cessation of lifelong issues that other methods have not touched. How's that for peace in a paragraph?

The same applies to physical ailments as well. I'm talking here about everything from headaches, breathing difficulties and digestive disorders to AIDS, MS and Cancer.

It is becoming more widely accepted that our physical maladies are caused (or contributed to) by unresolved angers, traumas, guilt, grief and the like. I have had many discussions with physicians in recent years and more and more of them echo emotional strife as a major cause of serious diseases.

Until now, however, there hasn't been an effective way to eliminate these health bandits. We can mask them with drugs, of course, but true cures have been hard to find. Fortunately, EFT and its many cousins now provide easy and elegant tools that will aid the serious health practitioner in killing the root causes of disease...instead of the patient.

What I share here is NOT a substitute for quality EFT training NOR is it a substitute for quality help from a masterful EFT practitioner.

Rather, it is a tool that, properly applied, is capable of wide ranging relief (quality training or quality assistance will add to its effectiveness). Its simplicity and far reaching effectiveness give it candidacy as a mandatory method for anyone seeking help for even the most difficult of problems.

I know that's a bold statement but I've been at this for over a

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decade now and have seen so many impressive results over such a wide variety of issues that this statement is easy, if not essential, to make.

## **The method here is simple**

(I'm assuming you already know how to apply EFT).....

1. Make a list of every bothersome specific event you can remember. If you don't find at least 50 you are either going at this half-heartedly or you have been living on some other planet. Many people will find hundreds.
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 suggests a need for resolution.
3. Give each specific event a title....as though it was a mini-movie. Examples: Dad hit me in the kitchen--I stole Suzie's sandwich--I almost slipped and fell into the Grand Canyon--My third grade class ridiculed me when I gave that speech--Mom locked me in a closet for 2 days--Mrs. Adams told me I was stupid.
4. When the list is complete, pick out the biggest redwoods in your negative forest and apply EFT to each of them until you either laugh about it or "can't think about it any more." Be sure to notice any aspects that may come up and consider them separate trees in your negative forest. Apply EFT to them accordingly. Be sure to keep after each event until it is resolved.

If you cannot get a 0-10 intensity level on a particular movie then assume you are repressing it and apply 10 full rounds of EFT on it from every angle you can think of. This gives you a high possibility for resolving it.

After the big redwoods have been removed, go to the next biggest trees.

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5. Do at least one movie (specific event) per day...preferably three...for 3 months.

It only takes minutes per day. At this rate you will have resolved 90 to 270 specific events in 3 months.

- ❖ Notice how your body feels better.
- ❖ Note, too, how your “threshold for getting upset” is much lower.
- ❖ Note how your relationships are better and how many of your therapy type issues just don't seem to be there any more.
- ❖ Revisit some of those specific events and notice how those previously intense incidences have faded into nothingness.
- ❖ Note any improvements in your blood pressure, pulse and breathing ability.

I ask you to consciously notice these things because, unless you do, the quality healing you will have undergone will seem so subtle that you may not notice it. You may even dismiss it saying, “Oh well, it was never much of a problem anyway.” This happens repeatedly with EFT and thus I bring it to your awareness.

6. If you are taking medications, you may feel the need to discontinue them. *Please do so only under a qualified physician's advice.*

It is my hope that the **Personal Peace Procedure** becomes a worldwide routine. A few minutes per day will make a monumental difference in school performance, relationships, health and our quality of life. But these are meaningless words unless others (you) put the idea into practice. I prefaced this article with a quote from my good friend, Howard Wight. I repeat it again for emphasis...

**“If you are ultimately going to do something important that will make a real difference... do it now.”**

Personal Peace to all,  
Gary

## Using “you” instead of “I” in EFT process gets interesting new results

**A letter to EFT Founder, Gary Craig from Angie Ross, an EFT practitioner in the UK:**

Hi Gary,

I have been working through my **Personal Peace Procedure** and have cleared the ‘major ones’. However what I was left with were global and general feelings; one was about not being good enough. I had made good progress on this but I knew there was more to do but I couldn’t find any real memories or events that had any charge to them. So I looked for a different way that could lead to the underlying core issues. I know that it is difficult to be both ‘doctor and patient’ but I was determined to try.

One day, when I had done something ‘stupid’, I actually realized that I was in the process of a ‘not being good enough’ thing and I was really quite shocked to hear the things I was saying to myself, talk about reinforcement!

The thing that really struck me was that it was as though there was another person in my head saying these things to me. Now I know about our ‘inner critic’ and had done lots of tapping around this but I had always used ‘I’, as in ‘I’m not good enough’ and ‘I don’t deserve’ etc. Now I realized that I don’t use ‘I’ when this stuff is going on it’s always ‘you’!

As I noted the things I was saying like ‘You idiot’, ‘you always do that’, ‘you should know better’, ‘why do you keep doing it?’, ‘you never get anything right’, ‘You’re useless’, ‘you just never learn’ and ‘you don’t deserve anything’, I wondered if I had hit on something.

I tapped a few rounds on the above ending with ‘You deeply and completely accept yourself anyway’ and felt quite a few shifts, a few

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tears and fleeting images of people from my past and after that I felt quite calm and much lighter.

I noticed that in subsequent situations where this reaction would have been normal for me I was being much less hard on myself and way more accepting of what was happening.

I have also begun to use this 'self talk tapping' with my clients, who have found it very empowering and useful for clearing the inner critical part of themselves that cannot always be found from an event or clear memory. It's another door!

Angie Ross

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The **Personal Peace Procedure** information is taken from  
EFT Tutorial #13 by Gray Craig at [Emofree.com](http://Emofree.com).

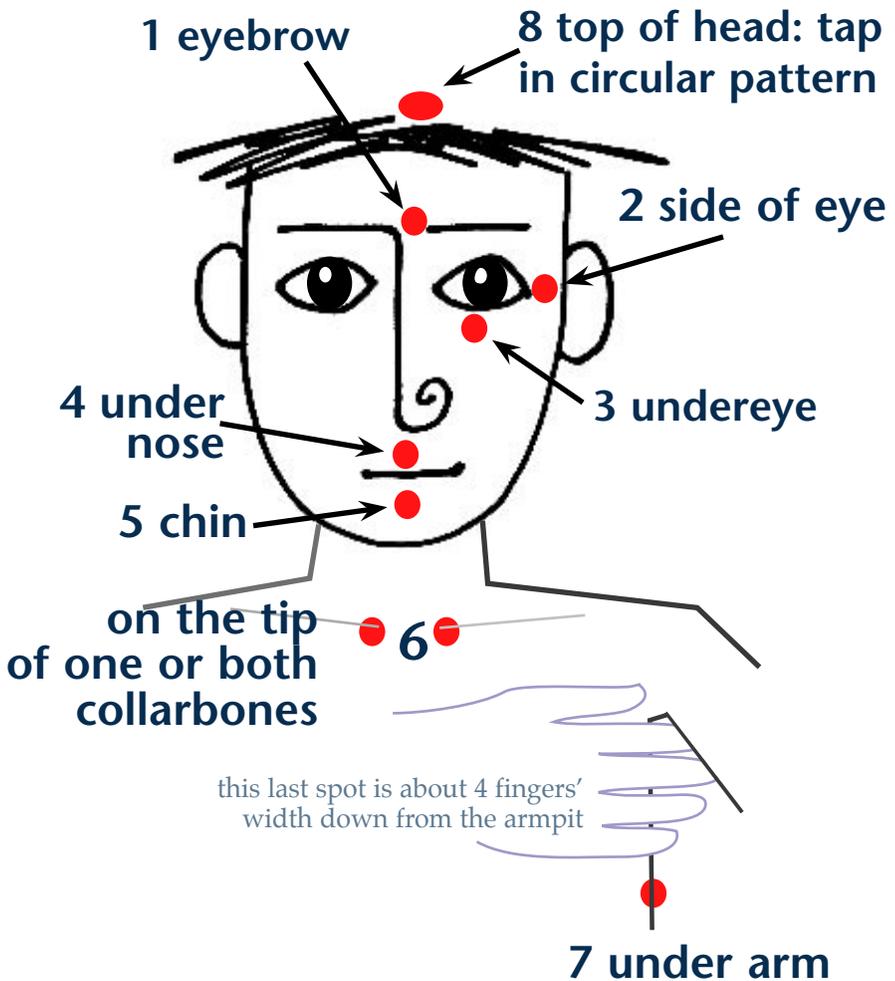


# The Karate Chop Point



strike the Karate Chop Point gently with either the tips of the first two fingers or the inside of the combined flattened fingers of the other hand

# The Tapping Points



# The Finger Points

Use these points with the Gamut point to pack more WOW into your session!



Starting at the side of the thumbnail nearest you, then tap on the spot right next to the nail on the edge of the fingernail on each finger *except* the ring finger.

End up tapping on the Karate Chop Point.

# The Gamut

Add this step after tapping the face & body, and/or Finger Points. It helps put the body and brain back into balance.

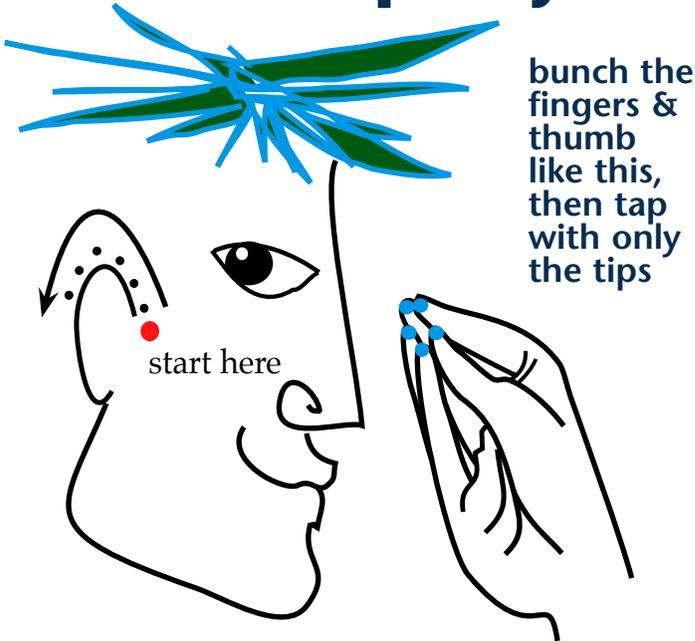


Rub the Gamut Spot (the V-shaped indentation on the back of the hand at the base of the knuckles of 3rd and 4th fingers) as you go through these steps:

*Looking straight forward (but relaxed!)  
and keeping your head still:*

1. Close the eyes
2. Open the eyes
3. Look down (*eyes move only!*) to the hard left
4. Look down (*eyes move only!*) to the hard right
5. Still without moving the head, do a wide rotation of the eyes in one direction 360 degrees
6. Do a wide rotation of the eyes in the other direction 360 degrees
7. Hum a few notes of a tune (like happy birthday to you)
8. Count from one to five
9. Hum a few notes of a tune

# The Temporal Tap for Prosperity



Bunch the tips of the thumb and fingers together. Start to tap where the right ear (*the right ear only!*) leaves its connection to the face.

Tap right next to the ear, but not on the ear. Do three rounds of: tapping up and around the ear, ending halfway down the back down behind the ear (as shown above), repeating this statement (or a version you like better):

***I graciously accept good, joy and prosperity into my life, and all my needs are abundantly met, now and always.***

Prosperity Phrasing by Michelle Hardwick



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**Angela Treat Lyon** is an EFT Instructor and practitioner, Financial Freedom/Business Success Trainer and speaker on Personal Wealth and Energy Management.

Angela writes, designs and publishes print and ebooks. A professional artist with over 40 years experience, she specializes in graphic design, illustration, stone carving and oil painting (see [Lyon-Art.com](http://Lyon-Art.com) and [TheLandofAmmaze.com](http://TheLandofAmmaze.com)).

Maybe you can tell Angela has a bit of a maverick streak: she has ridden across the US on a motorcycle, sailed from Hawaii to California, and travelled solo for two years in her truck throughout the Western US and Canada.

Angela Treat Lyon is the author of *Change Your Mind!*, the popular, comprehensive EFT manual, at [EFTBooks.com](http://EFTBooks.com); *The REAL Money Secrets* at [TheREALMoneySecrets.com](http://TheREALMoneySecrets.com), *The Six Little P.I.G.E.E.S. Learn the Amazing Money Multiplying Methodde* and *The Six Little P.I.G.E.E.S. 100-Day Millionaire MindSet Guide* at [PIGEES.com](http://PIGEES.com).

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