

INTRODUCTION— How to Pick Your Problem and Be Specific

Welcome to the most worthwhile hour you've ever spent. This is a series of videos (5-7 min each) constituting a very comprehensive EFT treatment, for any issue that you may have. EFT stands for Emotional Freedom Techniques and is a means of dissolving uncomfortable emotional or physical symptoms by tapping on acupuncture points.

I call this the most worthwhile hour you've ever spent because over the next 56 min or so, you can effectively and completely dissolve an issue that is on your mind the majority of your day, every day, and takes up a large amount of your energy and percentage of your life. You don't have to take my word for it—just try it. It's quick and painless and comes with my personal guarantee. If you don't see significant progress by the end of the last video, I want to hear from you. It means that I have some tweaking to do, in regards to your personal case, and incorporating additional concepts/phrasing into this treatment scenario

Okay, so what I am presenting here is Cora Rennie's version of EFT, which is basically a slight modification of Gary Craig's shortcut technique, with some additional phrases and rounds.

It is not necessary to know anything about EFT, just follow along with the videos, tapping where I tap and repeating what I say. You can learn more about Emotional Freedom Techniques on my website:

<http://www.corarennie.com/healing-you.html>

The first and most important step in the entire process is the precise identification of the problem you wish to address. This entire treatment has been specifically designed for the more stubborn or chronic issues that perhaps have not responded to other forms of treatment. You can choose a physical pain, emotional upset or behavioural issues of some kind. I would caution you, however to not work on intense trauma issues on your own. Throughout the process, if intense emotions do happen to come up for you, the answer is to just keep on tapping and don't stop tapping until things become manageable once again.

Before you begin, please have paper and pen handy.

The only way to ensure best results is to be specific as you can. For instance, you might suffer from arthritis, but simply tapping on the word "Arthritis" may be too global. Choose one aspect of your arthritis. You may decide to tap on "arthritic swelling and aching in my left knee" If "Anger" is something you want to address, think of one particular person or situation that makes you most angry. Then, narrow it down again to one particular thing that person does that makes you angry. Narrow that down again to a specific memory of ONE SINGLE time that they did that. So your statement would be "My husband insulted my cooking in front of Mary last night"

Again, let me re-iterate that the specificity of the identification of your problem is a key element to the success of the treatment. Trying to attack too global an issue limits your ability to recognize real progress, simply because there are too many components. However, you will find that you will only need to address a few specific incidents in this way before the entire global issue is resolved.