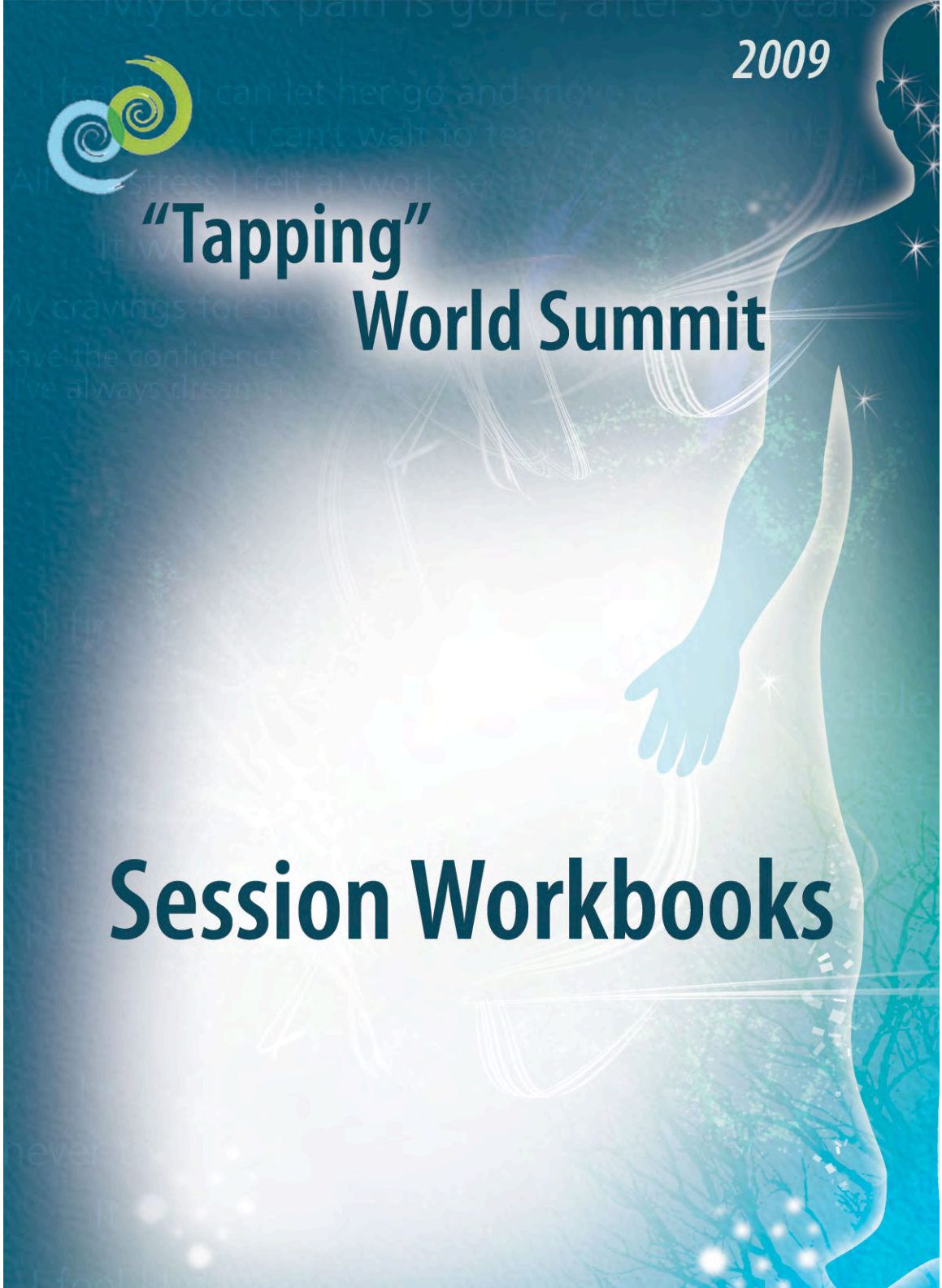


2009



“Tapping” World Summit

Session Workbooks



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DISCLAIMER

The information presented in this book is educational in nature and is provided only as general information. As part of the information contained in this book, you understand that you will be introduced to a modality called Emotional Freedom Techniques ("EFT") which is a technique referred to as a type of energy therapy. To date, EFT has yielded remarkable results for relieving emotional and physical distress. EFT appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The prevailing premise is that EFT uses the ancient Chinese meridian system to relieve emotional stress and physiological pain and it balances the energy system with a gentle tapping procedure which stimulates designated meridian end points on the face and body. By reading this book you understand that EFT could be considered experimental and the author and publisher do not know how you will personally respond to EFT and whether EFT will help you with a particular problem.

Due to the experimental nature of EFT, and because it is a relatively new healing approach and the extent of its effectiveness, as well as its risks and benefits are not full known, you agree to assume and accept full responsibility for any and all risks associated with reading this book and using EFT as a result of reading this book. You understand that your choice to use EFT is of your own free will and not subject to any outside pressure. You further understand that if you choose to use EFT, it is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. Emotional material may continue to surface after using EFT, indicating other issues may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact your ability to provide detailed legal testimony regarding a traumatic incident.

The information contained in this book, including introducing EFT, is not intended to represent that EFT is used to diagnose, treat, cure, or prevent any disease or psychological disorder. EFT is not a substitute for medical or psychological treatment. Consequently, reading the book and using EFT on yourself does not replace health care from medical/psychological professionals. You agree to consult with your health care provider for any specific medical/psychological problems. In addition, you understand that any information contained in the book is not to be considered a recommendation that you stop seeing any of your health care professionals or using prescribed medication, if any, without consulting with your health care professional, even if after reading the book and using EFT it appears and indicates that such medication or therapy is unnecessary.

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**Bonus Day 10:
Jessica Ortner**

Personal Peace Procedure (included on Day 9 &10 CD)

By Jessica Ortner

http://www.eftworldsummit.com/jessica_ortner

Write down any and every memory or limiting belief that comes to mind during the audio process. Give each memory a title and write the title down. Once the audio process is over, go back and rate the intensity of each event. Once all the memories have a title and a number, begin to tap. Begin with the memory that has your current attention. You can answer the questions below or write the title of the memory directly onto the "my personal peace page."

Are there any stories you have been told about your time in the womb or your birth?

Can you remember the first house you ever lived in? Imagine it now.

How did the environment in that house feel to you? What did you hear? What did you see? Write down any significant feelings or memories you want to clear.

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Who lived in that house with you?

If you can imagine your five-year-old self, what was your favorite game?

Were there any experiences that made your five-year-old self feel upset?

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Notice the relationship your parents have.

Were they together?

Was there a parent absent?

Did you feel loved?

Was there someone taking care of you?

Notice your life between five and ten

Did you have siblings?

What did you and your siblings like to do together?

Was there anything your siblings said or did that upset you?

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Reflect on money.

What had your parents told you about money?

Was money a challenge for your family?

What did money mean to you?

Remember the first time you had to financially support yourself. *Are there any significant feelings about this time that you want to clear?*

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How do you currently feel about money and abundance?

Is there anything stopping you from having the abundance you want?

Focus on work.

Can you remember the first job you ever had?

Reflect on the jobs you have had in the past. Are there any significant events?

How do you feel about your current job or your unemployment?

What is stopping you from enjoying your job to the fullest?

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Spend a moment now to reflect on your feelings around your job.
Write down any significant events you want to clear.

Notice the sensations you have in your own body

How do you feel in your own body?

Notice any pain or heaviness. What needs to be cleared to let go of the pain?

How do you feel about your own body?

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Let's do a body scan and notice if any part of your body is in pain or if you have any negative emotions associated to a part of your body.

Focus on each part of your body. Write down any pain or negative feels that are triggered.

Your feet:

Your calves:

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Your knees:

Your thighs:

Your hips:

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Your stomach:

Your chest:

Your back:

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Your arms:

Your hands:

Your neck:

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Focus on your current relationships with your parents.

Reflect on your current relationship with your mother. If your mother has passed away, reflect on the current feelings you have about her memory. What issues, if any, involving your mother still need to be healed?

Reflect on your current relationship with your father. If your father has passed away reflect on the current feelings you have about his memory. What issues, if any, involving your father still need to be healed?

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What feelings or memories are preventing you from feeling more joy in your life? What needs to be cleared so you can smile more everyday?

Who in your life have you still not forgiven?

Focus on the feeling of anger .

Are there any events you are angry with that you want to clear?

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Focus on the feeling of sadness.

What thoughts, memories or beliefs make you sad?

What event needs to be cleared to wash the sadness away?

Reflect on the feeling of sadness and write down any significant events.

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Focus on the feeling of fear.

What scares you in your life?

What fear is preventing you from living the life you want?

Reflect on the feeling of fear and write down any significant events.

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Focus on the feeling of hurt.

What makes you feel hurt when you think about it?

Did you feel that anyone or anything has hurt you?

Reflect on the feeling of hurt and write down any significant events.

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Focus on the feeling of guilt.

Is there anything you did or that happened that you still feel guilty about?

Reflect on the feeling of guilt and write down any significant events.

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My Personal Peace Page

I, _____, am committed to using EFT to no longer allow the events on this page to prevent me from living the life of my dreams. Every time I clear a block I cross it out on this page and I celebrate!

Signature

| Event | Level of Intensity |
|--------------------------------------|--------------------|
| <i>Example: The fight with Brian</i> | 7 |
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