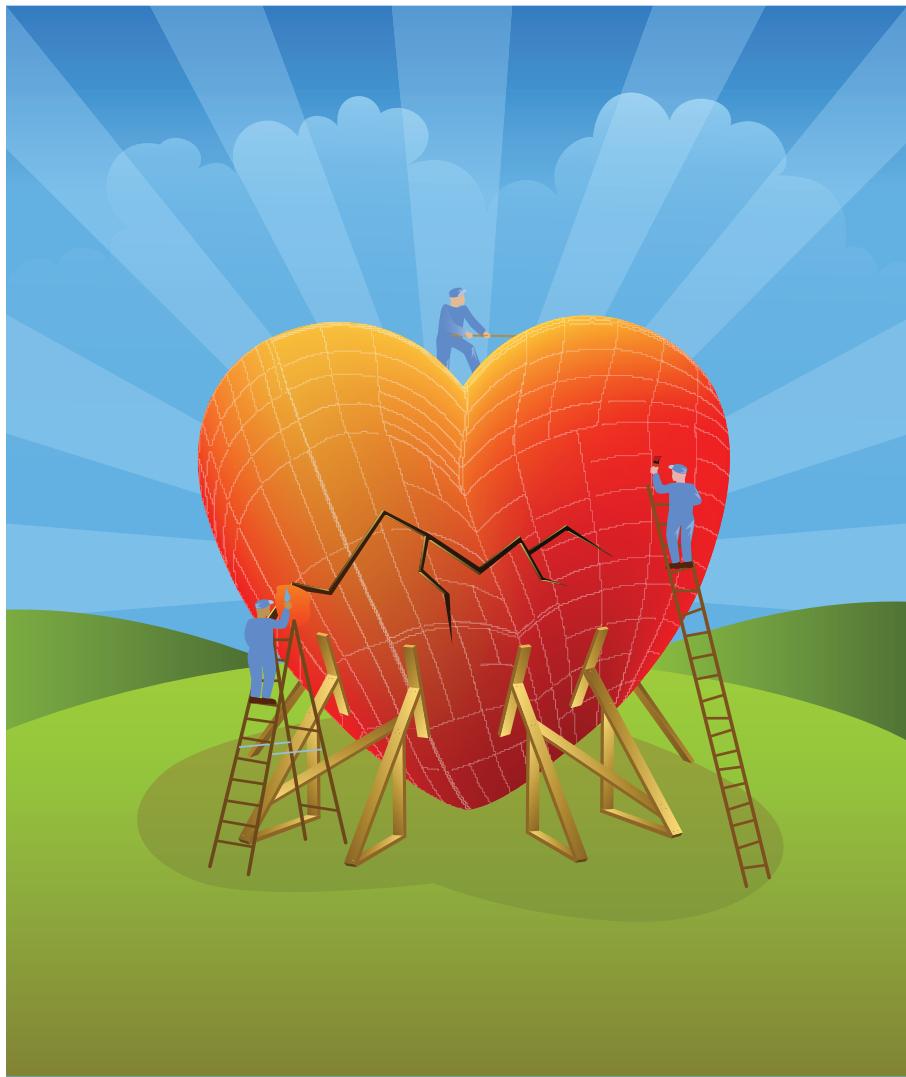


The Personal Peace Procedure

...a letter from Gary Craig,
developer of EFT



Gary Craig on:
The Personal Peace Procedure
El Procedimiento para la Paz Personal

Thought for the day.....

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

Howard Wight

Hi Everyone,

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.

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.

That sentence, if adopted by every healing practitioner and patient, would likely (1) dramatically increase our healing rates while (2) precipitously dropping our 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 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.

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.

Then 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 physicians 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 below 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

<http://www.emofree.com>



**This letter from Gary Craig is presented
with love and blessings by:**

Rue Anne Hass, M.A., EFT Master

<http://www.IntuitiveMentoring.com>

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HOW TO DO EFT

karate chop point



firmly strike the Karate Chop Point on one hand with the combined flattened fingers of the other.

It doesn't matter which hand you strike

Part I: The set-up statement:

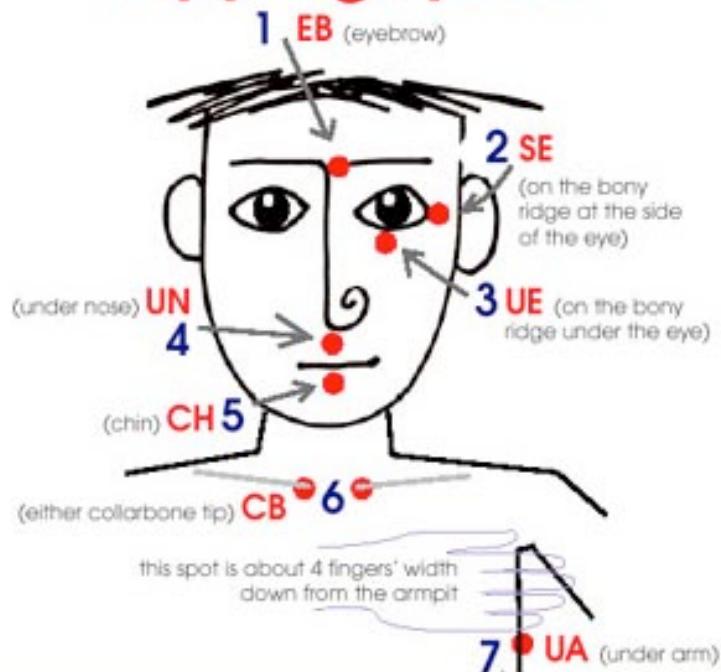
A. Say statements 1 - 3 in a complete set three times as you gently strike the Karate Chop Point:

1. Even though I _____ (insert your phrase here) _____

2. I deeply love and accept myself
(or, if for a child: I'm a great kid, or another appropriate phrase)

Now go to Part II, the Tapping Sequence

tapping spots



Part II: The Tapping Sequence:

B. Repeat the gist of the "Even Though" phrase as you tap all seven points

Repeat Step B as many times as it takes to get yourself comfortable. When you have had a satisfying shift in thinking or feeling about the issue you are tapping on, create a short, positive phrase that would encapsulate how you'd rather feel or be. Then do Step C.

C. Repeat the gist of your "I choose" phrase as you tap all seven points