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## Optimal EFT Basic Protocol

### 1. In what *moment* do you experience the negative emotion or feeling that you want to work on?

Step into this moment as if it is a movie in which you are present. Look through your own eyes and pretend it is happening now. If the movie or event lasts longer than 10-20 seconds, then break it down into smaller movie clips lasting no more than 20 seconds, which you can then work on, one by one. For each moment, notice who and what you see around you. What do you hear, smell, taste or feel? Allow yourself to really *experience what it feels like* to be in the moment. What do you feel now? What emotions (or bodily sensations) are coming up? Start with the most intense emotion, determine whether it belongs to fear, anger or sadness, and then rate the intensity between 0 (no intensity) and 10 (maximum). You may also start with a combination of emotions and bodily sensations if they are equally intense. Now you have identified exactly what to work on with The Unseen Therapist.

### 2. The Personal-Peace-Procedure (the meditation)

- Close your eyes and take a few deep breaths to quieten your mind. Recall a loving moment – a time when you felt love for someone or loved by them, a loving moment with a pet or a peaceful moment in nature. Immerse yourself in that peaceful loving feeling.
- The Unseen Therapist<sup>1</sup> is ever present and instantly recognizes what you are doing. Thus, the mere effort of getting quiet and thinking of a loving moment, even if it is not done “perfectly”, is seen by Her as an invitation to be with you.
- Shift your focus to the moment and the negative emotion you identified in Step 1 and allow yourself to relive this moment as though it is happening right now, engaging all your senses. Then invite the Unseen Therapist to resolve this problem completely for you. Have faith that She knows what is needed.
- Meditate for 1-2 minutes, staying still and connecting with the loving feeling.
- You may also allow any other visualization or metaphor to arise as you imagine the Unseen Therapist at work. You may imagine your emotion as a red throbbing ball or a vibration in your body, and the Unseen Therapist using a beautiful light to completely resolve the feeling. You could also imagine flooding the emotional moment with love and light, or having it float off into the heavens. Use whatever image or metaphor that feels good for you.

### 3. The test

Step back into your moment and relive it, engaging all your senses. Assess the intensity of the negative emotion and/or bodily sensation. If it is not yet zero, repeat the Personal-Peace-Procedure and test again. You may notice that the original emotion has disappeared but another one has come up. Continue this process, addressing any emotion or feeling that arises, until the intensity of all emotions, and all bodily sensations in this moment, are reduced to zero.

### 4. Final Test

Once the emotional intensity of the moment seems to be zero, test once more by reliving the moment and doing your absolute best to trigger another negative emotion or bodily sensation. When you do so, you may imagine that the moment is even more intense or worse, exaggerating the sights and sounds. Notice if you can feel anything at all. If so, then do the Personal-Peace Procedure and test again. Once you are certain that you feel absolutely neutral, then you are done. Testing is key, as it helps you find any remaining emotional response that may be hidden. The more thoroughly you test, the better your results will be!

**Note 1:** If you feel an intense emotional reaction: don't stop, just keep meditating! You haven't done anything wrong, you're doing well as you are allowing yourself to really feel your reaction in this moment. If you continue now, you will actually clear it. If necessary, you can switch to the tapping protocol (available to download at [www.eftpraktijkactrom.nl/home-english/](http://www.eftpraktijkactrom.nl/home-english/)). Sometimes it is easier to switch to tapping when your emotions are intense, but if you can, keep meditating and seek the help of the Unseen Therapist.

**Note 2:** Focus on one moment or event at a time. Our minds have a tendency to go from one memory to another, and to keep coming up with more events, but stay focussed on the one you are working on. You can only neutralize one event at a time.

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<sup>1</sup> What is appropriate for you: the universe, the “All”, the Holy Spirit, Buddha, a Guardian Angel, Jesus, God, etc.