

## **“Personal Peace Procedure”**

***“The Personal Peace Procedure is not just a way to “feel a little more peaceful.” This technique could potentially be the most powerful healing centerpiece for every person on earth” Gary Craig, Founder of EFT***

The **Personal Peace Procedure** involves making a list of every bothersome SPECIFIC EVENT in one's life and systematically tapping 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 their own happiness, and all those who come in contact with them. Here are some uses....

- ◆ As "homework" between your sessions with a physician, coach or therapist. This is certain to accelerate and deepen the healing process.
- ◆ 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.
- ◆ 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.
- ◆ As a useful substitute for finding core issues. If you neutralize all the specific issues you will have automatically included core issues.
- ◆ As a means for consistent relaxation.
- ◆ As a method to build your self esteem and confidence

This simple concept can shift the entire healing field. ***Most of our emotional and physical problems are caused (or contributed to) by our unresolved specific negative events. EFT can easily alleviate the vast majority of these issues or memories.***

Our unresolved specific events are nearer the foundational cause for illness than anything else. Thus they deserve our primary attention. Initially 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 and we should continue doing so. On the other hand, there is enormous value in using EFT on ALL other specific events that are behind our more generalized (but VERY important) issues such as (to name a few)....

- ❖ Self-image...Anxiety...Depression...Insomnia...Addictions...Fears and Phobias...Compulsions
- ❖ Feelings of abandonment...Stress... Weight Issues...Chronic Pain and more

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.

The same applies to physical ailments as well...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. Many physicians in recent years recognize emotional strife as a major cause of serious diseases. Until now, however, there hasn't been an effective way to eliminate these health problems. We can mask them with drugs, of course, but true cures have been hard to find. Fortunately, EFT provides easy and elegant tools that will aid health practitioners in eliminate the root causes of most diseases.

The below technique 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. 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...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're not working at this hard enough or you're only 20 years old. Many people find 100+ issues.
2. While making your list you may find that some events don't cause you any current discomfort. That's OK. List them anyway. The fact that you remember them means there's 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 slipped and fell into the Grand Canyon--My third grade class ridiculed me when I gave a speech--Mom locked me in a closet --Mrs. Adams told me I was stupid.
4. When your list is complete rate how you feel *overall*, on a scale of 1-10. Then rate your energy, health, peace of mind, joy, confidence, clarity of thinking, vitality, and sense of purpose... all on the 1-10 scale. You'll want to use this later for comparison (see #9)
5. 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.
6. After the big redwoods have been removed, go to the next biggest trees.
7. Do at least 3 issues per day...for at least a month. It only takes minutes per day. At this rate you will have resolved 90 specific events, many more if you continue past one month. You'll start to notice how you have more energy, think more clearly, and how your "threshold for getting upset" is much lower. Your relationships should get better and many of your life-long issues just don't aren't there any more. Note any improvements in your blood pressure, pulse, headaches, shoulder and neck tension, 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.
8. If you are taking medications, you may feel the need to discontinue them. Please do so ONLY under a qualified physician's advice. A few minutes per day doing the Personal Peach Procedure will make a monumental difference in school performance, relationships, health and our quality of life. But these are meaningless words unless you put the idea into practice.
9. At the end of the process, when all of your issues have been dealt with, assess yourself again, from 1 to 10, on the same components that you used in number 4. Most people experience amazing improvements in all their components and especially their overall sense of well being. Without this comparative rating system your transformation may be so gradual on a daily basis that you hardly notice. Much as an aunt or uncle might see great changes in their niece or nephew after an 8-month absence. Yet a parent can't see those subtle changes on a daily basis.

**National Alliance for Emotional Health**  
**Providing tools and resources to support emotional well being**

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Tel: 415-507-0888 • e-mail [LK@LKcoaching.com](mailto:LK@LKcoaching.com)  
Lindsay Kenny, Founder and Director

