

Personal Peace Procedure

In essence, the Personal Peace Procedure involves making a list of every bothersome specific event in your life and systematically using the Emotional Freedom Technique to tap the **impact** of these events out of existence. You can thus eliminate the major causes of most emotional and many physical ailments. When used with a skilled EFT practitioner as “homework” between sessions it is certain to accelerate and deepen the healing process. And, by itself, this is an excellent way to consistently relax and **remove the blocks to your growth and manifestation.**

Most of our emotional and many physical problems are caused (or contributed to) by unresolved specific events in our lives.

The idea is to use EFT repeatedly on ALL the specific negative events that **keep coming up** in your memory. These events make up the building blocks that create the more generalized issues like:

- Self-sabotage
- Guilt and Shame
- Anxiety
- Depression
- Feelings of Abandonment or Rejection
- Addictions
- Compulsions
- Self-image issues
- Persistent insomnia
- And many others

Make a detailed list of **all the negative events** in your life that you remember. Most people have well over 100. Then **tap on one event each day**. Continue tapping until each event no longer has a negative “charge” or feeling associated with it. Some events may take more than one day.

As you **eliminate** the emotional baggage from your specific events list you will 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 may result in resolving lifelong issues that more traditional methods have not touched. You can find yourself calmer and much less easily aggravated by the annoying events of the day. People and events no longer trigger your negative emotional backlog, because it has been eliminated. Try using EFT on **anything** that bothers you, including unwelcome thoughts, memories and feelings. You can come to lasting peace within. Please go to [my website](#) for more ideas and support.