



***UNTRIGGERING  
YOUR TRIGGERS***

**BEHAVIOUR**



**EMOTIONS**

**BELIEFS**

**BEHAVIOUR**



**EMOTIONS**

**BELIEFS**

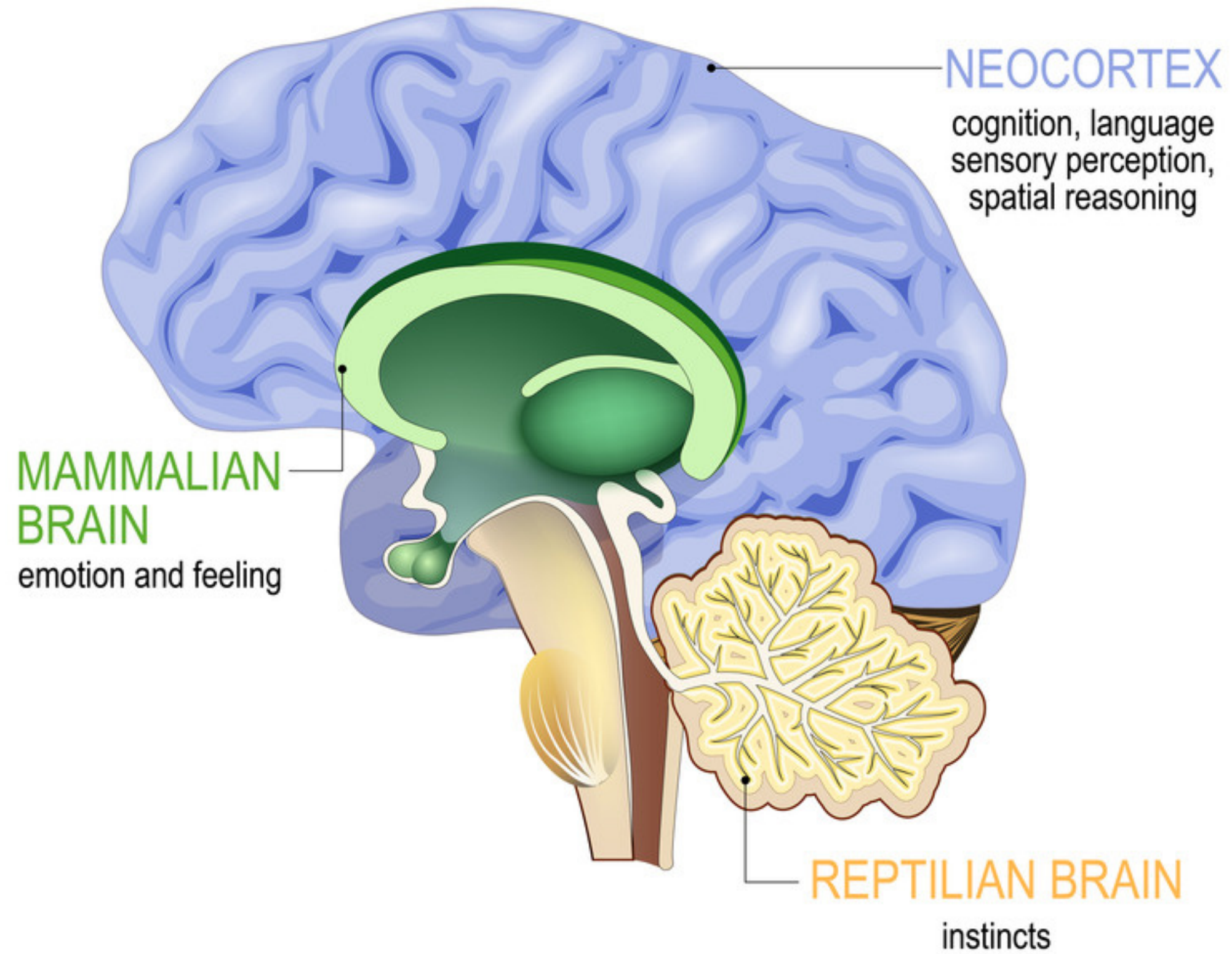
WILL



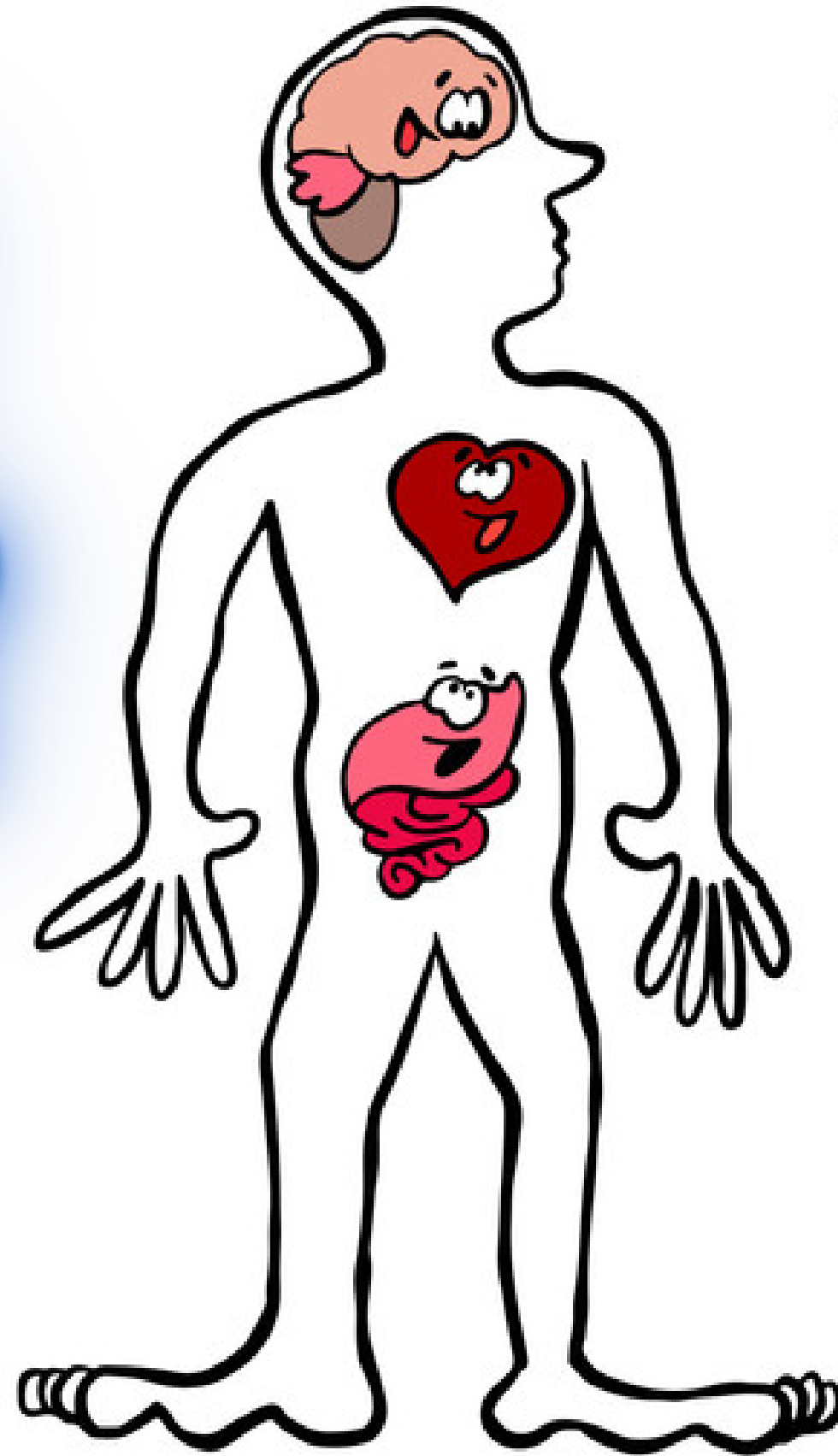
INTELLECT

EMOTIONS

# Brain evolution



# BRAINS OF YOUR BODY



**Head**

**Heart**

**Gut**

**Sympathetic**

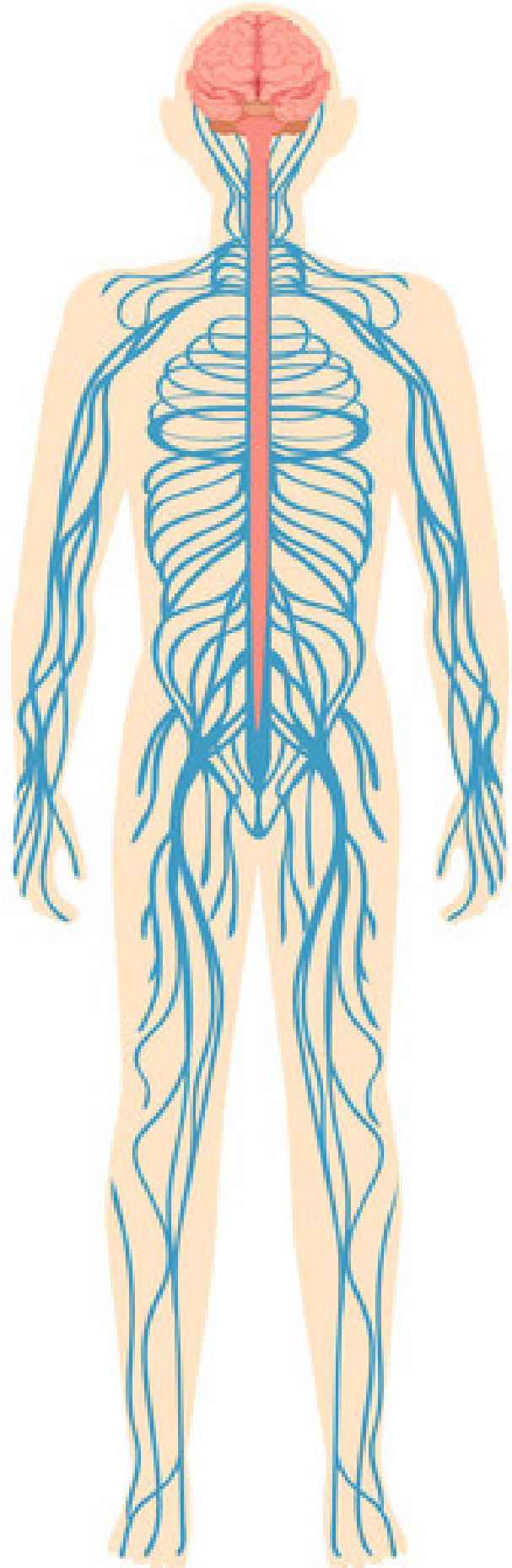
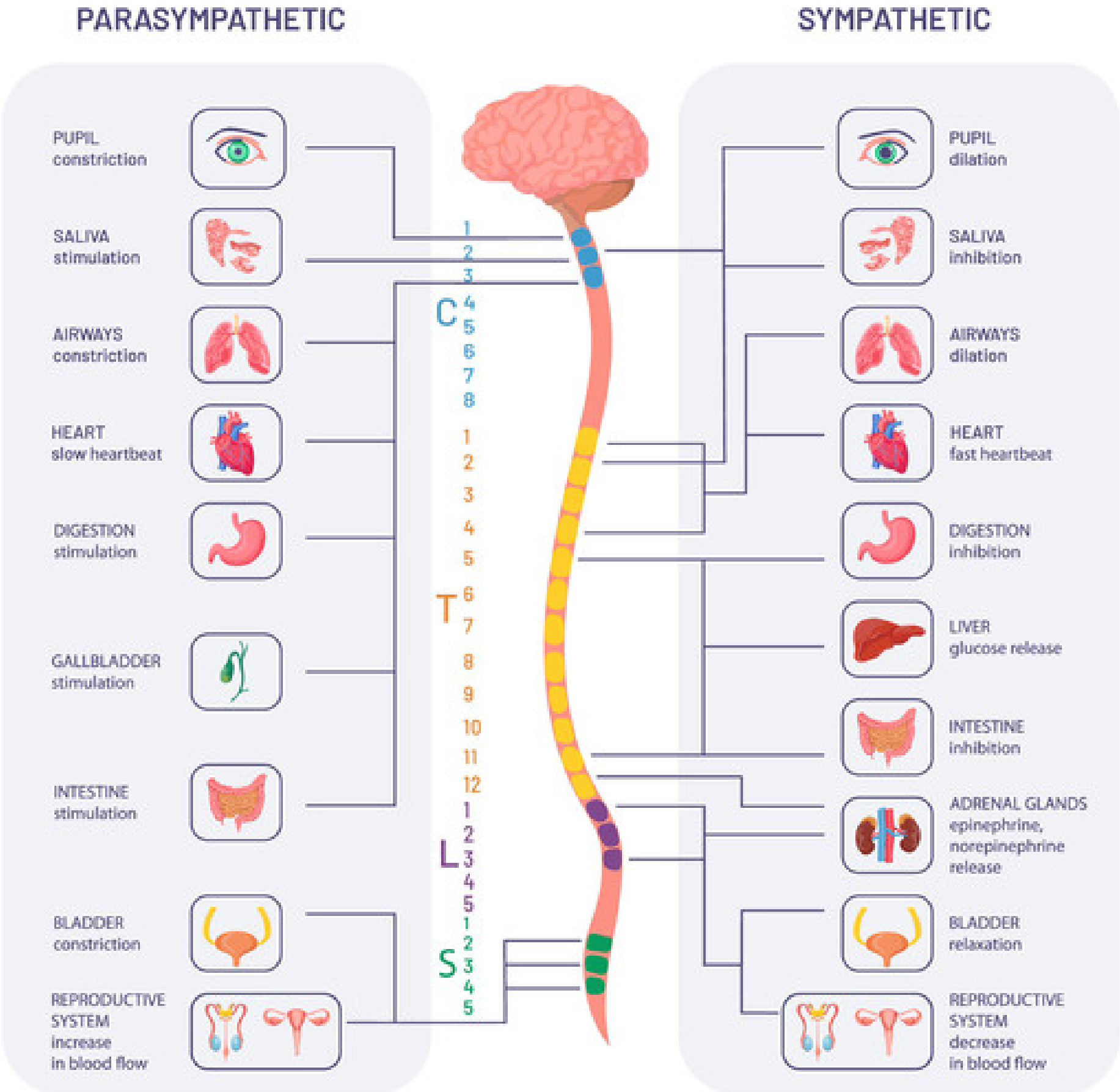
**Parasympathetic**

**Fight  
or  
Flight**

**Rest  
&  
Relax**



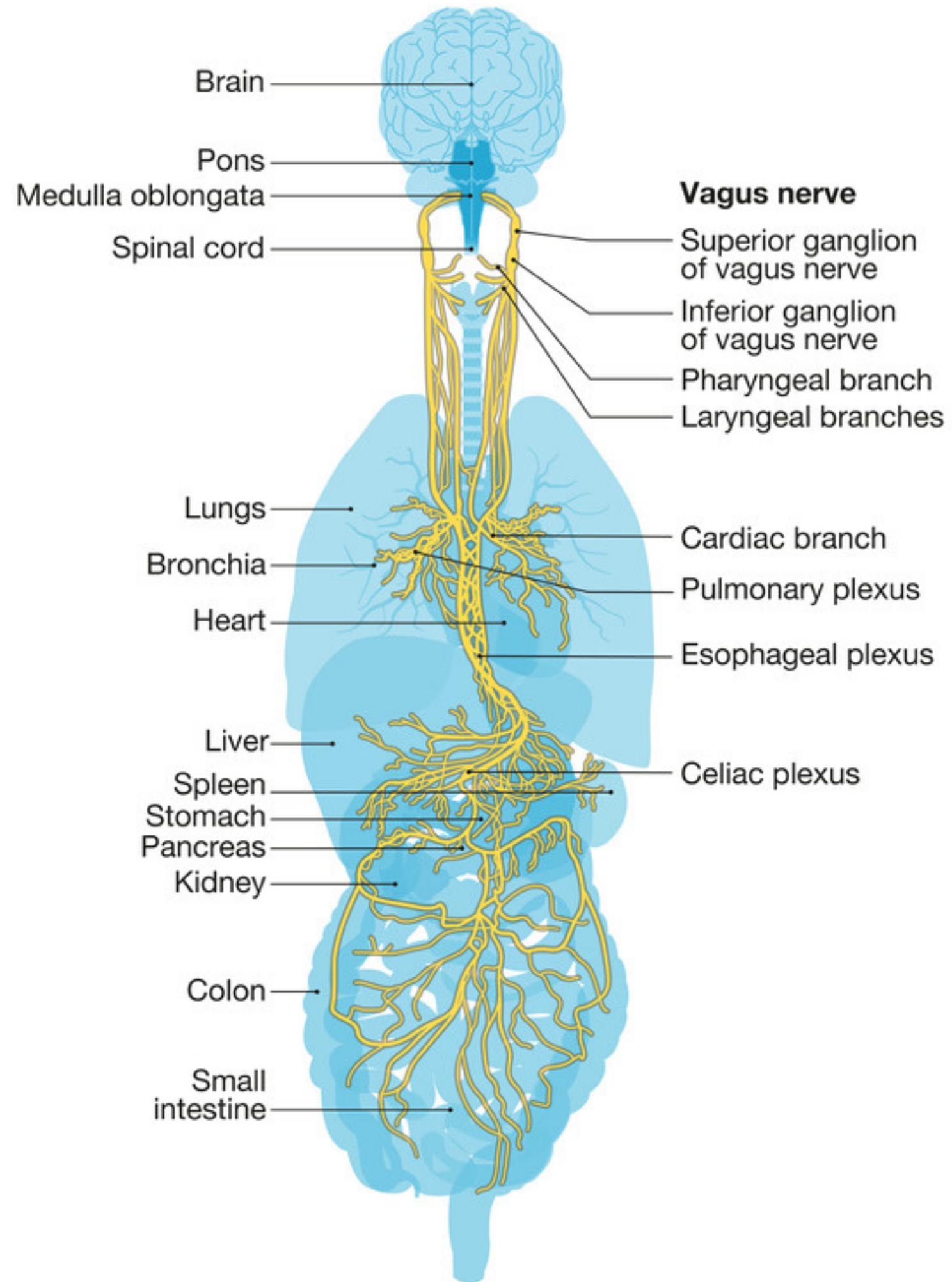
# NERVOUS SYSTEM





# ***VAGUS NERVE***





# **3 STEP PROCESS**

**Trigger the Pattern**

**Interrupt the Pattern**

**Rewire the Pattern**

# **Nervous System Reset**

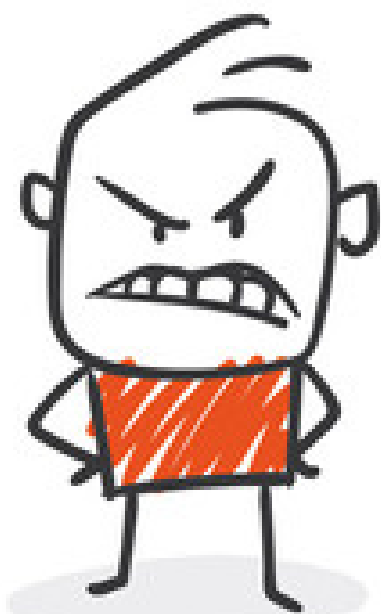
**Deep Breathing**

**Shaking**

**Stretching**

**Bi-Lateral Stimulation**

**Accupressure points**



**ANGER**



**SHAME**



**FEAR**



**SADNESS**

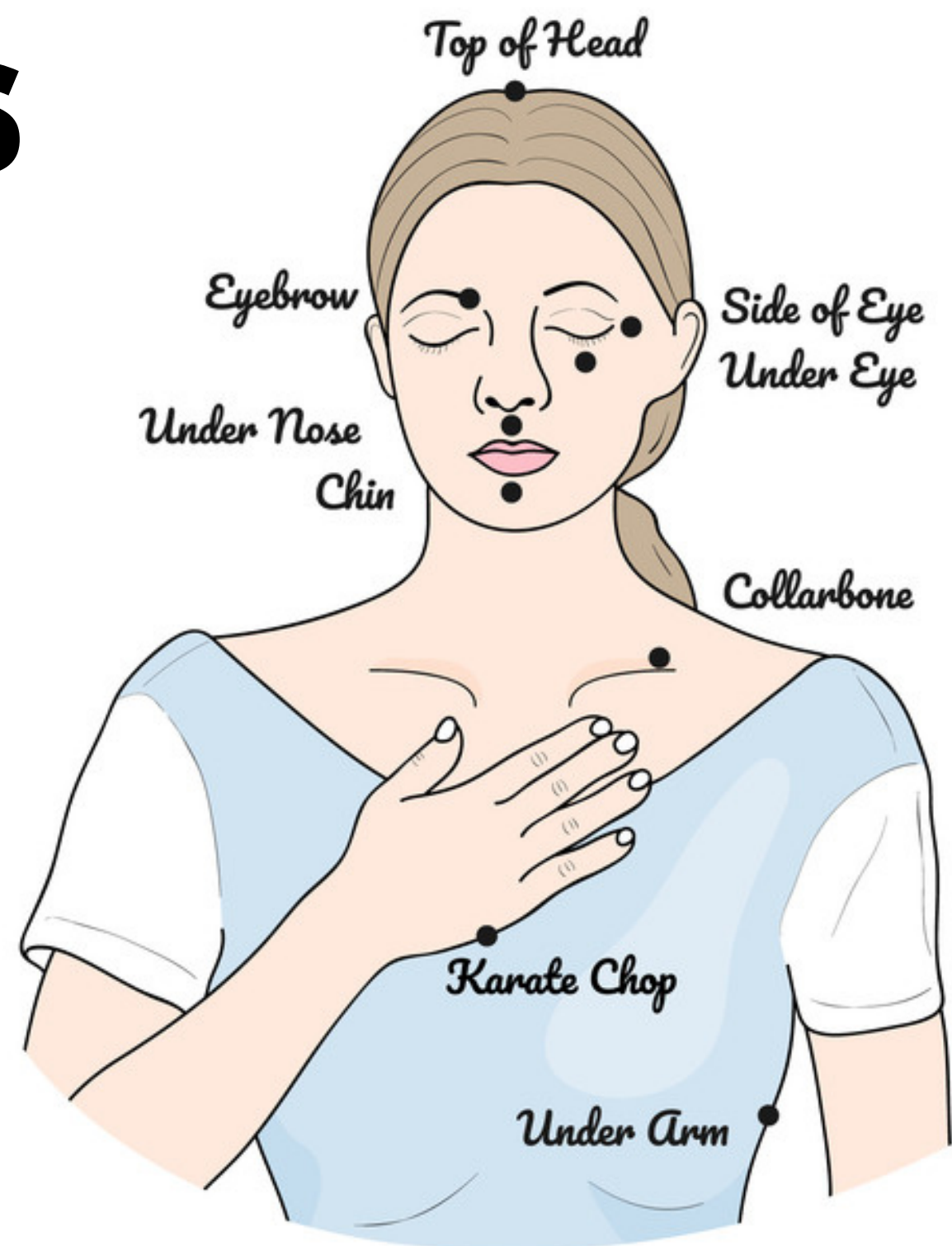
# EFT Full Process

Set up Phrase

Basic Recipe

9 Gamut Procedure

Basic Recipe



*EFT Tapping Points*

# **Set Up Phrase**

**Even though.....  
I fully and totally accept  
myself.**



# EFT TAPPING

## BASIC RECIPE

TOP OF THE HEAD •

EYEBROW •

UNDER THE EYE •

CHIN •

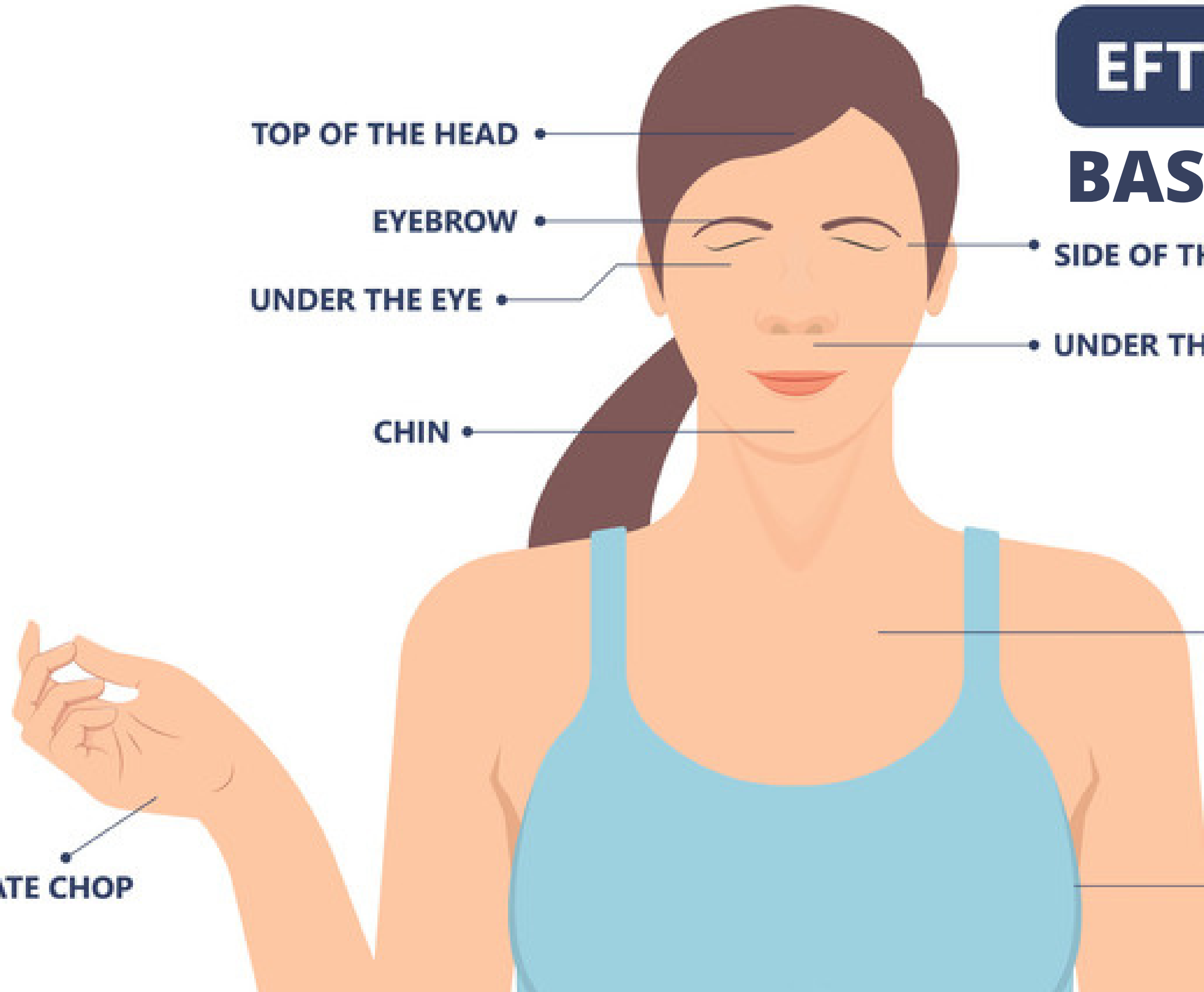
• SIDE OF THE EYE

• UNDER THE NOSE

• COLLAR BONE

• UNDER THE ARM

KARATE CHOP





# 9 Gamut Procedure

- 1. Close eyes**
- 2. Open eyes**
- 3. Look down to the right**
- 4. Look down to the left**
- 5. Roll eyes clockwise**
- 6. Roll eyes anti-clockwise**
- 7. Hum a tune**
- 8. Count to 5**
- 9. Hum again**

