



EFT *Magic*
in Minutes

Emotional Freedom
Techniques
Quick Start Guide

Dr. Phillip Mountrose
Dr. Jane Mountrose

Notes to our Readers

Navigating through this e-book: If you want some tips on using Adobe PDF files, you can find instructions on our website at www.gettingthru.org/badobe.htm.

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Publisher's Disclaimer

The Emotional Freedom Techniques (EFT) have helped many people to make positive changes, but there is no guarantee they will work for you. The results you achieve with EFT, if any, may differ from those cited in this book or in any presentation the authors or others may do. Further, even when EFT is successful, your issues may worsen before getting better.

The information in this book is educational only and your use of it is your responsibility, not the responsibility of the authors or of Gary Craig, who developed EFT. It does not represent medical advice and thus appropriate physicians or qualified health practitioners should be consulted before or while applying it. While EFT is gaining widespread acceptance as a do-it-yourself healing method, some people's emotional or physical frailty is such that they should not attempt any healing method without professional guidance.

Those using EFT on behalf of others should comply with any state or country laws or licensing boards regarding such activities.

Please respect that Gary Craig and the authors of this book have no medical training. They ask only that you use the methods sensibly and exempt them from responsibility for your practice of it. Further, please use common sense with EFT. Don't apply these techniques to serious issues for which you do not have proper training. The guiding principle here is "don't go where you don't belong."

If you do not wish to be bound by this disclaimer, you may return this book with proof of purchase to the publisher for a full refund.

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“EFT offers great healing benefits.”

DEEPAK CHOPRA, MD

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Here’s a statement from the creator of EFT, Gary Craig, about learning EFT:

“You have entered the doorway to the new Healing High-Rise.

This doorway leads to new discoveries in the field of human potential that are creating miraculous changes in people’s lives that only a few years ago were deemed impossible. As you open the door and step inside, your possibilities for healing will vastly increase.”

1. Magic in Your Hands

"EFT is destined to be a top healing tool for the 21st Century."

CHERYL RICHARDSON, Author

You have in your hands a key for understanding one of the most important discoveries of our time in the area of emotional freedom.

Many EFT users literally view it as magic, especially since it defies conventional wisdom.

Unlike what you've probably been told, clearing emotions that have BEEN WITH YOU for a long time doesn't have to TAKE a long time.



We've been using EFT in our work as self-help authors, holistic success coaches, and trainers for more than 15 years now. In minutes, we've seen case after case where people have released painful emotions that have kept them stuck for years. Some even for decades. In many of these cases, conventional approaches and practices like daily meditation have failed to produce any results.

Here's how Certified Energy Psychologist Carol Tuttle describes using EFT:

"I have worked with EFT for many years in my practice, family, and personal life. Every client I work with is taught how to use EFT. I teach them that with EFT you are able to release energy blocks that are created by limiting beliefs, fear, doubt, anger, and a myriad other thoughts and emotions."

By using EFT to clear these energy blocks you are freeing your life force energy to have more radiance and a clearer vibration, so you are free to attract into your life more of what you desire. When your life force energy is flowing vibrantly you are a powerful creator to manifest more of your dreams and life purpose.”

As Holistic Success Coaches, our focus in presenting this information is on helping you to create the best possible life. We look at the big picture, what each person desires and deserves. With more than two decades of experience in the field, we now see that the single most profound measurement of a person's success in life is his or her sense of aliveness, feeling totally vibrant and excited about experiencing each new day.

You could say that complete aliveness and a sense of well-being on all levels is your birthright - in body, emotions, mind, and spirit. And EFT can help you to raise your sense of aliveness by clearing the blocks that are preventing you from living fully.

How could this be anything short of magic?

If you're not familiar with EFT, you're probably wondering what all the commotion is about. You're to be congratulated for having an open mind.

As you'll see, it's simple and effective. Within a very short time, you can get a good understanding of how it works. It's almost incredible to think that with just an hour of your time, you can gain access to a powerful tool that you can use to make transformational changes for yourself and potentially for those around you for the rest of your life. All this is true. And the good news is you can see for yourself right now.

Success Tip!

**Approach EFT
with an open mind.**

**In the end, it doesn't
matter how it works.**

**The important point is
that it DOES work
most of the time.**

What is EFT?

The Emotional Freedom Techniques (EFT) is a group of powerful processes that can help just about anyone to achieve genuine freedom from the emotions that have created problems in their lives. It involves tapping on about

seven or eight specific points on the body in a sequence that takes just a minute or two to perform.

If this sounds ridiculous, you are not alone. We reacted the same way, but we couldn't ignore the magical results we witnessed over and over again. So stay with us. If you haven't been able to achieve the success you desire with your relationships, finances, health, and any other area of your life, what do you have to lose? Emotional roadblocks are probably standing on your path, and they won't just go away.

This can all change with EFT. These techniques have been described by some as one of the most important breakthroughs in the area of psychology in this century. They have been used successfully with thousands of people with a broad range of difficulties.

A Modern Miracle!

EFT is becoming known to many amazed users as a "modern miracle." How magical is that? This is what we've seen.

EFT can dramatically relieve emotional disturbances along with many physical symptoms.

As mentioned, it often works in minutes. Its results are usually long lasting, and side effects are almost always positive.

EFT is versatile. It has been used confidently by many thousands of healing professionals on many thousands of clients with successes on even the most difficult problems. It works by relieving imbalances in their clients' energy systems. We have been using it personally, with clients, and with class participants for more than decade, with consistent success.

You might say that EFT gives you super powers.

This is the way Jane sees it. If she is nervous about public speaking or any new situation, she can duck into the restroom, do some EFT, and come out as a newly empowered person. You can probably do this, too, as many of our readers, students, and clients do.

The Mystery of EFT

To many, understanding how emotional healing with EFT works is a complete mystery. Its effectiveness only makes sense if it is related to the human energy system. Unconventional, yes, but it is based on ancient wisdom that has come down to us through the ages. Just keep an open mind.

Technically it doesn't matter how it works. The important thing is that it works. And fortunately, you don't have to believe any of this to receive the positive benefits of using these techniques.

Here is a way to understand the energy system...

In addition to having a physical body which is fueled by food, we humans also run on an intricate energy system fueled by electrical impulses that run through the body. This energy system holds the keys to many of the disturbances we experience in our daily lives.

When the energy system is out of balance, your emotional life could be compared to a car in desperate need of a tune up. The result may take the form of any type of emotional disturbance, including phobias, anger, depression, grief, guilt, anxiety, and a full range of fears, to name a few. There may be physical symptoms like pain, headaches, asthma and tension that are related to the emotions. EFT provides relief from the majority of these disturbances.

***EFT often provides relief in minutes
and the results are usually long lasting.***

Banish Emotional Monsters for Good!



You may be surprised and delighted to find that the monsters that seemed enormous up until now can simply vanish into thin air! As mentioned earlier, EFT frequently provides relief where other techniques fail. And it has a high success rate without the use of dangerous medications, and this can be a tremendous benefit to your health.

So keep an open mind as you read on. The fact is that most energetic imbalances may be partially or completely relieved within a short time using this process. Others may be relieved through repetition. Some examples of energetic patterns that have been successfully cleared using EFT:

- Blockages to success and prosperity.
- Fears related to performance like public speaking, concentration, sports, etc.
- Phobias like the fear of heights, flying, enclosed spaces, driving, etc.
- Emotional trauma from war experiences, physical abuse, etc.
- Disturbing emotions like depression and anger.
- Emotions related to addictive patterns like eating and smoking.
- Insomnia
- Emotions related to physical conditions.

Here's an example from one of our students:

"I have had a fear of flying for about twenty years. One time the fear was so intense I got off the plane right before the stewardess shut the door. In an EFT class Phillip and Jane helped me to prepare for a trip the following month. I again started doing the techniques about a week before my flight. I tapped before the trip and several times when I felt the need during the flight. Returning home, I didn't need to tap at all, but did it before the flight just for the heck of it. I was actually very relaxed. I put all my faith in this, but still I was so surprised when it worked. What a relief!"

We could report hundreds of similar stories. These are the types of changes people commonly report receiving using EFT on a wide range of issues.

How EFT Works

Here is how EFT's developer, Gary Craig, explains the power of the Emotional Freedom Techniques. EFT is based on a revolutionary new discovery that

violates most of the beliefs within conventional psychology. It contends that the cause of all negative emotions is a disruption in the body's energy system.

With remarkable consistency, EFT relieves symptoms by an unusual (but scientific) routine of tapping with the fingertips on a short series of points on the body. These points correspond to acupuncture points on the energy meridians. Where there is an imbalance, there is a corresponding blockage in the flow of energy through the meridian system.

The tapping serves to release the blockages that are created when a person thinks about or becomes involved in an emotionally disturbing circumstance. When this blockage is released, the emotions come into balance. Once balanced, the person cannot get upset about the circumstance no matter how hard they try. The memory remains, but the charge is gone.

Typically, the result is lasting. Another natural result of the healing is that the recipient's awareness usually changes in magically positive ways.

Some Frequently Asked Questions About EFT

How long do the results last? EFT is generally long-lasting. Physical healings are often impressive and long-lasting as well, but are more likely to re-emerge than emotional issues.

Are EFT's results due to either placebo effects or distraction? No. Placebo effects require some belief in the process, and this is rarely the case for newcomers to EFT. Also, although EFT may appear to be distracting, it will not work if the client is, in fact, distracted. That is why the client continually repeats a set-up phrase that "tunes in" to the problem.

Are there any negative side effects? By comparison to almost any other process, EFT is quite gentle and rarely has any side effects. It is often used instead of other procedures, because of its gentle nature.

How can I learn EFT myself? In addition to the information provided here, we have written three books on the subject. We have also produced demonstration videos and audios that guide you through deeper techniques we have developed. You can find all of these materials on our website at <http://gettingthru.org>.

Recommendation: Subscribe to our free email *Heart and Soul of Success Newsletter*, which will answer many more questions. It provides the newest information on energy therapies and reaching into the heart and soul of success, including some fascinating case histories. To subscribe, go to <http://gettingthru.org/soulnews.htm>.

Why You May Not Have Heard of EFT Before

The use of this technique is relatively new. It is part of the beginning of a complete revolution in the way we handle our emotions. In many cases, difficulties that have persisted in spite of years of work using the methods of traditional psychology may be relieved in minutes. If not, relief is generally possible within days or weeks rather than years.

EFT was developed in the early 1990's by Gary Craig, whose academic training includes a Stanford Engineering Degree. While personal healing has been his passion for over 30 years, Gary is neither a licensed therapist nor a trained psychologist.

Many of the concepts underlying EFT came from Gary's training in Thought Field Therapy (TFT) with Dr. Roger Callahan. TFT involves the use of 10 or 15 individualized tapping routines. EFT differs in that it employs only one comprehensive tapping routine, which is used for all emotional and physical problems. Because of this, it is easy enough to be mastered by most people.

Here's how Craig himself described the development of EFT in our book *Getting Thru to Your Emotions with EFT*:

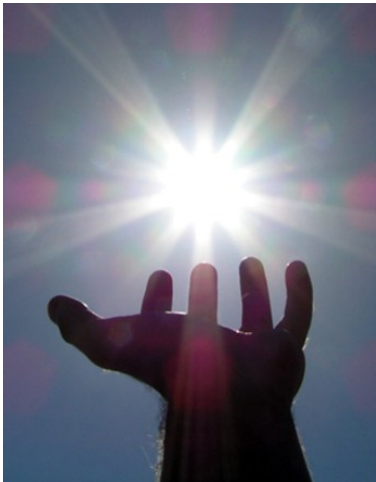
"In 1991, I had the opportunity to study a meridian-based healing system under the tutelage of Dr. Roger Callahan. By 1995, I transformed and simplified those remarkable procedures into a form that just about anyone can use. I call it Emotional Freedom Techniques (EFT for short). Phillip and Jane Mountrose have done a superb job in bringing you the essence of these discoveries... and more.

Some are understandably skeptical of the validity of these processes. Such doubts always accompany new breakthroughs and

innovations. But the proof is in the dramatic results, and, not surprisingly, many therapists are drawn to the speed and effectiveness of EFT.

EFT is simple, relatively painless, quick and can be self-administered. Further, it can provide relief for an extraordinary range of problems. After years of developing these techniques, my jaw still drops at the many “one minute wonders” people experience, sometimes eliminating what were severe problems that had been around for decades. But even when the cases are more complex, it often takes only a few sessions for the client to gain relief. It is rare for a problem to take weeks or months with EFT.”

EFT includes a group of techniques. The one we share here, the Short Sequence, is most commonly used.



You Hold the Power

Before showing you how to use EFT, we want to let you know that you are in control. The power is in your hands. As such, you have sole responsibility when you use it.

Like coaches, we are available to teach you some effective methods for helping yourself. You are free to progress in your own way and at your own pace. We are not licensed psychologists or medical health professionals.

We are ordained Ministers of Holistic Healing and we work as spiritual counselors and teachers. Our focus is on helping normal people with normal problems to make dramatic improvements in their lives.

Some Key Points about EFT

1. **EFT can help you deal with the kinds of challenges normal people face in the course of their lives, and to heal them holistically.** We do not

recommend substituting these techniques for the services of doctors, psychologists, and psychiatrists. In any areas where their professional services are needed, we recommend having their permission before using any of these techniques.

2. **These methods are practically risk-free.** Gary Craig reported in his *EFT Training Manual* that after using the techniques for six years with hundreds of people, he observed no material side effects.
3. **EFT does not involve the use of needles, chemicals, or invasive surgical procedures.** It includes gentle tapping on specific places on the body, humming, counting, and rotating your eyes. Dr. Callahan, whose TFT (Thought Field Therapy) processes are similar, has performed his techniques on thousands of people. He reported no side effects except the rare occasion when people bruised themselves from tapping too hard. This, of course, is unnecessary.
4. **It is highly unlikely that you will experience a negative reaction** from these techniques. Nonetheless, as Gary Craig says,

“That does not mean you won’t have a problem. You or someone you help with EFT may be an exception. As I’m sure you can appreciate, I will not assume responsibility in this regard. The responsibility for your emotional and physical well-being must rest with you.”

We likewise pass the responsibility for the use of the techniques in this ebook to you.

Gary Craig’s Request of You

We conclude with the following statements, which also come directly from Gary Craig. We pass them on as our agreement with you, our readers, regarding the use of EFT and the other methods described in this book.

- **You are required to take complete responsibility** for your own emotional and physical well-being.
- **You are also required to instruct others you help with EFT to take complete responsibility** for their emotional and /or physical well-being.
- You must agree to hold harmless Gary Craig, Phillip Mountrose, Jane

Mountrose, and anyone involved with EFT from any claims made by anyone whom you seek to help with EFT (and related methods).

- Where professional medical treatment is indicated, we urge you to use these techniques under the supervision of a qualified psychologist or physician. Don't use these techniques to try to solve a problem where your common sense would tell you it is not appropriate.

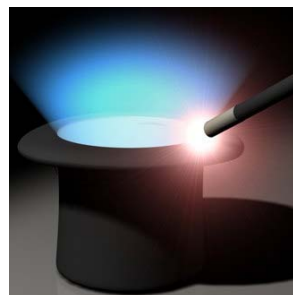
If you are not able to agree with these statements, please do not use the techniques in his ebook. If you are ready to proceed, it's time learn the EFT Basic Recipe (Short Sequence).

2. The EFT Basic Recipe

“EFT is a simple, powerful process that can profoundly influence gene activity, health and behavior.”

BRUCE LIPTON, PhD

EFT’s magic is built on a foundation of two tapping sequences, the Basic Recipe, which is also called the Short Sequence, and the Complete Sequence. The Basic Recipe generally provides relief with most troubling emotions. Most people use it exclusively, and this is what we share here. To benefit from the amazing power of EFT, you will want to have a good understanding of each of the steps in this easy-to-learn process.



EFT In Action

Here’s an example of some magic one of our students accomplished with the Short Sequence:

“It’s unbelievable how quickly a shift can occur with EFT. I recently experienced the death of my sister. As it happened, I received the call at Jane’s EFT class, just moments before it started. I couldn’t keep from crying, but felt that it would be best to stay.

When the class began, Jane had me do one round of the EFT Short Sequence. It helped me to immediately detach from the sadness and inner pain and allowed me to continue on in the class that evening. The sadness returns every once in awhile, but, with EFT, I’m able to accept the loss in a realistic way.”

What is a Tapping Sequence?

The Basic Recipe (Short Sequence) involves repeating an affirmation and tapping on a series of key points on the meridian system. No crystal balls or other tools required. The magic is all in your hands.

There are specific steps to follow and sequences for the tapping. To use EFT effectively, you will want to learn the steps and sequences. It may help to know that EFT is forgiving; you don't have to do it perfectly for it to work.

You will tap approximately seven times on each point, but you don't have to keep an exact count. Anywhere between five and ten is usually fine.

People often get good results even when they aren't tapping exactly on the right points. In fact, most people make "mistakes" while tapping, but this doesn't seem to detract from the beneficial effect of EFT.

Another key with EFT is that you generally have to repeat the procedure to clear an emotional pattern completely. Each repetition addresses what is called another "aspect," and it is called a "round of EFT." But be sure to stay with it; each round only takes a minute or two. With experience, you can often release even a complex emotional pattern in a relatively short time.

Simple, But Intentional

EFT is simple, but getting the results you desire requires your full attention. We've helped many people get positive results who said EFT wasn't working for them. Small changes can make a magical difference, so read carefully.

Jane helped a woman who had been struggling with her voice for years. She had tried EFT with no results, but with Jane's help, the problem was eliminated within about 10 or 15 minutes. The key was to be specific and, with a physical problem like this one, to ask yourself what emotions you feel along with them. Open fully to what's happening emotionally.

You need to have the disruption in place in the energy system when you do the tapping. This is done by focusing on the issue you intend to clear. So keep your mind focused on what you're doing.

Take the example of wanting to clear a fear of public speaking. If you think about relaxing on the beach in Hawaii while you're tapping, you will confirm that you enjoy Hawaii. But when you finish, you will still be afraid of speaking in public.

To help you maintain your focus throughout the procedure, you will be asked to repeat a "reminder phrase" at each tapping point. This phrase identifies the emotion you are clearing, and reminds the unconscious mind that you are working with a specific blockage.

Steps in the Basic Recipe (the Short Sequence)

Now you're ready to get a taste of EFT.

We'll break down the steps in the procedure here, because there are some subtleties that can affect your success. Before starting, you need to have a single, specific issue in mind. If you have a group of things you want to address, write a list and use EFT on one issue at a time.

If nothing specific comes immediately to mind when you focus on the emotion, consider experimenting with your current stress level and how it feels in your body. This will give you something to evaluate before and after the tapping.

Here are the steps.

- 1. THE SETUP:** EFT works with specific emotions and the setup identifies the emotion to clear. The more precise you can be the better. For example, clear a single fear, or even a single instance of that fear, rather than all fear. You can also identify a pain, like neck pain. This may be more effective if you can focus on an emotion you feel along with the pain.

In any event, focus on bringing the specific issue into your awareness in the present moment. The key to success is to feel the emotion (and/or pain) and set up the blockage in the meridian system. If you're not sure how to describe it, just call it anything and focus on the feelings.

2. **THE EVALUATION:** When you have brought the emotion up to its full intensity (or whatever intensity feels comfortable), evaluate how strong it feels between 1 and 10, with 0 being no intensity and 10 being the highest possible intensity. The intensity is called the SUDS Level. Don't torture yourself here. If it feels too intense, imagine moving away from it a bit. And, as mentioned earlier, use common sense for times when you need professional assistance.
3. **THE AFFIRMATION:** You have two choices here. The first is tapping continuously on the side of your hand with the other hand. This is called the "Karate Chop Point." The other choice is to rub continuously on a "Tender Spot" on the chest (see the diagram below for location) in a circular fashion. While rubbing or tapping, repeat the following affirmation three times: "Even though I have this _____, I deeply and completely accept myself." This starts the clearing process.
4. **THE TAPPING SEQUENCE:** Using your index and middle fingers, tap with a medium pressure about 5 to 10 times on each of the meridian points in the order shown on the diagram on the next page. As you tap, repeat the following short phrase once at each point:

"This _____."

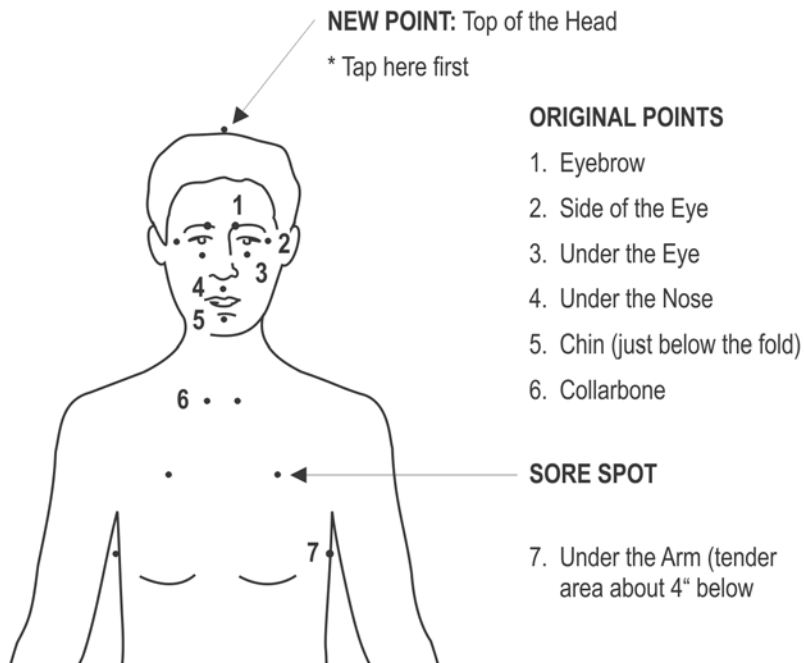
Fill in the blank with a short description of the pain or emotion you are clearing, like "this fear" or "this horrible feeling."

Note: You can tap on the points on either side. It doesn't matter which you use. You can also tap on both sides if you feel like it.
5. **THE REMINDER:** When you've completed the tapping sequence, take a couple of nice, deep breaths and relax. Then focus on the emotion again and notice how it feels. Evaluate it again between 1 and 10 to bring any difference in your experience of the emotion into your awareness.

The Tapping Points

Just tap on each of the following points 5-10 times in the order shown. Tap hard enough to send some energy through without causing discomfort. Alternatively, you can hold each point while inhaling and exhaling one time.

The "New Point," on the top of the head, is an addition Gary Craig made in 2012. The "Original Points" are the ones that were included in the Short Sequence as it was originally presented.



If you're not sure of the exact location of the points, you can usually identify them by applying pressure and noticing a sensitive spot.

Magically simple, isn't it?

What to Expect

As mentioned earlier, you may magically complete the process in one round or you may need to repeat the sequence. In some cases, the intensity of the emotion may be down to zero after going through the tapping sequence once. More often, it will be between zero and the original intensity. This is okay.

Stay with the process.

Don't just give up if you are not done after just one round. Think of it as a story that is unfolding.

After a round of EFT, you may also notice that the emotion has a different quality. It may even have shifted to a different emotion altogether. The number of repetitions depends on how many aspects there are to the pattern. Each time you repeat the process, the key is to change the way you describe the emotion.

If the emotion has shifted to something different, such as from fear to anger or frustration to sadness, you will repeat the process with the new emotion. If you are experiencing the same thing with a lower intensity, repeat the process saying "this remaining _____" in the reminder phrase.

Opening to Something New

EFT is amazing with just about any emotion you can imagine. We also like to remind people that it's not just about getting rid of uncomfortable feelings. It's about opening to something new! This may include new opportunities and new levels of awareness.

When you use EFT, you obviously want to make some positive changes in your life. If you are like most people, you may want to achieve one or more of the following:

- Eliminate stress so you can feel happier and more relaxed.
- Reduce conflicts with others and improve your relationships.
- Improve your finances so you can get out of debt, travel, and have things that will make your life more enjoyable.
- Overcome fear so you can achieve more.
- Stop self-criticism so you can feel good about yourself and what you have to offer.
- And more...

Improvement in any of these areas can help you to create the best possible life and this list probably may give you some ideas of what is possible. This

brings us back to the ultimate goal - feeling vibrantly alive on all levels - in the body, emotions, mind, and spirit.

This sense of being vitality and aliveness includes the following:

- **Physical Vitality:** Holistically, the physical body is a reflection of how you feel about your life. Is someone in your life a "pain in the neck?" Do you ever find yourself in a situation that you "can't stomach?" Have you ever experienced heartache or a feeling getting choked up when you want to express yourself? Do you sometimes feel so busy it "makes your head spin?"

If so, you are not alone. Your physical body reflects your emotions, your thoughts, and your spiritual well-being. You feel physically vital when you are relaxed and excited about the life you are creating. Your body also reflects how well you take care of yourself so you can be your personal best. The care you give to your body shows how much respect you have for yourself.

Most people don't have the experience of complete physical well-being, where they feel at ease and where each cell and every part of the body feels totally alive and well. This is the ultimate goal, and EFT has helped many people to release emotional, mental, and spiritual blocks that relate to their health.

- **Emotional Vitality:** When you have a high level of emotional vitality, you feel happy and excited about getting up each morning and starting a wonderful new day. Most people lack this kind of enthusiasm about life. Anger, fear, depression, stress, and a host of other emotions interfere with their emotional well-being.

Imagine how it would feel to wake feeling totally alive, and going through each day feeling happy and excited about life. EFT can help here, too.

- **Mental Vitality:** Feeling mentally alive involves having a high level of belief that anything is possible, that you can create the life you desire. Here, too, many people find themselves in circumstances where their possibilities appear to be limited.

Your beliefs about what is possible are reflections of your thinking and you can change the way you think. You and only you are the creator of your life. Limiting beliefs about what is possible often sit below the surface of your conscious awareness, so you may need to look deeper to expose what is blocking you in this area. When you do, you will find them linked with emotions, which you can address with EFT.

- **Spiritual Vitality:** This can be a sensitive area and people have vastly different spiritual orientations. Here, we are referring to your beliefs about yourself as a unique expression of an infinite creator. Many people feel flawed, inadequate, or similar limited feelings about themselves that prevent them from reaching for deeply rewarding and fulfilling lives.

Underneath this self-doubt, however, each of us senses in our heart that we have something unique and special to offer. Simply stated, if you are alive, you are here for a reason. The ultimate goal at this level is to love oneself completely as a unique expression of our creator, so you can move freely forward with your life.

Sound familiar? It's in the EFT Affirmation - "Even though I have this _____, I deeply and completely love myself." Think for a moment of the feeling of completely loving yourself. Total self-acceptance is the ultimate feeling of aliveness, because you then recognize who you really are, a magnificent spiritual being with special gifts to offer.

As you review this list, you may be thinking that being vitally alive on all levels is not possible for you. This view of total aliveness gives you something to strive for. Life is a journey and each step you take in the direction of the life you desire benefits you and everyone around you. As Wallace Wattles said in his classic book *The Science of Getting Rich*, "The very best thing you can do for the whole world is to make the most of yourself."



At its best, EFT connects you with your infinite potential and purpose. When the intensity of an issue is close to zero, you should start to glimpse light through the trees. You are then in a state where new possibilities can emerge. This is the best part. This is the time when the real magic occurs, so be sure to watch for it and take full advantage of the opportunity.

Always remember to focus on what makes you feel more vibrant and alive in body, emotions, mind, and spirit. Then you'll know you're heading in the right direction, toward your best possible life.

Be Prepared to Surprise Yourself!

When the intensity of your issue is close to zero, ask yourself if there is a message in this for you. Most people don't do this, but this is a time when deeper awareness may emerge.

Relax and listen to the now quiet voice. Notice how your reality has shifted and make note of what is possible now that never occurred to you before. You will probably be amazed at what you discover.

On the other hand, EFT is not foolproof. If, after two or three rounds, you aren't experiencing any change in the emotion and its intensity is nearly the same, you'll need to look further. In the next chapter, we provide some tips to improve your results.

3. Ten Magical Tips

"In my estimation, EFT is one of the most powerful treatments available. I have successfully treated fears, phobias, depression, and addictions. It is rapid, dramatic, and deep."

FRED GALLO, PhD

As you've seen, EFT is truly amazing!

When it works, it really feels like magic. But there may be times when you don't get the results you desire.

If at first you don't succeed...

Don't give up! Just a little more magic may do the trick.

Your Next Steps for Success with EFT

If you are like most people, you probably experienced some success the first time you did the tapping. Isn't it amazing? It's so simple and effective that most people get positive results the very first day.

As you continue, there are also ways that you can hone your skills and increase your effectiveness. Each of the following tips can make a huge difference. We've used EFT with thousands of people, and you can benefit from our experience with these ten magical tips for improving your results.

The world of energy healing is a creative work in progress. We, along with other users of modalities like EFT, continue to explore the healing process and discover ways to streamline our approaches. This again points to the fact

that the tapping sequences are not cast in stone. Using EFT, you may discover some jewels of your own that will contribute to this evolving field.

10 Magical Tips

Remember: small changes in technique can produce big changes in results. Locked doors can magically open, but you need to have the key. These tips may help you to broaden and streamline your approaches to the basic EFT Short Sequence.



- 1. Be aware of the environment you are in when you use EFT.** Though it is not always possible to control your surroundings, be aware that EFT and any healing process will be most effective in a relaxing, toxin-free environment. Loud noises, toxic odors, and the presence of electromagnetic influences like TV's, computers, and fluorescent lights can affect your results. Also tight or unnatural clothing and perfumes can limit the effectiveness of these methods. Being more aware of your environment can make a big difference.
- 2. Start with two rounds of tapping.** To optimize these results with very intense emotions, when the SUDs level starts around nine or ten, we often do two rounds of tapping with the short sequence before stopping for the re-evaluation. This generally provides greater relief at a time when it is greatly needed, so you can be in a more relaxed state to proceed further, if required. Sometimes this is all that is required, bringing the SUDs all the way down to zero.
- 3. Be as specific as possible when you identify the problem** and select the affirmation phrase. This can be the difference between failure and success.

We discussed being specific when identifying the problem in the Setup part of the Basic Recipe, and want to reiterate this point. The specific emotion and the affirmation are the keys that open the door to healing and new possibilities. When the problem and the phrase are too general, they may not unlock the door. We have noticed with our EFT students and clients that the importance of being specific is often overlooked.

For instance, a problem with self-esteem generally has many, many aspects. Attempting to clear all of them with a generic phrase like “Even though I have this self-esteem problem, I deeply and completely accept myself” probably won’t be very effective. Instead, focus on one aspect, like feeling uneasy around strangers or feeling incompetent learning to use a computer. Be as specific as possible, focusing on one aspect at a time.

4. Add the “Thousand Meeting Places” point. This is an additional point we use as part of the Short Sequence. It is located just behind the top of the head, so it is easy just to tap in the general area. In acupuncture, it is called “A Thousand Meeting Places” because a lot of meridians converge here. This also makes it an effective tapping point that can easily be added to the short sequence.

5. Use a series of different affirmations. Another simple thing you can do to increase the effectiveness of the Short Sequence is to put all of your thoughts about an issue you’ve chosen into a series of affirmations. As an example, a person who is feeling stressed at work might come up with the following series of affirmations:

- Even though I feel pressured to work long hours, I deeply and completely accept myself.
- Even though I am afraid that I will lose my job if I take time for myself, I know that this can change and I deeply and completely accept myself.
- Even though I fear others will make fun of me if I take yoga classes, I am open to seeing this differently and I completely accept myself.

There may be even more than three affirmations that apply. It’s fine to say as many as you want. This is a simple way to address different aspects of an issue while bringing up unconscious thoughts and feelings that may facilitate the healing. We find it particularly helpful with

Success Tip!

Read these 10 tips several times and try them out. Then, when you need that SOMETHING EXTRA, you’ll be ready.

You may also want to incorporate some of these tips into your EFT practice.

complex issues and freeing for the person who has an opportunity to express all of his or her feelings.

- 6. Try the Miracle Reframe.** This is a specific variation on the affirmation that we use frequently. Our students and clients love it, and we hope you will too. It's easy and magical. Miracle Reframe can truly work miracles. The affirmation is,

“Even though I have this _____, I know that anything is possible and miracles are happening now.”

Try it and see for yourself! If you want to see a demonstration, go to:

<http://gettingthru.org/miracles.htm>

- 7. Allow a little time and a few clarifying breaths before doing the re-evaluation.**

People are generally impressed with how fast and effective EFT can be. At the same time, remember that powerful changes are occurring and allow some space for the transformation to occur. We sometimes refer to this as being spacious, giving yourself a few minutes to settle down energetically after completing the tapping.

Many people notice the intensity going down for a period of time, so taking a few deep breaths and just hanging out for a minute or two can be beneficial, particularly with a deep clearing. It also allows time for your mind to adjust to the possibility that the problem is really gone.

One of our students recently mentioned telling another student who was assisting her in a practice session that her SUDs was at three after completing a round of EFT. The truth was that she could not find any traces of the emotion she had been clearing. She said that she did this partly because she couldn't believe it was actually gone. Her mind was making some allowance in case it came back.

Success Tip!

Connect with the power of the breath.

It helps the energy to move, and you are moving lots of energy around when you do EFT. You may be able to feel it as you breathe!

With practice, you can recognize when this kind of doubt is surfacing. If you take a few nice deep breaths and feel yourself becoming centered, enjoying the peaceful space, your effectiveness will improve. EFT is fast, but the results are in the moment, not the momentum.

8. **Use the Basic Recipe as a simple tune-up.** Doing one or two rounds of simply tapping can be refreshing when you feel like you could use a little extra energy. The tapping sends energy through the whole meridian system. We find that we generally feel better after tapping, even when we are tapping along with our clients, as we usually do. We also do a round or two when we want a nice lift.
9. **Be willing to change the acceptance part of the Affirmation.** Remember, EFT is flexible and for some people, saying “I deeply and completely accept myself” is difficult. In such cases, the normal affirmation might actually aggravate the problem and interfere with the healing process.

Here are some alternative endings:

- “Even though I have this _____, I love and accept myself enough.”
- “Even though I have this _____, I know I’m okay.”
- “Even though I have this _____, I choose to move on with my life.”
- “Even though I have this _____, I know I have many options, resources, and possibilities available to me.”
- “Even though I have this _____, I’m willing to see things differently.”
- “Even though I have this _____, I’m ready to let go.”
- “Even though I have this _____, I really want to get over it.”
- “Even though I have this _____, I’m safe and secure.”
- “Even though I have this _____, I am open to the possibility that I can deeply and completely accept myself.”
- “Even though I have this _____, I want to completely and deeply accept myself.” (from Deborah Mitnick)
- “I release _____, and choose peace (or love, freedom, etc.)”

As you start to use alternative phrases, others may come to mind. You may also be able to intuit a statement for yourself or another person that is uncanny in its precision.

Here's a beautiful example of the magic of EFT.

One time, Phillip was helping a client named Susan with the affirmation. Susan was dealing with her husband's promiscuity. Based on her comments, Phillip suggested the EFT affirmation could be "Even though I feel devalued and dishonored, I can still deeply love and accept myself." Then Phillip asked Susan to complete the sentence, "and I choose to..."

Susan's immediate response was "I choose to be completely attractive to my husband." Recognizing that Susan's wounded ego had gained the upper hand and knowing that she needed to address her own feelings rather than her husband's response to her, Phillip helped Susan to center herself. Together, they then changed the affirmation to "Even though I felt devalued and dishonored, I'm getting over this, letting go of my anger, and feeling more at peace."

After a round of tapping, Susan realized more deeply that she could protect and value herself. This change in perspective showed that the EFT was working and she was coming to a deeper understanding of the problem. Susan then added the affirmation, "Even though I feel devalued and dishonored by my husband, I can still value who I am and respect myself." She rapidly transformed her feelings and released the negativity.

This example illustrates how resistance to healing can be subtle. It can lie under the surface of the initial responses the person gives. If EFT is not working, you might want to check the affirmation to confirm that the wording feels right for the issue at hand. Underlying aspects might be ready to spring forth if you take an open, exploratory approach. Then healing can progress more easily.

Success Tip!

REMEMBER, you can't control anyone else. Look into yourself for healing and change.

Interestingly, when you change, you may notice changes in the people around you, too!

10. Support those you are assisting by tapping along with them. When we work with clients in person or by phone, we always tap along as they are doing EFT. This adds energy to their healing and gives us an energetic boost at the same time.

These ten tips should help you to hone your approach to EFT. With experience, you'll find that seemingly insignificant changes in technique can produce dramatic changes in your results. In addition to the tips already mentioned, we have found the "Magic Question" to be particularly insightful.

When EFT is Not Working, Ask the Magic Question

Would you like to know what is happening when EFT isn't working? It's usually pretty simple. We have found that most often there is something the recipient needs to understand. This is where we look next and it almost always works.

We use a variety of approaches. The series of affirmations mentioned earlier may bring up the needed awareness. We also have discovered a simple question that often does the trick.

Here is the Magic Question that may provide the answer:

"Can you think of anything that could be stopping you from releasing this _____?"

The responses are often immediate, surprising, and enlightening. The answer may be just below the surface, and one simple question will evoke the awareness that is needed for EFT to be effective. For what you are addressing, you may need a variation on the question, like:

- Can you think of any reason you can't overcome this challenge?
- Do you really want to be free of this fear?
- Is there any reason you couldn't succeed at fulfilling your dream?
- Could anything you can think of be preventing you from earning the income you desire?

- If you could be completely free of this difficulty, would that present any problems?

You probably get the idea.

Here's another beautiful example of EFT in action.

One time, Phillip was helping a woman named Martha with her relationship to her grandchildren. She felt hurt because they forgot to call her on Grandmother's Day.

To help her with these feelings, Phillip showed Martha how to do EFT. She started with an intensity of eight out of ten for being hurt. After several rounds of EFT, the intensity had only dropped slightly, to six. EFT is usually much more effective, so Phillip knew something else was holding her back. He asked Martha, "Do you want to get rid of this hurt feeling?" Without thinking, she responded, "Why no! Then my grandchildren would never notice me!"

As Martha heard the words that were coming out of her mouth, an "ah-ha" came. She immediately realized how she was sabotaging herself and reinforcing her pain.

Martha intuitively understood that she had been using victimization as a magnet to attract her grandchildren's attention.

With this new realization, Martha did another round of EFT, this time saying, "Even though I don't want this hurt to disappear, I can still deeply and completely accept myself." With this one round, the hurt disappeared.

The message here is to experiment. Play with EFT, open to magic happening, and try new approaches.

As this statement from one of our students testifies, EFT's potential for transforming your life is truly awesome!

Success Tip!

Don't be afraid to experiment and try EFT on everything.

Who knows? You may surprise yourself!

“EFT is an extraordinary healing process. My wife has found freedom from her agrophobia [fear of going places] that she has not experienced in over 40 years since it began.”

She did this by using EFT first at home, then when she ventured outside. With regular use of the EFT Short Sequence, she was able to go further each time, until the triumphant day came when she drove alone on the freeway. Then she knew her success was complete!

4. *Your Brightest Possible Future*

***"EFT is at the forefront
of the new healing movement."***

CANDACE PERT, PhD

The road to your future lies before you and you are in the driver's seat. Only you can follow through and create the bright future you desire.



With the tools you have gathered here, you have the possibility of making transformational changes, as thousands of others have done with these methods.

***At its best, EFT is not just about getting rid of
negative patterns. It is also about opening to the most
magical life imaginable.***

As you continue to use EFT, be sure to ask yourself what you need to clear so you can feel happy and excited about being alive. This is the life you are meant to live.

To guide you in the right direction, we want to share some final thoughts about realizing your full potential. Our greatest desire is to see you and those around you step enthusiastically into a future filled with love, joy, and genuine freedom.

Leaving the Past Behind

Creating the life you desire means leaving the past behind. Most of us use the burdens of the past as gauges of our potential in the future. Unfortunately,

the weight of these burdens can stop us cold on the path to emotional freedom.

Jane once dreamed that she was carrying a heavy backpack up a slippery, ice-covered slope. With this burden, she kept slipping back down to the bottom of the hill, unable to make it to the top.

Reflecting on the experience, she removed the backpack. Opening it up, she was shocked to discover that it was filled with dark, slimy worms and squirmy creatures. Realizing that she didn't need it, Jane quickly cast it aside, easily scaled the slippery slope and reached a breathtakingly beautiful valley on the other side.

Success Tip!

Don't wait another day to start using EFT.

Even challenges that seem insurmountable may clear with ease and it only takes a few minutes to find out what is possible.

Carrying the limitations of the past with us is like lugging a heavy backpack filled with worthless trash.

And many people carry a lot of trash around with them.

Each piece of trash takes energy to maintain. This is, vital life force energy we could otherwise be using to create a positive, fulfilling future. Fortunately, EFT allows us to quickly and easily unload ourselves of these burdens and move briskly forward.

With this in mind, it is somewhat surprising and even comical to think that we often resist opportunities to pull out the trash in the knapsack and discard it once and for all. But, as in the dream, many of us continue steadfastly and unsuccessfully trying to move forward lugging heavy burdens.

Opening the Backpack

There is no time like the present to take a look at the burdens you're carrying and start making changes.

We are personally familiar with the thoughts so many of us have about waiting to do the things we really want to do with our lives until there is more time or when life is easier. We have been there ourselves and finally recognized that the easier time never comes.

The time to change is now.

To begin, you may want to close your eyes for a moment now and take a couple of relaxing breaths. Notice if you are carrying a backpack or any other kind of unnecessary weight. If so, open it up and look inside.

Make note of what you find inside. The contents provide clues about the unnecessary burdens you are carrying around. Once you recognize them, you lighten your load with EFT, set your course, and step lightly into the future.

Charting Your Course

This may also be a good time for goal-setting. EFT has been shown to be highly effective in this area as well. Here's how psychologist, professional speaker, and Peak Performance Consultant Steve Wells describes using EFT for setting goals and letting go of the past:

"I use EFT to assist people to achieve peak performance in any field. EFT is an excellent tool for removing blocks and barriers to performance, in particular dealing with doubts and fears, including fear of failure and fear of success. It can also be used to develop greater clarity of focus and commitment towards your goals, iron out values conflicts, overcome belief challenges, release the negative effects of past failures, reconnect with success, and allow your peak performance states to emerge."

Putting your dreams and goals down on paper is a powerful first step toward making them a reality. To create a bright future, one where you feel fully alive and excited about each day, here are some questions you can ask yourself:

- **If you had no limitations in place, time, or money, where would you want to be, what would you want to do, and what would you want to have?** Just write down whatever comes to mind. The more ideas the better; just open the creative flow and let them come out on paper. You can go through and refine them when you are done.

- **If you want to have a lot of money, what does it represent to you?**

Again, write down whatever comes to mind. When you are done, separate the heartfelt desires from the insecurities that need to be cleared with EFT. Clearing issues related to money will help you to clear the way to realizing your goals.

If you think money isn't important or that wanting money means you are too materialistic, think again. In this regard, Wallace Wattles classic book *The Science of Getting Rich* was transformational for us. This is the way he put it:

"The desire for riches is simply the capacity for larger life seeking fulfillment; every desire is the effort of an unexpressed possibility to come into action."

Money is an essential resource for anyone who wants to live fully and EFT can help you to clear blocks in this area. You can learn more about *The Science of Getting Rich* and using EFT to clear money blocks on our website at scienceofgettingrichwitheft.com.

- **If your life ended today, which of the things on your list would be most meaningful to you?** Answering this question may help you to refine your list.

When you have completed all of the questions, you may want to organize your thoughts into a final list, which you can review and revise over time.

Your Brightest and Most Magical Future

To realize your full potential and create a wondrous future, we suggest creating an image of your brightest possible future and keep this bright future directly in front of you each day.

Once you've defined your goals, this visualization can help you to bring them into reality.



We always keep this bright future before us. We imagine being on a path with the past fading in the distance behind us and the future extending out clearly before us as far as we can see.

***Always remember, what you see
is what you get...***

Whatever you consistently see for your future in any area of your life is what you are creating. Using this visualization to strengthen the positive results of any EFT tapping can strengthen your resolve as you move forward.

Success Tip!

Expect only the best in your life and know that you deserve it.

Lessons on the Path

As we progress on the path, it is also important to value our experiences and the lessons they provide. Everything is connected and everything has meaning. All of our burdens can also be seen as synchronous opportunities to evolve. Overcoming challenges connects us more with our essential nature, and help us to realize our true purpose.

***Each roadblock on the path to the future relates
to a lesson we need to learn on the journey to wholeness.***

Our limitations are really just misunderstandings about our true identities as vast spiritual beings with infinite potentials. By learning life's lessons, we can discard the misunderstandings and recognize more of who we really are.

When you clear blockages to living fully with EFT, you are participating in the evolutionary journey and preparing yourself to realize your full potential. Isn't this an exciting thought?

Tapping Each Day

Here's something that became crystal clear to us from exploring the areas of personal and spiritual growth for a few decades now. Just about all of us

need to intentionally focus on having a positive outlook toward ourselves and our possibilities to successfully realize our dreams.

The most magical key is staying with it and watching your life transform!

Many people dabble in life, moving from one thing to the next and never really mastering anything at all. Don't let this be you. If you really want to experience a transformation, just about any EFT expert will tell you to tap a little each day to create an increasingly vibrant, joyful, and rewarding life. Here's what Veteran EFT Expert Betty Moore-Hafter said about daily EFT.

"I am grateful every day for the gift that EFT is to me both personally and professionally.

Personally, I use EFT daily, and it's like maintaining mental and emotional hygiene. There is no reason to let anything negative build up in my system since I can bring myself relief and healing with EFT.

Professionally, EFT is the "therapist's dream," a simple tool that can help almost every client feel better fast. My work combines EFT and hypnotherapy and we often get excellent results."

You can get these benefits, too. If you commit to using EFT every day, we're confident that the results will exceed your expectations.

We end, as we began, with some words from EFT's founder, Gary Craig, from our book *Getting Thru to Your Emotions with EFT*:

EFT addresses the whole energy system. It helps you to transcend old paradigms and stubborn problems. The processes are designed to bring you to wholeness, often in more dramatic and effective ways than you might imagine possible.

So explore this new Healing High-Rise with Phillip and Jane. Let this dedicated pair help you fulfill your potential, clear blockages, and move upward within the Healing High-Rise. The view from the top is spectacular!

Want to Learn More?

As you might imagine, you can go MUCH further with EFT.

If you want to increase your skills or if the techniques you have learned here are not resolving specific issues, here's what we suggest. Learn more techniques and strategies that will help you to thrive in just about every area of your life.

Consider this: the skills you learn now will benefit you and those you love over a lifetime. We're delighted with each of the amazing things we have learned and we're confident that you will be, too.

Here are some areas to consider.

- 1. Go Deeper with Kinesiology:** As amazing as the techniques you have learned in this book can be, you still may not get to the source of the problem every time. This generally indicates that you need to reach deeper in your unconscious mind to pinpoint the blockage. Once you do this and understand what is occurring, EFT almost always works.

Kinesiology (muscle testing) is a highly effective technique that you can use to find out what is occurring in your unconscious mind and more. Like EFT, it is simple, non-invasive, and requires no equipment of any kind. Once you learn how to do it, you can use it virtually any time and anywhere to determine if something you are focusing on boosts your life energy or drains your life energy. It's really amazing!

Learn what kinesiology is and more at:

blog.gettingthru.org/what-is-kinesiology

Also, in our book *Getting Thru to Your Emotions With EFT*, you can learn about Psychological Reversal, a condition that can block success with EFT in areas where unconscious beliefs about yourself and your possibilities are stopping you dead in your tracks. This book also contains a group of powerful "Getting Thru Techniques" we have developed to get to the source and to give you more insights with deeper issues. Read on to learn more about this book.

- 2. Develop Effective Strategies:** Tapping alone doesn't necessarily change behavior. Learning how to take effective action is essential if you want to feel fully alive and excited about life. In many cases like losing weight, reducing stress, and creating greater well-being, you may need to develop new ways of being and doing things to get the results you desire.

This, too, is an area where a lot of people fall short and we don't want this to happen to you. As mentioned earlier, most people dabble in life, and they need to make some changes to get the kind of results they desire. We address many of these areas in *Getting Thru to Your Emotions with EFT*, including the following:

- Eliminating stress
- Overcoming insomnia
- Relieving pain
- Creating physical well-being
- Stopping smoking and other habits
- Reaching your ideal weight
- Increasing physical activity and performance
- Achieving Genuine Freedom

This book also describes how to overcome Psychological Reversal and much, much more. **You can learn more about *Getting Thru to Your Emotions with EFT*, along with video demonstrations and audios at:**

eftmagicinminutes.com/products/eft-book-videos-audios

- 3. Learn How to Achieve Success:** Surprisingly, we are not taught how to become successful in school. Unfortunately, this leaves the majority of the population who didn't have the advantage of coming from a

highly successful family at a disadvantage. Most people have a lot to learn in this area.

We have to include ourselves here. Like most people, we learned how to be good children and we were raised with the assumption that finding a good job with healthcare insurance and a good retirement plan were the keys to life. This is completely wrong. We had a lot to learn and we have benefitted greatly from what we have learned.

We now live the kind of life that people admire. When we ask the students in our EFT and Holistic Coach Training Courses what they want to do, many say that they want to do what we do. They can see that we feel fully alive and excited about each day. We live where we want to live; have richly fulfilling professional lives as authors, coaches and trainers; and have time freedom so we can enjoy life to the fullest.

We already mentioned how *The Science of Getting Rich* changed our lives. This classic book has withstood the test of time for one simple reason: as Wallace Wattles promised, it works! When we started to study his step-by-step instructions for living fully and realizing your dreams, we also saw how EFT can simplify the process.

Based on our findings, we created a program, ***The Science of Getting Rich Simplified with EFT***, which is now available for immediate download at:

scienceofgettingrichwitheft.com/products/the-science-of-getting-rich-simplified/

Remember, the processes you learn now will benefit you and those you love for the rest of your life. If you love bargains like we do, what could be better?

EFT Home-Study Certification Course

Do you want to use EFT professionally?

If so, this unique, exclusive course may be exactly what you need to succeed. Many healing professionals are incorporating these powerful techniques into their current practices or starting new practices specializing in EFT. If you want to learn a proven, systematic approach to EFT and energy healing from two of the leading experts in the field, read on now to learn more.

With our signature systematic approach to EFT you can...

- **Get consistent results** with the exact knowledge, tools and implementation you need
- **Develop unshakable confidence** because of the results you can produce, creating sometimes miraculous changes in people's lives - and your own...
- **Enhance and increase your effectiveness** with complementary techniques you already know - and take them to another level
- **Make a significant difference** in those you help and the world
- **Open to more possibilities** to create a joyful and fulfilling life
- **And much more...**

Go to <http://gettingthru.org/aceft.htm> to find out more about the EFT Home-Study Certification Course.

"I was surprised how simple and painless these techniques are to deal with our darkest fears and insecurities."

This EFT Home-Study Certification Course has given me techniques that have had an amazing effect on my personal growth and immensely benefited people I have helped."

--Heather Nordello, EFT Practitioner,
Amherstburg, Canada

Join the hundreds of others who have taken the EFT Home-Study Certification Course. It's easy to follow and goes in depth, and you receive a certificate suitable to display after completion.

Go to <http://gettingthru.org/aceft.htm> to find out more about the EFT Home-Study Certification Course.

About the Authors

“Phillip and Jane Mountrose, the authors of this e-book, have been pioneers, innovators and integrators for many years, now having contributed a number of excellent books, videos and audios to this growing field of energy and spiritual healing and change. I have been privileged to read, watch or listen to many of these innovative products and been amazed at times at how prolific they have become. I have been both delighted to observe their own professional growth along the way and very appreciative of their willingness to be of service to both their clients and their colleagues.”

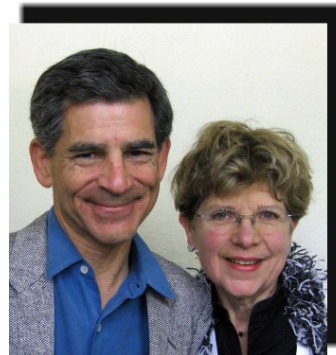
PHILIP H. FRIEDMAN, PhD

The Mountrose are EFT and energy healing experts, authors, success coaches, trainers, and founding directors of Awakenings Institute and the Heart of Success Academy.

In their roles as Ministers of Holistic Healing with Awakenings Institute, they have devoted more than two decades to exploring the fields of personal and spiritual development, along with the heart and soul of success.

Their passion in life and greatest joy revolve around helping people to overcome personal challenges, discover their life purpose, and create tremendous success.

The Mountroses train holistically-minded people to tap into the “heart and soul of success” with EFT (Emotional Freedom Techniques), energy healing, and success coaching. They offer state-of-the-art EFT, energy healing, and coaching certification programs. Their enlightened approach helps students to expand their possibilities and build confidence. Students learn powerful tools



and resources for creating profoundly joyful and fulfilling lives, and how to create a strong support network so they can prosper.

A Little Background

Phillip and Jane have created tremendously successful and fulfilling lives for themselves, but it wasn't always this way. Earlier in life, Jane was an architect and Phillip was a special education teacher. While they were successful in these areas, their deep interest in personal and spiritual growth drove them forward to learn more about overcoming the blockages that prevent people from experiencing joyful, fulfilling and successful lives.

Since 1992, the Moutroses have taught courses in holistic coaching and healing in California. They are also featured speakers at conferences and events throughout the United States. Recently, they converted their training into an extensive Coaching and Healing Certification Telecourse helping students around the globe to develop skills and market their practices.

The Moutroses have also written a dozen books and manuals that are sold worldwide. These include the some of the most popular books on EFT, as well as books on Spiritual Kinesiology, manifestation, and more. They also mastered how to optimize success both locally and worldwide with an internet-based practice and share this knowledge to help their students to create successful professional practices.

Through the Heart of Success Academy, Phillip and Jane share a treasure chest of these 21st century enlightened success solutions to help professionals like themselves who yearn to get their messages out and make a big difference in the world.

The Moutroses live on the sunny Central California coast.

For more about tapping into the heart and soul of success with EFT and energy healing, visit <http://gettingthru.org>.