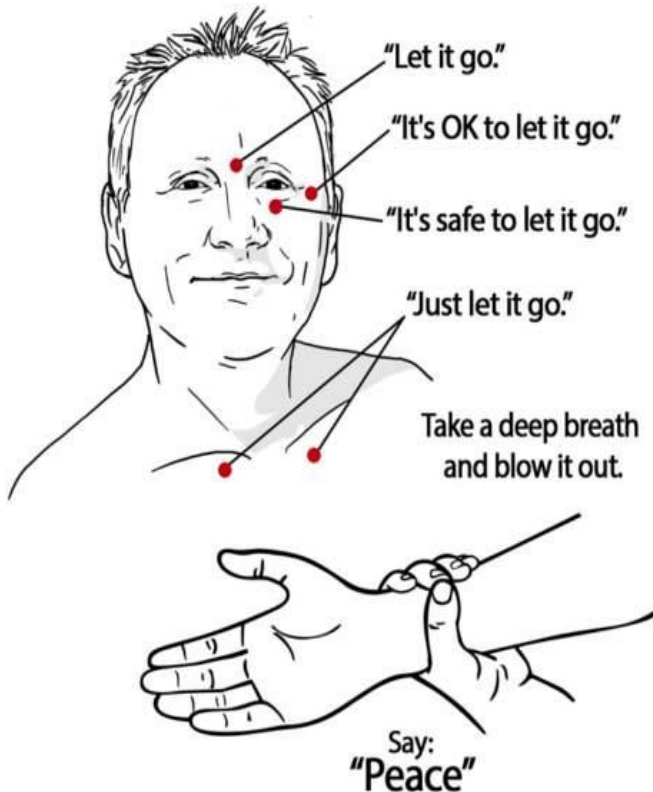


No matter WHAT the perceived problem is, chances are EXCELLENT it doesn't consist *entirely* of something that just occurred.. AND – Even if it Did, you may be able to lessen the severity of the problem, or eliminate it completely - by simply Tapping it out..

**When YOU say, "I release and let go of\_\_\_", You access the power that enables you to do so.**

By identifying the problem and addressing it by name ("I release and let go of this headache" (this sadness, this nausea, this (X)) ..and, using the protocol shown here:

### FasterEFT Style of Tapping



### FasterEFT Tapping Process

1. NOTICE how you KNOW and FEEL the problem (feeling, image, sound).
2. Start tapping on each point and FOCUS on the spots as you are tapping and SAY:  
"LET IT GO,  
it's safe to LET IT GO,  
it's OK to LET IT GO,  
Just LET IT GO."  
Or you can just say, "Let it go."
3. HOLD YOUR WRIST, take a DEEP BREATH in, blow it out and SAY "PEACE."
4. Recall a HAPPY MEMORY and enjoy it.
5. Now, go CHECK the problem again.
6. REPEAT the process.
7. KEEP TAPPING on the memory until you change the meaning and turning it into a positive.

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**email: [george@IwantJoy.com](mailto:george@IwantJoy.com).**

Certified Practitioner George Thomas provides Matrix Energetics™ & Hypnosis as well as Faster EFT and Focused Mind Healing via "In Person" & Remote (Skype) Sessions.

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