



A Simple Personal Peace Procedure

for users of EFT

(Emotional Freedom Techniques)

**A new FREE resource to get more from
EFT (Emotional Freedom Techniques)**

By Diane Holliday

You may remember if you did any formal EFT training that at one point The Personal Peace Procedure (PPP) was mentioned. If you have been working with an EFT practitioner you may also have come across this and just not taken the idea any further. Even if you tried this technique before you may have found that it's not that easy.

I consider this to be a fundamental way of clearing old issues and can be done at any time and in any order and more importantly, on your own. My personal preference is to write down the events that may have caused issues in a time line; starting with the earliest memories. The following pages will help you to relive the memories as sharply as possible by using a 'reminder' formula. You can add a page for each memory in each age category, so that when you start to remember and clear old memories, other issues may come to the surface.

There are huge benefits associated with doing the PPP and not just the clearing of old issues. The process will help you to identify behaviours and traits that have made you person you are today, so when you are able to focus on who you really want to be, you have a set of ideas on which to work.

If you are not familiar with the PPP protocol, please read Gary Craig's article for further details at the end of this booklet.

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How to use this workbook

Within this workbook are templates for you to use based on age groups. You may for instance have no painful early memories or issues relating to your childhood, but have more disturbing memories of adolescence that call for further work. So in this case start with age 15-21.

You may already have a 'Time-Line' of material events in your life, so that would be a good place to start, but if not, try the following exercise.

1. Take a large sheet of paper and draw a line vertically down the left hand side, leaving room for noting dates or ages
2. Now think of your earliest memory that still gives you pain, add your age to the left and the details in brief on the right
3. Continue with this exercise until you get to the present day
4. Now translate each memory to a worksheet in the relevant age group
5. When you are ready to start a Personal Peace Procedure tapping session you now have a series of issues to work on

Please download and print a worksheet for each event and relevant age group and complete each memory stage in as much detail as you can remember. Start work with a SUDS rating 0-10 and start your tapping routine. Stop and check your rating at intervals.

At any time during the PPP you may find that another memory is triggered, so print another worksheet in the relevant age group.

If you have any difficulties or feel overwhelmed, please contact me for advice.

Worksheet from your earliest memory to age 15 approximately

Details of the memory: What happened...

SUDS Rating at start-

How old are you?

What are you wearing?

Was anyone else involved?

Who is taking care of you?

Can you 'see' your home?

SUDS Rating –

SUDS Rating –

Date of work done

Notes:

Worksheet for age 15- 21 approximately

Details of the memory: What happened...

SUDS Rating at start-

How old are you?

What are you wearing?

Was anyone else involved?

Are you at school/college
or work?

Can you 'see' where you
live?

SUDS Rating –

SUDS Rating –

Date of work done

Notes:

Worksheet for age 22 - 50 approximately

Details of the memory: What happened...

SUDS Rating at start-

How old are you/what year was this?

What are you wearing?

Was anyone else involved?

Are you living with someone, are family involved?

Are you aware of your surroundings?

SUDS Rating –

SUDS Rating –

Date of work done

Notes:

Worksheet for age 50 onwards

Details of the memory: What happened...

SUDS Rating at start-

How old are you/what year was it?

Was anyone else involved?

Do you have family/friends around you?

Are you living with someone?

Are you aware of your surroundings?

SUDS Rating –

SUDS Rating –

Date of work done

Notes:

The following was written by Gary Craig our founder:

The Personal Peace Procedure that I'm about to unfold for you is not just a way to "feel a little more peaceful." Properly understood, this technique should be the healing centrepiece for every person on earth. Every physician, therapist, spiritual counsellor and personal performance coach in the world should be using it as a leading tool for helping others (and themselves).

In essence, the Personal Peace Procedure involves making a list of every bothersome SPECIFIC EVENT in one's life and systematically EFT'ing 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 world peace

Here are some uses....

1. As "homework" between sessions with a physician or therapist. This is certain to accelerate and deepen the healing process.

2. 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.

3. 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.

4. As a useful substitute for finding core issues. If you neutralize all the specific issues you will have automatically included core issues.

5. As a means for consistent relaxation.

6. To become an example to others as to what is possible.

This simple concept should shift the entire healing field. I can state it in a sentence...

MOST OF OUR EMOTIONAL AND PHYSICAL PROBLEMS ARE CAUSED (OR CONTRIBUTED TO) BY OUR UNRESOLVED SPECIFIC EVENTS, THE VAST MAJORITY OF WHICH CAN BE EASILY HANDLED BY EFT.

Not bad for a mere engineer, eh? That sentence, if adopted by every healing practitioner and patient, would likely (1) dramatically increase our healing rates while (2) precipitously dropping our costs.

Please note that this idea completely ignores chemical causes such as those propounded by the medical model. That's because I have repeatedly seen improvements in clients where drugs and other chemical solutions have failed miserably. This is not to say, however, that drugs, proper nutrition and the like don't have their place. Indeed they do. They can often be vital. In my experience, however, our unresolved specific events are nearer the foundational cause for illness than anything else. Thus they deserve our primary attention.

How obvious! Experienced EFT'ers are well aware of EFT's ability to cleanly wipe the negative specific events off of our mental walls. This is the area wherein our highest success ratios appear. To date, however, 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...very good...and we should continue doing so. On the other hand, why not use EFT on ALL the other specific events that are behind our more generalized (but VERY important) issues such as (to name a few)....

Self-image
Anxiety
Depression
Persistent insomnia
Addictions
Compulsions
Feelings of abandonment

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. How's that for peace in a paragraph?

The same applies to physical ailments as well. I'm talking here about everything 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. I have had many discussions with physicians in recent years and more and more of them echo emotional strife as a major cause of serious diseases. Until now, however, there hasn't been an effective way to eliminate these health bandits. We can mask them with drugs, of course, but true cures have been hard to find. Fortunately, EFT and its many cousins now provide easy and elegant tools that will aid the serious health practitioner in killing the root causes of disease...instead of the patient.

What I share here 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 (quality training or quality assistance will add to its effectiveness). 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 (I'm 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 are either going at this half-heartedly or you have been living on some other planet. Many people will find hundreds.
2. While making your list you may find that some events don't seem to cause you any current discomfort. That's OK. List them anyway. The mere fact that you remember them suggests 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 almost slipped and fell into the Grand Canyon-- My third grade class ridiculed me when I gave that speech--Mom locked me in a closet for 2 days--Mrs. Adams told me I was stupid.

4. 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 anymore." 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.
5. 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 one movie (specific event) per day...preferably three...for 3 months. It only takes minutes per day. At this rate you will have resolved 90 to 270 specific events in 3 months. Then notice how your body feels better. Note too, how your "threshold for getting upset" is much lower. Note how your relationships are better and how many of your therapy type issues just don't seem to be there anymore. Revisit some of those specific events and notice how those previously intense incidences have faded into nothingness. Note any improvements in your blood pressure, pulse and breathing ability.
8. 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.
9. If you are taking medications, you may feel the need to discontinue them. Please do so ONLY under a qualified physician's advice.
10. It is my hope that the Personal Peace Procedure becomes a worldwide routine. A few minutes per day will make a monumental difference in school performance, relationships, health and our quality of life. But these are meaningless words unless others (you) put the idea into practice. I prefaced this article with a quote from my good friend, Howard Wight. I repeat it again below for emphasis...

"If you are ultimately going to do something important that will make a real difference...do it now"

Personal Peace to all, Gary

About Diane Holliday

Diane is an advanced EFT practitioner and has a general practice based in Gloucestershire for many years and in East Sussex from 2014. She writes on various topics including EFT, personal development, nutrition and energy work. Her specialities include relationship work, families and conflict resolution.

Diane Holliday can be contacted through the web site
www.dianeholliday.co.uk