NOVET
The EFT Standard

OPTIMAL EFT BASIC PROTOCOL

1. At What *Moment* Do You Experience the Negative Emotion or Feeling?

Step into this moment as if it were a film scene in which you are present. Look through your own eyes and pretend it is happening *now.* If an event lasts longer than 10-20 seconds, break it into smaller film clips and work on them one by one. Who and what do you see around you? What do you see, hear, smell, taste, or feel? Act as if it is happening *now* - *w*hat do you feel *now*? What emotion do you have *now*? Start with the strongest one, determine if it belongs to fear, anger, or sadness, and rate its intensity from 0 (none) to 10 (maximum). You may also use a combination of emotions if they are equally intense. Now you know what to meditate on:

2. Personal Peace Procedure (the Meditation)

- Quiet your mind, take a few deep breaths, and relax. Then, evoke a peaceful, loving feeling by thinking of someone or something. Allow yourself to truly feel this sensation. The Unseen Therapist is always present and instantly recognizes what you are doing. Your effort to become quiet and loving is enough of an invitation. It doesn't have to be 'perfect.'
- Focus on your issue by reliving it and invite the Unseen Therapist to fully resolve it for you. Trust that she knows what is needed.
- Meditate for 1-2 minutes by remaining still and staying connected to the peaceful feeling.
- You may also allow a visualization or metaphor to arise, such as the source you invited or a beautiful light. You can imagine the negative emotions as a red pulsing ball or something similar, and the Unseen Therapist as a cooling rain. Any imagery is fine.

3. The Test

Step back into your moment and relive it. Determine the intensity of your sadness, anger, or fear now and rate it. Repeat the Personal Peace Procedure. Test again and continue testing, repeating the meditation until all emotions or feelings from this moment reach 0.

4. Final Test

If everything seems to be at 0, test again by trying to trigger a negative reaction. If needed, make it slightly worse by exaggerating it. Still feeling something? Repeat the Personal Peace Procedure again! If everything feels neutral and there's no reaction left, you are done. Testing helps you find any remaining emotions. The more thoroughly you test, the better your results!

Note: If strong emotions arise, do not stop - keep meditating!

You haven't done anything wrong - you're simply feeling your reaction more clearly in this moment. By continuing now, you will truly clear it. If needed, you can switch to the EFT tapping protocol (available for download at noveteft.com). Sometimes tapping is easier when emotions are intense, but if possible, continue meditating and call upon the Unseen Therapist for support.

Be mindful not to jump from one memory to another or bring in additional situations. You can only neutralize one event at a time.