

Raising Your Metabolism or Immune System With EFT

Benefits of an Enhanced Metabolism

- A heightened sense of awareness.
- More body warmth.
- Automatically sitting up straighter and walking faster with more ease.
- Reduced appetite aiding in weight loss.
- More energy for excitement, happiness and movement.
- Increased energy levels for work, play, creativity and relationships.
- A new sense of having a healthy self.
- Seemingly a need for less sleep because you are less exhausted.
- Makes you faster, stronger and more efficient in mind and body.
- Works wonders with procrastination.
- Makes “hard” work much easier.
- Helps with fitness and health.

EFT Metabolism* Protocol

Imagine a 100 percent gauge which represents the PERFECT level of functioning for your own, personal metabolism system right at this moment.

Take the reading of how it is right now. Let a percentage number come up for you, or just guess at one, a number that best represents your present level of functioning. Accuracy is not important. We only want an arbitrary baseline for later comparison.

***IMMUNE SYSTEM.** You may successfully substitute the word “metabolism” with “immune system functioning.” Take a reading using the 100 percent gauge. Follow the same procedure as used with the metabolism protocol. Fine tuning your immune system is especially useful if you are generally under any stress, or your immune system is compromised due to disease or illness. You may also substitute the word “body” with “metabolism,” if you wish.

Please go to next page ►

First round of tapping: *“Even though my [body] is running at only _____ percent right now, I deeply and profoundly love and accept my body.”*

Second round of tapping: *“I want to release everything that slows my [body] down, and I deeply and profoundly love and accept my body.”*

Third round of tapping: *“I want to repair everything that slows my [body] down, and I deeply and profoundly love and accept myself.”*

With each round, start by saying the complete statement out loud three times while tapping the karate chop point—the outside edge of either hand.

Next, you may shorten the first part of your setup statement to a reminder phrase, if you wish. For example, *“only _____ percent right now,...”* *“...release everything,...”* *“...repair everything,...”* while tapping the beginning of eyebrow, outside of eye, under eye, under nose, chin, collarbone point, under arm and top of head. (For specific tapping instructions, see the Basic EFT instruction sheets.)

Do a round while saying your reminder phrase out loud, then go through the points again while saying the last part of your statement out loud.

Following each statement, do a round by alternating your phrases where you begin with the first part of your statement at the eyebrow point, then alternate with the last part of your statement at side of eye point—continuing to alternate the two parts of your phrase with the tapping points until you end up with saying the last part of your statement while you tap the top of head. If you don't feel confident doing this third round on your own, you may skip it and just do the two rounds with each of the three changing statements.

Now take a new reading. Repeat the procedure until you have either reached a 100 percent or you feel that you are okay where you are, and want to stop for now.

Like fitness, you build your metabolic rate gently, and step-by-step over time, so that all of you can get used to it gently and ecologically—properly, in other words.

Please go to next page ►

Use this protocol regularly—daily is best—until you achieve your own personal optimal level of functioning. By using it in the morning when you arise, you will be giving your body the signals it needs for improving healthy functioning throughout the day. Do this five minute energy system workout anytime throughout the day for a quick energy boost.

If you use the *metabolic* protocol in the evening before going to bed, you may find that you are too full of energy to go to sleep. If that happens, just tap for calm and relaxation, e.g., *“I want to feel calm and relaxed, and I...”*

Be aware of any feelings of sadness or anger, or of any unpleasant memories that may surface while going through the tapping points. Be sure to note them and create appropriate EFT responses to clear any other negative energies or recalls that come up—whether they seem to have any connection to the immediate issues is irrelevant at this time.

Excepted from an article by Silvia Hartman, Ph.D., *“Raising Your Metabolism with EFT,”* <http://www.emofree.com>.