



Mentoring Program

Skills, Tapping & Coaching

Course 4 Module 2 Lesson 2

“The Personal Peace Procedure”

1. Make a list of every bothersome specific event you can remember. If you don't find at least 50, you're either going at this half-heartedly or you've been living on some other planet. 😊 LOL 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 two 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 TET Tapping 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 TET Tapping to them accordingly. Be sure to keep after each event until it is resolved.

If you can't get a 0-10 intensity level on a particular movie, then assume you're repressing it and apply 10 full rounds of TET Tapping on it from every angle you can think of. This gives you a high possibility for resolving it. After the big redwoods have been removed, go to the next biggest trees.

5. Do at least one movie (specific event) per day...preferably three (3)...for three months. It only takes minutes each day. At this rate you'll have resolved 90 to 270 specific events in three months. Then notice how your body feels better. Note, too, how your “threshold for getting upset” becomes much higher. 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.

I ask you to consciously notice these things because, unless you do, the quality healing you'll 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 TET Tapping and thus I bring it to your awareness.

6. If you're taking medications, you may feel the need to discontinue them. Please do so ONLY under the advice of a qualified physician.