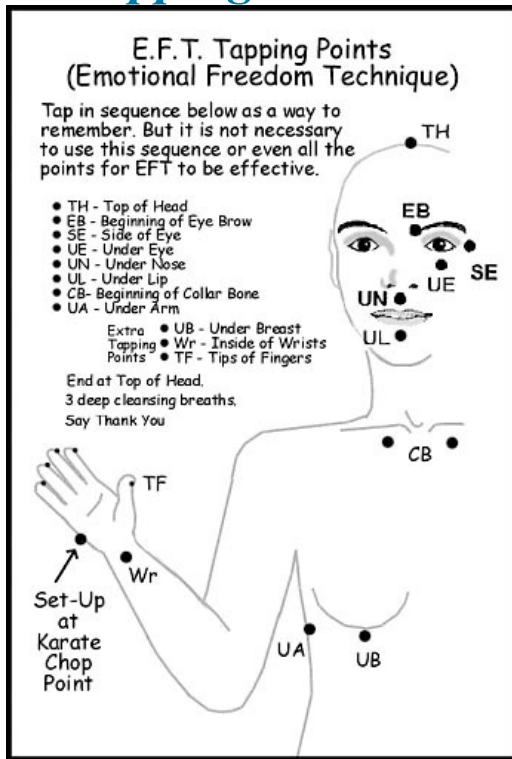


## Tapping Points



from: <http://EFTwizard.com>

Prepare a Set Up Statement (See free manual at <http://www.EmoFree.com>)  
The general rule for tapping is to tap each spot about 7 times in a row. One complete round of tapping would be to start at the highest point (by the eye) and work your way down to all the finger points.

If you wish to see this in action, here is a video that demonstrates each point  
<http://www.youtube.com/watch?v=WhoOhJMTVso>

## Testimonials

*"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools as it is for me."*

**Eric Robins, MD**

*"My doorman told me that after suffering from weekly and sometimes daily migraines since childhood, he hadn't had a single migraine since the EFT treatment, which was between 5 and 6 years ago. He still doesn't understand what went on in my office, but is thrilled with his relief."*

**Dr. Carol Look, LCSW, DC**

Hi Ruth,  
First, I want to thank you for an excellent Level II training meeting; you were organized, enthusiastic and knowledgeable - a true teacher. I came away inspired by your enthusiasm and willingness to share so many ideas on EFT. I also very much appreciate your genuineness.

**J. A. L. Level 2, EFT attendee June 2008.**

Dear Ruth:  
I sometimes have to stop and think about the speed at which I'm moving and realize it all started with the EFT clearing. I still have no idea what was blocking me but I don't care...it's gone! You have my permission to share this story if you like. If other's can see that EFT could clear up my mess...anything is possible!  
**SK Encinitas, CA. March 2008.**

Pain Free EFT



**RUTH TRIMBLE,**  
**M.A. EFT-ADV**  
**EFT Practitioner**  
Member  
**Meridian Tapping**  
**Techniques**

*Specializing in the relief of  
Emotional /Physical and  
Spiritual Pain with EFT*

<http://PainFreeEFT.com>

Your South Bay Area  
EFT Practitioner

Business: **(650) 638 9798**  
Email:

[Ruth@PainFreeEFT.com](mailto:Ruth@PainFreeEFT.com)

## Causes of Dis-Ease and Pain

Based on the ancient principles of acupuncture, EFT and Meridian Tapping Techniques are simple tapping procedures that gently realign the body's energy system, without the discomfort of needles. Unlike an acupuncture treatment, Meridian Tapping Techniques incorporate an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences block the flow of life force in the invisible energy meridians that run through our body. The physical changes we feel from those blocks, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we release that block. Meridian Techniques can quickly realign the energy meridians with respect to negative memories, disconnect the physical discomfort that we attached to it, and quite often remove the resulting symptoms.

Meridian Tapping Techniques continue to provide encouraging results, even with newcomers applying EFT and MTT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner or a medical doctor.

## What can be resolved?

Extensive application of Meridian Tapping Techniques has shown impressive improvements in a wide variety of issues, including those listed below.

### **PERSONAL PERFORMANCE**

Abundance  
Tests & Exams  
Business and Career Goals  
Golf

### **EMOTIONAL CHALLENGES**

Children's Behavior  
Relationship Issues  
Anger Management  
Depression  
Severe Trauma (PTSD)

Addictions  
Sexual Abuse  
Phobias

### **PHYSICAL DISEASE**

Allergies  
Migraines  
Pain Management  
Chronic Fatigue Syndrome  
Multiple Chemical Sensitivities  
Hypertension  
Fibromyalgia  
**Intestinal Bowel Syndrome\***  
Muscular Dystrophy  
Parkinson's Disease

\*three successful cases to date.

*More Information on these specific issues*

*Can be found at*

<http://www.EmoFree.com>

## Background



**Ruth Trimble, M.A. EFT-ADV** is neither a psychologist nor a licensed therapist. She is an ordained minister through the Universal Life Church, which is non-denominational and embraces all religions. She is a spiritual guide and facilitator, who has studied yoga and meditation, past life influences (karma) and kundalini in India. Living in Hawaii for 25 years, Ruth studied ancient Hawaiian Huna, and more modern techniques such as BioMagnetic Touch Healing, Meridian Tapping Techniques, Brain Gym™, Aromatherapy, and the healing methods of Barbara Brennan. Through the influence of a Hawaiian Kahuna healer, Ruth learned EFT and how to see inside the body as a "medical intuitive". Thus, she approaches this work with a decidedly spiritual perspective. However, there is no specific spiritual teaching connected to this healing method. These methods work for everyone of any religious persuasion. All that is required is a willingness to tap as directed and allow Ruth to guide you through the problem to a relief that is often permanent and uplifting.

CALL now: **(650) 638 9798**

**[Ruth@PainFreeEFT.com](mailto:Ruth@PainFreeEFT.com)**