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## Sample 1:

### Chapter Two: How Do You EFT?

Short and long form, set up phrase and psychological reversal.

EFT consists of what Gary Craig refers to as a Basic Recipe. Just as there are certain steps to baking a cake, each step of EFT is completed in a precise order. This Recipe consists of four steps: The Setup, The Sequence, The 9 Gamut Procedure, and ends with another round of The Sequence. All steps must be completed in a certain order, or EFT may not work.

#### **The Basic Recipe – Full Version**

The Basic Recipe is very simple and easy to do. Once memorized, each “round” of it can be performed in as little as one minute. It will take some practice; of course, but after a few tries the whole process becomes very familiar, quick, and easy.

It is important to understand the full Basic Recipe because it provides an important foundation to the whole EFT process. Once you have practiced and learned the full basic recipe, there are many fast and simple ways to shorten the process.

Again, the EFT Basic Recipe consists of the following ingredients:

1. The Setup
2. The Sequence
3. The 9 Gamut Procedure
4. The Reminder Phrase

#### **The Setup Statement**

The Basic Recipe’s first step is the setup statement or phrase. This helps prepare your body and mind for the change that is about to occur. It allows you to “set up” your energy system. The setup is vital to the whole EFT process and prepares the energy system so that the rest of The Basic Recipe can be effective. The purpose of "The Setup" is to make sure you and your energy system are properly prepared to release negative emotions, limiting decisions, beliefs, etc.

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## **The EFT Set Up**

### **1) What is The Problem?**

To direct the releasing effects of the tapping to the required area, we focus the mind, feelings and our language on the problem by stating the problem. For example, if you have doubts about becoming rich because you've never owned your own business, the problem statement would be, "I've never owned my own business." Once you have defined the problem statement, it will then be used as part of the EFT process.

In fact, it is crucial to define your problem so you know what fears, feelings, and negative thoughts you are facing. Many times we have a vague, overall "feeling", but we don't actually try to get to the root of our feelings. Just like we weed our garden, EFT causes us to weed all of our negative thoughts and emotions at the root. If only part of the weed is pulled, the root is there to grow back again. In the same fashion, address the root statement allows us to pull out the negative emotion so that it can't grow back.

### **2) Creating the EFT Set Up Statement**

The EFT Set-up Statement follows the same general format; it acknowledges the problem and creates self-acceptance despite the existence of the problem. As you learn to release your negative emotions, you will need to replace those negative thoughts and feelings with a positive statement, hence the set up statement.

The set up consists of a statement of the problem followed by a balancing statement or affirmation. The default affirmation in the EFT set up that is most commonly used is, "I deeply and completely love, forgive and accept myself"

Here is an example:

You repeat the EFT set up 3 times.

Even though I have this \_\_\_\_\_, I deeply and completely love, forgive and accept myself.

The blank is filled in with a brief description of the problem you want to address. This can often be as few as one or two words. A problem can be a worry, a feeling, a fear, or any other emotion.

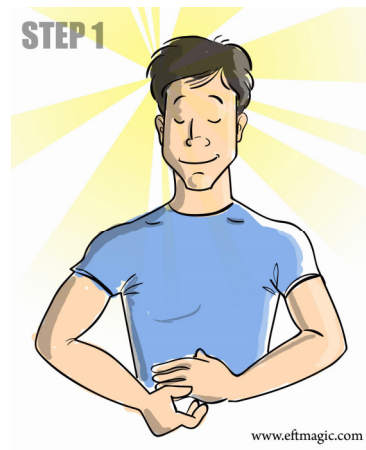
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### ***Here are some examples:***

- Even though I have this fear of public speaking, I deeply and completely love, forgive and accept myself.
- Even though nobody in my family has ever had their own business, I deeply and completely love, forgive and accept myself.
- Even though I have this anger towards my father, I deeply and completely love, forgive and accept myself.
- Even though I'm no good as a manager, I deeply and completely love, forgive and accept myself.
- Even though I am embarrassed to ask for help, I deeply and completely love, forgive and accept myself.
- Even though I'm not a techie, I don't understand computers, I deeply and completely love, forgive and accept myself.
- Even though I'm not an expert at PPC and others are, I deeply and completely love, forgive and accept myself.
- Even though I do not have a website, I just want it up and running, I deeply and completely love, forgive and accept myself.
- Even though there seems to be so much work to do, I deeply and completely love, forgive and accept myself.



### **3) Rub the “Sore Spot” or Tap the “Karate Chop” Point**

Despite any feelings of doubt, it is necessary to continue through the process. Those doubts will be released as you complete the whole Basic Recipe.

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## Sample 2:

### **Step One: It's All About Attitude**

Have you ever been on a diet and found yourself heavier a few months after you'd finished the diet than before the diet started? Have you ever bought a 12 month gym membership and even though you were getting results, found yourself not going to the gym anymore?

If you have more than one child, have you ever looked at one child and called that child by the other child's name? What about when you were growing up. Did a parent ever call you by your sibling's name? Or another name that was not your own?

So even though you know what you should be doing, that doesn't mean you do it. The good news is that this need not be the case with your financial situation.

In the *7-Step Guide to Rapid Debt Reduction*, you will find a system that when applied in your life, can take you from your current financial situation, and show you the way to take back the controls and steer you in the financial direction of where you WANT to go with your money. Each step will demonstrate how you can create an entire debt reduction system based on your needs and your desires.

However, it is important to understand your own current attitudes towards money and debt as a starting point. This will provide you insight into attitudes that were developed long before you had even an inkling as to what finance and debt was all about.

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So, before we look to make any changes to your debt/s or spending habits, it is beneficial to find out just where your beliefs and habits were originally formed. It's important to remember that the point of this exercise is to acknowledge and understand your background, not make it right or wrong.

## Exercise One – Background

Write your answers to the following in a journal or note book. Or, print off this page and record your answers here.

Thinking back to your childhood, ask yourself the following questions:

1. What were my parents/guardians beliefs about money?

2. Was money even talked about when I was a child? If yes, how was it talked about?

3. Have I had good experiences with money or bad experiences with money?

4. Do I feel I have lived a life of richness? Yes/No

5. Do I think that I went without as a child (e.g. toys/holidays/clothes etc)? Yes/No

6. Did my family have money but I felt that I lived a limited or poverty type life style?



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By the time I was a teenager, I understood that money wasn't that easy to come by as I had regularly heard the statement: "money doesn't grow on trees" I was also aware that "money doesn't make you happy" because I'd heard that as a youngster too. Did you hear any statements like this when you were young? The first time I can recall hearing the above was when I asked my parents if I could have my own room. As a child, I used to dream of having my own space and like most children, toys, holidays and the latest clothes the other kids wore at school were also on my list. My parents' response to my request placed a limiting belief about money into my subconscious. I was determined to have everything I ever dreamed of having and the heck with the limits that were placed on me by the statements made by my folks!

Money concepts affect people differently. Some people want to "have it all" while others opt for "just enough" to have a pleasant life with some perks. The way we feel about money affects and shapes us as we pursue it, and acquire it. It also affect how we spend it.

As Dr. Kate Levinson, PHD once told CBSmoneywatch.com:

*... [M]oney is also a hugely emotional, psychological, and symbolic entity in our lives; we each bring our own meanings, emotions, and experiences to our relationship with it... It's an incredibly good vehicle for seeing our issues and vulnerabilities because it touches on almost all aspects of life and it reveals deep parts of our psyches, including our needs, fears and desires."*

What about you? What did you dream of when you were a child? How has money affected your internal well being?

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Do you dream of having more in your life now? Do you want more money, a bigger house, a second car? Or perhaps you want to buy your first home? What about getting rid of some of the debt and just being able to pay the bills on time? Or perhaps just having some control over your debt is more appetizing for you.

All these are admirable goals and we will address them as we go along in this seven step system to help you achieve a reduced debt and set you on your way to financial freedom.

As we go along, I'd like to encourage you to set up a notebook or journal to record your thoughts of the things that you want. As you get more ideas, jot them down – they'll help you with our exercises and lessons along the way.

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### Sample 3:

The bottom line is that you must believe that you can achieve success and wealth before you will ever be able to accomplish it. The limits to which you subject yourself are the limits that will prevent it from happening. If you look for reasons rather than results, then you will have sabotaged yourself before you ever make it out of the starting gate. Believe it can happen...and it will!

An important part to achieving success is first understanding and determining why it is you want what you want. The stronger the desire and reason to achieve something, the quicker and easier it is to achieve. We really need to take a moment to think of the reasons why you would want to build wealth before starting the journey, your reason provides the fuel and drive for achieving success. This could be anything as it is different for each person, but if there was one common thing that I learnt from all of my mentors it is that they all know what they want and why...

**Why do I want wealth?**

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## Goal Setting

When setting goals, it's so important to understand the power of writing them down and keeping them in a place where you can see them regularly. For example, on your screen saver if you spend allot of time on the computer, or even in a little book that you carry around everywhere you go.

*“Goals are the fuel in the furnace of achievement.”*

**Brian Tracy**

There is also great power to drive you forward and make things happen in the way goals are stated and written down. I use an acronym (T.R.A.C.E.S) to ensure that my goals fulfil the criteria for a well defined, positive goal that promotes action.

T.R.A.C.E.S

T – Towards what you want (Positive)

R – Realistic (Scary and Exciting)

A – As now (State in the Present Tense)

C – Clear and Concise

E – End Step (Evidence of attaining that goal)

S – Safe (Is the goal safe to me, safe to others and safe to the environment)

There is a formula that you can use to ensure that your goals are well written which is;

It is now \_\_\_\_\_ (Future Date)

I have/I am \_\_\_\_\_ (End Step)



