

acupressure points

Close your eyes. Imagine seeing the object or imagine a time in the past when the situation was present.

Assess your intensity on a scale of 0 to 10 as it exists **NOW**, while you are thinking about it.

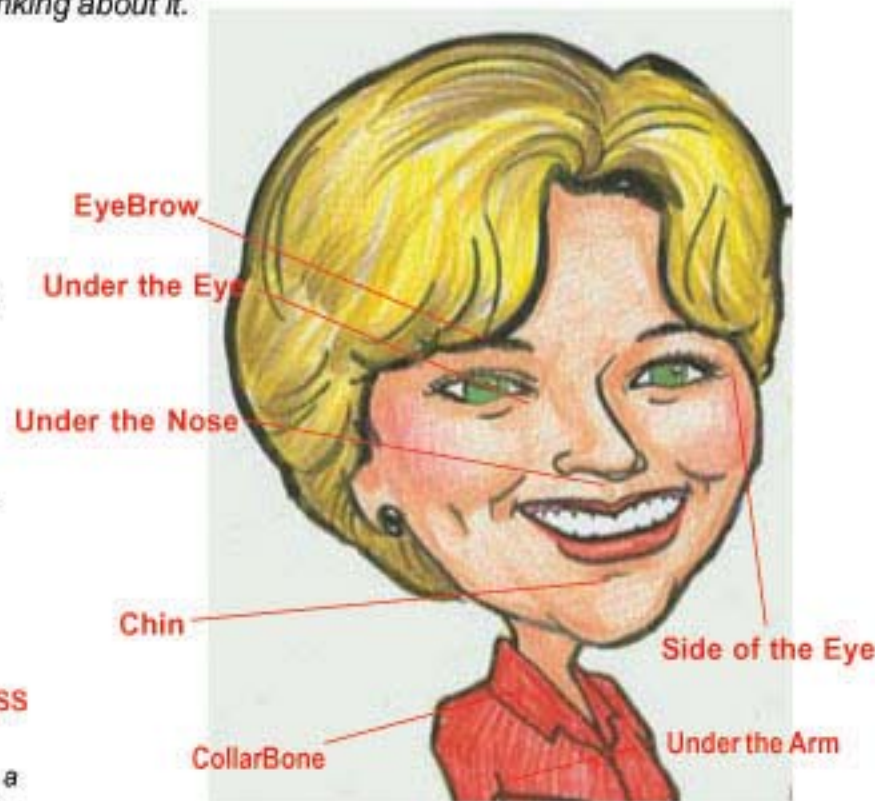


FEATURES OF EFT

- Often works rapidly (including "one minute wonders")
- Emotional results are typically lasting
- Physical results vary in lasting ability
- Often holds even when done out of context
- Relatively painless

SUBJECTIVE UNITS OF DISTRESS SCALE (SUD)

Rate your psychological turmoil on a scale of 0 to 10 with 10 representing the maximum intensity and 0 no intensity at all.



THE JUICY WOMAN
INSPIRING WOMEN TO LIVE JUICY

"The cause of all negative emotions is a disruption in the body's energy system."

EFT balances the disruption in one's energy system, as it exists NOW. If one can "tune in" on the emotions, while balancing the body's energy system, this disruption can be short-circuited so normal flow can resume. It's best to work on specific events.

STEPS TO EFT



Setup: (Repeat 3 times while tapping on the Karate Chop point)

"Even though I have this _____, I deeply and completely accept myself (without judgement)."

Sequence: (While repeating a Reminder Phrase to keep focused) Tap 7 times at each point.

1. Eyebrow ~ 2. Side of the Eye ~ 3. Under the Eye ~ 4. Under the Nose ~ 5. Chin ~ 6. Collar Bone ~ 7. Under the Arm

Repeat this process from Setup until SUD is 0.

"Even though I have this remaining _____ I deeply and completely accept myself."



emotional freedom techniques

Examples of setup & reminder phrases

FEAR

"Even though I have this **fear** of _____, I deeply and completely accept myself."

"This fear of _____"

ANGER

"Even though I have this **anger** towards _____, I deeply and completely accept myself without judgement."

"This anger towards _____"

MEMORIES

"Even though I have this **memory** of _____, I deeply and profoundly accept myself without judgment."

"This _____ memory"

CRAVINGS

"Even though I have this **craving** for _____, I deeply and completely accept myself without judgment."

"This craving for _____"

PHYSICAL & EMOTIONAL ISSUES

"Even though I have this _____, I deeply and profoundly accept myself."

Pain	Discomfort
Headache	Stiffness
Feeling of being helpless	Rash
Low metabolism	Blood pressure
Disease	Stress
Depression	
Betrayal	

Imbalances in the body's energy system have profound effects on one's personal psychology.

If one is going to perform up to one's full potential, the energy in one's body must flow properly.

Created by Gary H. Craig
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EFT is based upon the work of
psychologist Dr. Roger Callahan



the juicy woman

Meet Andrea Amador: The Juicy Woman

Are you tired of being pinched, prodded and rolled over?
Do your demons squeeze the juice out of your life?
Are you ready to change?

My name is Andrea Amador. I specialize in working with mature women in my personal growth seminars and workshops - inspiring them to live juicy. I help women overcome adversity to emerge as sweet, ripe, juicy, delicious women bursting forth with dreams and passion.

Think of me as a chef. I have a wide variety of menus that I can share with you. I will share my recipes for a Juicy Life and together we'll whip up the ingredients to make lasting changes in your life. Remember: The ripest fruit sometimes has bumps, bruises, wrinkles and sweet spots. I help you pick through your obstacles and challenges. I help you to see and accept the beauty in imperfection!

BE JUICY. It's not just about SEX. Though that is a very important part of the message.

It's about loving yourself, embracing your body, mind and spirit and that gives a woman the ability to embrace, truly embrace others, to throw off the old chastity belts of judgment and jump in and be herself in every sense of the word.

It's about taking every experience and making it as wonderful and as juicy as it can possibly be, from parenting to sex, all the while accessing new resources and using them while gliding through life, turning all lemons into lemonade.



**JUICY WOMEN ARE A JOY
TO THE WORLD!!!**

THE JUICY WOMAN
INSPIRING WOMEN TO LIVE JUICY

