

# *Emotional Freedom Techniques & Body Energy Healing*

*– The Starter Manual –*

by

**Richard Clark,**

EFT III Advanced, CAC II, SRT®, CLSC(T),  
Massage Therapist, Seminar Leader  
Author of *Addictions & Spiritual Transformation*

Websites: [www.richardwclark.com](http://www.richardwclark.com)

[www.gracefultransformation.com](http://www.gracefultransformation.com)

Email: [rccs@telus.net](mailto:rccs@telus.net)

Telephone: 604-875-9311

*“If you learn these techniques and persevere in using  
them, you’ll thank yourself for the rest of your life.”*

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\* **Note on the text:** Occasionally a word particular to **energy psychology** appears in **bold**. This indicates it is defined in the glossary.

***If you think healing is an expensive inconvenience, try chronic pain, addictions, emotional trouble, and illness for the rest of your life.***

## **Disclaimer & Copyright**

*These are self-help coaching techniques intended to reduce stress, enhance health, and resolve any dysregulation or dysfunction in the body's energy patterns. None of this is intended to replace or substitute for licensed medical or psychological care. It is not suggested or advised that anyone discontinue, avoid, refuse, or ignore medical or psychological consultations or advice. Because body-energy therapies have been very effective for many people does not guarantee they will be successful or effective for others. Body energy treatments are and must be considered to be in their research stage. Read the full disclaimer on p. 36.*

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## **Acknowledgements**

I would like to thank Ron Jordens for his continued support. I am grateful that I have been so generously given permission to use material from *Quantum Techniques* (Stephen & Beth Daniel) and from *Emotional Freedom Techniques* (Gary Craig). Because I use information from various treatment modalities does not mean or imply that the people who founded or developed those techniques agree with or endorse the views I express here. The views expressed are my own.

\* \*

***Emotional Freedom Techniques** is the practical application of energy psychology. It is fast, effective, and done without pain or drugs. The recommended foods in this manual are not drugs or vitamins they are elemental foods that are essential to good cellular health.*

### ***Reduce, Heal, or Eliminate***

- **addictions\*** & craving
- chronic pain from old **trauma**
- back/neck/joint pain
- asthma and allergies
- anxieties
- fears and phobias—heights, dentists, social situations, doctors, dancing, exams, bugs, snakes, flying, etc.
- performance anxiety
- fear of public speaking
- weight concerns
- biting fingernails
- procrastination
- impulsive spending
- anger and rage issues
- body image problems
- blood pressure problems
- diabetes
- some heart conditions
- some cancers
- migraine headaches and headaches in general
- **trauma**, PTSD, and stress
- reduce doctor visits and prescription costs
- depression
- sleep disturbance
- poor bladder control
- compulsive eating
- sex problems and related anxieties
- relationship conflict
- indecision

### ***Improve***

- performance—sports, golf, tennis, basketball, etc.
- public speaking, leading seminars, creativity
- singing, playing instruments, dancing
- accelerate recovery from illness, injury, surgery
- weight loss plans
- concentration
- sleep
- school marks
- sexual confidence and performance
- skin condition & tone
- general health
- eyesight

\*resolving addictions does not imply an addict/alcoholic will be able to drink or “act out” again / see the glossary.

***This is a basic introduction to a complex but natural way of healing. It may seem confusing at first, but if you study this material carefully it will make sense and you will make a noticeably positive change in the quality of your life.***

## Introduction

Although I wasn't clear on it at the time, as early as 1987 I was learning about **body energy** through massage, reflexology, and acupressure. In 1999 I started using specific body energy therapies like *Somatic Experiencing* and *Self Regulating Therapy*®. In 2004 I learned **Emotional Freedom Techniques** (EFT) and used it on myself. In 2005 I began using it with clients. Shortly thereafter, I started learning **Quantum Techniques** (QT).<sup>1</sup>

I have often been asked to write an introductory manual for energy work. These requests were from people who were familiar with my work, writing, and seminars, and found value in my book *Addictions & Spiritual Transformation*<sup>2</sup>. They wanted some clarity in how I did energy work because I use techniques from several different body energy disciplines and I encourage very specific and uncommon diet changes and detoxification protocols. This is briefly referred to in the Supplements for Health section, p. 25.

The guidelines for this manual were that it be brief, but with some depth, and about EFT within the broad scope of body energy healing. For the purposes of this starter manual, the name body energy work is, to some extent, interchangeable with the terms energy psychology and energy healing. This contains original material written by myself, with cited quotes from Gary Craig's work ([www.emofree.com](http://www.emofree.com)) and Beth and Stephen Daniel's work ([www.quantumtechniques.com](http://www.quantumtechniques.com)). I have made reference to other energy disciplines; however, this is primarily about tapping and EFT.

This is my application of **Emotional Freedom Techniques**. It is the basic EFT protocol with an added change to the tapping points and a new feature called Chasing The Image, sometimes augmented with three related approaches to enhance the already amazing effectiveness of basic EFT. I am not a doctor, psychiatrist or psychologist. I do not offer medical treatments. I am trained as an **addictions** counsellor/therapist, trained in EFT and *Self Regulating Therapy*®, and have studied QT and other body energy techniques like acupressure and body massage.

People are an incredibly complex system of ever-changing ideas and thoughts, carried in organic flesh, and controlled by energy systems. We are influenced by everything from our past, everything around us, and we carry the potential to quickly and profoundly change. To give you an idea of this complexity: ***Overall good health requires a dynamic balance of: a non-toxic diet, mild exercise, emotional stability, an appreciation of the mystery of life, an absence of addictions, an absence of toxins, an ability to re-stabilize after trauma, maintaining a consistent homeostasis of body energy, a meaningful organic nutrient balance at a cellular level (which generally fosters proper cell mitosis and cellular gas-balance transfer), and maintaining a generally alkaline body system.*** Simple, eh? Actually, it's not nearly as hard to achieve as it may sound.

Regarding this manual: My goal is to make this a balance between "as simple as possible" but with some depth. Certainly it is complex. There is a lot of information here, but it is still only a very brief introduction to body energy healing. If you can muster some determination, be patient, and regularly apply to yourself what's explained here, you will have the potential to radically and quickly change your life and health.

My approach to healing is not intended to replace qualified medical health care, nor is it "better" than other approaches. Other practitioners have their own perspectives of energy healing that have been proven successful. I did not write this because I was dissatisfied with anything that is offered elsewhere. And, regardless of whatever I've written, I realize that I am only capable of contributing because of others who have been generous in teaching me. In my immediate memory, these people stand at the head of the line: Peter Levine, Lynne Zetl, Ed Josephs, Beth and Stephen Daniel, Gary Craig, Donna Eden, Patrick Obissier, and Bruce Lipton. My clients have been my greatest teachers. This manual is only, hopefully, a useful response to requests for help, and a small contribution to healing the energy of our universe.

<sup>1</sup> Details of these modalities are available at their respective websites or in the publications and DVDs cited at the bibliography.

<sup>2</sup> *Addictions & Spiritual Transformation*, Richard W. Clark, Trafford Publishers—for purchase information: [www.trafford.com](http://www.trafford.com)

## [Body Energy: A General Overview](#)

People choose between three general options in responding to their health concerns. These are:

(1) They neglect their spiritual, emotional, and physical health, which neglect is often slyly hidden under specious arguments about freedom, helplessness, entitlement, and personal “choice”. In my experience this is most often related to addictions and belligerence, which are much more prevalent than most people realize. Most people subtly disregard the possibility of authentic change by ignoring any evidence that lies outside of their comfort zone (meaning they reject and criticize new information that contradicts their coveted prejudices). This includes righteous victims who blame and otherwise refuse to be responsible, and those who relentlessly search for someone else to pay the bill for their healing. They evade responsibility by avoiding, excusing, quitting, and blaming—ultimately doing nothing. They become a premature or unnecessary burden on their loved ones, their family, their community, and the health care system; or,

(2) People participate in our traditional medical health care system which addresses only the symptoms, or only covers up or suppresses the symptoms. There is little prevention and people are passive, waiting for the doctor/caregiver to do the work. They change nothing in their own life and expect someone else or some “thing” like drugs to make them better. This passive, look-after-me approach is how our culture has orchestrated health care, and underlies virtually all present-day medical, chiropractic, naturopathic, food supplement, massage, vitamin, and pharmacological treatments. Doctors, and vitamin and drug companies get richer and people get sicker.

With “modern” medicine and technology people are routinely expected to live longer. Doctors are becoming expert at symptom management—yes, we are living longer, but living with ever-increasing illness while doing that. Most of what we call “medical treatments” identify the symptoms, which are only a visible (*mis*)representation of the real problem. Then, medical or naturopathic treatments reduce the symptom’s intensity and call it healing by eliminating the symptoms. However, eliminating symptoms does not eliminate the issue, it still exists at a cellular-energy level; or, the most recent option is:

(3) With recent developments in body energy therapies, like *Emotional Freedom Techniques*, *Quantum Techniques*, or *Self Regulating Therapy*®, and the ever-growing scientific/clinical evidence proving their effectiveness, people now have a viable alternative. They can resolve the bio-cellular cause of a health problem. This is similarly true where the problem is psychological: being generally neglectful about personal diet, hygiene, or lifestyle because of ignorance, prejudiced education, propaganda, addictions, anxieties, and fears; or because of petulance, a victim attitude, and hopelessness. Where the “cause” of an illness is negligence, addictions, or malignant indifference to personal health, the underlying belligerent defiance or hopelessness (the underlying psychology) is a complex issue of dysregulated body energy and values. This can be largely resolved with energy psychology to achieve optimum health.

With these energy treatments, the underlying energy issues can, most often, be addressed without years of painful therapy and with a minimum of discomfort. It does take a lot of effort from you; however, with proper support and application, **energy dynamics** change and the body can heal itself at a bio-energetic level. In this way, the actual cause of the problem can be removed and life can become a much more healthy, fulfilling experience.

### **From Dr. Savelly Yurkovsky:**

*“...from my own personal experience in reviewing the great body of literature that exists in the world today in various countries on the subject of bioenergetic testing, that when properly performed, it is far superior to any diagnostic modality that exists today in the world. It is far superior, in my opinion, to any blood, laboratory, or imaging techniques in the sense of the depth of the penetration that these tests are capable of...”*

### **From Dr. Stephen Daniel:**

*“One might have the correct combination of chemicals, vitamins, minerals, water, protein, carbohydrates, fats, etc., but none of these function properly when there is miscommunication within the body’s **energy field**...”* [see glossary for **Energy Field**] *For example, every diabetic has miscommunication about their insulin. Headaches and migraine headaches, and recurring phantom body pain are energy miscommunications about stress and trauma. A client with multiple sclerosis always has miscommunication about their myelin sheath. With chronic PMS and menopausal symptoms, the body has miscommunication, therefore rejection, of its hormones. Body-energy healing reinstates proper energy communication within the body.”* [see glossary for **Energy Healing and Trauma**]

*“The body’s energy system has been a fundamental part of traditional and alternative medicine for many, many years. For example, an EEG measures the electrical activity of the brain similar to the way in which an EKG measures the electrical properties of the heart. When the paddles are used to revive someone in cardiac arrest, it is with the accepted knowledge that the body and heart run on electricity... In fact, without the use of the body’s energy system for assessment purposes, modern traditional medicine would be set back 50 years or more.”*

*“When working with the body’s energy system, one is simply removing barriers to the body healing itself as it was designed to do with miraculous efficiency. All health problems have a toxic or aberrant frequency in the involved cells. A healthy cell has a different frequency than a diseased cell in the same person. If the unhealthy frequency can be changed to a healthy frequency and maintained, the cell will heal and become a positive force to all surrounding cells. This is the goal of energy medicine.”*

**From Manly P. Hall:**

*“The philosophers of all ages have taught that the visible universe was but a fractional part of the whole, and that by analogy the physical body of man is in reality the least important part of his composite constitution. Most of the medical systems of today almost entirely ignore the superphysical man... and Paracelsus [1493-1541], noted the same proclivity on the part of physicians during his day... Disease is unnatural. Permanent health cannot be regained until harmony is restored. The outstanding virtue of Hermetic medicine was its recognition of spiritual and psychophysical derangements as being largely responsible for the condition which is called physical disease.”*

Manly P. Hall, *The Secret Teachings of All Ages*

Tarcher/Penguin Books, 2003, p. 354 (edited here)

[Originally published by The Philosophical Research Society, 1928.]

“Eastern” medicine has taught a variety of energy techniques for a few thousand years. One of the more commonly known ones is acupuncture; others are Tai Chi and Qi Gong, which are ways to adjust body energy. Various modern scanning technologies like MRI measure body energy frequencies (your body’s electrical energy), which is what **muscle testing** does. Muscle testing is quicker, less expensive, and often more accurate after you learn how to do it.

In short: The rebalancing of body energy is done by **toxin** testing and toxin removal, by correcting **polarity reversal**, and gently tapping on specific **tapping points** on the body—all non-invasive. EFT corrects body-energy problems. If this is augmented with uniquely specific foods like Organic Crystal Sulfur and high pH (**alkaline**) water, a body heals at a cellular energy level. Puzzling and often “incurable” illnesses disappear and emotional problems evaporate, sometimes in a matter of days. Granted this type of treatment isn’t well known and is very often held in suspicion as being flakey and *unscientific*. Regardless of these suspicions, it *is* scientific and for those who sincerely try it, its effectiveness cannot be denied.

Without detoxifying and body energy treatments, any “traditional therapies” by themselves like talk therapy, muscle massage, diet, exercise, surgery, chiropractic, or medications (aside from them being expensive, and often lengthy and painful and often in themselves harmful) are only minimally or sporadically effective, and temporary at best, (see Considerations, p. 37).

***“One might have the correct combination of chemicals, vitamins, minerals, water, protein, carbohydrates, fats, etc., but none of these functions properly when there is miscommunication within the body’s energy field.”***  
**Stephen Daniel, *Quantum Techniques***

I add to Mr. Daniel’s list: one might have the correct combination of exercise programs, diets, surgeries, chiropractic and massage treatments, intellectual commitments, meditation practice, and talk therapies, but all are of no lasting effect when there is dysregulation in the body’s energy field.

In the last twenty years, as holistic approaches to health gain credence and popularity, much of any advanced healing work with people necessarily involves the need for discussion of matters of a spiritual nature. In my book *Addictions & Spiritual Transformation*, one theme I discuss is we are each unique and so must be our paths to healing. Taken altogether (i.e. personal history, values, lifestyle, interests, emotions, physical concerns, toxins, temperament...), an incredibly unique healing treatment plan must be developed that meets the special needs of each person.

**For myself: After fifteen years of investigation and training in several body energy disciplines the most effective by far are EFT and QT when combined with appropriate and sometimes minor adjustments to diet. They have an amazing record of resolving emotional and physical pain, eliminating anxieties and phobias, healing illness, improving performance, and accelerating healing from injuries and surgery.**

## [Philosophy & Theory of Body Energy Healing](#)

**Everything in the universe is comprised of energy.** Energy is dynamic and moves in patterns. Our body requires a certain healthy pattern of energy, but when that healthy pattern is disrupted by **trauma**, pain, injury, **toxins**, fears, constant negative thinking, addictions, vows, or emotional violence, and left disrupted for a significant period of time, illness and emotional problems are the result. This can be a recurring, temporary illness like a cold or the flu, or a chronic, serious one like cancer, HIV, hepatitis, MS, arthritis, or asthma. It can be an emotional problem like a phobia or a chronic state of anger, fear, or anxiety. **All conditions of poor health are related to body energy.**

Body **energy healing** is a dynamic process wherein people learn how to heal themselves by adjusting their own body's energy. There are fourteen **energy meridians**. These meridians are the main pathways of body energy. For tapping, there are thirty-nine specific points on the energy meridians which are close to the skin (chart, p. 14). When some of these spots are tapped on in a certain pattern, while the mind is focused on a specific issue, body and brain energy patterns are harmonized and balanced.

This is a style of self-care that is a little like acupuncture but without needles or pain. By tapping on specific body points, in a manner that adjusts the body's energy flow, and altering certain bio-cellular concerns, natural healing occurs. In my work this includes the suggested use of certain elemental foods and high pH (alkaline) water.

When this energy harmony is constantly maintained over a long enough period of time, the body can then heal itself, which is what it is designed to do. Adjusting and correcting the dysregulated energy pattern resolves the underlying biological health concern. After training and instruction the client continues the energy adjustments on their own.

## [Treatable Issues](#)

Be mindful of the disclaimer, but even with that, with high client commitment, at least 95% of my consultations in energy psychology has resulted in people achieving lasting and remarkable results for these issues:

- **addictions** and cravings (alcohol, drugs, inappropriate sex, chocolate, sugar, salt, junk food, tobacco, gambling, pornography, religion);
- back pain and chronic/lingering pain from old injuries and surgery; phantom and transient pain;
- migraines and other headaches;
- relief to colicky infants (and their parents);
- irritating and recurring health concerns like yeast infections, colds, and flu;
- weight loss without harsh diets or exercise routines;
- fears, anxieties, or phobias regarding public speaking, sex, medical doctors, heights, flying, body image, dentists/dental work, dating, social situations, dogs, and spiders;
- cervical, breast, and prostate cancer;
- depression, sleep disturbance, poor bladder control, separation anxiety, procrastination and indecision, high blood pressure, sexual problems, asthma, arthritis, skin conditions, PMS and menopause symptoms, impulsive spending;
- chronic and overwhelming grief; anguish, pain, and anger from relationship breakups;
- relationship conflict in family / career / friendship / love / romance;
- performance anxiety regarding public speaking, leading seminars, school exams, playing musical instruments, stage/film acting, sales performance and other work-related concerns;
- athletic performance (golf and tennis noticeably improved);
- accelerated healing from injuries, illness, and surgery; and,

- improved eye sight (in one case glasses were no longer necessary for routine vision), and reduced scarring from retinal surgery.<sup>3</sup>

The following list is compiled from the *Emotional Freedom Techniques* and the *Quantum Techniques* websites. These health concerns have been successfully treated by body-energy work. *It is not an exhaustive list.*

ADD/ADHD	Child Abuse Trauma	Grief/Guilt	Rape Trauma
Addiction	Children's Issues	Headaches	Relationship Conflict
Allergies	Chronic Fatigue	Hormone Imbalances	Sexual Problems
Anger	Chronic Pain	Insomnia	Sports Performance
Anorexia	Claustrophobia	Meniere's Disease	Stress
Anxiety Attacks	Dental & Medical Fears	Tinnitus	Stuttering
Asthma, Arthritis	Depression	Migraines	Thyroid Problems
Autoimmune Disorders	Diabetes	Obsessive Compulsive Disorder	Trauma
Bacterial Infection	Dyslexia	Pain Management	Viruses
Blood Pressure (abnormal)	Eating Disorders	Panic Attacks	Vision Problems
Blood Sugar	Environmental Illness	Performance Blocks	War/Post Traumatic Stress Disorder
Bulimia	Fibromyalgia	Phobias/Fears	Weight Loss
Cancer	Flying/Airplane Fears	Public Speaking	

### *Factors in Treatment*

There are four main areas that need to be incorporated in any energy psychology treatment.

- Memories of pain, illness, emotions, and **trauma** that are stored in the brain and body as **energy signatures**. (There is increasing evidence that illnesses and health patterns can be passed through several generations at a **biogenealogical** level.);
- The body's **energy meridians** which are concentrated energy freeways. There are fourteen of them and they each serve different parts of the body. Where and how close to the skin they are is what determines each **tapping point**;
- The on-going *active* participation of the person who wants to heal; and,
- The biological, organic condition within the body's cells i.e.: toxins, gas imbalance, rigid cell membrane, pH levels, and elemental nutrients.

Understanding how these interact is crucial in the treatment of chronic illness and auto-immune diseases like cancer, HIV, chronic fatigue syndrome, and herpes; the elimination of recurring, irritating illnesses like yeast infections, colds, and flu; recovery from chronic issues like asthma, anxiety, fears, arthritis, pain, and migraine headaches; and for accelerated recovery from injury or surgery. Different strategies, related to **over-coupling**, **emotional fusion**, and **bio-cellular concerns** are required for each person. We are unique, and so are the root causes of the emotional and physical issues we live with.

### *Keep the Brain Focused*

Albeit over simplified, for our purposes here, there are five main sections of the brain: corpus callosum, left and right cerebral cortex, limbic brain, and brain stem. The brain stores all our experiences, good or bad, as **energy signatures** (specific patterns of energy). These five sections are often in energy conflict, like a traffic jam at a major intersection with the signal lights out. The brain's (and body's) energy patterns need to be smoothed out or regulated. Specific thoughts or memories associated with pain and discomfort need to be focused on when doing the self-treatment of tapping. The focusing of thoughts must happen at the same time as you adjust the brain's and body's energy which then clears up the energy traffic jam.

<sup>3</sup> This list was compiled as of March 2007 and since then the range of issues I have treated has broadened.

From the EFT site: “*Chances are you came here because you have either thrown loads of time and money at your health issues and received very little help... OR... you are a physician, therapist or life coach and you know your profession is missing that ‘vital something’ that could open new doors.*” The EFT site has a search engine and a large archive of reports on actual EFT cases, written by everyday citizens, physicians, and therapists.

Understanding **toxins**, **aspects** of issues, body **energy dynamics**, and the dynamics of tapping **algorithms**, is complex. There’s an artistic, **intuitive expertise** required to receive the maximum benefits, and at the outset, **healing will take a concentrated effort until such time as you detoxify and master the basics**. Because of the complex nature of many health concerns, and the dynamic nature of body energy, it is important to learn these self-applied procedures, if at all possible, with professional support. (See Why Pay A Practitioner, p. 23.)

One of the unique, permanent benefits of energy psychology treatments is you will immediately self-apply them outside of your professional consultations. You will carry these self-applied procedures into your life and use them to address whatever comes up in your day-to-day world. Yes, there’s an initial training period, and I recommended professional guidance when starting, but within a few weeks or months you should no longer have to consult a professional. There may be new, unforeseen concerns that will require professional support—after all, life is unpredictable, but for the most part, self-administered tapping is the end result.

This does not, for some people, preclude the necessity of on-going talk therapy. The tapping will certainly be self-administered; however, discovering what issues and **aspects** are being overlooked and exploring how values and perspectives may need to be changed, is a part of the healing process. Taking advantage of the expertise of a well-trained professional to discuss these may well be advised (for some people).

*If you think energy psychology treatment is expensive or inconvenient, try unhappiness and poor health for the rest of your life.*

### [Nine Reasons Why These Therapies Are Almost Perfect](#)

- (1) [Results are evaluated immediately](#). Whether the results are rapid, gradual, dramatic, or subtle they are almost immediately, and certainly within twenty-four hours, discernable to you. You can tell through your own senses how energy treatments are working.
- (2) [Energy psychology is practiced with a minimum of personal discomfort](#). People do not have to dredge up and relive the painful memories, or wade through the trauma and spend months or years weeping over their past. In fact, to do this makes matters worse. With EFT and QT, the concern is resolved without discussing it in any great detail, or in some cases not discussing it at all. Exploring the “depth of your pain” and reliving the past in all its gory detail is not necessary (**and should actually be discouraged**).
- (3) [The person healing can retain their dignity during the process](#). There’s little chance of being ashamed or embarrassed at telling the details (you don’t have to). There may be some therapeutic issues which require discussion, but this is conditional to the circumstance. Tapping would *first* be successfully applied to the emotional pain and trauma so any required discussions would be with emotional stability and a noticeable reduction or an absence of pain.<sup>4</sup>

<sup>4</sup> To me, it is only common sense that using tapping or energy psychology to resolve headaches or pain would be in our best interests, as it would to use it to assist in the resolution of any addiction. In some advanced addictions recovery work, especially sex, relationship, or religious addictions, lengthy discussion regarding spirituality, personal history, values, and ethics is often required, but not for the general healing of trauma, emotional pain, and illness.

(4) **Years of traditional therapy can be reduced to months or weeks—in some cases hours.** Healing is no longer a painful commitment that lasts years and years. Body energy work may be expensive in the short term, but for the vast majority of concerns, recovery can (or may) be quite rapid. This method of treatment is in its research stage and recovery rates vary.

(5) **Energy psychology treatments appear to be effective for just about anything.** This means *anything*—from procrastination, anxieties, and impulsive spending, through pain and addictions cravings, to chronic or life-threatening illnesses like diabetes and cancer. Whether a physical, emotional, or mental concern, these body energy therapies appear to have a decided, positive effect on anything. This eliminates fears about your future health.

(6) **Self-treatment is portable and discreet.** With a little creativity, training, and experience, you can apply the treatments to yourself anywhere, anytime (see item #10, Reading The Algorithm, p. 17). Some professionals offer telephone consultations so expert support is globally portable.

(7) **The results are permanent.** Once resolved, with a little self-care and maintenance, the issues are gone. There's more information on this in Frequently Asked Questions, p. 21.

(8) **Energy psychology is immediately self-empowering.** From the outset, tapping is self-applied. Some health concerns are incredibly complex and the services of an experienced and well trained practitioner are crucial. However, once the toxin and energy issues are unraveled and you learn and persevere in the proper procedures, the paid practitioner soon becomes unnecessary. With good self-monitoring and wise energy maintenance, you are capable of maintaining your own sense of joy and good health.

(9) **This is incredibly cost effective.** Aside from the obvious benefits of being in better health and the possibility of a longer life with more enjoyment, after the immediate effort and expense of learning and applying these self-help techniques and a few months of dedicated work, you'll then create a relaxed and user-friendly maintenance program. By paying for this now you will:

- avoid the significant expense and daily nuisance of the purchase, monitoring, organizing, and consumption of the dozens of expensive health supplements, prescriptions, and vitamins people purchase. (Without proper energy balance, this too, is another form of symptom management.) This saves hundreds or thousands of dollars each year;
- eliminate expensive dieting schemes, books, and harmful exercise programs that are temporary at best, and are overall more destructive than helpful;
- save thousands of dollars in talk-therapy, workshop, chiropractic, and naturopathic expenses (costs that always continue to increase);
- save thousands of dollars over the course of your life in medical procedures, insurance, prescriptions, examinations, hospital costs, and lost time at work; and,
- eliminate and prevent months or years of “suffering” through physical and emotional ailments, illnesses, pain, missing social engagements, failing exams, being anxious or nervous, repetitive conflict, divorces, and bad relationship choices.

## [Why Some People Don't Like Body Energy Healing](#)

Of course, there are hundreds of “reasons”. I have grouped them into four broad categories. I list them here to forewarn you: You may encounter them, or variations of them, within yourself as you read about body energy work.

### [Disbelief:](#)

**Body-energy treatments are too weird.** Body energy treatments challenge most of what we understand as medical care. We're told by doctors and drug companies that illnesses like diabetes and multiple sclerosis (and dozens of other illnesses like HIV and hepatitis) are incurable. Energy treatments appear flakey and unscientific. This is far from the truth of the matter. Recent research is providing incontrovertible truths about body-energy therapies (see Considerations, p. 37);

**Body energy work is far too simple to be believable.** People believe their health concerns are too complicated for a silly-looking tapping procedure. I hear variations of: “I don't believe that detoxifying and tapping on a few spots is going to get rid of my serious illness.” Don't let its apparent simplicity fool you; these methods are powerfully effective, as thousands of people are finding out.

I've encountered many professional care-givers who resist this. If they embrace it, clients and patients will quickly and completely heal and they'll soon have no client base and no income. I've encountered a few situations where the professional was angry at me and refused to believe the effectiveness of energy therapy, even though their patients successfully resolved cancers, asthmas, and chronic neck pain.

### [Apathy](#)

**It's too much work. I've tried everything.** Modern, technological culture is a chaotic mess, to say the least. *Modern culture is designed for poor health.* It is much easier to be sick and go-with-the-flow, blame something or someone, and be distracted by TV, shiny things, sex, or junk food; to hunt around for a magic pill so you don't have to change anything about yourself.

At the outset, self-applied energy therapies do require a noticeable investment of time and effort. There is also a considerable learning curve in self-application, self-monitoring, and responsibility. In my experience, *the real “work” is in unlearning our old ideas and adopting new ideas and values* about responsibility and health.

### [Innocent Victim](#)

**This is not my fault. I'm helpless. It is not my job.** There are a thousand variations of these. We are a victim-culture and cherish having “bad people and things” to blame. We proclaim our innocent helplessness and embrace a fantasy: the doctor, the naturopath, the chiropractor, the therapist, will provide a magic potion and it'll all go away. Personal responsibility is a requirement that many people refuse to embrace.<sup>5</sup> My book *Addictions & Spiritual Transformation* challenges this irresponsibility regarding addictions.

From Jerry Satinover, M.D. (Psychiatry, William James Lecturer, Harvard University): “*Modern materialism strips people of the need to feel responsible... but I think if you take Quantum Mechanics seriously enough it puts responsibility squarely in your lap.*” Quantum Mechanics is a theoretical variation of what is under discussion in this manual.

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<sup>5</sup> As an aside: Any medical, health care, law enforcement, education, or judicial system is only as effective as the society that harbors it is responsible. The more we are personally irresponsible the more our social infrastructure is corrupt and inefficient.

Many people do not know about body-energy work, and only for the last five years has there been any reasonable evidence that it is so effective. Regardless of this, we aren't helpless. Often our poor health is from on-going malignant indifference and personal neglect. In the final analysis, our personal health is "our job" and no one else's. This is very empowering because it means we can become much healthier on our own, beginning right *now*, and depend on no one. This is a fundamental prerequisite to a bona fide sense of personal integrity and self respect.

### [Irresponsible/Miserly](#)

***I have to pay for this out of my own pocket.*** Paying a professional energy practitioner can appear to be expensive. You might have to buy DVDs or pay for workshops. Yes, it may seem expensive in time, money, and (especially) effort—at the start. However, if you see the wisdom of a significant short-term investment now for a life-time of noticeably improved joy and health, it makes sense to commit to learning energy techniques. [It's that simple, but not everyone looks at this the way I do.]

***“Based on impressive new discoveries regarding the body's subtle energies, Emotional Freedom Techniques (EFT) has been proven successful in thousands of clinical cases. It applies to just about every emotional and physical issue you can name and it often works where nothing else will.”*** From [www.emofree.com](http://www.emofree.com)

## [The Basic Algorithm & Tapping Protocol](#)

The basic *Emotional Freedom Techniques* procedure may be briefly summed up as:

- (i) Estimate the **SUDs** level (see below);
- (ii) Create a **set-up sentence** with a **reminder phrase** (explained on p.13);
- (iii) While repeating the set-up sentence, tap on certain points which corrects **polarity reversal** (explained on p. 15, item #3);
- (iv) Repeat the **reminder phrase** from the set-up sentence (p.13) and tap on other points;
- (v) Complete the Gamut Sequence (explained on p. 13);
- (vi) Repeat the reminder phrase and tap on other points; and,
- (vii) Repeat the set-up sentence and tap on other points.

Before trying to tap on an issue, take a few minutes to become familiar with the next four sections of the manual: *SUDs Level*; *Set-up Sentence with a Reminder Phrase & Affirmation*; the *Gamut Sequence*; and the *Main Tapping Points*. If you have not studied these the procedure for tapping (explained on p. 15) will be confusing.

## [Subjective Unit of Discomfort – SUDs Level](#)

You experience a certain “level” of discomfort regarding any emotional issue (hurt, fears, anger, anxiety, etc.) or a physical issue (pain, discomfort). This is an entirely subjective experience. A Subjective Unit of Discomfort level is the degree of discomfort you feel about any health issue or concern. Rate it on a scale of 0 – 10, where “0” is no discomfort and “10” is as bad as it could get.

When you select a specific issue you wish to address, make a subjective assessment of how bad it is from 0 to 10. This is your SUDs level for that concern.

## *Set-up Sentence with a Reminder Phrase & Affirmation*

Create a set-up sentence *specific* to the concern for which you estimated your SUDs level. Various examples of **set-up sentences** with a **reminder phrase** and **affirmation** are given below. The reminder phrase is noted in bold italics—add your specific details. Be very specific.

- “Even though I have this ***fear of \_\_\_\_\_*** I deeply and completely accept myself.”  
 “Even though I’m ***angry at \_\_\_\_\_ because \_\_\_\_\_*** I deeply and completely accept myself.  
 “Even though I’m ***ashamed because \_\_\_\_\_*** I deeply and completely accept myself.”  
 “Even though I’m ***sad because \_\_\_\_\_*** I deeply and completely accept myself.”  
 “Even though I have this ***craving for \_\_\_\_\_*** I deeply and completely accept myself.”  
 “Even though I’m ***suspicious about this tapping \_\_\_\_\_*** I deeply and completely accept myself.”  
 “Even though I have this ***pain in my \_\_\_\_\_*** I deeply and completely accept myself.”  
 “Even though I feel ***guilty because \_\_\_\_\_*** I deeply and completely accept myself.”  
 “Even though I am ***angry I have this lump in my \_\_\_\_\_*** I deeply and completely accept myself.”  
 “Even though I have this ***tightness in my chest \_\_\_\_\_*** I deeply and completely accept myself.”

When tapping the complete sequence (described on page 15):

- (a) The entire set-up sentence is repeated three times at the beginning; then,
- (b) While tapping, only the reminder phrase is repeated frequently to keep your mind focused on the specific issue being resolved; and,
- (c) The entire set-up sentence is repeated once at the end of the tapping sequence.

## *The Gamut Sequence*

This is one section that comes near the middle of a long tapping sequence. While one hand taps repeatedly on the other hand **ga**, and without moving your head, continuously tap lightly on **ga** and...

- close eyes for 1/2 sec then open eyes (keep tapping the **ga**) don’t move your head;
- look down hard to the right (1/2 sec) then look down hard to the left (1/2 sec);
- roll your eyes in a circle in one direction, then roll your eyes in the opposite direction;
- hum two or three notes from a song (like *Happy Birthday* or your favorite song) do not sing or whistle, hum;
- count out loud from one to five fairly quickly; and,
- hum the song again for two or three notes.

*[End Gamut Sequence]*

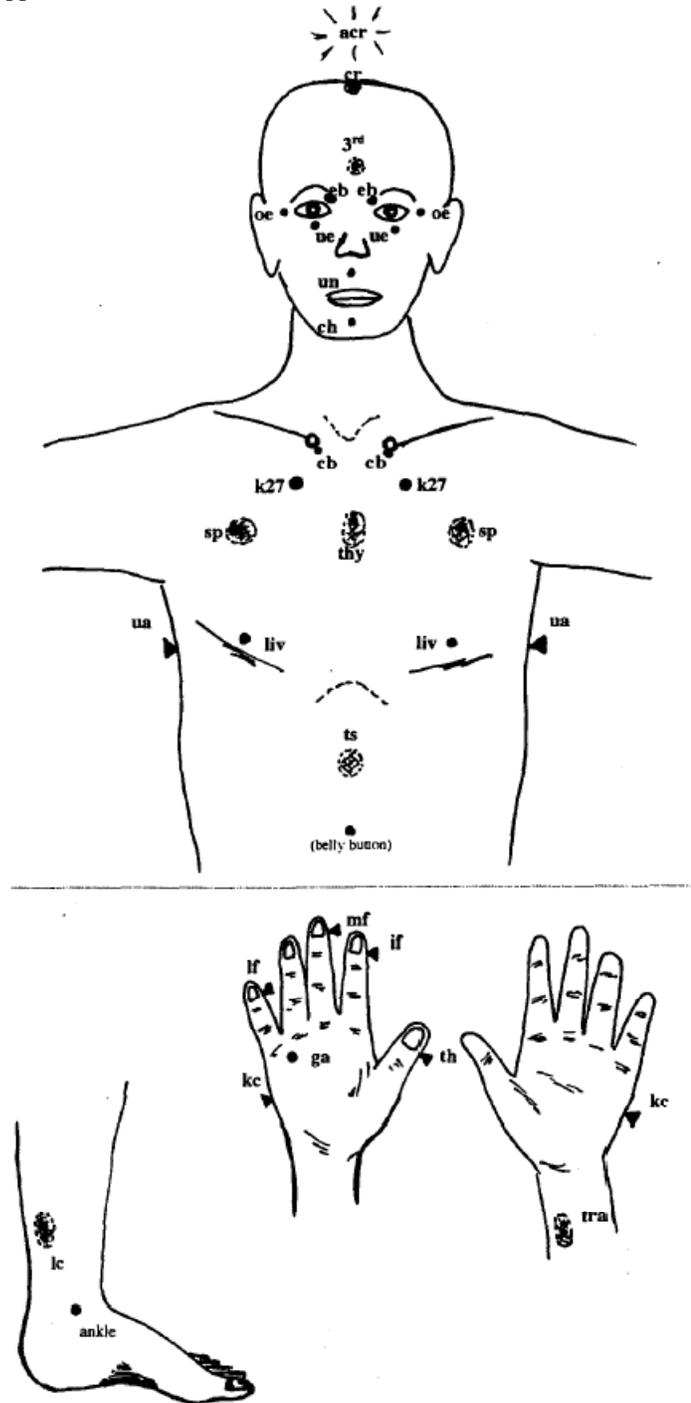
The Gamut Sequence is beneficial for general stress, is helpful for maintaining correct polarity reversal, and is very effective for balancing the energy flow inside your brain. There are times when the gamut sequence can be eliminated from the tapping procedure. Some practitioners don’t use it at all. In my experience it is important for some health issues (especially eye sight concerns and headaches).

***Aspects, emotional fusion, and over-coupling are significant factors in the resolution of any health or emotional concern.***  
*(please see the Glossary)*

## Main Tapping Points

As you read the description of tapping points, say the name and gently tap/rub the corresponding spot a few times. This registers the tapping points in your **body-mind**/memory and repetition embeds the tapping in muscle memory. Do this several times for each of the thirty nine (39) points. They are given in an approximate sequence of top to bottom on the body. The measurements are approximate.

<b>acr</b>	6" above crown of head
<b>cr</b>	crown of head / top center
<b>3<sup>rd</sup> eye</b>	between eyebrows and 1" up on forehead
<b>eb</b>	eyebrow beginning point— 1" above inside corner of eye
<b>oe</b>	½" past outside corner of eye at dent on bone
<b>ue</b>	½" under eye, on the bone
<b>un</b>	under nose / center upper lip
<b>ch</b>	center of chin at the crease below lower lip
<b>cb</b>	on the knob end of collar bone <i>or</i> ½" down and ½" to either side from notch at base of throat
<b>k27</b>	1.5" below the notch at the base of the throat, about 1.5" to either side is a slight indentation
<b>sp</b>	sore spot - 3 or 4" down from notch at base of throat and 3 or 4" to either side (it shifts, search for it)
<b>thy</b>	thymus (cv17) - center of chest at middle of sternum
<b>ua</b>	under arm - 4" below center of armpit on side of rib cage
<b>liv</b>	liver spot - indent about 1" above lowest rib, in-line with nipple
<b>ts</b>	tummy spot - ½ way between lower sternum notch & belly button
<i>Finger spots: make a karate chop hand, thumb on top—at the upper edge side of finger, at/beside the base of fingernail.</i>	
<b>th</b>	thumb
<b>if</b>	index finger
<b>mf</b>	middle finger
<b>lf</b>	little finger
<b>kc</b>	karate chop spot – fleshy part on outside edge of hand; opposite side from thumb
<b>tra</b>	trauma point - underside of either wrist 2" up from pulse point
<b>ga (G50)</b>	gamut spot – back of hand, ½" back from spot between knuckles of 3 <sup>rd</sup> & 4 <sup>th</sup> finger
<b>lc</b>	lower calf – 3" above the inside ankle bone, 1" to rear of leg *not to be used during pregnancy



## *The Tapping Protocol*

What follows is the primary EFT protocol. This sequence is the general foundation for all tapping. Certainly it varies from practitioner to practitioner. Different approaches are as much experience as they are artistic style, related training, intuition, creativity, and your special needs. Practice steps 1 to 6, one after the other, until it is easy for you to complete from memory. *Start slow and take your time.*

- (1) **Decide on an issue** and notice your **SUDs Level** — rate it 0 - 10. This is the “before” **SUDs** level.
- (2) **Create a Set-up Sentence with a Reminder Phrase** (explained on p. 13) regarding that issue. It is only effective if you are specific to an emotion and an issue i.e.:

“Even though I feel *angry at \_\_\_\_\_ for lying* to me *this morning* I deeply and completely accept myself.”

- (3) **Correct Polarity Reversal (PR)** To correct polarity reversal do 3(a) and then 3(b).

(a) tap repeatedly and continuously with the fingers of one hand on the other hand **kc** while you repeat the entire set-up sentence twice. [Variation: tap the **kc** spots of each hand against each other while repeating the set-up sentence twice.]; then quickly,

(b) find and gently massage the chest **sp** while repeating the entire set-up sentence a third time.

Note: It is especially important to always correct PR *before muscle testing* or tapping. For major or chronic illness concerns, and with addictions and weight loss, it is beneficial to repeat the set-up sentence four times—two repetitions while doing (a) and two repetitions while doing (b); then quickly,

- (4) **While continuously repeating only the short reminder phrase** from your set-up sentence, tap 5 - 7 times on each of the following points (Note: for some people, **liv** can be awkward to find and tap on. Pass over this spot if it is too awkward.) Tap on these spots in this sequence:

- (a) **eb - oe - ue - un - ch - cb - liv - ua - th - if - mf - lf - kc** (repeat the reminder phrase)...
- (b) complete the **Gamut Sequence**...
- (c) repeat the reminder phrase and tap: **eb - oe - ue - un - ch - cb - liv - ua...**

- (5) **While repeating the complete set-up sentence one last time**...

- (a) cross your forearms so the inside of your wrists face each other, and tap **tra** spots against each other 5 or 6 times; then quickly, in mid-sentence,
- (b) with one hand at **cr** and the other at **thy**, finish saying the set-up sentence and tap on both spots simultaneously 5 or 6 times.
- (c) Take a deep breath.

- (6) **Check your SUDs level and compare this with what it was at Step 1.** In most cases you will notice a reduced SUDs level regarding the issue you were addressing.

*[Basic algorithm ends.]*

Now, working with a new, lower SUDs level, repeat and tap the basic algorithm again (Steps 2, 3, 4, 5, 6) for the same issue—do more rounds of tapping on the same issue. As the discomfort decreases, alter the set-up sentence if necessary, i.e.: “Even though I still have *some anger at \_\_\_\_\_*, I deeply and completely accept myself.” Be very specific in your descriptions and don’t switch issues in mid-tapping.

Do two or three rounds of tapping on a specific issue. The SUDs level will decrease. Pick another specific issue of discomfort and tap on that for two or three rounds. Decide on another issue... and so on.

In the original EFT manual, one complete tapping algorithm is Steps 1, 2, 3, 4, and 6. I have found it very helpful to add Step 5 which embeds a corrective response to trauma **myelination**. With well-trained and experienced practitioners there are other spots to tap and longer or shorter algorithms. This, of course, is up to the practitioner

with whom you consult and what works for you. What I have described here is the main (entire) basic EFT tapping algorithm, with my addition of Step 5.

Note that any SUDs change, or how the symptom itself has otherwise modified, to an experienced practitioner, will be interpreted as progress. Be patient and persistent. Remember: The facts are always friendly.

### *Chasing the Image & New Sensations*

During the tapping you may surprise yourself with unexpected forgotten memories—mental snapshots of people or incidents. You may also experience disconnected images that don't seem to make “logical” sense. You may also experience new body sensations like shifting pain or new tension. These may be fairly strange images and sensations you don't understand, which often occur during Step #4 of the tapping protocol.

Even though (sometimes) you may not understand the connection, these sudden new images or experiences indicate two things: (i) the presence of **energy signatures** that represent **over-coupling** or **emotional fusion**; *and* (ii), other aspects to the issue you are addressing. These new images, memories, or sensations are important. Creating a new tapping sequence for them will take you closer to resolving the core issue.

### *Taking Notes*

Sometimes it is wise to have pencil and paper close to hand while tapping. The new images and sensations that appear, as I explained above, may be quite fleeting. As you notice them, interrupt the tapping to make a quick, brief note of it and then finish the tapping on the issue you started on. This list will be a good source of **aspects** to tap about. Create a set-up sentence and tap on the fleeting image. These apparently disconnected images or shifting sensations are meaningful.

The sub-conscious energy truths you live with will be expressed by your body regardless of whether you understand them or not. *Our bodies can't lie.*

### *Active Participation*

Energy Psychology is quite different from other approaches to healing. In Western medicine the client is not *actively* involved in their treatment. The patient goes to the doctor, sits and listens, takes pills (forever), or lays still while needles are inserted, or undergoes surgery, or their joints are adjusted (week after month after year). *They are not really an active and responsible participant in their own healing.* The client depends on the doctor or the practitioner.

**In energy psychology the client is taught how, and required, to actively participate in their own treatment. This is essential, and is a dramatic departure from what we presently accept as “medical” treatment. The client is taught the rudiments of “body energy”: how to tap, where to tap, how to identify and isolate the issues, and (over the course of a few days or weeks) to self-apply the treatment. This active and regular participation is crucial to the success of body energy healing. The therapist has special knowledge and teaches and guides the client through the basic procedure so they can apply the tapping procedures to themselves. This generates a strong sense of client confidence and they take active responsibility for their health.**

I must stress again: the client's general health, personal commitment, and the severity and number of conditions are factors. Cancer isn't just an issue of a virus, or a migraine headache is never only an issue of a pounding head. All emotional and physical issues have many aspects to their creation. *There is no single-thing cause.* This is one reason why healing rates vary.

Examples are: one case of cervical cancer resolved in three weeks, another case in two months; one case of chronic asthma resolved in six hours of instruction, another case fourteen hours of instruction; one case of high blood pressure resolved in one month (eight one-hour sessions), another case in six months (about thirty one-hour sessions). Comments and testimonials may be found at [www.emofree.com](http://www.emofree.com) and [www.quantumtechniques.com](http://www.quantumtechniques.com).

## *Tips On Tapping*

- (1) This is a forgiving procedure. Being “very close” to the spot is sufficient. Try and be accurate, but it isn’t necessary to be exactly on the point.
- (2) It is okay to miss or forget a spot occasionally; it will still work.
- (3) Re: Hand Points—the fourth/ring finger is skipped over because the **ga** spot (back of the hand) is on the same **energy meridian** that is in the fourth finger. In some tapping protocols the Gamut Sequence is skipped. If you want to tap on the fourth finger, do it, but it isn’t necessary.
- (4) How To Tap: Tap gently but firmly and fairly rapidly—about three or four taps per second. Use the tips of at least the first and second finger. Use either hand.
- (5) For **cb**, do the usual finger-tip tapping—one or both sides. It is also fine to use the flat side of a soft fist and lightly thump or knock on both **cb** spots at the same time.
- (6) Use either hand to tap. For **cr**, **thy**, and **lc** use all finger tips bunched together or the flat side of a soft fist for more coverage. Do not use **lc** when pregnant.
- (7) Regarding the number of taps on each spot, practitioners usually recommend between 5 and 7 taps. For some special issues or advanced work I may recommend only two or three taps per spot.
- (8) For any of the bilateral spots like **eb** or **ua**, it is alright to tap on one side, or both sides at the same time, or to alternate sides with different rounds of tapping.
- (9) Regarding **ts**: (i) If you hold a light, pleasant pressure with the tips of bunched fingers on **ts** (push into your belly about 1”), in this sequence: (i) hold 10 sec, (ii) pause 2-3 sec, (iii) hold 10 sec, you’ll enhance the correction of **polarity reversal**. This will help to harmonize the major long-body energy meridians. (ii) When declaring affirmations without tapping, hold light pressure on **ts**. This corrects **PR** and makes the affirmation more effective. (iii) When you’re muscle testing or tapping algorithms and you suspect quickly recurring polarity reversal, hold light pressure on **ts** with the finger tips of one hand while tapping or muscle testing with the other hand.
- (10) Reading the Algorithm: Once you and your body are quite familiar with this, and have done it dozens of times, it is possible to have a positive affect by simply holding your left hand over your heart (and/or) your right hand lightly touching **ts** and then just read or concentrate on the tapping algorithm and set-up sentence and reminder phrase. “Think” yourself through the tapping sequence. Your **body-mind** will respond to the code as if you were tapping.
- (11) For **acr** (the halo chakra): Hold one hand at **acr** and wiggle your fingers 5 - 6 sec, pause, then repeat. This unsettles the crown energy path and helps reestablish a smoother flow of energy.
- (12) For addressing throat/neck illness, or concerns with words “getting caught in your throat”, or with assertiveness misconnections between intellect and emotion: One hand tap continuously on **thy** while the other hand taps 5 – 6 times simultaneously and alternates between **cr**, **3rd eye**, and **un** three or four times. Declare “I am confident,” or “I speak clearly,” while tapping. This aligns energy streams through the throat chakra while embedding affirmations that correct negative myelination.
- (13) Tapping alternately many times between **kc**, **tra**, and **un** (tapping 5 - 6 times each spot) will often reduce major emotional shock, hysteria, allergic reactions, and out of control weeping (severe reactions).
- (14) To help clear muddled body awareness and a sense of over-all mild agitation: Sit with one leg crossed and resting on your knee. While one hand lightly touches and holds **ts**, the other hand will tap **lc**, **thy**, **3<sup>rd</sup> eye**, and **cr** each spot five or six times and alternate several times between them. This

aligns and harmonizes long-body energy meridians. (Avoid **lc** when pregnant.)

(15) Once you become comfortable and graceful with the basic algorithm (p. 15) and are *quite sure* you do not have PR, it is okay to shorten the main algorithm to steps 1, 2, 3, 4(a), 5, 6, [eliminating Steps 4(b) and (c)]. However, with major/chronic issues, eye issues, self-insight concerns, and any-time you suspect there's PR, do the full sequence at least twice in major tapping sessions.

(16) *As soon as possible after any traumatic event resolve PR and trauma with tapping.* Don't wait. This makes resolution easier. It prevents the new issue from becoming too deeply emotionally fused or over-coupled to older unresolved issues.

(17) For preventive maintenance: A quick way to enhance general well-being, separately from tapping about anything specific, is to repeat this or a similar affirmation: "*I am confident and capable,*" and correct PR at the same time [item 3(a) or (b), p. 15]. It is *very* helpful to correct PR before and occasionally during long exercise sessions, long walks and bike rides, during a stressful occasion (social or business), during difficult discussions, or when undertaking unpleasant chores.

(18) For everyday maintenance conduct this **grounding** exercise: Stand with your feet shoulder-width apart. Flex your knees a bit and feel balanced. Gently sense your center of gravity in the mid-low center of your abdomen, approximately 7 or 8 cm (3") behind your belly button. Slowly and rhythmically sway your hips in a small figure-eight, ∞. The intent is to move your body's center of gravity in a small infinity curve, not more than about 3" across. This stabilizes your connection to the earth and harmonizes long-body energy meridians into a smooth flow. Do this for 1 or 2 minutes several times a day—while talking on the phone, waiting in line, riding in the elevator, waiting at the bus stop, while cooking. It's a subtle and powerful energy-maintenance exercise. Once you become practiced at this your body will sometimes start grounding you while you are unaware of needing it.

### *When Tapping Doesn't Work*

After tapping, if the SUDs level isn't lower—if there's no change, that doesn't mean tapping is ineffective. There are many possible hindrances like other **aspects** to the issues that impede a corrective energy shift, multiple toxins, bio-cellular concerns, interference by PR, **myelination**, or the organic presence of **emotional fusion** or **over-coupling** (which is part of aspects).

Strong or belligerent disbelief regarding energy psychology can render any tapping ineffective. Suspicion and moderate or mild disbelief can be lessened—with the right approach. Having an open mind to the possibility, or having some degree of willingness to try it, is enough. There are interventions using muscle testing and set-up sequences that can be valuable in identifying and overcoming reluctance and reducing suspicion. Certainly, it requires some determination in making a sincere effort. With skillful guidance, creativity, and effort, I've never seen "tapping" not work.

When you don't experience a lower SUDs level, or (over time) there is no healing, the issues could be too complex for your level of personal awareness and understanding. Consider these possibilities:

- You are using an ineffective set up and/or aren't being specific enough;
- You are taking too many short cuts. Return to the full sequence, and include the Gamut Sequence;
- Polarity Reversal is not being corrected thoroughly enough;
- You are switching aspects too quickly or prematurely;
- A core issue is interfering (a major related issue is unaddressed) through emotional fusion or over-coupling, which will often include unaddressed defeating **vows** and **beliefs**;
- There are interfering ingested, contact, or proximity toxins;
- There are global, biological concerns like amino acid deficiencies, cellular fungal infection, a non-alkaline pH balance, dehydration, or organic sulfur deficiency; and/or,
- There is insufficient frequency of tapping sequences to maintain healthy energy flow.

Altogether, this can be incredibly complex. And of course, even with the anecdotal and research evidence of amazing recoveries, in a common-sense world a person at the threshold of death should not expect tapping to be a guaranteed life-saver (it may, but no expectations or guarantees).

To the uninitiated this may seem overwhelming or unbelievable, and to the desperate it may prompt unrealistic expectations. To the insecure who associate their identity with their illness, it's very threatening. To the cynical, it may provoke sarcasm and disparaging comments.

Instant salvation from all ailments is not available. However, when approached with expertise, time, and commitment, your body will heal itself; that is what it's designed to do, but we are human and there are limitations. From my experience, the hardest work is in the transitions: (i) changing your attitude from irresponsible to responsible; (ii) changing your effort from passive to active; and (iii), challenging yourself (your **vows** and **beliefs**) not the world or whoever is in it. Consult with an experienced and well-trained practitioner who can guide you through this and in a few weeks or months you will be doing it on your own.<sup>6</sup>

## [Frequently Asked Questions](#)

### **How does body energy healing work?**

Everything in the world has an energy frequency. Water, plants, living tissue, gasses, rocks, illness, emotions, pain... *everything has a certain energy frequency*. All sentient beings are some manifestation of an energy pattern. It appears that the universe created a healthy energy pattern for all living tissue; the body was made to be self-healing—which can only occur by maintaining the “right” energy frequency.

Trauma, toxins, heavy metals, bacteria, violence, viruses, chronic anger, stress, chronic fear, chemicals, prescription drugs, street drugs, alcohol, injury, surgery, food without nutrients, and **biogenealogical** issues block or change the body's ability to access a healthy energy code.

When energy patterns remain disrupted for a long enough period of time, health problems occur. *Any health problem is the body's attempt to bring harmony to an unbalanced system (a system without healthy homeostasis)*. In other words: ***Illnesses and emotional trouble are how the body tries to bring harmony to a dysregulated energy system. Illnesses (mental or otherwise), tumors, headaches, panic attacks, anxieties, depression, etc., are a response to an already preexisting energy problem.***

From Stephen Daniel: *“A healthy cell has a different frequency than a diseased cell in the same person. If the unhealthy frequency can be changed to a healthy frequency and maintained, the cell will heal and become a positive force to all surrounding cells. This is the goal of energy medicine.”* Through detoxifying, effective diet and pH levels (see **alkaline**), and completing tapping algorithms we reestablish and maintain healthy energy patterns. With an ongoing healthy **energy field** the body can heal itself at a cellular level.

### **Is Muscle Testing important?**

Yes. This is a crucial technique that offers significant information about toxins, foods, relationships, and our environment. It is a way to quickly determine the “energetic” truth of any situation you find yourself in. i.e. Should you eat this? Can you wear this fabric? Is this make-up okay? Is this soap okay? Are they being honest with me? Should you date someone? Muscle testing is effective for evaluating social situations. Muscle testing reveals energy-truths, and truths (the facts) are always friendly.

***“Your truth will be expressed in your life whether you are aware of it or not. For people who have chronic illness, the illness and the symptoms are expressing a truth in their life that they cannot access.”***  
**Beth Daniel, *Quantum Techniques***

I add to Beth Daniel's quote: Your physical illnesses, anxieties, and fears; your resentments; your weight or

<sup>6</sup> In my view: An *inexperienced* care-giver should regularly consult with an experienced supervisor, and any professional would otherwise have a bona fide resource network. Ask the professional with whom you work who it is *they* would seek guidance from if the need arises. They should offer, without hesitation, a clear and believable answer. Without this, care-givers are not acting responsibly towards themselves or their clients.

sex problems and mental illnesses; your depressions and rage, are all your body's expression of this truth: there is a fundamental energy problem that is not being addressed.

### **What emotional or physical issues can I treat?**

*Energy is the fundamental nature of our existence and stands at the root of all health, emotion, and illness.* Gary Craig, who is responsible for developing EFT, encourages people to **try it on anything**. With perseverance, creativity, and an open attitude to aspects, I believe energy psychology will have a positive effect on anything that is “wrong”. The crucial issues are to identify the energy problem and restore energy harmony.

When beginning seek out expert guidance, be personally responsible, gently detoxify, and become competent at self-applying tapping sequences. As for myself, both personally and professionally, with appropriate investigation and approach, I'll try it on anything and as of this writing, have never failed to achieve noticeable improvement.

### **Who can I treat?**

Yourself and (with some limitations) any other person. There is also noticeable success in treating animals and plants with energy work; see **surrogate tapping** in the glossary.

### **Can I tap on myself and heal others who are at a distance from me?**

#### **Does it work with people who are incapable of tapping on themselves?**

Yes. These are done by **surrogate tapping**. With proper preparation, you need only to concentrate on the other person while completing the appropriate tapping algorithm on yourself on their behalf. How receptive the other person is to receiving the tapping is a factor and the ethics of getting permission must be considered.

#### **Do I need others' permission to do surrogate tapping?**

The ethics of getting another person's permission to help them heal is worthy of discussion. People who believe in healing prayer will pray for another and I haven't (yet) heard of them seeking permission. In Washington, DC, in 1993, there was a peace/meditation project designed to lower the violence/murder rate. It was successful and affected the lives of thousands of people. There was no plebiscite or referendum to learn if it was acceptable to heal the community by meditating on their behalf without their permission. Those interested in doing the meditation project just went ahead and did it.

The ethics of certain procedures like cloning, blood transfusions, and completely cosmetic surgery are time-worn sources of argument and antagonism. Energy psychology techniques, even though still in their research phase, are forms of self-treatment for illness, emotional disturbance, and pain/trauma. Accepted medical practice requires permission from the patient and it may logically follow, to “treat” other people with energy psychology it is necessary to first receive their permission. And, certainly some people will claim permission is not necessary because surrogate tapping is a non-intrusive, altruistic venture (like praying) with an element of self-care. And, of course, a prominent consideration in this discussion is the personal consciousness and intent on the part of the person offering the surrogate tapping.

In our concept of modern democracy (the “it's a free country” syndrome), yes, it is our “right” to be angry or sick if we so choose; although, that sounds inane or foolish to people who take it for granted that everyone wants to be happy and healthy. Not everyone does. By the same token of “it's a free country”—if someone wants to surrogate tap a healing algorithm for someone else, they have an equal right to do this if they choose. Freedom is a double-edged sword *and* we live in a litigious society. I don't know the answer regarding getting permission for surrogate tapping. Personally and as a professional, I always get permission to surrogate tap for someone. If you disagree and believe you need not get permission to tap for (or on behalf of) others, at least keep it secret to avoid controversy.

#### **Does someone else have to tap on me during a treatment?**

In the vast majority of cases this isn't necessary; the answer is no. In some unique or emergent circumstances, it may be effective for one person to tap on another but this is situational. In some training situations or workshops, or during sessions for complex issues with a practitioner, it may be more effective if the practitioner/instructor taps on someone or touches them to identify points and demonstrate technique. As a person tapping on another, always first get permission to touch and tap upon them. Use common sense and be clear and respectful.

#### **What about EFT by telephone?**

There are many practitioners, myself included, who offer EFT by telephone. QT services are almost exclusively offered by phone. This has proven to be very effective.

### Are there any restrictions on clothing or where I have to be when I tap?

There are no restrictions on wearing clothing. As long as your body-mind registers the tapping sequence it will work. In some circumstances, however, the tapping may be minimally effective because of disruptive energy patterns and toxins from various sources (see Complexities, p. 22). Because of toxic influences, it may be suggested to tap on yourself when you're in the shower, or without clothes in the safety and privacy of your own home. With those considerations, what you wear or where you are, doesn't matter.

### Are there age restrictions?

No. Body energy treatments work on anyone regardless of their age—including pregnant women doing tapping and thereby having a positive effect on fetal development. From infants to seniors—it is universal. Young children, infants, and animals often respond much more quickly than adults. From Stephen Daniel: *"We usually have very quick and dramatic responses [with children]. Animals and infants do not typically have the toxin load that adults with chronic health problems have. Therefore, the treatments are generally much shorter."*

### What about treating animals?

There is notable success treating illness and dysregulation in animals. *Quantum Techniques* has an instructional package for sale regarding treatment for animals. If someone approaches me and requests this service, with appropriate preparation, I'll teach the procedure.

### Can the tapping cause harm?

No. The body will ignore the tapping algorithm if it doesn't need it.

### What if a person isn't open to this "tapping stuff"? It does sound weird. Do I have to believe strongly in this for it to work?

Bear in mind that at some distant point in the past all the intelligent thinkers believed the world was flat; physicians believed that bleeding people would cure them of fever and melancholia; and soaking "crazy" people in ice water until they almost froze would cure mental illness. How many other "absolute" truths have been proven wrong?

Western culture is deeply entrenched in hard science and dysfunction. We live with a very warped perception of the "power" of medicine. All I can say, is believe what you want to, but have regard for the possibility that energy psychology, with its successes, offers great potential.

Having a *strong* belief is not crucial, but it can be a powerful factor in quickly getting positive healing results. Skepticism is common prior to a person's first few healing experiences with body energy. There only has to be a part of you that is curious or willing to invest in this healing process, even if you do not sincerely believe that body-energy treatments work. There are tapping algorithms and set ups to reduce skepticism, cynicism, and suspicion.

### What results should I expect?

With proper guidance and work on aspects, for most issues, you will probably, quickly experience a noticeable decrease in your SUDs level. Sometimes the SUDs decrease is dramatic; other times it is subtle and gradual. With many issues, such as pain, fear, anxiety, and some cravings, there's often a quick and noticeable response. For sports performance and playing instruments there's often a positive result fairly soon. With severe or chronic issues (i.e. depression, autoimmune illness, skin conditions, etc.) there are many aspects to the issue. It is unrealistic to expect to resolve everything in a few sessions. A chronic condition will not resolve completely until you've addressed various aspects and toxins (which may include unraveling detrimental vows or beliefs) to a degree that the body can heal itself. Get expert help and persevere. It may take many sessions over a period of weeks or even months, but (in my view) that's better than being sick forever; see When Tapping Doesn't Work, p. 18.

I have always experienced positive results. Tapping and energy psychology may require persistence and professional expertise, but (for me) they have never not worked. If my clients are not satisfied during the first session or within twenty-four hours of the first session, I'll refund any money paid (see p. 24 for details). In four years of regular and frequent clinical use I have never had anyone ask for a refund.

### Are the effects permanent?

Yes. A graceful tapping **algorithm** for long-term maintenance will be required because there are various aspects, from over-coupling and emotional fusion, that may reactivate some issues. However, this would be like pleasant, regular exercise or using a daily, healthy life supplement. New events may upset the body's energy and these would be treated as they become apparent. With these common sense provisos, yes, the results are permanent.

### Will I have side-effects, such as when taking some medications?

In my experience: No. On *very rare* occasions there may be mildly uncomfortable, new body-awareness's. Shifting pain is sometimes present, or short-term tingling or very mild muscle twitching. These soon disappear or are resolved with tapping. These “side effects” actually represent other aspects to the issue being treated.

In resolving one strong anger concern a client uncovered an unknown significant fear about something apparently unrelated (this was from over-coupling and emotional fusion). The new fear was quickly, successfully eliminated. In my work, in early treatment for long-standing chronic issues, a sense of tiredness is a common “side effect”; so is yawning. These are natural and only occur in the early phase of the healing a major issue.

## Complexities

**Energy Patterns:** These are primarily established and embedded from (a) **biogenealogical** energy issues; (b), during fetal development through the mother and her environment; and (c), are further established and embedded during a person's first five years of life. Certainly, as life progresses beyond five years, they are modified, over-coupled, fused, heightened, or otherwise rearranged, but by five years old the principle energy patterns are established and embedded (see **myelination**).

Regarding body organ transplants, there are many recorded instances of significant personality changes in the recipients of transplanted organs. There are documented radical changes in preferred music, clothing styles, love and relationships, careers, and sexual orientation, especially with heart transplants. (source information: [www.mercola.com/AMA](http://www.mercola.com/AMA))

**Toxins:** Tapping algorithms and body energy are adversely affected by toxins from eating and breathing (*ingested toxins*); toxins close to or on the body like clothes and hygiene products (*contact toxins*); and from toxic energy sources near the body like appliances, high voltage wires, and computers (*proximity toxins*). People with poor energy stability, strong PR, or an otherwise high toxin load, will be easily “energy-drained” or dysregulated by close proximity to people who are manipulative, dangerous, extremely needy, or very ill/chronically sick.

**Detoxify:** There are numerous protocols for this—some are financially expensive; some fairly inconvenient (like mud body-baths); some require intrusive blood transfusions; some involve radiation; some detoxifying agents are taken orally while others are externally applied; and of course, some are more effective than others. Detoxification is important but the range of choices and cost makes detoxification confusing. There are some detoxifying protocols that I recommend which are user-friendly, efficient, non-invasive, and relatively inexpensive.

**Relationships:** People with chronic illness, chronic headaches, never-ending chiropractic concerns, etc., who are also in long-term relationships, live with a relationship dynamic that enables the illness. There is *always* derivative gain for being sick, but what that gain is isn't always easily understood. Often, being sick in a relationship makes the world safer. If that relationship dynamic is not resolved any treatment will go on forever. Also: In recycling through unfulfilling, conflict-laden romances or marriages, there is always a secondary gain *and* destructive **beliefs** or **vows** that are in play. These too must be resolved. Ongoing serenity and good health are always an “inside job”.

**Addictions** i.e.: prescription drugs, over-the-counter non-prescription drugs, street/illegal drugs, tobacco, alcohol, and naturopathic “non-drug” medications all have a significant and intrusive affect on body energy. The distractive addictions like sex, shopping, television, gambling, adrenaline, romance, etc., also disrupt energy patterns, as do the attitude addictions like righteousness and anger/rage. Tapping algorithms can and will significantly reduce cravings and promote body healing; however, *be advised*: continuing to participate in addictions will make tapping algorithms and cellular-level healing minimally effective. If substance misuse is a concern for you, or there is long-term dependence on a substance like naturopathic/vitamin remedies, or other distractive behavior addictions, tapping exercises can help with achieving abstinence.

**Responsibility:** *We are a culture deeply entrenched in blame and we are adept at finger-pointing—we hunt for magic pills, gurus to make it easy, and subtle ways to blame or make someone else “pay”.* Taking complete personal responsibility for your health is a crucial requirement and a touchy subject for many people. Taking personal responsibility is especially crucial in body-energy healing and addictions recovery. My position about this makes my book *Addictions & Spiritual Transformation* a difficult read for some people.

If you think your physical health and emotional recovery are someone else's responsibility; or that you can't heal until someone else owns up to some transgression against you; or you can't heal unless the doctor finds a magic pill (which often means finds a solution that allows you to get better and to continue being self-destructively negligent), you are doomed to remain "sick". The tremendous advantage for taking *complete* personal responsibility is you don't have to "wait"—you can create a healthy, wonderful life, on your own, starting right now.

### [Why Pay A Practitioner?](#)

This manual and the *Emotional Freedom Techniques* manual are free. There's a free manual available through *Quantum Techniques*. In these manuals (and on various, related websites), there is a lot of free information: You are told all the basics you need to make a noticeable improvement in your health and emotional well-being. So, why pay a professional practitioner?

These free manuals just barely scratch the surface of what's afoot here. *Healing by body-energy techniques is a complex art*. Addressing life-threatening, serious, and chronic health conditions and long-standing emotional concerns is incredibly complex. An experienced energy practitioner will hopefully bring advanced training, expertise, artistry, compassion, a resource network, and creativity to your healing process. Yes, you can learn enough to make progress by yourself and the tapping procedure is certainly "simple", but the aspects and interfering issues can be convoluted and complicated.

I have been fortunate in this regard. The professionals I have met and paid for body energy training have cared and offered sincere compassion, it seems more than I have received from other health-care providers. I believe compassion and sincerity—ordinary, simple kindness and caring, are crucial in body-energy work where the energy of the practitioner has a definite influence on the outcome. *Practitioners must "get themselves out of the way"*, meaning they must be non-interfering, never punitive, and on the "healthy" end of the spectrum, themselves.

Regarding myself: I have a very severe and seriously extensive personal history of "family dysfunction", addictions, injury, trauma, violence, stress disorders, and hospitalizations. I started my personal recovery in 1980 and have participated regularly in various healing therapies and spiritual disciplines since then. When I discovered tapping techniques in 2004 I was fortunate to be in comparatively good health. I have since resolved much more than I ever dreamed was possible. Those lingering concerns I thought I could never resolve—those subtle ones that various doctors, therapists, and chiropractors told me I'd "just have to live with" are gone. *I no longer feel helpless about any aspect of my health*.

Even though a lot of what I needed was in the free manuals, I still bought DVDs, flew to other cities, rented cars, stayed in hotels, and enjoyed paying whatever professional fees were asked. As an experienced therapist I sought out and paid for guidance in energy healing. The benefits are worth far more than the money I paid. By taking courses and paying for expert guidance, I hastened my recovery, avoided marginal success, learned more, healed faster, met some very interesting and wonderful people, made friends, prevented myself from wasting time tapping on things I didn't need to, and learned that the world is a safer place than I had ever imagined. If you can, pay to get expert help. Within a few weeks or months you'll be doing it quite effectively on your own.

### [Referrals & Seeking Treatment](#)

This manual is for general information and offers the very briefest introduction to a complex and very powerful avenue to personal healing. If you're interested in pursuing body energy healing you must use common sense and, I recommend: In the beginning, pay the cost and seek out trained and experienced EFT or QT body-energy practitioners. A good place to start would be through the practitioners or websites listed here:

[www.richardwclark.com](http://www.richardwclark.com) or  
[www.gracefultransformation.com](http://www.gracefultransformation.com)

I'm a Vancouver therapist and author, and have been a therapist and educator since 1986. I am...

- certified in *Emotional Freedom Techniques* (advanced practitioner);
- in Canada, a nationally certified addictions counsellor by the *Canadian Council of Professional Certification* (CAC II), and a member of the Association for the Advancement of Meridian Energy Techniques (AAMET);
- an associate clinician to the *International Live Blood & Cellular Matrix Study*, Director Patrick McGean, Utah, USA;
- certified in *Self Regulating Therapy*® (SRT) by the *Canadian Foundation for Trauma Research and Education*; and certified in Swedish Body-Massage Therapy;
- certified in talk, group, private therapy; *Grant MacEwan College*, *Wild Rose Private College*, and *The Justice Institute of BC*;
- a certified life-skills performance coach trainer from *Grant MacEwan College*; certified in Adult Education, *University of Alberta, Department of Extension*; and have a college diploma in engineering technology.

As a therapist and seminar leader, since 1985, I have taught in colleges, First Nations' communities, in corporations, in prisons in Canada and the USA, monasteries, and addictions treatment centers. I've studied other body energy modalities like EMDR, NLP, and Somatic Experiencing. I've lectured and led seminars in Canada, the USA, Russia, and China. About 95% of my clients have reported significant healing within one week to three months regarding the health concerns listed earlier.

I am a published author. My book, *Addictions & Spiritual Transformation*, is an in-depth discussion about twelve-step programs and healing from addictions. Feedback from readers advises me this is a valuable aide for people who work with addicts, and those who try and cope with addictions and seek recovery. My next book, *Facets of Personal Transformation*, is scheduled for publication in 2009.

I'll work to resolve any emotional, health, relationship, or performance concern you have. I will work with any group to develop a special body energy seminar for their unique concerns. For families and professionals I will present energy training in your home or office (evenings and weekends are available). Rates vary.

**First Session Guarantee:** If after the first private session, or within twenty-four hours of the first session, you do not notice enough of a change to continue—if you are not satisfied—there is no charge for the consultation. Any fees paid are refunded and the work is terminated. *This is a first-time only—one-time only offer.* If a person decides to continue with consultations there are no other refunds.

For seminars, if at the end of the first break you do not notice enough value to continue participating in the seminar, I'll refund your entire seminar fee. Of course, if you ask for a refund you'll be expected to leave the seminar, but certainly I'll refund your money—no tricks, no fine print. Bear in mind other practitioners have different policies. Go to [www.richardwclark.com](http://www.richardwclark.com) or telephone 604-875-9311 (Vancouver, BC).

### **[Ron Jordens – www.gracefultransformation.com](http://www.gracefultransformation.com)**

EFT Practitioner, Level III, BASc, PEng

Ron is an EFT practitioner in Vancouver, BC. He worked as an engineer for over thirty-five years and has a private engineering consulting business. He is qualified EFT Level III practitioner and has been practicing EFT for two years. He is a member of AAMET. Ron works with Richard as an assistant/associate at larger seminars and trainings and is developing his own private practice.

Go to [www.gracefultransformation.com](http://www.gracefultransformation.com) or telephone 604-874-7855 (Vancouver, BC).

**Gary Craig's** EFT website [www.emofree.com](http://www.emofree.com) has a free training manual. There's information on certification, an accessible archive of articles, DVDs to purchase, and a listing of EFT practitioners.

**Stephen & Beth Daniel** (Quantum Techniques) at [www.quantumtechniques.com](http://www.quantumtechniques.com) there is information about body energy healing, tapping information, a free manual, and instructions on how to arrange a telephone consultation. QT practitioners have an amazing record of success.

**Association for the Advancement of Meridian Energy Techniques** provides resource information about

practitioners and body-energy techniques for the professional and lay person — website [www.aamet.org](http://www.aamet.org).

## [Food & Supplements for Health](#)

**Regardless of any dietary protocols undertaken, remember: The primary intervention for healing is *Emotional Freedom Techniques*. Without resolving energy dysregulation and maintaining energy harmony any “supplements” are symptom management.**

For addressing chronic illness, recovery from illness, accelerated recovery from injury or surgery, losing weight, and to improve general health, there are six products (food supplements and soap) that may be crucial to promoting health, aiding in eliminating toxins, and facilitating recovery. I have recommended them for years. They are not chemicals, drugs, or vitamins. They are elemental foods and a pH non-toxic soap.

*This information about crystal organic sulfur, water, elemental foods, supplements, and soap is for information only. The author and people connected with Graceful Transformation make no medical claims about rates of recovery, success, or energy treatments. Websites are for information only and do not imply endorsement or commercial relationship. Please read the disclaimer, p. 36.*

***The first two products are recommended in all cases of chronic health issues and as a permanent addition to a healthy diet.***



### [Organic Crystal Sulfur — OCS](#) (*most important*)

This is the naturally occurring element sulfur in the form of mildly bitter tasting organic crystals which easily dissolve in water. This organic crystal sulfur is crucial to enhance and improve oxygen transfer at a cellular level. It is also crucial to facilitate the flow of blood, promote tissue regeneration, and restore the skin's ability to assist in detoxification. This is food and not a vitamin.



### [Catalyst Altered Water — CAW](#) (*most important*)

Catalyst Altered Water (CAW) is natural water that has had its molecular structure altered. It is water that has changed from short-chain molecules to long-chain molecule. It is strong alkaline, about pH 10.79 – 10.89, and has amazing properties of restoring health; especially in cases of burns. The body functions better and heals faster. This is alkaline pH water (food) and is for long-term use.

***The next three products should be considered as long-term additions to a healthy plan for living.***



### **SON Formula — Master Amino Acid Pattern (MAP)**

Each tablet contains *only* the eight essential amino acids. These must be ingested and are *crucial* to proper cell **mitosis** and **meiosis**. In this form, the eight essential amino acids are 99% absorbed in the pre-digestive tract. This is important in cases of weight loss and malnutrition; there is no negative effect of calories or increased heart mass pressure from digestion. This is food and not a vitamin. It can be for moderate long-term use or topical. (It can be expensive.)

<http://www.masteraminoacidpattern.com/>

<http://www.bodyhealth.com/html/bioBuilde/>



### **MIRACLE II — Alkaline Green Soap**

This liquid soap is made of 100% natural non-animal products. It is used for personal hygiene (body, hair, bathing, etc.) and detoxification through soaking in baths, and for laundry. There are other products (i.e. laundry ball) that make the use of retail, highly acidic, toxic laundry soap unnecessary. This soap is gentle, hypo-allergenic, and has a pH value of about 8.5. It is *very* effective for all cleaning.

<http://www.miracle2store.com/gallons.htm>

[http://www.grainmills.com.au/category74\\_1.htm](http://www.grainmills.com.au/category74_1.htm)



### **MIRACLE II — Alkaline Gel**

This is a tasteless, clear gel with a pH level of about 8.4. Using the gel as a part of your diet helps change the body's acid-alkaline balance. This makes healing much easier because viruses and bacteria can not survive in a high alkaline pH environment. This is a "food" and for long-term use, and has many important applications in health care like making sulfur-based skin cream and sulfur-based toothpaste.

### **CAPRICIC ACID and VITAMIN D**

**Caprylic Acid:** For cancers and other auto-immune illnesses, caprylic acid (marketed under various names) is an anti-fungal diet supplement; recommended for the treatment of any auto-immune illness or yeast infection. Caprylic acid (with a change in body-pH balance to alkaline) kills myelin sheath fungus. Myelin sheath fungus cannot be detected in medical tests, and is a significant factor in disrupting healthy body energy. Three retail marketing names I am aware of are: Caprin, CaprylicAcid*plus*, and Capristatin. It is only recommended for critical or severe illness: lupus, crones, multiple sclerosis, cancers, HIV/AIDS, and chronic recurring yeast infections, etc. This is a health supplement for short-term use (usually a maximum of four to six months).

**Vitamin D3:** The recent research on Vitamin D in relation to general health and illness (especially diabetes and MS), for people who live away from the equator, is worthy of serious consideration. There are Vitamin D3 creams which are more efficient than D3 pills. For what it's worth—if you live in a climate with "winter" and/or are generally an inside-person, you should consider taking a Vitamin D3 supplement.

***This information about crystal organic sulfur, water, elemental foods, supplements, and soap is for information only. The author and people connected with Graceful Transformation make no medical claims about rates of recovery, success, or energy treatments. Websites are for information only and do not imply endorsement or commercial relationship. Please read the disclaimer, p. 36.***

In my experience, *many* of the remedies that are offered as homeopathic prove to be harmful because of substance sensitivities. And, there are many foods that people should avoid because of substance sensitivities. Even though tapping protocols use a somewhat standard approach, each client requires a slightly different procedure. Each client's health issues are unique and as such, they are entitled to a unique strategy of talk-therapy, energy-balancing, tapping, and food/dietary changes. This is why the therapist should be creative and sensitive to the needs of each person they work with.

## [Water & Hydration](#)

***People must be properly hydrated for their body to function well in relation to digestion, detoxification, and for effective energy treatments.*** As a general guideline for proper **hydration**: consume one (1) liter of clear/plain, filtered/non-chlorine water per 50 pounds of body weight per day, e.g. a 150 pound person would drink about three liters of water each day. In addition to this, for as much caffeine-containing liquids as you consume, drink an additional, equal amount of water.

Buying and using plastic bottled water isn't necessarily healthy. When the water sits in the bottles for months before consumption, chemicals leech out of the plastic into the water. This is also seriously destructive to the environment in the manufacture and after-consumption disposal of billions of plastic bottles. For information on filters and bottled water, go to:

<http://www.home-water-purifiers-and-filters.com/reverse-osmosis-filter.php>  
[http://www.waterfiltercomparisons.net/WaterFilter\\_Technologies.cfm](http://www.waterfiltercomparisons.net/WaterFilter_Technologies.cfm)

A counter-top filtration system like *Auqasana* ([www.aquasana.com](http://www.aquasana.com)) delivers excellent quality water, with little environmental damage, and at about 15% or less of the cost of bottled water.

Regarding high alkaline water (pH level over 8.0)—water filters purify the water of contaminants and additives like chlorine, but that does not make the water alkaline. Purified water must be modified or treated to change it from pH neutral or slightly acidic to high alkaline. That is the purpose of Miracle II products or Catalyst Altered Water.

## [Catalyst Altered Water – CAW](#)

One of the principle benefits of catalyst altered water is its pH level. There are two types: Dark and Clear. As a concentrate CAW is pH about 12.5. When mixed with purified water the dark CAW is pH 10.79 and the clear CAW is pH 10.87. This has a prohibitive effect on bacteria and viruses. It acts as a powerful anti-oxidant, stabilizes free radicals, and promotes the flow of body energy. CAW is altered at a molecular level so it combines to form water molecule chains rather than molecule dyads. Altogether this greatly improves the water's efficiency in all body processes and it acts as a healing agent.

The *dark* CAW has elemental mineral nutrients added to it. Either the clear or the dark is excellent for personal health. Preparing catalyst altered water mixture:

1. put one (1) ounce of CAW *clear* concentrate (**or**) two (2) ounces of CAW *dark* concentrate—one or the other not both—in an empty, clean 4 liter jug (glass or plastic, preferably plastic);
2. “almost” fill the 4 liter jug with filtered, chlorine-free water (leave about ½ cup out); and,
3. let stand for thirty minutes

Consumption of CAW (diluted mixture not the concentrate): One glass (10 oz) the first day, then increase to two (2) glasses the second day. After that, drink as much as you want, but the minimum amount would be three (3) large glasses spread out over a day. Personally, I drink at least two liters a day, and have for over twenty years. During the first few days you may experience mild body discomfort as your body adjusts to a healthier water diet. It is wonderful for plants, gardens, and pets. The book *Aqua Vitae* in the bibliography is about catalyst altered water.

Info: [http://www.cantron.com/html/nutraceuticals/will\\_water.html](http://www.cantron.com/html/nutraceuticals/will_water.html)  
<http://www.mtnhigh.com/what-caw.html>  
<http://www.dr-willardswater.com/caw.html>

CAW is purchased directly from Richard Clark and sold at a wholesale price by the gallon or ½ gallon. The cost is approximately \$135.00 per gallon of *clear* CAW concentrate and about \$90 per gallon of *dark* CAW, plus shipping (price is subject to change). The dark is a little more expensive because you use two ounces instead of one for each gallon. The clear CAW should last one person, on a high water intake, about six months. Contact Richard: 604-875-9311 or email <rcs@telus.net>. (payment is by Visa, M/C, AmEx, debit, or cash; no cheques).

## [CAW for Burns](#)

Fill a clean atomizer spray bottle with the CAW-neutralized water (not the concentrate, the mixture). Spray the burned areas lightly every thirty to forty-five (30 – 45) minutes so the burned areas are damp/wet. Don't dry it off, let it air-dry itself, and spray again in 30 minutes. Do this until it is healed.

## [Dehydration](#)

### [The Causes of Dehydration](#)

There are many things that can cause dehydration, the most common are vomiting, diarrhea, blood loss, malnutrition, and failure to replenish liquids lost from sweating and urination (not drinking enough water). Many illnesses and diseases trigger acute dehydration due to the increased body temperature and sweating that usually occur. This is why your doctor tells you to drink plenty of fluids when you are ill. Your body uses fluids to expel toxins as well as to keep your system flexible, lubricated, and running smoothly.

Dehydration symptoms generally become noticeable after 2% of a person's normal water volume has been lost. Athletes may suffer a loss of performance of up to 30% and experience skin flushing, low endurance, rapid heart rates, elevated body temperatures, and rapid onset of fatigue.

### [The Signs and Symptoms of Dehydration](#)

Symptoms of dehydration usually begin with thirst and progress to more obvious manifestations as the body's need for water increases. The initial signs and symptoms of mild dehydration in adults appear when the body has lost about 2% of its total water. Mild dehydration symptoms are often (but not limited to):

- flushed face
- thirst more than normal
- dry, warm skin
- reduced amounts of, and/or dark, yellow, urine
- dizziness made worse when you are standing (orthostatic hypotension)
- weakness, fatigue, tiredness, cramping in the arms and legs
- crying with few or no tears
- sleepy or irritable
- recurring or lingering mild illness
- headaches, head rushes
- dry mouth, dry tongue, thick saliva
- loss of appetite
- chills
- episodes of visual snow
- decreased blood pressure

In moderate to severe dehydration, 5% - 10% below body's requirements, these consequences become more pronounced. When the body reaches 10% or more fluid loss, immediate medical help is needed. Symptoms of moderate to severe dehydration include:

- low blood pressure; racing pulse
- mental confusion

- increased heart rate and respiration
- diminished consciousness
- fainting
- peripheral cyanosis (blue tint at finger nails or extremities)
- severe muscle contractions in the arms, legs, stomach, and back
- cool, lightly moist extremities
- (very) low blood pressure
- convulsions; muscle cramps
- a bloated stomach or nausea
- heart failure
- very minimal, often painful urine output
- sunken dry eyes, with few or no tears
- skin loses firmness and looks wrinkled; lack of elasticity (when a bit of skin lifted up stays folded and takes a long time to go back to its normal position)
- rapid and deep breathing
- mild fever, extreme fatigue, lethargy
- paresthesia (tingling of limbs)
- hypovolaemic shock (decrease of blood/plasma volume)
- sunken fontanel

These are not the only symptoms that may manifest in response to dehydration, these are simply the most common. Age also plays a part—symptoms of dehydration in a child will not be the same as those experienced by a teenager, adult, or in the elderly.

### [Treatment for Dehydration:](#)

The best treatment for minor dehydration is drinking water and stopping fluid loss. Water is always preferable to sport drinks, commercially-sold rehydration fluids, juices, coffee, or tea. To stop fluid loss from vomiting and diarrhea, avoid solid foods and drink only clear liquids. In more severe cases, correction of a dehydrated state is accomplished by the replenishment of necessary water and electrolytes (through oral rehydration therapy or intravenous therapy). In the case of severe lack of fresh water, e.g. at sea or in a desert, drinking seawater or urine does not help, nor does the consumption of alcohol.

When dehydrated, avoid unnecessary sweating. If there is only dry food, it is better not to eat as water is necessary for digestion. A lack of electrolytes in the body can interfere with the chemical reactions needed for healthy cell operation and is known as water intoxication. This can become a serious condition.

If a person is showing minor symptoms give them plenty of water and have them sip it very slowly. Electrolytes are also important to replace and are found in salty foods (preferably natural sea salt). Slowly replenish the body's liquids with water first, and follow that up after symptoms have subsided with a small salty snack or a very light meal. If a person is showing some of the more severe symptoms of dehydration as listed above, seek medical attention. They may be past the point where ingestion of the proper fluids will help.

### [Preventing Dehydration](#)

For the average medium-build person, in a temperate climate such as Vancouver or the United Kingdom, they lose approximately 2.5 liters of water per day. This is through the lungs as water vapor, through the skin as sweat, or through the kidneys as urine. Some water is also lost through the bowels (a less significant amount, in the absence of diarrhea). Water loss increases or decreases based on the activities a person engages in. Heavy exercise can cause a body to lose more than two liters an hour. To prevent dehydration, replenish the liquids that are lost throughout the day.

In extreme cases, the losses may be great enough to exceed the body's ability to absorb water from the gastrointestinal tract. In these cases, it is not possible to drink enough water to stay hydrated and the only way to avoid dehydration is to reduce perspiration (through rest, and/or move to a cooler environment).

Your body requires water, not soda pop, not juice, not alcohol, tea, coffee, or sugar-drinks. Pay attention to your fluid loss. Replenish it. **By the time you feel thirsty you are already dehydrated;** you want to avoid becoming thirsty in the first place. If water is being lost through abnormal mechanisms such as vomiting or diarrhea it can quickly develop into a medical emergency. In fact, the main mechanisms through which diseases such as infantile diarrhea and cholera kill their victims are dehydration and loss of electrolytes.

The body cannot tolerate large deficits or excesses of body water. Consumption must be roughly equivalent to loss. Drinking water slightly more than the needs of the body entails no risk, since the kidneys will efficiently re-

move any excess water through the urine with a large margin of safety. Monitor the frequency and character of urination. If one develops a full bladder at least every 4-5 hours and the urine is only lightly colored or colorless, chances are that dehydration is not occurring.

**Disclaimer:** *This information should not be used for medical assessment, in an emergency, or for the diagnosis or treatment of any medical condition. A licensed physician should be consulted for diagnosis and treatment of any and all medical conditions. No representation or guarantee regarding the accuracy, reliability, or completeness of the content of this information is made or implied.*

## **Organic Crystal Sulfur – OCS**

### **The Live Blood and Cellular Matrix Study**

The *Live Blood and Cellular Matrix Study* was organized by the director of the Body Human Project in 1999. The study was inspired by a fatal type of breast cancer which had been reported to respond to organic crystal sulfur (OCS). While researching this cancer it appeared that the sulfur cycle played an important role in the regeneration of body cells. That study also discovered that it appeared that the use of chemical fertilizers had effectively broken the sulfur cycle in those countries which use chemical fertilizers.

Diseases we hadn't even heard of have become typical; cancer has grown at an unprecedented rate; and the quality of our food has been greatly diminished. In 1954 chemical fertilizers, such as ammonium nitrates and sulfates, which lack bio-available sulfur, were mandated by the government and appear to have broken the sulfur cycle. This appears to have contributed to the decline of our health, mental acuity, and quality of life. Since 1954 and the mandating of chemical fertilizers, all disease rates in the US have gone up approximately 4,000%. We believe when this study has completed its work that it will clearly demonstrate the connection between the lack of sulfur and the inability of cells to regenerate in a healthy manner *and* the related increase in disease.

Linus Pauling, best known for vitamin C, has been quoted that all of our modern diseases can be attributed to a mineral deficiency. Most researchers say that sulfur is one of the most important of the trace minerals, anywhere from 4<sup>th</sup> to 6<sup>th</sup> most important. The key point is what sulfur does: ***Sulfur, and specifically organic crystal sulfur, enables the transport of oxygen across the cell membrane.*** Oxygen in mammals is necessary for healthy cellular regeneration *and* maintaining a healthy cellular gas-transfer balance. For humans the problem is we cannot store sulfur; therefore, ingesting sulfur in a bio-usable form on a regular basis is a part of the sulfur cycle; it symbiotic and vital for life as we know it.

MDs, Ph.D.s, NDs, and other medical professionals, when asked about sulfur, stated (as if reading a cue card): “We get all the sulfur we need from the food we eat.” That was true until governments decided to change the way we grow our food and change the fertilizers used (which began in earnest in 1954).

Some history: In 1860, I.G. Farben first produced chemical fertilizers from coal tar. This resulted later in Nelson Rockefeller and Prescott Bush contracting with Farben to develop ammonium nitrate and ammonium sulfate from crude oil in 1938. This requires heat, and sulfur is one of the most temperature-sensitive of all the elements. When Farben began its chemical fertilizer production from coal tar and crude oil, temperatures 100 degrees over the vaporization point of sulfur were necessary to produce these chemical plant foods. Sulfur evaporated in the process. The chemists ignored the elimination of this elemental food.

Sulfur exists in both mineral and organic forms. Yellow “dirt” is mineral sulfur. Organic crystal sulfur is produced by similar volcanic activity as the yellow mineral sulfur, but when the sulfur is released into the ocean through volcanic activity that allows the release of sulfur directly into the water. This, in turn, installs organic, bio-available sulfur in ocean water to initiate the beginning of the sulfur cycle for all living organisms.

In 1920 Otto Warburg began his study of cancer in both plants and man, for which he received a Noble Prize in 1931. He proved that cancer in man is anaerobic. [Anaerobic, by definition, is cellular metabolism without oxygen.]

Our *Live Blood and Cellular Matrix Study* originally had its participants using retail MSM—methylsulfonylmethane. What we observed did not coincide with what the literature reported about MSM. Except for some limited gastrointestinal improvements, our initial group had little improvement elsewhere. We found an article about the sixteen “deadly” additives—the anti-caking additives that are found in retail MSM products. Retail MSM is processed and packaged with anti-caking ingredients. This blocks the bio-availability of sulfur to the cells—the sulfur cannot be used properly because it is contaminated with the additives and anti-caking agents.

We realized this was why our early participants were not reporting any health improvements. The additives *greatly reduce* sulfur’s effectiveness, and benefit only the packaging industry of retail sulfur supplements. For retail products, anti-caking agents are deemed necessary for the production of capsules and pills, and these additives and the pulverizing of the sulfur into powder seriously interferes with the body’s uptake of the sulfur. Our study had to find a bio-available source of sulfur, meaning natural organic sulfur that was not “processed” for the retail market. Our study is now based on organic crystal sulfur that’s not processed and is biologically available to the body.

*Note: Our OCS is not the yellow dirt sulfur from mining. It is not related to the sulfa drugs that some people are allergic to. This is not the less effective and much more expensive MSM that is available in retail stores.*

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***Organic Crystal Sulfur and Catalyst Altered Water are foods not vitamins or drugs.***

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Sulfur, with an atomic number of 16, is known to bond with almost every other mineral. As soon as it bonds with another element or compound, sulfur weakens its ability to facilitate oxygen transfer in our bodies. If it is thusly weakened, it cannot facilitate the detoxification of heavy metals, effectively enable the transport of oxygen across the cell membrane, foster cell regeneration, or act as the key player in the utilization of amino acids. [Amino acids are the body’s building blocks, of which some 70% are sulfur based.] Only a pure and unprocessed organic crystal sulfur can contribute to our health.

Our methylsulfonylmethane (OCS) is in crystal form, precipitated from lignin based DMSO. No fillers, anti-caking agents, or preservatives are added. This is a pure, uncontaminated form of methylsulfonylmethane in course sulfur crystals which are “fresh” from the precipitator and have no further processing. This is NOT the MSM that is purchased in retail outlets.

Our organic crystal sulfur is supplied to the members of this research study (at about \$30 US per pound plus shipping; price is subject to change). For the standard healthy maintenance of body cells, one pound lasts about 4 or 5 weeks.

### ***Benefits of Organic Crystal Sulfur***

Our skin is the largest organ and is like a huge kidney or lung. The skin is the back up organ for the liver. Someone in liver distress shows it in the cells of their face. When our internal detoxing filters are working well, our extra cellular fluids are not polluted and our immune system is allowed to protect our body from infections. Sulfur can be used both internally and externally in creams (see p. 33). We can report the following dramatic examples of cellular regeneration:

- Organic crystal sulfur, by comparison to commercially available MSM, is a remarkable mineral for arthritis. Those who had been taking OCS reported much less pain and increased motility. Many reported the straightening of finger joints and the resolution of internal scar tissue around the joints.
- Gastrointestinal disorders including acid indigestion, GERD, irritable bowel syndrome, leaky gut, and chronic constipation, have been addressed with a twice-daily dosage of organic crystal sulfur. Other digestive disorders such as ulcerative colitis and Chron’s disease have not been observed to date, but we feel that they will be alleviated with the use of sulfur.
- Skin conditions including acne, psoriasis, rosacea (red blotches on the skin), toe nail fungus, burns, liver spots, and disorders associated with Lupus Erythematosus have been eliminated. The cells which manifest these problems originate from the endothelial layer of the skin.

- The most startling results were the number of open heart procedures which had been scheduled and were cancelled when the individual's EKG returned to normal. This happened in as little as six weeks of ingesting organic crystal sulfur. Fifty-four (54) cases of cancelled surgery have been reported. Blood vessels quickly regenerate with OCS and we believe that these cancelled surgical procedures could be an example of such regeneration.
- The group has also seen the reduction of scar tissue, the elimination of high blood pressure, and the breakdown of calcium plaque in the arteries. Organic crystal sulfur would therefore benefit Alzheimer's sufferers.
- Osteoarthritis has been reported to respond to the ingestion of organic sulfur. Older people were not bent over prior to the breakdown of the sulfur cycle (c. 1954). This can be observed in photographs of older people prior to 1954. Osteoporosis has also been addressed, though the numbers are too few to be significant. Bone density tests are demonstrating reversal of bone thinning or loss of bone density.
- Just as impressive were the study participants who found relief from lung dysfunctions such as allergies, asthma, and emphysema. Some with more serious conditions stopped depending on the bottled oxygen they had been toting around in spite of the fact that they continued smoking.
- Diabetes is helped. OCS is necessary in the production of insulin and other sulfur based amino acids, which are themselves necessary for the metabolism of carbohydrates.
- The stomach and intestines become very "pliable or slippery" and parasites cannot attach themselves to the digestive tract.
- ADD, ADHD, hyperactivity, depression, and mood swings are greatly relieved with the use of organic crystal sulfur. It acts as a stabilizer or mood elevator (probably from increased oxygen metabolism) and relaxes the nervous system. We have reports of people getting off of antidepressants and Ritalin within as little as three days of taking organic crystal sulfur. Those who had been on antidepressants for a long time, took a little longer. The ability of the body to produce its own glutathione, which is dependant on the sulfur cycle, appears to be the reason for this.
- Many grey and white haired members have experienced a return to their natural color hair. The natural color returns beginning at the nap of the neck. Usually, naturally lighter-haired people return to their natural color sooner than dark- or brown-haired people. The mechanism is the regeneration of the pigment glands at the base of the hair follicle.
- Glaucoma reduction has been reported by Dr. Eldon Haus, M.D. and a few members of the study. There's a regeneration of the cells of the "drainage" system of the trabecular meshwork at the inner base of the iris. Subjects who suffer from increased intraocular pressure find that the drops used to control this pressure are often inhibited in their ability to drive or read. Using OCS has not demonstrated any such corneal disturbance.
- Organic crystal sulfur, in facilitating oxygen transfer, may be best demonstrated in its ability to eradicate gum disease. OCS, when used as a tooth paste, eliminates the plaque build-up on teeth. It also, possibly more importantly, regenerates the gums, and "tightens" previously loose teeth. Dissolving OCS in Miracle II alkaline gel and using that as tooth paste works well (see p. 35). This also avoids all the chemicals in retail toothpastes.
- Migraines and other headaches have also been alleviated. It is believed the OCS regenerates the capillaries, which greatly assists in the normalization of brain blood flow and intra-cellular oxygen transfer. Migraines take longer to alleviate than more normal pressure headaches. It is estimated that 98% or more of all headaches are stress induced. Tapping energy protocols and OCS virtually eliminate headaches.

- Organic crystal sulfur is not stored in the body. It is an elemental food and is considered non toxic. Oregon State Penitentiary death-row inmates failed to reach a toxic level at 200 grams a day (almost half pound).
- One study member regenerated his liver from twenty-five years of Hepatitis C with organic crystal sulfur after fifteen months of two tablespoons of sulfur twice a day.
- Cancer is an anaerobic condition. Study members with cancer, undergoing chemotherapy, who took thirty (30) grams of sulfur per day during chemotherapy (about four teaspoons twice a day), did not have any side effects from that therapy. There was no hair loss, nausea, or diarrhea. There was a surprisingly greater reduction of cancer cell counts as reported by their oncologists. Lymphomas have been responding to OCS both in pain reduction and in decreased size of tumors.

Cellular regeneration appears to be closely tied to our ability to transport oxygen across the cell membrane. As stated earlier, this is a primary function of organic sulfur. A study of the periodic table shows sulfur, selenium, and tellurium as being the only three oxygen transport minerals. Further study shows that chlorine and fluorine are detrimental to this oxygen transport, and yet these have been added to make our teeth “healthier” and our water “more pure” or free from bacterial infestation. These chemical elements are poisonous *and* when it comes to oxygen and sulfur, these poisons block the cellular uptake of both oxygen and sulfur. Drinking pure, filtered water is encouraged in the study for that reason.

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***Remember: Organic crystal sulfur is a food not a drug.***

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Since 1954 our food supply has been devoid of sulfur because of chemical fertilizers and the over processing of our foods. Companies are not about to cease the use of these profitable chemicals as it pertains to commercial agribusiness, medicine, and processed foods. This guarantees declining food quality. However, we can regenerate our internal sulfur cycle with methylsulfonylmethane (OCS), provided it has not suffered the indignity of commercial processing and additives.

Finland, in the early 1980s, alarmed over the increasing disease rate of its population, and fearing the levels of cadmium, took a hard look at chemical fertilizers and banned all of them. At that time, the US and Finland were at the same marked disease levels. Finland was not aware of either the sulfur connection or Krebs cycle (chemical reactions in organisms that are part of the process of aerobic cell metabolism). Since 1985, Finland has become a leading supplier of “bio-friendly”, completely organic foods in Europe. They have also seen their disease rates drop to *one tenth* (10%) of the 1985 levels. Finland’s disease rates continue to slowly drop. North America’s disease rates continue to rise *and* we continue to use chemical fertilizers. It appears the epidemiology of countries using chemical fertilizers have an increase in disease, while those that use organically-based fertilizing methods do not.

This study believes that the absence of sulfur is the mineral deficiency which may be responsible for the greatest increase in disease in North America. Healthy cellular metabolism is the basis for cellular regeneration of all of our cells. Without intracellular oxygen transfer we begin to degenerate and age *long* before our biologic clock runs out.

\* \* \*

The following information in italic is edited from an article by Jack Challem, © 2000 Jack Challem, The Nutrition Reporter™. This article originally appeared in *Let’s Live* magazine and excerpts are reprinted with permission.)

### ***The Sulfur Solution***

*Sulfur is unquestionably an essential nutrient—so why doesn't anyone consider it that?*

*[Sulfur] is a food so essential for life that you would die without it. But it has been all but ignored by dietitians, physicians, and researchers. The nutrient is sulfur, referred to as brimstone in the Bible, and used medicinally for thousands of years. Flip through most nutrition textbooks, and you'll discover that sulfur is hardly ever mentioned, despite it being the third most abundant mineral (after calcium and phosphorus) in the body, accounting for one (1) percent of your weight.*

*The dearth of research on nutritional sulfur is puzzling. Because it is an element, the body cannot make it and, instead, must obtain sulfur from food. "Here is an essential nutrient that no one sees as being that," says Ronald M. Lawrence, M.D., Ph.D., coauthor of *The Miracle of MSM: The Natural Solution for Pain* (G.P. Putnam's Sons, 1999). "We don't learn anything about sulfur in medical school. Sulfur has been the most understudied and overlooked nutrient."*

*Sulfur is found in every living cell. It's part of the molecules that form the amino acids (protein building blocks) methionine, cysteine, and taurine, which are essential for health. It's a constituent of vitamin B1 and biotin, the antioxidant glutathione, the anticoagulant heparin, and coenzyme A, which drives energy production in cells. Sulfur is an integral part of the biological cement that forms skin, hair, nails, and the cartilage that shapes your nose and pads your joints.*

*Yet, says Lawrence, there is no officially recognized "sulfur-deficiency syndrome". That's a problem other nutrients, such as vitamin E and selenium, had to suffer with for years, before they were recognized as essential for health.*

*The medicinal use of sulfur goes back thousands of years to the Trojan Wars, when wounded soldiers healed in the sulfur baths of Agamemnon. Sulfur baths are still popular for treating joint and other diseases around the world. Similarly, sulfur-rich garlic has been used for several millennia to prevent and treat diseases. It contains powerful antibacterial substances, which may explain the garlic's extensive use as a folk medicine.*

*Sulfur is also a common ingredient in homeopathic remedies, developed in the 19th century and still popular today as over-the-counter remedies. In the 1920s, "colloidal sulfur" was used to treat arthritis. Now, researchers understand that sulfur forms part of the matrix of bone joints in the form of chondroitin sulfate and glucosamine sulfate.*

*Before the advent of antibiotics in the 1940s, sulfur-containing drugs were commonly used to treat infectious diseases. Sulfur has powerful antibacterial properties. Many of [those sulfur based drugs] are still prescribed by physicians, and sulfur is a component of penicillin-class antibiotics and many other medicines. [Organic Crystal Sulfur is NOT related to or a part of "sulfa" drugs.]*

## **Organic Crystal Sulfur – Consumption and Amounts**

by

**Richard Clark**

Associate Research Clinician

*Live Blood and Cellular Matrix Study*

When taking organic sulfur, remember the typical retail "MSM" products that are purchased through health food stores labeled MSM – "organic sulfur" are NOT the same product that is available through this study. Those retail products, in pills and capsules, are a processed version of sulfur and contain additives and anti-caking agents. The additives are harmful and significantly decrease the effect of the sulfur. The organic sulfur that is available through this study is a food not a vitamin or a "supplement".

Standard amount: 4 gms (1 teaspoon) per 100 pounds of body weight twice a day, about 10 hours apart; i.e.: for a 150 pound person: 1 ½ teaspoons early morning and 1 ½ teaspoons in the late afternoon. This amount is often increased, depending on the health concerns being addressed.

Dissolve the amount in a 10 oz glass of warm water and drink it. Organic crystal sulfur is quickly made less effective by the chlorine in tap water. Whenever possible take it with pure/filtered water. Some study participants eat it—put the OCS in your mouth and chew and swallow it and follow this with drinking 8 or 10 oz of clear, plain, non-chlorine filtered water. If in doubt about the amount, err on the side of more than you need; “too much” sulfur has never been demonstrated. Take it with or without food. OCS can be eaten but most of our study members choose to dissolve the crystals in a small amount of warm non-chlorinated water (1 – 2 ozs) followed by a glass of non-chlorinated water (10 – 12 ozs). If a microwave is used to heat the water do not add the sulfur until after the water is heated. Microwaves use temperatures at or above 400 F and sulfur vaporizes at 270 F. Proper hydration is *absolutely* necessary—see the water section.

**The study suggests that sulfur should be taken thirty (30) minutes *before* any prescription medications or nutraceutical products. Silicon dioxide or silica, which are used in these products, blocks 100% the body’s uptake of sulfur.**

**Organic crystal sulfur** has synergistic/positive effects on everything related to metabolism and cellular efficiency. Many study members report requiring much less vitamins, prescription drugs, and other supplements. OCS has no detrimental affect on any other supplements or health products.

- For chronic illness and serious healing concerns the amount is increased. This is discussed on an individual basis.
- For eye concerns, eye tiredness, eye dryness, retina scarring from surgery, poor eye sight: dissolve 3 teaspoons of organic crystal sulfur in 5 - 6 oz of chlorine free/filtered water. Use this solution as eye drops – two or three drops in each eye x 3 times a day—early AM, afternoon, and at bedtime.
- Purchase *Miracle II Alkaline Gel* (a thick paste) that is as described in the supplements section. In a sterilized jar mix about one (1) cup of the pH gel with four or five (5 - 6) teaspoons of organic crystal sulfur. The sulfur will dissolve and you now have an organic, sulfur-based, high-alkaline pH gel. Use this as a skin cream for skin conditions—rashes, scarring, acne, rough complexions, aged skin, wrinkles, scars, moles, herpes outbreaks, genital warts, birthmarks. Have a separate jar of the same mixture and use it for toothpaste.

This gel-sulfur paste leaves a fine white film on your skin when it dries. Over the course of several months, using the eye drops, taking the proper amount of sulfur orally, and using the sulfur/gel as a skin lotion, skin tone, wrinkles, and coloration will noticeably improve. After an extended period, (more than a year) scars will more than likely slowly become less noticeable.

OCS is bitter tasting however, in the experience of those taking it, this bitter taste seems to lessen as your body becomes accustomed to it. If the taste is too bitter and you are reluctant to take it, in the evening dissolve the following morning’s dose in water and let it sit overnight then drink it in the morning. In the morning dissolve the required evening’s amount in a glass of water and let it sit all day and consume it in the evening. Letting it sit in water for several hours appears to lessen the bitterness and this does not reduce its effectiveness. (Providing the water has no chlorine in it.) Some people take it with juice, and some reports indicate cranberry juice diminishes the bitter taste.

Some people, not many, report minor healing crises that manifest for the first short while i.e. headaches, joint pains, or very mild diarrhea. These vary, but some sort of detoxification or healing crisis is to be expected. And, over the first year, they may recur briefly. In the beginning, your body (cells, blood capillaries, oxygen transfer, etc.) isn’t working well. The organic sulfur corrects this, and the pains and discomfort are clear evidence that your body is adjusting and healing. Should flu-like symptoms occur take 1 tsp MORE sulfur immediately; too much sulfur is better tolerated than too little. Persevere through this.

Carry a few tablespoons of OCS with you in a small plastic bag or a clean/empty prescription bottle. Whenever possible, at the onset of a headache, eat (don’t dissolve it in water and drink it), eat an extra teaspoon of organic

sulfur and hold it in your mouth for a few minutes. This increases the efficiency of absorption and very often will reduce or eliminate the headache. *Persevere*. In the middle of a long, stressful day, take an extra teaspoon of sulfur.

### **Photographs For Research & Personal Affirmation**

Our face (upper neck to top of forehead) is an excellent mirror for our over-all state of health. We follow a participant's progress with photographs of their face (for comparison and analysis) and interviews in an effort to monitor cellular regeneration. Photographs for evaluation is the newest, and a very important aspect of the Study. In brief the photograph guidelines are:

- 2 – 3 pictures when you begin and then again in four or five months
- 3 mega-pixel or greater digital camera; use full resolution
- close up of face – from upper throat to top of head — a close-up head shot; eyes open
- use flash and in good light
- hair brushed off of forehead; no glasses, no makeup, no contact lenses

We are seeing cellular regeneration in the face photographs within four months (but it takes up to seven years to regenerate all of our cells). Sulfur is known as the “beauty mineral”. What we are really saying is that the skin is more beautiful if its cells are allowed to regenerate. Scar tissue has been reported to slowly resolve which is an example of cellular regeneration in cells that have been scarred and unable to regenerate.

On the day you start taking organic sulfur, take two or three well-lit, close up digital photographs of your face, i.e. top of head to upper throat; no makeup, eyes open, no glasses, no contact lenses, with hair off of forehead, with a digital camera of 3 mega pixel resolution or more. Take the pictures at full resolution. Have a clear view of your eyes, face, cheekbones, etc. Send one copy to myself and retain these photos on your computer. Take the sulfur as prescribed. Wait four or five months and take more photos. Send these to me. For yourself: enhance/enlarge the photos and compare before and after. Look at yourself carefully. You will be able to notice a difference in your skin condition and eyes. Skin pores, wrinkles, red capillaries in eyes, skin color, will all have improved.

You don't need to smile or look glamorous; it's for research. Regarding analysis: the full picture will never be published. Your identity will remain confidential. At times small portions of a photo may be used as “before and after” comparisons but not in any way that you could be identified. Email them to myself.

The Study is accepting more participants. Since 1999, there have been 1100 members. Not everyone who agreed to participate has continued with the study, nor have all the participants persisted in taking OCS as we recommend. The study, based upon and supported only by its participants, and guided by their feedback, encourages *long-term* participation and commitment. We have observed many remarkable health improvements. If you would like to become a participant of the study please contact Richard Clark.

#### **Richard Clark**

Assistant Clinical Director

Live Blood and Cellular Matrix Study

[www.richardwclark.com](http://www.richardwclark.com)

[www.gracefultransformation.com](http://www.gracefultransformation.com)

email: [rccs@telus.net](mailto:rccs@telus.net)

604-875-9311 (Vancouver, BC)

### **Disclaimer**

This energy work, the body-energy techniques described here, including the noted/recommended elemental foods and supplements, are not intended to diagnose, treat, or cure any disease or health condition—physical, emotional, or mental. We are not physicians, medical doctors, psychologists, chiropractors, nutritionists, or naturopath doctors.

We do not claim these treatments are “cures” for anything. None of this is intended to replace or substitute for licensed medical or psychological care. We do not suggest or advise that anyone discontinue, avoid, refuse, or ignore

medical or psychological consultations or advice. These are self-help, self-applied, coaching techniques intended to balance or rebalance body energy, and to reduce stress, enhance health, and resolve any dysregulation or dysfunction in the body's energy patterns. Because body-energy therapies have been very effective for many people does not guarantee they will be successful or effective for others. Body energy treatments are and must be considered to be in their research stage.

This manual was written to introduce energy theories. Richard Clark is a trained and certified addictions counsellor and trained in the theory of body energy and its application as a self-help technique. Any lifestyle or dietary recommendations are suggestions based on experience. Any spiritual/emotional counselling provided is not part of any recognized religion, nor is it intended to be right, final, or absolute.

People who seek counsel from myself or others at Graceful Transformation on matters of therapy, lifestyle, health concerns, diet, body-energy, problem-solving, motivation, emotional problems, addictions, and spirituality must use judicious common sense and take responsibility for themselves and their decisions. As of this writing, to our knowledge, there is no agency that governs or regulates body-energy therapies.

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*If you are trapped in a cage of turmoil, illness,  
and fear, the door always opens from the inside.*

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## Considerations

My writing such a disclaimer, and encouraging you to be mindful of it, may cause you to suspect the effectiveness of EFT body energy work. Bear in mind that there are no “guarantees” in our culture's accepted medical practices. Medications have dangerous side effects; surgeries often give less than the hoped for results; and, according to Dr. Mercola at [www.mercola.com](http://www.mercola.com) the leading cause of death in the USA (c. 2004) was medical-doctor's *properly* prescribed medications and other approved medical procedures.

Advertising propaganda tells us medical science is getting smarter; but how effective is modern, accepted medical health care? They guarantee nothing. Autoimmune diseases, obesity, heart attacks, violence, cancers, diabetes, mental illness, addictions, are all on the rise. Drug companies are constantly being sued for all manner of negligence. Statistics show the appalling consequences of “approved” medications and “approved” medical or surgical treatments. There is mounting evidence that many government regulatory agencies are self-serving and negligent. Pharmaceutical and vitamin companies constantly offer “new and improved versions” of drugs and/or supplements over some earlier version of a new-and-improved version. Governments and corporations pour *trillions* of dollars into health care and research—so, why are we getting sicker?

It is estimated that in the US, in 2011, \$9,000 will be spent *per person* on health care (about 2.8 trillion dollars); this will be about twice as much as the next highest country (Canada). The US spends the most and is rated *last* of the 36 nations for over-all population health. Altogether, in North America, the health-care situation is horrific, and it's getting worse.

Traditional medicine offers no guarantees, either. I have never heard of a psychologist or psychiatrist who gives a money back guarantee if the therapy isn't immediately, noticeably effective in the first session. There are no guarantees of recovery offered in rehab centers, or in chiropractic treatments, or in traditional talk therapy and counselling. As “unquestioningly accepted” as these treatments are, their short-comings and failures—the incidents of unsuccessful treatments; the harsh, invasive protocols with damaging or questionable results, are legion.

A case in point is the rhetoric and propaganda around weight-loss alone: With about 50% of our population clinically obese, and another 20 – 25% obviously over-weight, and the billions of dollars spent by advertising agencies, corporations, “health consultants”, and consumers on weight-loss schemes, exercise programs, diets, books, and supplements... why are we getting fatter? A similar scenario: We pour billions of dollars into addictions rehabilitation and make tens-of-thousands of monthly referrals to detoxification and treatment centers and... addictions are on the rise and the treatment success rate is appallingly low—less than 3 - 4 % (and apparently getting lower). Altogether, this can only generate a subtle, hopeless despair.

I'm not accusing all doctors or other health-care providers (including naturopathic doctors, chiropractors, and therapists of various types) of malfeasance or negligence—certainly, I grant for the most part, they are well-intentioned—but lets face it: ***accepted health-care practices are not working.*** In my view, this deterioration hinges on several things—undiagnosed/denied addictions in health care providers and the population at large; competitive consumerism (selfishness and greed); righteousness; personal irresponsibility; and coveting our secret prejudices.

From Stephen Daniel: “*One might have the correct combination of chemicals, vitamins, minerals, water, protein, carbohydrates, fats, etc., but none of these functions properly when there is miscommunication within the body’s energy field.*” I add this: You may also have the correct surgery, exercise regimen, food supplements, diet, and vitamins; and cook without a microwave, filter your water, and go to bed early... and neither will these work when there is dysregulation within the body’s energy field, toxins, bio-cellular-level problems, and trauma.

Psychologists, doctors, chiropractors, naturopaths, therapists, hospitals, etc., guarantee nothing. Every time you sign a release form for *any* medical treatment, that is their acknowledgement that it isn’t guaranteed. Because body-energy work has no guarantee of success doesn’t lessen its effectiveness; nor should it increase your suspicions about its effectiveness. EFT and energy treatments are not intrusive. There are no drugs. They don’t have the dangers of harmful side effects. They are very often *very* effective, and *quickly* effective. They are generally painless. Aside from the money you pay a professional practitioner, they require only a dedicated and concerted effort on your part to learn a new way to take care of yourself. There may be some dietary changes, but these are biologically- and environmentally-friendly, completely non-toxic, and have no side-effects (except improved health).

It does take some willingness to commit to a new way of viewing personal health care. In my experience: ***changing your attitudes and taking responsibility is harder than the actual healing. This is a life-style change as much as a strategy for healing.*** For the issues I have helped people address using body-energy work (listed on p. 8), the majority have achieved 100% relief and the remainder (at this writing) over 90% relief and improvement. For the small percentage that report very minimal change (probably 4 or 5 clients out of several hundred) it appears to me this is more their lack of commitment to active participation. As of October, 2008, after almost 4 years of practice, no one has ever asked me for a refund for their first session.

### ***Is There A Conclusion?***

My personal experience and the experience of my clients is: Where people have committed to body energy work as it is presented here, it resulted in them achieving complete resolution or lasting and dramatic improvement for the issues they wished to address—every time. If a person makes a sincere commitment to these self-applied techniques, they quickly come to believe that within them are the resources necessary to allow them to meet their destiny with confidence, integrity, and authentic good health.

Yes, this is complex and it all probably sounds very weird and hard to believe. Be that as it may, *Emotional Freedom Techniques* and body energy healing are amazingly effective. If you learn them, and persevere in using them, you will thank yourself for the rest of your life.

### ***Copying & Copyright***

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## Glossary<sup>7</sup>

**Addiction:** This is defined by the World Health Organization as *a pathological relationship with a mood-altering experience that has life-damaging consequences*. This means to engage in behaviors (eating, shopping, exercise, television viewing, pornography, relationships, gambling, sex, righteousness, anger, alcohol, drugs, work, etc.) that you “cannot stop” that causes you or others spiritual, emotional, psychological, or physical harm—life-damaging consequences—even though you may think they are harmless through specious justification or are unaware they are harmful. (Ref.: *Addictions & Spiritual Transformation*, cited in the bibliography). **Also:** Using energy healing to resolve cravings or addictions to alcohol, drugs, pornography, violence, or gambling and the like, does NOT imply you will be able to recommence this behavior. Abstinence is an on-going requirement of being recovered. For spiritually oriented recovery programs like AA and other twelve-step groups, energy work makes that process less awkward therefore “easier”, and your life generally more calm and peaceful

**Affirmation:** a positive declaration about “self”, i.e. “I deeply and completely accept myself.” Mind images cannot compute negatives. “I am not bad” appears to be a positive affirmation, but our mind-process only registers the concepts of “I” and “bad”; it can not translate an I-am-not statement into an “I am...” declaration. So... (1) Effective affirmations are specific and declare a positive rather than deny a negative. (2) Affirmations have *very minimal* impact on **polarity-reversed** energy systems. When affirming, do a brief PR clearing first, or touch and hold **ts** while declaring your affirmation.

**Algorithm:** an organized, specific sequence of tapping points; a tapping procedure that is designed to resolve energy dysregulation. EFT describes one effective tapping sequence. There are others. Algorithms vary in length and can sometimes be surprisingly brief (or long).

**Alkaline:** often referred to as pH level (pH is “potential of hydrogen”). Water, food, and our bodies are either acidic or alkaline. On a scale of 0 to 14, acidic is below 7 and alkaline is above 7. Bacteria and viruses cannot live in a relatively high “alkaline” system, meaning above approximately 7.6-ish. Avoiding highly acidic foods and consuming water and foods that have high alkaline properties is beneficial.

**Aspects:** the contributing factors to any emotional or physical (energy) condition. Illness and emotional problems will each have many different contributing factors. Each one of these contributing factors is one *aspect* of the condition and needs to be addressed for optimum health.

**Beliefs** (destructive): through family systems, indoctrination, education, and cultural conditioning, we absorb and adopt all manner of health-defeating beliefs. i.e. “Blood is thicker than water,” (family loyalty at all costs); “Never wash your laundry in public,” (keep secrets regardless of the personal cost). Overcoming the beliefs that enable dysfunction is difficult—they are numerous, subtle, and entrenched; but these must be uncovered and discarded for optimum health. (see **Vow**)

**Biogenealogy** refers to the transfer of **quantum energy** patterns, including illness and lifestyle, through multiple generations. See the bibliography for a reference book by Patrick Obissier.

**Body Energy:** in simplest terms, body energy is quantum “electric” energy that flows throughout our *entire* bodies. It flows generally clockwise and its primary conduit is along **energy meridians**. The conducting agent is water which makes proper **hydration** very important.

**Body-mind:** For ease of reference, humans are governed by three levels of brain functioning—the cerebral cortex (“thinking brain”) and two levels below the cerebral cortex—the limbic brain and brain stem. These last two are responsible for autonomic or instinctual life systems. They store energy-memory (via **energy signatures**) in our mind and body cells, which has a definite and *crucial* influence on our responses to life and the state of our health.

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<sup>7</sup> Some of these definitions are from the *Quantum Techniques* website (used with permission) and others are from EFT articles and my related training. The terms are defined generally, for ease of understanding and application.

**Emotional Fusion:** All **trauma**, from whatever source, is translated into a body energy signal and is subconsciously embedded in body-memory. Experiences that are externally different and separated by time, but have a similar subconscious energy signatures, will fuse together. This dynamic of brain energy makes healing from trauma extremely complicated.

Example: A young child is made to participate in a research project on fear and their level of startle response. While playing with a white lab rat a researcher makes a loud sudden banging noise and frightens the child. Within a couple of days the child does not sleep well and will not place their head on their flannel pillow. At bedtime they become agitated. A few days later, when taking a blood sample, the child reacts with anxiety and crying when before they were quite calm about giving a blood sample. The child's primitive (limbic) brain, from the loud, frightening, sudden noise has now associated things soft and white (from the lab rat) with fear and danger (from the loud noise). The soft, white, flannel pillow (to the limbic brain) signals danger. The white cotton-batten for the alcohol swab signals danger. The experiences of "soft and white", although apparently unrelated to an adult intellect, to the limbic brain are fused together and interpreted as dangerous. (This example is loosely based on a true incident.)

With proper guidance, EFT is a remarkable tool for disconnecting over-coupled or emotionally fused energy signals. n.b. The dynamics of emotional fusion and **over-coupling** have a *tremendous* impact on addictions recovery. For related information see Chasing The Image in this manual.

**Energy Dynamics:** [Quantum] energy sits at the root of all existence. It moves and shifts constantly, forming matter and creating the physics of visible energy, i.e. electrical energy, caloric energy in living systems, temperature energy, nuclear energy, radiation energy. Quantum energy is the root of life as we know it—the creation and transformation of inert matter and plants; and for sentient beings: creation at inception, life through to death, and all emotions, illnesses, and good health. Energy is dynamic and demands constant change and transformation. All of this is the exquisite mystery of Energy Dynamics.

**Energy Field:** an "aura" of energy that all living organisms emit. This comes from the energy that flows along energy meridians and energy that exists in all tissue. An energy field envelopes an entire body and at the same time is unique to an organ, a specific area of the body, or a collection of body cells. Energy fields are electrical in nature and provide information relevant for healing.

**Energy Healing:** the correcting of various health and emotional issues by rebalancing the body's energy system, and maintaining that balance, which then allows the body to do its own healing work. (n.b. If you change your energy, you affect someone else's.)

**Energy Meridian:** an energy pathway (like a highway/freeway) that is a major conduit of body energy. There are fourteen major ones. Some energy meridians meet and cross over each other. Some are fairly short and others run the length of the body. Tapping points and algorithms utilize the energy meridians that are close to the surface of the body.

**Energy Signature:** All of life's experiences are translated into internal patterns of energy. All events and experiences, whether traumatic or not, have a particular energy frequency. They resonate within each person in a way that is unique to them. This is an energy signature. Your particular energy frequency and energy signatures are distinctive and unique to your body-memory (see **Body-mind**).

**Grounding:** The theory which is generally accepted by energy practitioners is that we, as sentient beings, are connected to the earth through energy. Briefly explained, it is that people are connected to the earth's energy patterns and for health and harmony we should be well *grounded*—solidly connected so our energy and the earth's energy are in line with each other. When this happens people often feel a sense of confidence and stability which promotes calmness under pressure and good health.

**Homeostasis:** being in a state of balance and equilibrium or having a tendency to return to equilibrium.

**Hydration:** People must be well hydrated for energy treatments to be most effective. Generally: consume 1 liter of clear/plain water per 50 pounds of body weight per day. In addition to this, for as much caffeine-containing liquids as you consume, drink an additional equal amount of water (see **Body Energy**).

**Intuitive Expertise:** In a well-balanced energy system, i.e. an energy practitioner or lay person who has done their

own authentic healing, detoxification, energy balancing, and on-going maintenance, can sense and interpret the energy field of another person or animal, and most often be very accurate about the interpretation. This does require quite a bit of self-work, knowledge, training in energy techniques, and practice at **muscle testing**. With all of that, Intuitive Expertise is valid, valuable, and most often quite accurate.

**Meiosis** is the division of the cell nucleus. This is negatively affected by toxins, improper nutrients, and energy problems.

**Mitosis** is the process by which a complete cell divides into two cells, each having the same number of chromosomes as the original cell. This is negatively affected by toxins, improper elemental nutrients, and energy problems.

**Muscle Testing** (Applied Kinesiology): the intuitive art and science of evaluating the body's current energy condition through examining the energy response in muscles to specific substances or circumstances. Muscle testing determines various truths about how body energy interacts with the energy of its environment and provides access to information needed to develop algorithms and strategies for healing. There is self-testing and surrogate testing (see [Frequently Asked Questions](#)).

**Myelination**: embedded brain energy patterns, developed by entrenched **energy signatures** related to **emotional fusion** and **over coupling**, that promote automatic responses to triggering energy signals.

**Over-coupling**: a condition that exists when body or mind energy transactions link together emotion or trauma energy from disparate but circumstantially similar events. Because of the way images imprint and anchor themselves in our brain, similar **energy signatures** from similar circumstances separated by time are fused together and create a globalization and expansion of traumatic affect. This is fixable, but it is a complex and delicate process.

Example: Every few months, throughout a person's childhood, they are scolded or reprimanded by an angry parent or teacher (or religious official). They "grow up" and become independent. Then, one day, years later, a casual acquaintance or a loved one suddenly frowns or becomes angry at their behavior. This "independent adult" collapses in emotional terror at a seemingly minor incident. The similar, frequent, emotional incidents from the past, even though apparently minor and infrequent, had become "fused" together via **energy signatures** to create a major emotional reaction later in life. (see **Emotional Fusion**)

**Polarity Reversal – PR**: (called Psychological Reversal in EFT and Polarity Reversal in QT). Body energy has an intended healthy frequency and flow pattern. Through toxins and all manner of trauma, a condition develops where body energy flows "backwards" or is otherwise grossly dysregulated. That condition is polarity reversal and it defeats all attempts at energy healing and must be corrected. PR is corrected by toxin elimination and tapping algorithms. Persistence in correcting PR is important, but that does not mean tapping or rubbing vigorously so that you hurt yourself, it means being determined and creative: not giving up. After correcting PR (see p. 15), tapping algorithms facilitate resolution of the body-energy problem being addressed.

**Quantum Energy**: For the over-simplified purposes of this discussion, there are two main types of energy. The first would be ordinary energy that we experience in our lives: heat energy from the sun or a fire or electrical energy we see in lightening or feel when we get an electrical shock. There is another level of energy that flows in all matter at a sub-atomic level that constitutes matter and creates life. *Everything* is made up of a special dynamic of *quantum* energy. It is quantum energy that underlies body cells and how they function.

**Set-up Sentences/Reminder Phrases**: phrases spoken when tapping on the body that are associated with the specific and particular issue being treated. They focus body energy and mind consciousness on *exactly* what it is to heal. These sentences are unique to the person, the aspect, and the issue at hand. There are certain set-up sentences that promote an awareness of repressed or forgotten images that anchor someone to trauma and illness. Creating effective set-up sentences is where training, experience, artfulness, and intuition play an important role.

**SUDs Level**: A **S**ubjective **U**nit of **D**iscomfort is your estimate of your own level of discomfort or pain. Before treating an issue ask yourself and estimate how uncomfortable you feel or how much pain you have in relation to the issue you are tapping on. On a scale of "0 to 10"—"0" being no discomfort/non-issue and "10" being maximum discomfort, rate your own level of discomfort. The number you assign is your SUDs level. After tapping rounds according to the algorithm make another SUDs assessment. The effectiveness of body energy work is evaluated by a "before and

after” SUDs level.

**Surrogate Tapping:** tapping an algorithm on yourself that is designed to benefit someone else. With the proper set up and affirmation, it is possible to complete a tapping algorithm on yourself in a way that affects and heals someone else who is at a distance away from you (*any* distance).

**Tapping Point:** a specific spot on the body that is immediately “on” an energy meridian, or on a spot that is an intersection of meridians. For this work there are thirty-nine (39) easily accessible tapping points. Not all of the points are used all the time.

**Toxin(s):** chemicals, substances, matter, and energy that cause a disruption in body energy and thereby inhibit our body’s ability to heal itself (see [Complexities](#), p. 22).

**Trauma** (three types): ***Developmental trauma*** occurs when a child goes through the stages of growth and maturation (including fetal development) and their physical, emotional, or environmental developmental dependency needs are not met because of energy problems, physical or psychological abuse, other types of neglect, serious illness, or trauma from the environment. ***Shock trauma*** occurs from some defined, harmful physical event like accidents, natural disaster, violence, surgery, and misadventure. ***Psychological trauma*** results from the other two types of trauma *and* from significant upheaval, any type of abuse, sudden-onset terror, significant loss, shaming, ridicule, fears, drastic change, etc. Note that some events aren’t necessarily “bad” *per se*, but do cause trauma. i.e. Even though surgery can be good and certainly saves lives, there are harmful effects from undergoing a general anesthetic and surgery—both are severe physiological shocks and result in trauma.<sup>8</sup>

**Vow:** a deeply felt and unyielding commitment to adhere to a certain course of action (often overtly verbal, but at times almost subconscious). “I’ll *never* trust another... man, woman, priest, police constable, lawyer, doctor, therapist, ice-cream vendor... as long as I live!” “I will *never* get divorced.” “I can *never* be happy if I’m single.” “I’ll *never* forgive you. *Never!*” Vows always carry chronic health and emotional concerns in their wake. (see **Beliefs**)

## Testimonials

### Emotional Freedom Techniques –

*“EFT offers great healing benefits.”* Deepak Chopra, MD

*“EFT is a phenomenal healing method and is an important centerpiece of my practice. It has helped cure many of my patients with chronic problems.”* Eric Robins, MD, co-author “Your Hands Can Heal You”

*“Meridian based therapies such as EFT can have results out of all proportion to their cost and complexity.”* Norm Sealy, MD, author of “Soul Medicine”

*“I have gotten results with EFT personally, and the results that my patients get are often nothing short of miraculous.”* Ray Mazon, D.O.M.

*“Words escape me. EFT is truly astounding. It could change the human race.”* Michael Killingback

### Quantum Techniques –

*“It may seem crazy - DO IT ANYWAY! Child completely healed of ADHD symptoms, off medications, and excelling in school.”* Ann

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<sup>8</sup> This definition of trauma is taken from *Addictions & Spiritual Transformation*, © Richard Clark, [Appendix III – Energy & Body Healing](#), Trafford Publishers, 2007. That appendix is a very brief explanation of trauma and body-energy, written only to provide a general outline in relation to addictions recovery; to encourage curiosity so readers might explore EFT and QT as aides to addictions recovery.

*“Amazing changes! Ankle pain better, hips looser... Treatment brought new experience of love, joy, peace, gratitude, and patience.” Howard*

*“Healed in only two months! Had tried more than 100 traditional and alternative therapies for 25 years of chronic fatigue and fibromyalgia.” Mary□*

*“Finally! 28 years of agoraphobia, allergies, migraines, hives, TMJ, and back pain. QT treatments stopped the symptoms.” Anonymous*

*“I cannot repay what QT has done for me. M.S. symptoms completely gone after four months of QT. I feel better than I have in years.” Paige*

*“Relief! I had struggled for years with headaches, anxiety, body picking, irritability, and viruses. QT changed my life by relieving all of these.” Anonymous*

### [Richard's book Addictions & Spiritual Transformation –](#)

*“A book like this is long overdue. Addicts trying to get recovered really need to get back on track. I really need it. I can't think of anyone in this field that doesn't need it.” J.R., British Columbia*

*“I just passed twenty years of sobriety and during the twenty years my recovery was repetitious and confusing. I wish I'd had this book twenty years ago.” R.W., Washington*

*“Finally it all makes sense to me. I was so lost and confused with everything I was hearing in twelve-step meetings. I felt like I was drowning and now I'm not. It's an amazing book.” J.M.B., British Columbia*

*“It's hard to read. You use some words that people don't usually use and I had to get a dictionary and actually use it. I actually had to think... [chuckles]. What you wrote made me mad. I actually threw the book down a couple of times I was so mad. There just so much [nonsense] out there... and I wasted so much time. I learned my addictions are a lot more tricky that I thought... a lot more tricky than most people know about... and if I want to get recovered I really have to work for it. But that's kind-of okay now, because at least I know what I'm doing. And why. What you wrote in the book is true.” P.R.J., British Columbia (edited from a taped interview)*

*“It's a powerful book. A bit scary, too... and it's hard to believe that so many people are so messed up in their recovery – especially me.” D.L., Maine*

*“I've been wandering in twelve-step programs for ten years. I've tried AA and CODA and Alanon and ACOA, and spent most of that time being hit on by men and given all sorts of “advice” that never really made sense... I could never put my finger on how not to get hooked into more insanity. [Your] book straightened all that out for me. I feel a relief that now I know what is supposed to be going on and how to really make the twelve steps work for me.” L.B., California*

These testimonials are taken from:  
[www.emofree.com](http://www.emofree.com)  
[www.quantumtechniqies.com](http://www.quantumtechniqies.com)  
[www.richardwclark.com](http://www.richardwclark.com)

## [Resources & Bibliography](#)

*These are for information only. Please read the disclaimer.*

Free Manuals: ***Energy Psychology & Body Energy Healing—The Starter Manual***  
Richard W. Clark  
Free download by Jan 2009 at [www.richardwclark.com](http://www.richardwclark.com) — before  
Jan 2009, for copies please call 604-875-9311

***Emotional Freedom Techniques***  
Gary Craig  
Free download manual from [www.emofree.com](http://www.emofree.com)

***Quantum Techniques: The Client Manual***  
Beth and Stephen Daniel  
Free download manual from [www.quantumtechniques.com](http://www.quantumtechniques.com)

DVDs: ***Emotional Freedom Techniques*** — There are three sets of DVDs, each set with about nine or ten DVDs available through [www.emofree.com](http://www.emofree.com) (about 150 hours of training DVDs). There are training DVDs available through the [www.quantumtechniques.com](http://www.quantumtechniques.com) website. Carol Look's EFT work: [www.attractingabundance.com](http://www.attractingabundance.com) has DVDs for sale

Books:

***The Promise of Energy Psychology***  
David Feinstein, Donna Eden, Gary Craig  
ISBN: 1-58542-442-0

***Energy Medicine***  
Donna Eden  
ISBN: 0-87477-945-6

***Biogenealogy: Decoding The Roots of  
Psychic Illness***  
Patrick Obissier  
1-7-089-1

***Biology of Belief***  
Bruce H. Lipton  
ISBN: 0-9759914-7-7

***Acupressure's Potent Points***  
Michael Reed Gach  
ISBN: 0-553-34970-8

***Addictions & Spiritual Transformation***  
Richard W. Clark  
Trafford Publishers [www.trafford.com](http://www.trafford.com)  
ISBN: 1-4120-8398-2

Note: both of these books on catalyst altered water are privately published and may be hard to find.

***Catalyst Altered Water***  
Beth M. Ley  
A Health Learning Book  
BL Publications

***Aqua Vitae: The Story of Dr. John W. Willard  
Catalyst Altered Water***  
Roy M. Jacobsen

## **Subsidized Research Study – Save \$1400**

There are a certain number of places available to participate in a subsidized study of body energy therapies and the use of organic crystal sulfur and catalyst altered water. The subsidizing agent will pay 50% of the therapy and consultation costs for consultation with Richard Clark or an associate of Graceful Transformation who works under the direct supervision of Richard Clark. If you are interested in making a commitment to noticeably improve your health, the conditions for acceptance are:

- A sincere intent to participate for six (6) months, attending in person once a week. The initial training session may be a small group session, all subsequent sessions are individual/private;
- If in an alcohol- or drug-related twelve-step program, have a minimum of four months continuous and successful abstinence;
- Must be of voting age (an adult) i.e. “19 or over”. In the case of minors, they *must* be over twelve years and accompanied during all sessions by a parent or legal guardian;
- Have photographs taken of your face at the beginning and end of the study, and complete an anonymous questionnaire (for research and comparison) at the start and the end of the study;
- Have a good command of English. If you do not speak English well, you can apply for inclusion but must bring a translator to each session;
- Be willing to complete the self-tapping exercises and take the elemental foods as recommended;
- Be willing and capable of meeting your share of the cost. Total monthly cost will be \$300 which includes all private consultations, photographs, training, the organic crystal sulfur, and catalyst altered water. Payment can be made by cash, debit card, or credit card—no cheques. Your six month saving would be \$1400.00. Additionally, at the time of this writing, any therapy fees are deductible as a medical, income tax expense After completion, or for the portion you attend, a medical tax receipt will be issued (max. \$1425).

**Space is limited.** We are willing to consider working with *any* illness or emotional concern. These are a few examples of what illnesses have been successfully addressed:

HIV, Herpes	High Blood Pressure	Asthma, Arthritis
Hepatitis	Depression (any type)	Nervous disorders
Yeast Infections	Migraine and all other headaches	Sleep problems & insomnia
PTSD (Post Traumatic Stress Disorder)	Some cancers	Phantom or chronic pain
Anger problems	Sexual problems (related anxiety)	Body lumps and tumors
Panic & Anxiety attacks	Rheumatism	Skin problems

The first session may be a group session, other than that, confidentiality is guaranteed and all sessions are private. *Fees must be paid each month in advance to guarantee your place.* The study is on-going and spaces do come available. Contact Richard Clark: [rccs@telus.net](mailto:rccs@telus.net) or call 604-875-9311 (Vancouver).

Note that at this writing there are no plans to discontinue the study; it is expected to last for several years. However, it is subject to funding limitations and may at some time be closed to new participants.

EFT (Emotional Freedom Techniques or "tapping") is not intended to diagnose or treat any particular individual or condition. Do not use any information whatsoever on this site without consulting your licensed medical and mental health professional first. If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately. Emotional Freedom Techniques (EFT) is a form of counseling intervention that draws on various theories of alternative medicine including acupuncture, neuro-linguistic programming, energy medicine, and Thought Field Therapy (TFT). It is best known through Gary Craig's EFT Handbook, published in the I.Â Emotional Freedom Techniques. Last updated August 19, 2019. Not to be confused with Emotionally focused therapy. Emotional Freedom Techniques. Alternative medicine. Claims.