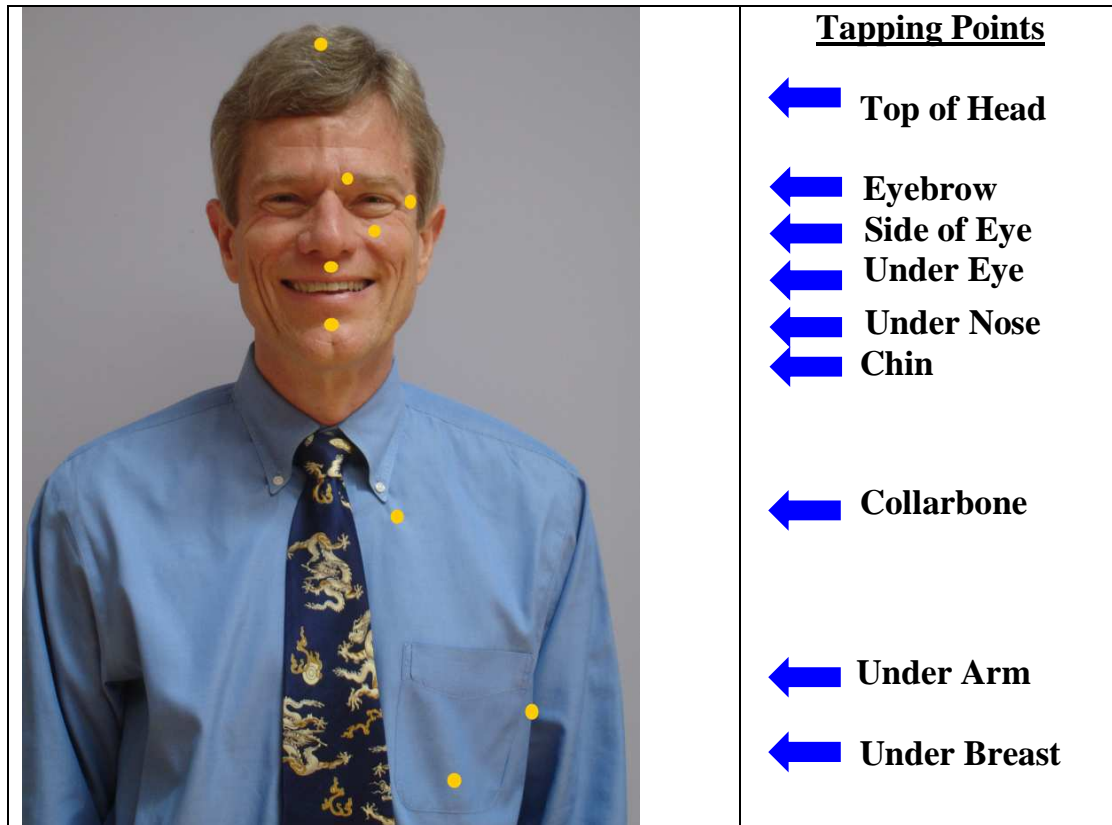


**EDANVIR Tapping** derived from EFT, [www.eftuniverse.com](http://www.eftuniverse.com), [www.emofree.com](http://www.emofree.com)  
**7 Steps: Energize, Desensitize, Awfulize, Neutralize, Visualize, Internalize, Revitalize**



**Start with Self-Acceptance Statement to ENERGIZE emotional issue for tapping.**

Select short Reminder Phrase describing upsetting event, symptom, belief or feeling.  
Score Subjective Units of Distress (SUD) from 0 to 10 when saying Reminder Phrase.  
Rub Sore Spot between anterior upper ribs and repeat Self-Acceptance Statement 3 times.  
“Even though I have this (Reminder Phrase), I deeply and completely accept myself.”

**Do 4 Tapping Sequences using middle finger to tap 7 times on each acupoint.**

- 1) Tap each point on left side while repeating Reminder Phrase to **DESENSITIZE** it.
- 2) Tap each point on right side and **AWFULIZE** about aspects of Reminder Phrase.
- 3) Tap each point on left side alternating negative and positive phrases to **NEUTRALIZE**.
- 4) Tap each point on the right side using all positive phrases and **VISUALIZE** your goals.

**INTERNALIZE** healing by hyperventilating with eyes closed until inwardly focused.  
**REVITALIZE** yourself by shaking your arms and legs until the energy dissipates.

**Rescore SUD afterwards by repeating original Reminder Phrase.**

Repeat until 0 SUD, laugh or get bored, and then tap again for different aspects of issue.  
Be persistent, be specific, and add more emotionally charged language to your phrases.  
Use Emphatic EDANVIR for faster results by tapping when screaming or crying.

Larry Burk, MD, CEHP, [www.larryburk.com](http://www.larryburk.com), EFT video under Coaching links  
Frozen Shoulder EFT, 2/11 newsletter, Food Cravings EFT, 3/11 newsletter under Blogs  
Interpreting Dreams in Multiple Dimensions blog, under Dreams links