

EFT and Instantaneous Transformation using Kane Principles and Finger Holds

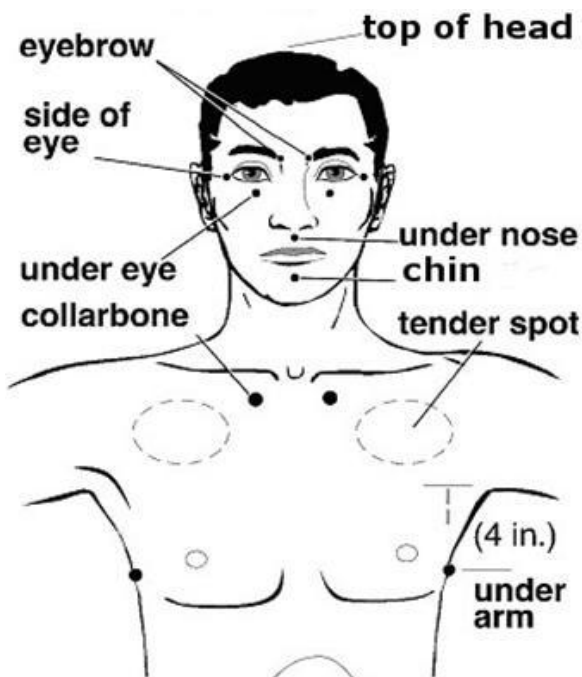
by [Erik Zoetewej](#)

This EFT-like tapping protocol is based on Ariel and Shya Kane's 3 principles of Instantaneous Transformation from their book *Working on Yourself doesn't Work*:

1. What you resist persists and grows stronger
2. You can only be exactly as you are in any given moment
3. Anything you allow to be exactly as it is will complete itself and cease to dominate your life

Also, at a conference in England, thanks to Ranjana Appoo <http://www.emotionalhealthcentre.com>, I was introduced to a technique of finger holding to release emotions (a particular finger depending on the emotion). To easily remember which finger for which emotion, it can be summed up as "get rid of Worry F.A.S.T.". Simply hold the thumb to release worry, the index finger for Fear, the middle finger for Anger, the ring finger for Sadness and the little finger for 'Trying to'. For more information and illustrations see <http://www.emotionalhealthcentre.com/Design/Assets/pdf/Jin%20Shin%20Jyutsu%20Self%20Help%20Holds.pdf>. I've found this effective and am starting to include it at the end of EFT rounds while taking the deep breath.

As yet, I haven't been including the setup but that can always be added. Here is an example for anger:



EYEBROW: *I feel this anger... I know that as long as I resist it, it will only persist and grow stronger.*

SIDE OF EYE: *I feel this anger... I needn't always feel the anger*...*

UNDER EYE: *but I feel it right now... And that's OK.*

Tap a couple of times on UNDER NOSE & CHIN without necessarily saying anything.

COLLARBONE: *In my awareness of the anger I allow the anger to be... I allow myself to feel the anger... I allow the anger to complete itself... I allow myself to let the anger go.*

Tap a couple of times on UNDER ARM point without necessarily saying anything.

TOP OF HEAD: *And I deeply and completely love and accept and forgive myself, with or without the anger.*

(In some cases you might add 'I deeply and completely love and accept the anger' or forgive

the person it's aimed at whether they deserve it or not).

Take a deep breath while holding the relevant finger (from 'get rid of worry F.A.S.T.' – so middle finger in the case of anger). Then say 'Peace'

(If the feeling or emotion doesn't fit into any of the 'worry F.A.S.T.' categories then just hold the wrist instead)

Suggestion for any subsequent rounds, if the intensity of the emotion has reduced but it has not completely gone:

EYEBROW: *I still feel some remaining anger... I know that whatever I resist will only persist and grow stronger.*

SIDE OF EYE: *I still feel some remaining anger... I needn't always feel it*...*

UNDER EYE: *but right now, in this moment, I do feel it... And that's perfectly OK.*

Tap a couple of times on UNDER NOSE & CHIN without necessarily saying anything.

COLLARBONE: *As I'm aware of the remaining anger I allow it to be... I allow myself to feel it... I allow it to complete itself... I allow myself to let it go.*

Tap a couple of times on UNDER ARM point without necessarily saying anything.

TOP OF HEAD: *And I deeply and completely love and accept myself, with or without the remaining anger.*

Take a deep breath while holding the finger or wrist and say 'Peace'

And another example:

EYEBROW: *I feel like I made a complete fool of myself... I know that as long as I resist the feeling, it will only persist and grow stronger.*

SIDE OF EYE: *I feel like I made a fool of myself... I needn't always feel that way*...*

UNDER EYE: *but I feel it right now... And that's OK.*

Tap a couple of times on UNDER NOSE & CHIN without necessarily saying anything.

COLLARBONE: *In my awareness of feeling like I made a fool of myself I allow the feeling to be... I allow myself to feel that way... I allow the feeling to complete itself... I allow myself to let the feeling go, as and when it's ready.*

Tap a couple of times on UNDER ARM point without necessarily saying anything.

TOP OF HEAD: *And I deeply and completely love and accept myself, with or without the feeling, and whether I did make a fool of myself or not.*

Take a deep breath while holding the index finger (for self criticism). Then say 'Peace'

* If you/your client are not convinced about *I needn't always feel_____*, you could change it to *I may not always need to feel_____* or *I'm open to the possibility that I may not always need to feel_____*.