



# Keep the Peace

how to take your tapping  
results home with you and  
keep your peace

by

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# Renewed by your EFT Retreat

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- I feel so good after this retreat
- I cleared so much with EFT
- I met like-minded people
- I could be myself
- I could speak my truth
- I could be heard
- I could enjoy myself
- I can feel peace

# Its time to go Home

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- But there's stuff back there
- Things that remind us of how we were before
- Something about the house or office
- People who once upset us
- Places where "that" happened
- The clutter...
- And all the usual overwhelm of keeping up with daily life

So how do we keep our peace?

# Going back Home

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- You want to keep this peaceful feeling don't you?
- You're worried that it will shatter when you get back?
- Imagine walking in through your front door when you return home
- Walk through the house, room by room
- What greets you?
- What exactly do you see? Hear? Smell? Touch?
- Note your response?
- Is there anything there that shatters your peace?
- Notice it, name it, measure your response
- Be really detailed and specific

# Time to tap for your trigger

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- Karate chop:
  - Even if I walk in and sense that atmosphere
  - Even if there is a sink full of dirty dishes
  - Even if there are nasty letters waiting
  - Even if my teenage son has entertained a hundred strangers
  - Even if my partner scowls
  - Even if the house is silent and empty
- I truly and deeply accept myself and I choose to keep this peace

# Be Specific and Detailed

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- Now go around the tapping points and tap for one specific trigger:
  - The sink is full of dishes
  - The cat has upset the litter tray
  - There are six letters from the taxman
  - My teenagers invited the all of Facebook
  - My partner hasn't noticed I was gone
  - My mother is arriving tomorrow
  - The smell takes me back to how I was
  - I'm all alone, the house is cold and empty

# Take a breath, now test

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- Once you have tapped a round for that trigger take a breath
- Imagine once again walking in through the door
- What is your response to that trigger now?
- Measure again
- then get more specific and tap some more

# What's next?

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- Wander round the house in your imagination
- Are there any further triggers that could steal your peace?
- Notice them, name them, measure your response
- Tap a round or two for each one
- Notice again, measure again, tap again!

# What do you choose?

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- Karate Chop
  - Even if I see the sink full of dishes I'll handle it, I choose to keep this peace
  - Even if my partner scowls I'll handle it, I choose to feel peace
  - Even if I see six letters from the taxman I'll handle it, I choose to keep my peace
  - Even if the house is silent and I am alone I'll handle it, I choose to know inner peace

# Tap around

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- Go around the tapping points with I choose:
  - to keep this peace
  - to feel this peaceful feeling
  - to remember peace in every cell of my being
  - to know peace whatever
  - This peace is My peace

# Now go to work...

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- Once you have cleared the triggers from your home
- Go to your work place
- Is there anything or anyone there that could shatter your peace?
- Notice, Name, Measure, Tap
- Keep on clearing
- Keep on choosing peace

# Keep on Tapping

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- Whenever you clear emotion of the past with EFT
- Take yourself on a journey around your everyday environment
- Tap to clear any triggers of the old state, the old emotions
- Tap for your choice of peace

# Retreating and Returning

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- I wrote this presentation for those who attend my [EFT Mentoring Retreats](#) at Parcevall Hall in the beautiful Yorkshire Dales
- After time away with like minded folk we need to re-enter our old world with care
- EFT is not only for our retreating it is for our returning too
- Keep the peace!

# EFT Mentoring Retreats

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- Led by Gwyneth Moss EFT Master
- For just seven people-helpers who use EFT
- We work together as a group and each person gets their own session
- Glorious Yorkshire countryside, sixteen acres of peaceful gardens
- Beautiful antique furnished Parcevall Hall
- Two nights stay and all your meals included for £330
  
- Dates for 2009 are 5-7 April, 21-23 June and 16-18 August

[www.emotional-health.co.uk/retreat.htm](http://www.emotional-health.co.uk/retreat.htm)

# With Love

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Gwyneth Moss EFT Master  
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