

# The EFT Freedom Spells Protocol

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## Introduction

This is a lovely little protocol to use when stressed.

You see when you are stressed it is no good trying to create an EFT opening statement to tap on, all you will get will be a jumble of illogical thoughts, feelings, and stressed ideas about what you need to be tapping on.

You cannot create an effective opening statement while you are stressed. Stressed, confused thinking will only produce a stressed, confused statement that will only further deepen your stress and confusion as you struggle to wonder why nothing is happening, why you cannot reduce your SUDS.

Do not use any opening statement that the stress state generates, just don't do it.

Instead reduce your stress right down to zero by using the following Protocol then go back and think about what the real problem is and you will find the right opening statements popping into your mind in no time which will give you supremely superfast results.

This Protocol saves you time!

## What Are Freedom Spells?

The Freedom Spells were created in 2004 by Silvia Hartmann to correct faulty thinking and get the energy system moving when it had got stuck using the EmoTrance aphorism, soften and flow.

The statements are created with a rhythm and a rhyme, just like spells, and act like pulses from the conscious mind which the unconscious responds to very willingly.

Here I have combined them with EFT to create an amazing protocol that reduces stress in no time and gives you the clarity and confidence to create effective opening statements for a traditional EFT session.

(If you are unfamiliar with EFT points please download the Full EFT Protocol from my site at <http://nicolaquinn.com/>)

## The EFT Freedom Spells Protocol

Take slow deep breaths throughout and take your time with each phrase.

Tap on the **eyebrow point** while taking a deep breath in and out and say

***All of my regret I now let you go, soften and flow, soften and flow.***

Next point, **Side of the Eye Point**

***All of my guilt I now let you go, soften and flow, soften and flow.***

**Under Eye Point**

***All of my fear I now let you go, soften and flow, soften and flow.***

**Under Nose Point**

***All of my doubt I now let you go, soften and flow, soften and flow.***

**Chin Point**

***All of my frustration I now let you go, soften and flow, soften and flow.***

**Collarbone Point**

***All of my anger I now let you go, soften and flow, soften and flow.***

**Underarm Point**

***All of my sadness I now let you go, soften and flow, soften and flow.***

**Karate Chop Point**

***All of my hate I now let you go, soften and flow, soften and flow.***

And that is all there is to it.

A simple yet powerful way to release stress, unblock the energy system and prepare for your day or an EFT session.

## When To Use The EFT Freedom Spells Protocol

This is not only an effective little protocol to use when you are stressed and preparing to tap, it is also lovely to do first thing in the morning while still waking, sitting on the side of your bed.

I also like to use it if I am in a hurry or rushing to my meditation and I do it to clear myself before I sit quietly. It's a lovely bridge between a hectic day and the peace of meditation.

The protocol is also good to do before bed. We think we relax during sleep but this only happens if we are relaxed when we go off. This really does help to relieve stress and enable deep clear restful sleep.

You may also find yourself in the day saying the phrases to yourself as negative thoughts and emotions arrive which is an excellent time to do them rather than waiting for later.

This is one of the major benefits of all self help energy therapies to be able to use them on the spot, instantly releasing the situation to prevent further problems down the road.

Someone gets promoted above you at work -

All of my resentment I now let you go, soften and flow, soften and flow.

A red bill freaks you out -

All of my worries I now let you go, soften and flow, soften and flow.

Accompanied by a deep breath and a surreptitious tap or massage of the collarbone point will do wonders to release the stress of the situation and let you carry on with your day.

## Breathing

When you are stressed you shallow breathe, always, if you were breathing correctly, from your abdomen, you would not be stressed.

The symptoms of anxiety and panic are exactly the same as hyperventilation, caused by overbreathing quickly from the chest, which unbalances the oxygen content of the blood and creates such unpleasant feelings throughout the body and which, for many, triggers panic attacks.

A deep breath from the abdomen, so you can really feel your hand being pushed away from your body, promotes deep relaxation, very quickly.

So throughout the Protocol it's important to take deep breaths, from the abdomen, and not to rush.

I like to take a deep breath in on the first part of the phrase

All of my guilt I just you go

And on the outbreath

Soften and flow, soften and flow.

## Creating a Custom Made EFT Freedom Spells Protocol

You may create your own phrases for each point though I recommend starting with these first as I have found they work universally and are at the root of a lot of stress.

Again if you are going to create a custom list please do not do this when stressed! This is the whole point of the exercise, to have something to tap on to relieve the stress that is causing wrong thinking. So please resist changing the statements when you are already stressed and create a custom ritual for yourself AFTER using mine first.

The best way of doing it is to tap lightly on each point and see if a thought or negative emotion comes to mind and jot these down.

Tapping on my eyebrow point regret has just popped up.

All of my regret I now let you go soften and flow, soften and flow. Ah, that feels wonderful.

Here are a few ideas you may like to play with and include in your custom made protocol.

Anxiety	Despair	Laziness
Arrogance	Desperation	Lies
Bad habits	Disappointment	Limitations
Blocks	Envy	Loneliness
Boredom	Emptiness	Longings
Clumsiness	Exhaustion	Misery
Cowardliness	Failure	Neediness
Criticisms	Foolishness	Paranoia
Deceit	Greed	Shyness
Defeats	Grief	Suffering
Delusions	Irritations	Tiredness
Depression	Judgments	Weakness

## Conclusion

I do hope you gain as much benefit from the EFT Freedom Spells as I, and many of my clients, have already received.

Do not be fooled by the Protocol's simplicity or brevity, this is a powerful method to reduce stress and promote clarity creating a perfect foundation for effective changework.

An understanding of EmoTrance is desirable but not essential for success and I do encourage you to investigate the resources listed at the end for further exploration.

If you have any feedback or would like to share your experiences I would love to hear from you, please email me at [mail@nicolaquinn.com](mailto:mail@nicolaquinn.com)

**Nicola Quinn**  
**August 2009**

## Quick Reference Guide to the EFT Freedom Spells Protocol

*Eyebrow* - All of my regret I now let you go, soften and flow, soften and flow.

*Side of eye* - All of my guilt I now let you go, soften and flow, soften and flow.

*Under eye* - All of my fear I now let you go, soften and flow, soften and flow.

*Under nose* - All of my doubt I now let you go, soften and flow, soften and flow.

*Chin* - All of my frustration I now let you go, soften and flow, soften and flow.

*Collarbone* - All of my anger I now let you go, soften and flow, soften and flow.

*Underarm* - All of my sadness I now let you go, soften and flow, soften and flow.

*Karate chop* - All of my hate I now let you go, soften and flow, soften and flow.



## About Nicola Quinn



Author, Composer, Artist.  
Co-Developer, EmoTrance  
Director, The Association for Meridian and  
Energy Therapies  
Co-Founder, The Sidereus Foundation  
Tachyon Energy Master  
Reiki Master  
Environmental Energy Consultant  
Homoeopathic and Nutritional Consultant

### Books, Reports and Courses

Life Without Panic Attacks  
Alternative Pain Relief  
The MET Chakra Protocol  
The Easy Grape Cure  
The Bob Beck Protocol (Editor)  
The Tachyon-EmoTrance Self Healing System (with Dr. Silvia Hartmann)  
Reiki I Distance Learning and Attunements

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For more information about Nicola Quinn's work please visit

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## Further Reading

### **Life Without Panic Attacks by Nicola Quinn**

In this excellent manual, Energy Therapies trainer Nicola Quinn chronicles the exact steps she took to free herself from disabling panic attacks using Emotional Freedom Techniques in self help - when it is needed the most. Personal and in depth, this outstanding self help manual is highly recommended for all sufferers of anxiety and panic attacks, as well as for their loved ones and professionals who treat anxiety sufferers.

### **Adventures in EFT by Dr. Silvia Hartmann**

Learn and understand EFT with this practical and information packed manual that includes the A-Z of EFT applications and how to use this wonderful technique with a wide variety of problems. Treat yourself for sadness, anger, addictions, low self esteem and a whole lot more! Adventures In EFT is the World's best selling guide for beginners in Gary Craig's Emotional Freedom Techniques (EFT).

### **Advanced Patterns of EFT by Dr. Silvia Hartmann**

The Advanced Patterns of EFT is a thorough and comprehensive work that should be required reading by anyone who considers themselves a serious practitioner of EFT. This book provides a wealth of practical tools for taking EFT beyond the relief of simple anxieties and phobias. Silvia Hartmann reveals her breadth and depth of knowledge in a completely accessible and useful style.

### **Events Psychology by Dr. Silvia Hartmann**

Dr Silvia Hartmann PhD, already famed for her work on EFT, EmoTrance, Project Sanctuary and The Genius Symbols has discovered core principles of human psychology which finally answers questions about who we are and ultimately how we can become the best we can be without our own personal limitations. This research is called "Events Psychology" and is the next step for the field of psychology of understanding ourselves and other people

### **Oceans of Energy – The Patterns and Techniques of EmoTrance Vol. 1 by Dr. Silvia Hartmann**

EmoTrance is a new system for handling the human energy body. 'Oceans of Energy' gives a thorough grounding in the underlying principles of EmoTrance™ for self help and use with others and introduces the uses of the system, namely self healing, healing others, goal setting, and state management, especially of

new and previously unexperienced enlightenment states. Includes discussion of the developmental history of the system, stories from practitioners and first person reports of EmoTrance™ in the field.

### **Living Energy – EmoTrance Vol. 2 by Dr. Silvia Hartmann**

In November 2003, sixty top EmoTrance Trainers and Practitioners came together in Eastbourne, United Kingdom, to find out about the latest techniques, patterns and exercises from the EmoTrance Universe. This book contains a full and uncensored transcript of everything which transpired during those two days, plus extensive supporting addendi.

### **Energy Magic – EmoTrance Vol.3 by Dr. Silvia Hartmann**

This is the third and final part of the EmoTrance Energy series, and this book concerns itself with what happens when healing has been accomplished, and we cast our intentions and minds to what we should be doing next.

### **Project Sanctuary by Dr. Silvia Hartmann**

Project Sanctuary is a unique set of processes using intention, energy and metaphor, developed by Dr Silvia Hartmann in 1993, that heals the divide between the conscious mind and the energy mind (unconscious mind, dreaming mind, subconscious mind). It is a fantastic, exciting and delightful process that every human being can engage in. "If you only buy ONE book in this lifetime - make it Project Sanctuary"

### **The Genius Symbols by Dr. Silvia Hartmann**

Dr Silvia Hartmann defines what it means to be a true genius and proposes that this is a basic human right, rather than an accident of birth. In this paradigm shifting work, which is the result of nearly five decades of research and testing, The Genius Symbols are introduced.

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<http://DragonRising.com>