

BSFF Protocol

BSFF Treatment Points



- 1 - Eyebrow
- 2 - Under Eye
- 3 - Little Finger
- 4 - Index Finger

Step 1 - Name the problem, clearly, directly and truthfully.

Step 2 – Using one or two fingers, rapidly tap **point 1** (eyebrow) and say out loud, “*I am now eliminating all the sadnesses from all the roots and deepest causes of all this [problem].*”

Step 3 - Using one or two fingers, rapidly tap **point 2** (under eye) and say out loud, “*I am now eliminating all the fears from all the roots and deepest causes of all this [problem].*”

Step 4 - Using one or two fingers, rapidly tap **point 3** (little finger) and say out loud, “*I am now eliminating all the angers from all the roots and deepest causes of all this [problem].*”

Step 5 - Using one or two fingers, rapidly tap **point 1** (eyebrow) again and say out loud, “*I am now eliminating all the traumatic memories and emotions from all the roots and deepest causes of all this [problem].*”

Step 6 - Using one or two fingers, rapidly tap **point 4** (index finger) and say out loud, “*I forgive [list everyone, including yourself, and everything involved] for all this [problem].*”

Tapping Points Locations

1. Inside edge of the eyebrow
2. On bone under the eye
3. Inside last digit of little finger
4. Inside edge of the eyebrow
5. Outside last digit of index finger

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Note: BSFF is not intended to replace competent medical or psychological assistance and no guarantee is made here as to its effectiveness for you. Relief of physical symptoms is not an indicator of relief of disease or pathology. Only diagnosis by a qualified medical or psychiatric practitioner will determine freedom from pathology.