



## EFT Metabolism Protocol by Silvia Hartman

### First Time

1. What **level in percent** is your metabolism functioning at right now? Let a number come to you or simply guess. You don't have to be completely accurate here. We're only looking for a benchmark for later comparison.
2. **First round** of tapping: "Even though my body runs at only XX percent, I deeply and profoundly love and accept my body."  
This clears out the most obvious blockages to the whole process and leads us into the next and more specific step.
3. **Second round** of tapping: "I want to release everything that slows my body down and I deeply and profoundly love and accept my body."  
You can substitute the word "metabolism" if you wish but body is very useful as there are many interactive systems that make up someone's metabolism.
4. **Third round** of tapping: "I want to repair everything that slows my body down and I deeply and profoundly love and accept myself."

Now, take a new reading and leave it at that for the first time.

### Subsequent Treatments

Some things might have come to your attention or awareness during the first treatment which you might like to treat separately - memories, problems in your diet, thoughts or behaviours. Once you have completed the first treatment stage, you can now turn to using Astra Johnston's Gauge work in the future. The Gauge work protocol is given below.

1. **Imagine** a 100% gauge which represents the PERFECT level of functioning for your own, personal metabolism right now.  
This is important - do not raise your metabolism any further than is safe for you at this time. By saying clearly that you are looking for YOUR OWN PERSONAL 100% you cannot exceed any safety limits and don't turn it up any further than is desirable, given the conditions of the rest of your systems at this time.  
Like fitness, you build your metabolic rate gently and step by step over time so that all of you can get used to it gently and ecologically - properly, in other words.
2. Take the **reading** of how it is right now.
3. **Treat** the gauge with an opening statement of your choice, such as, "I want my metabolism to function perfectly and I deeply ... etc."
4. **Repeat** until you have either reached the 100% or you feel that you are happy and want to stop.

Regular use of this will increase your energy levels and give you a whole new sense of self all over - and you can use your increased energy to further your health, your mission or work, your creativity or your relationships -

Raising your metabolic rate makes you faster, stronger and more efficient in mind and body. This procedure is a content free, very basic endeavour that supports everything you might want to think, be, do or achieve. It works wonders with procrastination, makes "hard" work much easier, helps with fitness and health without having to go to the gym or eating less, and brings about life style changes naturally and from the inside out - they just happen as a result, without willpower or any other type of force being employed to "make it happen".

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Check out Silvia's Books

"Adventures in EFT" at <http://www.ad-lucem.com/Aft/Hopadefthtm>  
"The Advanced patterns of EFT" at <http://www.ad-lucem.com/Aft/Hopadpatterns.htm>