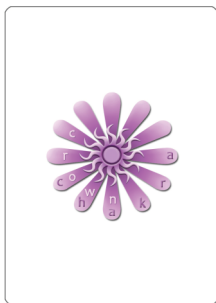


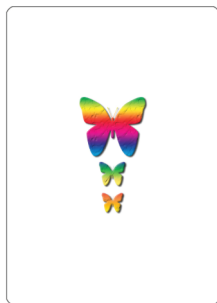
The EFT Divination Kit

Disclaimer: The deck and manual are offered for entertainment purposes only. They are not offered to diagnose or prescribe for medical or psychological conditions. Nor do they claim to prevent, treat, mitigate or cure such conditions, nor act as a replacement for professional advice or treatment. In a small number of cases, individuals working with EFT may experience abreactions.

The Two Decks



EFT Divination Deck
Flower Design



Emotions & Timeframes Deck
Butterfly Design

This kit comes with two decks: The EFT Divination and Chakra Deck (see page 2) and the Emotions and Timeframes Deck (see page 20).

The EFT Divination and Chakra Deck For Detecting Blocks to Healing



About the Cards

This deck and the accompanying manual are intended for individuals who are familiar with Emotional Freedom Technique (also known as EFT). If you have bought this deck and want to learn EFT, I recommend visiting sites such as EFTuniverse.com or emofree.com. While created for EFT use, it's possible to use this deck with other healing modalities. Alternatively, you can use it to find affirmations to work with or to read for what is acting as a block to progress or healing (when it comes to a goal, situation, or condition).

Finding Your Set-Up Statement

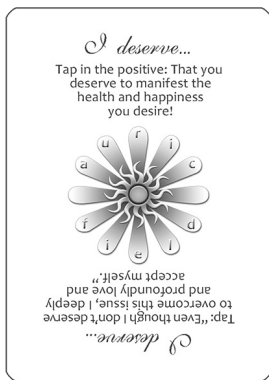


Figure 1

With EFT, the set-up statement is the phrase you will repeat to yourself while tapping EFT Points (see Figure 2 on the next page).

To use the cards to find a set-up statement, begin by clearly defining (or stating to yourself) the issue you would like to work on or resolve. For example, "I would like to be free

of this headache." Then, shuffle the cards and spread them face down in front of you. Ask your higher self what block needs to be cleared (to help you be free of your issue). Next, draw a card and flip it over, paying attention to the phrase at the top. It's unnecessary to pay attention to the colored symbol unless you're using the cards to work with the energy field and chakras (see page 14). If you look at Figure 1, the phrase at the top is "I deserve." You can also use the card description that is written in a smaller font on each card for further instruction or a set-up statement to tap

through. For more in-depth card definitions, you can download the larger manual at mysticmandy.com.

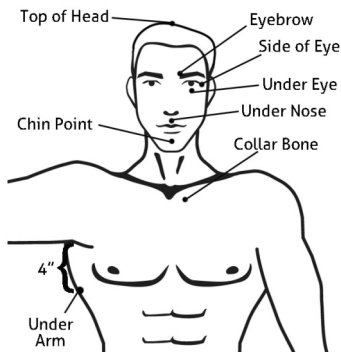


Figure 2

Begin Tapping

Proceed with tapping the points listed in Figure 2 while repeating whatever set-up statement you created in the previous step (see page 3). For example, if the issue you want to treat is a headache and the card you draw is “I deserve,” you could tap the EFT set-up statement, “Even though I don’t deserve to be free of this headache, I deeply and profoundly love and accept myself.” Feel free to improvise by using your own words. After tapping a

round or two of EFT, you can pull more cards to see if there are other blocks. This process works best if you pull one card at a time, tapping through whatever block is on a card before drawing a new one.

The “Blocks are clear” and “Main issue” Card

There’s a built-in way this EFT deck can tell you when an issue is clear of blocks. Simply keep drawing cards, tapping through the statements on each one, until you draw the “Blocks are clear” or “Main Issue” card. Then, tap the main issue a few times.

If, after doing the above, your issue or pain is still present, try finding another aspect or angle to treat. If we use the example of a headache, we could change the set-up statement to include the word “pain” instead of “headache.” We could also focus on where the pain is located, placing the location in our set up statement, such as, “Even though I have pain in my right temple, I deeply and profoundly love and accept myself.”

At times, you might draw the “Blocks are clear” or “Main issue” card as your first card. This likely indicates you don’t have any blocks to tap through and can simply tap the main issue. However, if you still feel your issue

hasn't shifted, try wording it differently or consider other aspects. I find that how an EFT set-up statement is phrased can be important. As you keep working with EFT and the deck, you'll begin to see patterns arise. You'll also feel validated that clearing certain blocks is helping you to feel a shift in energy.

Drawing a Card More Than Once

Some cards, such as "Fear of change," "Fear of failure," "Overwhelm," "Resistance," or others that represent bigger issues, might not clear with one round of tapping. If you put one of these cards back in the deck and find you draw it again, it can indicate this block needs to be treated as a major aspect or core issue. To deal with these blocks, draw cards to detect secondary blocks. Then add both the primary and secondary blocks to your set-up statement.

For instance, if we return back to the issue of headaches and the card "Fear of change" comes up more than once, this can be treated as a primary block. You'll then draw a new card to detect a secondary block and then put both the primary and secondary block in your set-up statement. If the card you drew for your secondary block was "I deserve," your set up statement might read, "Even though I don't

deserve to release all fear of change that blocks me from releasing this headache, I deeply love and accept myself.” Keep drawing cards for secondary blocks this way (and performing EFT) until you draw the “Blocks are clear” or “Main issue” card. Then continue to clear the remaining blocks to being free of your headache.

At times, you may find that a core block comes up under another core block (such as “Fear of change” might come up as a block under “Fear of failure”). Using the same process mentioned above, you can treat each new core block as a primary block, drawing cards to decipher the secondary blocks beneath them. I usually find in my practice that once a person clears all of these blocks (and the main issue also shows clear), their issue has greatly alleviated or disappeared.

Many cards in the deck (such as “I deserve,” “It is safe,” “I am willing,” and “It is possible”) do not need to be treated as core blocks. You will recognize these cards because they are repeated in the deck so that a person can easily draw and tap them more than once (in the case one round of tapping isn’t sufficient). Unless this type of block seems excessively sticky, you usually only need to perform one or two more rounds of tapping before moving onto a new block. Thus, these

cards can be treated a little differently.

Tapping “Out” or Tapping “In”?

With many of the cards, the upright position might advise to tap something positive while the reversed position encourages the opposite. This demonstrates the two options you have when creating your EFT set-up statements: affirming something positive or acknowledging something negative while applying unconditional love and acceptance.

What’s important is to tap what feels right to you. Some people feel uncomfortable working with negatives, fearing that a negative focus will lead to manifesting a bad outcome. Others may see working with negatives as ‘like treats like.’ If everything is energy, and uncomfortable symptoms represent something repressed that is popping up to say “hi,” then saying “hi, I see you,” to these parts of you (offering unconditional love and acceptance) can affirm they’ve been heard and acknowledged. Once listened to, these energies may no longer need to bother you to receive your love or attention.

However, if you are someone who has trouble acknowledging the positive, then tapping the positive might help. If unsure which approach to use, you can allow the

cards to decide for you, going by the card's given set-up statement.

Chasing the Pain

“Chasing the Pain” is a phenomenon with EFT where the person being tapped may find that symptoms change or move. If we use the headache example again, perhaps the pain moves from the right temple to around the eyes. Or maybe the pain is gone, but there's still a feeling of pressure. For whatever change that occurs, begin the EFT tapping process over, fashioning a new set-up statement that incorporates this change or movement. In other words, ‘chase the pain’ or shifting symptoms until your issue feels greatly alleviated, such as a 1 or 2 on a scale between 1 and 10, which 10 is the strongest.

This “chasing the pain” process also applies with emotional issues. For instance, you might start with clearing sadness and then find anger or another emotion pops up. If not an emotion, it might be a memory or body sensation to work through (such as a clenched jaw, tight stomach, etc.).

Tuning into the Body and Its Sensations

You can use your body to help you to release trapped emotions. For example, if you feel anxiety over being rejected by a loved one, allow yourself to focus on the anxiety you feel or any memory that is attached to being rejected. Then, scan your body for any sensations or tensions. Perhaps you feel your jaw clench, your stomach tighten, or pain in your heart. If so, focus on that particular sensation, using the cards and EFT to clear any blocks you have to letting it go. Then, refocus on the issue to see if any unpleasant symptoms arise.

Sometimes, you may find that a sensation moves or changes. Usually, this indicates another aspect is coming to the surface that is connected to the original issue. For example, an initial tension in the stomach may have resulted from fear. However, if when you refocus on your issue, you feel pain in your heart, it could mean there's sadness or heartache to tap through. Don't be afraid to let your body speak to you.

Using the Cards as a Starting Point

These cards can be used as a starting point to

ask your higher self what issue would most benefit from applying EFT. For example, if you draw the card “Fear of failure,” you might want to start with this issue. However, if you draw the card “I deserve,” you might want to work on why you feel you don’t deserve good things in life.

The “Homolateral energy” and “Energy cross-over” Cards

If you draw the “Homolateral energy” or “Energy cross-over” card, it can indicate that your energy may not be crossing over optimally. Marching in place for one minute can often correct this issue. Make sure you raise your right arm with the left leg and the left arm with the right leg as you march. Regular exercise can also help if you find you draw this card regularly. Or you can use the deck to detect blocks to releasing homolateral energy and clear it that way.

Homolateral energy is a condition where the energy isn’t crossing over correctly in the energy system. It can act as a major block or impede healing efforts. To learn more, you can search “homolateral energy” on the web and read the web pages that discuss this issue.

The “Healing the cause” and “Clear memories” Cards

There are cards included in this deck to detect whether you need to work on an issue more deeply. These cards include “Heal the cause,” “Dig deeper,” “Clear memories,” and “Hidden aspects.” Most times, these cards can be treated as main issues. For example, you can tap on the cause of an issue or hidden aspects as if they are issues or aspects on their own, drawing cards for what blocks you have to fully releasing them. Using the headache example again, let’s say you draw the card “Heal the cause.” You can then select a second card for what is blocking you from being free of the cause. Let’s say you draw the card “It is possible.” You could then tap, “Even though it isn’t possible to be healed of the cause of this headache, I deeply and profoundly love and accept myself.” You can clear blocks to releasing the cause this way until you draw the “Blocks are clear” or “Main issue” card.

The other option is to work with emotions and memories which might be acting as a cause or hidden aspect. In this kit, there is included an Emotions and Timeframes Deck which can help you do this. Use this deck to select two or three primary emotions or memories that might lie deeper under an issue.

Tap through these emotions and memories the same way you would any other issue. For more information on using the Emotions and Timeframes deck with the EFT cards, see page 20.

Energy Toxins

If you draw the “Energy toxins” card, what might be acting as a block could include:

- food or chemical sensitivities
- geopathic stress (sensitivity to frequencies emitted by electronics or the earth)
- molds or sick building syndrome
- supplements or drugs (never discontinue a drug without advisement from your doctor)

Because the physical is usually a mirror for emotional, you may also treat energy toxins by tapping on issues such as fears, toxic environments, toxic relationships, post-traumatic stress, or abuse. If you're unsure where to start, you can use the Emotions Deck included in this kit. Draw a few cards to detect trapped emotions that might be acting as energy toxins that are blocking your healing progress.

Another approach is to treat “Energy toxins” as a primary block and tap through secondary blocks to clearing them. For example, if “Energy toxins” is your primary

block and you draw the card “I deserve” as a secondary block, your set-up statement could state, “Even though I don’t deserve to be free of energy toxins, I deeply and profoundly love and accept myself.” Keep pulling cards this way until you draw the “Blocks are clear” or “Main Issue” card. Then, go back to treating the original issue you were working on.

Using the Cards for Energy Work

If new to chakra work, there’s a wealth of information on the internet about what chakras are, what each represents, and their location. Once knowing the various defects and imbalances that can occur within the chakras and energy system, one can apply EFT toward correcting them.

Using EFT to work with one’s energy field or chakras is not difficult. It merely involves changing the set-up statements to reflect energy work. In fact, some individuals, if deeply stuck when working through a particular issue, may benefit from working with their chakras and energy field.

Chakra Features

The EFT cards have features that can help you combine EFT with energy work. Simply select

a card while asking your higher self to show you what chakra or part of the energy field to work with. After drawing a card, pay attention to the color coded symbol in the center. This symbol is on the fronts and the backs of the cards. Use the card backs to read with (instead of the card fronts) if you feel the message on the card-front will confuse you. The chart below covers the color codes and what each represents:

Color Code

Meaning

A red symbol



Work with the root chakra (located at the base of the spine).

Sample set-up statement to tap on: “My root chakra is clear, balanced, and free of energetic defects.”

An orange symbol



Work with the sacral chakra (located in the area of the belly button, on the front and the back of the body).

Sample set-up statement to tap on: “My sacral chakra is clear, balanced, and free of

energetic defects.”

A yellow symbol



Work with the solar plexus chakra (under the ribs, centered between the belly button and center of the heart, on the front and back of the body).

Sample set-up statement to tap on: “My solar plexus chakra is clear, balanced, and free of energetic defects.”

A green symbol



Work with the heart chakra (located over the heart center, on the front and back of the body).

Sample set-up statement to tap on: “My heart chakra is clear, balanced, and free of energetic defects.”

A blue symbol



Work with the throat chakra (located in the center of the throat, on the front and back of the body).

Sample set-up statement to tap on: “My throat chakra is clear, balanced, and free of energetic defects.”

An indigo symbol



Work with the third eye chakra (located between the eyes at the brow, on the front and back of the body).

Sample set-up statement to tap on: “My third-eye chakra is clear, balanced, and free of energetic defects.”

A violet symbol



Work with the crown chakra (located on the top of the head).

Sample set-up statement to tap on: “My crown chakra is clear, balanced, and free of energetic defects.”

A pink symbol



Work to clear cords, attachments, and energies that do not belong to you (i.e., such as energies that

are empathically taken on).

Sample set-up statement to tap on: “I release and let go of all cords, attachments, and energies that don’t belong to me.”

A white symbol



Work with the energy field and issues such as leaks, tears, or impurities.

Sample set-up statement to tap on: “My energy field is strong, healthy, clear, and balanced. It free of leaks, tears, and impurities.”

A black symbol



Work with the issue of grounding and that you can feel happy and safe in your body.

Sample set-up statement to tap on: “I am grounded and vitally alive. I feel happy and safe in my body.”

Blocks are clear



Work with affirming that your your energy field and chakras are clear and free of energetic defects. You are whole.

Sample set-up statement to tap on: “My energy field and chakras are balanced, clear, and free of energetic defects. I am whole.”

Performing an Energy Clearing

To perform an energy clearing using the EFT cards, draw a card, noticing the symbol on it. Then, look up what that symbol represents in the above chart (if necessary). Let's say you draw a card with a red symbol. This color would indicate to work with the root chakra. You can then use the set-up statement, “My root chakra is clear, balanced, and free of energetic defects,” while tapping the EFT points listed in Figure 2 (page 4).

Clearing More Deeply

If you wanted to clear your root chakra more deeply, you can use the EFT deck to detect whether there are blocks that need to be cleared. For example, if you draw the card “I

am ready,” then you would tap a set-up statement such as, “Even though I’m not ready for my root chakra to be clear, balanced, and free of energetic defects, I deeply and profoundly love and accept myself.” Continue this process, drawing further cards, until you draw the “Blocks are clear” or “Main issue” card. Once the blocks have been cleared, tap the main set-up statement, “My root chakra is clear, balanced, and free of energetic defects.”

The Emotions and Timeframes Deck

For Detecting Trapped Emotions,
Memories, and their Timeframes

How to Use the Cards

To use this deck, keep the cards in the same position (i.e., all the number bars facing the bottom of the deck). Doing this will help you to quickly cut the deck to reveal a trapped emotion while being able to flip the deck over so that you can cut it again to indicate a timeframe. You can also spread the cards face down in their upright position and draw one, if this is more comfortable. You can then flip the deck over and spread them down in their

reversed position to draw a card for the timeframe. While you don't have to use the timeframe elements of the cards, they might help you detect what period you are looking at or may trigger a memory to arise.



Card Top: Emotions

Card Bottom: Timeframes

Figure 3

For instance, let's say the first card you drew (in upright position) indicated "Desolation" and the second card you drew (in reversed position) showed "first half of life." You could clear on the emotion of desolation on its own, or you could clear a memory that arises when you think of these two cards together. You can ignore anything showing on their reversed

positions (so the timeframe “Teens” and the emotion “Lack of Control” from Figure 3 wouldn’t be given attention).

Clearing a Trapped Emotion

If you want to clear a trapped emotion on its own, you simply hold both the emotion and timeframe in your mind while using EFT to clear it. On each card, there is also a positive emotion listed. So you can base your EFT set-up statements on the positive or negative keyword, either clearing blocks to instilling the positive attribute within yourself or letting go of the negative.

If you use the card combination from Figure 3 (“Desolation” with “First Half of Life”), you could formulate the EFT set-up statement, “Even though I’m hanging onto the trapped emotion of desolation from the first half of my life, I deeply and profoundly love and accept myself.” To affirm the positive from the card, you could tap, “I release and let go of the desolation I felt from the first half of my life, allowing it to be replaced with a feeling of comfort.” Or if you want to focus only on the positive, you could tap, “I allow myself to feel a sense of comfort.” You can change the positive replacements to what suits you. In Figure 3, the card says “Comfort,” but

this also includes the ability to feel comforted by others and not alone. If you feel another word would work better for you, use that word.

Working with Memories & Timeframes

To use the cards to detect an emotion with a timeframe, spread the cards face down (all of them in the upright position) and ask your higher self which trapped emotion to work with. Using the example from Figure 3, if you picked the “Desolation to Comfort” card, this means that the memory that is affecting your situation triggers a feeling of desolation.

To detect the timeframe for this memory, flip the deck upside down, so all of the cards are in their reversed position (upside down) and spread them face down. Select a card. On that card will be a timeframe or a condition (if a timeframe is not applicable).

For example, if you draw the card “First 10 Years,” look to the first memory that comes to mind when you connect the emotion of desolation to your first ten years of life. See pages 24 to 26 for how to interpret phrases such as “Just Clear,” “Don’t Need to Know,” “Inherited,” “Sponged,” “Consciousness,” “Past Live,” “Preconception,” “Mother/Woman,” “Father/Man,” and “Womb.”

The Different Timeframes

This deck includes a limited number of timeframes: first ten years, last ten years, first half of life, last half of life, and this year. If you are familiar with the process of muscle testing, you can use this technique to narrow down the time frame. However, it is generally the first memory that comes to mind.

“Just Clear” and “Don’t Need to Know”

In some cases, you might draw the “Just Clear” or “Don’t Need to Know” card. Both of these cards indicate you do not need to know the timeframe connected to the emotion. Use EFT to acknowledge and treat the emotion involved.

“Inherited”

If you draw the “Inherited” card, this means the trapped emotion might be ancestral or inherited. You can use your intuition or muscle testing to further deduce if it’s inherited from your biological mother’s or father’s side. Muscle testing can also be used to determine the number of generations back to when the emotion was created (this approach is used in

the Emotion Code and other therapies). Or you can go with the first number of generations that come to mind. However, these approaches are optional.

“Sponged” and “Consciousness”

If you draw the “Sponged” card, it can indicate you took something on from your personal environment. However, the “Consciousness” card refers to what is taken on collectively (from the larger world). For example, if people you live with are angry, you might pick up on that anger and start to feel it as if it were your own. If riots are occurring in the world, you can take on these types of emotions too.

Another way to pick up emotions is through projection, such as if your parents or culture want you to feel shame or another emotion. So, the emotion card you draw might not reflect a feeling that originated within yourself but was something you were told (or conditioned) to feel.

“Past Life,” “Preconception,” and “Womb”

If you draw the “Past Life” card, you might be hanging onto emotional energies that are connected with a previous incarnation. If you

do not believe in reincarnation, then make the intention that when you draw these cards, it will reflect a former version of you (from your current life). Cards often respond to the intentions and meanings we assign them.

The “Preconception” card usually points to the time before your soul incarnated. This period would not necessarily indicate a past life. If a trapped emotion shows occurring in this period, it might have arisen through anticipating the challenges you expected to encounter once you incarnated.

If you draw the “Womb” card, the emotion in question might be connected to something you experienced in the womb or during your birth. In some cases, it can indicate that you took on an emotion from your mother while in her body.

“Mother/Woman” and “Father/Man”

If you draw the “Mother/Woman” or “Father/Man” cards, then the memory or emotion in question may be connected to your mother (or a prominent female) or father (or a prominent male). They may be involved in the memory, or it may have been an emotion they projected onto you.

Clearing Trapped Emotions

Once you know the emotion and timeframe you need to work with, you can apply EFT. Place both the emotion and your timeframe into your set-up statements. For example, “Even though I’m holding onto a feeling of desolation from the first half of life {or sponged, inherited, past life, etc.}, I deeply and profoundly love and accept myself.” Or, phrase your statement how you feel comfortable. If working with a memory, you can work it into the set-up statement. For instance, “Even though I felt desolation when {a certain event occurred}, I deeply and profoundly love and accept myself.”

Organ & Meridian Groupings

The cards have been divided into groups loosely based on the Chinese system of associating particular emotions with organs/meridians. Such groupings are included for those who want to experiment with tapping through trapped emotions, associating them with their corresponding meridians/organs. The groupings are:

- Heart and Small Intestine
- Kidney and Bladder
- Glands and Sex Organs

- Liver and Gallbladder
- Spleen and Stomach
- Lung and Colon

Three additional groupings are added:

- Whole Being
- Earth
- Spirit

EFT statements can be framed to include these groupings. For instance, you could perform EFT tapping while repeating the set-up statement, “Infinite love and gratitude to my glands, sex organs, and any trapped emotion of unworthiness. I ask that this emotion be replaced with a feeling of self-worth.”

Clearing Trapped Emotions Using Both Decks Together

In some cases, tapping superficially on a trapped emotion might not adequately clear it. This is especially true if there are blocks. In this case, the EFT deck can be used to detect and tap through these blocks.

If you take the instance of desolation from the first half of life (Figure 3), you could ask your higher self to let you know what is

blocking this trapped emotion from thoroughly clearing. Then, you could draw a card. Let's say the card you draw is "I will benefit." Then, you would form a set-up statement, such as, "Even though I won't benefit if I let go of the trapped emotion of desolation from the first half of life, I deeply and profoundly love and accept myself." You could also tap, "I will benefit if I heal and let go of all trapped emotion of desolation from the first half of life and allow it to be replaced with a feeling of comfort." You can clear this way, drawing cards from the EFT deck and tapping through the blocks indicated until you draw the "Blocks are clear" or "Main issue" card.

If you want to see a video walkthrough, check out the youtube video at:
<https://youtu.be/avWeIw-kptw>

About the Author

Mandy Peterson is a professional psychic and Emotional Freedom Technique (EFT) practitioner. She is the author of 'The Color of Love Divination Kit (for reading love situations), the Healers of the Earth Oracle, and the Uncover Your Past Lives Oracle. She is also the author of two books: I am the Lotus, Not the Muddy Pond and A Guest in

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