

Dr. Pratt's

EMOTIONAL FITNESS SYSTEM

MAXIMIZE YOUR MOTIVATION

Contains CD
Meditation
AND
DVD Instructional
Video

A portrait of Dr. George Pratt, a middle-aged man with short brown hair, smiling. He is wearing a light blue button-down shirt under a dark blue suit jacket. The background is a solid blue color.

DR. GEORGE PRATT

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This module of the Emotional Fitness System contains both a video and an audio training component. In the 24-minute video exercise, Dr. Pratt guides you first in balancing your body's polarity. This is followed by a comprehensive tapping sequence designed to clear away the blocks to focus and the limiting beliefs that prevent you from achieving the high level of focus you desire. The Bridge exercise helps distribute the process throughout the brain. Additional tapping exercises expand on this to release the mental and emotional roadblocks to your success.

The audio component is a 28-minute hypnotic meditation designed to activate the parasympathetic nervous system. This state of relaxation will help you change your brain and subconscious, install positive beliefs about motivation, help you visualize and create your new reality.

Use this program to maximum effect by completing the tapping exercise followed by the hypnotic meditation exercise. You can benefit from each of these exercises individually; however, used together, these exercises multiply the benefits gained for far greater effect.

www.DrGeorgePratt.com
858-457-3900

—The Bridge—

This is a part of the Protocol for all emotional targets. It fits between two Tap Sequences and serves to activate various regions of the brain as you activate the Back of Hand treatment site.

The Bridge is a series of eye movements, humming, and counting done while continuously tapping the Back of the Hand acupoint. The objective of The Bridge is to integrate the emotional thought throughout the various regions of the brain. Counting is a left brain hemisphere activity while music (humming a short tune) is a right brain activity. The eye movements activate the visual cortex and other brain regions. Below are the instructions.



1- 2- 3- 4- 5

1. Begin with your eyes open. Remember to tap the Back of Hand spot during the entire time you do these eye movements, humming and counting.



2. Close your eyes.
3. Open your eyes and while holding your head level, glance down to the right.
4. Glance down across to the left.
5. Rotate your eyes in a 360 degree circle to the left. Make certain to move your eyes in a full circle not cutting across any parts of the full sweep.
6. Next, rotate your eyes in a full circle to the right. If it helps to make a couple of circles in each direction that is fine.
7. Count from 1 to 5.

8. Hum a few notes of a familiar tune such as, "Happy Birthday to You," or "Row, Row Your Boat." You can even make up a tune of your own.

9. Count back from 5 to 1.

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Utilizing tools from Energy Psychology and what we know about the power of the subconscious and conscious minds, Dr. Pratt has created a series of exercises which are designed to work together -- to create, in your mind and body,... the environment in which powerful healing can occur.


The tapping exercises activate the body's energy system to help initiate an electrical current. With the central nervous system engaged, we use the body's energy system with the tapping exercises, to help clear old stuck problems and emotions, and replace them with positive beliefs.

The hypnotic meditation session will help to activate the parasympathetic nervous system. Healing occurs at the parasympathetic level so it is essential to achieve a deep state of relaxation to help install the positive beliefs about motivation, that will help us realize the healing, success and joy that we desire.

Use this program to maximum effect by completing the tapping exercise followed by the hypnotic meditation exercise. The tapping helps clear resistance, removes blocks and trapped emotions, installs the positive beliefs, and amplifies the effect of the hypnotic meditation. You can benefit from each of these exercises individually; however, used together, these exercises multiply the benefits gained ... for far greater effect.

George J. Pratt, Ph.D. is a licensed clinical psychologist with a private practice in La Jolla, CA where he has specialized in psychotherapy, hypnotherapy, mind/body techniques and performance enhancement for over 30 years. Dr. Pratt has served as Chairman of Psychology, Scripps Memorial Hospital, La Jolla and is on staff. Dr. Pratt is a Fellow and Approved Consultant of the American Society of Clinical Hypnosis and is Past-President of the San Diego Society of Clinical Hypnosis. He is a Diplomate of the Association for Comprehensive Energy Psychology and the American Academy of Pain Management. Translated into 13 languages, he is co-author of *Code to Joy: The Four-Step Solution to Unlocking Your Natural State of Happiness*, *Instant Emotional Healing: Acupressure for the Emotions*, *A Clinical Hypnosis Primer*, and *Hyper-Performance: Release Your Business Potential*. He has been a frequent guest on *Larry King Live*.

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