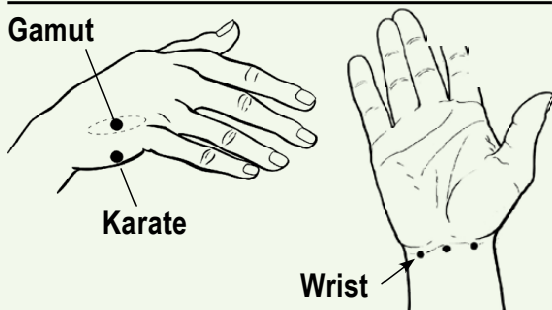
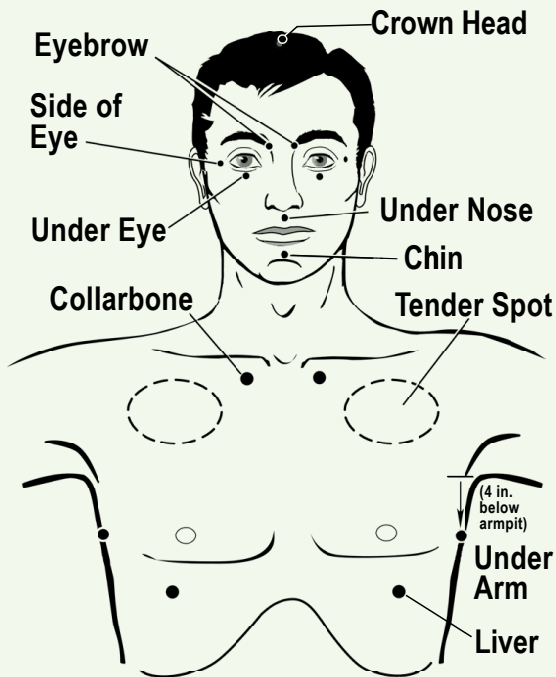


Emotional Freedom Technique (EFT)

TAPPING POINT INSTRUCTION

ENERGY POINTS



KEY

CH	Crown Head	CB	Collarbone
EB	Eyebrow	UA	Under Arm
SE	Side of Eye	L	Liver
UE	Under Eye	WR	Wrist
UN	Under nose	KC	Karate Chop
CH	Chin		

The Basic Recipe

The setup phrase is the issue you have picked to work on. The affirmation or setup is:

“Even though I have this _____
I DEEPLY and COMPLETELY accept myself.”

It's important to do this three times before beginning tapping.

WORK ON NEGATIVE FEELINGS AND THOUGHTS

Examples:

- Anger at my boss
- Sadness about the breakup
- Pain in my shoulder
- Fear of starting my business
- Fear of snakes

TO START:

Rub the sore spot or tap the karate chop point while saying the setup above.

Rate your intensity level on a level of 0 - 10. This is a subtle process and you'll get fooled. Rating the intensity helps you know how far you've progressed and if there are new aspects coming up (not making progress).

THE SEQUENCE:

Tap gently with fingertips (one or two) about 7-10 times on each point while reminding yourself of the setup phrase.

CH, EB, SE, UE, UN, CB, UA, L, WR, KC

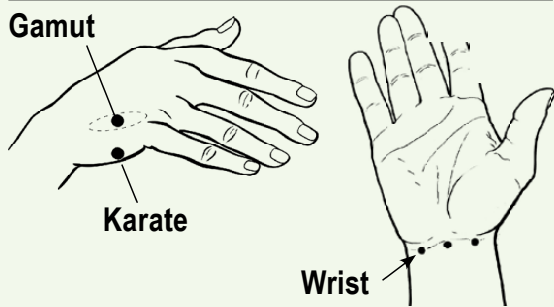
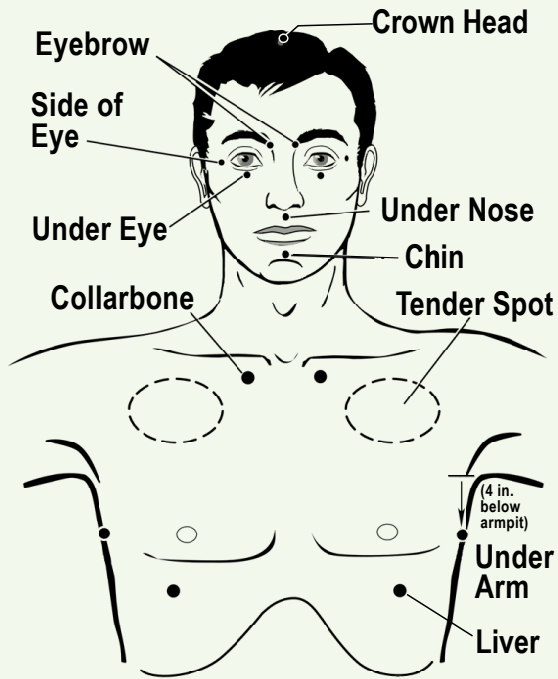
Other Points:

- Side of nostril
- Above nipple point nearer shoulder
- Third eye - mid forehead
- Thymus point - mid chest above thymus gland
- Inside of knee; inside ankle

As the intensity drops, you want to tap on “remaining” fear, or anger, or pain or sadness.

(Continued on other side)

ENERGY POINTS



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IF YOU WANT TO SPEED UP THE PROCESS, START OUT WITH

- 1) Negative. As the intensity falls to range 3-5, you can say
- 2) "I want to let this _____ go" and then
- 3) I intend to release all of this _____ and feel _____ instead.

Recap:

- 1) Negative 2) Letting go 3) Intent

TAPPING THE GAMUT POINT

While tapping the gamut point continuously:

1. Eyes closed
2. Eyes open
3. Eyes hard down right while holding your head steady
4. Eyes hard down left while holding your head steady
5. Roll eyes in a circle as though you were looking at a giant clock close to your nose and follow all the numbers around
6. Same as #5 only reverse the direction of eyes
7. Hum 5 notes of a song
8. Count rapidly from 1 to 5
9. Hum 5 more notes of a song