

EFT

HOW TO ACHIEVE FREEDOM FROM ALMOST ANY ISSUE IN FOUR EASY STEPS

1

AWARENESS

What bothers you? What pain, negative emotion, memory, or craving is there?
Give it a name (i.e. sadness, headache, craving for chocolate, etc)
Try to get really detailed and specific (i.e. "stabbing pain behind my eyes").
Give it an intensity number on a scale of 0-10

2

Balancing

While tapping on your karate chop point (1), say three times:
"Even though I (fill in the issue specified above - i.e. have this stabbing pain behind my eyes)... I truly and completely love and accept myself"

3

Clearing

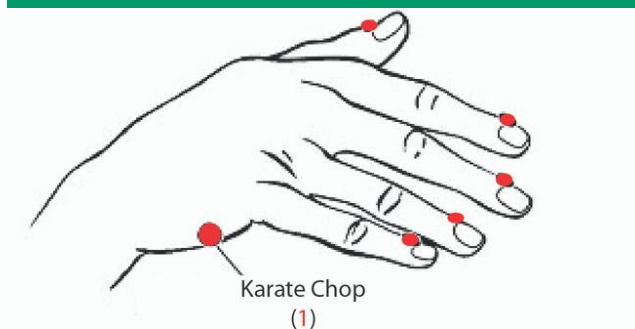
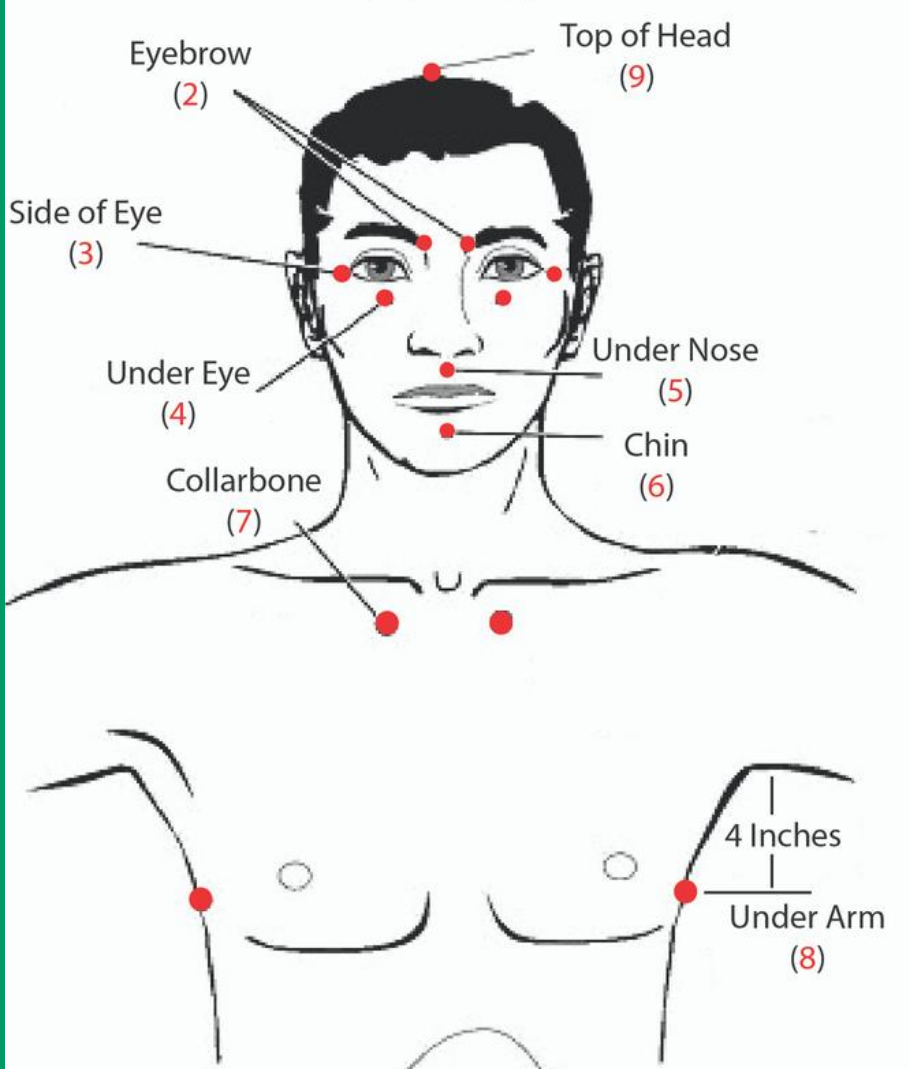
Tap on the 8 tapping points - starting with eyebrow point (2) and ending with the top of your head (9) - according to the sequence below while saying a reminder phrase at each point (i.e. "this stabbing pain...")
Repeat this step for 2-3 rounds

4

Repeat

NOW - close your eyes and take a deep, cleansing breath. Tune into the issue as you did in step 1. Is the intensity lower? Did anything change? Did a different aspect emerge?
Repeat steps 1-3 on the remaining intensity or issue until totally clear.

EFT Tapping Points



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- Use two fingers of your dominant hand (i.e. right hand for righties) to tap on the points. You may use both hands for bilateral points (2,3,4, & 7). You may use all your fingers for points 7 & 9.
- Tap around 7-8 times on each point.
- Tap at a rate of about 4 taps per second.
- Tap with a pressure hard enough that you feel it, but it shouldn't hurt.
- Remember: This process is very forgiving. These are guidelines, you do not have to follow this exactly - as long as you are stimulating the points, it is working.