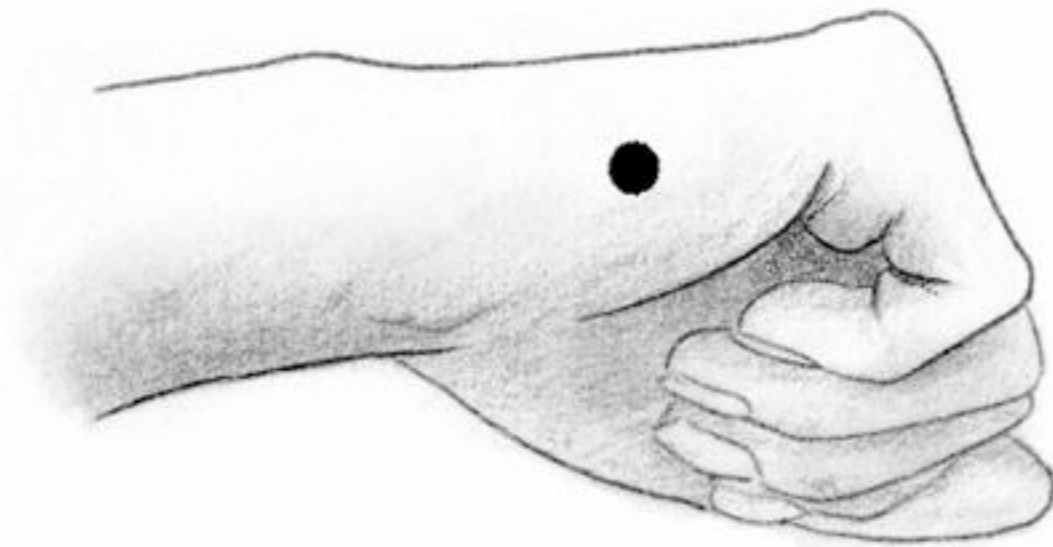


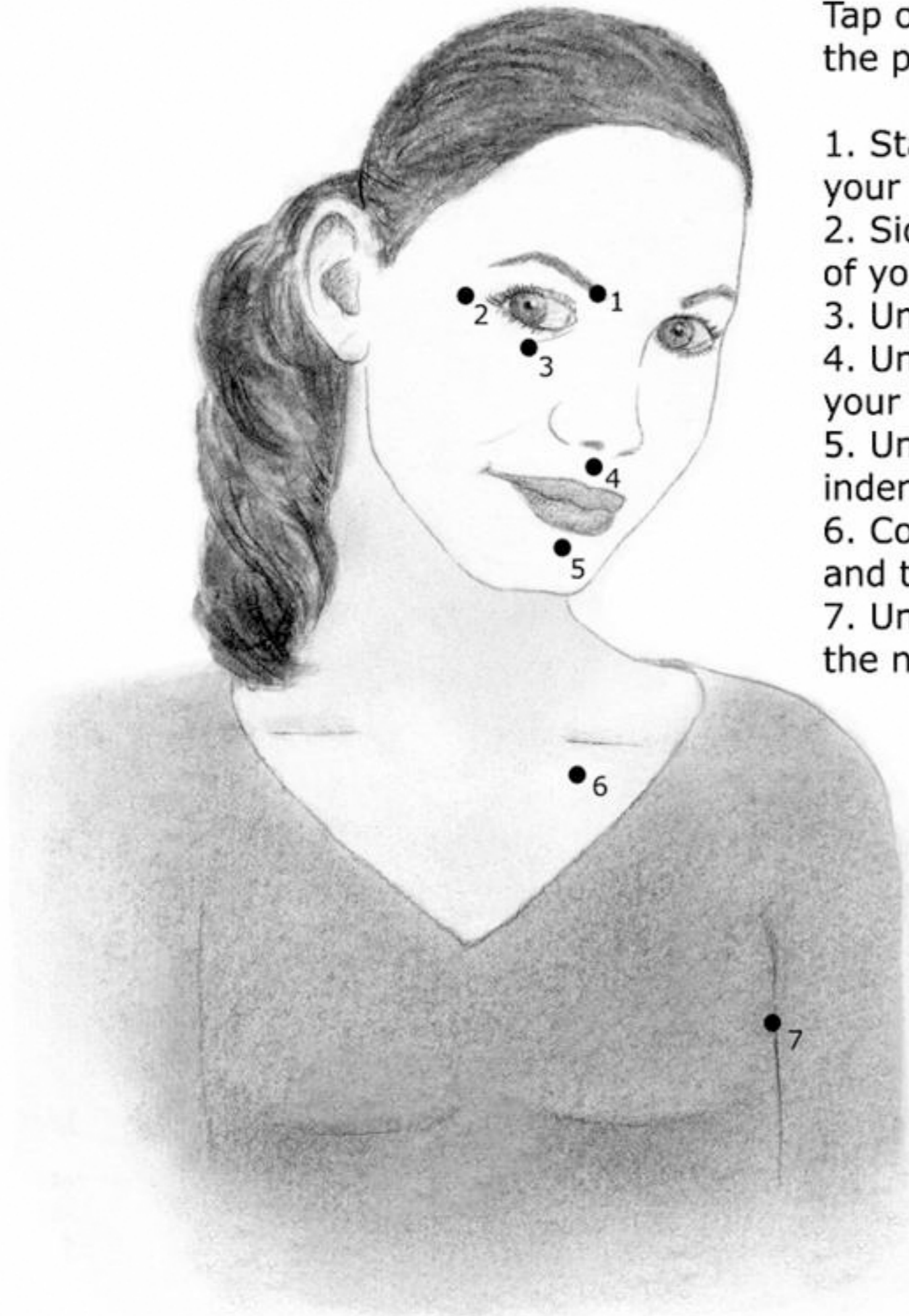
Emotional Freedom Technique (EFT)

Tapping Points



Tune into the emotion or problem. Try to identify any physical sensations in the body and rate the distress between 0 and 10

Karate Chop Point (Small Intestine). Tap here as you repeat the set up phrase three times. "Even though I have this ... (state the problem or emotion) I deeply and completely love and accept myself."



Tap on each of the following points as you repeat and focus on the problem or emotion:

1. Start Of The Eyebrow (Bladder) - Where the bone behind your eyebrow turns into the bridge of your nose.
2. Side Of The Eye (Gall bladder) - On the bone in the corner of your eye.
3. Under The Eye (Stomach) - On the bone just below your eye
4. Under The Nose (Governing vessel) - Between your nose and your upper lip
5. Under The Mouth (Central/Conception Vessel) - In the indentation between your chin and your lower lip
6. Collarbone (Kidney) - In the angle formed by your collarbone and the breastbone
7. Under Arm (Spleen) - 4 inches under the armpit. In line with the nipples and on the side of the body

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Tune into the emotion/problem once again and re-rate the distress. Repeat entire procedure until intensity is down to 0 or a level you are comfortable with. You may also wish to tap on the following hand points, particularly if you are having trouble getting the intensity down to 0 or if you are experiencing stress or illness:

All finger points are on the side of the finger, in line with the nail bed.



1. Thumb (Lung)
2. Index finger (Large Intestine)
3. Middle finger (Circulation/Sex)
4. Little finger (Heart)

5. Gamut Spot (Triple Warmer)
Tip: Try rubbing this spot any time you are experiencing stress