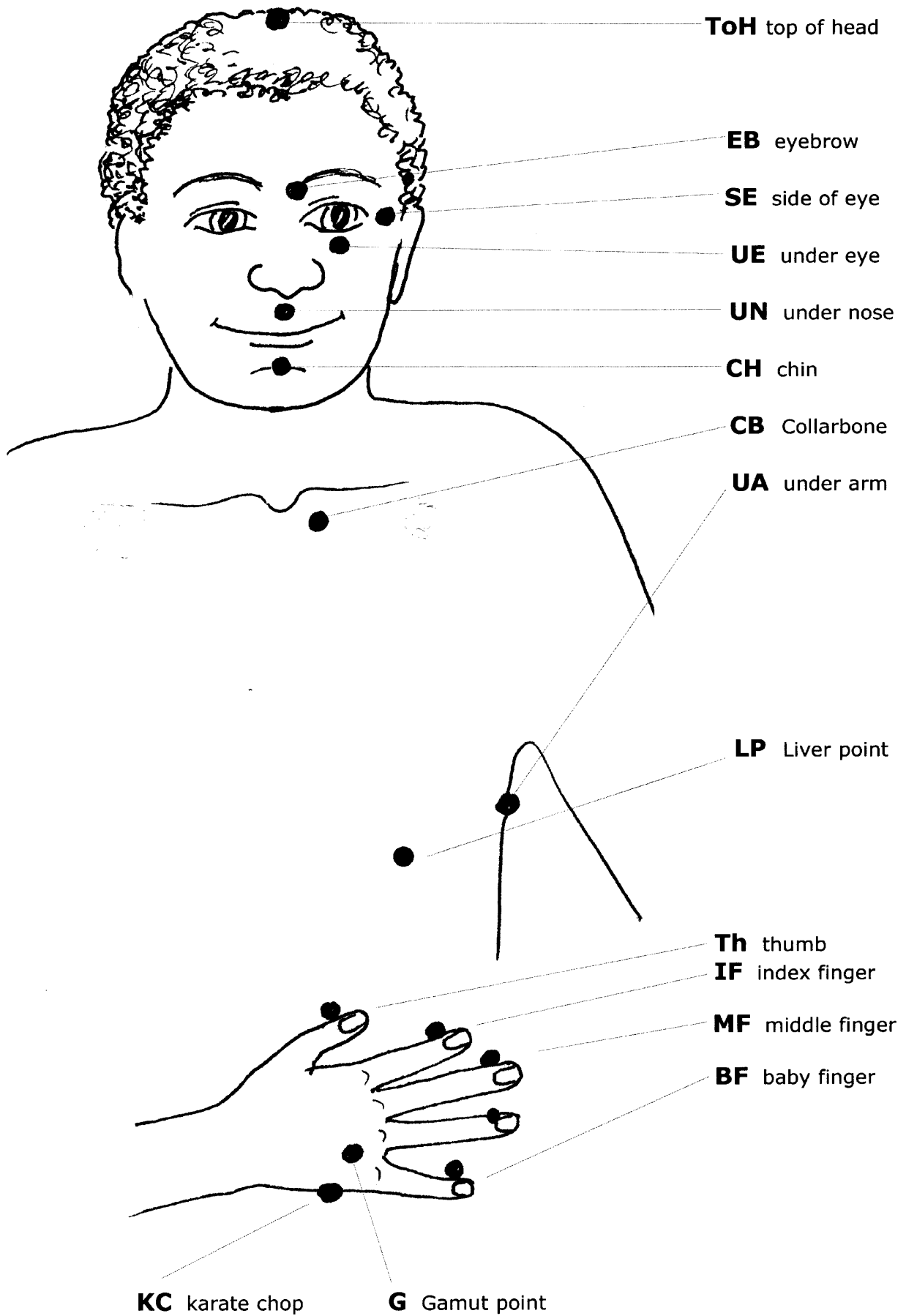


EFT TAPPING POINTS



The Discovery Statement

"the cause of all negative emotions
is a disruption in the body's energy system"

EFT IN A NUTSHELL

Memorise the basic recipe.

Aim it at any emotional or physical problem by customising it with an appropriate SET UP AFFIRMATION and REMINDER PHRASE.

Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem.

Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!

The Official EFT Basic Recipe

1. **The Set up** ... Whilst continuously tapping the Karate Chop point state the target phrase...

"Even though I have this"

I deeply and completely accept myself"

or *"This is how it is for me at this moment"*

2. **The Sequence** ... tap about 7 times on each of the following energy points while repeating the reminder phrase at each point

ToH, EB, SE, UE, UN, Ch, CB, UA,

Other tapping points on the torso and fingers can also be used in the same way,

LP (Liver Point), Th (thumb), IF (index finger), MF (middle finger), Ring finger or Gamut Point, and BF (baby finger)

Occasionally, the 9 Gamut procedure may be added in as follows

The 9 Gamut procedure ... continuously tap on the Gamut Point, on the back of the hand, whilst performing each of these 9 actions

1) Eyes closed. 2) Eyes open. 3) Eyes hard down right. 4) Eyes hard down left

5) Roll eyes in circle right. 6) Roll eyes in circle left.

7) Hum 4 seconds of a song . 8) count 1 – 5 . 9) Hum 4 seconds of a song

N.B. In subsequent rounds adjust the Set-up Affirmation and the Reminder Phrase to reflect the fact that you are addressing the REMAINING problem.