

EFT – The Basic "How to Tap" Facts:

The EFT tapping sequence starts with a set up phrase around a specific issue, pain, or block you wish to work with. Give it an intensity rating on a scale of 1-10 first, then do the sequence. At the end, check in with another 1-10 rating.

The hand at the right show the first point - the Karate Chop Point where you set the intention and name it. Generally this phrasing is used:

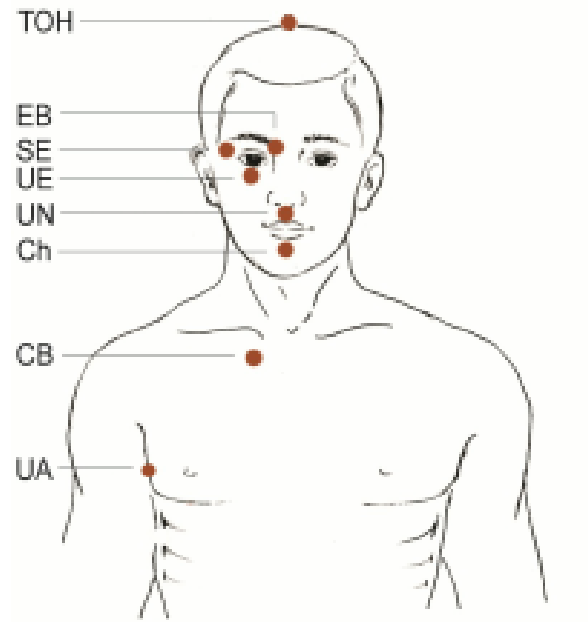
"Even though I [name specific issue] - I love and accept myself" (do this three times, then start the sequence)

If that is too uncomfortable in the beginning, go with...

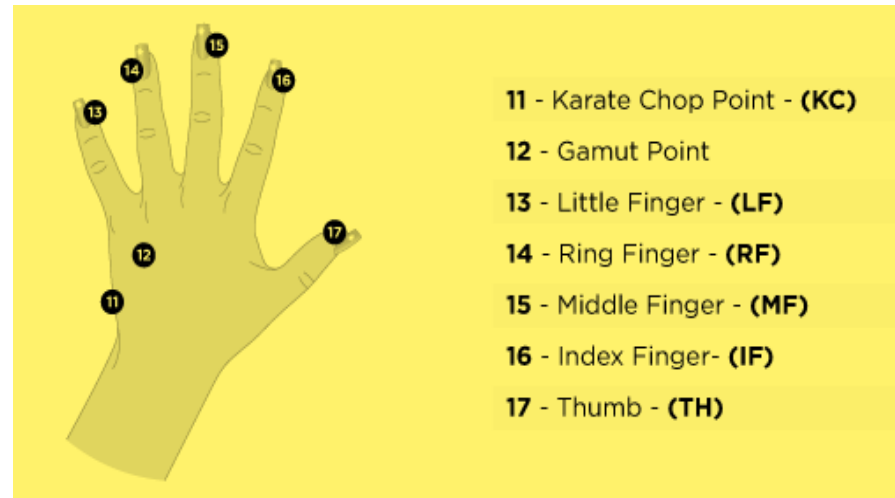
"Even though I have this...[name specific pain you have] I accept that's where I am right now"

The torso picture identifies the tapping sequence starting with the top of the head. Tap gently on each point and repeat a shortened version of your intention statement:

- TOH: Top of Head
- ED: Eyebrow (just at the tip of the bone there)
- SE: Side of the Eye - again on the bone ridge temple area
- UE: Under Eye - right under the eye on the bone ridge there
- UN: Under Nose - dead middle right above your upper lip
- Ch: Chin - again right in the center
- CB: Collar Bone - find the collar bone and tap just below it, not right on the bone
- UA: Under Arm - raise your arm and reach around about 6 inches below your armpit.



The same points are found on your hand...



- 11 - Karate Chop Point - (KC)
- 12 - Gamut Point
- 13 - Little Finger - (LF)
- 14 - Ring Finger - (RF)
- 15 - Middle Finger - (MF)
- 16 - Index Finger- (IF)
- 17 - Thumb - (TH)