



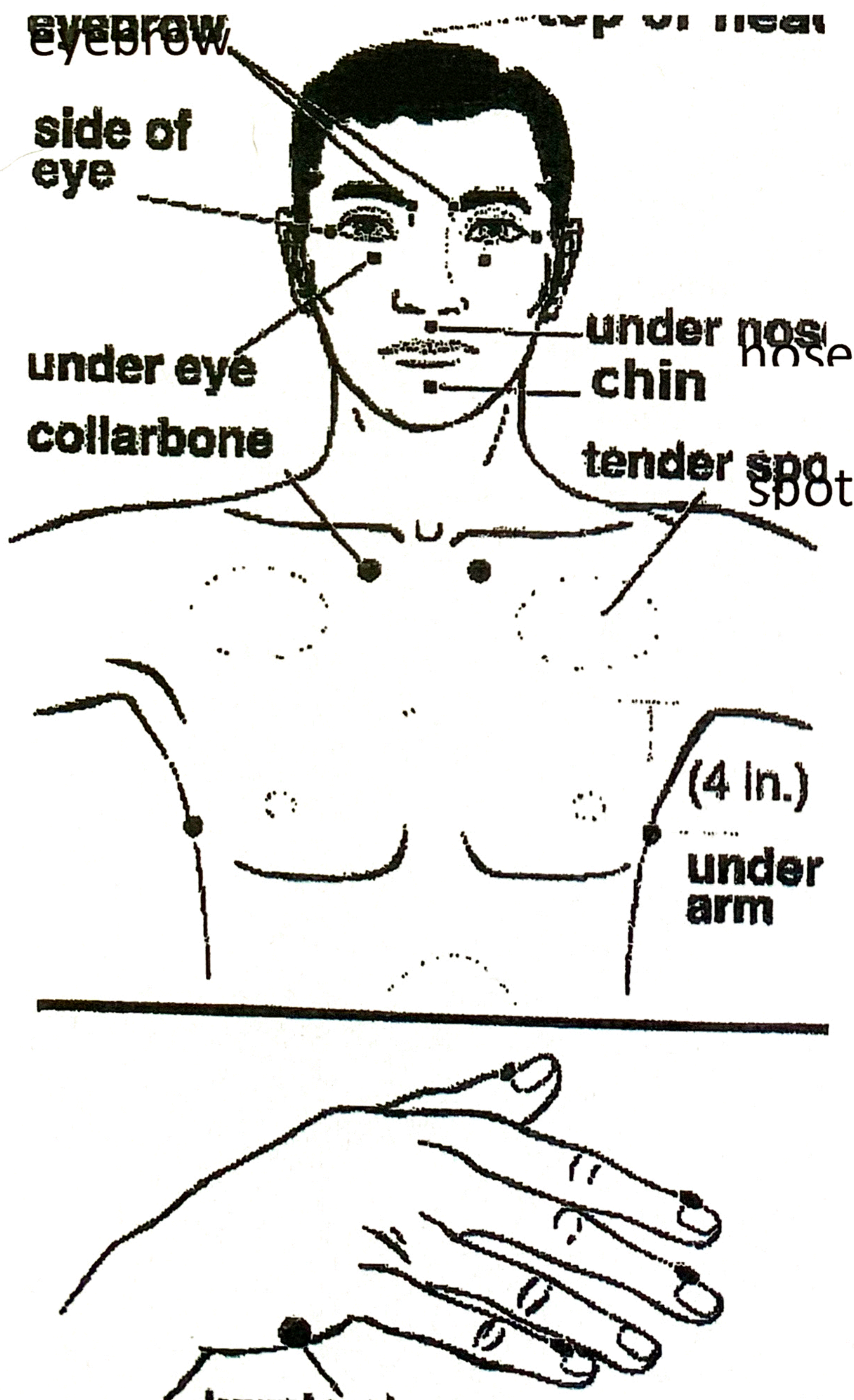
# EFT Tapping Points

## EFT-Emotional Freedom Techniques

EFT is a simple and effective form of meridian energy therapy. Some call it "emotional acupuncture" but without the needles. You may not have heard of it, and it looks weird. The good news is ...it works!

We will be tapping with our fingertips on certain key power points on the body. While tapping, we will state a truth about how we feel along with a positive affirmation. If you are new to EFT, look at the chart below and follow along through each point.

Tapping Points



We start by tapping on the KARATE CHOP point. I top of head use the tips of all four fingers of my right g=hand to tap the outside of my left hand. Use the same pressure you would use if you were tapping on a table to make a drumming sound. Tap, tap, tap, tap, tap, tap, tap. If you have long fingernails, use the pads near the end of your fingers to tap.

Next, we move to the top of the head and then we will work down the body, making the points easy to remember. (You can also start at the eyebrow and end with the top of the head; it doesn't matter)

Use the fingertips on one or both hands to tap the top of the head. Tap, tap, tap, tap, tap, tap, tap.

The eyebrow points are located at the beginning of the eyebrow, nearest the center of the face. I use the index and middle fingers together, on both hands, to tap the two eyebrow points. Tap, tap, tap, tap, tap, tap, tap.

Thee side of the eye points are located on the bone at the side of the eye. It's not so close to the eye that it feels like you're poking yourself, and not so far away that you are tapping at the temple. Using the index and middle fingers together tap on both side of the eye points at the same time. Tap, tap, tap, tap, tap, tap, tap.

karate chop