



Emotional Freedom Technique

Basic EFT recipe you need to know

<h2>1.</h2>	<h3>Identify your problem.</h3> <p>It can be a negative feeling or physical sensation or problem. Identify where you feel it in your body. Find the words to represent "this problem" in the following tapping sequence.</p>
<h2>2.</h2>	<h3>Intensity.</h3> <p>Measure your problem. On a scale from 0 to 10, 10 being the worst your problem has ever been, write down the intensity it is now.</p>
<h2>3.</h2>	<h3>Activate on the side of the hand.</h3> <p>Tap and say: "Even though I have 'this problem', I accept that and I deeply and completely love and accept myself" Repeat three times.</p>
<h2>4.</h2>	<h3>Tapping and repeating.</h3> <p>Tap approximately 7 times on each of the following points with gentle percussion with the words that represent and remind of your problem.</p> <ul style="list-style-type: none"> • Eye brown point: 'this problem' • Side of the eye point: 'this problem' • Under the eye point: 'this problem' • Under the nose point: 'this problem' • Under the mouth point: 'this problem' • Collar bone point: 'this problem' • Under the arm point: 'this problem' • Top of the head point: 'this problem'
<h2>5.</h2>	<h3>Check the Intensity.</h3> <p>Check the intensity of your problem now and repeat the above tapping sequence until it is down to zero.</p>

Take full responsibility for your health.

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