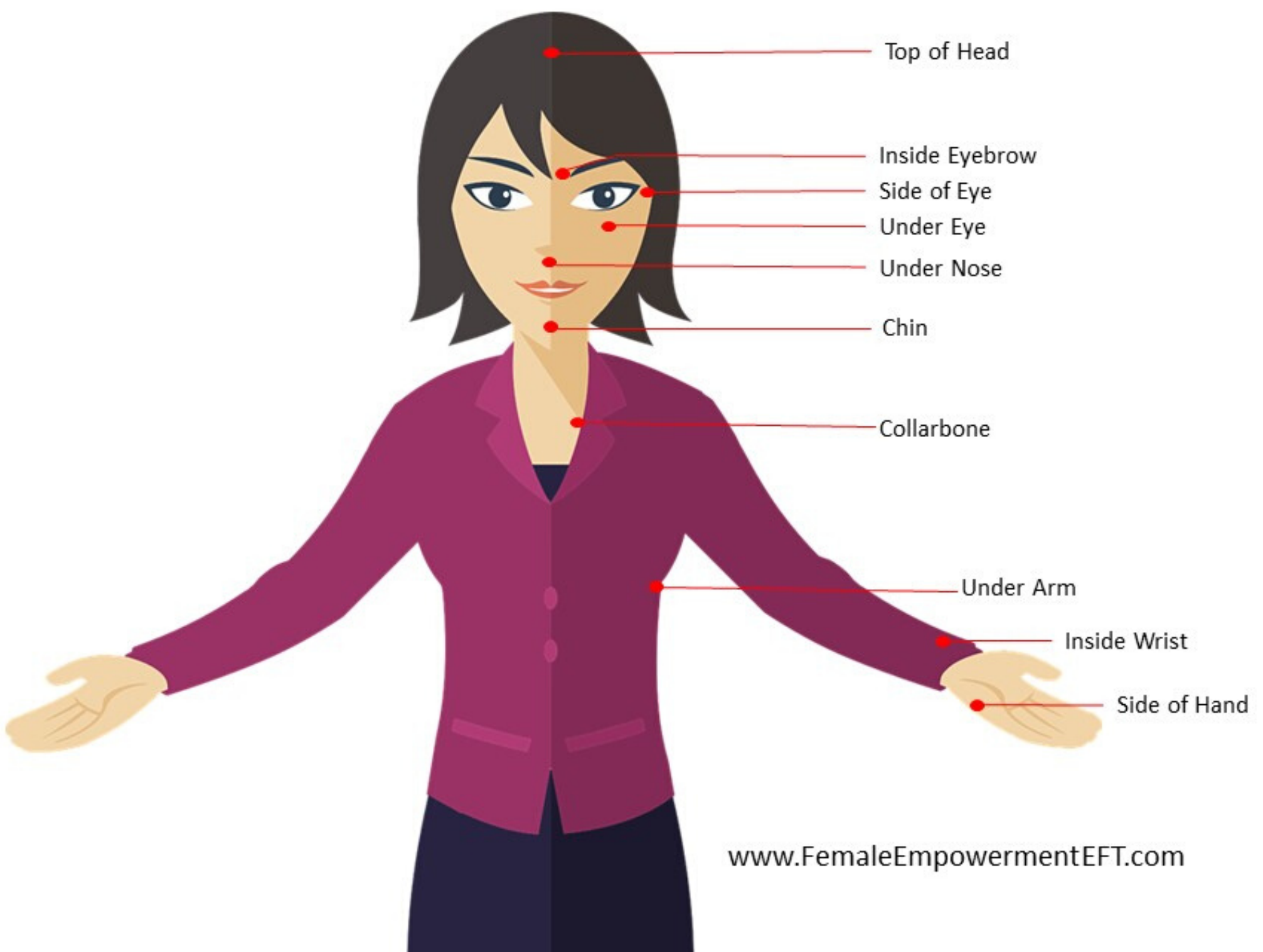


Female Empowerment EFT

Simple Tapping Guide



Welcome!

I am so excited that you are here! In this guide, you will learn:



How to reduce stress immediately.

Tapping and Breathing



How to go deeper with EFT/Tapping

Basic Tapping Recipe



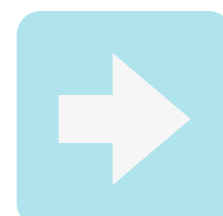
EFT Skills for in Public

You can tap right in front of the person who is driving you crazy!



All the points and what they are connected to.

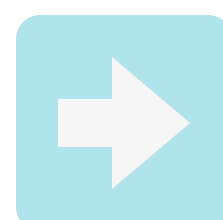
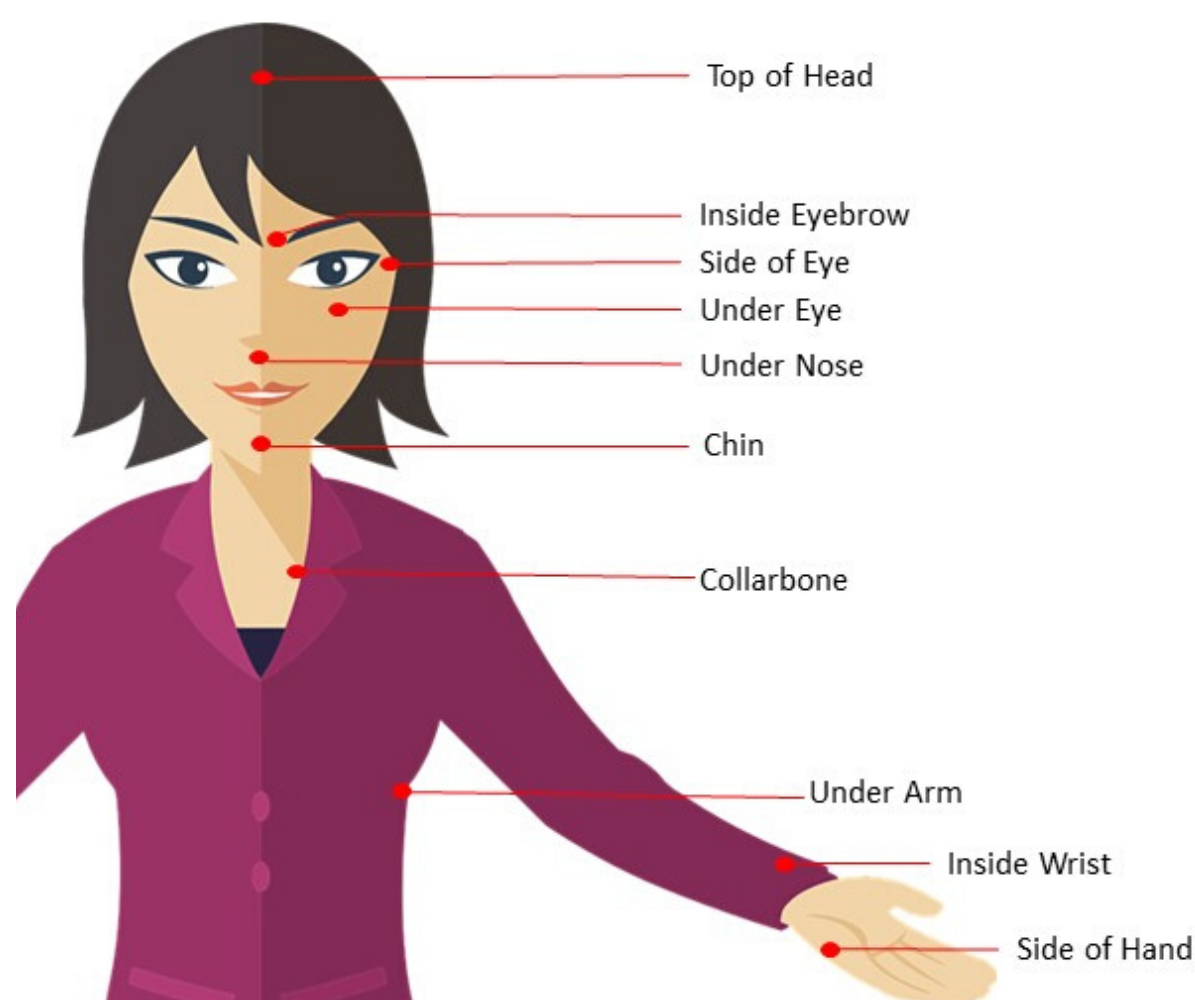
Full Comprehensive List



How to Reduce Stress Immediately

You can use this simple technique when feeling stressed. You don't have to understand all the logistics of EFT to receive the benefits. Simply follow along and feel the stress melt away.

- 1 Make sure you are in a safe space (no operating vehicles). 😊
- 2 Rate the intensity of the stress 0-10
- 3 Beginning with the top of the head, tap with a gentle amount of pressure 6-8 times while focusing on your breath.
- 4 Continue to tap on each point (either side is fine) and breathe. (All points on diagram)
- 5 Take a moment and tune into your stress. How would you rate it now? Continue to follow these steps as needed.



Basic EFT/Tapping Recipe

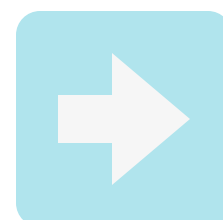
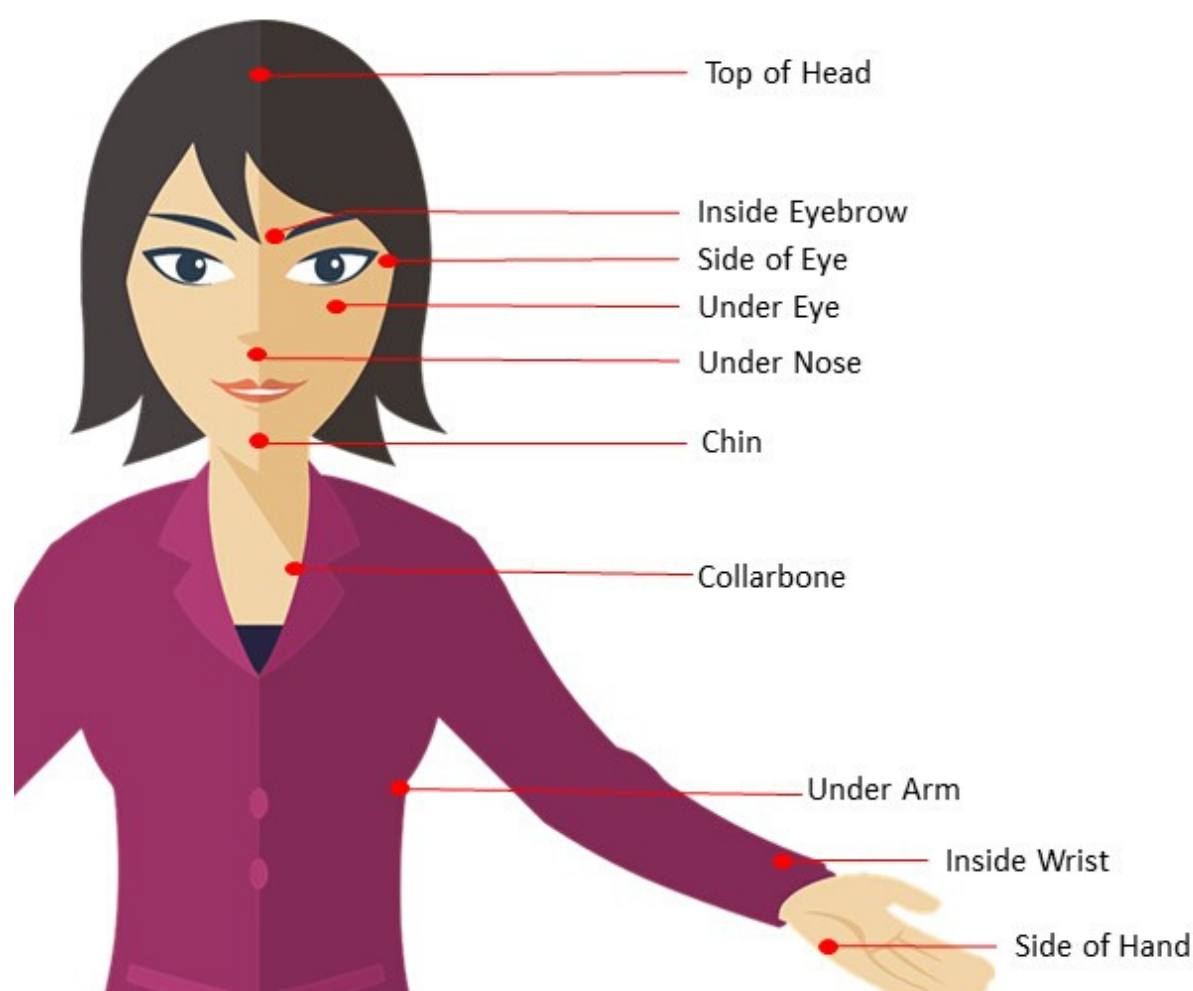
This practice is perfect for when there is something specific bothering you.

- 1 Make sure you are in a safe space (no operating vehicles) preferably distraction free and private.
- 2 Tune into what it is that is bothering you.
- 3 Identify the emotion you are feeling.
- 4 Rate the intensity of the emotion 0-10.

Tapping on the side of the hand, say "Even though I feel ___ when I think about ___, I deeply and completely accept myself". Repeat 3 times.

Continue to tap on each point Top Head through Inside Wrist (either side is fine) repeating the emotion you feel out loud.

Tune into your emotion. How would you rate it now? Continue to follow these steps as needed.



Tapping in Public

Yes, you can tap in public without anyone knowing about it!

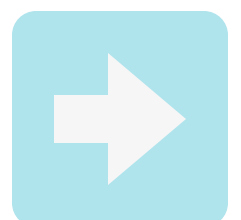
Finger Tapping

- 1 Mentally address your state; emotions and level of intensity.
- 2 Begin tapping on the finger points. Bring your thumb to the top corner of where your fingernail meets the finger.
- 3 Continue tapping through all the fingers. You can use one hand or both hands.
- 4 If possible, focus on the breath while tapping. Continue until you feel relief.

OR

Point Holding

Using any point you like, typically the collar bone or the side of the hand point, put some pressure there and hold for a count of 5 then release for a count of 5. This is a great way to move your stress without letting anyone know what you are doing.



The Tapping Points

Most tapping points are connected to an organ. These organs have a Yin or Yang energy as well as an Element. Underneath is a list of the tapping point, the organ or area of connection, common issues that may be effected by this part of the body & benefits of using tapping on each meridian. Some of the points listed are not commonly used but could certainly be helpful.

Top of Head- Thousand Meeting Points Meridian

Issue: Assimilation of scattered emotions

Benefits: Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment & clarity

Inside Eyebrow- Bladder Meridian, Yang, Water

Issue: Trauma, dread, panic, terror, frustration, impatience, disappointment, restlessness

Benefits: Peace, harmony & emotional healing

Side of Eye- Gall Bladder Meridian, Yang, Wood

Issue: Anger, internal conflict, rage, indecision

Benefits: Contentment, happiness, adoration, calmness, feeling safe

Under Eye- Stomach Meridian, Yang, Earth

Issue: Anxiety, unreliable, deprivation, emptiness, bitter, addiction

Benefits: Contentment, Tranquility

Under Nose- Governing Vessel 27 Meridian (strong brain connection, connects the Yang organs & energy)

Issue: Embarrassed, unsupported

Benefits: Self-Empowerment, self-acceptance, compassion

Chin- Central Vessel 24 Meridian

Issue: Overwhelmed, self-respect, shyness, shame

Benefits: Certainty, clarity, self-confidence & self-acceptance

Collarbone- Kidney Meridian, Yin, Water

Issue: Fear, phobia, cautious, careless, reckless, sexual indecisiveness

Benefits: Ease in moving forward confidence & clarity, sexual assuredness

Under Arm- Spleen/Pancreas Meridian, Yin, Earth

Issue: Rejection, self-esteem, worried thoughts, cynicism, envy, rejection

Benefits: Clarity, confidence, relaxation & compassion for self & others

Below Nipple- Liver Meridian, Yin, Wood

Issue: Anger, rage, distressed, self righteousness, unhappiness

Benefits: Happiness, Merriness

Thumb- Lung Meridian, Yin, Metal

Issue: Grief, regret, depressed

Benefits: Modesty, tolerant, humble

Index Finger- Large Intestines Meridian, Yang, Metal

Issue: Holding on to past hurts, stubbornness, indifference

Benefits: Self worth

Middle Finger- Pericardium/Circulation/Sex, Yin, Fire

Issue: Sad, regret, sexual tension, gloom, stubbornness, jealous

Benefits: Relaxation, releasing past & generosity

Ring Finger- Triple Burner Meridian (regulates the flow of energy through the organs), Yang, Fire

Issue: Hopelessness, depression, despair, grief, sorrow, loneliness, isolation, seclusion

Benefits: Hopeful, elated, vibrant, safe, secure, kindhearted, stable mind & joy

Pinky Finger- Heart Meridian, Yin, Fire

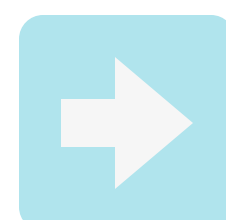
Issue: Anger, Annoyance, Rage, hysteria, shock

Benefits: Forgiveness, loving

Side of Hand- Small Intestines Meridian, Yang, Fire

Issue: Fear of a new experience, confusion, unappreciated, vulnerable

Benefits: Joy



F A Q

What is EFT?

EFT Stands for Emotional Freedom Techniques it is also known as Tapping because it is a form of acupressure where we tap on the meridian points. EFT is able to reduce your cortisol and stress while sending a calming message to the brain. EFT is commonly used for physical pain, fears, phobias, traumas, PTSD, anxiety, stress, weight loss, addictions, sports enhancement, testing anxiety, limiting beliefs, self esteem and more.

I tapped a few rounds, but I don't feel better.

If you are feeling your numbers aren't going down, then it is likely that you are not addressing the true issue/emotion. It is possible that there is something bigger under the surface. If this is the case, you will benefit from working with a certified practitioner.

When should I tap on my own and when should I work with a certified practitioner?

Green Light Issues- stress, anger, frustration, current issues that are rated a 7 or lower should be safe to do on your own.

Red Light Issues- traumas, childhood memories that are potentially traumatic, childhood programming, limiting beliefs, addictions, anxiety or anything that is simply too big to handle on your own, requires a certified and accredited EFT practitioner.

What is a round of tapping?

When you tap through all the points you have completed a round.

Does it matter if I use my left or right hand when tapping?

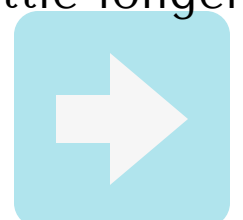
Nope. Just use what feels most comfortable. Some use both hands, others just one hand. It's all up to you. Play around with it and see what feels best for you.

What if I don't know what to say?

Just say whatever comes to mind. You will not make any mistakes. The most important thing to do is tap and allow any emotions to surface. Getting the words "right" is not important.

What if I can't remember all the points?

Simply tap on any points you like, feel comfortable with, and remember. All of these points are connected to each other it just may take a little longer to get the effect.



Meet Lori Lamont

Hi there, my name is Lori Lamont. I am a Certified and Accredited Advanced EFT Practitioner through EFT International (formerly (AAMET). I am also Certified in Matrix Reimprinting and level 2 Goddess Reiki. I guide and inspire women to claim their power through EFT classes, workshops, talks and sessions.

On my EFT journey I have become competent at helping women to really get unstuck whether that is through weight loss, increased finances or improved relationships. Being a mother of 4, married, and a business owner, I understand what it is like to be pulled in too many directions. I have learned how to use EFT to my advantage, how to balance life, and how to live life to the fullest.



I have naturally become known for my work with mothers, teaching them the power behind their energy, thoughts and emotions. I teach moms how to use EFT to have a positive impact on their children and more harmony in the home.

I have taken it upon myself to train with many different EFT trainers. This has given me a wide variety of perspectives, styles and ideas. I am definitely an out-of-the-box practitioner with a unique style. Whether I am working with an EFT virgin, or a long-time practitioner, I am passionate about self-empowerment through EFT and I love to share it with the world. To learn more about me or Female Empowerment EFT I encourage you to sign up for a free empowerment discovery call by clicking the link below: <https://FemaleEmpowermentEFT.as.me/FreeDiscoveryCall>

I look forward to sharing EFT with you.

"I met with Lori for EFT for some long standing emotional blocks that were keeping from living fully the life I had imagined. She is a caring professional, who knows how to help root out old tired well worn beliefs and imprinting. I felt much better even before the session was done, confident I can move forward without taking any past issues with me. I highly recommend and trust her services to be beneficial to anyone seeking positive change." -Mary, MA.

"I was fortunate enough to have Lori work with me around my motion sickness and anxiety when I fly. I need to fly often for work and it made that part of my career really untenable when I would get sick flying to and from gigs. Lori was intuitive, patient, direct and able to help resolve this long-standing problem for me in one session. I could not be more grateful!" - Jackie Woodside, DC."

"Lori Lamont spoke at HeartSong Spiritual Wellness several times. We invited her back over and over as she had lots of skills and talents to share with the Center. Her expertise, demonstration, and knowledge benefited all attendees who participated." -Jacki Rose, Director of HeartSong Spiritual Wellness

Infinite blessings,
Lori Lamont

"Without hesitation, I would recommend that anyone who is curious about EFT, or thinks EFT would help them with an emotional or physical issue, contact Lori. Lori has been working with my daughter who struggles with anxiety and OCD. When they met the immediate comfort my daughter had with Lori confirmed to me that our family had connected with someone special. After only 2 sessions, my daughter has been able to successfully stop engaging in a "nervous habit" which she has struggled to overcome for over a year. Lori teaches her how to "Tap" to decrease her anxiety level when the need arises. I envision their relationship continuing into the indefinite future as Lori is already playing a tremendous role in her healing. Thank you Lori ~ our family is grateful for you." -Elizabeth's Mom

Are you ready to take the next step in your Empowerment Journey?

Claim your Free Empowerment Discovery Session

This is your opportunity to tune into what is holding you back from your highest potential. In this Free Empowerment Discovery Session, we will identify the top 3 issues that are preventing you from achieving your goals giving you the clarity needed to empower yourself. Schedule now:

Follow Empowerment EFT on Facebook

Get the latest in EFT support by liking Empowerment EFT

Join Lori's Tapping Your Power Facebook Group

Become a part of this empowering community!

Attend a Female Empowerment EFT Event

Tapping Out Cravings
Tapping Into Health
Tapping Into Your Angels
Tapping Into Prosperity
Tapping Into Spirit
Burning Bowl Ceremonies

What are you waiting for? This is your time!

*"I've been having one on one EFT sessions with Lori off and on, as needed, for awhile. I always come out of a session with insights into something that genuinely changes my perspective for the better and helps me to move forward with confidence. She has used Matrix Re-imprinting to reach back into my childhood and find a memory that seems to be the root of several things with which I have struggled giving me a place to focus on healing. And then there was this most recent appointment. WOW! Without having much of an idea of what I wanted to focus on, I simply picked an emotion and used that one word to start. Lori took that one word and started me on a path that led to no place I EVER expected and had THE BIGGEST impact that ANY therapy has had on me in the moment and on my life as a whole. It led to the biggest perspective shift I have ever felt. She did this by being there to provide a safe space for me to explore where that emotion word might take me and provide peaceful support as I needed it. Everything she did was just perfect for me while I experienced my profound moments, including providing the tissues. This woman knows how to sit quietly as well as she knows how to guide as the need arises. Thank you is such a small way to express my gratitude, but it's all I have. Thank you, Lori."
- Vicki, MA*

"There is a definite difference- she has been tapping at night and before she goes to sleep at night. She has not had to see the nurse or counselor all week at school. Not to say that the feelings of anxiety are not there anymore, but she has had a definite difference in ability to work through them and cope on a much better level! Just wanted to keep in touch with you and let you know what a difference we are seeing so far."- Grateful Mom of Middle school age child

"I took a workshop with Lori and have been tapping for some issues over which I'm anxious. It's amazing how much better I felt afterwards and also how other stuff bubbles up that I didn't realize was related. Lori is a great and patient teacher. I really enjoyed the workshop and am looking forward to taking more with her."- Carol, MA