



Empowerment EFT

# Simple Tapping Guide

[www.EmpowermentEFT.com](http://www.EmpowermentEFT.com)



# 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 use in public  
*You can tap right in front of the person who is stressing you out!*



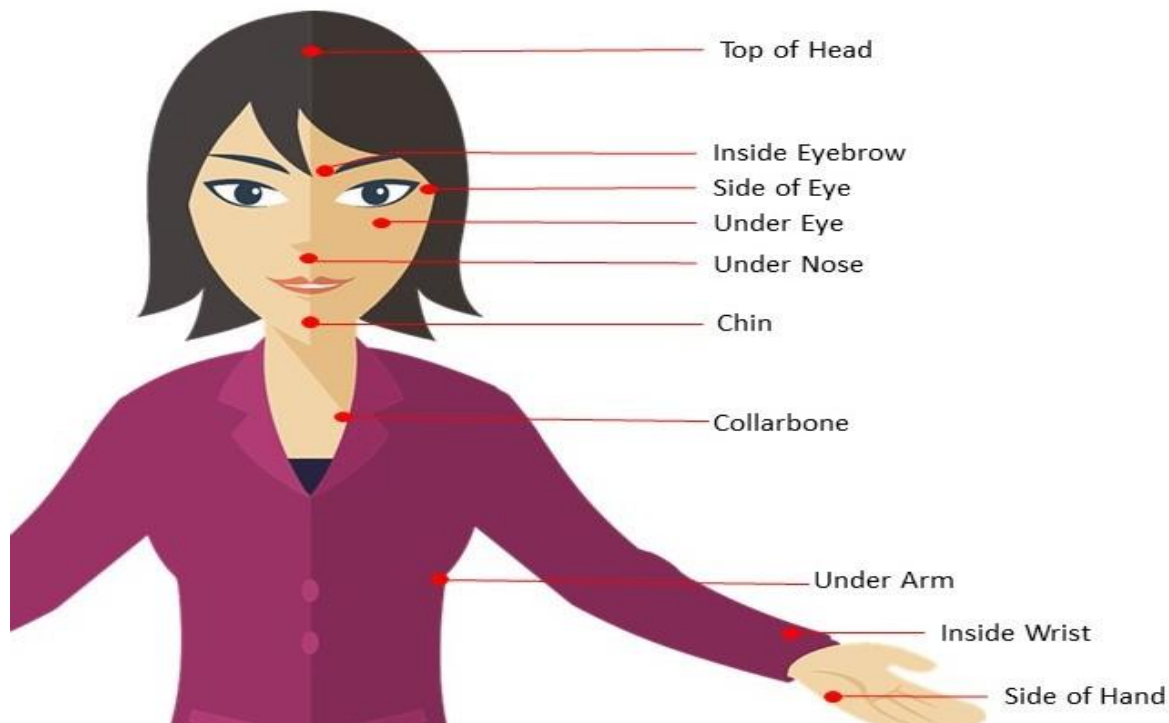
All the points and what they are connected to  
*Full Comprehensive list*



# 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.
5. 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.
6. Continue to tap on each point, Top Head through Inside Wrist (either side is fine) repeating the emotion you feel out loud.
7. Tune into your emotion. How would you rate it now? Continue to follow these steps as needed.

Want a video instead? Check out Lori sharing her Fill- In-The-Blank style tapping:





# Tapping in Public

Yes, you can tap in public without anyone knowing!

## Circle Tapping

1. Mentally address your state; emotions and level of intensity.
2. Begin tapping on the finger points. Bring your thumb to the bottom corner of where your fingernail meets the finger.
3. Continue tapping through all the fingers (one hand or both).
4. Tap the side of the hand, followed by the inside wrist point.
5. Continue to tap through the circle of your hand until you feel relief.



## Pinching

If tapping isn't an option, try simply putting pressure on the finger points by pinching the nail where it meets the finger on both sides and move through the fingers.

## 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 (Fire, Water, Wood, Metal & Earth). Underneath is a list of the tapping point, the organ or area of connection, common issues that may be affected 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

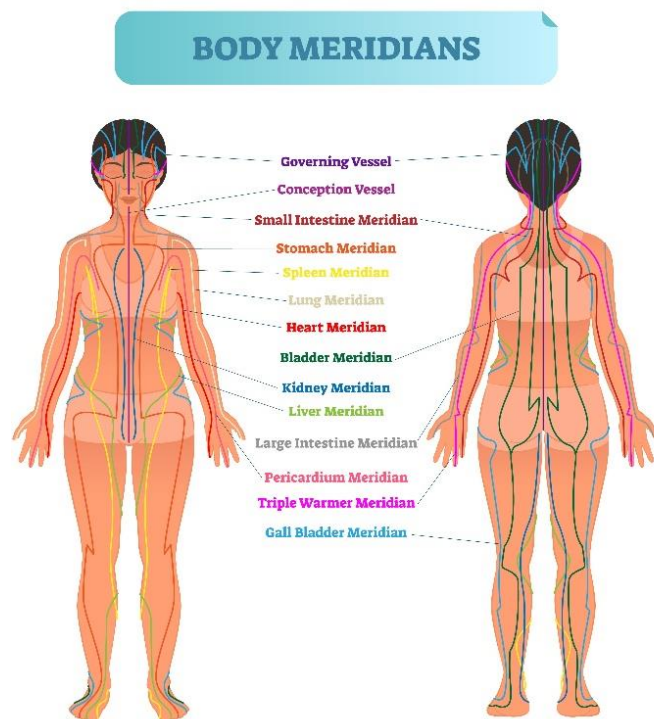
Issue: Anger, internal conflict, rage, indecision

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



# Tapping Points Continued

**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





## FAQ

### ***What is EFT?***

EFT Stands for Emotional Freedom Techniques it is also known as Tapping because it is a form of acupuncture where we tap on the meridian points while focusing on an issue. EFT is able to reduce your cortisol and stress while sending a calming signal 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.

### ***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 is a round of tapping?***

When you tap through all the points listed in the image on page 3, you have completed a round.

### ***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.

### ***How long do I tap on each point?***

As long as you want, typically about 8 times, but there is no set amount.





### ***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.

### ***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.

### ***How do I learn more about EFT?***

Here are some useful EFT resources:

Science of EFT, Articles, Studies and more: [www.ScienceofTapping.org](http://www.ScienceofTapping.org)

Most reputable worldwide EFT organization: [www.EFTInternational.com](http://www.EFTInternational.com)



## Meet Lori Lamont

I'm so glad you are here! I am Lori Lamont, EFTi Certified and Accredited Advanced EFT Practitioner and Mentor. I am also certified in Matrix Reimprinting with specialty training in Past Lives. I have extensive knowledge and experience with the Law of Attraction, Soul Contracts, Trauma Work and Angel Communication. More importantly, I am a normal person. I am married with 4 kids, running a small business. 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 love sharing that knowledge with others and seeing people thrive.



I work with a wide variety of people and issues, but I do have a few specialties. I absolutely love working with young adults, helping them navigate this world in a way that is free of anxiety and setting them up for a successful adulthood. I have naturally become known for my work with mothers, teaching them the power behind their energy, thoughts and emotions and how to use EFT to have a positive impact on their children and more harmony in the home. Finally, I gravitate towards women who are feeling stuck. These women are ready to claim their power but are unsure how to do so. That was me 15 years ago. I completely understand and have invaluable methods to help them create movement in their lives towards increased income, loving, supportive relationships, spiritual balance and a healthy thriving body. Regardless of the issue, EFT can help.

It is my intention to give each of my clients the tools in EFT to use on their own in a practical way so they can empower themselves. You can have it all: peace, increased income, loving and supportive relationships, a healthy body, and anything else you want. It is ALL available to you. It's time to learn how to tap into that power! I invite you to visit my website and book a free consultation with me to learn how you too can step into your power.

Infinite Blessings,

*Lori Lamont*



## What people are saying about Lori Lamont & Empowerment EFT

*"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*

*"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 is an excellent speaker. She has a comfortable, self-confident, and approachable presence onstage and she shares her content with warmth and clarity. Leave it to her to revisit a topic you thought you knew and give it a fresh, insightful twist! I would wholeheartedly recommend Lori for talking engagements, whether online, over the phone, or in front of big crowds. You will find her engaging, relatable, and informative."*

- Lucie Monroe, Alternative Healing Alliance

*"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

*"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."*

Thank you note from a middle schooler's mother

*"Thank you, Lori, for the amazing healing and tapping session. Working one on one with you is a magical experience that got to the core of my health challenges and grief and allowed me to start aligning and healing. I love your creative method and felt the love and compassion you bring to the process. I felt lighter and reduced pain immediately. I'll keep you in the loop about the continued results and outcomes over the next few weeks."*

- Jean Berry, Game Inventor Mentor,



# 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 session, Lori will identify the 3 top issues that are preventing you from achieving your goals, overcoming the anxious feelings or releasing the weight.

<https://EmpowermentEFT.as.me/FreeDiscoveryCall>

---Follow Lori on Social Media---



---Attend a Live Event---

<https://EmpowermentEFT.as.me/classes>

*"I was experiencing a lot of anxiety and stress. I was getting stuck in negative thoughts and self-talk and struggling to believe I could make the changes I wanted to see in my life. Through working with Lori, I have cleared many of my limiting beliefs and sources of anxiety. Now I feel more hopeful and confident in my abilities to move forward to achieve my goals. Lori is amazing! My sessions with her are so fluid, fun, and expansive!"*

- Stacey De Witt



*"Lori is an extraordinary coach. She is deeply intuitive and trusts herself to bring new tools into the coaching session as needed. She is compassionate, loving and fun. I have developed a deeply trusting coach/client relationship with Lori where I feel safe to work on any issue that is bothering me."*

- Donna McGurk, MA

