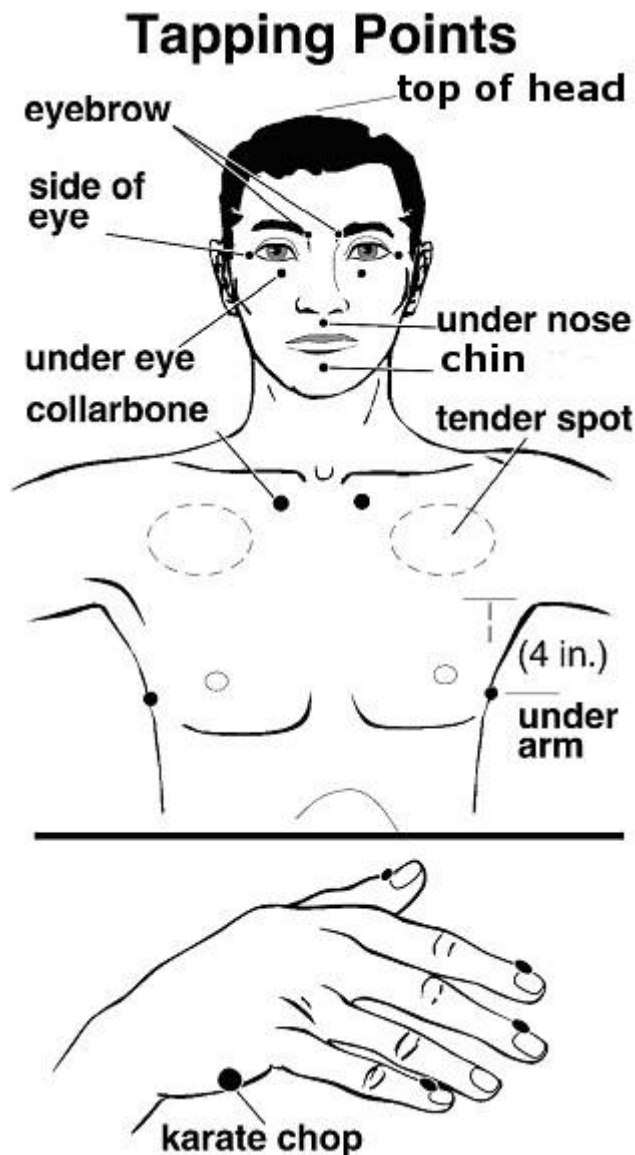


## Basic Instructions for Acupressure – Emotional Freedom Technique

### EFT Tapping Points

I'd like to introduce you to Emotional Freedom Technique. It 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. I call this “The Power of Positive Tapping.” If you are new to EFT, look at the chart below and follow along as I walk you through each point.



We start by tapping on the **karate chop** point. I use the tips of all four fingers of my right 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'll work down the body, making the points easy to remember.

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.

The **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.

The **under the eye** points are on the bone located under the eye about even with the pupils. Using the fingertips of the index and middle fingers, gently tap this spot under both eyes. Tap, tap, tap, tap, tap, tap.

Now tap **under the nose** with the index and middle finger of one hand. The spot is roughly midway between the bottom of the nose and the top of the lip. Tap, tap, tap, tap, tap, tap, tap.

The **chin** point is not really on the chin; it is mid-way between the bottom of the lower lip and the chin, in that indentation area. Tap, tap, tap, tap, tap, tap.

The **collarbone** spots are located about one inch down and over towards the outside of where a man would tie his tie. I use four fingers together on each hand to tap the collarbone spots. Tap, tap, tap, tap, tap, tap. An alternative is to pat both spots at the same time with the flat of one hand, with about the same pressure as you would pat a baby's back to help it burp.

The **under the arm** point is located about 4 inches below the armpit. I lift my left arm and use the four fingers of my right hand to tap under my left arm. Tap, tap, tap, tap, tap, tap, tap.

These are the points in the short form of EFT that we will be using.

**Additional tip:** I often find that returning to the **top of the head** helps the round feel complete. You can end repeated rounds at any point. You can start at the eyebrow or top of the head. You can leave out points, too. Remember that the energy system is connected; each point you tap resonates throughout the system. I also encourage you to learn to use your intuition early in your use of EFT.

Link this process to every day occurrences, i.e., getting up in the morning, prior to sleep at night, going to the bathroom, eating, you get the idea. The persistent tapping is overwriting old programming (breaks in your electromagnetic fields) and creating your electrical circuits to now fire together – ah ha, being free of negative thinking and feeling.

Sometimes tapping on the KC (Karate Chop) is enough where as if you are experiencing yourself to be really charged, consider do the entire process.

### *Basic Instructions for Acupressure – Emotional Freedom Technique*

1) **Note your starting intensity (0-10):** \_\_\_\_\_

2) While tapping on the karate chop point, say the following three times, stating your physical or emotional pain as specifically as possible (the “set-up”):

“Even though I feel this \_\_\_\_\_, I deeply and completely accept myself.”

3) Tap on each of the points in sequence, approximately 7 times each, stating your pain:

“This \_\_\_\_\_”. (Reduce the amount of words to the actual pain)

- Top of head
- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone
- Under arm
- Back to top of head.

4) Take a deep breath!

5) **Note your ending intensity (0-10):** \_\_\_\_\_. If above a “2,” repeat the steps above. You can also make the following changes:

- Making the statement more specific; what is the best way to describe what you are now feeling?

- You can modify the set-up statement in step (2) to “Even though (or remaining problems / stuff) I still have some of this \_\_\_\_\_, I deeply and completely accept myself.”  
Or “Even though I still have remaining problems with \_\_\_\_\_ I deeply and completely accept myself.”