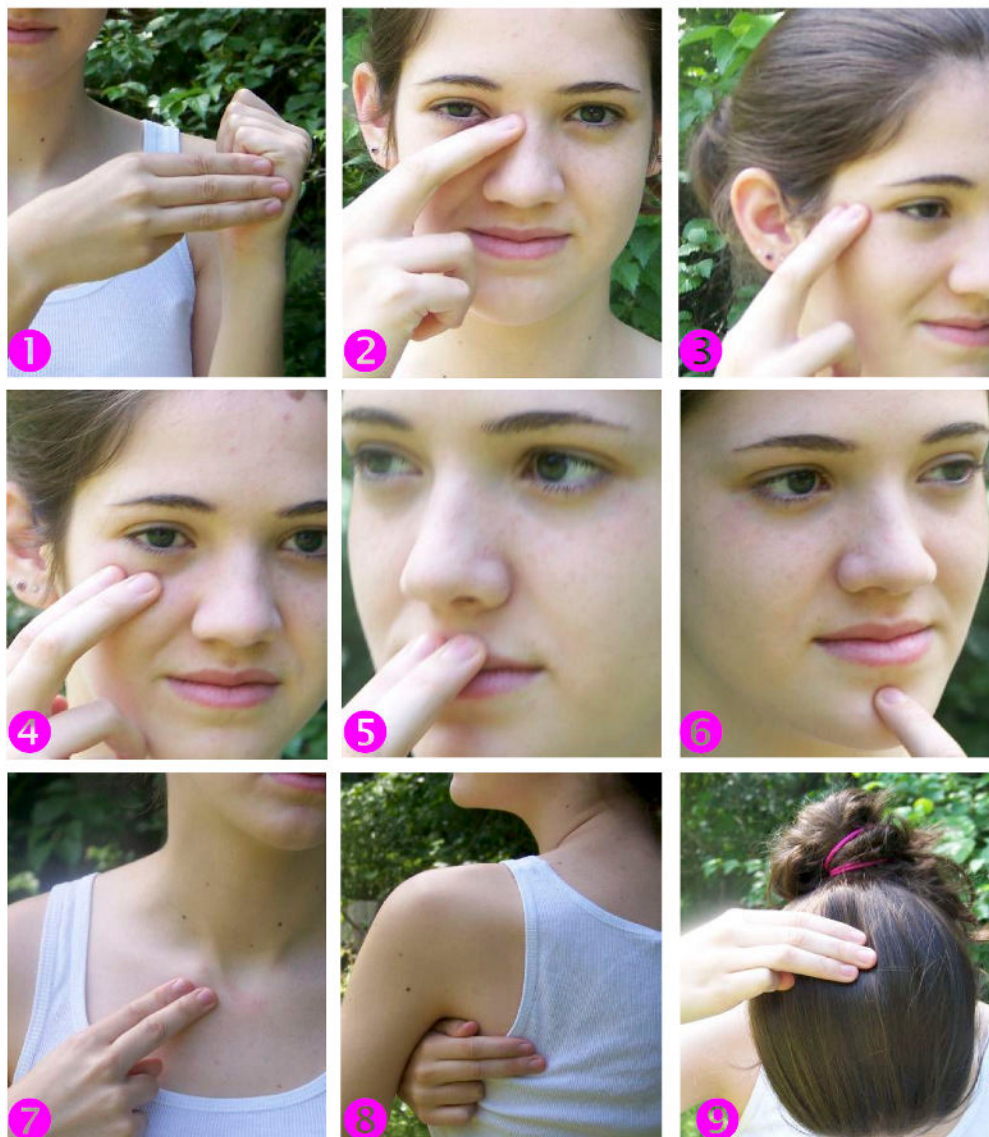


EFT - Illustrated Tapping Points

EFT stands for Emotional Freedom Technique. It's often used to address blocks or interference in the natural processing of emotions or physical pains and symptoms in the body. It uses the body's subtle energy system to interrupt the long-standing patterns of neurotransmissions that we've established – the communication between the brain and the body for emotional responses or pain messages. Then, when the system re-establishes these neuro-pathways for transmission, the connection is often clearer and more balanced, allowing excess emotions or pain responses to release from the system. The result is a more balanced, pain-free response to the same experiences and triggers.



1. Setup point – Tap on this point while speaking the setup phrase three times: Even though I have this <problem>, I deeply and completely love and accept myself.
2. Eyebrow point – Between your eyebrow and the bridge of your nose (not on your nose).
3. Side of eye point – Between your temple and the side of your eye.
4. Under eye point – Just under your eye on the orbital bone.
5. Under nose point – Between your nose and upper lip, center of face.
6. Chin point - Under your mouth where your chin dips.
7. Collarbone point – Just under your collarbone and off-center an inch.
8. Under arm point – Approximately 4 inches under your armpit.
9. Crown point – Top of head, even with ears.