

## **EFT on a Page**

### **How It Works - The Discovery Statement**

The root cause of all negative emotions and dis-ease is a disruption in the body's energy system.

### **How to Use EFT**

Memorize the Basic Sequence (Affirmation + Full Sequence + 9 Gamut Procedure + Full Sequence + Thanks). Customize for any emotional or physical issue with an appropriate Affirmation and Reminder Phrase. Be as specific as possible, and persistently apply it to all aspects that arise. With upset you can't pinpoint, use 3 times per day for 30 days. Use EFT in conjunction with other treatments. Always give thanks at the end of your EFT session, and after *any* healing.

### **THE BASIC SEQUENCE**

#### **Affirmation**

Even though I seem to have this \_\_\_\_\_, or Even though I *still seem to* have *some* of this \_\_\_\_\_,  
I deeply and completely love, accept and forgive myself. (Reminder Phrase = \_\_\_\_\_ )

Repeat 3 times with feeling and intention while continuously rubbing the Sore Spot or tapping the Karate Chop point.

#### **Full Sequence**

Tap each of the following 10 energy points about 7 times in the order listed while repeating the Reminder Phrase at each:

2. EB – beginning of the eyebrow
3. SE – side of the eye
4. UE – under the eye
5. UN – under the nose
6. CH – chin
1. BH – back of the head
7. CB – under the collarbone
8. UA – under the arm
9. BN – below the nipple
10. TH – thumb, IF – index finger, MF – middle finger, BF – baby finger, KC – Karate Chop point

### **Do the 9 Gamut Procedure**

Continuously tap on the Gamut Point (triangle between 4<sup>th</sup> and 5<sup>th</sup> knuckles) while performing each of these 9 actions:

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes hard down right
- 4) Eyes hard down left
- 5) Roll eyes around in a circle
- 6) Roll eyes around the other way
- 7) Hum 2 seconds of a song
- 8) Count to 5 aloud
- 9) Hum 2 seconds of a song

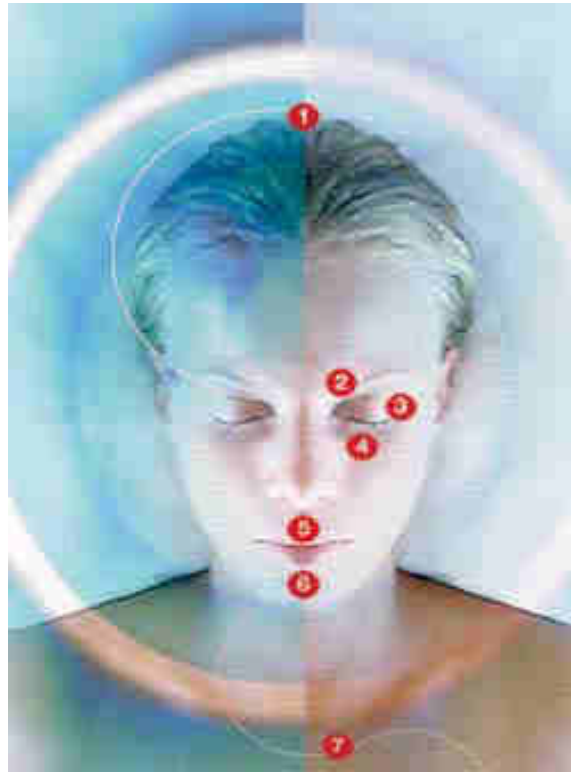
### **Repeat the Full Sequence**

Tap each of the energy points about 7 times in the order listed while repeating the Reminder Phrase at each:

EB, SE, UE, UN, CH, BH, CB, UA, BN, TH, IF, MF, BF, KC

This information is offered as a tool for your optimum health and well-being. EFT (Emotional Freedom Technique) is a non-invasive energy balancing technique developed by Gary Craig. Numerous experts practice and recommend EFT (Dr. Wayne Dyer, Dr. Joseph Mercola, Iyanla Vanzant to name a few). It is not intended to be a replacement for medical treatment. Adverse responses are very rare (estimated to be less than one tenth of 1%) and usually associated with serious mental disorders such as schizophrenia and severe trauma. Let experienced professionals use EFT in potentially risky situations. These notes reflect an adaptation of Gary Craig's technique, which is freely distributed by him on the Internet. As you use EFT and these notes, you accept complete responsibility for your own physical and/or emotional well-being, as does anyone with whom you share this information.

## EFT Tapping Points – Upper Body



# EFT Tapping Points

## ENERGY POINTS

