

THE BASIC RECIPE

1. The Setup...Repeat 3 times this affirmation:

*"Even though I have this _____ ,
I love and accept myself."*

while continuously rubbing the Sore Spot or tapping the Karate Chop point.

2. The Sequence...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.
EB, SE, UE, UN, Ch, CB, UA, BN, IF, MF, BF, KC, TH

3. The 9 Gamut Procedure...(This is really silly and I don't do it)

4. The Sequence (again)...Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

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

BN =below navel in liver area on right side under last rib.

TH= top of head

IF= Index finger, MF=middle finger, BF=baby finger (I don't do these either.)

KC = karote chop

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the *remaining* problem.

THE DISCOVERY STATEMENT

*"The cause of all negative emotions
is a disruption in the body's energy system."*

EFT IN A NUTSHELL

Eye brow (EB)

The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

Side of eye (SE)

The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!

Under eye (UE)

The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.

Under nose (UN)

The point centered between the bottom of the nose and the upper lip. Use two fingers.

Chin (CH)

This point follows symmetrically with the previous one, and is centered between the bottom of the lower lip and the chin.

Collarbone (CB)

Tap just below the hard ridge of your collarbone with four fingers.

Underarm (UA)

On your side, about four inches beneath the armpit. Use four fingers.

Below Navel (BN)

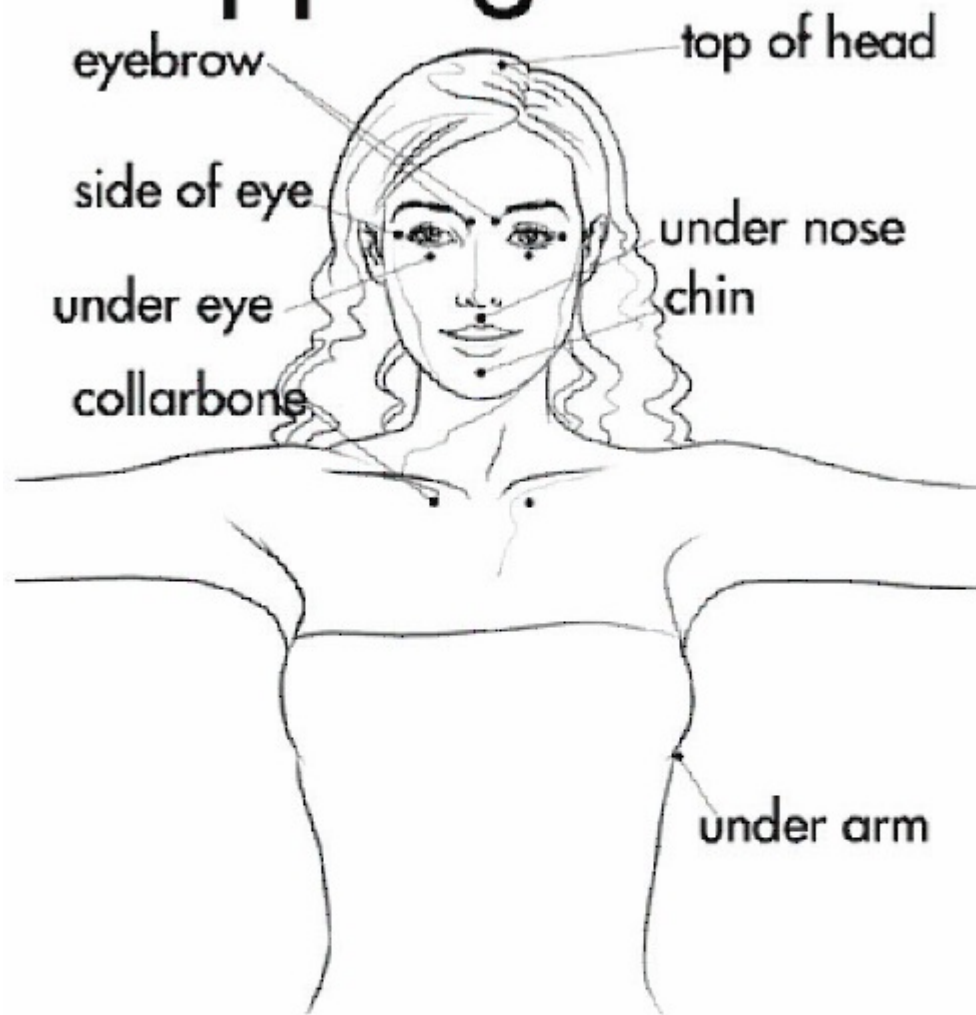
just below the last rib on the right side of the body where lies the liver, pancreas, and gall bladder.

Head (H)

The crown, center and top of the head. Tap with all four fingers

Karate Chop (KC) Hold left hand palm up and chop KC with the right hand at KC point.

Tapping Points



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