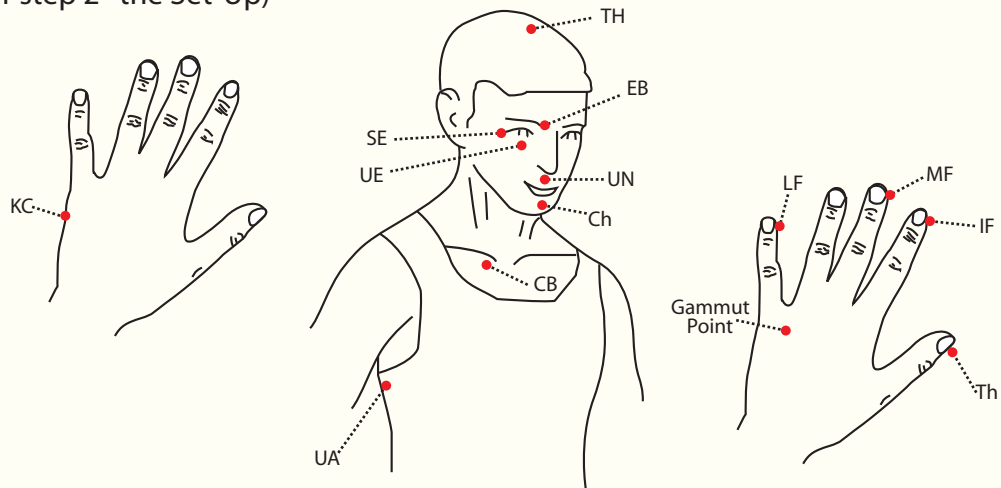


How to do EFT tapping on yourself

1. Start by rating your discomfort on a scale of 0 (feeling nothing noticeable at all) to 10 (worst pain imaginable).
2. THE SET-UP: Repeat the following affirmation 3 times while tapping on the Karate Chop point (KC on the hand diagram).
"Even though I have this/feel _____ I deeply and completely love and accept myself." [Fill in the blank with a key word or phrase for your issue—this is the Reminder Phrase. For example: *"Even those I have this headache/anxiety/frustration, etc. I deeply and completely love and accept myself."*
3. THE TAPPING SEQUENCE: Tap about 7 times on each of the energy points while repeating just the Reminder Phrase from the setup affirmation at each point. For example: Say "headache" once while tapping on each point.

KC Karate Chop (used for step 2—the Set-Up)

- a. EB Eye Brow
- b. SE Side of Eye
- c. UE Under Eye
- d. UN Under Nose
- e. Ch Chin
- f. CB Collar Bone
- g. UA Under Arm
- h. Th Thumb
- i. IF Index Finger
- j. MF Middle Finger
- k. LF Little Finger
- l. TH Top of Head



When you have completed all the steps, stop and notice if there has been any change in the way you feel, rated on a scale of 0 to 10. Repeat all the steps until the intensity of your issue drops to between 2 and 0. For these repetitions of the steps, the reminder phrase is best modified to *"this remaining _____ (headache/anxiety/frustration/etc.)"*.

I am available for long distance consultations on telephone or Skype.
 Contact me for details and rates.

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