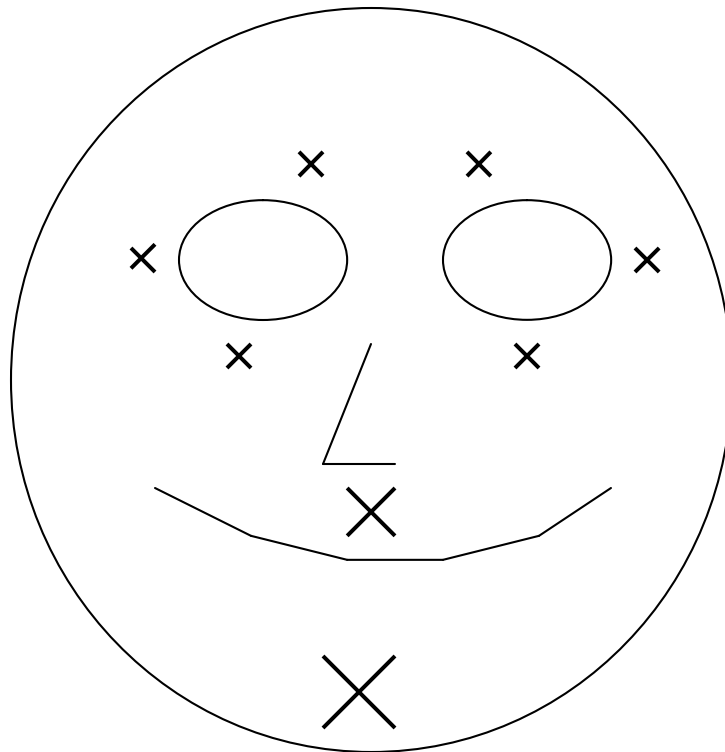




Emotional Freedom Techniques® (EFT®)

Head Tapping Points



Working from top down (note 1-3 is basic tapping technique and 4-6 include the full process):

1. **head – see markings**
2. **inside of collar bones**
3. **4 inches under arms**
4. on one hand - inside edge of each nail (excluding ring finger)
5. top of hand between ring and pinkie fingers
 - a. eyes open
 - b. eyes closed
 - c. eyes look down to the left (without turning head)
 - d. eyes look down to the right (without turning head)
 - e. eyes circle one way and then the other
 - f. hum
 - g. count to 5
 - h. hum
6. repeat steps 1-4 and end with tapping on fleshy part of the outside of hand

General EFT® setup:

While gently tapping the outside of your hand (or rubbing the tender part of your chest for the full process), repeat the following:

Even though I _____, I love, forgive and accept myself unconditionally. Then repeat the shorter Reminder Phrase as you tap on each of the body parts. See below for examples.

Example #1. State 3 times as you tap on the outside of your hand or rub the tender part of your chest.

“Even though in the past I did not believe I deserved a happy life, I love, forgive and accept myself unconditionally.”

As you tap on each body part beginning with the inside of the eyebrows, state the reminder phrase. In this case, “Don’t deserve to be happy”

Example #2. State 3 times as you tap on the outside of your hand or rub the tender part of your chest.

“Even though I am angry because I am resistant to change, I love, forgive and accept myself unconditionally.”

As you tap on each body part beginning with the inside of the eyebrows, state the reminder phrase. In this case, “Angry about change”

Example #3. State 3 times as you tap on the outside of your hand or rub the tender part of your chest.

“Even though I am sad because my mother never really believed in me, I love, forgive and accept myself unconditionally.”

As you tap on each body part beginning with the inside of the eyebrows, state the reminder phrase. In this case, “My mother didn’t believe in me”

For more information, visit the instruction video on www.youtube.com/angelsteach or www.emofree.com for information from the founder of EFT®, Gary Craig