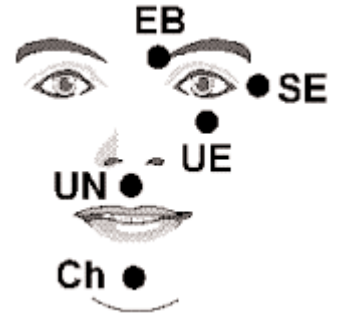


# EFT Practitioner

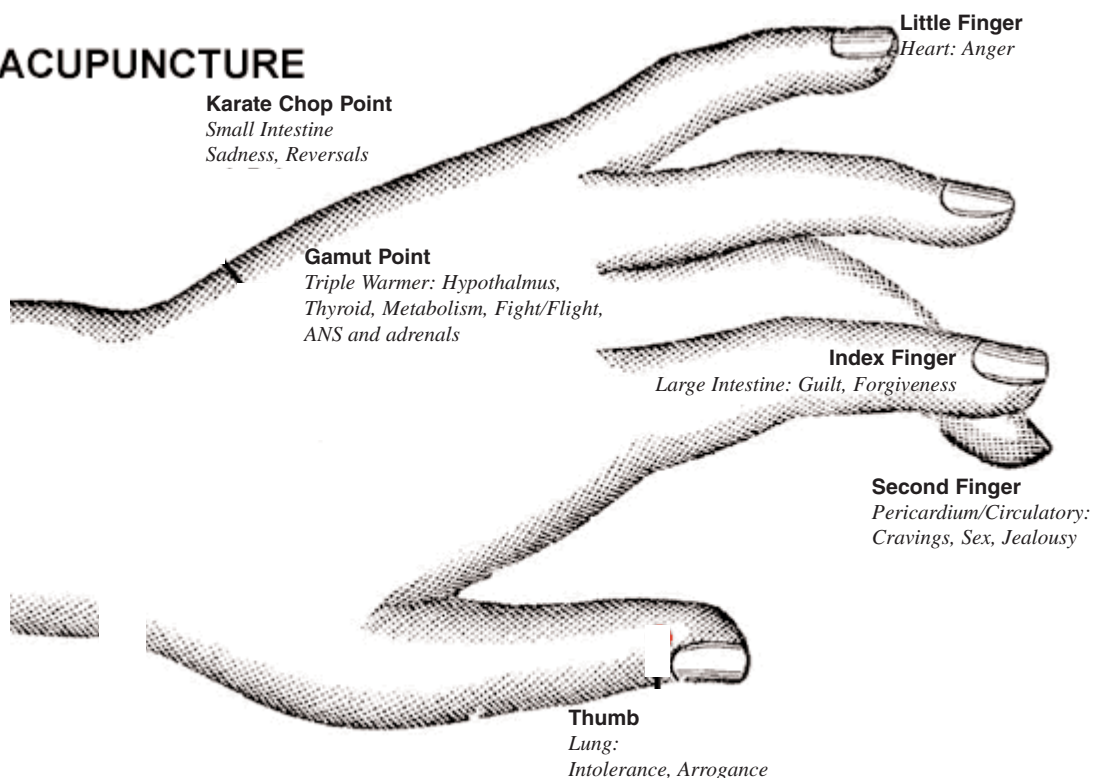
## EFT Tapping Points

- ▶ **TH = Top of Head - Crown** (*Governing Vessel 21*)  
*Crown Chakra - Connection to Spirit, to The Divine*
- ▶ **EB = Beginning of the Eye Brow** (*Bladder 2*)  
*Trauma, Frustration, Restlessness*
- ▶ **SE = Side of the Eye** (*Gall Bladder 1*)  
*Anger, Rage*
- ▶ **UE = Under the Eye** (*Stomach 1*)  
*Fear, Anxiety, Nervousness, Cravings*
- ▶ **UN = Under the Nose** (*Governing Vessel 27*)  
*Embarrassment*
- ▶ **Ch = Chin** (*Central Meridian 24*)  
*Shame*
- ▶ **CB = Beginning of the Collar Bone** (*K27*)  
*Grief, Anxiety, Insecurity, Cravings*
- ▶ **UA = Under the Arm** (*Spleen 17*)  
*Anxiety, Fear of Future, Self-Esteem*
- ▶ **UN = Under Nipple** (*Liver*)  
*Unhappiness*
- ▶ **WR = Inside of Wrists** (*Pericardium 7/Triple Warmer*)



## HAND ACUPUNCTURE

- ▶ **Th = Thumb**  
*(Lung 11)*
- ▶ **IF = Index Finger**  
*(Large Intestine 1)*
- ▶ **MF = Middle Finger**  
*(Pericardium 9)*
- ▶ **RF = Ring Finger**  
*(Triple Warmer 1)*
- ▶ **BF = Little Finger**  
*(Heart 9)*
- ▶ **KS = Karate Chop**  
*(Small Intestine)*
- ▶ **GS = Gamut Spot**  
*(Triple Warmer 3)*



## The Basic Recipe

### 1. Scale the Problem 1-10



### 2. The Set-Up

Repeat the affirmation 3 times whilst continuously rubbing the Sore Spot or tapping the Karate Chop point:-

*‘Even though I have this .....  
I deeply and completely accept myself.’*

### 3. The Sequence

Tap about 7 times on each of the following energy points whilst repeating the Reminder Phrase at each point:-

**EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC**

### 4. The 9 Gamut Procedure

Continuously tap on the Gamut point while performing each of these 9 actions:

- A) Eyes closed
- B) Eyes open
- C) Eyes hard down right
- D) Eyes hard down left
- E) Roll eyes in circle
- F) Roll eyes in other direction
- G) Hum a few seconds of a song
- H) Count to 5
- I) Hum a few seconds of the song again

*(you need only use steps A - I if you are recoding a trauma, sorting out a phobia etc, otherwise just tap on the Gamut point, which is shown on the diagram)*

### 5. The Sequence (again)

Tap about 7 times on each of the following energy points whilst repeating the Reminder Phrase at each point

**EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC**

### 6. Check the Scale Again 1-10



And repeat steps 2-6 as necessary

**NB: In subsequent round the Set-Up Affirmation and the Reminder Phrase are adjusted to reflect that you are addressing the REMAINING problem.**