

EMOTIONAL FREEDOM TECHNIQUE

A QUICK GUIDE TO THE TAPPING POINTS
&
THE EFT RECIPE

JOY & SERENITY
BY THECELESTIALBLONDE



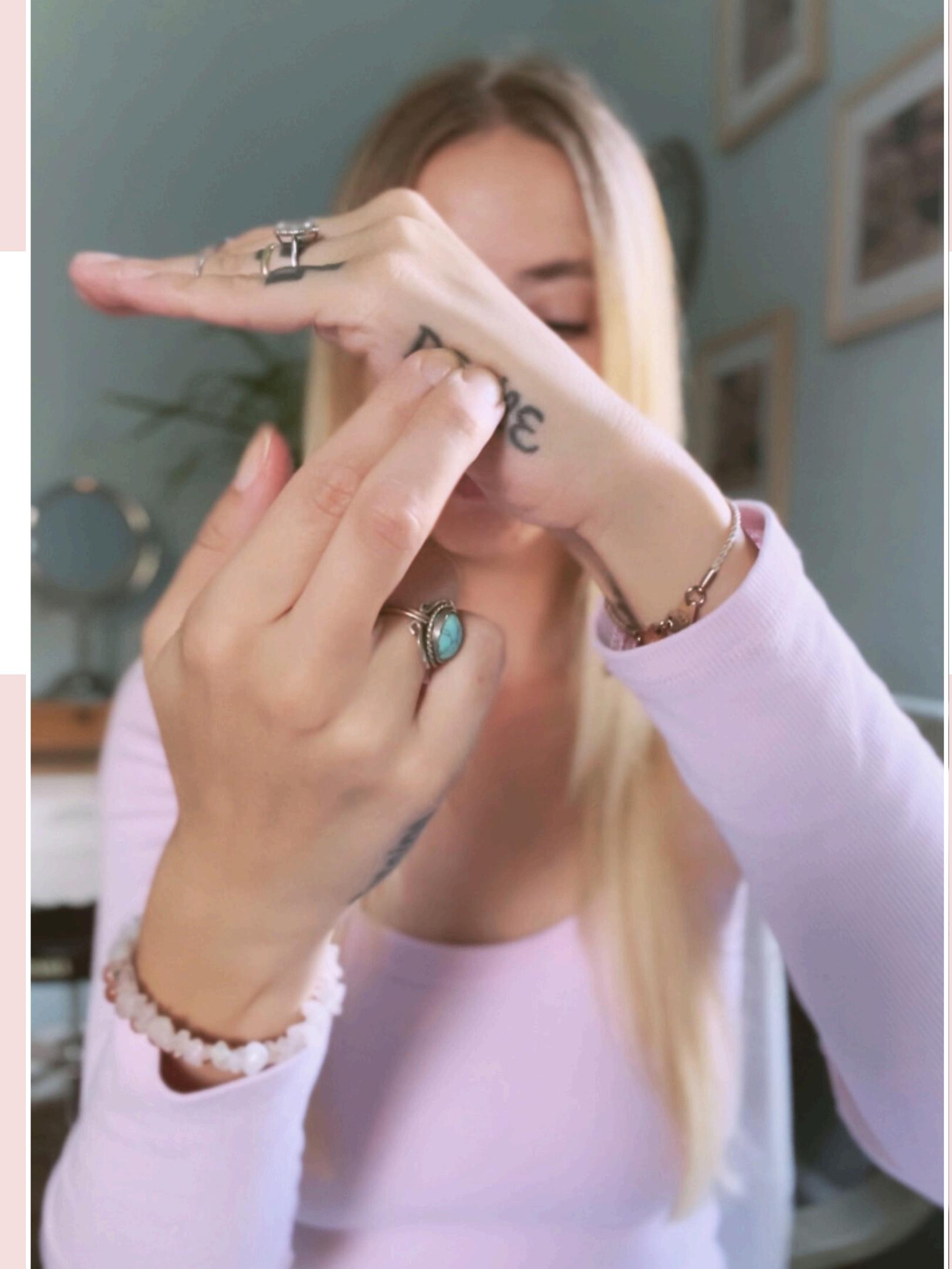
WHAT IS EFT?



- EFT is a technique that works by stimulating certain points on the body through tapping to influence and change the flow of energy
- EFT evolved from TFT (Thought Field Therapy), only instead of having to learn various algorithms for specific issues, EFT is designed to be more of a one size fits all technique, which makes it easy to learn and apply
- **The goal of EFT is to bring a person from an undesired state into a desired state**

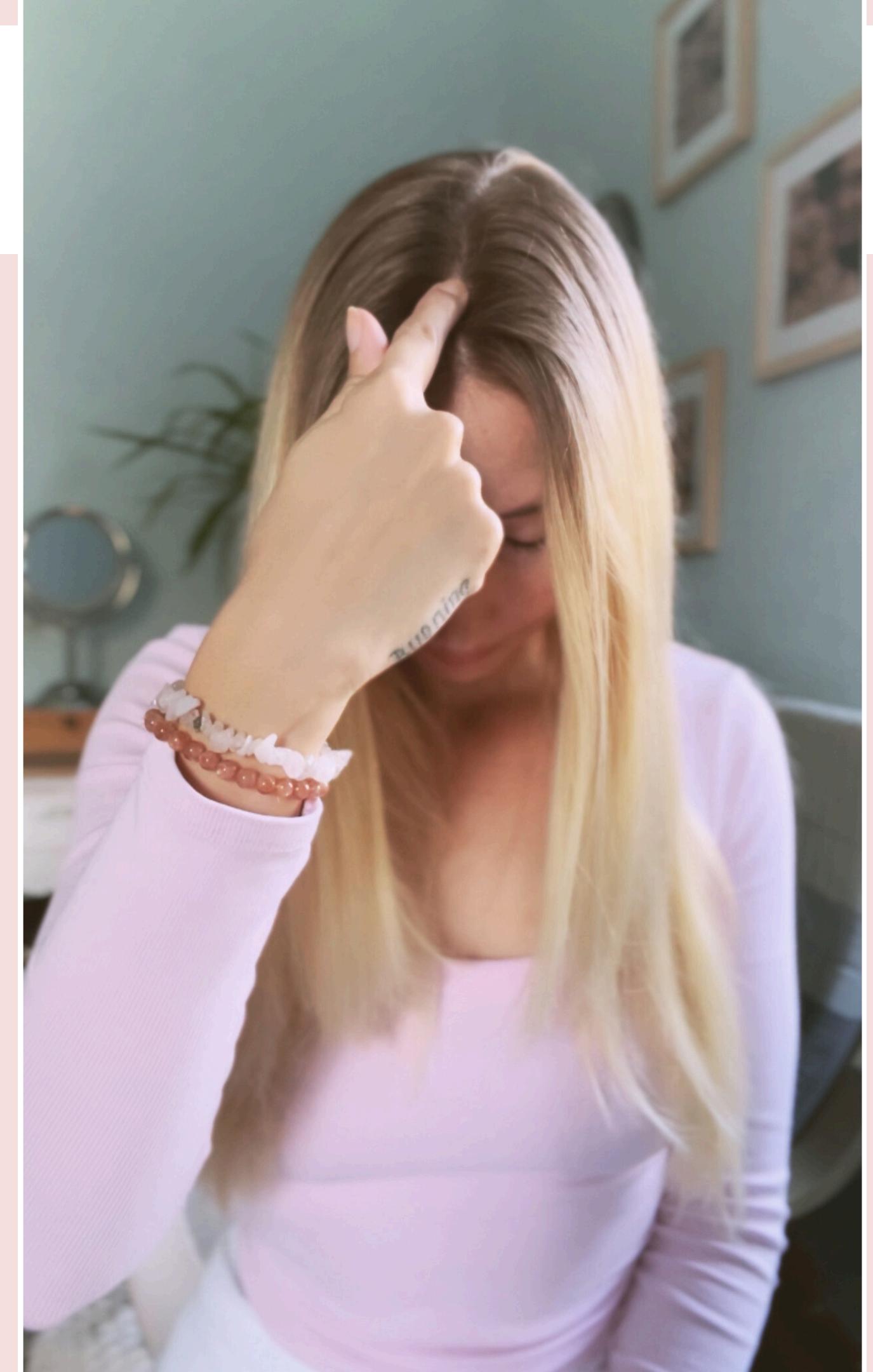
KARATE CHOP POINT

- located roughly in the middle of the length and slightly toward the top of the width of the outer side of your palm



TOP OF THE HEAD

- approximately in line with your ears, in the middle of the topmost part of the skull
- in Chinese acupressure, the GV22 and GV21 points are located on this line so I tend to tap with three fingers together to cover both of them





EYEBROW POINT

- located on the bony area where the eyebrow starts
- depending on the height of the eyebrow, it might be slightly below or directly on top of the eyebrow - the main guideline to follow is to find the bone reach (the part of the bone before it curves into the eye socket)

SIDE OF EYE POINT

- located on the outer side of the eye
- you can find the point on the very edge of the bone, in line with the corner of your eye



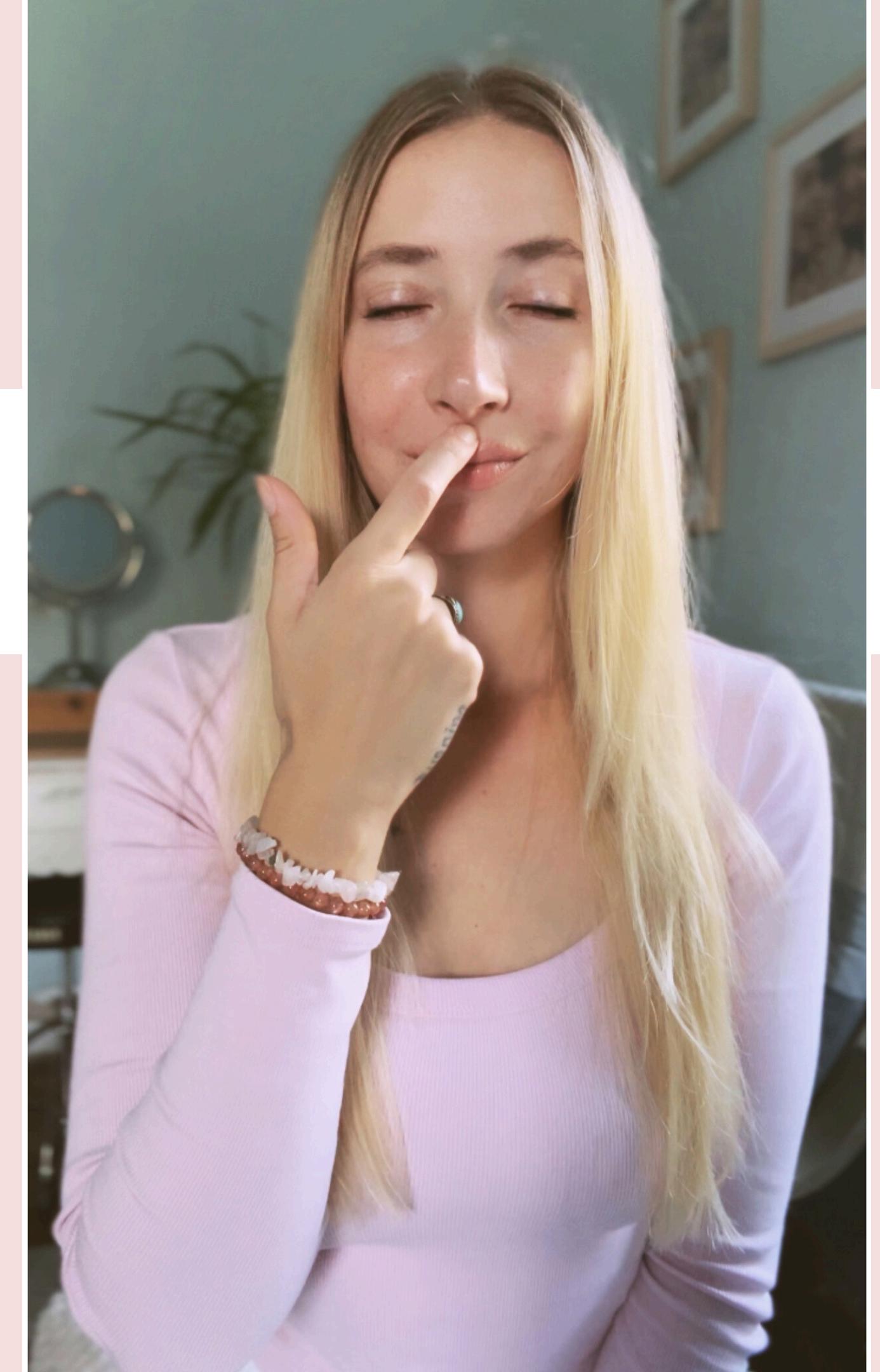


UNDER EYE POINT

- just slightly below the edge of the bone toward the cheek
- it's located roughly in line with the middle of the eye

NOSE POINT

- located under the nose, approximately where the roots of the upper teeth start
- this is also known as emergency point in Traditional Chinese medicine (GV 26)





CHIN POINT

- beneath your bottom lip, just below where your teeth start
- you can also find it by walking up the chin toward the teeth until you reach the dip between the chin and teeth

COLLARBONE POINT

- right below the collarbone, on the inner/medial side just before it meets the sternum
- if you have trouble locating this point, you can bring your shoulder forward to make the collarbone more pronounced, then follow it inward until you reach the adjacent bone - the point is right in that corner (that feels a little bit like an open triangle)





UNDERARM POINT

- located on the side of the ribs, roughly in line with the breasts

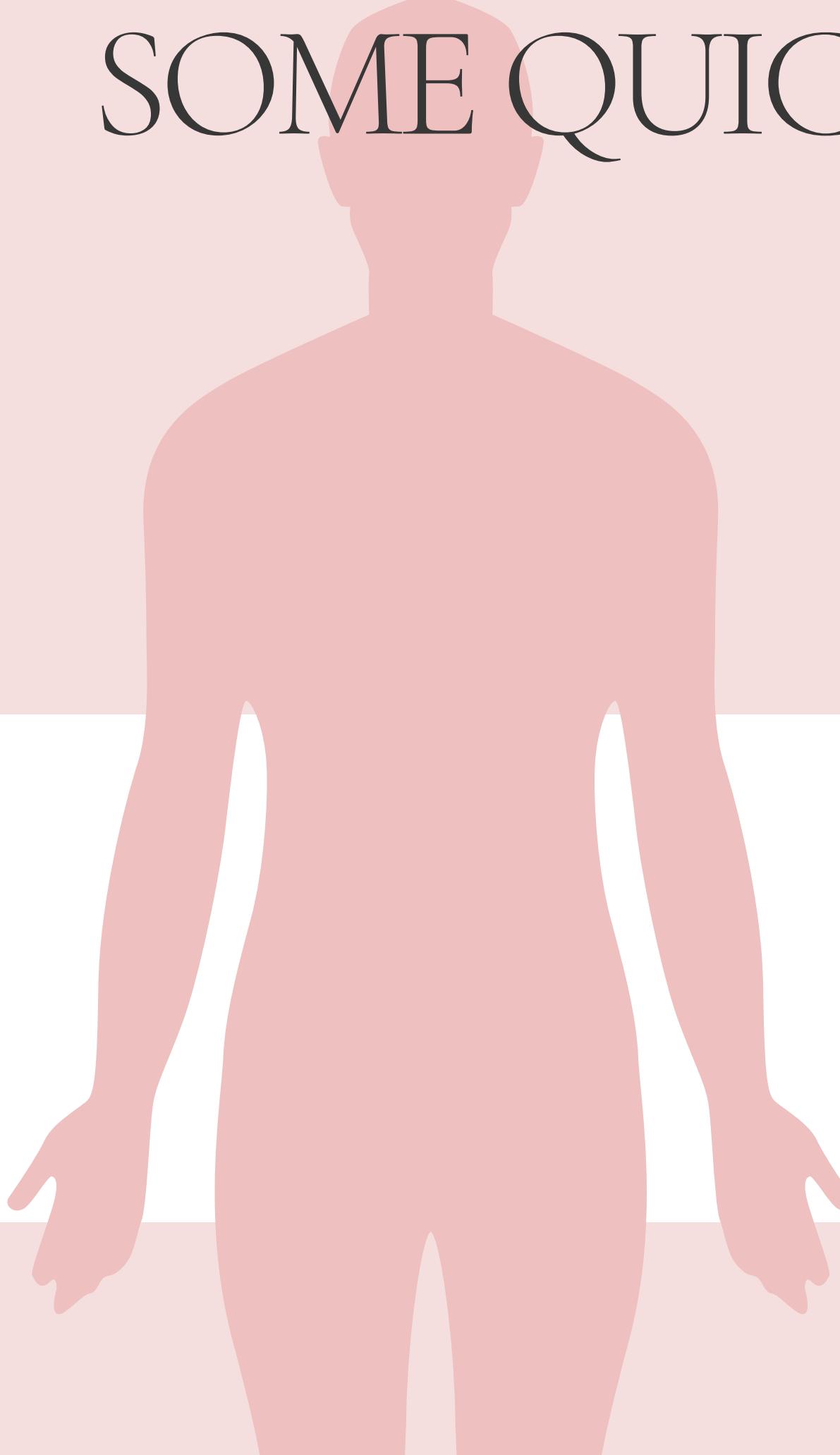


FINGER POINTS



- all of these points are located on the outer, bottom edge of the nail right by the nail bed
- we move from the pinky finger toward the thumb

SOME QUICK NOTES ON THE POINTS



In simplified EFT, the points on the hands are eliminated from the recipe; sometimes even the final karate point (instead it's used only at the beginning for the opening statement).

Some people use the outside of the fingers, some the inside. In some recipes, you skip the ring finger.

**THE BOTTOM LINE IS THAT YOU ARE FREE TO
EXPERIMENT, TRY OUT THE DIFFERENT
VARIATIONS & FIND WHAT WORKS BEST FOR
YOU**

What I'm teaching you here is the version that I am most trained in, which is also the one that I personally found to be the most effective.

HOW TO TAP THE POINTS

- You can use one finger, two, even three (for example on the top of the head or under arm point). This is all personal preference and, of course, depends on the position/accessability of the point
- You can tap with the pad of your finger, although I recommend tapping with the tip of your finger instead for better precision and strength (if you ever played ukulele or guitar, we're talking the same positioning as you would use for holding a chord)
- You decide the intensity of the tapping - you should *feel* the tap, so be assertive enough with it, but also there is no reason to go into the pain category. Creating sensations and vibrations is our ultimate goal.

How many times do you tap each point?

The general recommendation is 15-20 taps per point.

(But you are always welcome to listen to your intuition!)

THE TAPPING SEQUENCE

- **Karate chop point 3x** (while saying opening statement)
- **Top of the head** (while saying shortened statement)
- **Eyebrow** (shortened statement)
- **Side of eye** (shortened statement)
- **Under eye** (shortened statement)
- **Nose** (shortened statement)
- **Chin** (shortened statement)
- **Collarbone** shortened statement)
- **Under arm** (shortened statement)
- **Pinky finger** (shortened statement)
- **Ring finger** (shortened statement)
- **Middle finger** (shortened statement)
- **Index finger** (shortened statement)
- **Thumb** (shortened statement)
- **Karate chop point** (shortened statement)

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OPENING STATEMENT

*Even though I _____
I deeply and completely love
myself.*

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SHORTENED STATEMENT

= what comes on the “blank” of the opening statement

OPENING STATEMENT: “Even though I feel overwhelmed, I deeply and completely love myself.”

SHORTENED STATEMENT: “Overwhelmed.”

OPENING STATEMENT: “Even though I’m angry, I deeply and completely love myself.”

SHORTENED STATEMENT: “Angry.”

OPENING STATEMENT: “Even though I have a headache, I deeply and completely love myself.”

SHORTENED STATEMENT: “Headache.”

THE 9 GAMUT SERIES

= all done while tapping the Gamut point

- Close your eyes
- Open your eyes
- Without moving the head, look down to your left
- Bring eyes back to center
- Without moving the head, look down to your right
- Bring eyes back to center
- Without moving the head, circle the eyes in one direction & return gaze to center
- Without moving the head, circle the eyes in the other direction & return gaze to center
- Hum a tune for 5 seconds (it can be something as easy as the first few bars of "Happy Birthday")
- Count out loud from 1 to 5
- Count out loud from 5 to 1
- Hum a tune for 5 seconds (it can be something as easy as the first few bars of "Happy Birthday")
- Continue tapping the Gamut point for another 10-15 taps



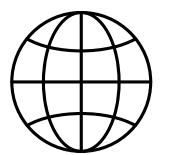
THE GAMUT POINT

- located on the top side of the hand between the pinky and ring finger, right next to where the bones connect

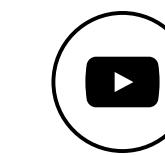
THE COMPLETE EFT RECIPE

- Measure the severity of the undesired state on a scale of 1 to 10 & write down your result
- Run through the EFT points, beginning with the opening statement while tapping the Karate Chop point, then going through the rest of the points while saying the shortened statement
- Measure yourself again:
 - if you reach a rating of 3 or below, you can proceed with the 9 Gamut series
 - if you are above a 3, repeat the EFT sequence for as many times as needed until you bring your rating to a 3 or below
- Run through the 9 Gamut series to anchor in the new state





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