



# More about tapping points

Most of the tapping points and how to tap them are self explanatory on the first page but there are just a couple that need further description.

## **COLLAR BONE:**

To locate this point find the bone V shape in the front of your neck. Place one finger on the base of this bone V. Then move down one inch and across one inch then you have the collar bone point.

## **SIDE:**

You can use the flat of your hand if you wish.

## **GENERAL:**

- Tap at least seven times on each point as you go through the procedure.
- Use however many fingers you feel comfortable with I have just suggested a guide.
- It is the tapping that collapses the emotion

Then full procedure for EFT is given on the following page.

When we talk about negative emotions we mean feelings. Pain, anxiety, depression, anger, trauma, cravings and addictions, fears and phobias and so on. These feelings are the cause of illness and removing them removes the symptoms. Does it sound too good to be true?

You will find out for yourself.

EFT is easy to perform and anyone can learn it and do it. The role of the therapist, that most people will need initially, is to identify the specific emotions and tracking down the original events that have to be dealt with.

EFT will collapse the predominant emotion but most conditions contain other aspects that can regenerate the bad feelings. There can be many other aspects of the condition and the EFT process has to be used on them one by one until they all collapse. It is often not necessary to find and collapse each one as there is a generalisation effect that causes total freedom to occur when only some of aspects have been specifically targeted.

The removal of negative emotions is permanent.

## **THE DISCOVERY STATEMENT**

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

## **EFT IN A Nutshell**

*Memorise the basic recipe. Aim it at any emotional or physical problem by customising it with an appropriate set up affirmation and reminder phrase. Be as specific as you possibly can and aim the EFT procedure at the emotional events that underlie the problem. Be persistent until all aspects of the problem have vanished and test the results thoroughly by re-visiting the memories that caused the emotions to begin with*

## **THE BASIC RECIPE**

1) **The Setup**... Repeat three times the following affirmation:

*Even though I have this (full and specific description of the emotion or problem) I deeply and completely love and accept myself*

Whilst continually tapping the karate chop point

## **THE BASIC RECIPE**

**2) The Sequence**... Tap through all the points a minimum of seven times on each one whilst repeating the reminder phrase which will be a part of the set up phrase

FOR EXAMPLE:

If the problem were a phobic reaction with dogs the setup phrase might be:

*Even though I have this great anxiety and distress whenever I am near a dog I still deeply and completely love and accept myself.*

The reminder phrase might be:

*Anxiety about dogs, or heart pounding when I see a dog, or feeling ill and nauseous when I'm near a dog*

The reminder phrase is to maintain your focus on that specific emotion and the more specific it is the better.:

**3) The 9 GAMUT**... continuously tap on the Gamut point whilst performing the following actions:

- 1) Close Eyes: 2) Open Eyes: 3) Eyes hard down right: 4) Eyes hard down left:
- 5) Roll eyes clockwise: 6) Roll eyes anticlockwise: 7) Hum 2 seconds of a song:
- 8) Count to 9: 9) Hum 2 seconds of the song again

**4) The Sequence**... Tap through all the points a minimum of seven times on each one whilst repeating the reminder phrase which will be a part of the set up phrase