



Clinical EFT Tapping Points

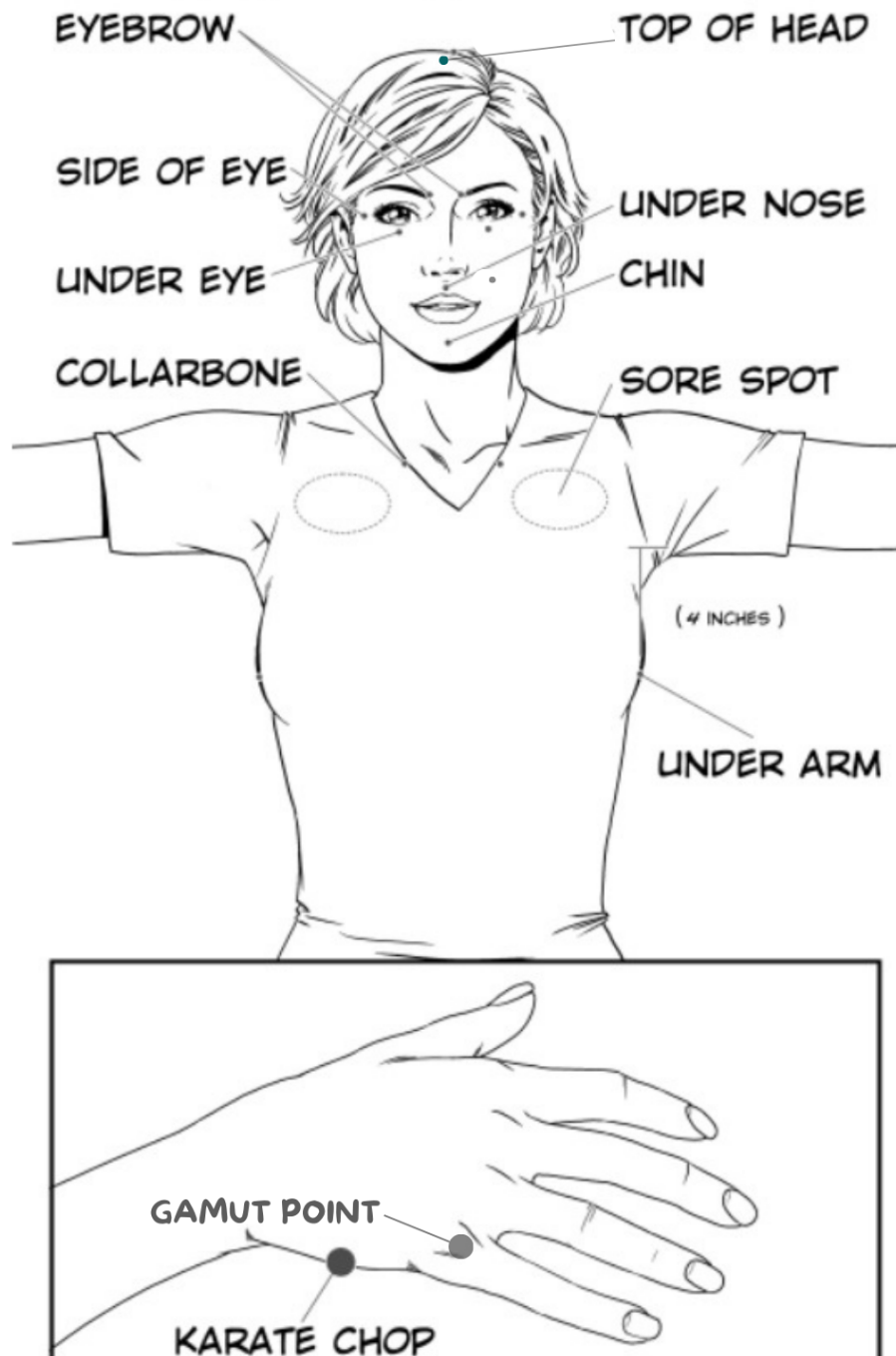


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LOCATION OF CLINICAL EFT TAPPING POINTS

- INNER EYE BROW – the point where the inner eyebrow begins
- SIDE OF THE EYE – outside the eye, not touching the eye, on the bone
- UNDER THE EYE – lower rim of your eye socket, directly under your eye
- UNDER THE NOSE – indented section between your nose and upper lip
- THE CHIN POINT – indent in the middle of your chin, below lower lip
- COLLAR BONE – the small indent that is about 2 cm. (1 in.) below the lowest edge of your collarbone. Often referred to as a sore spot.
- UNDER YOUR ARM – in line with your heart (or bra strap level), it is not in the armpit. It is a soft and slightly tender spot.
- TOP OF HEAD – in the centre, not further back.

- KARATE CHOP POINT – the soft side of the hand between the wrist and little finger. This is usually used for opening or closing statements and not part of ‘the rounds’
- GAMUT POINT – about 15 mm. (1/2 inch) behind and between the knuckles at the base of the ring finger and the little finger

SIMPLE APPROACH TO EFT TAPPING

Set up Statement x 3

Tune into feeling or thought or memory that you wish to clear and give it a rating out of 10 (subjective unit of distress) 10 = very distressing, 1 = very calm.

Say statement of what bothers you aloud or just think it as you tap continuously on the Karate Chop Point.
“Even though... [statement of what’s bothering you that you want to clear]”

Complete set up with statement to acknowledge the current state

e.g. “I honour myself, or I love and accept myself completely, or I am ok, or that’s just how it is today, or I like myself, I am a good person”

Round of tapping x 1 or 2

You will tap gently on the points shown above, with your fingertips. Tap gently, harder is not better.

1. State what’s bothering you most in a short form on each point; e.g. ‘this anger’, ‘overwhelmed’, ‘that awful day’, ‘my knee’, ‘this pain in my neck, it’s an 8 out of 10’
2. Say the statement as you tap 5-7 times on each point, start at the top of the head and finish under the arm for ease.
3. After one round of tapping. Pause. Breathe in, breathe out.
4. Check in with yourself. Has the intensity changed? Write down the new number. Has the feeling or thought changed?
5. Continue with the same statement, or a new one if that feels right, and do more rounds until you feel substantially calmer.



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HELPFUL SUGGESTIONS

1. It may be helpful to become familiar with the tapping points and to have a print out with you during our appointment or class. But it's not essential.
2. Watch the How to Tap video on my website at www.sacredrenewalstudios.com/EFTinstructions

IMPORTANT. STAYING SAFE. CAUTION!

The above is an example of EFT tapping in its simplest form.

If you have given a memory, feeling or thought you wish to release a SUD rating of 8 out of 10 or more, I strongly recommend you consult with a trained EFT practitioner.

Clinical EFT (emotional freedom techniques) encompasses a wide range of approaches and techniques to release emotions, traumas, memories, body feelings, limiting beliefs. A trained Clinical EFT practitioners will draw on more advanced techniques to tailor an appointment or program for you to that is safe and responsible.

Another benefit of working together, is that your main focus is then to tune into yourself guided by me; and leave it to me to tailor phrases, choose the right tapping techniques and track your progress so you can achieve the best results possible.

Energy healing for wellbeing, personal growth and performance improvement.

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