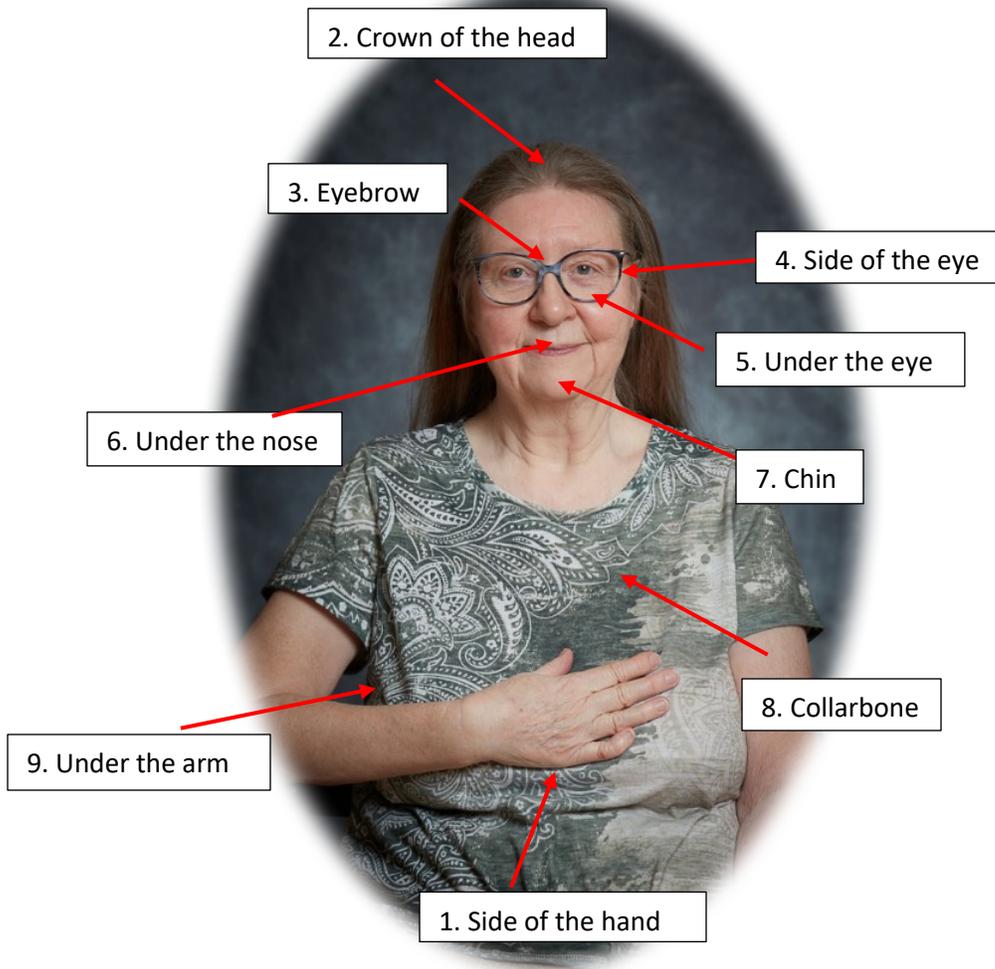


Tapping Points



Tapping Points

1. Side of the hand, or karate chop point - the outer edge of your hand between your pinky and wrist.
2. Crown of your head - top of the head,
3. Eyebrow point, at the beginning of your eyebrows – just above the bridge of your nose
4. Side of the eye – on the bone along the outside corner of your eye
5. Under the eye - on the bone directly under your eye
6. Under the nose – right above the center of your upper lip
7. Chin point – the crease below your bottom lip and above your chin
8. Collar bone point – the area about 1” below and 1” to the side of where your collar bones meet
9. Under your arm 4” below the armpit - this is a large area, so it is easiest if you tap with four fingers to cover a wide area.

Additional notes:

- it doesn't matter if you use the left or right hand - you can tap with either, or for some of tapping points I like to tap with both hands.
- at each point tap 6 or 7 times but it doesn't matter how fast or slow you tap.
- while tapping, EFT is sending vibrations to a large area throughout your body. So, if you don't tap directly on a point, if you tap a bit off, or even miss a point it doesn't matter – EFT is very forgiving.

Locate Gamut point

1. Eyes close
2. Eyes open
3. Eyes down right (look out of the corner of your eye, do not move your head)
4. Eyes down left (look out of the corner of your eye, do not move your head)
5. Eyeroll in a circle (like a clock)
6. Eyeroll in a circle (counterclockwise)
7. Hum 2-seconds of a song
8. Count 1 to 5
9. Hum 2-seconds of a song