

## EMOTIONAL FREEDOM TECHNIQUES

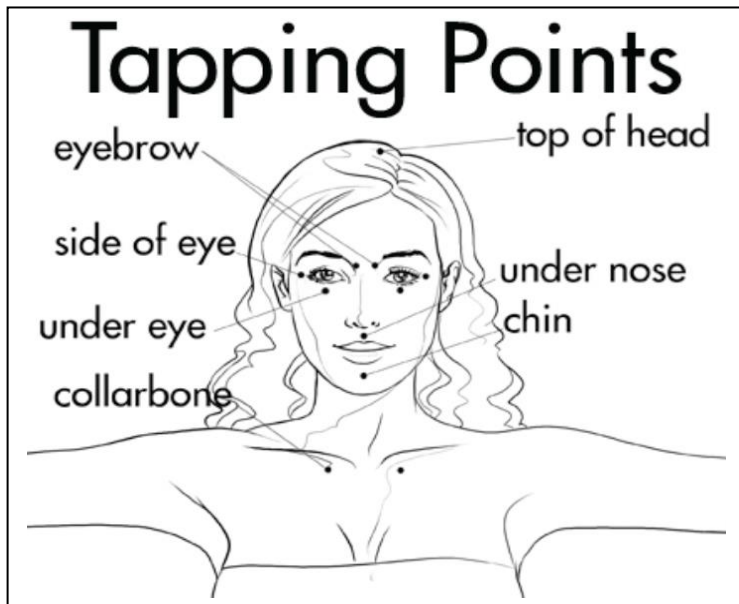
Tapping Sequences on the Acupressure/Acupuncture meridian lines are simple to learn, gentle and effective.

Keep taking all medications your doctor advises for you, and discuss any wish to change or reduce medications directly with your physician. Only use meridian tapping or EFT if you are willing to be fully responsible for yourself.

**FOCUS** - Record your intensity level of 0-10 (none, to extreme) regarding your issue (fear, pain, and trauma, etc.).

**BEGIN** - Repeat issue phrases three times, focusing on the issue you are addressing, followed by your neutralizing statement, while Tapping the outside of palm (KC - Karate chop point) with two/three fingers. Example: Even though I have this fear of flying, I choose to love & accept myself. Even though I have this pounding migraine... (specify intensity & location of pain), I choose to deeply love & accept myself and my body. Even though I have these terrible nightmares (or upsetting memories), I choose to love & accept myself. Even though I can't seem to stop self-sabotaging, I'm choosing to love and accept myself right now, anyway. **Always speak honestly... vent if you need to!**

Continue tapping with two/three fingers, in a gentle but firm pattern, four to seven times on each point. Then Tap on the top/crown of your head, following down the tapping points, then repeat the sequence. As you tap, repeat aloud the key words of the issue you choose to focus upon. Example: this paralyzing fear of flying... this throbbing migraine... this sharp pain... this terrible nightmare... Focused phrases keep you tuned in. Changing the words (point of focus) to be very detailed in specifics, intensifies the results achieved. Continual Tapping calms the amygdala, which turns down your fight and flight response to fear, anger, guilt, dread, worry, stress, anxiety, sadness, resentment, etc.



Begin Tapping KC Karate chop point (between finger and wrist) with your issue & affirmation

Tap Crown of head (center top of head) while speaking issue aloud. Continue tapping...  
Eyebrow (where eyebrow begins growing)  
Side Eye (outside corner of eye)  
Under eye  
Under nose  
Chin (just under bottom lip)  
Collarbone (1" below & 1" outside of CB bumps)  
Under arm (4" below armpit)  
Wrist – inside of arm (2" above wrist)  
Wrist – outside of arm (2" above wrist)  
Tap meridian points for two or three rounds; whichever feels right to you. The exact number of taps and the order of tapping can be flexible.

**FOCUS AGAIN** on the original issue - do you have any remaining intensity on a 0-10 scale? If you are at 0, good! To release any remaining intensity of an original issue, either clarify/change your wording, or tap sequence as previously spoken, adding "this REMAINING \_\_\_\_\_". Our minds are very literal, changing phrasing *does make a difference*. Any issue which does not clear completely may need more individual aspects of the issue to be addressed, or you may not be addressing the core issue directly. Tapping the 9 Gamut sequence if you get 'stuck', opens a re-balancing communication between left and right brain hemispheres, creating possibilities for achieving the results you desire.

**ISSUES** may include many Aspects. The Aspects of the issue 'Car Accident' may include: the crash, a hospital stay, pain, financial, and insurance stresses, physiotherapy, disfigurement, disability, etc. Clear each Aspect effectively by tapping continually while picturing your memories as short 'movie clips', of 2 minutes or less. Rerun your 'movie clips' slowly, tapping on individual details until all segments of the memory clips have a zero intensity.

**Very distressing emotional issues may benefit from the support of an experienced practitioner or therapist.**

**EFT releases or reduces Stress, Pain, Cravings, Weight, Trauma/Abuse, Depression, Past Issues, and more.**

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