

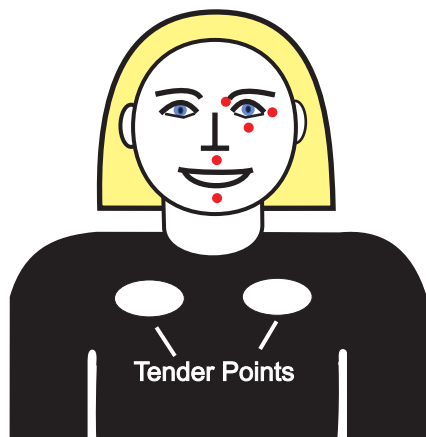
EFT Tapping Points & Basic Instructions

1 The Setup

While massaging the tender point, repeat this phrase 3 times:

“Even though (insert issue here), I deeply and completely love and accept myself.”

Ex: “I’m afraid of spiders.”



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The tender points are located on the flat area of the upper chest. See white ovals in graphic above.

Notes: You can tap on the right or left side of your face and body.

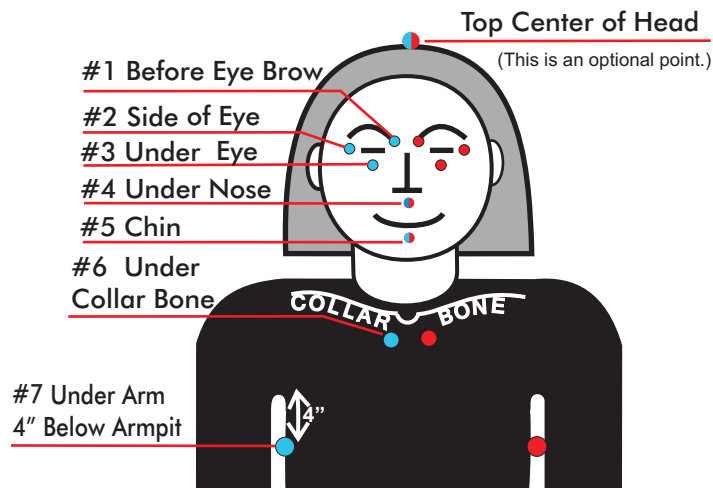
When tapping on the Karate Chop points, use all four fingers of one hand to tap on the side of the other hand.

2 The Sequence

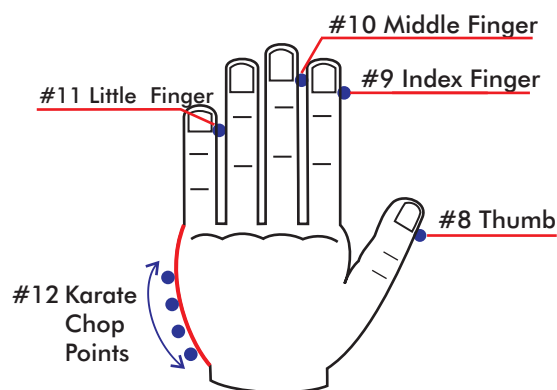
Reduce the setup phrase to the issue then state the issue once at each of the 12 points, while you tap on the point 5-7 times.

Ex: “I’m afraid of spiders.”

Use tip of finger to **tap**. Do not **pat** with flat of finger.

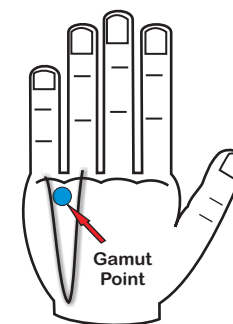


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3 The Gamut



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Tap on the Gamut Point about 7 times for each action below:

- 1 Eyes closed
- 2 Eyes open
- 3 Eyes hard down to right
- 4 Eyes hard down to left
- 5 Rotating eyes full circle right
- 6 Rotating eyes full circle left
- 7 Humming any tune briefly
- 8 Counting from 1-5
- 9 Humming again briefly (3-5 sec.)

4 Repeat The Sequence, (Eye Brow to Karate Chop)

Congratulations, you have now completed one “round” of EFT.

This whole process should not take more than two minutes.

For expert personal coaching go to: www.DonnaCrow.com.