

Clinical EFT Tapping Points

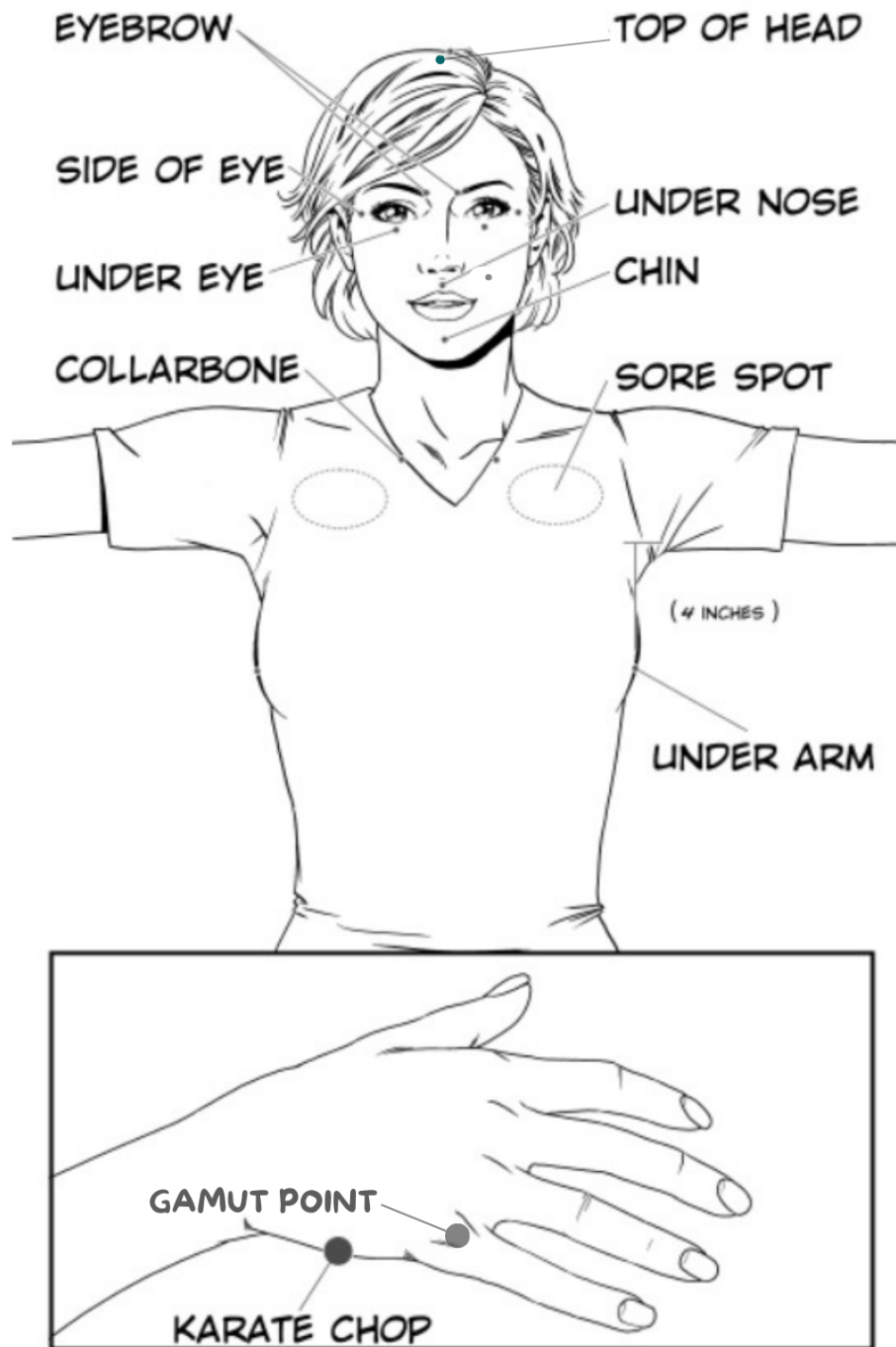


Image credit: www.thrivingnow.com & www.joy-connection.com

www.sacredrenewalstudios.com

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- Tap on the exact points.
- Tapping near the points is less effective (research shows).
- Tap gently with two or three fingertips. Tapping harder is not better.

DESCRIPTION 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

ESSENTIAL: FOR PEOPLE WITH PHONE APPOINTMENTS

1. Print out these two pages and have them with you during our call, or save them on a device you can look at during the appointment.
2. Watch the How to Tap video on my website at www.sacredrenewalstudios.com/EFTinstructions

RECOMMENDED: FOR PEOPLE WITH ONLINE APPOINTMENTS:

It may be helpful to become familiar with the tapping points and to have a print out with you during our appointment. But it's not essential.

OPTIONAL: FOR IN PERSON CONSULTATIONS AT THE STUDIO

I will guide you through the tapping points and EFT when I see you, however if you'd like to be a bit familiar with the approach beforehand that will save time.

By working with a trained Clinical EFT practitioner, you can be sure that you are using the form of EFT that has been proven in research. The other main benefit is that. I together we will tailor our time together and address or incorporate new emotions, memories of physical feelings as they arise.