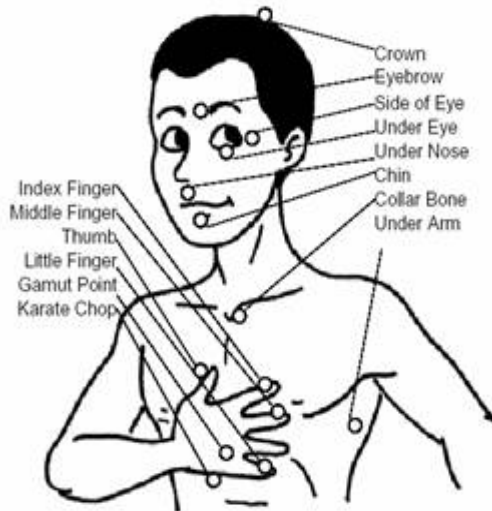


BASIC EFT
PROCEDURE

First find either 'the sore spot' on the chest about 3 inch down from the notch at the top of the breastbone and 3 inch out on to the chest (either side)

Or

Karate chop point, located on the outer edge of the hand mid way between the base of the little finger and the wrist



The original version of EFT consists of the **SET UP** using either the sore spot or the karate chop points:

Even though I have(this problem).....I deeply and completely accept myself

Followed by the **REMINDER PHRASE** while tapping on all the other above points:

Eyebrow

Side of Eye

Under Eye

Under Nose

Chin (in groove under lower lip)

Collar bone

Under arm

Thumb

Index finger

Middle finger

Little finger

Karate chop on the side of the hand

And the following sequence at the gamut spot on the back of the hand (approx 1½ in. up from the bottom of the little finger)

Eyes closed, eyes open, down right, down left, circle in one direction, in the opposite direction, hum Happy Birthday, count 1,2,3,4,5 hum Happy Birthday

Go back and tap from the **eyebrow to the karate chop**

This is one full round of EFT

Since then an additional point is often added on the top of the head

It is possible to do a short cut version, leaving out the hands as long as that works

If the discomfort level has come down but not disappeared repeat the process with:

Even though I still have some of this.....problem and `some remaining problem as a reminder phrase.

(For more info on EFT go to www.emofree.com)