

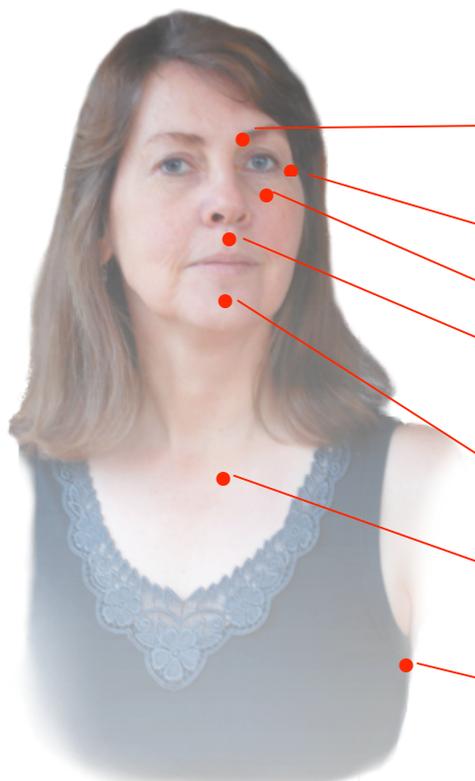


Emotional Freedom Techniques



Tune into the emotion or problem. Try to identify any physical sensations in the body and rate the distress between 0 and 10.

Karate Chop Point. (Small Intestine). Tap here as you repeat the setup phrase three times. "Even though I have this(state the problem or emotion) I deeply and completely love and accept myself".



Tap on each of the following points as you repeat and focus on the problem or emotion:

1. Start of the Eyebrow (Bladder) - where the bone behind your eyebrow turns into the bridge of your nose.
2. Side of the Eye (Gall Bladder) - On the bone in the corner of your eye.
3. Under the eye (Stomach) - On the bone just below the eye.
4. Under the Nose (Governing Vessel) - between your nose and your upper lip.
5. Under the Mouth (Central Conception Vessel) - In the indentation between your chin and lower lip.
6. Collarbone (Kidney) - In the angle formed by your collarbone and the breastbone.
7. Under Arm (Spleen) - 4 inches under the armpit. In line with the nipple and on the side of the body.

Tune into the emotion/problem once again and re-rate the distress. Repeat entire procedure until intensity is down to 0 or a level you are comfortable with. You may also wish to tap on the following hand points.

1. Thumb (Lung)
2. Index Finger (Large Intestine)
3. Middle Finger (Circulation/Sex)
4. Little Finger (Heart)
5. Gamut Point (Triple Warmer) Try rubbing this spot any time you are experiencing stress.



Tapping your positive affirmations in as you listen to your CD can further enhance your success with overpowering the negative beliefs that you have taken on about yourself. Simply tapping on your finger points can work as effectively as tapping on your body.

For more information

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