

Meridian Tapping

Meridian Tapping or EFT (Emotional Freedom Techniques) is non-invasive, simple to learn and easily utilized by tapping on acupuncture points. It uses the same energy meridians as traditional acupuncture and often helps when everything else failed.

Instead of needles the fingertips are used to tap specific points on your head, chest and body to stimulate the meridians while at the same time stating the specific problem and then replacing it with a positive affirmation.

All illness is caused by emotions, traumatic events can lead to a short circuit in your body's energy system resulting illness. **Meridian Tapping** helps clear that emotional block and restore your body back to wellness.

Meridian Tapping accomplishes this by the simple combination of tapping the energy meridians and stating positive affirmations.



The Basic Shortcut Tapping Recipe

THE SETUP:

Repeat the affirmation 3 times:

"Even though I have this (name the problem)

I deeply and completely accept myself

While continuously tapping the karate chop point.

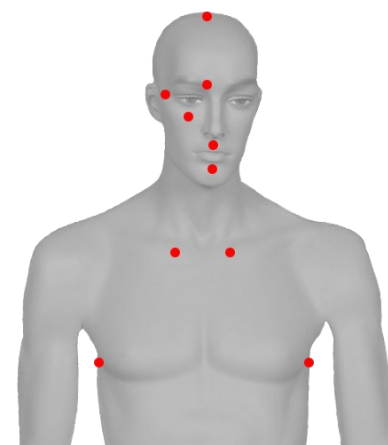
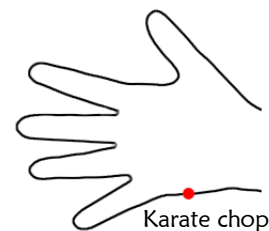
THE REMINDER PHRASE:

The Reminder Phrase is simply a word or a short phrase that describes the problem that you repeat out loud each time you tap one of the points in the Sequence.

THE SEQUENCE:

Tap about 5-7 times each of the Meridian Tapping Points, starting at the top of the head while repeating **the Reminder Phrase** at each point.

Meridian Tapping Points



- 1 • top of head
- 2 • eyebrow
- 3 • side of eye
- 4 • under eye
- 5 • below nose
- 6 • chin
- 7 • collar bone
- 8 • under arm



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