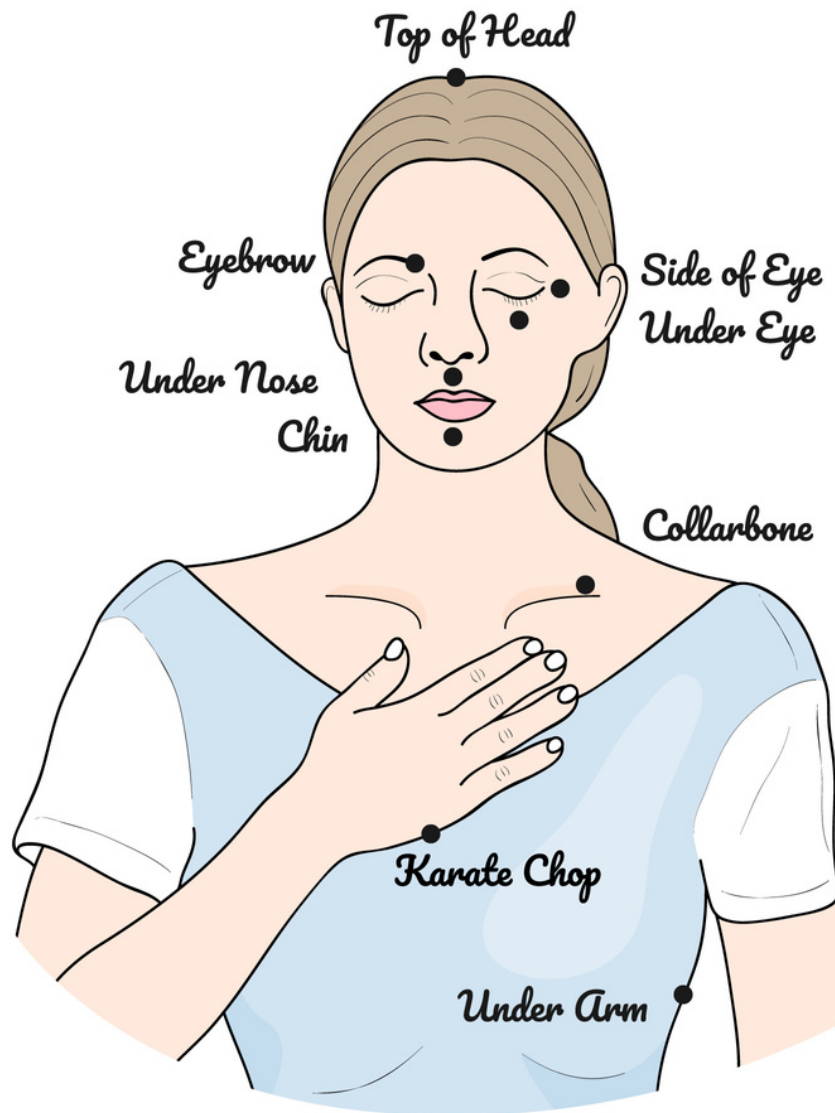




We start with the Karate chopping point with four fingers on one hand, begin tapping the Karate Chop point on your other hand.

Repeat the setup statement three times out loud, while tapping the Karate Chop point

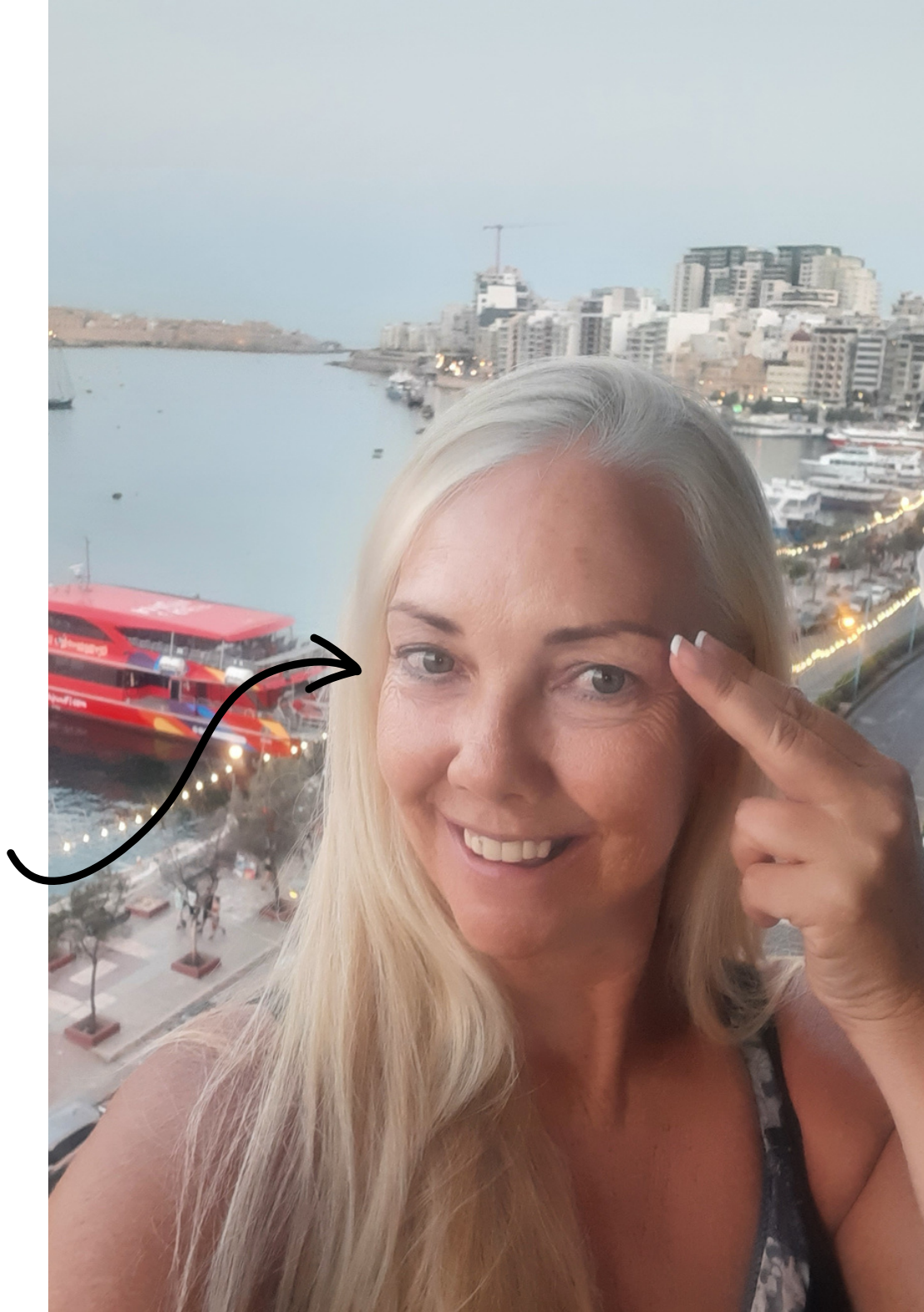


EFT Tapping Points



Then go to
Point 1 with two
fingers on
either side of
the Eyebrow
keep tapping
each point at
least 5 to 7
times then go
to

Point, 2, Eye
corner This is
the outer
corner of the
eye. keep
tapping each
point at least 5
to 7 times then
go to





Point 3 under
Eye about one
centimeter
below the lower
bone at the
center of the
eye keep
tapping each
point at least 5
to 7 times then
go to



Point 4 under
nose above the
upper lip
keep tapping
each point at
least 5 to 7
times then go
to



Then point, 5 Chin keep tapping keep tapping
each point at least 5 to 7 times then go to

Move to point
6, Collarbone -5
to 7 times
keep tapping
each point at
least 5 to 7
times then go
to





Then point, 7,
Under arm - a
hand down
from the under
arm hole

keep tapping
each point at
least 5 to 7
times then go
to

Then to Point 8
Directly on the
crown of your
head.

keep tapping
each point at
least 5 to 7
times then go
to

