

*EFT Heart & Soul
The AMT 2012
www.TheAMT.com*

EFT

Emotional Freedom Techniques

Start and finish by placing both hands flat on the centre of the chest, and take 3 deep breaths in and out.

“What is causing you stress today?”



EFT Tapping Points

VIRTUOSITY

EFT and Related Acupuncture Points

TH - Top of Head - 'Hundred Meeting Points' Meridian

Releases: Inner critic, lack of focus and 'gerbil wheel' thinking

Allows: Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity

EB - Eyebrow - Bladder Meridian

Releases: Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread

Allows: Inner peace and emotional healing

SE - Side of Eye - Gall Bladder Meridian

Releases: Rage, anger, resentment, fear of change and muddled thinking

Allows: Clarity, compassion and understanding

UE - Under Eye - Stomach Meridian

Releases: Fear, anxiety, worry, emptiness, nervousness and disappointment

Allows: Contentment, calmness, feeling safe... "All is well".

UN - Under Nose - Governing Meridian

Releases: Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals

Allows: Self-empowerment, self-acceptance and compassion

CH - Chin - Central Meridian

Releases: Confusion, uncertainty, embarrassment, shame and second guessing decisions

Allows: Certainty, clarity, self-confidence and self-acceptance

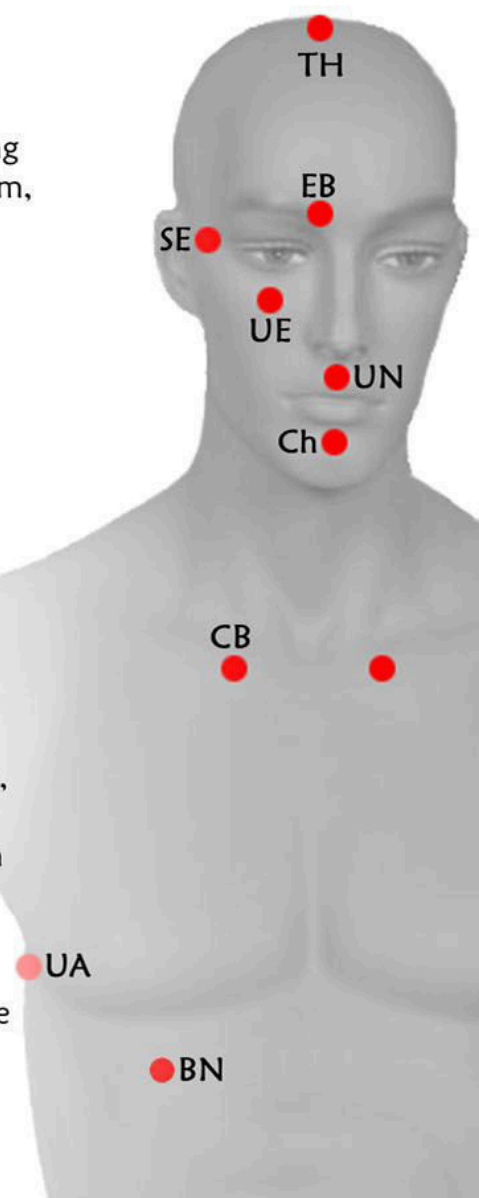
CB - Collarbone - Kidney Meridian - Adrenals

Releases: Psychological reversal, worry, indecision, feeling stuck and general stress

Allows: Ease in moving forward, confidence and clarity

UA - Under Arm - Spleen Meridian

Releases: Guilt, obsessing, worry, hopelessness, insecurity, and poor self esteem



EFT TAPPING

Either focus on a GOAL you want to achieve. Describe it in one short sentence. Then check how you feel about it. Tap as long as you are on the plus 8 or 9 of the Scale. Your Goal:

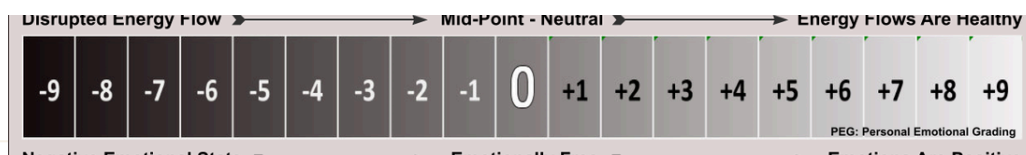
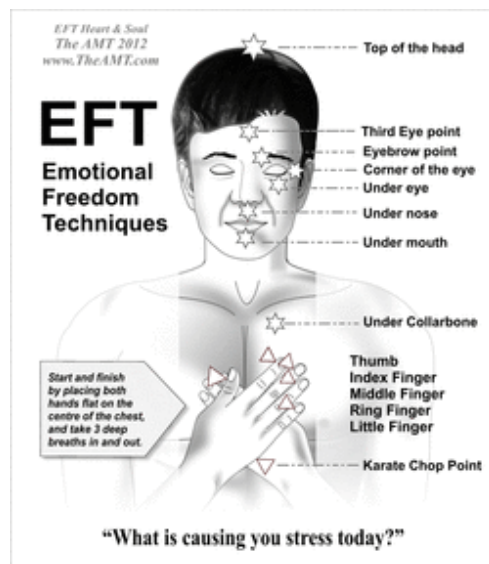
Or think on your problem and check on the Personal Emotional Grading Scale where you would locate yourself in terms of the feelings or emotions you have. Left side represents negative emotions, right side represents positive emotions.

Put your problem that you are working on into one single sentence, for example, "I am sad that my husband is angry with me", or "I failed that exam", etc. Or just tap on a body sensation for example: "This heaviness in my chest".

Your sentence:

Say it out loud and then start to tap EFT. Continue tapping until you feel a shift and the sentence changes. Also check where you are on the PEG Scale. When you come to the positive side of the scale choose a positive energy that would help you right now. Keep on tapping until you feel +8 or 9 on the PEG Scale. Good luck

I am opening myself for the healing energy of (add your word).....



PEG Personal Grading SCALE AND TAPPING POINTS

