

EFT (Emotional Freedom Technique) Points

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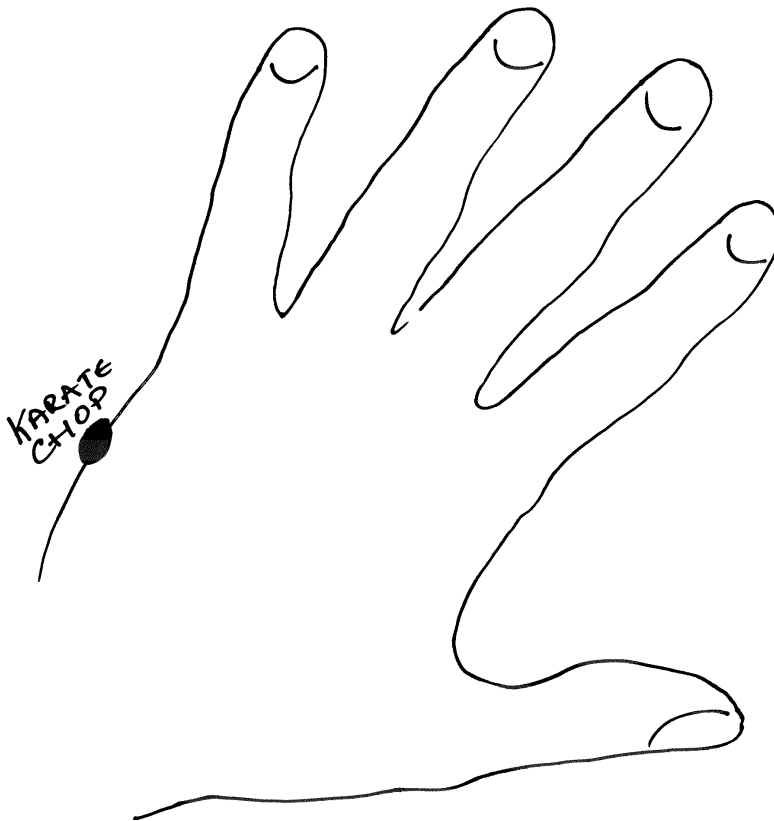
Directions:

Using 2 or 3 fingers of either hand, tap 5-10 times on each point starting at the karate chop. You will use your free hand to tap on these points.

Tap gently. Please be careful around the eyes, they are very delicate.

Breathe deeply and drink water after you've finished.

1. Karate chop.



2. Eye brow. (EB)
3. Side of the eye. (SE)
4. Under the eye (Be careful, this area is sensitive. UE)
5. Under the nose.(UN)
6. On the chin. (CH)
7. On the collarbone. (CB)
8. Under the arm. (UA)
9. On top
of the
head.
(TH)

