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| 1. KC: karate chop point on the side of the hand | 6. CH: under the lip or chin |
| 2. EB: inner eyebrow | 7. CB: collar bone |
| 3. SE: side of the eye | 8. UA: under the arm |
| 4. UE: under the eye | 9. TH: top of the head |
| 5. UN: under the nose | 10. GP: gamut point on back of hand |

What is EFT?

EFT (Emotional Freedom Techniques) is a cutting edge form of energy psychology known as "emotional acupuncture." You gently tap with your fingertips on energy points (or energy meridians) on your face and body while thinking about a specific problem. Tapping is known to lower cortisol levels and to quickly and easily release negative emotions and beliefs that are at the root of emotional and physical pain.

The EFT Basic Recipe

First, identify an issue such as something you are worrying about, a physical pain, a craving, a limiting belief, etc... (Examples: this craving for chocolate, this pain in my back, this anger). Second, rate how much it is bothering you on a scale of 0-10, 10 being the highest.

The Set Up

Tap on the Karate Chop (KC) point, saying aloud, "Even though I have (state the issue), I deeply and completely love and accept myself." Repeat this phrase three times.

The Sequence

Tap a few times on each point, starting with the Eyebrow Point (EB) and moving through the points on the body while saying a "reminder phrase" about the issue (such as I want chocolate now, I love chocolate, etc... OR this pain in my back, it just won't go away, etc...). Measure the intensity level on the scale of 0-10 after tapping through all the points one time. Has it gone down? Up? Does it remain the same? Repeat the process as needed, focusing on the remaining parts of the problem saying "Even though I still have some of this problem..." Continue until you feel relief or can rate the problem at a 0 or 1.



To learn more about using EFT for healing mind and body, visit YourTappingJourney.com or contact me at 704-301-4714 or ruthitoo@gmail.com.

Sessions available in person at Albemarle Pilates and Yoga or by phone or Skype.

Ruthi Cohen-Joyner, MPH
EFT Practitioner, Nutritionist

"Put away your skepticism, this really works...I've had great results with tapping in my own life." - Dr. Wayne Dyer

"EFT is destined to be a top healing tool for the 21st century."
- Cheryl Richardson

Your **Tapping**
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