

## Pro EFT Tapping Points

Tap on these points with your finger tips using as many fingers as you can fit.

Tap on both sides of the body while expressing your thoughts or along with an audio.

Tap lightly on each point at least 10 times while talking out loud about your issue.

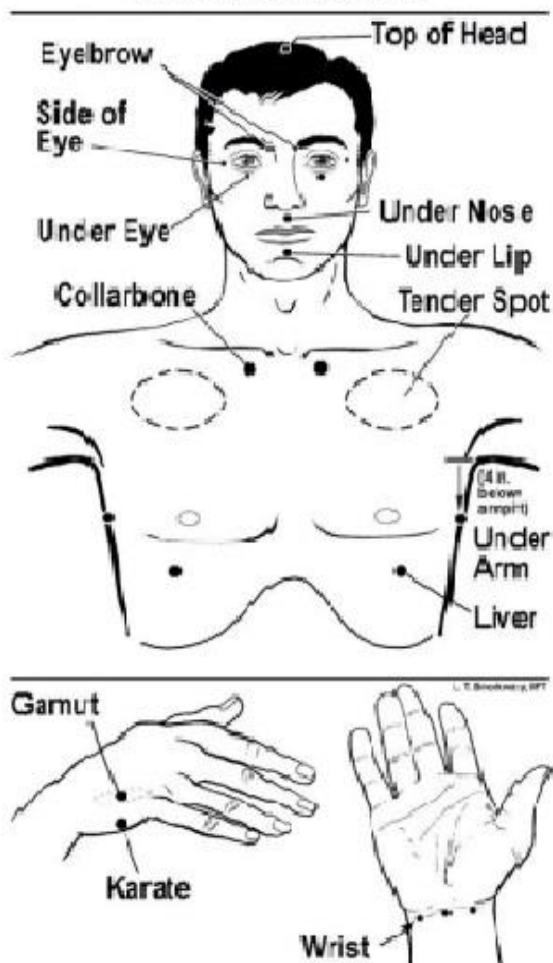
Tap on UN (under the nose) & UL (under the lip) together using upper and lower hands.

Tap on both sides of the WR (wrist) by turning fingertips in, or separately works too.

Starting Point with Set Up Statement:

**KC = Karate Chop Point** – the fleshy side of the hand, just below the pinky finger; used as the Set-Up Point and for reversal neutralization

### ENERGY POINTS



1- **EB = Eyebrow point** at the beginning of the eyebrow over the nose.

2- **SE = Side of the Eye**, on the bone bordering the outside of the eye.

3- **UE = Under the Eye**, on the bone beneath the eye.

4a- **UN = Under Nose**, in the center of the area between the nose and top lip.

4b- **CH = Chin**, in the center between the bottom lip and bottom of the chin.

5- **CB = Collarbone**, right under your collarbone, about 3" from the center.

6- **UA = Under the Arm**, on the side of the body about 4" below the armpit.

7- **LV = Liver point** a few inches under the nipple slightly to the side

8- **WR = Wrist** at the crease. Tap both sides with fingertips turned into the arm

9- **TH = Top of Head**. Trace a line up from top of ears to center of head to find.

After you have completed the Tapping rounds, tap on the Gamut point 10 times with a positive statement of your choice.