

Wiseway EFT

EFT Tapping points

Firstly state your *set up statement*.

“Even though....{my lower back is in agony/my neighbour has made me angry etc}...
I deeply and completely love and accept myself

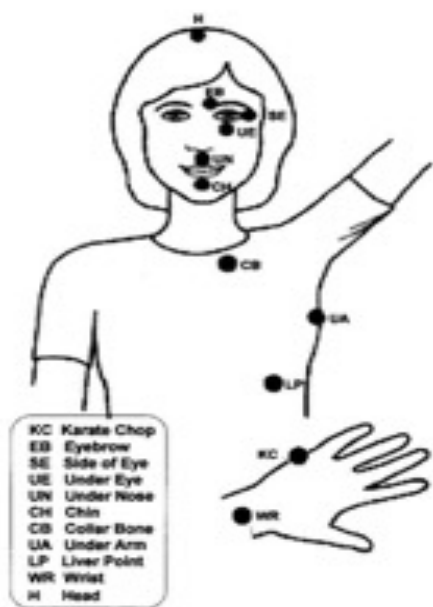
Get as **specific** as you can, particularly about:

- your emotion in the situation (not just what happened, but how you felt about it)
- your exact feelings (the pain is burning/itching)
- where you feel the problem in your body
- whether it has a colour, shape, weight or size

You may find it helpful to begin talking about the problem whilst tapping on the points. This can bring up emotions. When you have clarity on what the problem is, tap on the Karate Chop point whilst saying the set up statement out loud if possible.

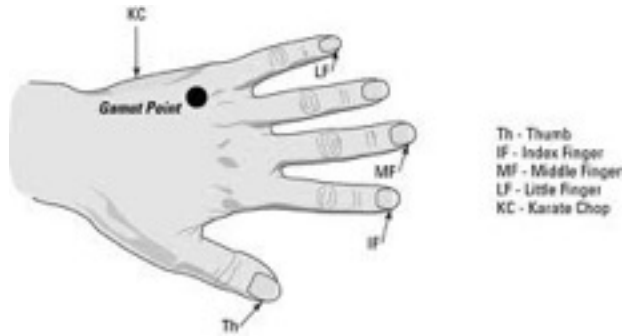
Secondly give the problem a number out of ten. Write it down if you think you may not remember it.

Next using an abbreviation of the statement (this back pain; that neighbour) and begin tapping on each of the points from the top of the head down.



TH – top of head
EB – eyebrow
SE – side of eye
UE – under eye
UN – under nose
CH – chin
CB – collar bone
UA – under arm
WR – wrist (tap with flat fingers across the wrist)
TH – thumb
IF – index finger
MF – middle finger
RF – ring finger
LF – little finger
KC – karate chop on side of hand

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If you find you are **distressed or stuck**, try the **9 gamut process**

- Close your eyes
- Open your eyes
- Eyes down to the left
- Eyes down to the right
- Circle eyes clockwise
- Circle eyes anticlockwise
- Hum a few notes of a song
- Count quickly to nine
- Hum a song

Re-check:

e.g.

“Even though I still have some of this {back pain} I deeply and completely love and accept myself”

If you become very emotional during the process

Put your hand on your chest and breathe in for 3 and out for 5. If you are working with another person they should continue to tap on you whilst you do this heart-centred breathing. You will soon feel calmer and be able to continue tapping on yourself.

Try using it on everything – physical pain, negative emotions, bad memories, anxiety.

For further information or to book a session:

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