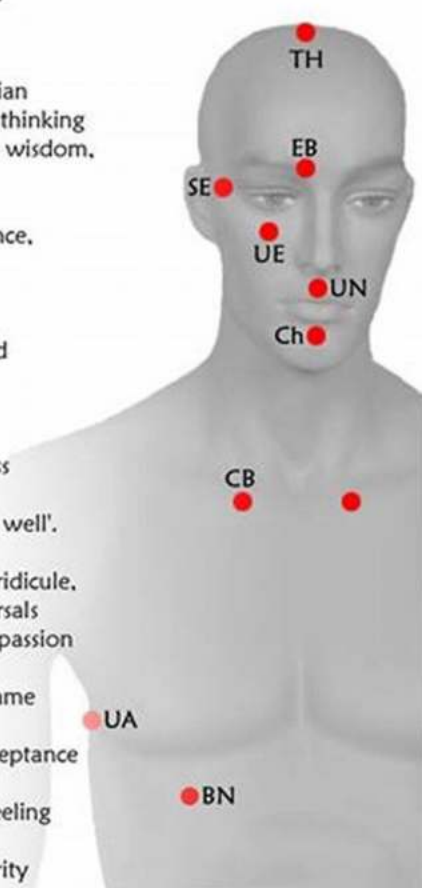


The Power of Tapping Emotional Acupressure With EFT

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
Allows: Clarity, confidence, relaxation and compassion for self and others

BN - Below Nipple - Liver Meridian

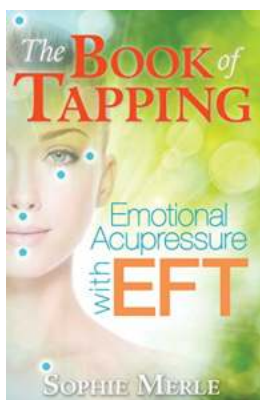
This chart is based on the information from Karen Nauman at <http://www.eftpronetwork.com/content/what-emotion-goes-each-eft-tapping-points>
www.tapping.mcniverse.com - 2009

In a world full of stress, anxiety, and uncertainty, finding effective ways to manage our emotions and improve our well-being is crucial. Fortunately, there is a powerful technique called Emotional Freedom Technique (EFT), also known as 'Tapping', that has been gaining popularity as an effective tool for emotional

healing and personal growth. Combining the principles of ancient Chinese acupressure with modern psychology, EFT offers a unique approach to releasing emotional blockages and restoring balance to the mind, body, and spirit.

Understanding EFT

EFT revolves around the idea that emotional distress is caused by disruptions in the body's energy system. According to traditional Chinese medicine, this energy flows through meridians, or channels, in the body. When we experience negative emotions or trauma, these energy pathways can become blocked, leading to physical and psychological imbalances. EFT aims to restore the flow of energy by tapping on specific acupressure points using our fingertips, while simultaneously acknowledging and verbalizing our feelings.



The Book of Tapping: Emotional Acupressure with

EFT by Amanda Oswald (Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
File size	: 850 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 116 pages



The process involves a simple sequence of tapping on acupressure points, usually on the face, chest, and hands, while focusing on the negative emotions or issues we want to address. By accessing these energy points and tuning into our emotions, we can release the underlying energetic disruptions. The result is often a significant reduction in emotional distress and a sense of relief and well-being.

The Benefits of EFT

EFT has gained recognition as a highly effective tool for various emotional and physical issues. Studies have shown its positive impact on reducing stress, anxiety, depression, and even chronic pain. It can also be used to overcome phobias, improve performance in sports and public speaking, and aid in addiction recovery.

One of the significant advantages of EFT is its accessibility. It can be easily learned and practiced by individuals of all ages and backgrounds, without the need for any special equipment or expertise. Whether you are a beginner or experienced in personal development techniques, EFT can complement and enhance your existing practices.

How to Get Started with EFT

Getting started with EFT is as simple as learning the tapping points and practicing the technique regularly. Numerous resources are available, including books, online videos, and workshops, that provide guidance on the various aspects of EFT.

It is essential to approach EFT with an open mind and a willingness to explore your emotions. Although the initial process can be done individually, working with an experienced EFT practitioner can significantly enhance the results. They can help you navigate through deeper emotional blocks and provide valuable insights and support along the way.

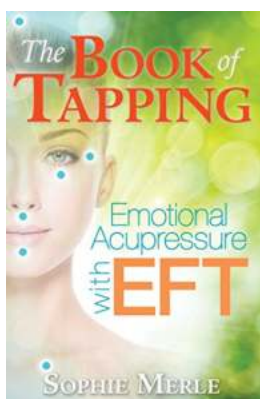
Real-Life Success Stories

Countless individuals have witnessed remarkable transformations in their lives through the use of EFT. People struggling with anxiety and panic attacks have found relief, individuals suffering from trauma have experienced emotional

healing, and those battling with addictions have overcome their struggles. EFT has the power to bring about positive shifts in various areas of life, both big and small.

Whether you are seeking emotional healing, personal growth, or simply looking to enhance your overall well-being, exploring the world of EFT is worth considering. The combination of ancient wisdom and modern techniques makes it a powerful tool in today's fast-paced world. Take the first step towards tapping into your emotional acupressure and experience the incredible benefits that EFT can bring.

EFT, or Tapping, offers a unique approach to emotional healing by focusing on the body's energy system. By tapping on specific acupressure points while acknowledging and verbalizing our emotions, we can release emotional blockages and experience relief. The numerous benefits of EFT make it a valuable tool in managing stress, anxiety, trauma, and various other emotional and physical issues. Regardless of your background or experience, EFT can be easily learned and integrated into your daily routine. Start tapping into your emotional acupressure today and witness the positive changes it brings to your life.



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A step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional, psychological, and physical ailments

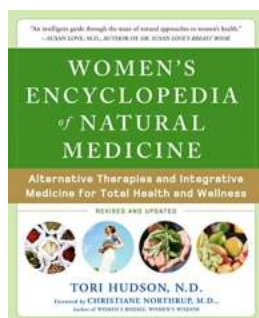
- Effective for emotional conditions such as panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases
- Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration
- Offers the full tapping protocol as well as a shortened version for acute situations
- Illustrates easily accessible points to tap and in what order

Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. By tapping on specific meridian points you can quickly and easily dissolve blockages in the body's energy system, caused by past traumas and suppressed emotions such as grief and anger, and restore the natural flow of energy in your body, the key to optimal health and overall well-being.

In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of

tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; assist physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration.

The author explains how tapping can be done anywhere, offering both the full tapping protocol, which only takes a few minutes, and a short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in practice, this comprehensive guide to tapping shows how the solution to many of life's problems is at your fingertips.



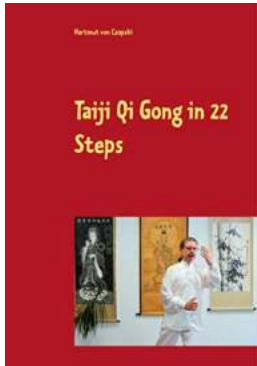
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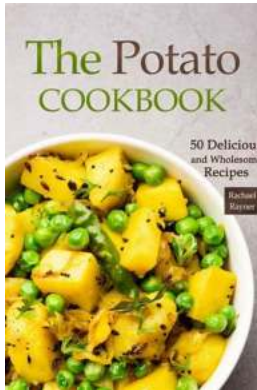
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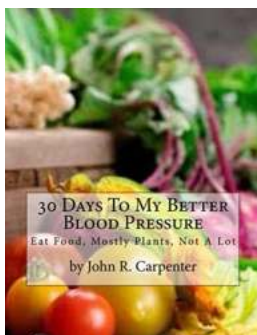
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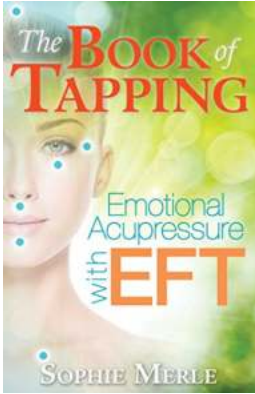
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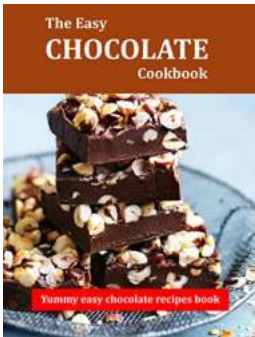
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