

E.F.T. Emotional Freedom Technique

“Tapping”

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*“The cause of all negative emotions is a disruption
in the body’s energy system.”*

The Basic Recipe:

- Rate your “pain”.
- The Setup
- Sequence
- Repeat

Rate:

Rate your “pain” from scale of 1 to 10. With 10 being the most intense.

The Setup:

Repeat affirmation 3 times: (While continuously tapping on the Karate Chop point.)

“Even though I have this “_____”, I deeply and completely accept myself.

Sequence: (see chart)

Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point:

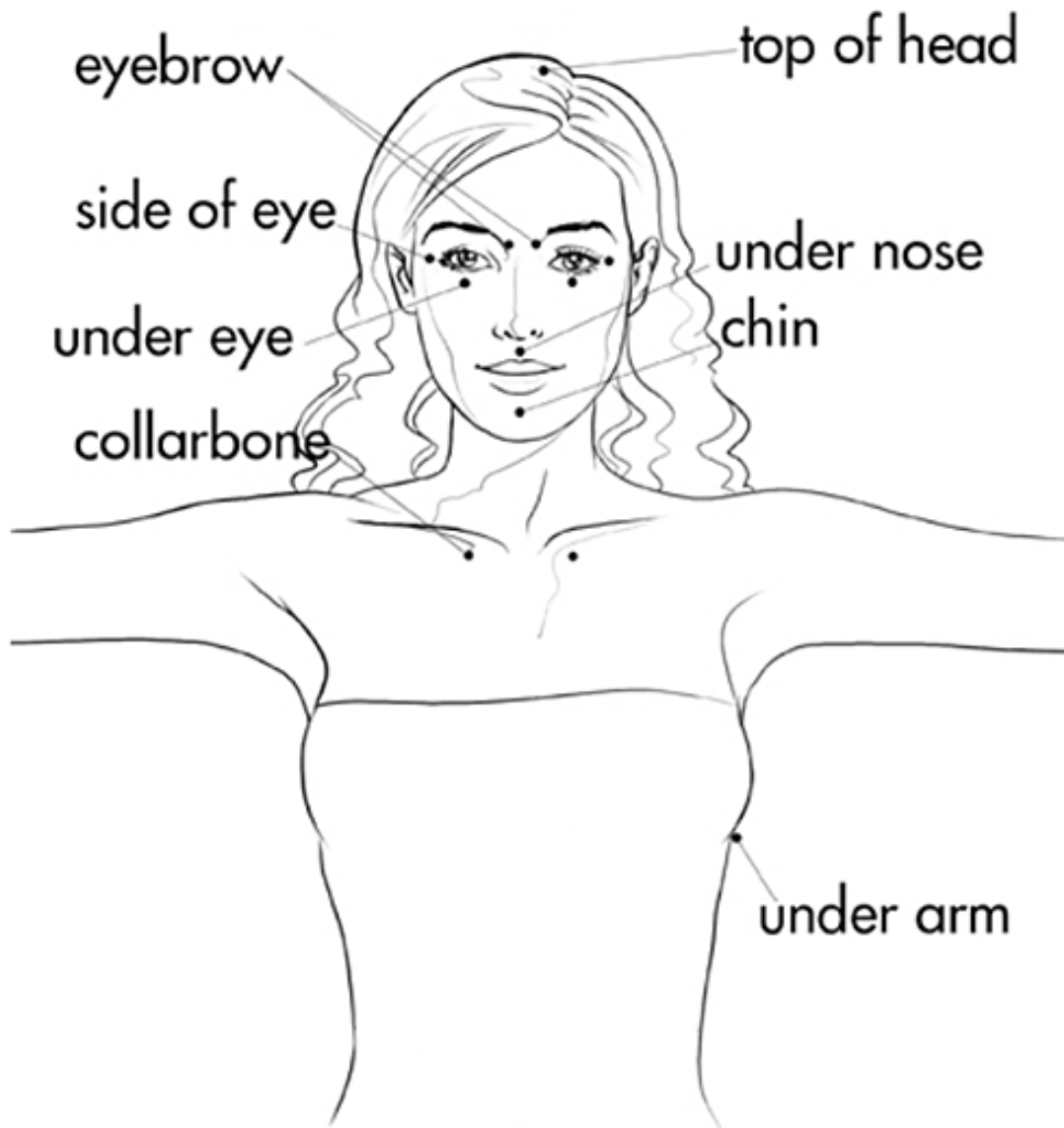
- Eye Brow
- Side of Eye
- Under Eye
- Under Nose
- Chin
- Collar Bone
- Under Arm
- Top of Head

DEEP BREATH...

Rerate your “pain”. Notice any changes.

NOTE: In subsequent rounds, when you say the Setup affirmation and the Reminder Phrase, adjust it to reflect that you are addressing the REMINING problem.

Drink LOTS OF WATER



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