

EFT points for Reducing Tension

It involves tapping on the end points of the major energy meridians in the body and is the method by which the "zzzzzt" in the energy system is balanced out. Before locating these points for you, however, you need a few tips on how to carry out the tapping process.

Tapping tips: You can tap with either hand but it is usually more convenient to do so with your dominant hand (e.g. right hand if you are right handed).

Tap with the fingertips of your index finger and middle finger. This covers a little larger area than just tapping with one fingertip and allows you to cover the tapping points more easily.

Tap solidly but never so hard as to hurt or bruise yourself.

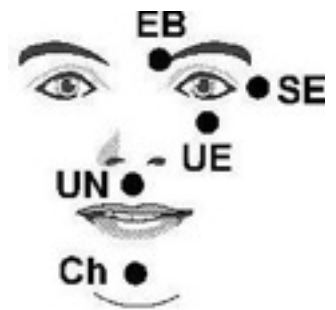
Tap about 7 times on each of the tapping points. I say about 7 times because you will be repeating a "reminder phrase" (covered later) while tapping and it will be difficult to count at the same time. If you are a little over or a little under 7 (5 to 9, for example) that will be sufficient.

Most of the tapping points exist on either side of the body. It doesn't matter which side you use nor does it matter if you switch sides during The Sequence. For example, you can tap under your right eye and, later in The Sequence, tap under your left arm.

The points: Each energy meridian has two end points. For the purposes of The Basic Recipe, you need only tap on one end to balance out any disruptions that may exist in it. These end points are near the surface of the body and are thus more readily accessed than other points along the meridians that may be more deeply buried. What follows are

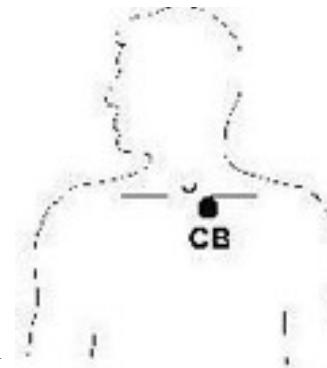
instructions on how to locate the end points of those meridians that are important to.

- At the Top of the head, abbreviated TH
- At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated EB for beginning of the Eye Brow.



- On the bone bordering the outside corner of the eye. This point is abbreviated SE for Side of the Eye.
- On the bone under an eye about 1 inch below your pupil. This point is abbreviated UE for Under the Eye.
- On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated UN for Under the Nose.
- Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated Ch for Chin.

- The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the

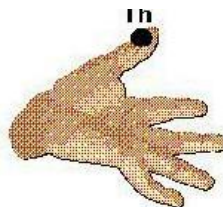


bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for CollarBone even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point because that is a lot easier to say than "the junction where the sternum (breastbone), collarbone and the first rib meet."

- On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated UA for Under the Arm.



- For men, one inch below the nipple. For ladies, where the underskin of the breast meets the chest wall. As discussed below, this point has been added for this edition.



- On the outside edge of your thumb at a point even with the base of the thumbnail. This point is abbreviated Th for Thumb.

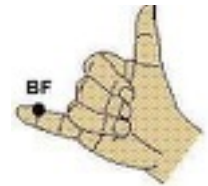
- On the side of your index finger (the side facing your thumb) at a point even with the base of the fingernail. This point is abbreviated IF for Index Finger.



- On the side of your middle finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated MF for Middle Finger.



- On the inside of your Ring finger (the side closest to your thumb) at a point even with the base of the fingernail.
- On the inside of your baby finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated BF for Baby Finger.



The abbreviations for these points are summarized below in the same order as given above.

- TH** = Top of the Head
- EB** = Beginning of the Eye Brow
- SE** = Side of the Eye
- UE** = Under the Eye
- UN** = Under the Nose
- Ch** = Chin
- CB** = Beginning of the Collar Bone
- UA** = Under the Arm
- BN** = Below the Nipple
- Th** = Thumb
- IF** = Index Finger
- MF** = Middle Finger
- RF** = Ring Finger
- BF** = Baby Finger

Please notice that these tapping points proceed down the body. That is, each tapping point is below the one before it. That should make it a snap to memorize. A few trips through it and it should be yours forever. Points may be tapped in any order, and any points may be tapped or missed.

Also note that the BN point may be awkward for ladies to tap while in social situations (restaurants, etc.). Even though the EFT results have been superb without it, it is included now for completeness.