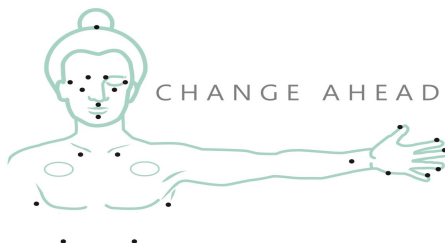


STEP 1 – Tapping Points

Acquaint yourself with the tapping points used in EFT (Emotional Freedom Techniques).



Point	Meridian	Releases	Allows
Top of Head (TH)	'Hundred Meeting Points'	Inner critic, lack of focus	Insight, spiritual connection
Eyebrow (EB)	Bladder	Trauma, sadness, dread	Inner peace, emotional healing
Side of Eye (SE)	Gall Bladder	Anger, fear of change	Clarity, compassion
Under Eye (UE)	Stomach	Anxiety, worry	Calmness, contentment
Under Nose (UN)	Governing	Shame, guilt, powerlessness	Self-acceptance, empowerment
Chin (CH)	Central	Confusion, shame	Clarity, confidence
Collarbone (CB)	Kidney (Adrenals)	Stress, worry, stuckness	Confidence, ease
Under Arm (UA)	Spleen	Guilt, insecurity	Clarity, compassion
Below Nipple (BN)	Liver		

STEP 2 – Rate It

Tune into the feeling or issue. Use this scale to rate the intensity from 0 to 10:

0 = no emotion or discomfort | 5 = moderate intensity | 10 = most intense negative sensation

STEP 3 – The Setup

While rubbing the sore spot or tapping the karate chop point (side of hand), repeat this phrase 3 times:

“Even though I have this [issue/problem/pain], I deeply and completely accept myself.”

Or: “I am OK” or “I’m doing my best.”

STEP 4 – The Sequence

Tap about 7 times on each point while repeating a short reminder phrase (e.g., “sad”, “overwhelmed”).

Points: Top of Head, Eyebrow, Side of Eye, Under Eye, Under Nose, Chin, Collarbone, Underarm, Thumb, Index Finger, Middle Finger, Little Finger, Karate Chop.

STEP 5 – The 9 Gamut Procedure

While tapping on the back of your hand (between ring & little finger bones), perform the following:

1. Close your eyes
2. Open your eyes
3. Look down to the right

4. Look down to the left
5. Roll your eyes clockwise
6. Roll your eyes counter-clockwise
7. Hum a short tune
8. Count from 1 to 9
9. Hum again

STEP 6 – Repeat the Sequence

Repeat STEP 4 using your reminder phrase.

STEP 7 – Check In

Re-rate the issue using the 0–10 scale. Repeat the process if intensity remains.



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