

## Homeopathy for Women

[www.HomeopathyForWomen.org](http://www.HomeopathyForWomen.org)

*Empowering Women and Their Families in the Homeopathic Lifestyle*

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## Emotional Freedom Technique - EFT - Meridian Tapping

### Basic Step-by-Step Client Instructions

The Short Method of EFT: Print these directions out for future use

- **Rate The Problem**
  - Before you start, rate your problem on a scale from 0 - 10. This is 10 being high - the worse sensation - the most emotion or pain and 0 being when there is nothing left or no sensation.
  - Repeat this rating number after every round you do of EFT tapping.
  - Continue with this cycle until the emotional level is around 1 or even 0. This may take several times through the sequence.
  
- **The Set Up**
  - Repeat a negative affirmation three times while you tap the “Karate Chop” point on the hands. (See diagrams below.)
  - The negative affirmation is: **“Even though insert the words of the issue here...such as "I am upset about my current situation"... I truly and completely love and accept myself.”**
  - The reminder phrase said during the tapping. The phrase could for example: **“these feelings.”**
  
- **The Tapping Sequence (see diagram below)**
  - Tap with either hand using the fingertips of your index finger and middle finger.
  - Tap (or press) on the following points in this order while saying the **reminder phrase throughout the tapping:**

1. “Karate Chop” point on the hands (while saying the negative affirmation)
2. Beginning of the Eye Brow
3. Side of the eye
4. Under the eye
5. Under the nose
6. Under the mouth/beginning of chin
7. Beginning of collar bone
8. Under the arm
9. Top of the head

