

## EFT - shortcut version

### #1 ~ The Setup

While tapping on the Karate Chop point, repeat your setup phrase 3 times  
eg. "Even though I have this angry feeling, I fully and deeply accept myself."

The Karate Chop Point (**KC**) is located on the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the little finger ie. the part of your hand you would use to deliver a karate chop. If you slap the whole side of the hand with an open palm, you'll be sure to get it.



### #2 ~ The Sequence

Using your index and second fingers, tap gently about 7-9 times (don't worry about counting, just as long as it takes to say your reminder phrase) on each of the tapping points, while repeating the **reminder phrase** eg "angry feeling"

**EB** = Beginning of the Eye Brow

**SE** = Side of the Eye (On the bone bordering the outside corner of the eye)

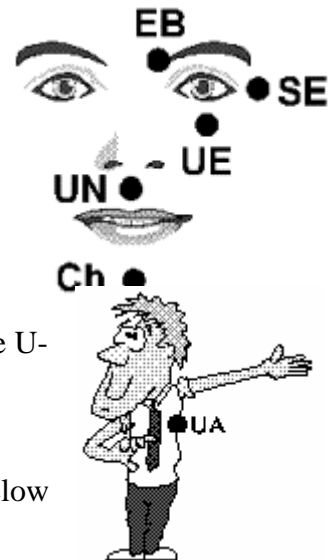
**UE** = Under the Eye (On the bone under the eye, directly below your pupil.)

**UN** = Under the Nose (On the small area between the bottom of your nose and the top of your upper lip)

**Ch** = Chin (Between the point of your chin and the bottom of your lower lip, on the crease)

**CB** = Beginning of the Collar Bone (The junction where the 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).

**UA** = Under the Arm (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.)



### #3 ~ If the feeling isn't completely gone

Repeat the whole shortcut again, using a slightly modified setup and reminder phrase. Eg.

- Setup: "Even though I still have some of this angry feeling, I fully and deeply accept myself."
- Reminder Phrase: "Remaining angry feeling"

### #4 ~ If the feeling still isn't completely gone

Check in with the feeling again, and see if the setup and reminder phrase are still accurate. If the original phrase **is** still accurate, repeat #3. But if the feeling has shifted, or the feeling is the same, but about something different, adjust the phrase. Eg:

- Setup: "Even though I have this sad feeling, I fully and deeply accept myself."
- Reminder Phrase: "Sad feeling"

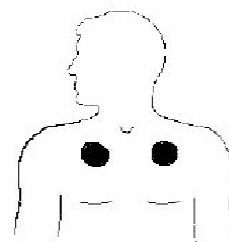
**It's important to continue till the feeling has completely eased – ie. down to zero intensity.**

## What to do if it doesn't work & your intensity isn't going down

- Drink some water, you may be dehydrated
- Say everything louder and with more feeling
- Check whether you're still looking at the same "aspect"
- Get more specific eg. instead of "this headache" say "this stabbing pain at the top of my right temple near my eyebrow" or instead of "lack of self esteem" work on the specific situations that lead to that feeling.
- If you're working on an emotion, try tapping on the physical sensations in your body instead
- Try the full recipe:
  1. Setup: You can also try using the sore spot (see below) instead of the karate chop point
  2. Sequence: Use all the shortcut points, plus the finger points (see below)
  3. 9 gamut (see below)
  4. Sequence again
- "Energy toxins" might be interfering with your energy system. The most common are: wheat, corn, dairy, refined sugar, herbs, pepper, tea, coffee, caffeine, nicotine, alcohol and perfume. Refer to the manual for help.
- See an EFT Therapist for some expert guidance

### Extra tapping points

**The Sore Spot** - On either side of the upper chest, about 3" down and 3" out from the tips of the collarbones, you'll find a tender or sore spot. (Feel around with your fingers a little to locate it.) This point should be rubbed gently, not tapped.



#### The finger points:

**Th:** Outside edge of the thumb nail

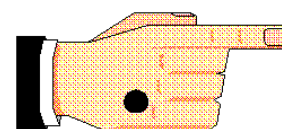
**IF:** Edge of the nail of the index finger, the side closest to the thumb

**MF:** Edge of the nail of the middle finger, the side closest to the thumb

**LF:** Edge of the nail of the little finger, the side closest to the thumb

### The 9 gamut

**The gamut point** is on the back of the hand, in the gap between the bones that run down from the ring finger to the wrist bone and from the little finger to the wrist, close to the knuckles. While tapping on the gamut point, perform the following brain integration exercises:



Gamut point

1. Close your eyes ~ 2. Open your eyes ~ 3. Look hard down to the right ~ 4. Look hard down to the left ~ 5. Move your eyes in a full circle clockwise ~ 6. Move your eyes in a full circle anti-clockwise ~ 7. Hum a few bars of a song ~ 8. Count from 1 to 5 ~ 9. Hum again.

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