

# THE POWER OF EFT TAPPING



Welcome to this free guide on EFT tapping! I'm thrilled to share with you a step-by-step process that will help you practice EFT tapping and unlock its incredible benefits. Through this powerful technique, you'll learn how to release negative emotions, reduce stress, and promote emotional well-being.

# INTRODUCTION



As the creator of this guide, I've personally experienced the transformative effects of EFT tapping in my own life. Like many of you, I've faced moments of overwhelm, anxiety, and self-doubt.

But through EFT tapping, I've discovered a tool that has allowed me to navigate these challenges with greater ease and resilience.

EFT tapping, also known as Emotional Freedom Technique, combines elements of traditional Chinese medicine and modern psychology. By tapping on specific acupressure points on the body while focusing on negative emotions or limiting beliefs, we can release their hold on us and create a sense of emotional freedom.

EFT tapping has gained popularity for its ability to address a wide range of emotional and physical issues. It has been shown to be effective in reducing anxiety, managing stress, alleviating pain, improving sleep, and enhancing overall well-being.

# WHAT YOU'LL LEARN

Through this guide, you'll learn how to tap into the power of EFT tapping and harness its benefits for yourself. We'll walk through each step of the process, providing you with clear instructions and guidance along the way.

## In this guide, you'll discover:

- ✦ The basics of EFT tapping and how it works to address emotional and physical issues.
- ✦ How to identify and acknowledge the specific emotions you want to address through EFT tapping.
- ✦ The art of creating positive affirmations that will support your tapping practice.
- ✦ The different tapping points on the body and their significance in the EFT tapping technique.
- ✦ A specific tapping sequence to effectively tap on each identified emotion and affirmation.
- ✦ Techniques for releasing negative emotions and cultivating emotional well-being.
- ✦ How to incorporate EFT tapping into your daily routine for long-term benefits.





## STEP 1

# UNDERSTANDING EFT TAPPING

**Learn the basics of EFT tapping and how it works to address emotional and physical issues.**

Hey there! Welcome to Step 1 of our Free 7-Step EFT Tapping Guide. In this section, we'll dive into the fundamentals of EFT tapping and how it can help you address both emotional and physical issues.

EFT tapping, also known as Emotional Freedom Technique, is a powerful tool that combines elements of traditional Chinese medicine and psychology. It involves tapping on specific acupressure points on the body while focusing on specific emotions or issues. This technique helps to release negative energy and restore balance in the body's energy system.

So, how does EFT tapping work? Well, it's based on the idea that unresolved emotional issues can disrupt the body's energy flow, leading to physical and emotional discomfort. By tapping on these specific points, we can stimulate the body's energy meridians and restore harmony.

But don't worry if you're new to this concept – EFT tapping is easy to learn and can be practised by anyone. It's a gentle and non-invasive technique that can be done anywhere, anytime. Plus, it's completely safe and doesn't require any special equipment.

During the tapping process, we'll be addressing both emotional and physical issues. This means that whether you're dealing with stress, anxiety, pain, or any other negative emotion, EFT tapping can help you find relief. By tapping on the acupressure points, we're essentially sending calming signals to the brain, which can reduce the intensity of negative emotions and promote a sense of well-being.

In the upcoming steps, we'll explore how to identify and acknowledge specific emotions, create affirmations, and tap on the different points of the body. We'll also guide you through a tapping sequence to effectively address each emotion or issue.

remember, EFT tapping is a journey, and it may take some practice to fully experience its benefits. So, be patient with yourself and embrace the process. By incorporating this technique into your daily routine, you'll be able to release negative emotions, reduce stress, and promote emotional well-being.

Now that you have a basic understanding of EFT tapping, let's move on to Step 2, where we'll explore how to identify the emotions you want to address. Get ready to tap into a world of emotional freedom!



## STEP 2

# IDENTIFYING EMOTIONS

**Discover how to identify and acknowledge the specific emotions you want to address through EFT tapping.**

Welcome to Step 2 of our Free 7-Step EFT Tapping Guide! In this step, we will delve into the process of identifying and acknowledging the specific emotions that you want to address through EFT tapping. This is a crucial step as it allows you to gain clarity on the emotions that are causing you distress and enables you to effectively target them during the tapping process.

Why is identifying emotions important?

Emotions play a significant role in our overall well-being. They can either uplift us or bring us down. By identifying and acknowledging the specific emotions that are troubling us, we can begin to understand the root causes of our emotional distress. This self-awareness is essential for initiating the healing process.

How to identify emotions for EFT tapping

**Self-reflection:** Take some time to sit in a quiet space and reflect on your emotions. Ask yourself, "What am I feeling right now?" Pay attention to any physical sensations or discomfort that may accompany these emotions.

**Journaling:** Grab a pen and paper and start journaling about your emotions. Write freely without judgment or censorship. Allow your thoughts and feelings to flow onto the paper. This process can help you gain insights into your emotions and their underlying causes.

**Body awareness:** Our bodies often hold onto emotions, manifesting as physical sensations. Pay attention to any tension, tightness, or discomfort in your body. These physical sensations can provide clues about the emotions you are experiencing.

**Emotional triggers:** Notice the situations, people, or events that trigger intense emotional responses within you. These triggers can help you identify the specific emotions that need to be addressed through EFT tapping.

Once you have identified the emotions you want to address, it is important to acknowledge and accept them without judgment. Remember, emotions are a natural part of being human, and it is okay to feel them. By acknowledging and accepting your emotions, you create a safe space for healing and transformation.

Congratulations on completing Step 2 of our Free 7-Step EFT Tapping Guide! By learning how to identify and acknowledge the specific emotions you want to address, you have taken a significant step towards emotional well-being. In the next step, we will explore how to create positive affirmations that will support your healing journey. Stay tuned and keep tapping!

## STEP 3

# CREATING AFFIRMATIONS

**Learn how to create positive affirmations that will be used during the tapping process to reframe negative beliefs.**

In this step, we'll dive into the powerful practice of creating affirmations to reframe negative beliefs. Affirmations are positive statements that help shift our mindset and replace negative thoughts with empowering ones. By incorporating affirmations into the tapping process, we can effectively rewire our brains and promote emotional well-being.

Why are affirmations important?

Affirmations play a crucial role in EFT tapping as they help us challenge and change our negative beliefs. These beliefs often hold us back from reaching our full potential and experiencing emotional freedom. By creating positive affirmations, we can counteract these negative beliefs and cultivate a more positive and empowering mindset.

How to create effective affirmations:

**Identify the negative belief:** Start by identifying the negative belief or thought pattern that you want to address. It could be related to self-worth, fear, or any other limiting belief that is holding you back.

**Reframe it into a positive statement:** Once you've identified the negative belief, reframe it into a positive statement. For example, if your negative belief is "I'm not good enough," you can reframe it as "I am worthy and deserving of love and success."

**Make it personal and present tense:** Ensure that your affirmations are personal and stated in the present tense. This helps your subconscious mind believe and internalize the positive statement.

For example, instead of saying "I will be confident," say "I am confident and capable."

**Keep it concise and specific:** Keep your affirmations concise and specific. This allows you to focus on a particular aspect of your belief system that you want to change. For example, instead of saying "I am successful," you can say "I am attracting abundance and success in my career."

**Add emotion and visualisation:** Infuse your affirmations with positive emotions and visualise yourself already embodying the desired belief. This helps to strengthen the neural pathways associated with the positive affirmation and enhances its effectiveness.

How to use affirmations during the tapping process:

During the tapping process, you'll incorporate your affirmations by repeating them out loud or silently while tapping on the specific acupressure points. This combination of positive affirmations and tapping helps to rewire your brain and release negative emotions associated with the limiting belief. Remember to tap gently on each point while focusing on your affirmations, allowing yourself to fully embrace the positive shift.

P O S I T I V I T Y

## STEP 4

# TAPPING POINTS

**Familiarise yourself with the different tapping points on the body and their significance in the EFT tapping technique.**

In this step, we're going to dive into the tapping points on the body and understand their significance in the EFT tapping technique. So, let's get started!

### Tapping Points Overview

EFT tapping involves gently tapping on specific points on the body while focusing on the emotions or issues you want to address. These points are known as the tapping points or acupuncture points. By tapping on these points, we can stimulate the body's energy meridians and promote emotional well-being.

### The Tapping Points

**Karate Chop Point (KC)** - This point is located on the side of your hand, between the base of your pinky finger and your wrist. It is often used for setting up statements and releasing negative beliefs.

**Eyebrow (EB)** - The eyebrow point is located at the beginning of your eyebrow, just above the bridge of your nose. Tapping on this point can help release tension and promote clarity.

**Side of Eye (SE)** - This point is located on the outer edge of your eye, in line with your temple. Tapping here can help release stress and negative emotions.

**Under Eye (UE)** - The under eye point is located on the bone just below your eye, in line with your pupil. Tapping on this point can help reduce anxiety and promote relaxation.

**Under Nose (UN)** - This point is located between your nose and upper lip. Tapping here can help release fear and promote emotional balance.

**Chin (CH)** - The chin point is located in the crease between your lower lip and chin. Tapping on this point can help release frustration and promote self-acceptance.

**Collarbone (CB)** - The collarbone point is located just below the collarbone, about an inch to the side of the sternum. Tapping here can help release emotional blocks and promote confidence.

**Under Arm (UA)** - This point is located about four inches below your armpit. Tapping on this point can help release stress and promote a sense of safety.

**Top of Head (TH)** - The top of the head point is located at the crown of your head. Tapping here can help release negative thoughts and promote clarity.



## STEP 5

# TAPPING SEQUENCE

**Follow a specific tapping sequence to effectively tap on each of the identified emotions and affirmations.**

Now let's dive into the tapping sequence, which is a specific pattern of tapping on different points of your body to effectively address the emotions and affirmations we identified in Steps 2 and 3.

Now, before we get started, I want to remind you of the power of intention and focus during this process. As you tap on each point, it's important to bring your attention to the specific emotion or affirmation you're working on. This focused awareness helps to release any blockages and create positive shifts in your energy system.

Let's go through the tapping sequence together:

Start by tapping on the **karate chop point**, which is the fleshy part on the side of your hand. Use your fingertips to gently tap on this point while repeating a setup statement that acknowledges the emotion or affirmation you're addressing. For example, "Even though I feel anxious about **[specific situation]**, I deeply and completely accept myself."

Move on to the **eyebrow point**, which is located at the beginning of your eyebrow, closest to the bridge of your nose. Tap on this point while stating the specific emotion or affirmation. For instance, "This anxiety about **[specific situation]**."

Next, **tap on the side of your eye**, on the bone at the outer corner of your eye. As you tap, repeat the emotion or affirmation, such as "This fear of **[specific situation]**."

**Tap under your eye**, on the bone just below your eye. While tapping, acknowledge the emotion or affirmation, like "This sadness about **[specific situation]**."

Move on to the area just **below your nose, above your upper lip**. Tap here and state the emotion or affirmation, such as "This anger towards **[specific situation]**."

**Tap on your chin**, in the crease between your lower lip and your chin. Repeat the emotion or affirmation, like "This guilt about **[specific situation]**."

**Tap on your collarbone**, using all four fingers to tap on the bone in a gentle, rhythmic motion. As you tap, state the emotion or affirmation, for example, "This shame about **[specific situation]**."

Finally, **tap under your arm**, about four inches below your armpit. Tap here while repeating the emotion or affirmation, such as "This overwhelm about **[specific situation]**."

Remember to tap on each point for about 5-7 times, while focusing on the specific emotion or affirmation. Take deep breaths throughout the tapping sequence to help release any tension or stress.



## STEP 6

# RELEASING NEGATIVE EMOTIONS

**Practice tapping on each emotion while focusing on releasing and letting go of negative emotions.**

Hey there! Welcome to Step 6 of our 7-step EFT tapping guide. In this step, we will dive into the practice of releasing negative emotions through tapping.

Negative emotions can weigh us down and hinder our emotional well-being. But with EFT tapping, we have a powerful tool to release and let go of these emotions. So, let's get started!

**Identify the Emotion:** Begin by identifying the specific negative emotion you want to address. It could be anger, sadness, fear, or any other emotion that is holding you back.

**Tap on the Emotion:** Once you have identified the emotion, start tapping on the specific tapping points while focusing on that emotion. For example, if you are feeling anger, tap on the karate chop point and say, "Even though I feel angry, I deeply and completely accept myself."

**Release and Let Go:** As you tap on each point, allow yourself to release and let go of the negative emotion. Feel the tension and heaviness leaving your body with each tap. Visualise the emotion dissipating and being replaced with a sense of calm and peace.

**Repeat the Process:** Repeat the tapping sequence for each negative emotion you want to release. Take your time with each emotion, allowing yourself to fully experience the release and letting go.

Remember, EFT tapping is a practice, and it may take time to fully release certain emotions. Be patient with yourself and trust in the process.

By practicing tapping on each emotion and focusing on releasing and letting go, you are taking a powerful step towards emotional well-being. Embrace this opportunity to free yourself from the burden of negative emotions and create space for positivity and joy in your life.

In the next and final step, we will explore how to use EFT tapping as a daily practice to promote emotional well-being and maintain a positive mindset. So, let's move on to Step 7 and continue this transformative journey together!

## STEP 7

# PROMOTING EMOTIONAL WELL-BEING

**Discover how to use EFT tapping as a daily practice to promote emotional well-being and maintain a positive mindset.**

Welcome to Step 7 of our Free 7-Step EFT Tapping Guide. In this step, we're going to explore how you can use EFT tapping as a daily practice to promote emotional well-being and maintain a positive mindset.

Emotional well-being is crucial for leading a fulfilling and balanced life. By incorporating EFT tapping into your daily routine, you can effectively release negative emotions, reduce stress, and cultivate a positive mindset.

### Why EFT Tapping as a Daily Practice?

Using EFT tapping on a daily basis allows you to address any emotional challenges or negative beliefs that may arise throughout your day. It's like having a powerful tool at your disposal to navigate through life's ups and downs.

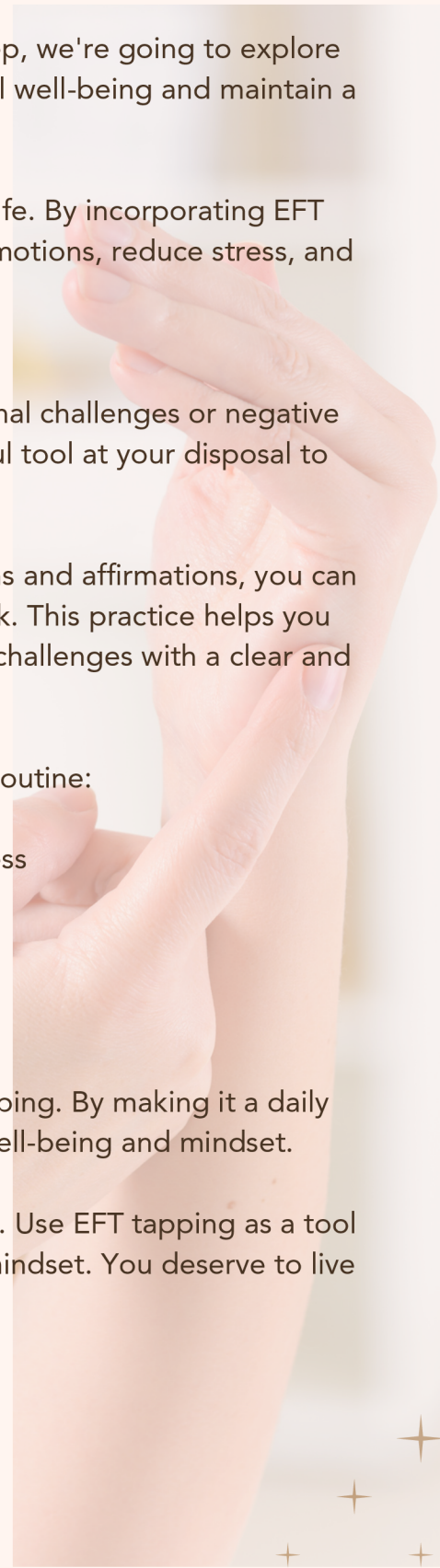
By tapping on specific meridian points while focusing on your emotions and affirmations, you can release any tension or negative energy that may be holding you back. This practice helps you maintain emotional balance and resilience, allowing you to approach challenges with a clear and positive mindset.

### How to Incorporate EFT Tapping into Your Daily Routine:

- Set aside dedicated time
- Choose specific emotions or beliefs to address
- Create affirmations
- Follow the tapping sequence
- Practice self-compassion

Consistency is key when it comes to reaping the benefits of EFT tapping. By making it a daily practice, you'll gradually notice positive shifts in your emotional well-being and mindset.

So, take a few minutes each day to tap into your emotional well-being. Use EFT tapping as a tool to release negative emotions, reduce stress, and maintain a positive mindset. You deserve to live a life filled with emotional balance and joy!





# CONCLUSION



Congratulations! You have reached the end of this comprehensive 7-step EFT tapping guide. Throughout this journey, you have learned how to release negative emotions, reduce stress, and promote emotional well-being through the power of EFT tapping. Now, it's time to put everything you've learned into practice and transform your life.

Now, it's time to take action. Start tapping today and witness the transformative power of this technique in your own life. Dedicate a few minutes each day to practice EFT tapping, and you will begin to notice a shift in your emotional well-being. As you tap on each emotion and focus on releasing and letting go, you will feel lighter, more at peace, and empowered to overcome any challenges that come your way.

Remember, consistency is key. Make EFT tapping a part of your daily routine, just like brushing your teeth or exercising. The more you practice, the more profound the results will be. Embrace this powerful tool and watch as it helps you release negative emotions, reduce stress, and promote emotional well-being. Enjoy your journey!

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