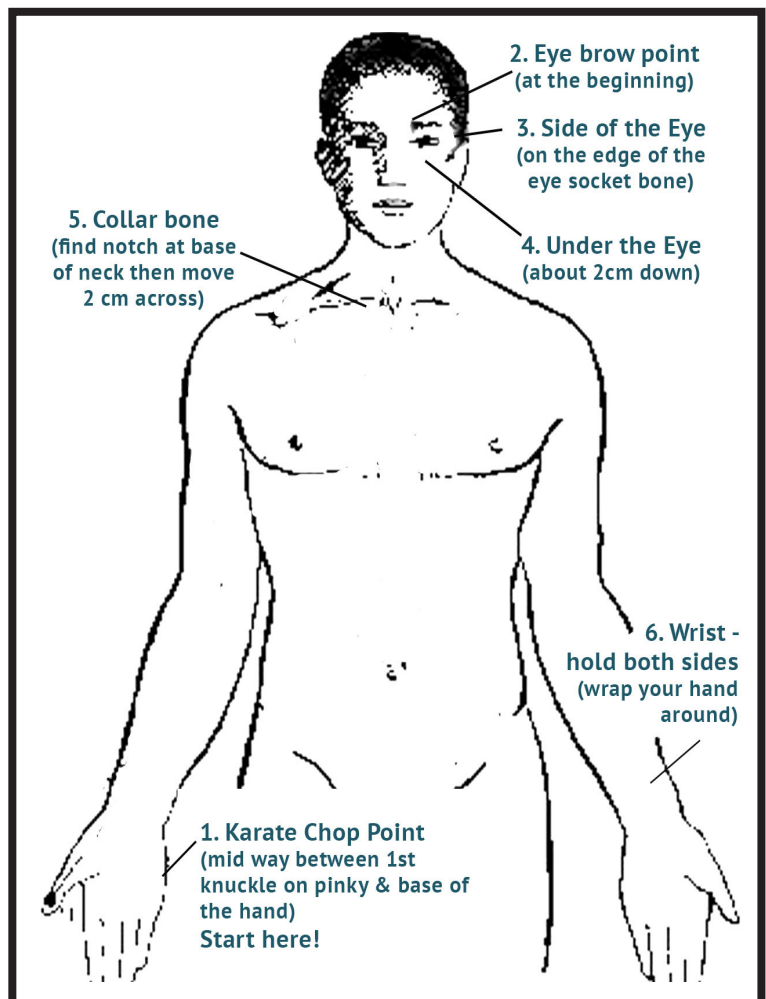


# Faster EFT - Tapping Technique

A QUICK REFERENCE FOR WHEN YOU NEED IT

1. Determine the emotions you feel about this situation and notice where they are in your body.
2. Establish a starting number (0=no issue 10=the worst it could be). If it's only a 6 or below, intensify the emotions as much as you can. Think of other instances you felt this way until you get it really high.
3. Tap on the Karate Chop point and Say "**Even though I have this <feeling> I accept myself anyway**".
4. Tap on the eyebrow and say "**I choose to let it go, I'm releasing it**".
5. Tap on the side of the eye and say "**I'm letting it go**".
6. Under the eye "**I'm OK to let it go**".
7. Collar bone "**It's OK to let it go now**".
8. Hold your wrist and take a deep breath and out the out say "**Peace**" (in a peaceful way).



Keep tapping until it is either a zero or you have gotten it to as low a number as possible.

Tap on these points using the following words

|            |  |
|------------|--|
| Eyebrow    | <b>I release all fears, sadness, anger and emotional traumas</b>   |
| Side Eye   | <b>I release all feelings of guilt, helplessness, hopelessness</b> |
| Under Eye  | <b>no control, rejection,</b>                                      |
| Collarbone | <b>abandonment and betrayal, it is safe to let it go</b>           |
| Wrist      | <b>(hold &amp; deep breath)... peace</b>                           |

If it continues not to improve, please consider making an appointment with Vanessa. She can do sessions in person, on the phone and on Skype. There is a great possibility that I can help you to reduce or totally release this issue completely and permanently.

For assistance or more information or EFT Workshop Trainings, please contact

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