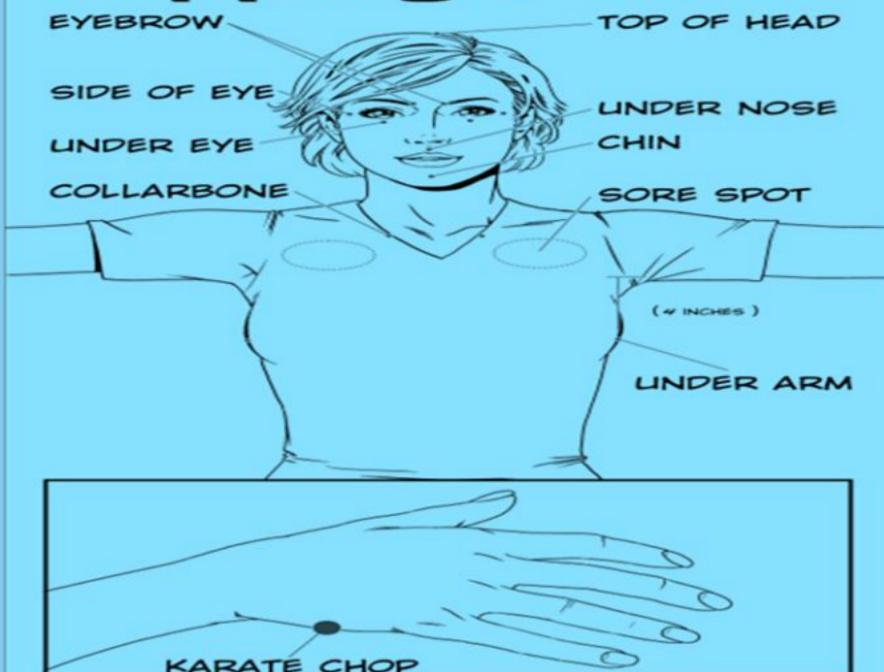


## Emotional Freedom Technique

# ***Tapping Points***



Courtesy of [www.ThrivingNow.com](http://www.ThrivingNow.com) & [www.Joy-Connection.com](http://www.Joy-Connection.com)  
Visit us for free reprint information and energy tapping tips

© 2009 - Reprint information and links must remain with the image

Consider the present concern (pain, emotion) & evaluate how it feels on a scale from 1 to 10.

Begin Tapping on the “Karate Chop Point” & repeat: “Even though I have this (pain, emotion) I completely accept myself & I’m willing to let this go.” Then tap all points beginning at the top of the head while repeating the above phrase. Tap eyebrow, side of the eye, under the eye, under the nose, chin, collar bone, “sore spot,” under the arm, Karate Chop again.

Consider the issue & access the intensity level. Repeat if desired.

### Kevin Rogers Hypnosis

Phone: 607.743.2798

4513 Vestal Road

Vestal, NY 13850

“Minding The Mind”



**Disclaimer:** The above shares ideas in exploring personal progress as derived from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. Always consider whether these ideas, concepts, techniques & activities are right for you & always confer with your health professionals.