## **EFT Basics**

jilkEARNS www.jillkearns.com

1 Tap crown

> 3 Temple

4 Below the eye/sinus point

6
Below the lip
(at the chin crease)

8 - Mid-ribs/bra line

Begin &/or end with:

Karate chop with finger tips

Top of Eyebrow

Below the nose

Below the collarbone

## AT EACH POINT

Round I: "Even though I \_\_\_\_\_\_,
I deeply and completely love and accept myself"

Rounds 2/3: "I deeply and completely love and accept myself"

## EFT Prayer

