

EFT Basics

JILL KEARNS
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Begin &/or end with:

0

Karate chop with
finger tips

2

Top of Eyebrow

5

Below the nose

7

Below the collarbone

1

Tap crown

3

Temple

4

Below the eye/sinus point

6

Below the lip
(at the chin crease)

8 - Mid-ribs/bra line

AT EACH POINT

Round 1: "Even though I _____,
I deeply and completely love and accept myself"

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



EFT Prayer

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Begin &/or end with

It is finished.
I am Healed. Thank
you Father



Our Father in heaven

your kingdom come,

on earth as it is in heaven.

And forgive us our
debts, as we also
have forgiven our
debtors.

For yours is the kingdom

hallowed be your name,

your will be done,

Give us today
our daily bread.

And lead us not into
temptation,
but deliver us from
the evil one

and the power

and the
glory
forever

