

EFT Basics

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Begin &/or end with:

0

Karate chop with
finger tips

1

Tap crown

3

Temple

4

Below the eye/sinus point

6

Below the lip
(at the chin crease)

8 - Mid-ribs/bra line

2

Top of Eyebrow

5

Below the nose

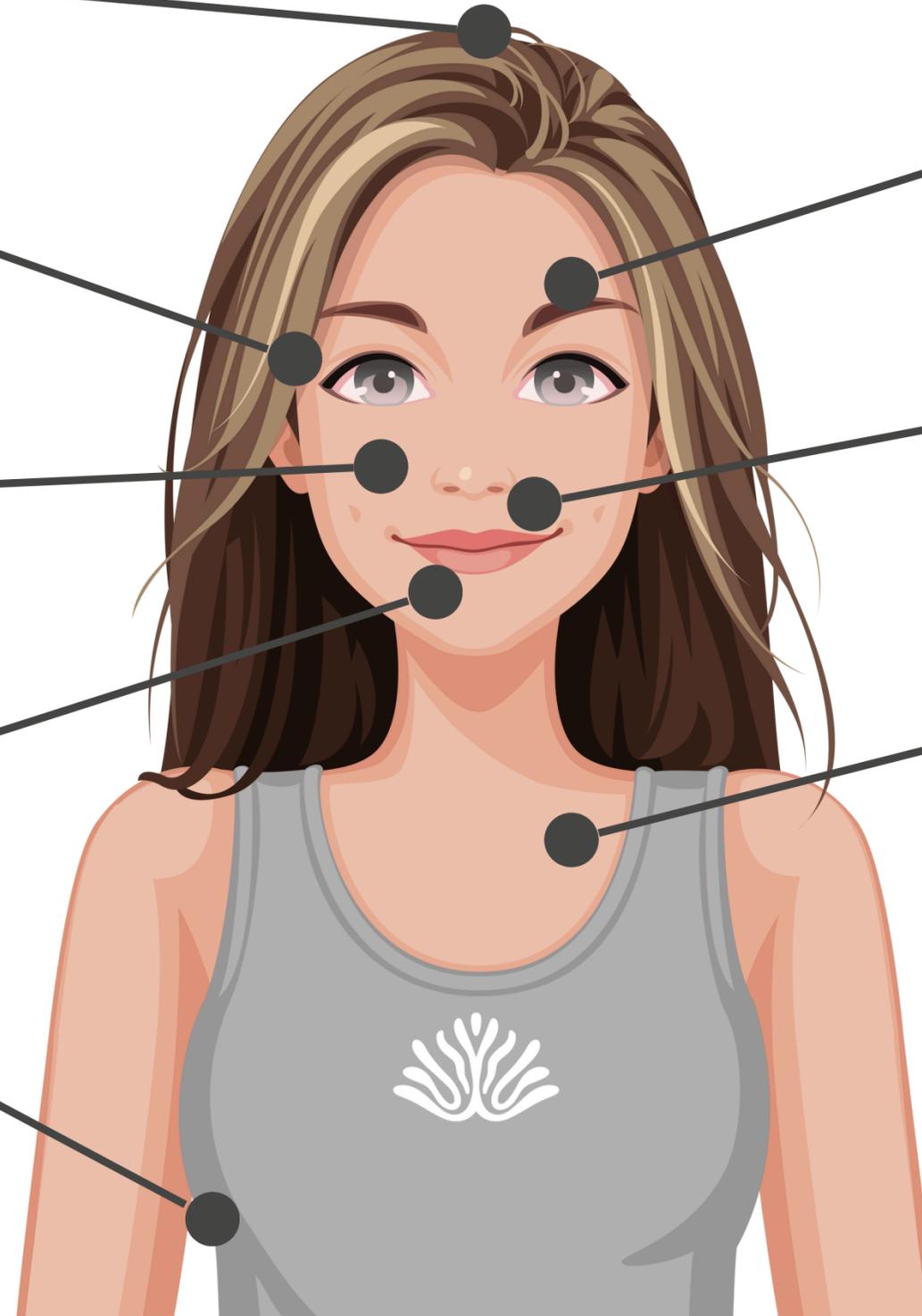
7

Below the collarbone

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

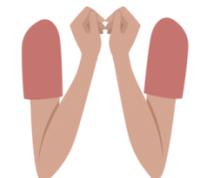
hallowed be your name,

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