

Now You Tap: LEARN THE POINTS



MODULE #2

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The Process

EFT(TAPPING)

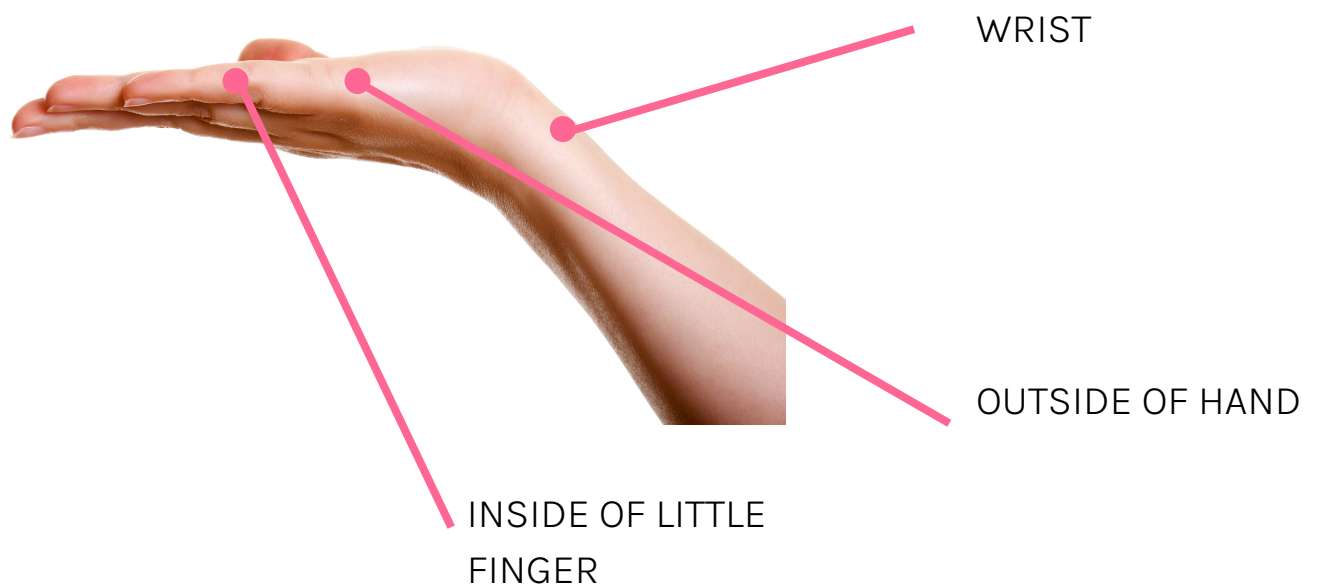
Ok, it's time to learn the Tapping points and understand how to identify what you'll be working on and how. Below you'll find an overview of the Tapping points we will be using on your body. You can also follow along with the video on the membership site.

The Points



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#1: TOP OF THE HEAD. Tap with one or two fingers

#2: INSIDE OF THE EYEBROWS: Tap with one finger each side firmly. You will feel a sensitive spot, that's what you're aiming for.

#3: OUTSIDE OF EYES. Use one finger each side of the eye.

#4: UNDER THE EYES. Use one finger each side under the eye. You will feel a sensitive spot under each eye. Aim for under the top of eye socket bone, inline with your pupil.

#5: UNDER THE NOSE. Use one finger directly under your nose and above the centre of your lip.

#6: ABOVE YOUR CHIN. Use one finger to tap firmly above your chin.

#7: UNDER COLLAR BONE. Use a finger each side to find the tender spot under your collar bone.

#8: UNDER ARMS. Aim for where your bra strap would sit. Use all your fingers to tap this area. Cross your arms in front of your body to use the hand of the opposite side.

#9: WRIST. Use 3 fingers to measure down from the base of your hand/top of the wrist to find the point. Use 2 fingers to tap the point firmly. Do this on both wrists.

#10: OUTSIDE OF HAND. Tap the whole side of your hand against the palm of your other hand. Do this on both hands.

#11: INSIDE OF LITTLE FINGER. Use your index finger of one hand to tap the inside of your little finger. Do this on both hands.

Remember to follow the video guide for this too.

Revise the points a few times so you can remember them easily and how to tap them.

When you tap, aim to tap the point firmly 5-10 times each point.

The Process

Here I have written out the process in steps for you but please watch the video as well.

#1: IDENTIFY THE PROBLEM. What are you working on? Is it a craving, an emotion, a habit, a belief system or thought. If craving identify the emotion behind it. Write it below.

#2: RATE THE INTENSITY LEVEL OF FEELING ASSOCIATED. Give yourself a number out of 10, 10 being really high intensity, 0 being not feeling anything. This is really important so you can compare after the process.



#3: USE THE AFFIRMATION. " I treat myself with love and respect even though I have this.....(fill in the blank with the problem or emotion e.g stress). Write it below.

I treat myself with love and respect even though I have this.....

#4: BEGIN TAPPING. Connect to the emotion you're feeling and then start working through the tapping points in order. Tap each point at least 5 times firmly. As you tap each point say the affirmation out loud if you can.

#5: USE YOUR BREATH. Throughout the process use your breath to release the old emotion as you say the affirmation and tap the points. Breathe out deeply with each point. This will help speed up the release of the emotion.

#6: FEEL IT RELEASING. Pay attention to the feeling releasing and the intensity decreasing as you move through the points.

#7: RATE HOW YOU'RE FEELING. Once you've completed each point, close your eyes and revisit the number scale to rate how you're feeling. On the scale of 10-0, 0 being the lowest, feeling free, how are you feeling now?

#8: NUMBER DROP. The number will have decreased. You're aiming to get to a 1 or 0 ideally. It's ok whatever number you're at right now. If it's still higher than you wish, repeat the process but this time changing the affirmation slightly to....

" I treat myself with love and respect even though I have this REMAINING ... (fill in the blank with your emotion).

#9: REPEAT PROCESS. Repeat all the tapping points again, the whole process until that number drops lower. You want to feel a decrease in the emotion.

