



The basic tapping technique

So before we begin just make sure you are in a quiet place where you won't be disturbed while you are learning to do this.

Very simply in EFT we tap on meridian points on our body while we focus on a situation or symptom that is causing us stress.

In this video I'm going to just take you through what is called the basic recipe. Do tap along to get familiar with the points.

- The first point we use is on the **side of the hand** and is called the Karate chop point. Tapping gently.
- The next point is the **eyebrow point** – inside the eye at the beginning of the eyebrow. You can tap on either side or both. It's up to you. Be gentle. You don't need to beat yourself up!
- The next point is the **side of the eye**. The outside edge of the eyebrow. Again you can use either side or both.
- Coming to **under the eye**. Tapping gently on the bone there. Using two to three fingers means you will be in the right area so don't worry about being exact.
- The next point is **under the nose**
- And then the **chin point** – in the crease of the chin.
- Then coming down to the **collarbone point**. Finding the tips of your collarbone and moving in and down about an inch. You can tap one side or both or just use the flat of your hand
- And then **under the arm** about a hand width from your armpit
- And finishing gently on the **top of your head**
- Deep breath in

Those are the points and that's one round

So putting it all together we begin with what is called a set up statement

Which can be something like,

Even though I have - (this problem) I accept myself anyway **or** I'm OK - if you can't say I accept myself just yet

To gauge how you are really feeling about this ask yourself where that registers on a scale of 0-10.

0 being not bothered 10 being extremely bothered! Write it down and then...

You say the set-up statement 3 times while tapping on the karate chop point– for example

ET I am so stressed because I have this work deadline I'm OK

ET I'm so stressed because I have this work deadline and I don't know how I'm ever going to get it done I accept myself

ET I am so stressed out right now, I'll never get it done in time – I'm basically OK

Doing this helps us accept where we're at and is already hopefully starting to bring the anxiety around the problem down

Then we tap around the points while saying a **reminder phrase**

You then take a deep breath and check in on that scale (0-10) to see whether it's gone up or down. Either way you can then ask yourself what tells you it's now a (whatever no.) and that will give you more to tap on.

Please remember with tapping **the more specific you can get the better** and I would of course ask you to take responsibility for your own health and wellbeing, seeking help if you need it.

You can find me on www.deemurraytherapies.co.uk