

Emotional Freedom Techniques

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Emotional Freedom Techniques

This material is aimed to introduce the tapping points before your first session or after you had a first lesson or experienced EFT, to support you when tapping by yourself.

Ensure to be well hydrated before and while tapping.

And be aware of what goes on inside yourself. If there is a shift in how you feel.

Emotional Freedom Techniques BASICS



leaves you with a negative emotion

Tapping happens at certain Acupuncture Points on the upper body.

While verbal focus is given to the issue, stimulating the energy pathways through tapping encourages energy to flow freely again.

Variations like left and/ or right side of the body, leaving out points, mixing up order, staying with one point etc. are totally OK - as long as you tap you will gain benefits.

YOU CAN'T DO ANYTHING WRONG. THERE IS NOTHING TO LOOSE.

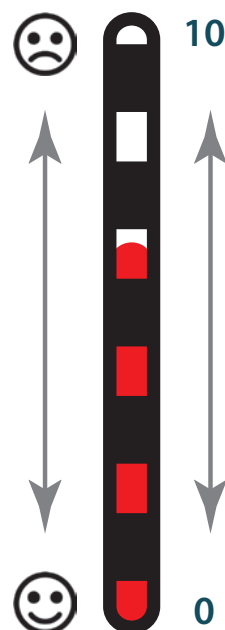
What is the Feeling that comes up for you ?

First one that comes to your mind.

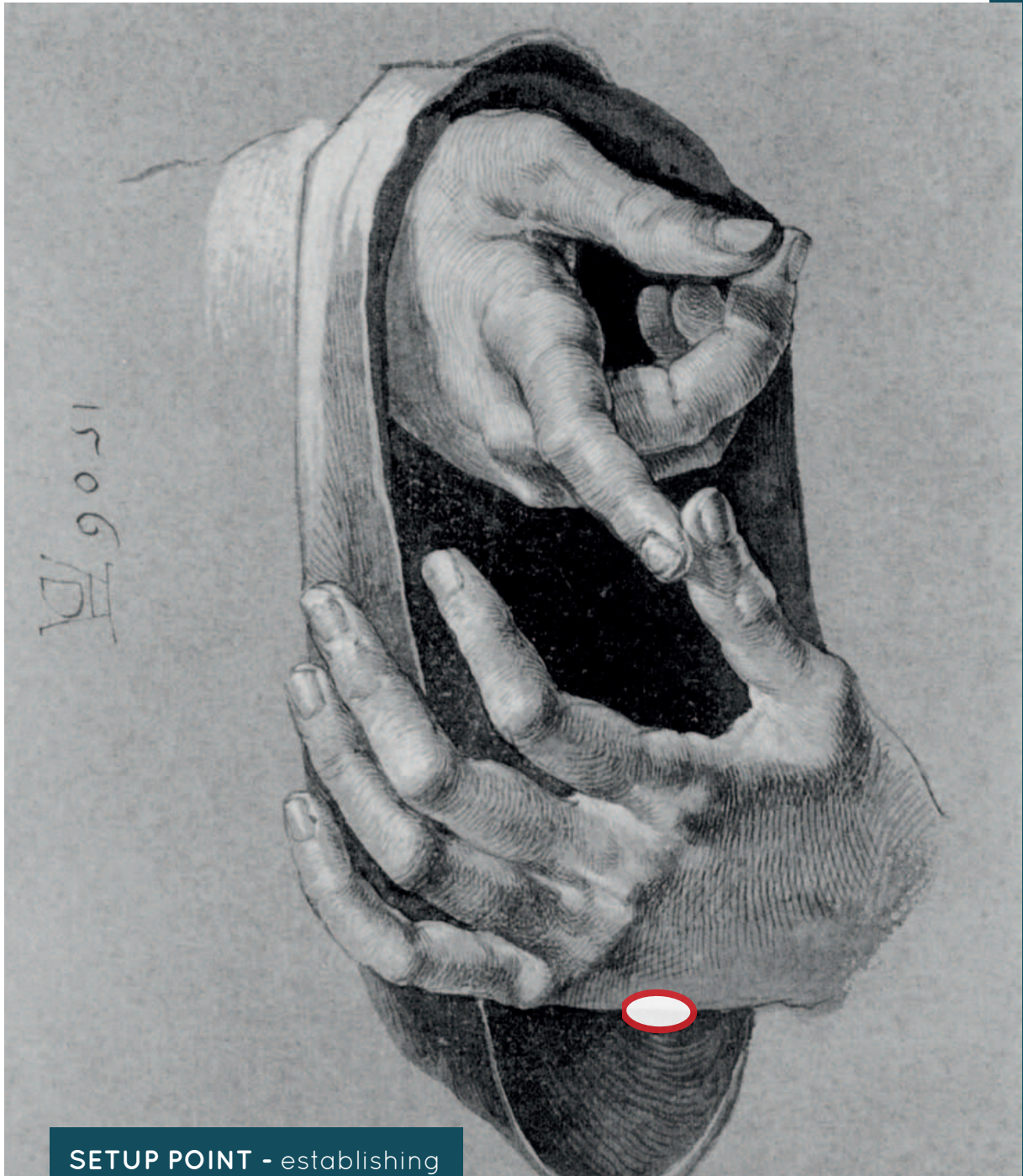
Describe it as specific as you can.

On a scale of Zero to Ten - Where would it be ?

First number that comes to your mind.



Tapping Points SETUP



SETUP POINT - establishing the polarity of 'this is what is' and 'I am OK regardless'.

KARATE CHOP

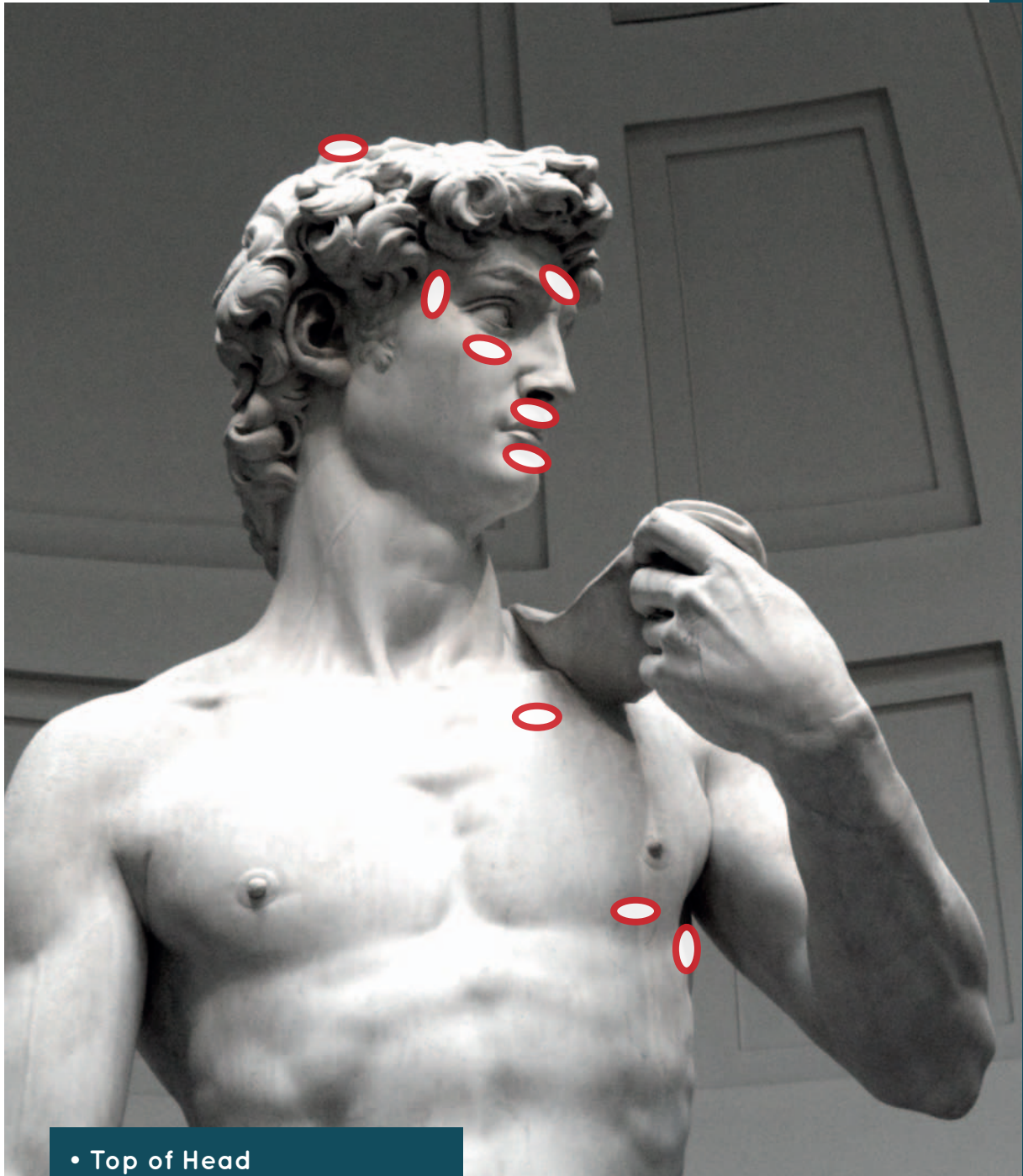
The area on the side of the hand which you would use to perform a karate chop.

SETUP PHRASE - say while tapping on the Karate Chop.

"Even though I have this [anger, sadness ...] about ... I Deeply And Completely Love And Accept Myself Anyway." x3

Tapping Points

REMINDER



- Top of Head
- Start of EyeBrow
- Side of Eye
- Under Eye
- Under Nose
- Above Chin
- Near Collarbone
- Under Breast
- Under Arm

REMINDER PHRASE - say only the key emotion of the long phrase while tapping through the points.

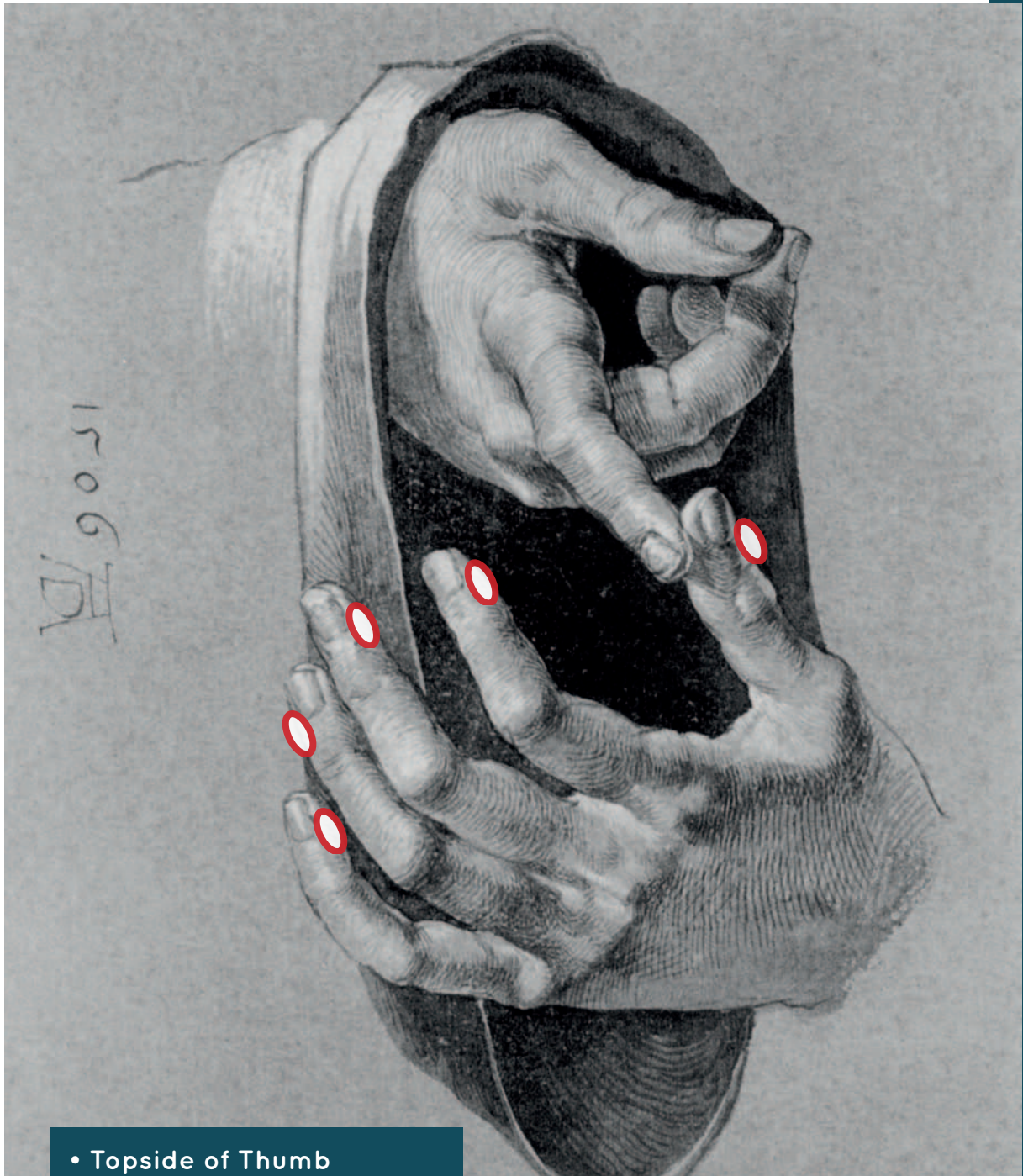
“This [anger, sadness ...]”
5-7 taps per point

Tapping Points

STEP 2a

Additional Tapping Points

REMINDER



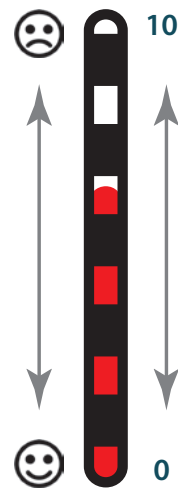
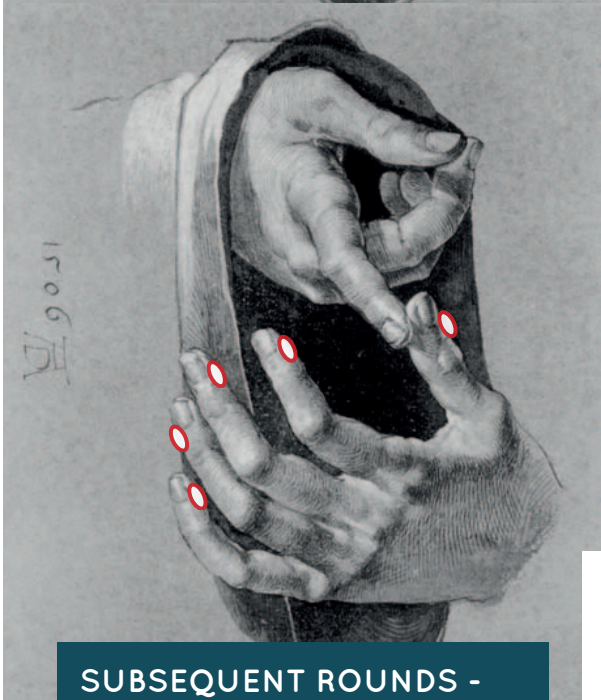
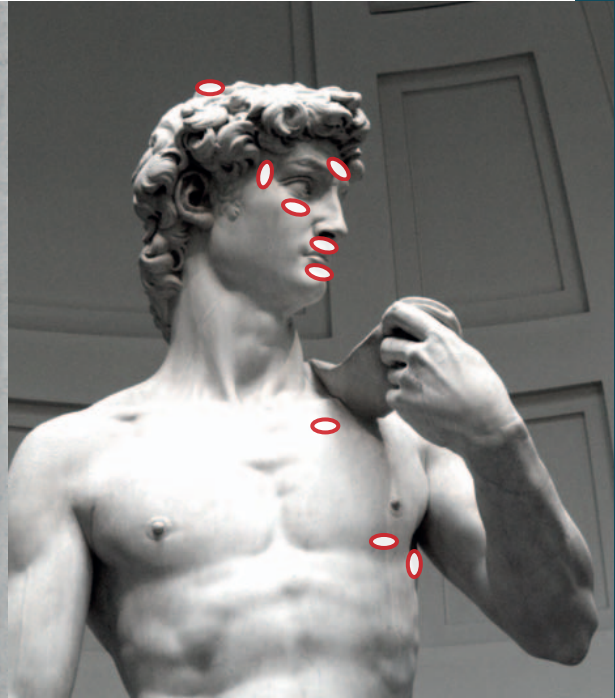
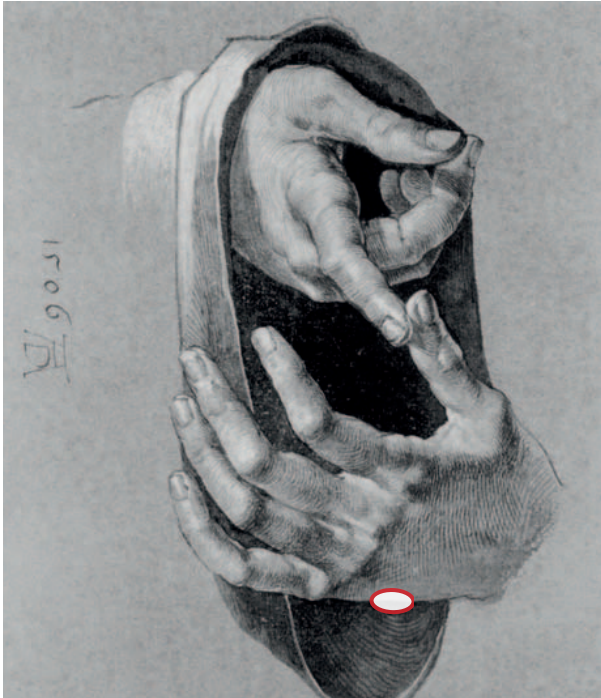
- Topside of Thumb
- Topside of Pointer
- Topside of Middle Finger
- Underside of Ring Finger
- Topside of Little Finger

continue with
REMINDER PHRASE

“This [anger, sadness ...]”
5-7 taps per point

Squeezing finger tips is an
alternative to tapping.

Tapping Points ROUTINE



SUBSEQUENT ROUNDS -
slight addition to phrases.

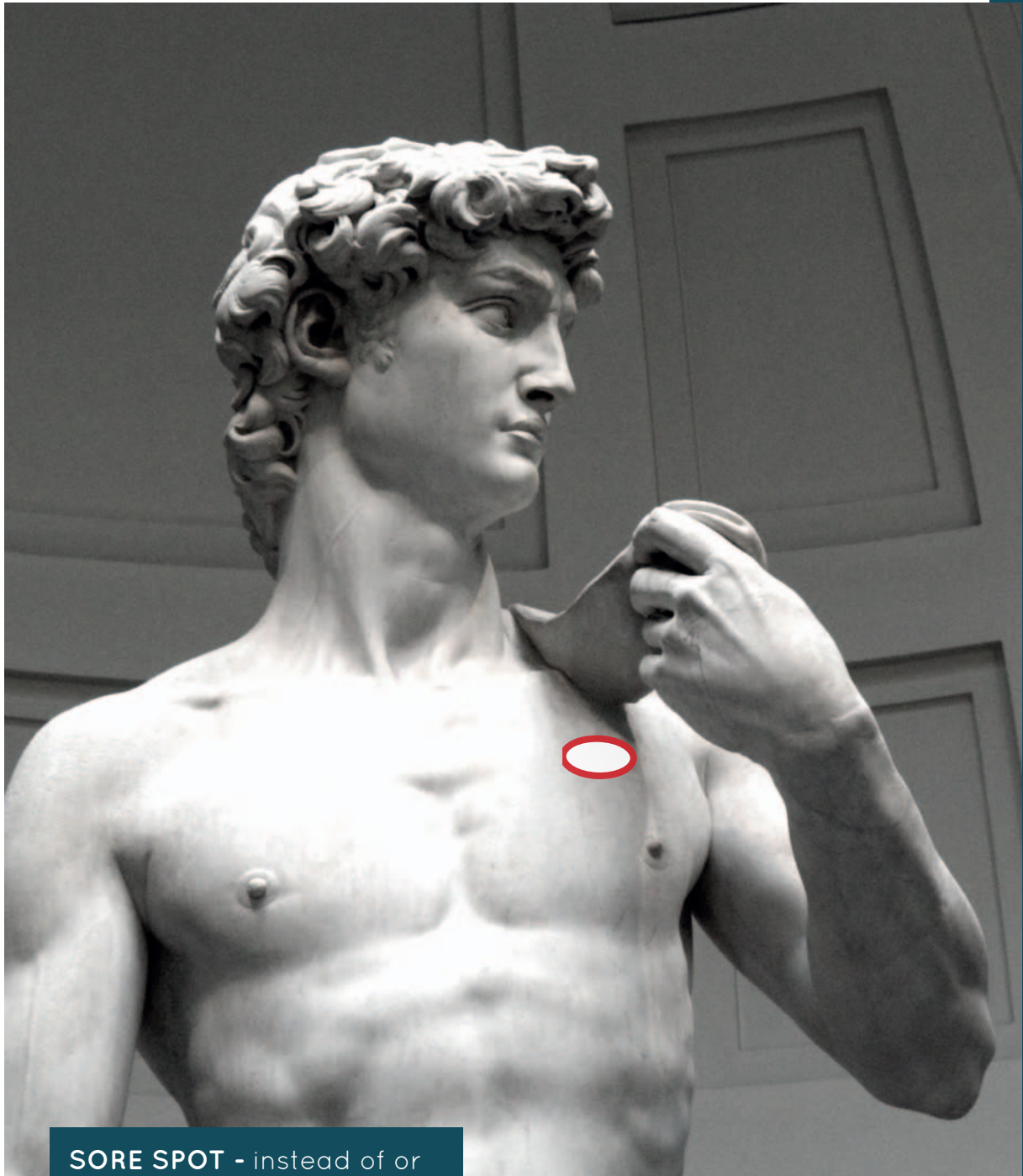
Check where on the scale you are now (+) (-) (=)
HIGHER or SAME - check if something has shifted?
LOWER or SAME - continue with adjusted routine.

“Even though I STILL have SOME [anger, sadness ...] about ...
I Deeply And Completely Love And Accept Myself Anyway.” x3

“This REMAINING [anger, sadness ...]”
5-7 taps per point

Aim is to reach Zero.

Tapping Points OTHER SPOTS



SORE SPOT - instead of or alternating with Karate Chop

1 inch down of collar bone and 2-3 inches outwards. A slight indent which gives you a pleasurable painful sensation when massaged. Be gentle while using it.

SETUP PHRASE - say while rubbing the Sore Spot.

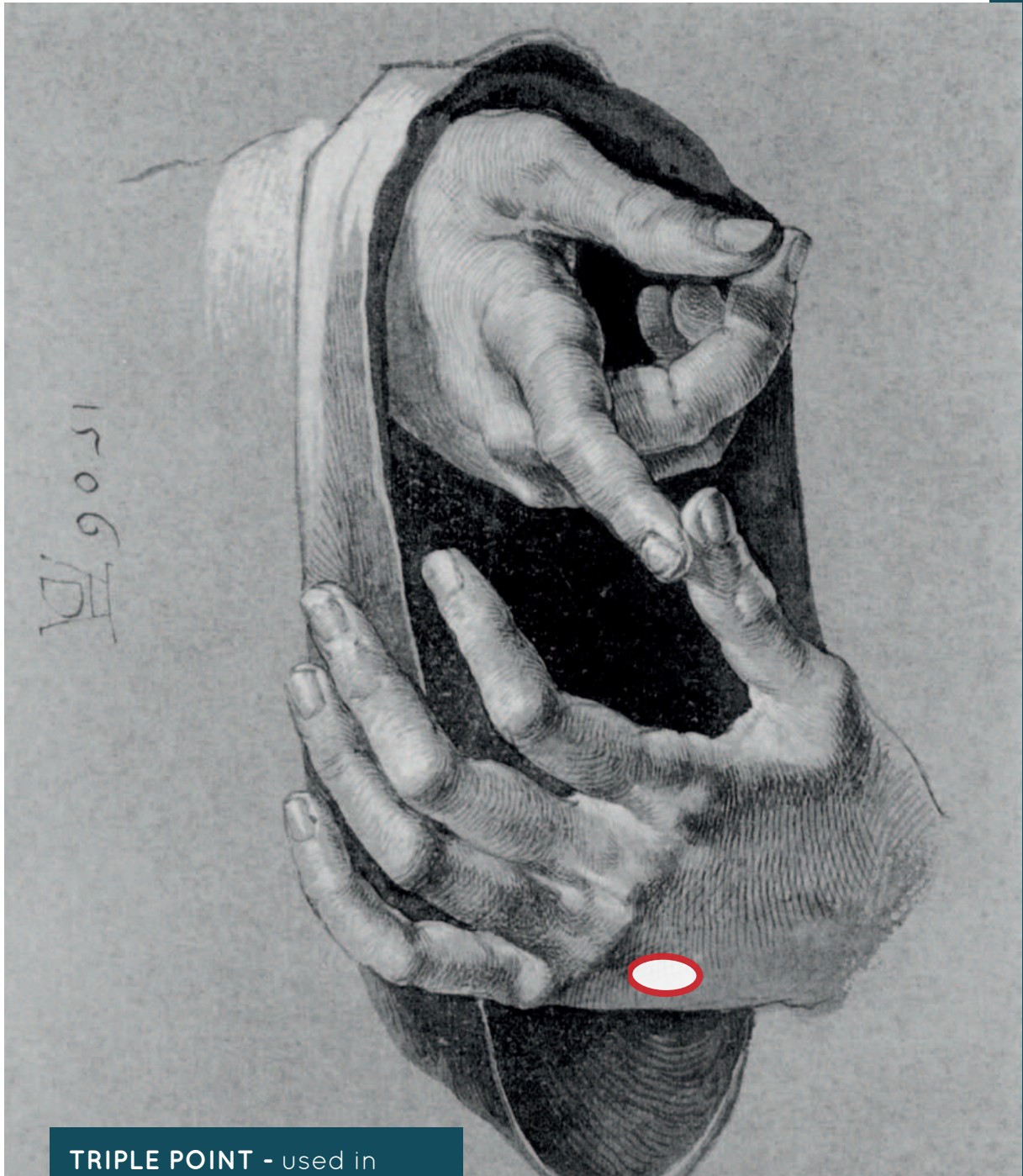
“Even though I have this [anger, sadness ...] about ... I Deeply And Completely Love And Accept Myself Anyway.” x3

Tapping Points

OTHER SPOTS

Tapping Points

OTHER SPOTS



TRIPLE POINT - used in the **GAMUT** procedure to 'reset' your brain.

Located on the topside of the hand, behind the nuckles of ring finger and little finger.

Eyes Open - Shut x3
Eyes Top Left - Btm. Right x3
Eyes Top Right - Btm. Left x3
Eye Circles both directions x3
Brand New Tune
Random Numbers x3
Brand New Tune
Deep Breath

Tapping Points

OTHER SPOTS

Tapping RESOURCES

Gary Craig

www.emofree.com

Bennie Naudé

www.deepliving.com
& his YouTube channel

Dawson Church

www.eftuniverse.com

Dr Peta Stapleton

www.petastapleton.com

Nick Ortner

www.thetappingsolution.com

Karl Dawson

www.matrixreimprinting.com

EFT Research

www.deepliving.com/research

Bennie's Temporal Tapping

youtu.be/6s9t2Lg2-vY

Donna Eden, Energy Exercises

<https://youtu.be/gffKht-trRw4>

Dr Bruce Lipton

The Biology of Belief

Dr Joe Dispenza

You are the Placebo

Karl Dawson

Matrix Reimprinting
Using EFT

Debbie Ford

The Dark Side of the
Light Chaser

Jack Kornfield

The Art of Forgiveness,
Lovingkindness and
Peace.

for more suggestions :
www.deepliving.com/recommended



Enjoy a life free of restriction

TAP INTO FREEDOM

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