

Energy EFT

The Energy Points



- 0 – Heart Position
- 1 – Top of the head
- 2 – Third Eye point
- 3 – Top of the eyebrow
- 4 – Corner of the eye
- 5 – Under the eye
- 6 – Under the nose
- 7 – Under the mouth
- 8 – Collarbone point
- 9 – Thumb
- 10 – Index finger
- 11 – Middle finger
- 12 – Ring finger
- 13 – Little finger
- 14 – Karate Chop point
- 0 – Heart Position



- Check the SUE Scale and pick a number.
- 0 - The Heart Position. Point to yourself in the centre of your chest. Place your leading hand over this point, then place your other hand on top. Take three deep breaths, in and out. Say out aloud what you will be tapping on. For example: I want more energy.
- 1 – 14 - Now tap all the points lightly, starting at the top of the head and ending with the Karate Chop point. Use the index finger of your leading hand. Pause between each point and take one deep breath in and out.
- 0: Return to the Heart Position and take three deep breaths in and out.
- Check the SUE Scale.
- Tap more rounds of Energy EFT until you get to +10.

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