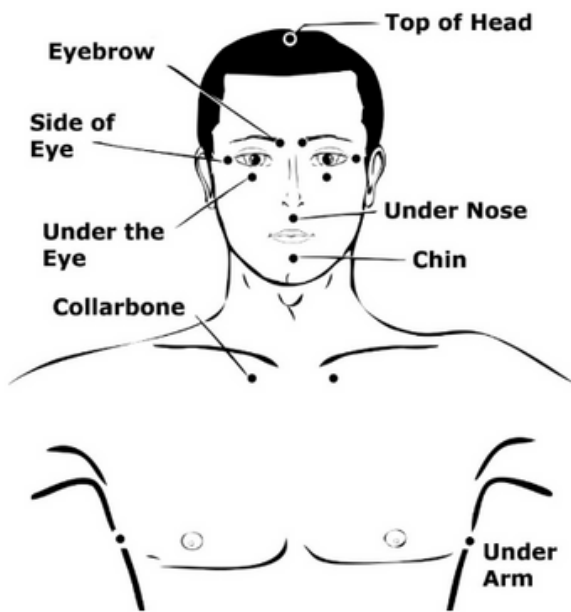


# EFT

emotional freedom technique

Tapping is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system and body all at once. The practice consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions, dont be surprised if you start crvina.



Tapping or EFT emotional freedom technique is the basic tapping technique that requires you to focus on the negative emotion at hand - a fear, a worry, a bad memory, or pain you are experiencing. While maintaining your mental focus on this issue, you use your fingertips to tap 5-7 times on each of the 9 specific meridian points of the body. Start with the underside of your hand, the fatty bit between your little finger and wrist then go to the eyebrow, side of eye, under the eye, under the nose, chin collarbone under the armpit then to release the last one is the top of the head. It's a bit like monkey see monkey do but if you do this the first time round you would be focusing on what it is that is negative and the second round of tapping you would repeat out loud affirmations like, "this pain no longer serves me and I release it to the universe", or "I deeply and completely love and accept myself" and you repeat that out loud for every position while tapping.

Use these phrases when tapping on yourself.

Start with what's bothering you, lets say its a headache but you can change the word to suit your needs ie: Knee, shoulders etc.

I Have this .....  
or you could use

All this pain in my body..

then you say how it makes you feel  
so it would go something like this as  
you tap through the meridian points on  
your body.

All this pain in my body makes me feel  
angry, I'm too young to have this, I  
don't deserve this pain, I feel annoyed,  
sad, mad, angry, hurt, afraid (use all  
and any emotions you feel about your  
pain). Continue to tap a few rounds  
saying these things then change it to.

Even though I have .....  
I deeply and completely love and  
accept myself.  
Tap 2 or three rounds repeating these  
words.

# **Ho'oponopono Healing prayer**

**I'm sorry  
please forgive me  
I love you  
thank you**

Ho'oponopono can be practiced by one person. In their mind. No one else need even know about it. It takes just a few minutes and the benefits of regular Ho'oponopono practice are so good for you.

Ho'oponopono originated from Hawaii and was originally taught by Mornah Nalamaku Simeona. Mornah was a healer and in 1983 she received a great honor by being designated as a living treasure of Hawaii.