

# Emotional Tapping Technique

Pathways Medical & Holistic Center

5411 Hwy 50, Delavan WI 53115

262 740 3000

Trapped energy from emotional experiences lodges along energy meridian pathways and in the body's organs and glands. This can eventually contribute to disease. EFT can assist in clearing and releasing unwanted emotions, beliefs, thoughts, cravings, addictions and physical pain.

Begin this technique by tapping the karate chop point three times with the set up statement.

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Even though I have this \_\_\_\_\_  
I deeply and completely love and accept myself.

Move onto the rest of the points with a reminder statement, I am releasing \_\_\_\_\_, I am letting it go now. Tap each point 5 to 7 times

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EB	Inside of eyebrow	SE	Sides of eyes	UE	Under eyes
UN	Under nose	CH	Chin	CB	Collarbone
UA	Under arm	H	Head		

At the end of the round of clearing make a fist and rotate clockwise over your heart center while repeating the following: *I forgive myself; I am doing the best I can. I forgive (so & so) or everyone else (associated with the issue) they are doing the best they can.* Breathe deeply 3 times to anchor in clearing. Repeat with positive statements beginning with the EB point. At the end of the round of affirmations rotate your fist on the heart center repeating, *I love myself I am doing the best I can. I love (so & so) everyone else (associated with the issue) they are doing the best they can.* Take three deep breaths to anchor in the healing statements.

Cathie Fadian-Lewandowski

Certified Holistic Health Coach

HYPERLINK "mailto:Cathie@pathwaysmed.com" [Cathie@pathwaysmed.com](mailto:Cathie@pathwaysmed.com)