

# EFT with Lynne Shaner, R.M., EFT-ADV

## TAPPING SEQUENCE AND CHART

### SETUP PHRASE

(do this while rubbing sore spot or tapping on karate chop point)

Even though I am experiencing this \_\_\_\_ (name problem) \_\_\_\_,

I deeply and completely love and accept myself. (2x)

Even though I feel this \_\_\_\_ (name problem) \_\_\_\_,

I deeply and completely love and forgive myself.

### ROUND ONE:

Tap 5--7x on each point on the chart at right, using a reminder phrase: eyebrow point; side of eye; under eye; under nose; under lip (chin point); collarbone; under arm; wrist points; top of head.

In between, check in, see where you are--go on to as many rounds as needed.

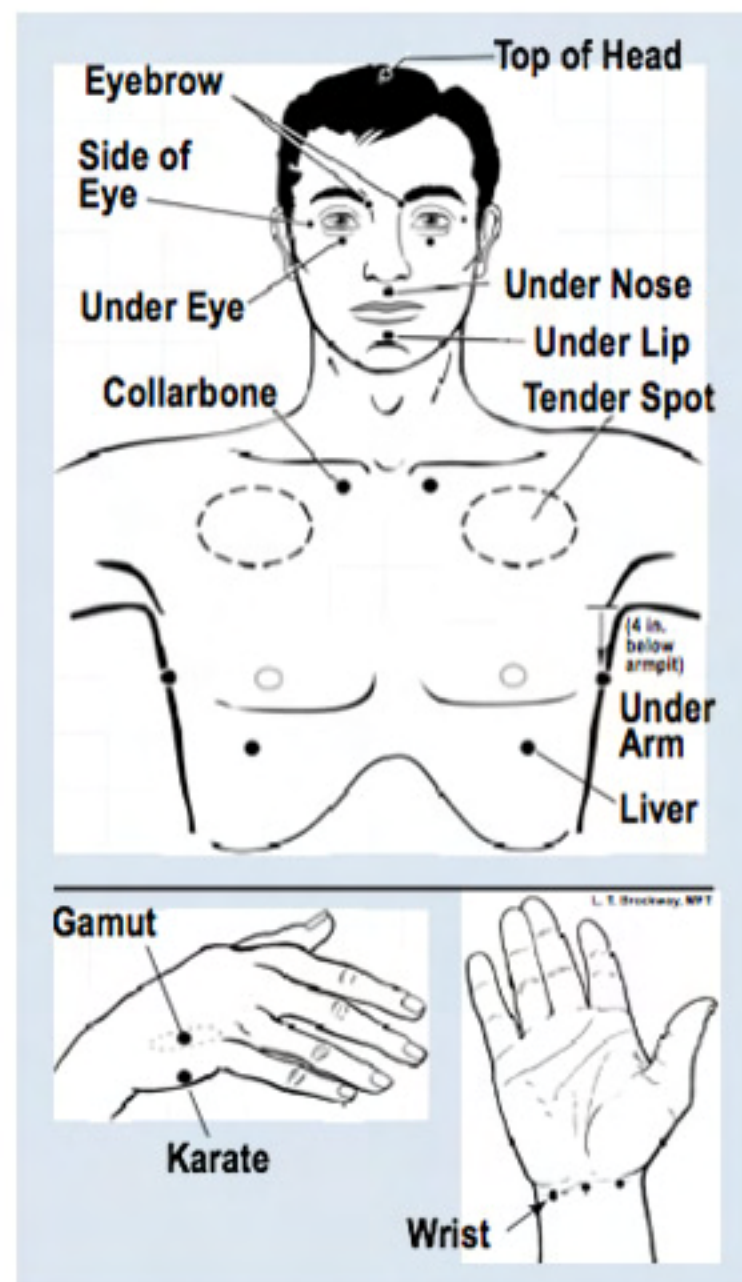
### ROUND TWO:

Tap 5--7x on each point at right, using a reminder phrase

eyebrow point; side of eye; under eye; under nose; under lip (chin point); collarbone; under arm; wrist points; top of head.

*Reminder: EFT is very effective over the phone: call for a free consultation and let's tap into wellness in your life! Lynne Shaner, EFT-ADV, 202-746-2245*

## ENERGY POINTS



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