

EFT TAPPING INFORMATION

Source: www.kreativstresszoldas.hu

Important

Before you start practicing, read the [DECLARATION OF LIABILITY](#) on>>
<https://oanaratiu.com/declaration.pdf>

If you continue reading the articles published on this site, you acknowledge the terms of the DECLARATION OF LIABILITY and you agree to be bound by it.

EFT TAPPING INFORMATION

Welcome!

This is an additional material that should be used in conjunction with the practices published on the portal's EFT articles.

You can find the practices here: <https://kreativstresszoldas.hu/gyakorlatok/>

If this method is new to you, please take a few minutes and read through the below information to make your practice successful.

Good luck and enjoy tapping!

Krisztina Kotsy from <https://kreativstresszoldas.hu>

EFT master, stress relief expert

kotsy.krisztina@gmail.com

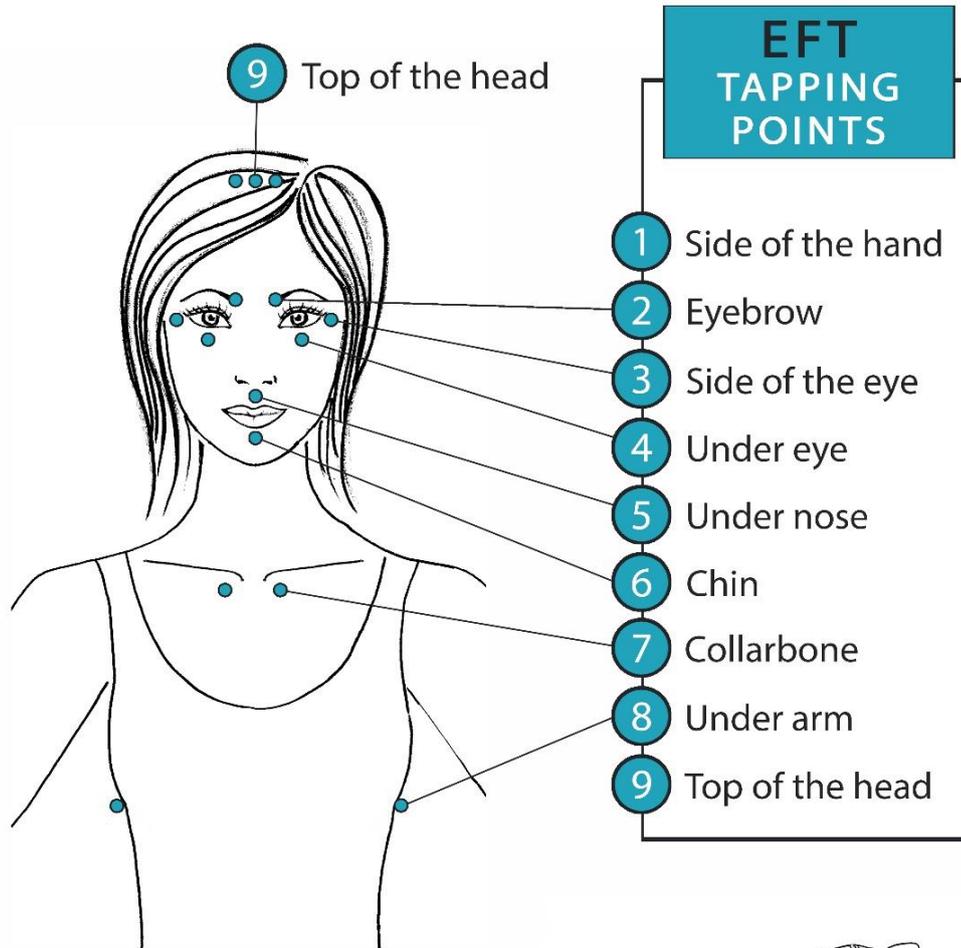
CONTENT

EFT TAPPING POINTS.....	2
THIS IS HOW WE TAPP.....	3
FEW IMPORTANT QUESTIONS AND ANSWERS	5

EFT TAPPING INFORMATION

Source: www.kreativstresszoldas.hu

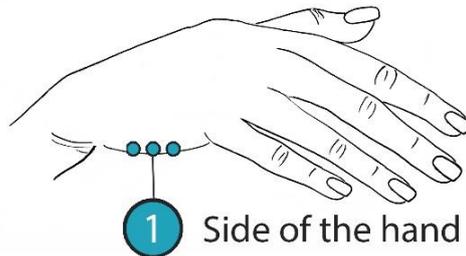
EFT TAPPING POINTS



EFT = the Emotional Freedom Technique = Tapping

EFT is a stress-relieving, self-healing and personal development method. When using EFT we gently and rhythmically touch the tapping points on the face, upper body, and hands (= meridian endpoints) using the fingertips.

While tapping, we say (outloud or silently) the words or phrases that are most relevant to our particular problem or challenge. It's a method that can be used anytime, it does not require pre-training or tools.



EFT Tapping Points | Source: www.kreativstresszoldas.hu | Owner: Krisztina Kotsy | All rights reserved! | 2019.

THIS IS HOW WE TAPP

Using the soft, cushioned part of our fingertips we tap gently, rhythmically on the meridian points on the face, trunk, and hand. You can find the points in the picture above.

Another important part of EFT is that when we touch the points, we say the words or phrases (aloud or silently to ourselves) that are most relevant to our particular problem. We recognize it`s existence, the emotions connected to it, the feelings in the physical body, the thoughts, and we voice them.

Each EFT exercise shared on the portal will guide you through a different topic, all you need to do is follow the instructions the best you can. If you print the exercise and read it at first, it works just as well as when you know tapping by heart.

Note:

The pre-written tapping practices usually contain a generic text, that many people usually feel and have been put into words. It is therefore possible that you will identify with many of these thoughts, but it is not at all certain that every word will match your feelings and what you are experiencing. If this is the case, feel free to change the wording to what is true for you. You can also use these exercises as templates that you can customize for yourself and your needs.

Important!

If you feel pain or discomfort while tapping on any meridian point, or it doesn`t feel comfortable, stop tapping!

Tapping works also if you only touch or gently rub the points. You can try again the next time and see how it feels. You are responsible for your own wellbeing, pay attention and be gentle to yourself!

EFT TAPPING INFORMATION

Source: www.kreativstresszoldas.hu

If you notice that your thoughts are wandering of during tapping, it is perfectly normal. When you are noticing, bring you attention back and keep on tapping from where you left off.

It's ok if in the beginning your tapping feels more like a monotone reading and you don't feel anything. If you stick with the practice, this will change. Often, some of us are resistant to change, even if we say that we really want to change. If you feel this resistance, it just means that you need a little extra time until your body and mind get used to tapping and learn what you're doing is not dangerous, but helps.

While tapping, what you do is harmonize your energy system, lower the stress levels and also you are sending calming impulses to your brain that help your body relax. Give yourself the time and patience you need, because every single tap counts.

FEW IMPORTANT QUESTIONS AND ANSWERS

With how many fingers, which hand and how many times do I need to tap on one meridian point?

Most people tap with two or three fingers (pointer, middle, ring finger), using either one or both hands at the same time. Tap 7-8 times on one point, or until you read the text connected to one point, or as the instructions lead.

Which side of the body should I tap on?

You can tap on both of the paired point (eyebrows, eyes, collarbones, under arms) at the same time or alternate between them as you wish. Try it out and see which one works best for you. This is a very allowing method, you can't do anything wrong.

How strong should I tap?

Tap gently, as if you were tapping a baby. It's important to tap with your fingertips, not your fingernails!

What should be the rhythm of the tapping?

Use the rhythm that suits you best, try it at a faster, slower pace, mimic the heartbeat, or a tune you love.

What is the ideal body posture while tapping?

Works while sitting, standing, lying down, even walking and running. Find the right posture and time for you. Experiment with different ways!

Do I tap with eyes open or closed?

Both work. In the beginning, you may need to read the text, but during the deep breath moments shown in the exercise, you can close your eyes if you feel like doing that.