

## Susan's and James' "Tapping on a Page"

	<p><b>Eyebrow</b> Inner edge of eyebrow.</p> <p><b>Side of Eye</b> Outer edge of eye socket.</p> <p><b>Under Eye</b> On edge of eye socket, directly under pupil.</p> <p><b>Under Nose</b> Between nose and lip.</p> <p><b>Chin</b> Indentation between lip and chin.</p> <p><b>Collarbone</b> Inner edge of collarbone.</p> <p><b>Under Arm</b> 4" under arm pit, where side-seam and bra strap crosses.</p> <p><b>Under Breast</b> Due south of nipple, about on the bottom of the bra line.</p> <p><b>Wrists</b> Tap the top of one wrist with the underside of the other.</p> <p><b>Finger tips</b> Curve fingers of both hands, and tap all finger-nails together.</p> <p><b>Top of head</b> Where you would attach a puppet string!</p>	
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The **Karate-Chop point** is on the fleshy part of the side of the hand, mid-way between wrist and the base of the small finger.

Tap either with two or three finger tips. Adjust so that it feels right to you. In general it is recommended to use your dominant hand. You can tap one side, or the other, or both.

### Universal Setup

Rub sore spot clockwise: "Even with all my problems and limitations, I *deeply* and *completely* love and accept myself. Repeat for a total of three times.

### The Setup

Tap Karate-Chop point with middle three fingers of opposite hand: "Even though I [*have this problem*], I *deeply* and *completely* love and accept myself. Repeat for a total of three times.

### Tapping

Repeat [*this problem*] while tapping on each point 5-7 times. Take a deep breath. See how it feels.

### Resources

[www.rewire-my-brain.com/EFT](http://www.rewire-my-brain.com/EFT)