www.1-EFT.com

EFT Heart & Soul by Dr S Hartmann 2010 Based on Classic EFT by Gary Craig 1996

EFT

Emotional Freedom Techniques Top of the head

Third Eye point
Eyebrow point
Corner of the eye

Under eye

Under nose

Under mouth

Start & Finish
by placing hands
on the centre of the
chest & taking 3 deep
breaths, in and out.

Under Collarbone

Finger Points: Thumb Index Finger Middle Finger Ring Finger Little Finger

Karate Chop Point

"What is causing you stress today?"

Eft For Ptsd Eft Emotional Freedom Techniques

Annelies Wilder-Smith

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