



## An EFT Meditation

Karate Chop (just once):

*Even though I feel anxious*

Top of Head: *I am held in God's Light*

Eyebrow: *And I trust*

Side of Eye: *The Universal Love and Light*

Under Eye: *Flows through me*

Under Nose: *Healing me and comforting me.*

*(Then continue tapping using the same phrases.)*

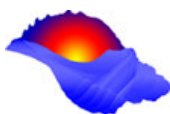
Chin: *I am held in God's Light*

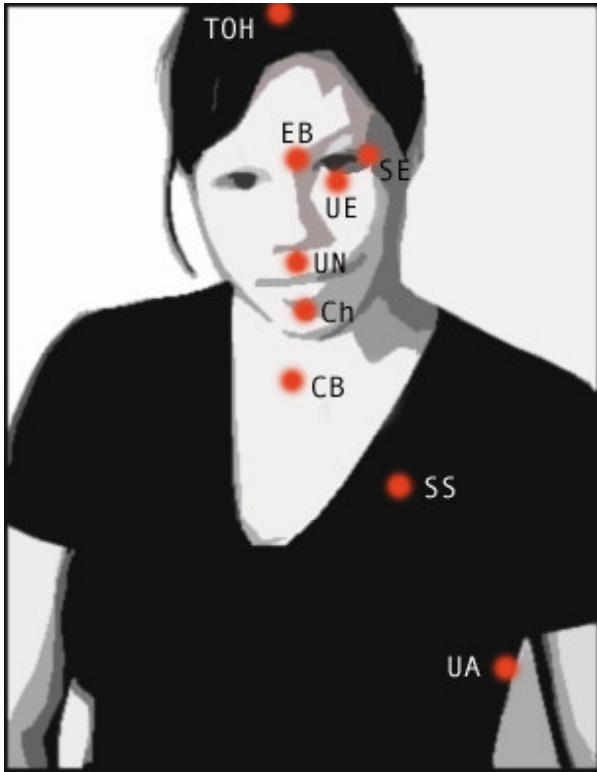
Collarbone: *And I trust*

Under Arm: *The Universal Love and Light...*

Skip the karate chop point and the negative setup part of the phrase and continue going through the points.

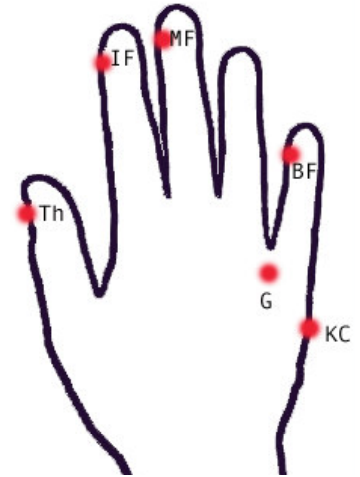
Top of Head: *Flows through me*





Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

TOH (top of head)  
 EB (eyebrow),  
 SE (side of eye),  
 UE (under eye),  
 UN (under nose),  
 Ch (Chin),  
 CB (Collar bone),  
 UA (Under Arm),  
 Th (Thumb),  
 IF (Index Finger),  
 MF (Middle Finger),  
 BF (Baby Finger),  
 KC (Karate Chop)



I experience and radiate love

I reflect truth and purity

I feel peaceful anyway

I choose bliss and joy

I feel whole, calm and confident

I can be free from suffering and fear

All emotional and mental blocks within me dissolve away

I forgive my self deeply and completely

The joy springs from my heart.

I choose to be happy anyway

I enjoy good health

It is easy for me to relax and heal

I experience peace

I discover joy

I love myself deeply and completely

