

# EFT

## EMOTIONAL FREEDOM TECHNIQUE

Here are the **8** key energy points on your face and chest for tapping.

You can use your magic fingers to tap at these points



Inside edge of your eyebrow



Side of your head close to the outside edge of each eye



Under your eyes on the top part of your cheekbone



Under your nose and above your top lip



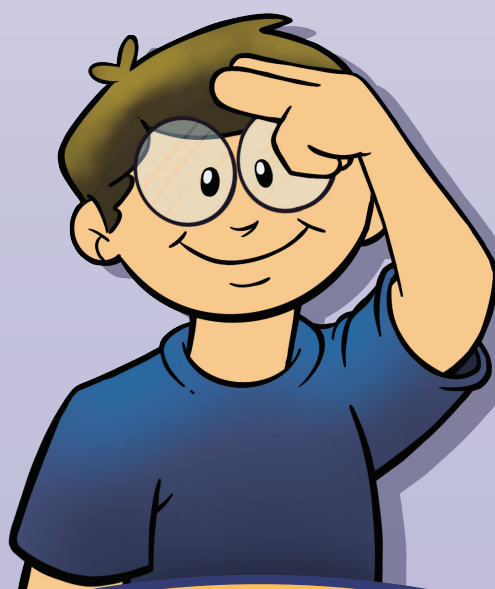
Under your bottom lip in the middle of your chin



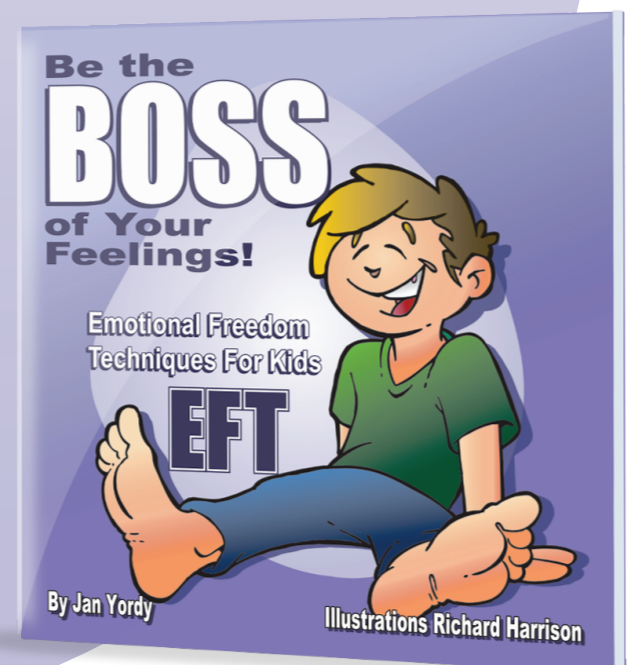
Under your collarbone in the hollow close to the center (of your chest)



Underneath each arm and several inches down



Near the top center of the head.



A Book by  
Jan Yordy