EFT Heart & Soul The AMT 2012 ---- Top of the head www.TheAMT.com -- Third Eye point **Eyebrow point** Emotional Corner of the eye --- Under eye Freedom Under nose Techniques -- Under mouth - Under Collarbone Thumb Index Finger Start and finish by placing both Middle Finger hands flat on the 1 Ring Finger centre of the chest, Little Finger and take 3 deep breaths in and out. Karate Chop Point 2 Set intention and Rate out of -10 to +10 3 Tap the following points while saying Top of Head \_\_Even though I \_\_\_\_\_ Forehead \_\_\_\_\_ I totally and completely accept myself \_\_\_\_\_ Inner Eyebrow \_\_\_\_\_ Corner of Eye \_\_\_\_\_ Under Eye \_\_\_\_ Under Nose \_\_\_\_ Under Lip \_\_\_\_\_ Under Collar Bone\_\_\_\_\_ Thumb \_\_\_\_\_ Index Finger\_\_\_\_

Hands on chest and breathe

Karate Chop Point \_\_\_\_

Middle Finger\_\_\_\_

Ring Finger\_\_\_\_

Little Finger\_\_\_\_