EFT punten

Afbeelding met pentekening

Automatisch gegenereerde beschrijving Top of the head



Eyebrow point

Under the eye

Side of the eye

Under the nose

chin

under the armpit

under the

collarbone



Start with the “karate checkpoint” and say:

Even though (dscribe problem/question or theme)…………………………………………………. I deeply and completely accept myself. repeat 3 times. Than go through the tapping points as shown above starting with the eyebrow point. Tapp minimal of 7 times on each point.