

TOOLKIT FOR ENERGY HEALING PRACTITIONERS

5-9 ENERGY PSYCHOLOGY ON A PAGE

Preliminaries

Energy balancing, select problem, rate problem from 0 to 10, “Reminder Phrase.”

Part 1

Rub the chest sore spots or tap the Karate Chop points while saying three times, “Even though [*name problem*], I deeply love and accept myself.”

Part 2

Tap the points (see right) while saying out loud your Reminder Phrase.

Part 3

Tap the point between the little and fourth finger, wrist side of the knuckle, as you:

1. close your eyes,
2. open your eyes,
3. look down to the right,
4. look down to the left,
5. circle your eyes,
6. circle your eyes in the opposite direction,
7. hum a bar of a song,
8. count to five,
9. hum again.

Optionally, end by sweeping your eyes out and up, sending energy through them.

Part 4

Repeat **Part 2**.

Repeat this sequence (#2, #3, and #4) as needed, until you can rate the problem as 0 or near 0. Challenge the results by trying to invoke the disturbing feeling. Once you are at the point that you cannot create the emotional response, you are ready to test the gains in a “real life” setting.

If the Problem Is Not Responding, identify and address other aspects of the problem, psychological reversals, scrambled energies, or energy toxins.

The Tapping Points

- Inside of eyebrows
- Outside of eyes
- Under eyes
- Under nose
- Under lower lip
- Collarbone points (K-22)
- “Arm Attachment” Points (optional)
- Over thymus (optional)
- Spleen points (4 inches below underarms)
- Side of legs between hip and knee (optional)
- Karate chop points
- Triple warmer point above knuckles between 4TH & 5TH fingers

Based on *The Promise of Energy Psychology*
by David Feinstein, Donna Eden, & Gary Craig.