



An EFT Meditation

Karate Chop (just once): *Even though I feel (anxious), my mind is cluttered and busy, blah blah blah...*

Top of Head: *I am held in the Light of Presence*

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 the Light of Presence*

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*

Try this before your meditation, before going to sleep or on waking and see if it helps you...

