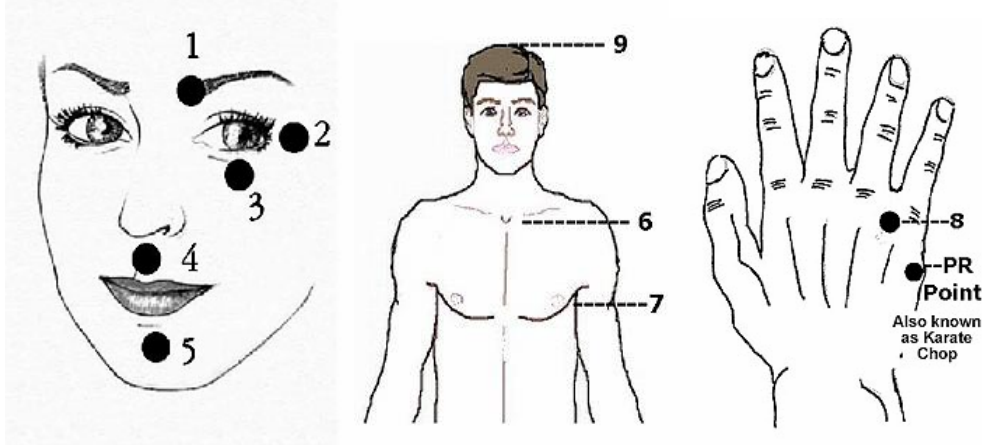


## Affirmation for use with EFT (emotional freedom technique).

I am that I am, I am a child with God, I am a child of the universe, I am complete in love, I am complete in light, I am an example of Divinity, I am a divine messenger, I am the I am that we are and even though I have this problem (name the problem) I totally love and accept myself (while tapping point 1, the inner end of the left eye brow) repeat three times “I totally love and accept myself as I am”. Then tapping point 2 repeat three times through to point 9 finishing with “and I give thanks for the healing that is in place”. Repeat the whole procedure three times a day for three day’s.



# 1 - At the beginning of the eyebrow, just above and to one side of the nose

# 2 - On the bone bordering the outside corner of the eye.

# 3 - On the bone under an eye about one inch below your pupil.

# 4 - On the small area between the bottom of your nose & the top of your upper lip.

# 5 - Midway between the point of your chin and the bottom of your lower lip.

*Move to torso now for point # 6*

# 6 - The junction where the sternum (breastbone), collarbone and first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel one inch and then go to the left (or right) one inch.

# 7 - On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about four inches below the armpit.

*Move to hand now for point # 8*

# 9 - The intersection of two lines on the top of your head (the tip of one ear, over your head, to the tip of the other ear; and a line from the tip of your nose, to the base of your skull).

# 8 - On the back of either hand ½ inch behind the midpoint between the knuckles at the base of the ring finger and the little finger. If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle whose other sides converge to a point (apex) in the direction of the wrist, then the button would be located at the apex of the triangle.

*Move to torso now for point # 9*

PR Point - Located in the middle of the fleshy part on the outside of the hand between the top of the wrist bone and the base of the baby finger. It is also called the Karate Chop and you tap on this button for Psychological Reversal (PR).