

# EFT TAPPING INFORMATION



OANA RATIU

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# Thank you for downloading this brochure!

Here, you can find a brief summary of what EFT tapping is, how to use and make the most out of the downloadable practices.

If you are new to this method, please take a few minutes to read the information shared here to enhance your practice.

You can find the free downloadable practices here: <https://www.oanaratiu.com/en/gift/>

Do you have any questions or comments? Feel free to reach out to me, I am here to support you: <https://www.oanaratiu.com/en/contact/>

Enjoy your practice!

Oana Ratiu

[info@oanaratiu.com](mailto:info@oanaratiu.com)

**REMINDER:** EFT tapping is a stress-relieving, complementary method that does not replace a healthy lifestyle nor any medical diagnosis and treatment. Everyone can practice EFT tapping assuming own responsibility. Always use your better judgment; if you need a specialist, medical care or mental health support it is not a time to tap, it is a time to ASK FOR THE HELP YOU NEED!

Before you start practicing, make sure you read the Disclaimer >>

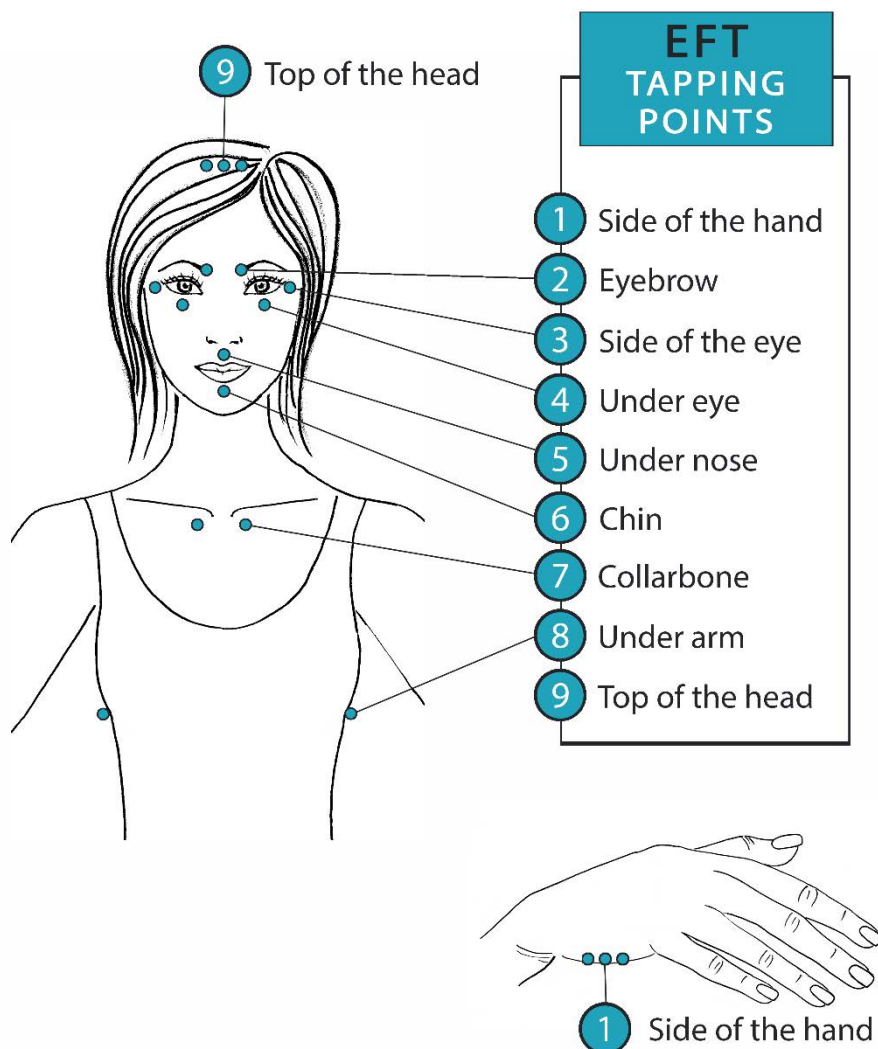
<https://www.oanaratiu.com/declaration.pdf>

# EFT Tapping Points

## EFT TAPPING INFORMATION

If you haven't tried it before, imagine tapping as if you were gently touching the keys of a piano with your fingertips - touch the tapping points in the same way, with light, rhythmic movements.

**TRY IT ON YOURSELF!** Touch the points shown in the picture, it is a good way to memorize them. This will be useful, as you will use them during your practice. When you practice tap on one point at a time while you read the corresponding sentence, then move on to the next point and sentence.



[Click here for larger picture! >>](#)

## EFT TAPPING INFORMATION

EFT tapping is a stress-relieving, energy-harmonizing, complementary technique, the basics of which are so easy to learn that even doing the downloadable practices can contribute to resolving everyday stress in your life and/or reducing the emotional intensity related to a problem. Of course, it is not a miracle method, but it is worth getting to know it in depth as well.

### 2 MAIN PARTS OF EFT TAPPING

1. Using the soft, cushioned part of our fingers, the fingertips, we gently touch the tapping (meridian) points on the face, torso, and hand with rhythmic movements. See the tapping points marked in the picture above.
2. While touching the points, we repeat words and sentences (out loud or to ourselves) that are most related to the given problem. In other words, we acknowledge their existence: the associated emotions, physical body sensations, thoughts - and we give voice to all of them.

#### **IMPORTANT!**

**If you feel pain when tapping on any of the points, or what you are doing does not feel right to you, then stop!**

**Tapping works as well by just touching or rubbing the points. You can come back and try again another day to see if you resonate with it better. You are responsible for your own well-being, take care of yourself and be gentle!**

## EFT TAPPING INFORMATION

### **With how many fingers, which hand and how many times do I need to tap on one meridian point?**

Most people tap with two or three fingers (pointer, middle, ring finger), using either one or both hands at the same time. Tap 7-8 times on one point, or until you read the text connected to one point, or as the instructions lead.

### **Which side of the body should I tap on?**

You can tap on both of the paired point (eyebrows, eyes, collarbones, under arms) at the same time or alternate between them as you wish. Try it out and see which one works best for you. This is a very allowing method, you can't do anything wrong.

### **How strong should I tap?**

Tap gently, as if you were tapping a baby. It's important to tap with your fingertips, not your fingernails!

### **What should be the rhythm of the tapping?**

Use the rhythm that suits you best, try it at a faster, slower pace, mimic the heartbeat, or a tune you love.

### **What is the ideal body posture while tapping?**

Works while sitting, standing, lying down, even walking and running. Find the right posture and time for you. Experiment with different ways!

### **Do I tap with eyes open or closed?**

Both work. In the beginning, you may need to read the text, but during the deep breath moments shown in the exercise, you can close your eyes if you feel like doing that.



## EFT TAPPING INFORMATION

Each downloadable practice guides you through a different topic, all you have to do is follow the instructions to the best of your ability. If you print out the practice and read it on paper at first, it works just as well as if you tap by heart, independently.

If you notice that your thoughts wander while tapping, this is completely normal. When you notice this, simply bring your attention back with compassion and pick up where you left off.

It is okay if at first your tapping is just a monotonous reading, and you don't feel anything. If you keep practicing, this can change.

It is common for a part of us to resist change, even if we say that we really want to change. If you encounter some resistance, it may just mean that you need a little extra time for your body and mind to get used to the tapping and learn that what you are doing is not dangerous, but helpful.

### **THIS IS HOW YOU CAN PERSONALIZE THE TEXTS OF THE PRACTICES**

The pre-written tapping practices usually contain a general text that many people feel and put into words. Therefore, it is possible that you will be able to identify with many thoughts, but it is not at all certain that every line and every word will fit you exactly. In such cases, feel free to replace what is written with your thoughts and feelings. You can also take these exercises as templates and shape them to fit your needs.