

A black and white photograph of two hands, one resting on the other, with text overlaid. The hands are positioned in a way that suggests a gentle touch or support. The top hand is slightly above the bottom hand, with fingers spread. The bottom hand is more curled, with fingers pointing towards the center. Both hands have light-colored nail polish. The background is blurred, showing what appears to be a person's face in profile, looking towards the right. The overall mood is calm and healing.

TAP INTO HEALING

Step by step guide to EFT Tapping

by Fiona Emley

C O N T E N T S

- 04 What is EFT Tapping
- 12 The Science & Origins of EFT
- 18 EFT Tapping Points Explained
- 23 How to Integrate EFT into Your
Daily Life
- 28 Next Steps & Free Resources

In order to
heal it
we need to
feel it...

WHAT IS EFT TAPPING?

EFT (Emotional Freedom Technique), or tapping, is a simple yet powerful healing method that combines modern psychology and ancient Chinese medicine. This technique involves gently tapping on specific acupressure points while focusing on emotions, thought patterns, and past experiences.

The goal of EFT is to release emotional blockages, calm the nervous system, rewire the brain's response to triggers, and support the body in returning to its natural state of harmony and well-being.

HOW IT WORKS

EFT is based on the idea that unresolved emotions and past experiences are stored in the body, shaping how we feel and react to life. In Chinese medicine, there are over 2,000 acupuncture points, which align along 12 meridians—pathways that send energy and information throughout the body, carrying life force energy (Qi) to different organs and systems.

As we tap on these meridian points, we send a calming signal to the amygdala, the brain's emotional processing center, which regulates fear and the fight-or-flight response.

Over time, EFT can rewire the brain's neural pathways, shifting how we respond to triggers and allowing us to experience more balance, clarity, and emotional freedom.

THE BENEFITS OF EFT

Tapping has been shown to be effective for a wide range of emotional and physical challenges. Some of the key benefits include:

- Releasing stress, anxiety, and overwhelm
- Letting go of fear, self-doubt, and past trauma stored in the body
- Regulating the nervous system
- Emotional stability
- Shifting negative thought patterns and rewiring limiting beliefs
- Boosting self-confidence and self-love
- Supporting overall well-being
- Reducing physical pain
- Improving sleep quality

One of the most powerful aspects of EFT is its simplicity and accessibility. Whether you need quick relief from stress or want to heal deeper emotional wounds, tapping empowers you to take healing into your own hands.

THE SCIENCE & ORIGINS OF EFT

EFT was developed in the 1990s by Gary Craig, who refined and simplified the work of psychologist Dr. Roger Callahan. Callahan discovered that tapping on specific acupuncture points while focusing on an emotion or memory could rapidly reduce distress. Craig expanded on this, making EFT more accessible by gently tapping on meridian points to clear energy blockages and release emotional stress.

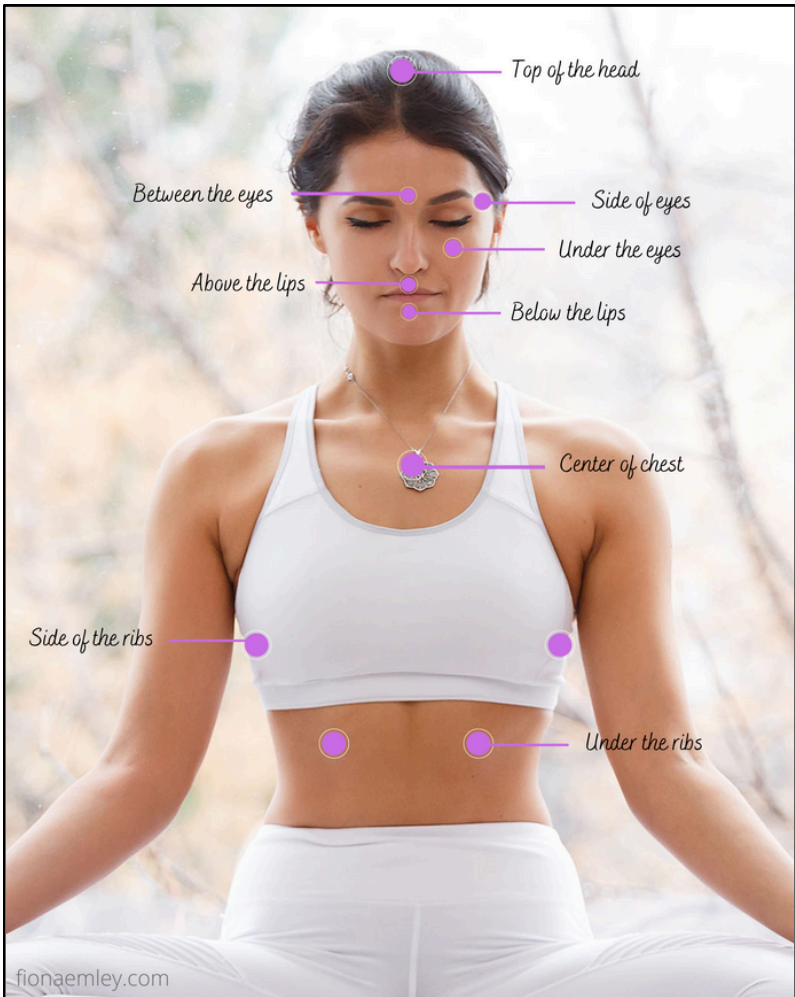
From a scientific perspective, EFT works by calming the amygdala, the part of the brain responsible for processing emotions and triggering the fight-or-flight response. Research shows that tapping helps reduce cortisol levels, the primary stress hormone, signaling to the nervous system that it is safe to relax.

At the same time, EFT engages neuroplasticity—the brain’s ability to rewire itself—by creating new neural pathways that break old emotional patterns. This allows the brain to let go of past conditioning, release stored trauma, and adopt healthier, more empowering responses to life’s challenges.

By addressing both the body's energy system and the mind, EFT helps release trapped emotions, dissolve limiting beliefs, and restore balance and inner peace

TAPPING POINTS EXPLAINED

EFT works by tapping on specific meridian points, which are part of the body's energy system in Traditional Chinese Medicine. These points correspond to different organs and emotions, making them powerful access points for releasing stored stress and restoring balance.

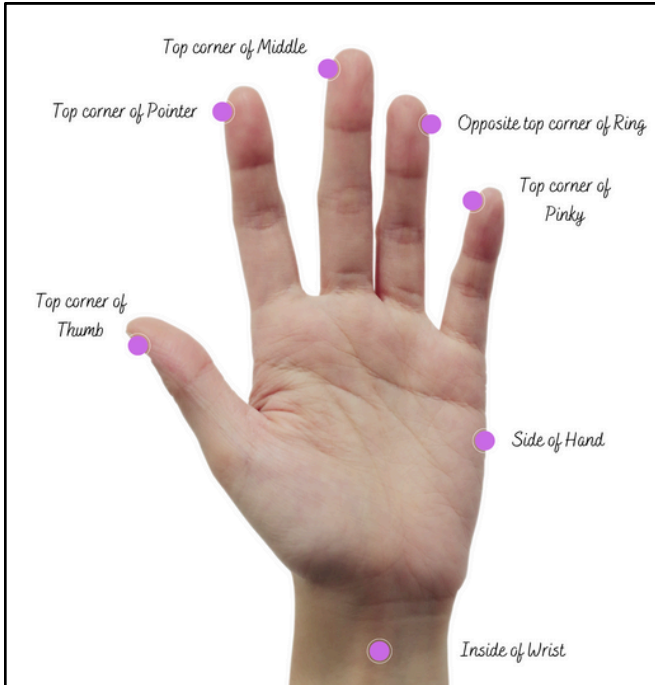


9 MAIN TAPPING POINTS

- **Top of the Head** (Crown Chakra / Governing Meridian) – Center of the skull. Emotions: Disconnection, lack of clarity, spiritual blocks. Stimulates overall energy flow and promotes mental clarity and connection to higher wisdom.
- **Eyebrow Point** (Bladder Meridian) – Inner edge of the eyebrow near the bridge of the nose. Emotions: Fear, trauma, inner conflict. Helps release deep-rooted fears and anxiety, bringing a sense of calm.
- **Side of the Eye** (Gallbladder Meridian) – On the bone at the outer edge of the eye. Emotions: Anger, resentment, frustration. Clears stored anger and helps with emotional flexibility.
- **Under the Eye** (Stomach Meridian) – On the bone directly under the eye. Emotions: Worry, anxiety, overthinking. Reduces stress and restores a sense of safety in the body.
- **Under the Nose** (Governing Meridian) – Between the nose and upper lip. Emotions: Shame, guilt, feeling stuck. Helps release self-judgment and step into self-acceptance.
- **Chin Point** (Central Meridian) – Center of the chin below the lower lip. Emotions: Doubt, insecurity, fear of judgment. Strengthens confidence and self-expression.
- **Chest Point** (Kidney Meridian) – Below the collarbone, near the sternum. Emotions: Fear, overwhelm, lack of safety. Grounds the nervous system and restores inner strength.
- **Under the Ribs** (Liver Meridian) – Located just below the ribs on both sides. Emotions: Anger, frustration, resentment, suppressed emotions. Tapping on this point helps release stored anger, improve emotional flow, and restore a sense of ease and forgiveness.

- **Under the Arm** (Spleen Meridian) – About four inches below the armpit. Emotions: Anxiety, worry, self-worth issues. Releases stored emotional tension and promotes self-empowerment.

7 EXTRA TAPPING POINTS



- **Top Corner of Thumb** (Lung Meridian) Emotions: Grief, sadness, difficulty letting go. The lungs store unprocessed grief. Tapping here helps release sorrow, ease the breath, and cultivate acceptance.
- **Top Corner of Pointer Finger** (Large Intestine Meridian) Emotions: Guilt, regret, overanalyzing. The large intestine is linked to releasing what no longer serves. This point helps clear mental clutter and let go of the past.

- **Top Corner of Middle Finger** (Pericardium Meridian) Emotions: Heartache, defensiveness, emotional protection. The pericardium shields the heart. Tapping here helps soften emotional walls and open to love and trust.
- **Opposite Top Corner of Ring Finger** (Triple Warmer Meridian) Emotions: Stress, overwhelm, fight-or-flight response. The triple warmer governs the stress response. Tapping here soothes anxiety, calms the nervous system, and restores balance.
- **Top Corner of Pinky** (Heart Meridian) Emotions: Hurt, betrayal, low self-worth. The heart meridian is the seat of joy and connection. This point helps heal emotional wounds and restore self-love.
- **Side of Hand** (Small Intestine Meridian) Emotions: Resistance, fear of change, feeling unsupported. This point helps release subconscious blocks, strengthen trust in yourself, and create space for new possibilities.
- **Inside of Wrist** (Pericardium Meridian) Emotions: Anxiety, vulnerability, emotional tension. This point directly connects to the heart and circulatory system. Tapping here helps ease emotional tightness and bring a sense of calm and safety.

WHY THESE POINTS ARE EFFECTIVE FOR EMOTIONAL HEALING

Each tapping point is directly linked to the body's meridian system, which stores emotional energy in specific organs. When emotions like fear, anger, or grief are not processed, they can manifest as physical tension, pain, or illness.

By tapping on these points, we stimulate the body's energy flow, allowing stagnant emotions to release. At the same time, tapping signals the brain to calm the stress response, making it easier to process and integrate emotions without feeling overwhelmed.

By addressing both the energetic and physiological aspects of emotional healing, EFT creates rapid and lasting shifts, helping us feel lighter, clearer, and more in alignment with our true selves.



WHEN TO USE EFT

Morning:

- **Set the tone for the day:** Tap on any feelings of stress, overwhelm, or even excitement before you begin your day. It helps you start with a clear, positive mindset.
- **Affirmations for the day:** As you tap, affirm things like "I am ready to take on the day with ease and confidence." This can help reprogram the subconscious mind to create a sense of inner calm and focus.

Before Bed:

- **Release the day's tension:** If you've had a busy or stressful day, tap to release any leftover emotions. This can calm your nervous system, improve sleep quality, and help you process any unresolved emotions from the day.
- **Tap for relaxation:** Focusing on calming points, like the top of your head or the collarbone, can help transition your mind and body into rest mode.
- **Manifesting positive dreams:** You can also tap to invite positive thoughts and intentions for the night, helping create peaceful, restorative sleep.

During Emotional Triggers:

- **Address the immediate reaction:** If you experience a sudden emotional trigger—stress, anxiety, anger, etc.—tap immediately. It helps reduce the intensity of the emotion, allowing you to respond more calmly and mindfully.
- **Quick emotional reset:** By focusing on the emotion or physical sensation tied to the trigger, tapping can quickly bring you back to a place of balance.

In Moments of Anxiety or Stress:

- Ground yourself: When you feel overwhelmed, tap to ground yourself in the present moment. Focus on your feelings of anxiety, and tap on the key points to shift the energy.
- Reframe the situation: You can also tap on what's causing the stress (e.g., "Even though I'm feeling overwhelmed by X, I choose to feel calm and centered"). This brings relief and perspective.

HOW OFTEN TO TAP FOR BEST RESULTS

Daily practice: For ongoing emotional well-being, aim to tap daily. Whether it's for 5 minutes in the morning, before bed, or in response to triggers throughout the day, consistency is key.

Regular tapping helps release long-held emotional blocks and supports overall mental and emotional well-being.

Intensity-based tapping: The more intense the emotion, the more tapping you'll need. If you're feeling particularly upset, you might tap for a longer duration (10-20 minutes) until the intensity of the emotion lessens.

For deep-rooted issues: If you're working on deep emotional wounds or limiting beliefs, tapping every day or multiple times a day is beneficial to fully clear the emotional charge.

Integrating EFT into your daily routine, especially during emotional moments, helps retrain your mind and body to be in a state of flow, making it a powerful tool for long-term healing and emotional regulation.

NEXT STEPS & FREE RESOURCES

PRACTICE DAILY:

The key to transforming your emotional health is consistency. Start by incorporating EFT into your daily routine—whether it's tapping for just a few minutes in the morning, before bed, or during moments of emotional stress. The more you practice, the more you'll experience its powerful effects on your well-being. Remember, healing is a journey, and daily practice will help you clear emotional blocks and bring more peace and clarity into your life.

DEEPEN YOUR HEALING:

If you're ready to go beyond surface-level tapping and want personalized support to clear deeper emotional blocks, I invite you to book a 1:1 session with me. In our session, we'll explore the root causes of your challenges and tailor EFT to your unique needs, allowing you to experience profound healing and transformation. You deserve to feel free, aligned, and empowered, and I'm here to guide you on that journey.

EXPLORE MORE SOMATIC TOOLS & OFFERINGS:

For more resources, tools, and offerings to support your emotional and spiritual journey, head over to FionaEmley.com. There, you'll find a variety of healing modalities, from sound healing to breathwork and personalized coaching, all designed to help you reconnect with your true self and raise your vibration.

Let's continue to work together to unlock your fullest potential. I'm excited to support you on your path to greater peace, alignment, and joy.



About Fiona

Fiona Emley has been immersed in the world of self-development and spirituality for over 20 years. As an intuitive coach and somatic space holder, she blends Somatic Breathwork, EFT tapping, Emotion Code, Sound Healing, and Kundalini Yoga to help clients release unresolved trauma, trapped emotions, and negative belief systems.

With an additional background in 12-step recovery, Fiona's work is layered and non-linear—gentle yet profoundly transformational. She meets each individual exactly where they are and guides them in reconnecting to their truth, reclaiming their power, and embracing their full potential.

Work With Fiona

Fiona offers 1:1 coaching, Soul Alignment Mentorship Program, and group healing sessions to help you break through limiting patterns, release emotional blocks, and step into your highest potential. Whether you're seeking deep transformation, clarity on your soul's path, or energetic alignment, Fiona's guidance supports you every step of the way.

➔ Book a session or learn more at www.fionaemley.com

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