

EFT Points by Marina Mironova



I use mostly 9 EFT Points: 1. Karate Chop Point
2. Eyebrow Point 3. Side Of The Eye Point 4. Under The Eye Point 5.
Under The Nose Point 6. Chin Point 7. Collarbone Point
8. Under The Arm Point 9. Top Of The Head Point.

This are acupressure points that are easily stimulated by gentle tapping of your fingers. Use them in this sequence or one at a time to release pain, stress, unwanted emotions and and to tap into miracles that are confined in your own body.