**EFT Craving buster technique 1**

This technique involves tapping on certain acupuncture points on your body, it was developed by Dr Rodger Callahan author of Tapping in to the Healer Within.Each of these points controls the flow of energy through your body, when you experience a craving it’s being caused by a disruption in the flow of energy, tapping on these points corrects the energy flow and removes the craving, putting you back in control.

This exercise can be used for any craving, cigarettes, chocolate, cake, alcohol etc, Use it on any craving on matter how strong or weak.

**8 STEPS TO SUCCESS**

1. Notice the craving for a moment, now rate how strong it is, from 1 to 10, with1 being the lowest 10 being the highest. On a scale of 1 to 10 how strong is your craving?

2. Continue to think about whatever you’re craving, take two fingers of either hand and tap about eight times your each eye (it doesn’t matter which one)

3. Now tap under your collarbone, keep thinking about the craving.

4. Tap under your armpit.

5. Now tap on the back of your hand (either one) in the grove between your ring finger and your little finger.

6. Keep tapping and rotate your eyes 360 degrees clockwise and anti-clockwise, really stretch your eye muscles.

7. Repeat the full sequence remembering to think about whatever you are craving.

8. Stop and check, on a scale of 0 to 10, what number is your craving now? If it ‘s not 0 yet, simply repeat the sequences until you have completely eliminated the craving.