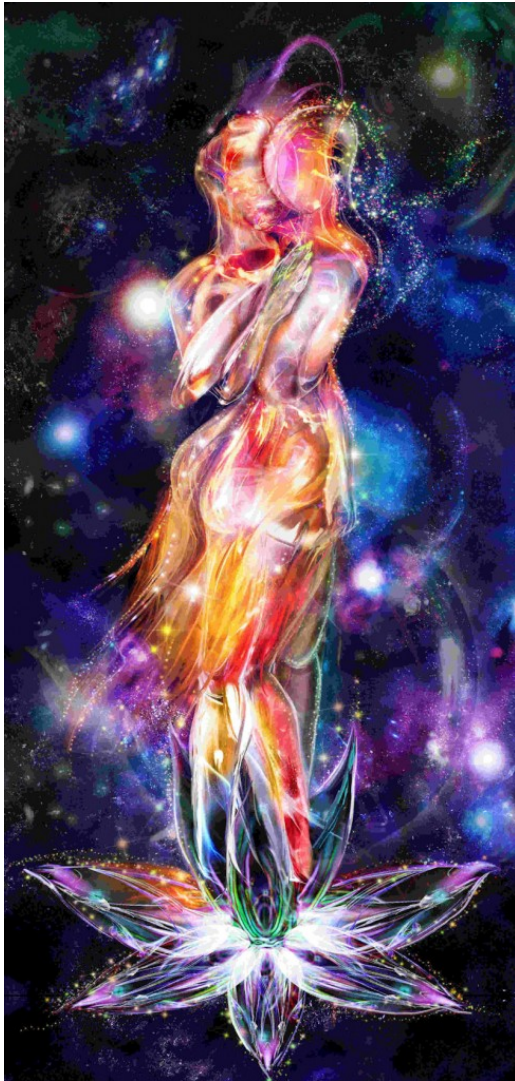


# **AFT Formulas for Anxiety & Insecurity**



## **Luminous Living Academy**

### ***New Skills for a New Era***

Luminous Living is authentic empowerment and true Self expression, let your light shine, Be Luminous and love your life.

#### **The Art of Luminous Living: A Practical Path for Personal Evolution, Empowerment and Enlightenment**

This is a comprehensive program for a quantum leap in consciousness to remove the barriers to authentic empowerment, self-mastery and true Self expression. Success is sacred, it is the full expression of the gift that You are. Inside you have a divine spark of light which may have been clouded over by your life experiences, your beliefs and your programming. The Universe longs to behold the light of your true Self.

# AFT Formulas for Anxiety & Insecurity

Anxiety	SL, UE, TH, LF, C	LoC 100 Fear
Insecurity	MF, TH, UN, SH, C	

*LoC: Level of Consciousness*

## AFT Formula for Anxiety: **SL, UE, TH, LF, C**

*Tap each location 60 times*

**Tapping Locations:**

**SL = Side of Larynx**

**UE = Under centre of eye on bone**

**TH = Thumb on inside edge of nail**

**LF = Little Finger inside edge of nail**

**C = Chest soft spot below collar bone 1 1/2" - 2" from centre of Rib cage**

## AFT Formula for Insecurity: **MF, TH, UN, SH, C**

*Tap UN 15 times, tap all other locations 60 times*

**Tapping Locations:**

**MF = Middle Finger inside edge of nail**

**TH = Thumb on inside edge of nail**

**UN = Under nose on centre of lip**

**SH = Side of either Hand from edge of palm to include little finger center**

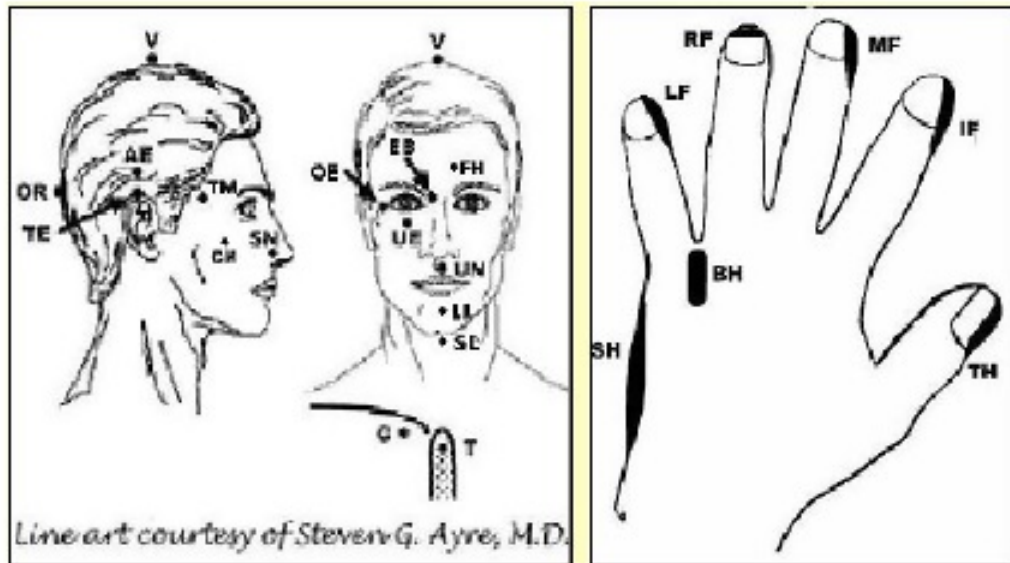
**C = Chest soft spot below collar bone 1 1/2" - 2" from centre of Rib cage**

AFT is a new way of using the ancient Chinese discovery of the meridian energy system. We do nothing with or to the body. We work with the energies that make the body work. Unlike other treatments it is not possible to harm yourself or another using AFT, the Attractor Field Techniques.

Linda Oliver, Certified AFT Practitioner  
[www.quantum-wellness.com](http://www.quantum-wellness.com)

# AFT Formulas for Anxiety & Insecurity

## Attractor Field Technique Meridian Locations



Tapping Location	# Taps	Tapping Location	# Taps
AE = Above either Ear (TE point) on skull	60	OR = Occipital Ridge (bump) lower back of skull	60
BH = Back of either Hand between 3rd and Little finger	225	RF = Tip of either Ring Finger	60
C = Chest soft spot below collar bone 1½ - 2" from center of Rib cage	60	SH = Side of either Hand from edge of palm to include little finger center knuckle	60
CK = Cheek bone below corner of either eye	60	SL = Side of Larynx (Adam's apple)	60
DT = Double Tap (simultaneous AE-TE points using two fingers)	60	SN = Side of Nose at cheek where top of nostril begins to flare outward.	60
EB = End of either Eyebrow by Nose	60	T = Thymus at top center of Rib cage	60
FH = Forehead 1½" above EB point	60	TE = Top of Ear on top outside edge (not skull)	60
IF = Index Finger inside edge of nail	60	TH = Thumb on inside edge of nail	60
LF = Little Finger inside edge of nail	60	TM = Temple soft spot by hairline	60
LL = Under Lower Lip on center cleft	15	UE = Under center of Eye on bone	60
MF = Middle Finger inside edge of nail	60	UN = Under Nose on center of lip	15
OE = Outside corner of either eye	60	V = Vertex (crown) centered on head	60