

est. 2016

balanced healing

with juliann

a holistic approach to your overall wellness

EFT Tapping

a guide to emotional freedom technique

www.BalancedHealingWithJuliann.com

EFT Tapping

understanding the value

Emotional Freedom Technique is an easy to learn tool to help alleviate and reduce your current state of distress. Using traditional chinese medicine meridian theory we are able to open up channel pathways to help your body rid stagnation which leaves you feeling better within minutes. This works really well for emotional distress, mental blocks, stress, feelings of overwhelm, etc.

The combination of tapping on specific points while reinforcing "positive talk" works to clear the emotional stagnations— from your body's bioenergy system,

Common reasons for tapping:

- Fear & Worry
- Anxiety
- Mental blocks: around finances, relationships, health, etc
- Overwhelm
- Self-Love
- Surrendering
- Rejection & abandonment
- Allowing Love
- Inflammation
- Anger
- Welcoming miracles
- Guilt and shame
- Stress
- Reclaiming your power
- Gratitude
- You are enough
- Need & attachment
- Trauma



EFT Tapping

continued

Celebrities who tap:

- Madonna, Singer
- Michael Ball Actor/Singer/Broadcaster
- Miranda Burns, Actress
- Abi Oybpitan, Olympian
- Naomie Harris, Actress
- Bralon Taplin, Olympian
- Whoopi Goldberg, Actress
- Devon Allen, Olympian
- Lily Allen, Singer
- The Duchess of Cornwall



One of my favorites!

EFT Tapping

the steps

1. Identify an issue
2. Rate intensity (0 to 10, none to extreme)
3. Set up a statement: "Even though I feel ... I deeply love and accept myself". "Even though part of me ... (example: thinks that I can't do anything right), the rest of me knows... (that I do some things very well), and I am willing to love and accept myself whether I do things well, or not."
4. Tap through the points sequence while you repeat your statements out loud



EFT Tapping

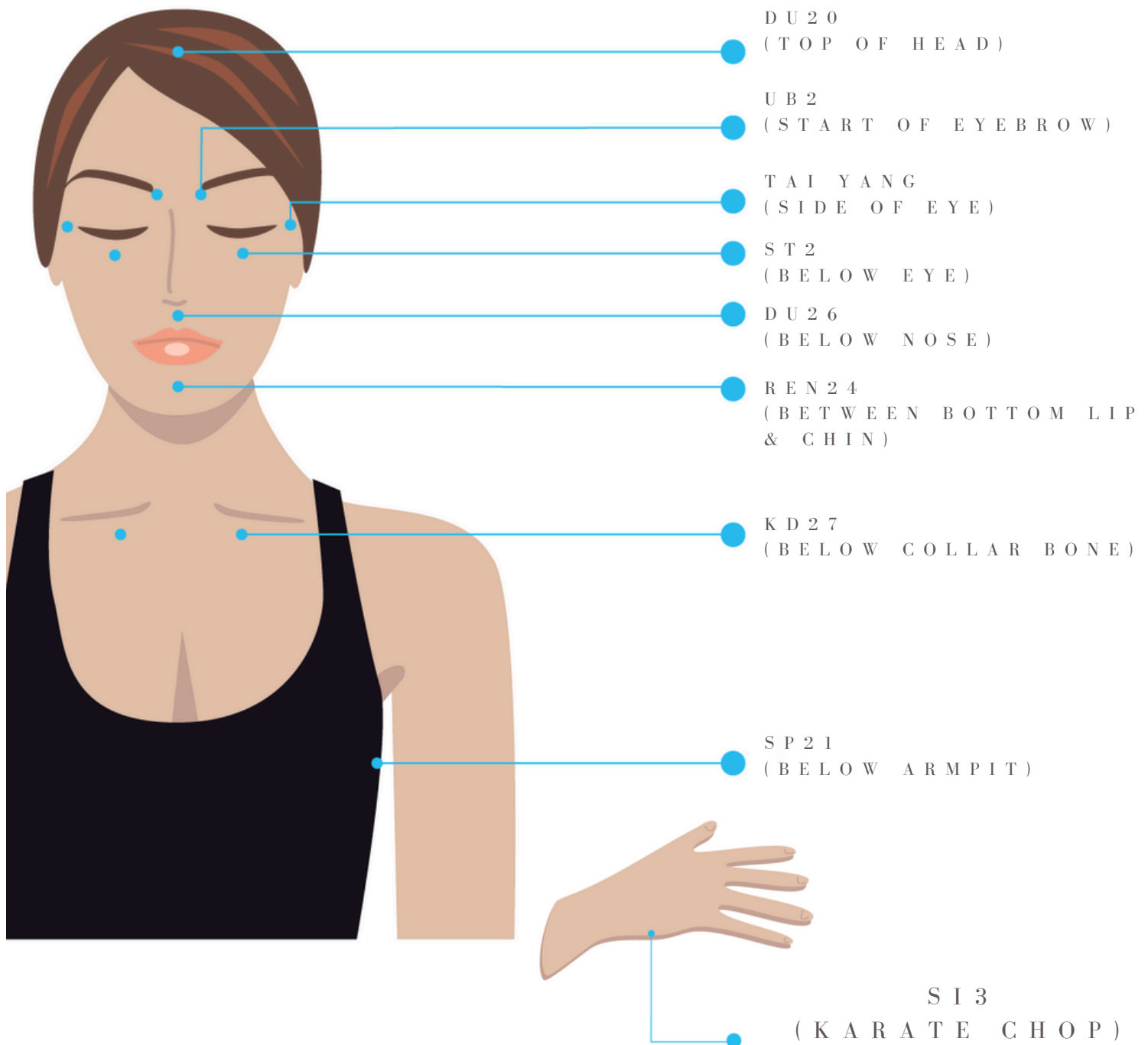
example

1. Identify issue: I feel really stressed with work and I have such a tremendous feeling of overwhelm
2. Rate the Intensity: The intensity is currently a 7/10
3. Set up a statement - "Even though I feel so stressed out and so overwhelmed with work, and it feels like everything is going to fall apart at any given moment, I deeply love and accept myself" (After you do one round of tapping you can shorten it to "all this stress" or "all this pressure")
4. Tap through your points in order as you repeat your statements out loud



EFT Tapping

point overview



EFT Tapping

tapping order

ACU POINT

CHEAT NAME

SI3

Karate Chop

UB2

Start of Eyebrow

Tai Yang

Side of Eye

ST2

Below Eye

DU26

Below Nose

Ren 24

Chin

KD27

Collar Bone

SP21

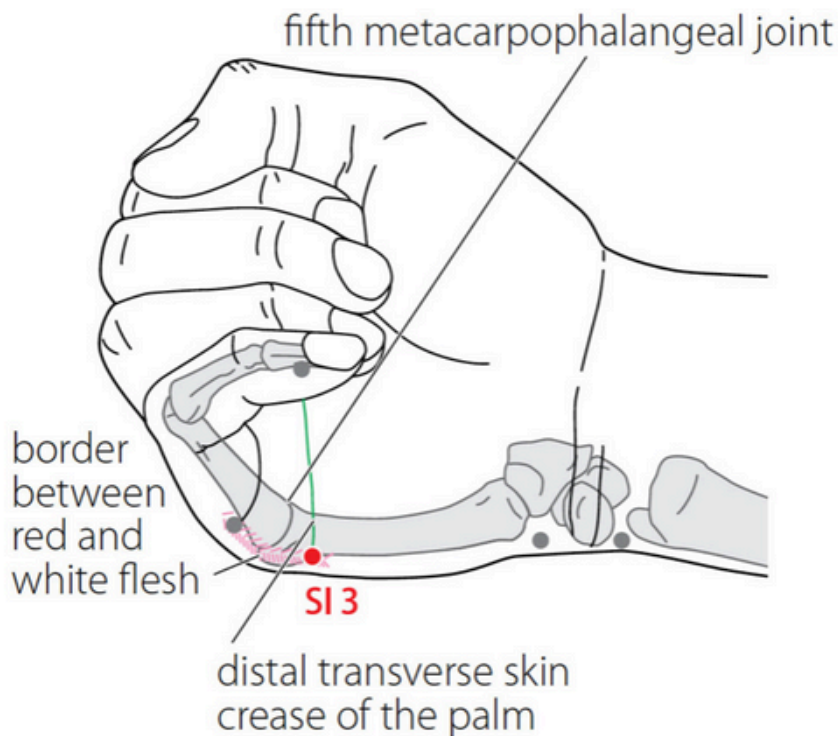
Under Arm Pit

Du20

Top of Head

SI3

K A R A T E C H O P

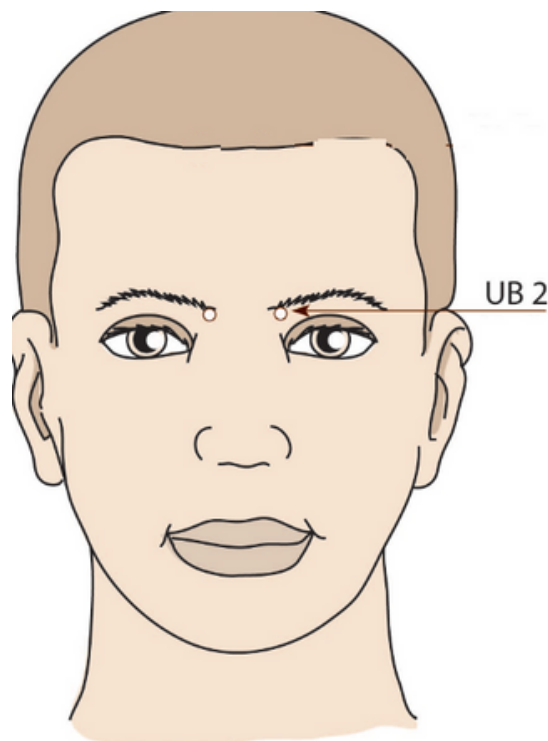


L O C A T I O N :

When you make a fist with your hand it's at the largest fold on the side of your hand just below the pinky.

UB2

S T A R T O F E Y E B R O W



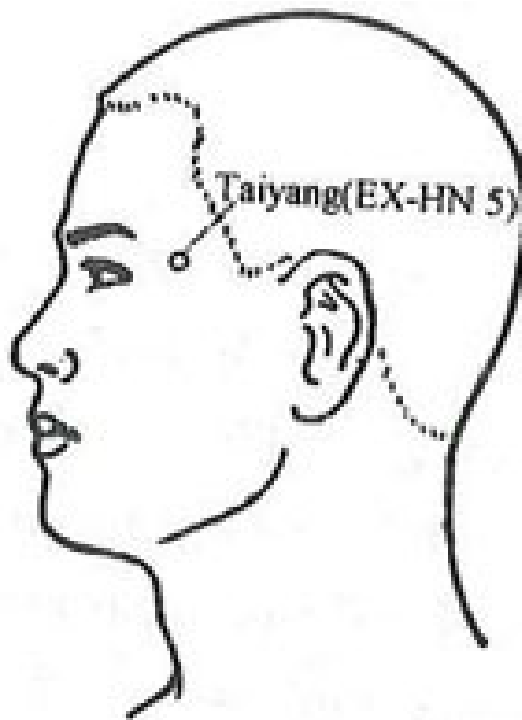
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L O C A T I O N :

On the medial end of the eyebrow, directly above the inner canthus of the eye.

Tai Yang

S I D E O F E Y E

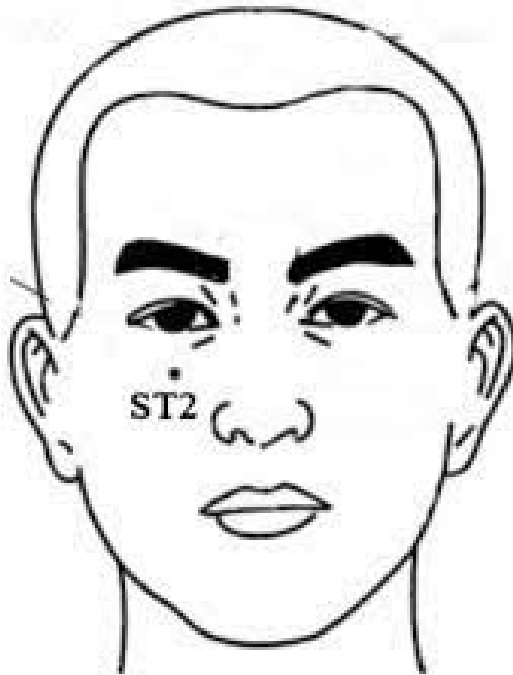


L O C A T I O N :

At temple, in the depression posterior to the midpoint between the lateral end of the eyebrow and the outer canthus of the eye.

ST2

B E L O W T H E
E Y E

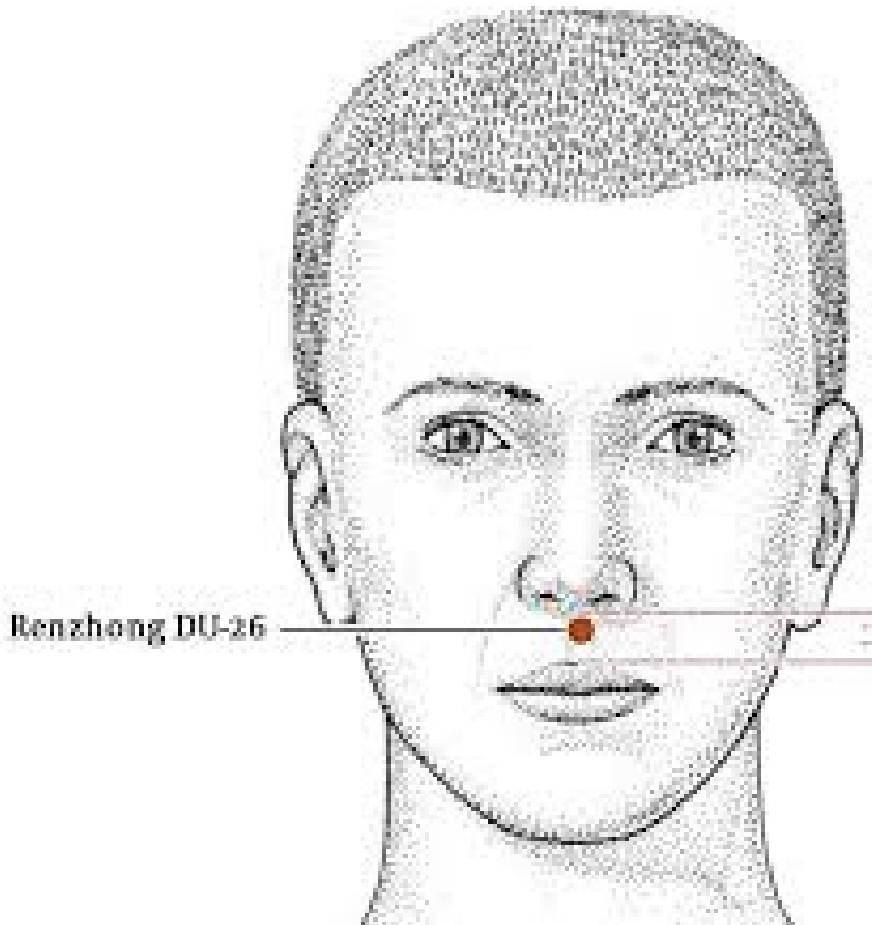


L O C A T I O N :

Below the pupil, in a depression at the infraorbital foramen.

DU26

B E L O W T H E
N O S E

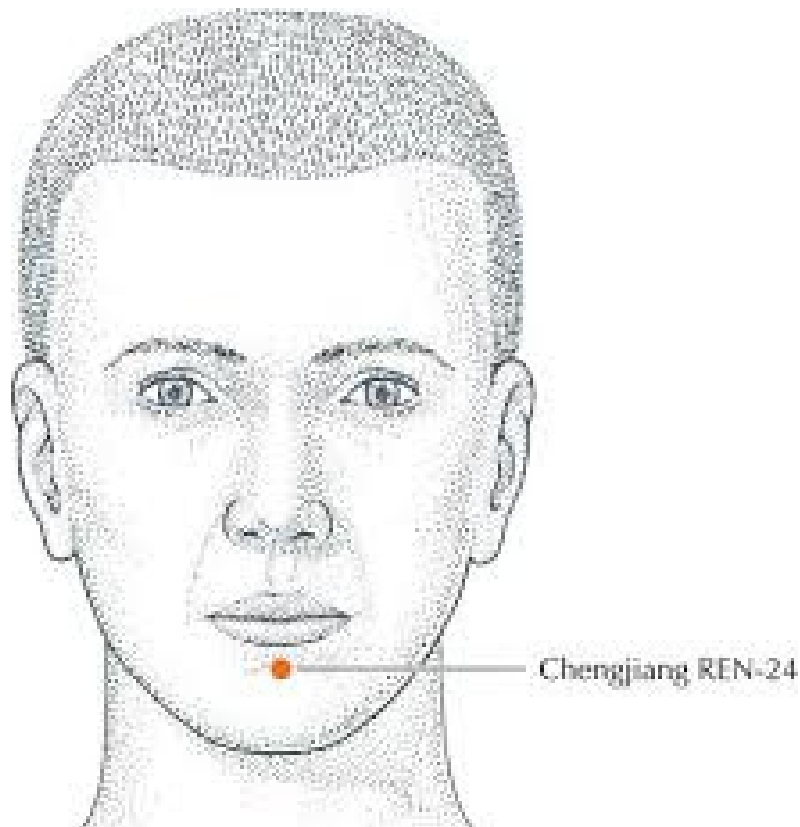


L O C A T I O N :

Above the upper lip on the midline, at the junction of the upper third and lower two thirds of the philtrum.

Ren24

C H I N

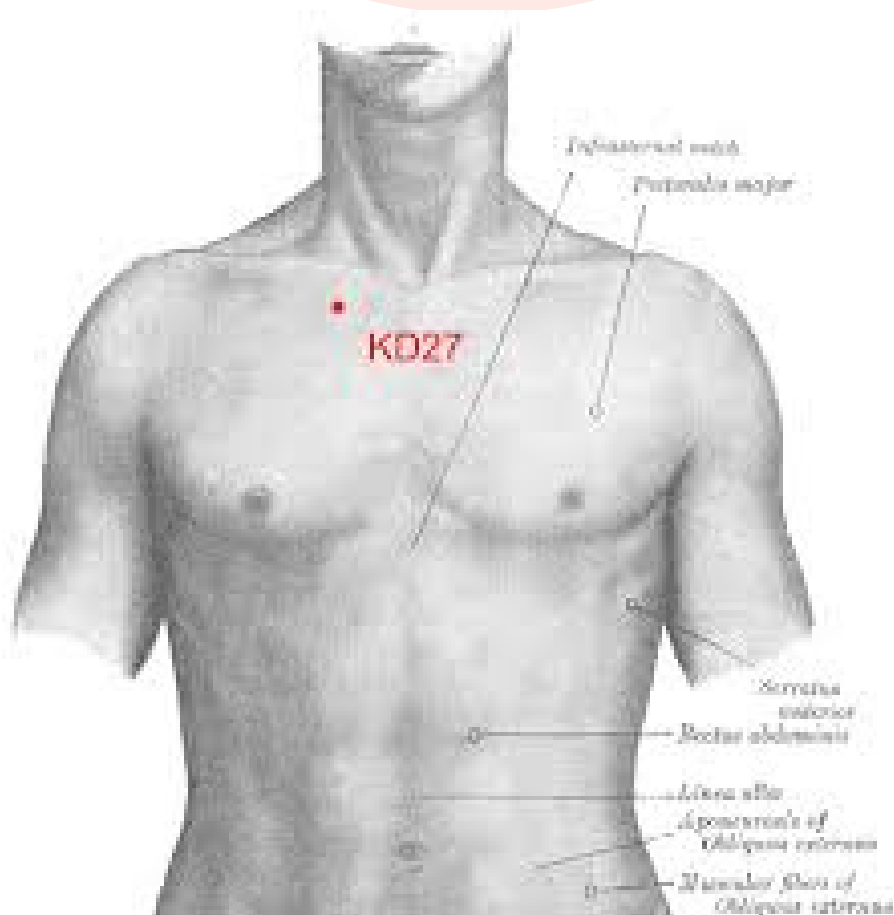


L O C A T I O N :

On the face, under the lower lip in the mid-line, in the depression (the mento-labial groove) between the point of the chin and the lower lip.

KD27

COLLAR BONE



LOCATION :

n a depression on the lower border of the clavicle,
roughly an inch from the midline.

SP21

U N D E R A R M P I T

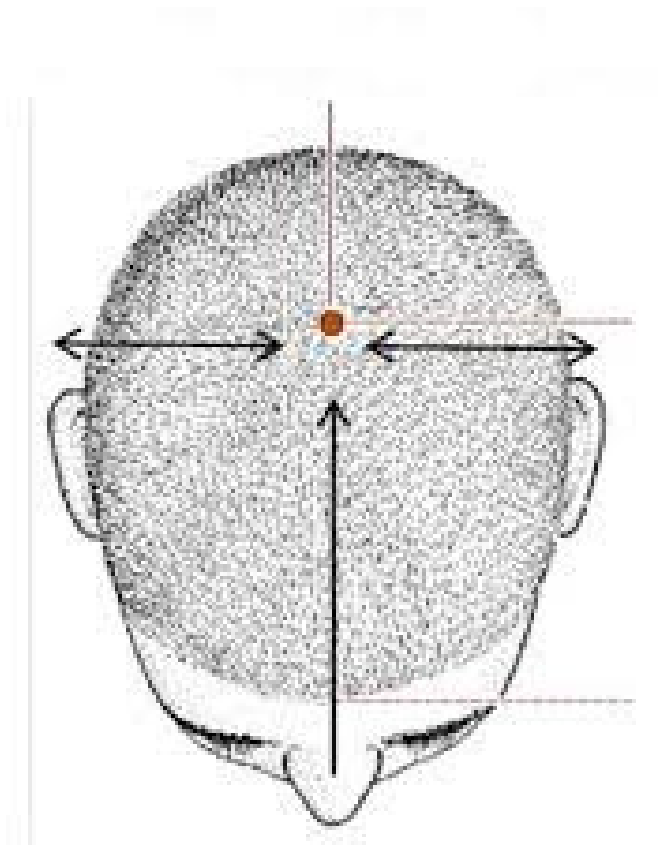


L O C A T I O N :

On the lateral side of the chest and on the mid-axillary line in the 6th inter-costal space (roughly a hand-width down from the arm pit).

Du20

T O P O F H E A D



L O C A T I O N :

On the head, 5.0 cun directly above the midpoint of the anterior hairline. Or, at the midpoint of the line connecting the apexes of the two auricles. (Roughly the top of the head).

Let's do one together!

Let's clear away anything that doesn't feel like LOVE

1. Identify an issue:
2. Rate intensity:
3. Set up a statement:

Now Let's Tap!



TAPPING SECRET

You do not need to find the points exactly, just by tapping on the general area you will be stimulating the point. The points are so tiny! When you tap using your fingers, even if you're off by an bit, you will still be on the meridian. All of the points are bilateral with the exception of those on the mid line (Du20, Du26, Ren24). You can tap bilaterally, on the left point or on the right point, it makes no difference!

TAP AWAY!

Anytime you notice stress, an unwelcome emotion or a block, start tapping! If you're a visual learner there are many YouTube videos on tapping, just follow along until you get the hang of it. I encourage you to use your intuition to guide what needs to be tapped out of you. Trust yourself in this process and allow it be use a handy tool that you can count on when things are feeling difficult.

Meet the Founder

Balanced Healing with Juliann (formerly Balanced Healing of Jacksonville) was founded by Juliann Abecassis-Walsh in 2016 with a heartfelt mission: to create a space where patients felt seen and where healing is possible. Juliann built a thriving practice in Jacksonville, Florida, where she led a team of wellness professionals and also worked part-time as an acupuncture physician at Mayo Clinic's Department of Integrative Medicine. Over time, she transitioned away from her clinical director role to focus more intimately on individualized patient care. After the birth of her son, she closed her physical office and embraced a telehealth model—with the exception of bi-monthly injections offered at Sanders Chiropractic in Jacksonville—allowing her to continue serving patients with flexibility and focused attention.

Through Balanced Healing, Juliann offers a telehealth experience that meets patients where they are - creating a connected, accessible, and deeply personal approach to wellness. Her clinical focus includes complex or "mysterious" illness (often related to mold toxicity, Lyme disease, and co-infections), hormone and gut imbalances, stress-related conditions, and restoring the body's natural ability to heal through integrative care.



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