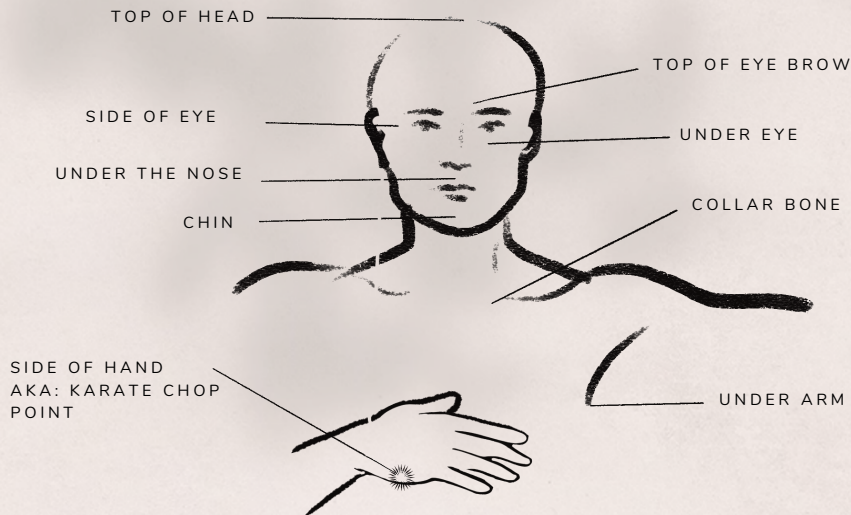


THE TAPPING POINTS

YOU CAN TAP ON EITHER SIDE OF THE BODY. CHOOSE WHAT FEELS COMFORTABLE



Choose a specific issue to work with (**e.g. a situation, an emotion, a pain**)

Rate the issue on a scale of 0-10 with '0' being no intensity and 10 being the strongest level.

Create a set up statement : Tap on the karate chop point, at the side of your hand , as shown, and say :

"Even though I have this (**issue**), I deeply and completely love and accept myself." Repeat x3

After the intention has been set you can begin the tapping sequence. As we tap on each point we use the phrase .. "even though the (**insert your issue**)" this can be a few words which describes the issue/emotion you are feeling.

Starting at the eye brow point, tap each point gently but enough to here a little percussion, 5-7 times each, move through all the points finishing at the top of the head.

Take a moment to breathe, scan your body and see how it is communicating with you. If you are down the scale to a '0' return to the karate chop point with a new statement which describes your evolved feeling or otherwise continue tapping, adjusting the language as you're feeling the changes.

Continue doing these rounds until you reach a '0' .

When you feel complete and in a state of peace take some time to integrate the experience. Close your eyes and breathe. Notice if any positive affirmations come up.

These are a gift from your subconscious - your bodies wisdom.