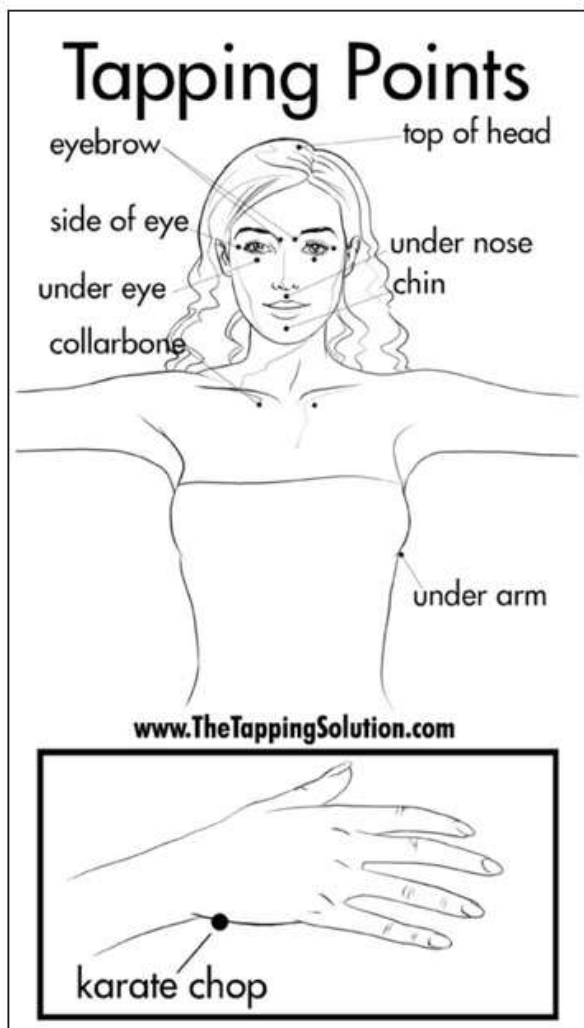


How to Tap



(<http://www.thetappingsolution.com/2014tappingworldsummit/how-to-tap-video.html>)



Images from www.thetappingsolution.com

Go through set up statement while tapping karate chop point on either hand. Repeat a few times while still tapping.

After setting up, tap on the rest of the points talking about how you currently feel, think, and/or believe. The order is:

- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone
- Under arm
- Top of head

You will usually tap each point about seven times, then move to the next point. You will complete about 3-4 rounds of tapping before finishing with a few deep breaths. Throughout the entire process, keep verbalizing any worries, fears, anxieties, etc. and then move towards more positive talk regarding being able to accept it, move forward, let it go, etc. You might end with a sentiment that states, "Even though I still may have this problem/issue/struggle, I still love and accept myself as I am." Tapping is most effective when done regularly and consistently. Try it after you wake up and before you go to bed as part of your daily routine. It takes about a month to develop a new habit, so stick with it and you will see some amazing and lasting changes in your life!

Provided by

