

How To Tap

Tapping is far more effective when it is personalized for you. However, most of us have matching issues to some degree so you can tap with an audience of a thousand people and still get a good result.

I am about to teach you my style of tapping, which is incredibly powerful. It uses the mind-body connection. The most important thing to remember is that healing isn't pretty. It's often loud and noisy. You might yawn, cry, laugh, burp or fart. It's just how it is.

Your body is holding decades (and even lifetimes) of trapped energy. It starts as stress or anxiety. When this negative energy is strong enough, it shows up in your body as physical illness. This is what we heal when we tap. As you release it, you may experience some dizziness or spaciness, which is normal. The dizzier you are, the deeper it is working. It means core beliefs are being changed and old, thick neural pathways are being deactivated.

Most people experience a lot of yawning when they tap. It's that old trapped energy releasing. Same as burping, sneezing, coughing, farting and laughing. I find yawning, coughing, burping, crying and laughing to be the most common forms. If it happens, let it happen. You want to let it out. You want to encourage it to happen as well.

Guidelines:

- Make sure you do the tapping often – tapping compounds powerfully
- Do it in privacy if you can
- Be loud, make sound and exaggerate your words
- Breathe loudly, sigh and make sound and let it all out
- Open your jaw really wide like you are biting an apple
- Relax your shoulders
- Lean towards the painful emotions, rather than away
- Name what you are really thinking and feeling. Admit it is happening
- Acknowledge the feeling in your body
- Accept the feeling without trying to change it
- Allow yourself to tap, breathe, yell or sigh as you feel the heaviness
- Follow my instructions in the tapping script
- Breathe when I recommend AND when it feels right
- Prioritize the yawn
- If you go to yawn, drop what you are saying so you can get a full yawn on
- Same as coughing or laughing... These are good signs of energy shifting.

The Tapping Points

As you move through the points, tap each point at least 10 times and up to a few minutes each if you want. Make sure you aren't tapping to the side of the point, especially if it is making you tingle – stick with it. Keep

scrolling through the points

As a rule most tappers start either on the side of the hand/karate chop point, or the front of the chest. If you mix it up, it will be OK. It is very hard to get the points wrong. As long as you speak what you are really thinking and accept it using this process you will get great results.



Top of the head

- Use one palm to tap on very top - on the crown
- Use other hand to tap all around head as there are lots of points around there



Eyebrow Points

- Right at the bridge of the nose
- Where eyebrows start



Temples/Corner of The Eyes

- Right at the very edge of the eyes
- Stay in close to eye



Cheekbones

- Directly under pupil
- High up on front of face almost touching eyes - where you would get dark circles. On the bone



Above The Lips

- Right in divot
- Directly above lips
- Directly under nose



Under The Lips

- Right in divot
- Directly under lips
- same place cartoon men with beards rub when they are thinking



Front of The Chest

- To find put hand in wide horseshoe shape, touch your collarbones and slip down two inches
- Feel around the area until you find a sore spot
- More to the side then the middle
- You can use your whole palms or tap in circle around chest to make sure you get it.



Front of The Ribs

- Very front where rib juts out the most
- Bottom rib
- In line with nipples



Side of The Hand

- Also called karate chop point
- Under pinky & above wrist
- Tap both hands together or tap how you like - just tap it!



Inside of Wrist

- Under hand
- Under pinky finger
- Tap inside of wrist together if you like to get both sides

There are more points, but these are great ones that will still get you results. So don't worry if you have seen other points being used – you can use them as well as these if you like. But these ones here will be enough.

Once you start tapping don't stop – and always notice the feelings in your body. Keep tuning into **where your feelings are and send them love.**

So What's Next?

Write down the negative thoughts you have word for word – don't hold back or edit. Exactly as you hear it in your head. Include your negative feelings and any memories that come to you as well. Get as much down as you can.

The whole point is to say exactly what you are thinking and feeling, then accept that it is really happening.

Accepting does NOT mean liking.

It means you are aware of it – you acknowledge it,
you admit that it is really there without forcing to change
Forcing it to change never works – that is THE go to reaction on this planet
for most people. This is why the nervous system gets so messed up.

Rather than push, you RELAX TOWARDS it exactly
As it is – without trying to change it at all... And it will dissolve.

**This process is incredibly
profound isn't it wonderful that the
key to transformation is actually that simple?!**

**Start off with all the negative
Then say nice things TO the negative**

In the beginning use a lot of bridging words like MAYBE and ONE DAY
SOON and I'M OPEN TO THE POSSIBILITY. This is extremely powerful because
it disarms your nervous system when you don't feel it or believe it yet.

As you go along you can start bringing in more hope
After you have felt a big shift you can start saying wonderful
empowered statements – but do not try in the beginning because
your nervous system won't be ready and it won't be so powerful.

Reading Out Your Negative Issues

Read your list and add on positive sentences at the end

You can read ONE sentence at a time and then add the positive

OR you can read a few out at a time and then add the positive

OR you can read ONE sentence but expand on it saying
whatever else comes into your mind

Always, always, always, remember to take big deep breaths throughout!

Tapping Process

Got Your List Of Negative Thoughts Ready?

🌀 KEEP TAPPING

- 🌀 Read the sentence out loud – Repeat it a few times
- 🌀 Take a deep breath
- 🌀 Say where you feel it in your body – it's OK to guess
- 🌀 Say the negative thoughts again and how they make you feel
- 🌀 Express exactly what you hear in your mind – DO NOT EDIT
- 🌀 Then say something affirming. Simply accept/admit it is happening***
- 🌀 Relax towards the feelings – do not pull away
- 🌀 Take more deep breaths and repeat
- 🌀 You can start the sentence with 'Even though' (but you don't have to)

****Say the negative and use the list below to affirm you are OK:*

But I'm open to loving and accepting myself anyway!!!

I'm still a good person		I choose to give myself a break
Maybe I'm OK as I am		I admit I really feel this way
It's OK to feel this way		Maybe this feeling is on my side

Maybe it's OK to maybe forgive myself for this one day soon
I acknowledge this feeling in my body and I'm OK as I am
I am worthy of being loved, even if it doesn't feel like
I am open to changing my mind about this
Even if this never changes I'm worthy of being loved
Even if it never feels like it, I am worthy of being loved
Even if I never know it, I'm worthy of being loved
I am choosing to love myself as much as I can
I'm choosing to love myself more than ever before
I admit that yes, this is REALLY happening– I'm REALLY feeling this way
Yes, I am feeling THIS right in HERE! (feel with your imagination where)
Even though it's really painful I give myself permission to feel it now
Even though I'm feeling –(name the emotion)- I am choosing to be kind to myself now

Take a LOT of deep breaths
Every few sentences take long deep breaths and SIGHHHHHH