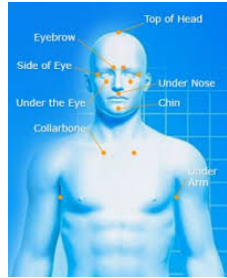


Tapping Procedure for the 10 Bodies

Intention: To Be your Best Self



Identify your most pressing trigger like pain, stress or an emotional issue and then find the location in your body where you feel it.

Give it a "stressor" number, 10 being most and 1 being the least.

Come up with a specific phrase or word to identify your issue: _____in my _____*

Tapping process,

Tap the side of your hands together like a karate chop or in the Har prosperity meditation, and say the following sentence three times:

"Even though I feel this _____in my _____*, I deeply and completely love and accept myself"

Tap the insides of the eyebrows and say: This___in my ___*, makes me feel (fear, anger, grief) _____

Tap the outsides of the eye and say: All this ___in my ___*

Tap under the eyes and say: All this _____ in my_____*

Tap under the nose and say: All this_____in my _____*

Tap under the mouth and say: It's time to let it go

Tap kidney points (collar bone) and say: I choose to let it go

Tap under arms and say: Letting it all go

Tap top of head and say: Releasing, letting go

Karate chop the sides of the hands and repeat 3x: I am creative, connected, joyful, peaceful, balanced, focused, secure, courageous, calm, radiant, Unto Infinity, I am I am.

Take 3 sitali pranayam breaths

Check in again on the trigger: did it shift, did something else come up? (work with that issue then) Repeat the process using the words 'even though I still have some _____*' and repeat the tapping process until the trigger feels integrated.