***TAPPING (EFT) TECHNIQUE***

*Tapping to help release emotional limitations to accomplish personal goals:*

***To begin Solidifying Your Resolutions, ask these questions of yourself***:

* What experiences and objects do I desire to have in my life?
* How will I grow as a person through these experiences?
* What would I offer to others based on what I have learned?

***Fear and limiting beliefs block resolve toward the accomplishment of goals.***

***5 Special Categories***:

* Fear of success
* Fear of changing
* Fear of identity being disrupted
* Fear of failure
* Fear of not deserving or unworthiness

Beliefs come from everyone and everywhere. It is a form conditioning and programming. This can often be to the detriment of your real true self, as you adopt other people or the world’s perception of who you are and how you should be. To connect with yourself absent of external debilitating influences, EFT is helpful.

Tapping helps pair the relaxation response with an energetic disruption response. Everything starts with the energy system first. Tapping changes this energy system through the meridians, where it starts. It is like acupuncture without the needles.

Clearing blockages in the meridian system creates mental, physical, emotional and spiritual balance. It clears an internal energetic traffic jam, which translates into emotions, beliefs and experiences held in the physical body. Tapping strikes certain key points to overhaul and clear the entire energetic system.

Tapping releases resistance allowing resolve and ultimately, your goals to be reached.

***Tapping works on***:

***The Mind*** (clearing the belief)

***The Body*** (tapping physically)

***The Spirit*** (through the energy system)

***HOW TO DO TAPPING EXERCISE***

***Tapping in the same sequence is what clears everything.***

1. **Choose a target** - emotion or limiting belief to focus on
2. **Measure it** - on a scale of 0 -10 how uncomfortable is it?
3. **The set up Phrase** - "Even though I have this (state the problem) I deeply and completely accept myself" (Releases resistance)
4. **Begin Tapping** and release the fear

***Say The Set Up Phrase While You Are Tapping as Instructed Below…***

***Tapping sequence***:

1. Tap at **Karate Point on hand**
2. Then at the **Top of the Eyebrow**
3. Then at the **Side of the Eye**
4. Then **Under the Eye**
5. Then **Under the Nose**
6. Then **At the Chin**
7. Then at the **Collar Bone**
8. Then **Under the Armpit**
9. Then on **Top of the Head**