

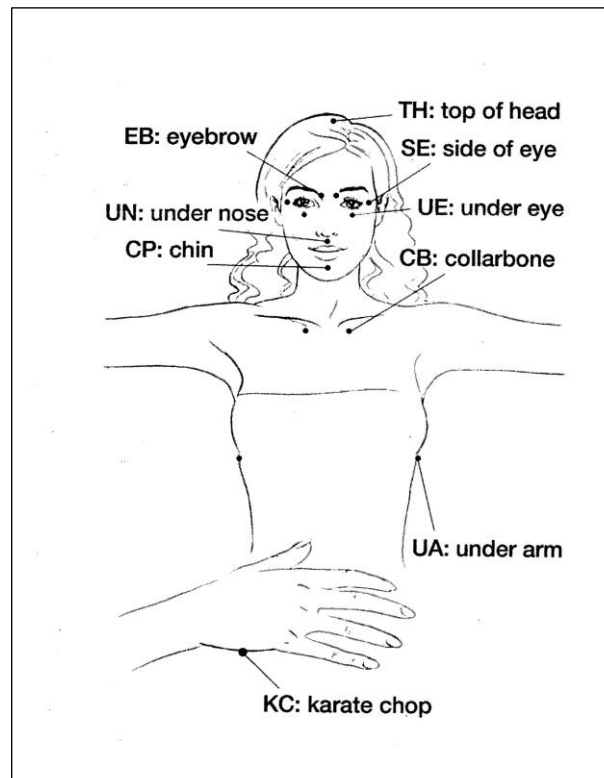


## Try it on everything

Tapping is very flexible and ways to use it are really only limited by your willingness to experiment. Here are some ideas to get you started.

Don't worry about trying to get the words right, simply focus on the feeling and allow yourself to relax and accept yourself, regardless of what you are experiencing.

**Remember: Choosing to love and accept yourself AS YOU ARE RIGHT NOW is the quickest and most effective way to create positive change.**



For the fastest way forward I recommend a morning and evening **Tapping Snack** - repeating *I love and accept myself* at each point. You can say the words aloud or silently.

In a hurry? Do 5 rounds, if you have longer, keep going until you feel relaxed and at peace.

This works in a very profound way and will help you at many levels, physical, emotional, mental and spiritual. Over time, all of life will become easier and more joyful. **Do 5 rounds of *I love and accept myself*, twice a day for 3 months and watch your life change.**

You can use the other processes below when you have more time.

- **Test** (What's the intensity out of 10 of this feeling before I begin? What is it at the end?)
- **Check** the mind-body connection (Where do I feel this in my body? What is it like?)
- **Drink lots of water** – you are dealing with electromagnetic signals in your body. Electricity flows better in water!

**Emergencies** – when you don't have much time – use the **Tapping Snack** above to calm yourself or somebody else in a stressful situation. If there is longer used *Tell the Story Technique* below

**If in doubt – use the Tapping Snack**

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### **Standard Tapping** – to work through a particular issue

1. **Choose a Topic** – give it a number out of 10 (10 equals high) for the amount of distress right now.
2. Starts tapping on the K C point ***Even though ... (I have... problem/feel really upset about.../... Has happened etc) I choose to deeply and completely love and accept/honour/affirm/forgive myself*** - Repeat 3 times on the KC point
3. **Clearing out the rubbish** :Starting with EB tap around the head and body points in turn expressing the pain/anger etc.
4. **Letting Go** When you feel calmer tap a round of *I choose to let this go now*
5. **Put in the positive** – how would you like to feel instead? Finish with a round or 2 tapping and positive emotions appropriate to the situation you have just cleared *e.g I choose to feel at peace/I am safe now/I choose joy now/I choose to handle money wisely etc.*

**Focus on the Emotion** – similar to standard tapping, but you simply focus on the emotions as you tap. At the body points tap *This feeling of... (anger/sadness/hatred/fear etc)* - focus on allowing the motion to be felt and released as you tap.

**Focus on the Body Sensation** - same as focus on the emotion, but keep your attention on the physical sensations associated with the emotion or situation you are dealing with. These may move around the body, keep noticing and naming them as they move. (Called *Chasing the Pain*) *this pain in my chest, this ache in my back, the sick feeling in my stomach etc.*

### **Affirmations**

**Tap around the points as you repeat your daily affirmations.** The tapping will ‘tap out’ the subconscious voice that doesn’t believe you, and embed the new beliefs into your cells. Remember that the points correspond to your organs, (heart, liver etc) you are literally encoding new instructions into your whole body.

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### Tell the Story Technique

Use this technique for taking the 'sting' out of specific events and traumas

1. Choose the specific event you want to work on
2. Make a short story of the most intense part (define where the story begins and ends – keep it to a minute or 2 and length.)
3. Rate the intensity of your feelings about the story out of 10
4. Tell yourself the story from beginning to end while tapping – be as detailed as you can in describing the scene and what happened
5. Check your intensity
6. Repeat until the intensity subsides to an acceptable level (the event or trauma is likely to feel 'detached' from your, and/or you may feel bored by the story)
7. Check your intensity and note the difference in how your body feels when you recall the situation or event

### Addressing the Physical

Use this technique for dealing with pain, or unpleasant feelings particularly **if you don't know what is the root cause or what emotion may underlie them** (eg headaches, other pains, nausea, anxiety, panic, fear)

If you know the root cause work on the specific event using the *Tell the Story* technique above..

1. **Identify** the pain or other feeling you want to address
2. **Check the intensity** of the pain or feeling – give it a number out of 10. Check as you progress
3. **While tapping make it into an 'object'** by answering some or all of the following questions
  - a. Where is it?
  - b. What colour is it?
  - c. What shape is it?
  - d. How big is it?
  - e. Is it hard or soft?
  - f. Dark or light?
  - g. Heavy or light?
  - h. Does it have sharp edges?
  - i. Is it moving?
  - j. Vibrating or still?
  - k. Is it hot or cold?
4. As you tap **use the Even though I have.... I deeply completely love and accept myself pattern** eg "Even though I have this sharp heavy pain between my eyes I deeply completely love and accept myself."

## Some Ways To Use Tapping

4

5. **Notice what changes** as you tap, asking yourself “Is it still the same (colour, shape, size etc)
6. If you can get the pain/feeling to move **see if you can move it outside your body, or dissolve it**. Don’t worry if you can’t – the tapping and gentle attention will have an effect that will become apparent over time.
7. When you’ve had enough leave it – and perhaps revisit later. **Give your body time to respond**. Say thank you.

**Venting** Use this technique “**in the moment**” eg if you are crying, upset, angry, traumatized.

Simply **vent all your thoughts and feelings around the incident while you tap the points**. If there is one part that brings up high intensity concentrate on that part until the intensity goes down eg *“I can’t believe she said that! She’s so nasty and horrible and I can’t believe how she said something so horrible. How can she be so mean and rude. Nasty horrible mean cow. I can’t believe I let her make me feel like this. I’m’ so angry at her. I’m so angry at myself for letting myself get so upset. I’m so angry. I’m angry at her and angry at me. It’s in my stomach I’m so angry and it’s making me feel sick. Etc etc*

**Check your intensity** and once it has subsided it may help to use *Tell the Story Technique* for the specific event that triggered the reaction.

**As always if you are stuck seek professional guidance and if you are attempting to deal with a medical issue seek medical advice alongside your tapping**

**If nothing else works – use the Tapping Snack**

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