

HOW TO TAP:

Begin with an affirmation, repeated three times whilst tapping the karate chop point on the side of your hand:

Even though I..... I deeply and completely accept myself

Then tap around your **Face** (as per diagram below), **Collar Bone** point (around where you would knot a tie) **Under one Arm** and on the **Top of the Head**, repeating a Reminder Phrase about your issue.

ALWAYS REMAINING TUNED IN TO THE ISSUE YOU ARE WORKING ON!

E.G.: *Even though I feel sad I deeply and completely accept myself*

The underlined words ... **feeling sad** are ideal for use as the Reminder Phrase.

Repeat the Reminder Phrase as you tap each point, just to remind your unconscious mind what you are working with.

As the issues reduce, change your affirmation to 'Even though I **still** have some of this **remaining** problem' and tap with **remaining**

For example: *Even though I **still** have some of thisI deeply and completely accept myself*

The Reminder Phrase is also easily adjusted. Just put the word *remaining* before the previously used phrase. For example: **remaining sadness**

MERIDIAN TAPPING POINTS

