



Tapping Points

1. Top of Head
2. Eyebrows
3. Side of eyes
4. Under eyes
5. Under Nose
6. Chin
7. Collarbone
8. Under Arms
9. Wrists
10. Karate Chop

Step 1 – Release Negative Emotions

- Smell or apply appropriate essential oil blend
- Think about and/or feel the stress/phobia/anxiety/emotion you would like to release
- State the release statement as you tap each point on sequence 5-7 times

Step 2 – Imprint a Positive Emotion

- Smell or apply appropriate essential oil blend
- Think about and/or feel the positive emotion you wish to program into your cells
- Tap each point on sequence 5-7 times while stating the positive affirmation statement
- Take a moment to feel gratitude to yourself and the process.