



*Esti Allina*

**AM/PM Tapping** – This is a very powerful technique to use on a daily basis, 2x/day, for just 2-3 minutes each time. This will clear your energy and balance you for a powerful day, and finish the day by clearing stress that built up for a clear mind and sound, regenerative sleep.

**Tapping points:**

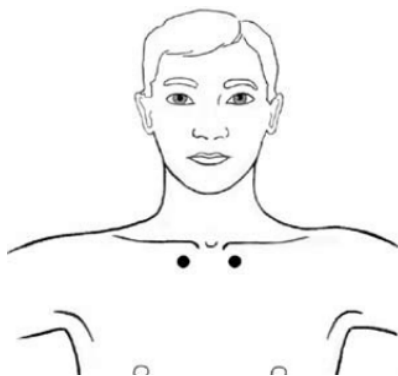
- |  |                       |
|--|-----------------------|
| <b>1. Side of Hand (set up phrase)</b>       | <b>6. Under nose</b>  |
| <b>2. Top of Head (not shown in diagram)</b> | <b>7. Chin</b>        |
| <b>3. Eyebrow</b>                            | <b>8. Collar Bone</b> |
| <b>4. Outside of eye</b>                     | <b>9. Under arm</b>   |
| <b>5. Under eye</b>                          |                       |



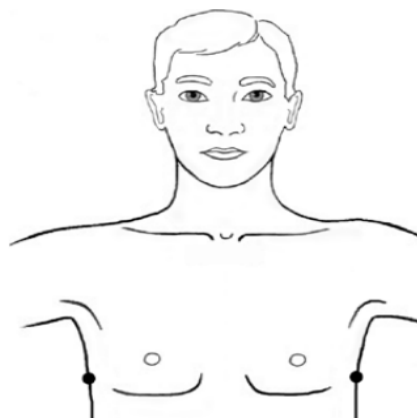
1. Side of Hand



Points 3, 4, 5, 6, 7



Point 8



Point 9

### **Round 1 and 2:**

Tap on thoughts or events that cause you negative emotions such as: worry, fear, anger, disappointment, aggravation, frustration, sadness, hopeless, grief, loneliness, guilt, shame, etc. Current issues or past issues. You can tap on a variety of issues, or focus on one issue during your rounds of tapping.

It's easy when you begin each sentence with the phrases below.

Set up phrase while tapping on side of hand: Even though ....

Im frustrated that.... I'm upset that.... I'm afraid .....

I'm concerned... I'm annoyed that.... I'm anxious/nervous about....

I'm discouraged I'm worried..... I'm frustrated.....

**I still deeply and completely (love) and accept myself. – Do the whole set-up phrase 3 times, beginning with 'Even though I feel..... I still deeply and completely...'**

**Then repeat phrases related to what's stressing you while tapping on the points.**

### **Round 3:**

“Even though all this is true I choose to have a great day (optional: and CHOOSE TO \_\_\_\_\_) and I feel great.”

During Round 3 make sure you use only **POSITIVE** words. No: can't, don't, will, afraid, etc.

### **EVENING TAPPING:**

**Round 1:** Tap on anything that occurred during the day that caused you worry, anxiety, frustration or any other negative emotions. You can also tap on current issues or past issues.

**Round 2:** Tap on the personal things you feel grateful for.

### **Round 3:**

This round starts with “I choose to sleep well or “I like the idea I sleep well

You can complete your sentence with “...have a great day tomorrow, and (optional: easily “have a great day tomorrow.”)