



Tapping With Esti

[Link to video demo of AM/PM tapping](#)

video password: freedom

AM/PM Tapping

To prepare, drink a full glass of water, and keep water on hand throughout your tapping. Being hydrated is important for good results.

The Tapping Points:

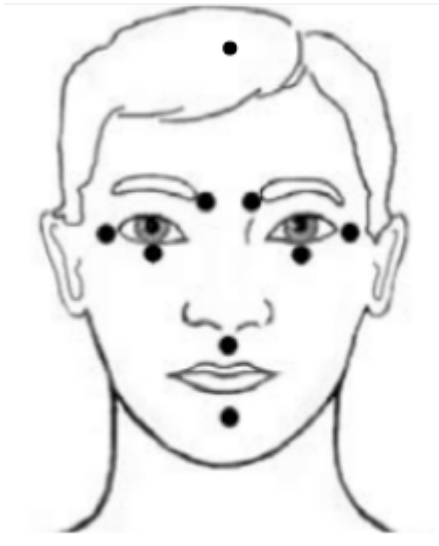
1. Side of Hand (set up phrase)
2. Top of Head
3. Eyebrow
4. Outside of eye
5. Under eye
6. Under nose
7. Chin
8. Collar Bone
9. Under arm



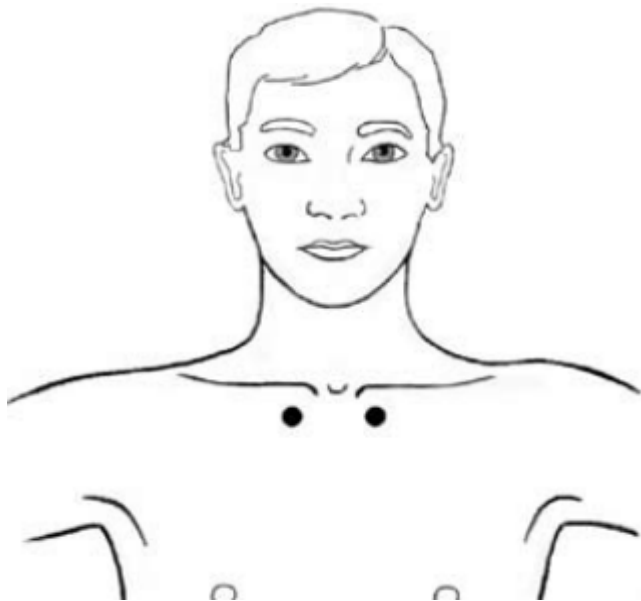
1. Side of Hand



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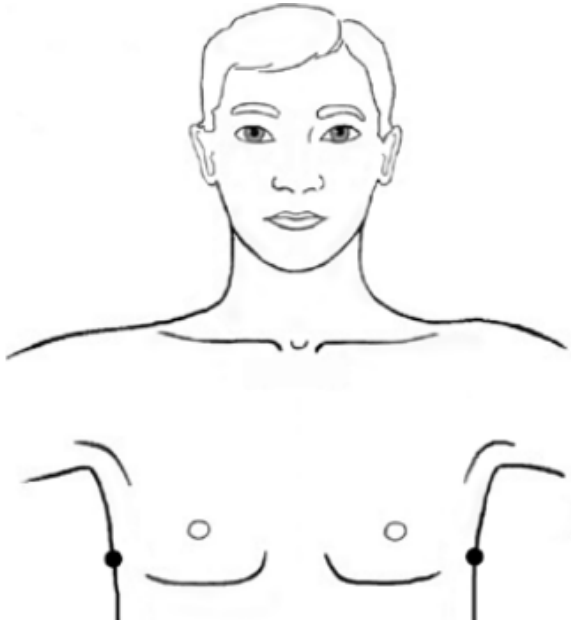
Points 2, 3, 4, 5, 6, 7



Point 8



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Point 9

AM / PM TAPPING INSTRUCTIONS

Do 3 rounds of tapping in the morning and 3 rounds in the afternoon or evening every day.

MORNING TAPPING:

First you'll create a set-up statement using this formula:

Even though I feel _____, I still completely accept myself and allow my hair/lashes/brows to grow.

You'll fill in the blank with what you're feeling in that moment.

For example:

Even though I'm worried about how I'll do on the test today, I still completely accept myself and allow my hair to grow.

Even though I feel anxious about.....

Even though I feel this general anxiety and I don't know why....



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Say the set-up statement 3x while tapping on Point 1 – the side of hand point.

Round 1 and 2:

A 'round' of tapping is one pass through the whole series of tapping points.

Just talk about what you're feeling, and what might be causing your stress (an upcoming meeting, too much to do, feeling overwhelmed, etc.) while you tap through the points.

Tap on each point 7-10 times.

Move to the next point with each phrase.

Try to notice where you're feeling that emotion in your body.

Frustration, anxiety, overwhelm, etc are just labels for sensations!

So tune in to those sensations, and tap on those:

For example:

Point #2 - This frustration feels like a rock stuck under my solar plexus.

Point #3 - I feel this anxiety like a swirling cloud in my torso.

Point #4 - All this stress shows up in my body in tension in my shoulders.

Focus on what you're feeling and repeat key phrases like:

Point #5 - this frustration

Point #6 - worried about the meeting

Point #7 - all this worry

Point #8 - feels like a rock in my gut

Point #9 – all this worry and frustration

The more descriptive and specific you are with your experience, the more release you get when you tap on it.



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Round 3:

“Even though all this is true I choose to let my hair grow, and have a great day.”

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

EVENING TAPPING

Follow the same procedure as for the morning set-up statement, and tapping on the points.

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 anything 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.”)

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FAQ's:

1. How do I know if I did the tapping right?

First, know that it's a very forgiving technique and research has shown that just tapping close to the actual point brings results. Also it's a good idea to rate the level of the emotion you're feeling on a scale from 0-10, with 0 being no emotional charge, and 10 being unbearable, before and after you tap. That way, you have a measure to gauge your improvement.

2. Can I tap with either hand, or switch hands?

Feel free to switch hands at any point, or use both hands to tap uni-lateral or bi-lateral (as I demonstrate in the video).

3. What if I have other questions or want more guidance with EFT?

Great question! ;-)

Please reach out to me with any questions you have:

esti@estiallina.net

Would you like to speak with me to learn more about how EFT can help you?

Schedule your complimentary Discovery Session here:

Discovery.EstiAllina.net