Tap Away Pain and Illness
"Asking the body" to heal

with
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Asking your body to heal
Four Tapping Elements

1. Acknowledge the specific problem
2. Forgive yourself or body for having the issue
3. Give positive, specific, directives to your body
4. Express gratitude for the healing

Set up statement examples:

Even though I have this sharp pain in my lower mid-back, I ask my body to eliminate it. Thank you body for responding

- ET I'm really sick, I'm grateful for these warning symptoms
- ET I still have this _____ after all this time, I forgive my body for letting me down, and thank it for letting me know there's still more

Now that I'm aware of a problem, I ask my body to eliminate the symptom (pain, illness, fever, disease)

More sample Set-up Statements
(ET = "Even though")

ET it feels like I'm coming down with something, I ask my body to block it now. Thank you body for boosting my immune system and eliminating whatever this is.
ET I have this pain in my right ankle, I ask my body to block the pain, send healing energy to my ankle and heal the injury.
ET I can't seem to get over this virus, I forgive my body for being sick and ask it to heal now. Thank you, immune system for eliminating this virus.
*ET I have nausea, I ask my body to eliminate it. Thank you body for responding and restoring my health.*

Do three rounds on the tapping points

First round: State the issue – *this pain in my left bicep, this growing migraine, this painful fibromyalgia, this oncoming virus*

Second round: *Forgive your body for being ill and thank it for letting you know (tell it the next time it has something to say, to just text you)* ☺ Examples:

- I forgive myself (or body) for being ill
- Thank you body for letting me know that something is still out of balance
- I want to completely forgive myself
- I'm grateful for being willing to work on this instead of giving up
- Forgive me body for being mad at you

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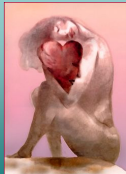
Third round: Tell your body what to do and express gratitude for its response (Do three rounds on the tapping points)

I ask my body to eliminate this _____
I ask my body to send healing energy to my _____ (body part or area that's in need)
Thank you body for boosting my immune system (or healing energy)
I ask my body to restore my health
Thank you body for responding
I allow my body to do whatever it knows needs to be done to heal
Thank you body for having this infinite wisdom to heal
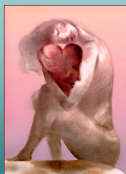
Fourth round: Alternate "asking phrases," with both gratitude and symptom statements:

- *This annoying pain in my _____*
- *I ask my body to neutralize (or eliminate) it*
- *Thank you body for responding*
- *I ask my body to boost my immune system*
- *this tiredness and lethargy all the time*
- *I ask my body for restoring my energy*
- *Remaining ill-health*
- *I ask my body to restore my health*
- *Any resistance to getting well*
- *Thank you body for letting it go and allowing me to heal*

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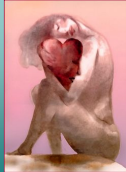
Other tips

- Continue or repeat these steps until you get results
- Be persistent. Sometimes getting well via tapping just takes more time or focus than expected
- Make sure you find and neutralize the cause of the problem, pain or illness…if possible
- If you are still not getting results, consult a qualified, EFT practitioner. For certified practitioners visit AAMET.org or other practitioners at www.TappingInternational.com
- If you are seeing a doctor or other health-care professionals, please continue to do so.

Disclaimer: While EFT and Pro EFT have never been known to harm anyone, you must use it in a conscientious way, being responsible for your own health.

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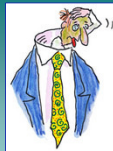
Legal Stuff

- The techniques or methods in this presentation are intended to help you discover potential causes and remedies for your ailments.
- These tapping techniques and tips, however, are not intended to replace conventional medical procedures or advice.
- Please consult your health-care practitioner. Or send him/her to www.LKcoaching.com for more information about tapping and EFT.
- Do not stop taking prescription medications without your doctor's express consent and guidance.

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