



## **BASIC TAPPING SCRIPT**

*LEARN HOW TO TAP*

[www.meridianvitality.com](http://www.meridianvitality.com)

2010

To familiarize yourself with **Meridian Tapping** we introduce to you the basic tapping script.

## ***OVERVIEW***

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- Give the problem a subjective rating on a scale from 0-10.
  - *0 means it is no problem at all*
  - *10 means it is a big problem*
  
- Start tapping on the friendly spot (karate chop point) while stating your problem 3 times
  - *Even though I have this problem, I deeply and completely love accept myself*
  - *Even though I have this problem, I deeply and completely love accept myself*
  - *Even though I have this problem, I deeply and completely love accept myself*
  
- Then tap each of the points 5-7 times with your index and middle fingers while repeating
- the reminder phrase
  - *This problem*

## *The Meridian Tapping Points*



Karate Chop/Friendly Spot



Top of Head



Eye Brow



Side of Eye



Under Eye



Under Nose



Chin



Collar Bone



Under Arm

## Full Basic Tapping Script

Give the problem a subjective rating on a scale from 0-10

- 0 means it is no problem at all
- 10 means it is a big problem

Start tapping on the friendly spot (karate chop point) while stating your problem 3 times

- *Even though I have this problem, I deeply and completely love accept myself*
- *Even though I have this problem, I deeply and completely love accept myself*
- *Even though I have this problem, I deeply and completely love accept myself*

Then tap each of the points 5-7 times with your index and middle fingers while repeating the *Reminder Phrase*

- Top of Head: *This problem*
- Inside Eye: *This problem*
- Outside Eye: *This problem*
- Under Eye: *This problem*
- Under Nose: *This problem*

- Chin: *This problem*
- Collar Bone: *This problem*
- Under Arm: *This problem*

Check the subjective rating to see if there was an improvement and by how much. If the problem has not totally gone away do another tapping round:

Tap on the friendly spot (karate chop point) while stating your remaining problem 3 times

- *Even though I still have this problem, I deeply and completely love accept myself*
- *Even though I still have this problem, I deeply and completely love accept myself*
- *Even though I still have this problem, I deeply and completely love accept myself*

Then tap each of the points 5-7 times with your index and middle fingers while repeating the Reminder Phrase

- Top of Head: This remaining problem
- Inside Eye: This remaining problem
- Outside Eye: This remaining problem
- Under Eye: This remaining problem

- Under Nose: This remaining problem
- Chin: This remaining problem
- Collar Bone: This remaining problem
- Under Arm: This remaining problem

Check the subjective rating again and if necessary do another tapping round.

## Disclaimer

*Tapping is not designed to replace anything you are currently doing to enhance your well being. Tapping is in addition to good nutrition, chiropractic, naturopathic, and medical care or any other modality that adds to your health.*

*While Meridian Tapping has produced remarkable clinical results, it must still be considered to be in the experimental stage and practitioners and the public must take full responsibility for their use of it. Please consult qualified health practitioners regarding your use of Meridian Tapping.*

*Pain is a fact of life, suffering is optional*

## Give Yourself A Competitive Edge With Meridian Tapping

**Meridian Vitality** is teaching a new way to understand and balance body, mind and spirit to transform traumatic events. We are using a form of energy psychology called **Meridian Tapping Techniques** (MTT) also known as EFT (Emotional Freedom Techniques).

We are pioneering the use of energy psychology with everybody. **MTT** is being used to improve health and well-being a cellular, energetic and neurological level by addressing issues from an *emotional biochemical* standpoint.

**MTT** speaks directly to your body and subconscious mind. It completely bypasses the conscious component and induces the processing of chemical out of cell receptor sites while balancing the body's energy system.

Illness has an emotional component (energy in motion). Traumatic events can lead to a short circuit in your body's energy system resulting in illness. **Meridian Tapping** helps clear that emotional block and restore your body back to wellness.

No matter what your problem and the reason for visiting **Meridian Tapping** can help. **Meridian Tapping** does no harm, is gentle, effective and easily supplements all other therapies and medications you may be currently taking.

No-one should suffer from pain. Once you separate the two you open the doorway to a more complete healing. End your suffering by contacting Meridian Energetic ([www.meridianvitality.com](http://www.meridianvitality.com)) for your own personal session. Sessions are available in person, by phone or Skype.



*William Thompson*  
*Meridian Tapping Coach*



*Meridian Tapping Coach*