

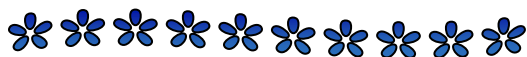
Meridian Tapping

Negative emotions, toxins, injuries, thoughts and events accumulate in your body physically and bio-chemically and if uncorrected they will result in illness.

Meridian Tapping creates a disruption and speaks directly to your body and helps it return to a state of balance and well-being.

This is accomplished by the simple combination of tapping on energy meridians and stating affirmations that create a cognitive shift resulting in permanent physiological and biochemical changes.

Meridian Tapping or EFT (Emotional Freedom Techniques) is non-invasive and simple to learn. Instead of needles the fingertips are used to tap specific points on your head, chest and body to stimulate the meridians.



The Basic Shortcut Tapping Recipe

THE SETUP:

Repeat the affirmation 3 times:

“Even though I have this (name the problem)

I deeply and completely accept myself

While continuously tapping the karate chop point.

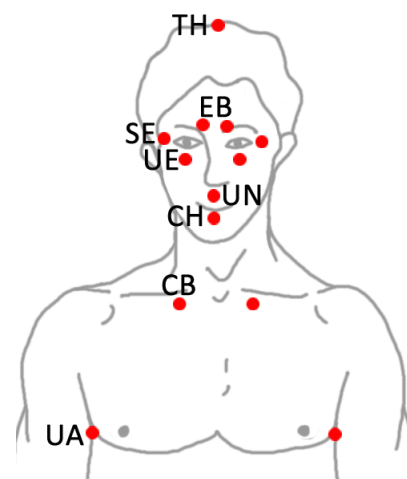
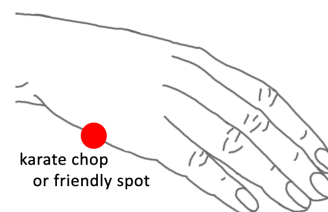
THE REMINDER PHRASE:

The Reminder Phrase is simply a word or a short phrase that describes the problem that you repeat out loud each time you tap one of the points in the Sequence.

THE SEQUENCE:

Tap about 5-7 times each of the Meridian Tapping Points, starting at the top of the head while repeating **the Reminder Phrase** at each point.

Meridian Tapping Points



- 1 • top of head
- 2 • eyebrow
- 3 • side of eye
- 4 • under eye
- 5 • below nose
- 6 • chin
- 7 • collar bone
- 8 • under arm



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