



## Tapping Points

1. Top of Head
2. Eyebrows
3. Side of eyes
4. Under eyes
5. Under Nose
6. Chin
7. Collarbone
8. Under Arms
9. Wrists
10. Karate Chop

### Step 1 – Release Negative Emotions

- Smell or apply appropriate essential oil blend
- Think about and/or feel the stress/phobia/anxiety/emotion you would like to release
- State the release statement as you tap each point on sequence 5-7 times

### Step 2 – Imprint a Positive Emotion

- Smell or apply appropriate essential oil blend
- Think about and/or feel the positive emotion you wish to program into your cells
- Tap each point on sequence 5-7 times while stating the positive affirmation statement
- Take a moment to feel gratitude to yourself and the process.