

Getting Started With Tapping

Start and finish with your hands at your heart.

- Notice where you are for the issue you want to tap on, on a scale from -10 to - to +10. Ask your body for the answer!
- Go through each tapping point in turn, saying your phrase.
- If it feels it needs to change, during that round, that's fine. Let it change.
- Allow yourself to let go of any blocks - give yourself permission for this shift to work, easily, without effort.
- Start with the 'problem' statement for your first round. Over the next few rounds, allow it to naturally shift to your 'what do I want, instead?' statement. Allow yourself to have 'more' and 'even more' of that.
- Remember that this work continues, effortlessly, even after you have finished this round of tapping.
- With your hands back at your heart, notice where you are on that old issue now, on the scale from -10 to - to +10.
- Thank yourself for taking the time to do Energy EFT.

Which inner quality or resource will you tap on each day this week?

Make a note of which shifts you notice, in the space below.

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