

Where to tap:

- Eyebrow point
- Side of the eye
- Under the eye point
- Under the nose point
- Chin point
- Collarbone point
- Under the arm point
- Top of the head

Tap at your own speed, switch points at your own rate. You can cycle through these points or just use the Karate Chop Point.

Tapping Routine: #1

Okay, so tapping through the points:

... There's my body  
... There it is  
... It's always been my body  
... And there's always been things wrong with it  
... I learned young to reject parts of my body  
... I came through only knowing acceptance of my body  
... Didn't even occur to me  
... My body just was part of me

... But I quickly learned  
... And it was a shock  
... That bodies can let you down  
... That there was something wrong with my body  
... And that's been proven to me over and over  
... 'Cause my body has let me down  
... It's really let me down  
... It's caused me pain, suffering, embarrassment, humiliation

... I've been insulted  
... Laughed at  
... Talked about  
... And I criticize my body too  
... There's something just not good enough  
... Just not perfect  
... Not even close  
... It's not the body I really want

... Why would I want to be super conscious of my physical body?  
... I don't want to be in this body

... I don't really like it  
... It's let me down  
... It's caused me suffering  
... I've been at war with this body  
... I have hated this body

... I've tried to negotiate with this body  
... I've tried to fix it  
... Others have tried to fix it  
... And I just can't get there  
... So many things wrong with my body  
... And some of them feel unforgiveable  
... Unforgiveable

... The truth is I reject my body  
... I reject my physical body  
... I want to love it  
... I want to love myself  
... But it's hard to love my physical body  
... Why would I want to be more conscious of it?  
... I totally reject my physical body  
... And I am right about this

Okay, and take a nice deep breath.

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To use when you Dissociate:

... I refuse to feel this  
... I refuse to be in my body  
... It's not safe  
... I refuse to deal with these issues  
... I don't want to have a body  
... I would rather not have a body  
... I don't want to be in my body at all

And just tapping that way will bring you back into your body.

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Tapping Routine: #2

So tapping through the points:

... Maybe I feel a little better  
... Maybe I feel worse  
... This is awful  
... Tuning into my body is terrifying  
... I do not actually want to go there

... It's reminding me that I don't feel safe at a core level  
... That I'm not in control at a core level  
... That I am vulnerable and weak at a very basic level  
... I don't want to feel that  
... This is terrible  
... It reminds me that I'm weak  
... That I'm vulnerable to the opinions and judgments of others  
... That I'm physically not capable of certain things  
... Not as strong as I want to be  
... Not as powerful as I want to be  
... Tuning into my body reminds me that I'm insecure  
... Totally insecure  
... And that I have a ball of shame that lives in me all the time

... I am wired for fear  
... Unsafety  
... Danger  
... And it's running in me all the time  
... I do not want to be in my body  
... I do not want to feel all this emotion  
... All this emotion  
... Grief  
... Pain  
... A lifetime of sadness  
... All focused on my body  
... If I let myself feel this  
... It could be a volcano  
... A river of tears  
... A river of sadness  
... An unending well of fear  
... I really don't want to feel all this

... It's okay  
... It's just energy  
... And it's moving  
... It's releasing  
... It's flowing  
... I've tightened up against it my whole life  
... My physical muscles have tried to contain it  
... My mind has been managing this

... Holding down the lid  
... I'm moving that energy  
... Sadness  
... Grief  
... Disappointment  
... Fear  
... It feels good to move that energy

... I totally honor myself right now in this work that I'm doing  
... Because I'm never gonna be the same  
... I'm never gonna be the same after this moment  
... I'm moving this energy  
... It doesn't feel great  
... But every cell of my body is rejoicing right now  
... As I cry a river of tears  
... Every cell in my body is rejoicing with lightness  
... Every cell in my body is being washed by that river

... The truth is I'm alive  
... This is my body  
... I like being alive  
... I'm glad I have a body  
... I'm honoring that today at a very basic level  
... I honor my body

... All this energy moving  
... I'm so open to lightening this up  
... Letting this go  
... Releasing  
... Unblocking  
... And unwinding this flow of energy that's been stuck  
... Just letting it flow up and out from my entire energy field  
... My nervous system and every cell of my body releasing

Okay, and take a nice deep breath.

Tapping Routine: #3

Tapping again through the points:

... All this intensity  
... Wow, my eyes are really opened right now  
... To what I've been carrying in my body  
... What I've been blaming my body for  
... What I've been hating about myself  
... And it's not actually all of me  
... It's a piece of me  
... There is a part of me that runs this program  
... That runs this wounding  
... That runs this criticism of my body

... It's like a record player  
... It's like a recording  
... It was created in the past  
... Other people put their voice on the recording  
... Situations added to it  
... I've never even really questioned this recording  
... This part of me that's like a recording  
... It's been running and I've assumed it was real  
... It was me  
... It was the truth

... My eyes are opened now  
... And I'm now observing  
... That there's a part of me that actually made a vow  
... A vow around self-loathing  
... Probably to protect myself  
... If I hate myself first, I'm less vulnerable  
... A part of me that made a vow to never forgive myself  
... Because I'm always broken  
... Unfixable  
... Not perfect

... I'm observing this now and I'm seeing how often it runs  
... It's running a lot  
... It's been running like the truth  
... And I'm now seeing that it might not be the truth  
... That I might have a space here to make a choice  
... To make a choice around this tape recorder  
... As I observe it, it weakens  
... As I observe it, I become conscious  
... And in the gift of consciousness, I can make a choice

... The truth is in the here in this moment  
... I have a beautiful red energy field  
... Beautiful red energy that flows up from the earth

... I'm connected to this planet all the way to the core  
... It flows up and becomes my body, my first chakra  
... It's there  
... It's beautiful, it's powerful  
... And in this present moment, I am not broken  
... I am completely safe  
... I am whole and I am alive

... This beautiful red energy  
... My entire first chakra  
... Alive  
... Vibrant  
... Powerful  
... I honor my body, my [Audio break] a lot of work to do here and I'm open to doing it.

... The truth is in the here and now I am a miracle  
... I am alive  
... I want to be alive and this is my body  
... I don't understand it, but it's perfect for me in this life  
... I'm open to feeling my body in a way I never have before  
... I'm open to feeling this swirling magnetic solid energy that makes up my body  
... Every cell in my body functioning miraculously  
... I'm open to feeling that

... As I observe my negative tape recorder, I'm also going to observe my body  
... How it feels  
... The sensations  
... The energy  
... The messages  
... My body is always talking and I'm open to listening  
... I'm open to being alive and every cell in my body loves being alive  
... Every cell in my body is talking to me every day  
... And it's never the same thing twice  
... Because my body is new  
... And fresh  
... And alive in every moment

And take a nice, deep breath.