Messages From The Body Map

Locate the area of your body where you feel discomfort, and incorporate the answers to the corresponding questions into your EFT Tapping sequences. Use the affirmations (in italics) as guides to help you develop your personal affirmations for use either stand-alone or in your Tapping.

DISCLAIMER: This Body Map is for educational purposes only and is not intended to diagnose any medical or other health condition. It is designed to be used together with any advice from your medical professional. Please see tapintoheaven.com/disclaimer

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