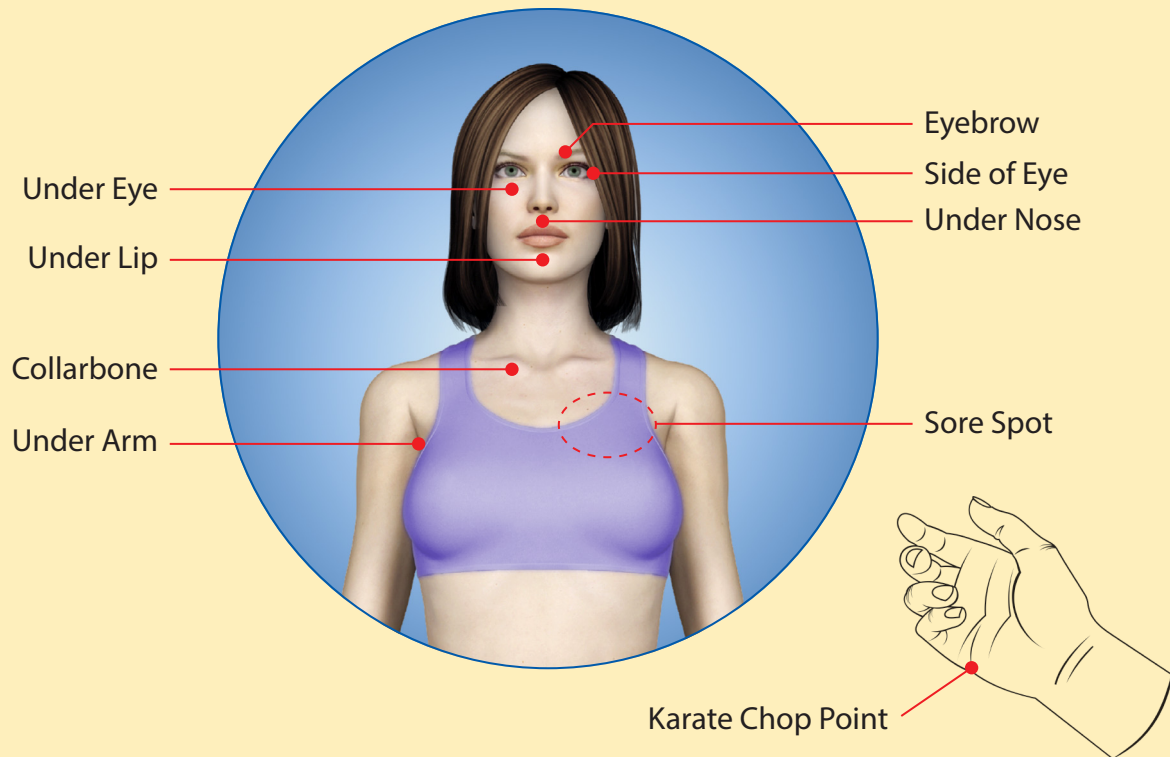


Meridian Tapping to Neutralize Negative Emotions

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The Procedure

- 1) Rate the level of your emotion on a scale of 1-10. Take note of where you feel it in your body.
- 2) While tapping the Karate Chop point *OR* rubbing the Sore Spot, repeat an affirmation to yourself three times: “Even though I have this (*problem*), I love and accept myself.”
- 3) Firmly tap each meridian point 6-7 times using 2-3 fingers on each point while focusing on the negative emotion/problem. The points are 1) Beginning of the Eyebrow, 2) Side of the Eye, 3) Under the Eye, 4) Under the Nose, 5) Chin, 6) Beginning of the Collarbone, and 7) Under the Arm.
- 4) Take a deep breath (all the way down into your belly). Repeat step 3 for another round.
- 5) Take a deep breath. Rate the level of remaining intensity on a scale of 0-10. If the emotion is not completely resolved, begin again with step two, but change the affirmation to acknowledge partial resolution, “Even though I **STILL** have some of this (*problem*) left, I choose to be (*desired feeling*).” Repeat as necessary until you get the results you want.

Examples Of Affirmations

Even though I feel an out of control feeling *in the pit of my stomach*, I love and accept myself.
Even though I’m frustrated **BECAUSE** they’re being unreasonable, I choose to be amused.
Even though I’m anxious about this relationship, I choose to be happy and passionate.
Even though I’m angry at myself about this decision, I choose to love and forgive myself.
Even though I’m upset **BECAUSE** I’m being ignored, I choose to be spiritual and easygoing.
Even though I’m stressed about the meeting, I choose to *get excited* about this opportunity.
Even though I crave a cigarette **BECAUSE** I’m feeling anxious, I choose to be peacefully calm.

Notes:

Drink plenty of water! As you resolve an emotion, another emotion may emerge to take its place! It’s like peeling off the layers of an onion. Continue to address whatever comes up until there is no more emotional intensity related to the problem. **Be persistent!**