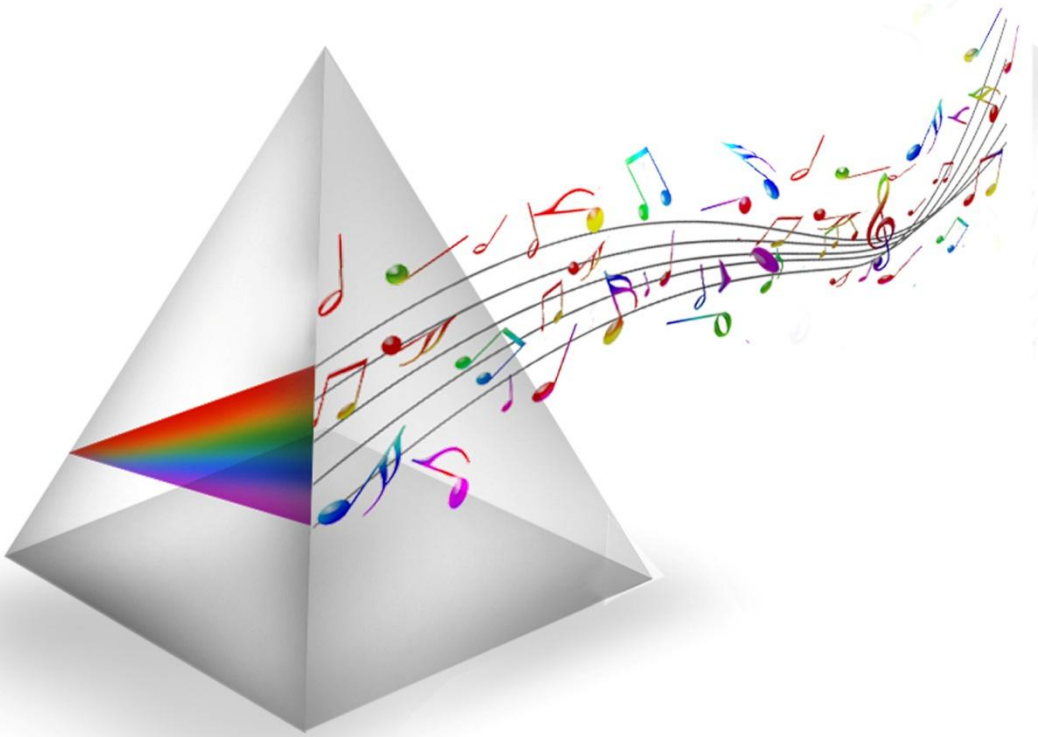
FREE

The Music Inside

Tapping Round Instructions



Jenny Clift

Welcome!

Thank you SO much for downloading this resource. I really hope you find it useful. I have created it especially for your personal use, so please only print one copy. Please do not make photocopies of your copy and distribute them yourself.

If you feel inspired to, please share "The Music Inside" with your friends, so they can get their own copy and enjoy and benefit from these free resources as well. ☺ Here's the Amazon link that you can use: http://amzn.to/1PNFak8

(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

If you have any comments or questions please don't hesitate to contact me at jenny@jennyclift.com .

For more articles, resources and information please visit my website www.jennyclift.com .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

Jenny

When you are starting to tap it can seem a little strange! Check out my free video at

www.jennyclift.com/freeEFTvideo

which will give you a feel for a tapping round and a little of the history of this energy healing modality. Read through the following instructions (as well as those in Part 2, chapter 1 of 'The Music Inside') to give you a clear idea about how to do it. Remember, EFT is a very 'forgiving' process and you can't really go wrong with it!

Don't forget to use the attached 'Set up phrases' and 21 Day Tapping Plan' PDFs also enclosed in this bundle. They are all designed to go together and make this all as simple as possible.

Tapping Round Instructions:

Decide what the 'issue' is. Rate it on a scale of 0-10.

Note any physical sensations that might accompany the feelings.

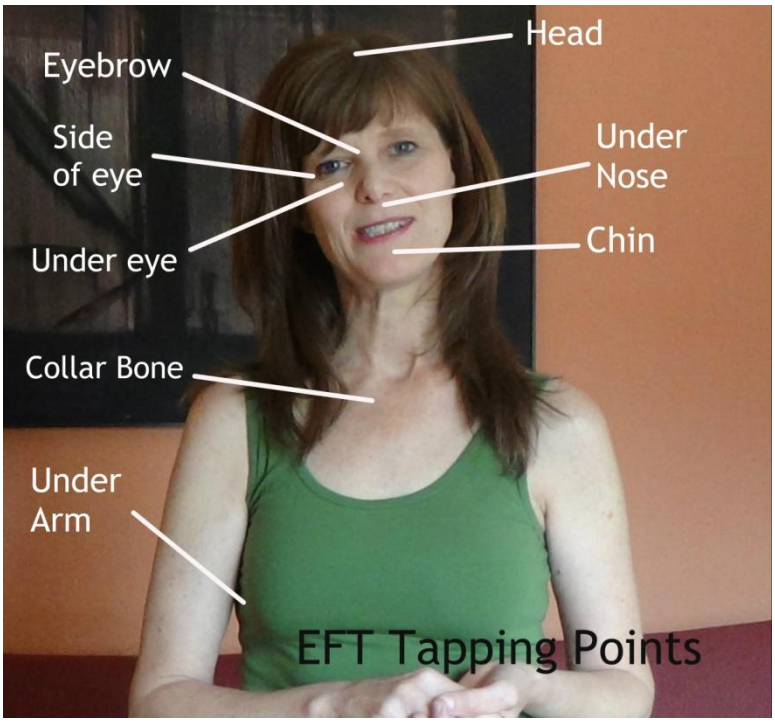
Start tapping lightly on the

Karate Chop Point:

Even though I _____, I love and accept myself.

Even though I _____, I love and honor myself.

Even though I _____, and I'm feeling _____, I choose to deeply and completely love, honor and accept myself, and anyone else who is involved in this.



Eyebrow Point: ***I (<u>repeat the 'issue' from the setup phrase</u>).***

Side of the Eye: ***I _____.***

Under the Eye: ***I _____.***

Under the Nose: ***I feel (emotion.)***

Under the Mouth: ***And I feel (physical sensations.)***

Collar Bone: ***This (physical sensation.)***

Under the Arm: ***This (physical sensation.)***

Top of the Head: ***And all this (emotion.)***

EP: ***I feel so _____.***

SE: ***All this _____.***

UE: ***I have a right to feel _____.***

UM: ***But I also have a right to feel peace.***

CB: ***So I choose now to start letting it go.***

UA: ***Clearing all the way back through my past.***

TH: ***And clearing from every cell in my body.***

'The Music Inside' © 2016 Jenny Clift www.jennyclift.com

EP: ***I choose to relax and feel better.***

SE: ***I know that when I am relaxed I can make better decisions.***

UE: ***I can't change the past but I can feel better now and help make what is to come even better.***

UM: ***So I am choosing peace.***

CB: ***I deserve that.***

UA: ***And I choose to love and accept myself and feel good about myself.***

TH: ***In body, mind and spirit.***

Take a deep breath.

Rate your feelings on a scale of 0-10 once again. Repeat as necessary.

Have a drink of water.

Disclaimer: Remember, EFT or tapping is not a substitute for your regular medical care, rather it is an enhancement. Neither Jenny Clift, nor Gary Craig, the founder of EFT, are qualified health care professionals and certain issues should be addressed by such professionals. You must take full responsibility for your own physical and emotional well-being at all times and you must agree to hold harmless anyone involved with EFT.

'The Music Inside' © 2016 Jenny Clift www.jennyclift.com