

Tapping for Happiness

Sometimes we have negative emotions, fears, anxieties, worries, stresses come up.

Remember negative emotions and feelings in our bodies come up for us because they want to be listened to and understood.

Once that feeling is acknowledged, that feeling can then just go away.

A great way to let our minds and bodies know that we are listening and no longer need to feel that way, is to Tap on our bodies. We can tap anywhere around our body.

We say to ourselves while tapping:

Even though I am feeling(I feel really stressed at the moment, I'm full of anxiety, I am feeling sick, This headache, This tired feeling).

Even though I am feeling(sick, worry, etc) **within my body**

I am letting this part of me know that I am hearing it and feeling the way it wants me to feel.

Keep talking, acknowledging and tapping until you feel a shift within yourself.

Now take a nice slow deep breath IN through your NOSE and OUT through your MOUTH.

Now while still tapping around your body, you say

But Now I am choosing to feel relaxed.

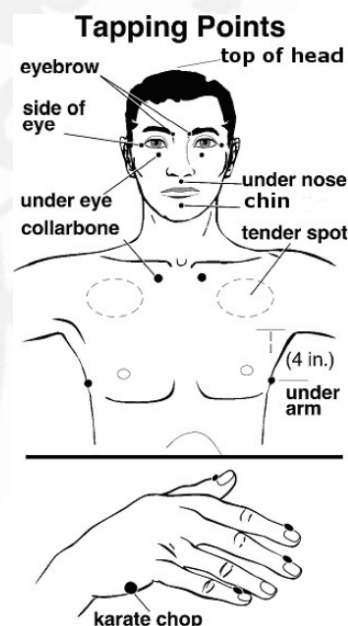
My body heals itself.

I am feeling happy and safe.

I feel relaxed.

I love and accept myself.

Keep tapping and saying how you want to feel. Feeling the love of yourself. Feeling the love for the things around you.



Smile until
you feel happy...

