

# The Protocol

Have this chart handy for your sessions



Young Girls living deep in the Mayan Mountains of Belize Learn to TAP (2004)

-  EB
-  SE
-  UE
-  UN
-  CH
-  CB
-  UA
-  UB
-  TOP
-  TH
-  IF
-  MF
-  LF
-  KC



Don't knock it till ya tap it!

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### **1. Focus Your Intention**

Think about what specifically you would like to release, soothe or change.

\* Do the breathing exercise and stretch at bottom for better mindset and results.

DO NOT CROSS legs or arms during tapping and grab a glass of water prior to session. Water is a major conductor of energy and I have found the more that is in the system the better results.

### **2. Make A Statement Of Intent**

Find a phrase or a sentence that describes the problem succinctly and clearly to you. You can say, "I have this terrible migraine."

### **3. The Blessing**

We surround the statement of intent with the words, "Even though (insert issue), I deeply and profoundly love and accept myself."

### **4. The Full Opening Set-Up**

Tap the karate chop point of opposite hand (the area you would use below the pinkie in a chop (self sabotage point) say the opening statement which is the statement of intent inside the blessing:

"Even though I (insert statement of problem), I deeply and profoundly love and accept myself."

Repeat this opening statement three times in all, tapping the karate chop point.

### **5. Tapping All The Points**

We now use a shortened version of the opening statement which is called the Reminder phrase and tap lightly with one or two fingers, seven times, on the following spots (both sides if possible) as we say the statement of intent on each point once: (like ""my migraine"" if that was in your statement of intent)

**Start Of The Eyebrow** - Where the bone behind your eyebrow turns into the bridge of your nose.

**Corner Of The Eye** - On the bone in the corner of your eye.

**Under The Eye** - On the bone just below your eye, in line with your pupil if you look straight ahead.

**Under The Nose** - Between you nose and your upper lip

**Under The Mouth** - In the indentation between your chin and your lower lip

**Collarbone** - In the angle formed by your collarbone and the breastbone

**Under Arm** - at bra strap on the side of the body

**Thumb** - all finger points are on the side of the finger facing towards you, in line with the nail bed

**Index Finger**

**Middle Finger**

**Little Finger**

**Karate Chop Point** - on the side of your hand, roughly in line with your life line.

**Gamut Point** - on the back of your hand, just behind and between the knuckles of your ring and little finger and a bit over toward midline of middle finger. Use 3-4 fingers tapping to cover the biggest area as a few points are in there

When you're all the way through, \*take a few deep deep breaths in and out toning the sound "HOO". You can repeat the treatment with a different statement - often something comes to your mind as you do this.

Different statements create different changes, emotional stuff makes me lightheaded and fuzzy.

Drink ALOT of water before during and after and breathe a lot!!!

\*\*

*The word/sound 'HU' (Hoo) is such a one and, when tied to our hopes and wishes and dreams, can make really sweet music in our lives. Simply inhale and silently intone the word and be sure to have it resonate through every aspect of your inner self. On the exhale, literally hum the word out to the universe, vibrating it audibly and long enough to send out tones to all of the environment immediately surrounding you. Using any sacred sounds on a daily basis builds a bridge of*

*transformation that will allow you to march to your own drummer, strike up your own band and feel the heart beat of health, happiness and prosperity as they make their way into your life.*

*Chi Gung routine that is traditionally called 'Hands Loose.' This one little exercise can pack a big wallop as it allows you to keep calm, cool and collected no matter what's happening all around you. It expands the torso while at the same time creating some 'breathing room' for the stomach and all of the rest of your digestive track. For ages, Eastern practitioners have used this single exercise to treat stomach ulcers, digestive disorders and even as a preventative to strokes! Simply stand tall with your arms extended straight at your sides with your elbows slightly bent. Now slowly swing your arms up in front of your body eventually raised to an overhead position with your elbows both outside your ears. Now swing the arms back down to the starting position. Keep all movements slow and steady. Do this 11 times before and after session.*

**3 Additional points were added in 2003**

**Now all 14 meridians are covered in the sequence**

- 1. Crown of Head - Tap gently with the flat of your hand on the mid-line at the top of your head, about 1 ½ inches forward from the actual crown**
- 2. Inner Wrist - Slap sharply 3 fingers above your inner wrist crease on each forearm**
- 3. Inner Ankle - Slap sharply 4 fingers above the point of your ankle on the inside of each leg..**