

Faster EFT Tapping Process

1. **NOTICE** how you **KNOW** and **FEEL** the problem (feeling, image, sound).
2. Start tapping on each point and **FOCUS** on the spots as you are tapping and SAY:
 "LET IT GO,
 It's safe to **LET IT GO.**
 It's OK to **LET IT GO,**
 Just **LET IT GO."**

 Or, you can just say, "LET IT GO"
3. **HOLD YOUR WRIST**, take a **DEEP BREATH** in, blow it out and SAY **"PEACE."**
4. Recall a **HAPPY MOMENT** and enjoy it.
5. Now, go **CHECK** the problem again.
6. **REPEAT** the process.
7. **KEEP TAPPING** on the memory until you change the meaning and turning it into a positive.

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Faster EFT Tapping Style

