

Try tapping on the points indicated with the words below, for as many times as you want to and prepare to be inspired. This inspiration from [Ruth Fox](#) has helped many of our clients.



Side of Eye: *may become possible*

Under Eye: *in ways that I cannot imagine right now*

Under nose: *and I acknowledge that it may happen*

Chin: *in unexpected ways*

Collarbone: *and that it could come about much more quickly than I ever thought it could*

Underarm: *and that it could just surprise me*

Top of Head: *and bring me incredible excitement, peace and joy when I see it unfolding.*

Karate Chop: *I acknowledge the possibility*

Eyebrow: *that the apparently impossible*

