

# The Emotional Toothbrush Series

## The Sequences



**Energetic tools for Freedom, Peace and Joy in Daily Living**

**For manifesting rapid change and positive effortless transformation**

**For Healing the Mind and Freeing the Heart**



## Emotional Toothbrush Audio 1: Energetic Healing Sequence for Resistance to Change

*By downloading or listening to this audio series you have agreed to the guidelines and have accepted full responsibility for using them. Do refer to the Emotional Toothbrush guide before continuing with this Sequence....You can either physically tap on the points or touch the points or imagine tapping them i.e. "think tap" as directed in the guide while listening to these audios.*

Suggested use for this sequence is once a day for 7 to 10 days.

Before you begin, take a few gentle breaths and notice any tension in your body, any emotional or mental discomfort. Is there any tightness, constriction, resistance, stress feeling, where in your body is this feeling lodged, what does this feeling remind you of, note your intensity level. Making a note of your feelings and any other thoughts that arise will help you. Does the thought of **CHANGE** feel painful, stressful? Does it make you feel sad, annoyed? How long have you had it, when you think of being free from this how does that feel? What is the associated colour to that feeling? If there was a sound that expressed that feeling what would it be? Does that feeling/belief make you feel cold? Hot? What other sensations, images are associated with that thought/feeling? Do you have a memory that is coming up? What is your emotional intensity about this?

*Think of this part of you that is resistant to change, that is pulling back, see if you can get a sense of it physically, do you feel the resistance in your chest? Legs? Top of the Head? Stomach? Think of this part and tune in to how it makes you feel. The part that says no...and the conflict that comes from that...the yes, no, yes, no feeling. Is it like having your foot on the brake pedal and the accelerator pedal at the same time, hard to go anywhere, all rev and no movement. Once you've tuned in, exhale and imagine putting all the distressing feelings, beliefs, thoughts, memories in a suitable container and tap along with the audio.*

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I don't want to change right now...and change is such hard work...How can I change? I do want to love and accept myself; I do want to feel free*

*Even though I do not know how to let go of all the traumas, beliefs, habits, and behaviours, it feels quite scary and unsafe, who would I be without these, I appreciate that I do want to love and accept myself*

*Even though I am controlled by other people's belief, and change would threaten my relationships, I am scared of losing my identity, I do want to feel confident in my choices*

**THE REMINDER PHRASES:**

**Eyebrow:** I do not want to change

**Side of Eye:** Change is really hard work

**Under Eye:** Change is pressurizing and stressful

**Nose:** How can I change?

**Chin:** It does not feel safe

**Collarbone:** I do not have permission

**Under Arm:** I cannot allow myself to relax

**Front of the Wrist:** I do not deserve to be free

**Back of the Wrist:** I have all this baggage

**Top of the Head:** Where do I begin?

**Eyebrow:** I get overwhelmed

**Side of Eye:** There is too much to change

**Under Eye:** It never ends

**Nose:** Who will I be?

**Chin:** I cannot imagine myself happy

**Collarbone:** It feels impossible

**Under Arm:** I was taught that this is the way I am

**Front of the Wrist:** What will happen if I release this?

**Back of the Wrist:** What will happen if I don't change?

**Top of the Head:** I do want to be free

**Eyebrow:** What if this time it could be easy

**Side of Eye:** What if this time I felt supported and nurtured

**Under Eye:** I have changed before and felt good

**Nose:** Letting go can be fun

**Chin:** I love the idea of feeling free and dynamic

**Collarbone:** All the judgments that come in the way, what if they are clouds passing by

**Under Arm:** I am open to the possibility of releasing some of this resistance

**Front of the Wrist:** It would be nice to feel clearer inside

**Back of the Wrist:** I would like to be able to look forward to positive change and feeling good

**Top of the Head:** I worthy and deserving of changes happening safely

**The Setup:** Tap or touch the **SIDE OF HAND (KARATE CHOP) POINT** or Rub **THE TENDER SPOT** gently:

*Even though there is this big part of me that does not want to move forward and is resistant to change, I would like to deeply and completely love and accept myself*

*Even though there is a part of me that does not want to be successful, happy, free, I am afraid, I do not know what will happen and I might lose control, I deeply and completely love and accept myself anyway and all these conflicting parts of me*

*Even though I ignore this part of me and wish it would go away, I choose to honour, respect and listen to that part of me now; I am open to the possibility of learning from that part of me*

**THE REMINDER PHRASES:**

**Eyebrow:** I know that part of me

**Side of Eye:** It is part of me from my past

**Under Eye:** It is a part of me that has been hurt

**Nose:** It is part of me that does not want to move forward and is scared

**Chin:** I recognize this part of me

**Collarbone:** I choose to listen to the part of me

**Under Arm:** I honour and respect this part of me

**Front of the Wrist:** I am open to understanding it

**Back of the Wrist:** This will allow me to move forward at my own pace

**Top of the Head:** I love being successful,

**Eyebrow:** Something is changing inside me already

**Side of Eye:** It feels good

**Under Eye:** I love the thought of appreciating and respecting me, that would be a wonderful change

**Nose:** I love changing my vibration

**Chin:** I choose to meet my resistance with love and understanding

**Collarbone:** It feels surprisingly good

**Under Arm:** My body and mind is relaxing

**Front of the Wrist:** I am looking forward to change

**Back of the Wrist:** I am opening to the infinite wonderful possibilities

**Top of the Head:** that change brings into my life

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.

We wish you Peace, Joy and Freedom



## Emotional Toothbrush Audio 2: Energetic Healing Sequence for Clearing Resistance

*By downloading or listening to this audio series you have agreed to the guidelines and have accepted full responsibility for using them. Do refer to the Emotional Toothbrush guide before continuing with this Sequence....You can either physically tap on the points or touch the points or imagine tapping them i.e. "think tap" as directed in the guide while listening to these audios.*

Suggested use for this sequence is once a day for 7 to 10 days.

Before you begin, take a few gentle breaths and notice any tension in your body, any emotional or mental discomfort. Is there any tightness, constriction, resistance, stress feeling, where in your body is this feeling lodged, what does this feeling remind you of, note your intensity level. Making a note of your feelings and any other thoughts that arise will help you. Does the thought of RESISTANCE feel painful, stressful? Does it make you feel sad, annoyed? How long have you had it, when you think of being free from this how does that feel? What is the associated colour to that feeling? If there was a sound that expressed that feeling what would it be? Does that feeling/belief make you feel cold? Hot? What other sensations, images are associated with that thought/feeling? Do you have a memory that is coming up today? What is your emotional intensity about this?

*Once you've tuned in, exhale and imagine putting all the distressing feelings, beliefs, thoughts, memories in a suitable container and tap along with the audio.*

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I can't allow myself to step into my potential, it is too big, I am not good enough, it is arrogant and crazy, I would like to feel good anyway*

*Even though I have many unconscious beliefs which feed my resistance, and I doubt my abilities, my intuition, my calling, I choose to listen to my heart's song*

*Even though I feel that I am not good enough, what if I also took notice of my positive qualities, my love of life and laughter*

**THE REMINDER PHRASES:**

**Eyebrow:** It's too big

**Side of Eye:** I can't allow myself to step into my potential

**Under Eye:** Who the hell do I think I am?

**Nose:** All this negative self-talk

**Chin:** that goes on and on

**Collarbone:** I'm not good enough

**Under Arm:** Do I need to hold on to this thinking?

**Front of the Wrist:** How can I let it go

**Back of the Wrist:** This is what I have been taught,

**Top of the Head:** But what if I do deserve? What if I can release my doubts now?

**Eyebrow:** I do not deserve success; I have to work much harder  
**Side of Eye:** I am not that talented, or am I?  
**Under Eye:** I feel unworthy, I have made many mistakes  
**Nose:** What if I could forgive myself  
**Chin:** What would forgiveness feel like?  
**Collarbone:** What if I am worthy  
**Under Arm:** What if I am capable  
**Front of the Wrist:** What if I deserve  
**Back of the Wrist:** But bad things have happened to me  
**Top of the Head:** So what? Good things have also happened to me

**Eyebrow:** Remembering all the good things makes me appreciate life  
**Side of Eye:** When I appreciate life  
**Under Eye:** I begin to feel gratitude and it makes me feel connected to goodness  
**Nose:** As I feel connected to goodness  
**Chin:** I sense it is also inside of me  
**Collarbone:** It is unsettling  
**Under Arm:** Yet very liberating  
**Front of the Wrist:** Doubts melt away  
**Back of the Wrist:** In the awareness of goodness  
**Top of the Head:** I spontaneously begin to release resistance in the moment

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*I simply cannot figure out how I can be successful and happy, I do want to change this today, I deserve love, peace, joy and healing, I open to inspiration*

*Even though I have taken on the limiting beliefs that my parents and ancestors had about wealth, health and wisdom, I would like to release them today*

*Even though I believe that bad things happen to me, what if I could remember some of the good things that have happened to me, I am open to focusing on all the good in my life*

**THE REMINDER PHRASES:**

**Eyebrow:** I cannot figure it out  
**Side of Eye:** Bad things happen to me  
**Under Eye:** I get disappointed and discouraged  
**Nose:** I lose hope  
**Chin:** I feel tired and exhausted  
**Collarbone:** I feel like a failure  
**Under Arm:** I am flawed  
**Front of the Wrist:** It's hopeless  
**Back of the Wrist:** What is the point?  
**Top of the Head:** What if these are only thoughts and I do not have to hold them anymore

**Eyebrow:** What if I do not have to figure it out any more  
**Side of Eye:** What if I can voice what I want and trust that the universe is listening

**Under Eye:** So, what if stuff has happened in the past

**Nose:** Do I still need or want my past to control my life

**Chin:** Of course, I believed my parents as a child, do their beliefs serve me now?

**Collarbone:** I can see how I have internalized the beliefs of others

**Under Arm:** I can see how I have internalized the beliefs from the TV and newspapers

**Front of the Wrist:** I do not want to be controlled by that anymore

**Back of the Wrist:** I want to discharge the fears and anxieties that hold me back

**Top of the Head:** I listen, respect and honour my own inspiration

**Eyebrow:** I choose to feel inspired

**Side of Eye:** I love feeling inspired

**Under Eye:** I enjoy appreciation and recognition

**Nose:** Becoming free from the past is safe

**Chin:** Perhaps I can create a new reality

**Collarbone:** I am learning the art of letting go

**Under Arm:** Releasing the past and its pain

**Front of the Wrist:** If I can do this what else am I capable of

**Back of the Wrist:** Why is it getting easy for me to feel safe and release

**Top of the Head:** I am beginning to see, feel and get feedback that I am loved, lovable and loving

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.

Wishing you Peace, Joy and Freedom

**Here is an extra tapping sequence for you that will further enhance your results.**

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Although I hold on to the old way of thinking, judgments and resist seeing my light and capability, because I am worried that I may fail and let others down or worse still have pressures added to me, I am open to inspired solutions and creating a new reality*

*Even though it takes so long, and change does not happen fast enough, I am impatient and am setting myself up for failure, I would love to trust and surrender*

*Till date I have focused on my flaws, now I would like to celebrate my successes, and release my fears*

**THE REMINDER PHRASES:**

**Eyebrow:** It's not happening fast enough

**Side of Eye:** I want everything now

**Under Eye:** Why is it not happening?  
**Nose:** Maybe I am doing something wrong  
**Chin:** My doubts are like poison  
**Collarbone:** They keep trapped  
**Under Arm:** What if I doubted my doubts  
**Front of the Wrist:** I like that  
**Back of the Wrist:** I doubt my doubts  
**Top of the Head:** I am ready to let my doubts go

**Eyebrow:** I release my impatience with every exhalation  
**Side of Eye:** I inhale confidence and trust  
**Under Eye:** I release my frustration with every exhalation  
**Nose:** I inhale peace and blessings  
**Chin:** I exhale the resistance spontaneously  
**Collarbone:** I inhale strength and calm  
**Under Arm:** I exhale tightness and constriction  
**Front of the Wrist:** With every inhalation I feel connected to my heart and purpose  
**Back of the Wrist:** I am gifted and talented  
**Top of the Head:** My life is blessed

**Eyebrow:** I am open to feeling clear and happy  
**Side of Eye:** I feel that I am shining from the inside  
**Under Eye:** Everything is unfolding perfectly in my life now  
**Nose:** I feel guided and supported  
**Chin:** Life is full of amazing surprises  
**Collarbone:** I now know that I can release resistance  
**Under Arm:** I am open to the infinite possibilities born out of trust  
**Front of the Wrist:** I find help coming way all the time  
**Back of the Wrist:** I am filled with Gratitude  
**Top of the Head:** I Shine with Gratitude

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.



## Emotional Toothbrush Audio 3: Energetic Healing Sequence for Sleep

*By downloading or listening to this audio series you have agreed to the guidelines and have accepted full responsibility for using them. Do refer to the Emotional Toothbrush guide before continuing with this Sequence....You can either physically tap on the points or touch the points or imagine tapping them i.e. "think tap" as directed in the guide while listening to these audios.*

Suggested use for this sequence is once a day for 7 to 10 days.

Before you begin, take a few gentle breaths and notice any tension in your body, any emotional or mental discomfort. Is there any tightness, constriction, resistance, stress feeling, where in your body is this feeling lodged, what does this feeling remind you of, note your intensity level. Making a note of your feelings and any other thoughts that arise will help you. Does the thought of SLEEP feel painful, stressful? Does it make you feel sad, annoyed? How long have you had it, when you think of being free from this how does that feel? What is the associated colour to that feeling? If there was a sound that expressed that feeling what would it be? Does that feeling/belief make you feel cold? Hot? What other sensations, images are associated with that thought/feeling? Do you have a memory that is coming up today? What is your emotional intensity about this?

As you tune in, think of the part of you that struggles with sleep, that finds it very hard to relax, the part that always has to be alert, the part that gets anxious and stressed that cannot stop thinking the part that worries. Think of how you feel when you do not sleep. Do you get stressed about not sleeping? Do you wish it could be different; does it make you feel helpless? Frustrated? Do you have trouble going to sleep? Do you wake up in the middle of the night and not go back to sleep, do you wake up too early and can't shut off the static? Are you a chronic worrier or do you only suffer when there is a big deadline or crisis in front of you?

Are there any traumas from childhood that might be "keeping you up at night?"

What good comes out of being up at night? Do you feel threatened or unsafe in any way by the thought of sleeping? I can't turn my mind off. (How true on the 0-10 scale?) My thoughts are keeping me awake! (How true on the 0-10 scale?) I'm convinced I won't be able to go back to sleep. (0-10) I will always suffer from insomnia. (0-10) I'll never get over this problem. (0-10) something's wrong with me. (0-10)

*Once you've tuned in, exhale and imagine putting all the distressing feelings, beliefs, thoughts, and memories in a suitable container and then gently tap along with the audio.*

This audio is best used before going to sleep.

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*I hate not sleeping and yet I cannot help myself, I feel so desperate, my worries and thoughts keep me awake, I get easily stressed, but I do want to relax and have a good night's rest*

*Although it seems impossible to train my mind and body to relax, I feel as if I am going round and round in circles, I am open to the possibility of feeling free and relaxed  
Even though I have to keep worrying because if I do not then something bad might happen, I deeply and completely love and accept myself*

**THE REMINDER PHRASES:**

**Eyebrow:** I am not in control

**Side of Eye:** I want to be in control

**Under Eye:** I feel anxious and stressed

**Nose:** It is not safe

**Chin:** I am not safe

**Collarbone:** I want to feel safe

**Under Arm:** I want to trust and feel supported

**Front of the Wrist:** I worry all the time

**Back of the Wrist:** I can't stop worrying

**Top of the Head:** I hated feeling tired

**Eyebrow:** I am focused on my anxiety

**Side of Eye:** I can't stop thinking

**Under Eye:** my mind goes round and round

**Nose:** I feel stuck

**Chin:** I feel desperate about this

**Collarbone:** I find it hard to let go

**Under Arm:** How do I stop this, change this?

**Front of the Wrist:** I am trying so hard

**Back of the Wrist:** I feel frustrated and restless

**Top of the Head:** What if I exhaled all this stress

**Eyebrow:** I inhale peaceful restful sleep

**Side of Eye:** Exhale, what if I do not have to worry any more

**Under Eye:** Inhale, my worries don't change anything

**Nose:** Exhale, I am considering releasing this pattern of worry

**Chin:** Inhale, what if this time sleeping is effortless

**Collarbone:** Exhale, I go to bed

**Under Arm:** Inhale, I rest and drift, I feel cosy

**Front of the Wrist:** Exhale, I love myself anyway

**Back of the Wrist:** Inhale, all my muscles relax

**Top of the Head:** I exhale and inhale Peace

**The Setup:** Tap or touch the **SIDE OF HAND (KARATE CHOP) POINT** or Rub **THE TENDER SPOT** gently:

*I can't imagine ever loving myself 100%, not being stressed about deadlines, feeling calm and confident, I acknowledge the possibility of feeling calm and relaxed.*

*What would it feel like to go to bed, lie down and not fret about sleep, to simply enjoy being in bed, and to gently drift into sleep?*

*Even though this is all just guesswork I am open to dreaming about deep, restful sleep*

**THE REMINDER PHRASES:**

**Eyebrow:** I do not know what deep restful sleep feels like

**Side of Eye:** how can I enjoy sleep?

**Under Eye:** I breathe out all this anxiety

**Nose:** I breathe a sense of peace and trust

**Chin:** I do not know why

**Collarbone:** or how come

**Under Arm:** Yet my body is becoming receptive to sleep

**Front of the Wrist:** I appreciate my body and mind

**Back of the Wrist:** I inhale this awareness

**Top of the Head:** I exhale I go deeper within past the layers of thought and tension

**Eyebrow:** I no longer fight my thoughts and body

**Side of Eye:** I let go of trying to control or force

**Under Eye:** I become a witness with each breath

**Nose:** I like noticing my thoughts as they come and go

**Chin:** I notice that there are spaces between my thoughts and my breathing deepens

**Collarbone:** It feels good not to struggle any more

**Under Arm:** I imagine myself sleeping deeply

**Front of the Wrist:** I see my body relax, a wonderful sigh escapes from my lips

**Back of the Wrist:** A thought emerges; I simply take notice, I watch it, I relax further

**Top of the Head:** Another thought emerges; I notice it, I Trust my body, mind and spirit to respond well with love, I am in a loving cocoon Peace

**Eyebrow:** I see myself enjoying deep restful sleep

**Side of Eye:** All my muscles relax

**Under Eye:** I inhale Peace

**Nose:** I exhale any tension and resistance

**Chin:** I Breathe in Peace

**Collarbone:** I breathe out any remaining tension

**Under Arm:** I breathe in light and peace

**Front of the Wrist:** I breathe out and feel calm and relaxed

**Back of the Wrist:** My body and mind is in the habit of resting and recharging at night

**Top of the Head:** I sleep easily and have good resources to respond to life well, I feel open to waking up in the morning feeling rested and refreshed, I am full of energy

**Now inhale and exhale and** tune in to your feelings, how do you feel now...

Wishing you Peace, Joy and Freedom

**Here is an extra tapping sequence for you that will further enhance your results.**

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I have this recurring sleep problem and I hate it and I want it to change and it makes me feel awful, I do want to enjoy deep restful sleep*

*Even though I have been focusing on not getting enough sleep I would like to concentrate on reactivating the knowledge my body, to tune into the natural resources, chemicals and hormones that my body uses to induce relaxing deep sleep*

*Even though I have struggled with sleep in the past I am open to creating a new habit of feeling safe and letting my mind and body switch off, I sleep comfortably, I deserve this, and I allow it.*

**THE REMINDER PHRASES:**

**Eyebrow:** The recurring sleep problem

**Side of Eye:** I do want to enjoy a restful sleep

**Under Eye:** Not sleeping makes me feel awful

**Nose:** What if I could relax anyway

**Chin:** I keep focusing on my lack of sleep; it keeps me hooked into fear

**Collarbone:** I now choose to appreciate my body's ability balance itself

**Under Arm:** All the struggle

**Front of the Wrist:** I am now open to feeling differently

**Back of the Wrist:** I can't let go and relax

**Top of the Head:** Oh yes I can

**Eyebrow:** I now imagine all the thoughts that have been causing me stress to lift

**Side of Eye:** I release all the thoughts that have been causing me anxiety

**Under Eye:** I go deeper and deeper and the layers of tension open and release

**Nose:** I give permission to my subconscious to discharge my old patterns of thinking

**Chin:** Thank you Subconscious for all the good work you have done, you can now relax and rest with me, it is easy to release the past and drift into sleep

**Collarbone:** Subconscious, you are being programmed to switch my mind off when it is time for me to sleep

**Under Arm:** Every cell in my body is now working with my intention and creating the right balance environment for deep restful sleep

**Front of the Wrist:** I feel open to waking up in the morning feeling rested and refreshed, I am full of energy; I sleep easily and have good resources to respond to life well

**Back of the Wrist:** I am ready for deep relaxing sleep

**Top of the Head:** Healing is taking place on every level of my being

**Eyebrow:** I see myself enjoying deep restful sleep

**Side of Eye:** All my muscles relax

**Under Eye:** I inhale Peace

**Nose:** I exhale any tension and resistance

**Chin:** I Breathe in Peace

**Collarbone:** I breathe out any remaining tension

**Under Arm:** I breathe in light and peace

**Front of the Wrist:** I breathe out and feel calm and relaxed

**Back of the Wrist:** My body and mind is in the habit of resting and recharging at night

**Top of the Head:** I sleep easily and have good resources to respond to life well, I feel open to waking up in the morning feeling rested and refreshed, I am full of energy

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

*As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.*



## Emotional Toothbrush Audio 4: Energetic Healing Sequence for Anxiety

*By downloading or listening to this audio series you have agreed to the guidelines and have accepted full responsibility for using them. Do refer to the Emotional Toothbrush guide before continuing with this Sequence....You can either physically tap on the points or touch the points or imagine tapping them i.e. "think tap" as directed in the guide while listening to these audios.*

Suggested use for this sequence is once a day for 7 to 10 days.

Before you begin, take a few gentle breaths and notice any tension in your body, any emotional or mental discomfort. Is there any tightness, constriction, resistance, stress feeling, where in your body is this feeling lodged, what does this feeling remind you of, note your intensity level. Making a note of your feelings and any other thoughts that arise will help you. Does the thought of ANXIETY feel painful, stressful? Does it make you feel sad, annoyed? How long have you had it, when you think of being free from this how does that feel? What is the associated colour to that feeling? If there was a sound that expressed that feeling what would it be? Does that feeling/belief make you feel cold? Hot? What other sensations, images are associated with that thought/feeling? Do you have a memory that is coming up today? What is your emotional intensity about this?

*Once you've tuned in, exhale and imagine putting all the distressing feelings, beliefs, thoughts, memories in a suitable container and gently tap along with the audio.*

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I get very very anxious, and I find that I am unable to cope, I do want to love and accept myself*

*How can I be free of this anxiety, it makes my heart palpitate, I feel sick in my stomach, I feel on full alert, I can't focus, it can overwhelm me, I am open to releasing some of it*

*Although Anxiety has been my constant companion and it has been controlling my actions and behaviour, I am open to noticing it, being aware of, and creating a little bit of space from it for me to breathe*

### **THE REMINDER PHRASES:**

**Eyebrow:** This Anxiety

**Side of Eye:** This Anxiety

**Under Eye:** All this Anxiety

**Nose:** This Pattern of Anxiety

**Chin:** This habit of Anxiety

**Collarbone:** Does it serve me?

**Under Arm:** Am I holding on to the anxiety?

**Front of the Wrist:** I do not how to release it  
**Back of the Wrist:** This Anxiety that overwhelms me  
**Top of the Head:** I would love to release some of this anxiety now

**Eyebrow:** All this Anxiety that has controlled my actions in the past

**Side of Eye:** As I tap my body and mind begins to calm

**Under Eye:** I am still very aware of the anxiety

**Nose:** This Anxiety does not serve me anymore

**Chin:** This habit of Anxiety

**Collarbone:** How can I release this habit?

**Under Arm:** It makes me feel powerless

**Front of the Wrist:** I do want to love and accept myself

**Back of the Wrist:** Perhaps I can discharge some of this now

**Top of the Head:** I want to create a new reality

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*All my anxious beliefs, are they really true? They might not be, what if I am supported by something greater than my thinking*

*Can I really know that my anxious beliefs are true? That bad things will happen? That life is scary? That I may fail? That I may get hurt? That I might suffer loss?*

*Even though I do get anxious, and get hooked into my stories of anxiety, I am opening to questioning these stories and uncovering the Truth, I am open to Joy and laughter, I release my judgments, guilt, shame, regrets even if it is just for this moment and I smile secretly inside me.*

**THE REMINDER PHRASES:**

**Eyebrow:** I inhale peace, and clarity

**Side of Eye:** Exhale tightness and constriction

**Under Eye:** I inhale space and calm

**Nose:** Exhale tension and stress

**Chin:** I inhale beauty and serenity

**Collarbone:** Exhale sadness and grief

**Under Arm:** I inhale present moment awareness

**Front of the Wrist:** Exhale resistance

**Back of the Wrist:** I inhale gentleness and kindness

**Top of the Head:** What I lost was never mine any anyway

**Eyebrow:** What if my anxieties are based on lies

**Side of Eye:** What if my anxieties are not real

**Under Eye:** Is the world really an unfriendly place

**Nose:** Am I really separated from Source, from God

**Chin:** Are my anxieties true

**Collarbone:** Who would I be without these anxieties and worries and fears?

**Under Arm:** What would happen if I did not get anxious?

**Front of the Wrist:** How would behave in the world without anxiety

**Back of the Wrist:** Who would I be without anxiety?

**Top of the Head:** What has supported this anxiety?

**Eyebrow:** I become conscious of all that is draining me  
**Side of Eye:** and I release this  
**Under Eye:** I am so much more than the anxiety I experience  
**Nose:** My consciousness is vast and magnificent  
**Chin:** I can become aware and question my anxiety  
**Collarbone:** Do I need it now  
**Under Arm:** What if I am open to support and love  
**Front of the Wrist:** It could transform my experience of life  
**Back of the Wrist:** I might even feel incredibly free and empowered  
**Top of the Head:** I am open to trusting that I am completely supported now

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.  
Wishing you Peace, Joy and Freedom



## Emotional Toothbrush Audio 5: Energetic Healing Sequence for Struggling with Fear

*By downloading or listening to this audio series you have agreed to the guidelines and have accepted full responsibility for using them. Do refer to the Emotional Toothbrush guide before continuing with this Sequence....You can either physically tap on the points or touch the points or imagine tapping them i.e. "think tap" as directed in the guide while listening to these audios.*

Suggested use for this sequence is once a day for 7 to 10 days.

Before you begin, take a few gentle breaths and notice any tension in your body, any emotional or mental discomfort. Is there any tightness, constriction, resistance, stress feeling, where in your body is this feeling lodged, what does this feeling remind you of, note your intensity level. Making a note of your feelings and any other thoughts that arise will help you. Does the thought of FEAR feel painful, stressful? Does it make you feel sad, annoyed? How long have you had it, when you think of being free from this how does that feel? What is the associated colour to that feeling? If there was a sound that expressed that feeling what would it be? Does that feeling/belief make you feel cold? Hot? What other sensations, images are associated with that thought/feeling? Do you have a memory that is coming up today? What is your emotional intensity about this?

Tune into the part of you that feels that the world is scary and unfriendly, I am afraid especially of others judgments, I can't bear pain, I am afraid of pain.. Imagine you are bundling all those overwhelming feelings of fear and despair and containing them in something (a suitcase, a trunk, a building, whatever comes up) and then putting as much distance between you and all that stuff.

*Once you've done this, exhale and gently tap along with the audio.*

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Although fear dictates how I react, and affects my actions, I am open to standing back, breathing and changing my behaviour*

*I have been so afraid of getting hurt, injured, ill, and I do keep getting hurt, over and over, something keeps me trapped in that fear, I can see that the fear no longer serves me*

*I am afraid of heights, of public speaking, of standing my ground, of asking for anything, I might fall, I am afraid of being rejected and abandoned, the fear keeps me isolated, separated from my heart, I deeply and completely accept and love myself*

**THE REMINDER PHRASES:**

**eyebrow:** Afraid of getting hurt

**Side of Eye:** Afraid of being injured

**Under Eye:** Afraid of falling

**Nose:** Afraid of speaking my truth

**Chin:** Afraid of sharing my feelings  
**Collarbone:** Afraid of public speaking  
**Under Arm:** Afraid of authority  
**Front of the Wrist:** Afraid of getting it wrong  
**Back of the Wrist:** Afraid of failure  
**Top of the Head:** Afraid of success

**Eyebrow:** Afraid of the consequences  
**Side of Eye:** fear does not change the consequences  
**Under Eye:** love and acceptance make it easier  
**Nose:** Afraid of pain  
**Chin:** The fear does not lessen the pain  
**Collarbone:** Awareness and gentleness eases it  
**Under Arm:** Afraid of being hurt  
**Front of the Wrist:** The fear keeps me isolated and powerless  
**Back of the Wrist:** openness to life brings new experiences and laughter  
**Top of the Head:** Perhaps I do not need to be afraid

**Eyebrow:** Perhaps I can release some of this fear now  
**Side of Eye:** If I release some of this fear, I feel my heart open  
**Under Eye:** The fear does not serve me anymore  
**Nose:** I can see why it got stuck in my energy system  
**Chin:** I have the power to heal the disruption in my fingers  
**Collarbone:** This fear is in my hands and I want to transform it now  
**Under Arm:** I intend to transform this fear to love  
**Front of the Wrist:** I choose to transform this fear to love  
**Back of the Wrist:** I am transforming this fear to love  
**Top of the Head:** I now feel my heart beat with the calm confidence of love

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though other people will judge me, and I am afraid of what they can do, I reclaim my power, and choose to feel surprisingly calm and self confident*

*Even though I am not used to being fearless, right now I choose not to react. I am a pure being of light and anything other than that is simply a reflection of an illusion*

*Even though I bought into the story of danger and fear, I can now see that it is an illusion that my mind has got hooked into, I now release this pattern from its origins, and heal all the places in my mind, body and life.*

**THE REMINDER PHRASES:**

**Eyebrow:** They will judge me, I am afraid of their thoughts  
**Side of Eye:** I want to influence, change their judgments,  
**Under Eye:** hopeless  
**Nose:** What if they are entitled to their opinions  
**Chin:** I do not have to take it personally any more  
**Collarbone:** That would feel good  
**Under Arm:** I can then just do my best

**Front of the Wrist:** I do not need to compete and compare anymore

**Back of the Wrist:** I can discover my passion and creativity

**Top of the Head:** And express me freely

**Eyebrow:** This story of fear

**Side of Eye:** My parents had it

**Under Eye:** The media report it

**Nose:** It seems to be all around me

**Chin:** I don't want to feed this any more

**Collarbone:** Whatever the reasons and cause of the fear, I heal myself with love

**Under Arm:** I choose to feel confident

**Front of the Wrist:** I want to nurture and nourish the parts of me that are confident

**Back of the Wrist:** This confidence can then fill all of me

**Top of the Head:** I feel confident that I am a loving being of pure light

**Eyebrow:** I reclaim my power

**Side of Eye:** I discharge the fear

**Under Eye:** I inhale trust and confidence

**Nose:** I exhale fear

**Chin:** No matter what I am a pure being of energy and light

**Collarbone:** I heal my mind

**Under Arm:** and free my heart

**Front of the Wrist:** I heal my mind

**Back of the Wrist:** and free my heart

**Top of the Head:** I am free to grow, I feel free to express myself, I am creative and inspired

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.

Wishing you Peace, Joy and Freedom

Here is an extra tapping sequence for you that will further enhance your results.

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*"Even though Life has been hell me, I feel trapped by all this fear and pain, perhaps there is hope, what if there is hope, what if it can change."*

*"Even though I am overwhelmed by fear, doubt and despair, nothing helps, I have lost everything, and I can't see the light at the end of this tunnel, what if there is light at the end of the tunnel."*

*“Even though those terrifying moments have happened to me, I choose to put some distance between me and all my problems and deal with them one at a time, when I am ready, right now I can focus on my breath and feel it’s calming rhythm.”*

**THE REMINDER PHRASES:**

**Eyebrow:** This Fear

**Side of Eye:** I am so afraid

**Under Eye:** Life is hell

**Nose:** trapped by this fear

**Chin:** and so much pain

**Collarbone:** it is so overwhelming

**Under Arm:** I can’t trust myself

**Front of the Wrist:** I have scary experiences

**Back of the Wrist:** this fear frozen in me

**Top of the Head:** I hurt all over

**Eyebrow:** Life is scary

**Side of Eye:** People are scary

**Under Eye:** The world is scary

**Nose:** I can’t express myself

**Chin:** It is not safe to share my feelings

**Collarbone:** I feel powerless

**Under Arm:** What is that happens again

**Front of the Wrist:** I have to shut down to cope

**Back of the Wrist:** Nobody knows what it is like

**Top of the Head:** I am not understood

**Eyebrow:** What is the downside to releasing this fear?

**Side of Eye:** What would happen in my life if I was not afraid?

**Under Eye:** The downside of being free from the fear

**Nose:** I can’t let this fear go

**Chin:** I do not want to be trapped by this fear anymore

**Collarbone:** I am tired of being afraid

**Under Arm:** What is the worst that can happen to me?

**Front of the Wrist:** I am open to releasing this fear.

**Back of the Wrist:** I do not want to be afraid anymore.

**Top of the Head:** I am finding a way out of this tunnel of fear; I see that love is my reality NOW

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.

Wishing you Peace, Joy and Freedom



## Emotional Toothbrush Audio 6: Energetic Healing Sequence for Stress - Not enough Time

*By downloading or listening to this audio series you have agreed to the guidelines and have accepted full responsibility for using them. Do refer to the Emotional Toothbrush guide before continuing with this Sequence....You can either physically tap on the points or touch the points or imagine tapping them i.e. "think tap" as directed in the guide while listening to these audios.*

Suggested use for this sequence is once a day for 7 to 10 days.

Before you begin, take a few gentle breaths and notice any tension in your body, any emotional or mental discomfort. Is there any tightness, constriction, resistance, stress feeling, where in your body is this feeling lodged, what does this feeling remind you of, note your intensity level. Making a note of your feelings and any other thoughts that arise will help you. Does the thought of TIME feel painful, stressful? Does it make you feel sad, annoyed? How long have you had it, when you think of being free from this how does that feel? What is the associated colour to that feeling? If there was a sound that expressed that feeling what would it be? Does that feeling/belief make you feel cold? Hot? What other sensations, images are associated with that thought/feeling? Do you have a memory that is coming up today? What is your emotional intensity about this?

Think of the times when you feel you are walking to do list and that you will never get it all done. Think of when you feel constricted by the feeling time is ticking by and stuff does not seem to get done. Think of when you feel that you are growing old, and time is ticking by...

*Once you've tuned in, exhale and imagine putting all the distressing feelings, beliefs, thoughts, memories in a suitable container and gently tap along with the audio.*

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I do not have enough time, I never have enough time, how will I get it all done, this feels so very stress full, I deeply and completely love and accept myself.*

*Even though I always feel as if I have to do everything and I do not have any help and it feels overwhelming, I deeply and completely love and accept myself*

*Even though I have too many things that I want to do, and I feel that I only have so much time I am open to changing my reality about time*

**THE REMINDER PHRASES:**

**Eyebrow:** Time Pressures

**Side of Eye:** I do not have enough time

**Under Eye:** All this anxiety

**Nose:** There are not enough hours in a day

**Chin:** This time pressure

**Collarbone:** How will I get it all done?  
**Under Arm:** These doubts and anxieties  
**Front of the Wrist:** I feel exhausted and cannot allow myself to rest  
**Back of the Wrist:** I do not have enough time  
**Top of the Head:** I feel stretched to the limit

**Eyebrow:** It is overwhelming  
**Side of Eye:** I get really moody and grumpy  
**Under Eye:** This long to do list which never gets done  
**Nose:** Just looking at it is exhausting  
**Chin:** What would happen if I tore it up  
**Collarbone:** I might forget to get things done  
**Under Arm:** I have to do, do, do  
**Front of the Wrist:** no wonder I am out of time  
**Back of the Wrist:** Do things really not get done when I am simply BEing  
**Top of the Head:** When I live spontaneously time has no boundaries and magic happens

**Eyebrow:** I have to everything by myself  
**Side of Eye:** There is so much to do  
**Under Eye:** Maybe I have enough time  
**Nose:** I am just getting lost in the doing  
**Chin:** What is the worst that can happen if things do not get done?  
**Collarbone:** Agghhh  
**Under Arm:** Every day feels like a deadline  
**Front of the Wrist:** How will I manage?  
**Back of the Wrist:** Inhale, I choose to feel inspired  
**Top of the Head:** Exhale, I am open to changing my reality about time

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I'm convinced life must be a struggle, there simply isn't enough time that's what I've been taught, I deeply and profoundly love and accept myself anyway*

*Even though they taught me that life has to be a struggle, and there isn't enough time, it can't be easy; Science proves that time is infinite, and it is not a limited resource, Time is also bendy and flexible and responds to us, I accept who I am and what I believe...*

*Even though I'm very sceptical about feeling really good about me, feeling relaxed and having a good time, I deeply and profoundly accept all of my feelings and where they came from.*

**THE REMINDER PHRASES:**

**Eyebrow:** Life is a struggle  
**Side of Eye:** There is not enough time  
**Under Eye:** I have internalized this belief  
**Nose:** Is it absolutely true  
**Chin:** Can I know that this is true  
**Collarbone:** Who would I be without this belief?  
**Under Arm:** What would happen if I never had this belief?  
**Front of the Wrist:** Could I let this belief go?

**Back of the Wrist:** Would I?

**Top of the Head:** When?

**Eyebrow:** The time frustration

**Side of Eye:** The time tension

**Under Eye:** The time guilt

**Nose:** The time – I should feelings

**Chin:** The time anxiety

**Collarbone:** The time fears

**Under Arm:** The time weight

**Front of the Wrist:** The time constriction

**Back of the Wrist:** The time limitations

**Top of the Head:** Was I born with this, is this mine or was I taught this

**Eyebrow:** I breathe better now

**Side of Eye:** I relax now

**Under Eye:** I find myself getting on with my day in a peaceful manner

**Nose:** I am reassured that I am going with the flow

**Chin:** I feel the gentleness that comes with patience

**Collarbone:** I enjoy myself more

**Under Arm:** I laugh more

**Front of the Wrist:** I have time for laughter and joy

**Back of the Wrist:** Things get done

**Top of the Head:** Gratitude fills my Life, I am in the Flow

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.

Wishing you Peace, Joy and Freedom



## Emotional Toothbrush Audio 7: Energetic Healing Sequence for Forgiveness

*By downloading or listening to this audio series you have agreed to the guidelines and have accepted full responsibility for using them. Do refer to the Emotional Toothbrush guide before continuing with this Sequence...You can either physically tap on the points or touch the points or imagine tapping them i.e. "think tap" as directed in the guide while listening to these audios.*

Suggested use for this sequence is once a day for 7 to 10 days.

Before you begin, take a few gentle breaths and notice any tension in your body, any emotional or mental discomfort. Is there any tightness, constriction, resistance, stress feeling, where in your body is this feeling lodged, what does this feeling remind you of, note your intensity level. Making a note of your feelings and any other thoughts that arise will help you. Does the thought of FORGIVENESS feel painful, stressful? Do you have a memory that is coming up today? What is your emotional intensity about this?

Forgiveness means ...LETTING GO. It has NOTHING to do with condoning behaviour. We may not know HOW and we may not WANT to but the very fact that we say we are WILLING begins the healing process. Think of that part of you that feels guilty, ashamed, undeserving, unworthy, and notice how that colours all your actions and behaviour in your life. Do you feel that you are sabotaging yourself all the time; this may be due to underlying feelings of guilt, which will not let you move forward. Notice all the things in your life that you feel guilty and shameful about and any related feelings. Once you've tuned in, let go of that feeling, belief, thought, memory and tap along with the audio.

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I feel guilty for what I did, I blame myself, it's all my fault, I should feel guilty, I choose to accept these feelings and what I did.*

*Even though I should have done better, known better, and I didn't, I deeply and completely love and accept myself anyway*

*Even though I feel guilty for not correcting the situation, I accept who I am and what happened in the past...Even though I haven't been able to forgive myself for what happened I want to feel free from the past*

**THE REMINDER PHRASES:**

**Eyebrow:** Guilty

**Side of Eye:** Guilty

**Under Eye:** Guilty

**Nose:** Guilty

**Chin:** All the guilt

**Collarbone:** All the guilt  
**Under Arm:** My fault  
**Front of the Wrist:** It's my entire fault  
**Back of the Wrist:** I should have known better  
**Top of the Head:** I should have done better

**Eyebrow:** This debilitates me  
**Side of Eye:** It keeps me trapped in the past  
**Under Eye:** I can't move forward  
**Nose:** I drag myself down with these feelings  
**Chin:** Why can't I let them go?  
**Collarbone:** Why can I let them go?  
**Under Arm:** Do my guilty feelings help anyone?  
**Front of the Wrist:** Does it help me?  
**Back of the Wrist:** Perhaps there is a better way to deal with the past  
**Top of the Head:** Although I still cannot forgive myself, I can accept my feelings.

**Eyebrow:** I wonder what would happen to my relationships if I forgave myself  
**Side of Eye:** Would I make the same mistakes  
**Under Eye:** Could I really have done better?  
**Nose:** Did I really know better  
**Chin:** Perhaps I did the best that I could then  
**Collarbone:** Does the guilt that I feel heal the past?  
**Under Arm:** Does this guilt help me or hinder me?  
**Front of the Wrist:** Do I really want to continue feeling this way  
**Back of the Wrist:** I accept all my mistakes, I take responsibility, I messed up, and I inhale and exhale  
**Top of the Head:** I am open to healing the past and forgiving myself

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I am so angry with them, how dare they hurt me, I can't bear the injustice and it should not have happened, I feel resentful, I accept all my feelings about this*

*Even though I am angry, and I hate what happened, I simply forbid myself from forgiving, I hope they are feeling guilty, and this anger makes me feel terrible, I am open to healing the pain that I carry*

*Even though holding on to those painful memories keeps me a victim to them, I do not want to be a victim any more, I want to feel free, I may be open to letting the intensity release*

**THE REMINDER PHRASES:**

**Eyebrow:** I am so angry  
**Side of Eye:** how dare they  
**Under Eye:** It is unforgivable  
**Nose:** I am trapped in the past by this  
**Chin:** I am victim in those memories  
**Collarbone:** I have been a victim for a long time  
**Under Arm:** I do not want to be a victim anymore

**Front of the Wrist:** Injustice and pain  
**Back of the Wrist:** It has been in me for so long  
**Top of the Head:** who would I be without this feeling?

**Eyebrow:** I am becoming more receptive to forgiveness  
**Side of Eye:** To knowing that in my deepest core I want to be free  
**Under Eye:** I am tired of holding this  
**Nose:** I don't want to lose any more energy  
**Chin:** I don't want to waste anymore energy on feeling guilty or angry  
**Collarbone:** I deeply and completely accept everything that has ever happened to me in my whole life  
**Under Arm:** I want to feel free  
**Front of the Wrist:** I choose to feel free  
**Back of the Wrist:** I intend to feel free  
**Top of the Head:** I am grateful for the growing freedom I get from the natural forgiveness that flows out of me

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.

Wishing you Peace, Joy and Freedom

Here is an extra tapping sequence for you that will further enhance your results.

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I want to please others and get their approval, I learn to trust my inner wisdom, and forgive myself; it becomes easier to learn from my experiences and to use this knowledge to move forward*

*Even though I feel guilty about moving forward, and living my own life, leaving my parents, siblings, friends, others behind, I deeply and completely forgive myself, I profoundly love and accept myself, my happiness might be contagious*

*Even though I am still holding on to all this guilt, I am ready to release it and feel loving, honest and open, I am born to shine*

**THE REMINDER PHRASES:**

**Eyebrow:** I am waiting for forgiveness  
**Side of Eye:** I am waiting for permission to let the past go  
**Under Eye:** I am waiting for others approval  
**Nose:** I am waiting for their recognition

**Chin:** I have been waiting a long time  
**Collarbone:** Have I held this feeling long enough  
**Under Arm:** Can I give myself permission now?  
**Front of the Wrist:** to learn from experience  
**Back of the Wrist:** to simply embrace my mistakes  
**Top of the Head:** embrace all my mistakes with compassion

**Eyebrow:** I don't appreciate myself  
**Side of Eye:** or the things that I do  
**Under Eye:** I appreciate my awareness and honesty  
**Nose:** I appreciate the part of me that refuses to forgive  
**Chin:** I release all my resentments and I love myself the way I am  
**Collarbone:** I have conditioned myself to believe that I am not good enough, I release this  
**Under Arm:** I have internalized this unforgiving belief  
**Front of the Wrist:** I deeply and completely accept everything that has ever happened to me in my whole life  
**Back of the Wrist:** I deeply and completely accept everything that has ever happened to me in my whole life  
**Top of the Head:** I deeply and completely accept everything that has ever happened to me in my whole life

**Eyebrow:** That feels amazingly forgiving  
**Side of Eye:** I release all my resistance to enjoying the benefits of forgiveness  
**Under Eye:** I am loved, lovable and loving  
**Nose:** I am ready to let go of the past, I want to be free from all my resentments  
**Chin:** I forgive all those who hurt or harmed me  
**Collarbone:** I ask forgiveness for all those I hurt or harmed  
**Under Arm:** I forgive myself and God and anyone else I may have blamed  
**Front of the Wrist:** I reclaim my innocence and joy  
**Back of the Wrist:** I reclaim the love that has been buried  
**Top of the Head:** I choose to feel profoundly free and open to love

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.  
Wishing you Peace, Joy and Freedom



## Emotional Toothbrush Audio 8: Energetic Healing Sequence for Raising my Vibration

*By downloading or listening to this audio series you have agreed to the guidelines and have accepted full responsibility for using them. Do refer to the Emotional Toothbrush guide before continuing with this Sequence....You can either physically tap on the points or touch the points or imagine tapping them i.e. "think tap" as directed in the guide while listening to these audios.*

Suggested use for this sequence is once a day for 7 to 10 days.

Before you begin, take a few gentle breaths and notice any tension in your body, any emotional or mental discomfort. Is there any tightness, constriction, resistance, stress feeling, where in your body is this feeling lodged, what does this feeling remind you of, note your intensity level. Making a note of your feelings and any other thoughts that arise will help you. What is your present Emotional Vibration today? Are feeling depressed, fearful, grief, irritated, pessimistic, annoyed, bored, unsure, uncertain?

This audio is for raising your vibration from wherever you are to Joy, Love and Appreciation.

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I get depressed and it feels like I will never get out of this damp dark hole, I do want to change my vibration*

*Even though I feel guilty, insecure and unworthy, and it feels like it is embedded so deeply inside me, I choose to dive into those feelings and release them today*

*Even though I hate feeling like this and I wish I could shake it off, I am really angry with myself and others, I do want to love and accept myself one day*

### **THE REMINDER PHRASES:**

**Eyebrow:** Depressed

**Side of Eye:** Fear

**Under Eye:** Grief

**Nose:** Despair

**Chin:** Powerless

**Collarbone:** these emotions haunt me

**Under Arm:** I feel insecure

**Front of the Wrist:** guilty

**Back of the Wrist:** unworthy

**Top of the Head:** Angry that I feel so stuck

**Eyebrow:** I want to crawl into a hole and die

**Side of Eye:** It is pointless

**Under Eye:** I have no energy  
**Nose:** I feel unbearably sad  
**Chin:** It is like living in an ocean of sadness  
**Collarbone:** I feel alone and unworthy  
**Under Arm:** This deep guilt  
**Front of the Wrist:** I am so angry that I am stuck here  
**Back of the Wrist:** Feels so hopeless  
**Top of the Head:** I am fed up of living here, I am ready to change my vibration

**Eyebrow:** I hate feeling like this  
**Side of Eye:** I hate that I am here  
**Under Eye:** I want to scream  
**Nose:** Anger feels better than this  
**Chin:** It gets me out of feeling depressed  
**Collarbone:** There are so many things that do make me mad  
**Under Arm:** All the injustice in the world  
**Front of the Wrist:** All my mistakes  
**Back of the Wrist:** Regrets and shame  
**Top of the Head:** I forgive myself unconditionally and accept all my feelings

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I cannot imagine forgiving myself or others, and I feel so discouraged with life, everything feels like such a struggle, I would like to feel love and be free of this weight*

*Even though I have made so many mistakes and I keep falling into the pits of despair, I blame myself for everything, and worry incessantly, I doubt I can ever accept myself; I open to the possibility of releasing some of this and feeling light*

*Even though I have all these doubts and I cannot trust my intuition or inner wisdom, I have had so many disappointments in my life, I am ready to let the past go and be open to forgive and let go*

**THE REMINDER PHRASES:**

**Eyebrow:** Discouraged  
**Side of Eye:** I blame myself  
**Under Eye:** I blame others  
**Nose:** I worry incessantly  
**Chin:** I get into a state with anxiety  
**Collarbone:** So many doubts  
**Under Arm:** How can I trust?  
**Front of the Wrist:** I do not know how to  
**Back of the Wrist:** I am so very disappointed  
**Top of the Head:** I want to release everything that holds me back from being happy

**Eyebrow:** I can't  
**Side of Eye:** Yes I can  
**Under Eye:** No Way  
**Nose:** These yo-yoing emotions  
**Chin:** trapped by my fears and doubts

**Collarbone:** finding a key, opening the door and freeing myself

**Under Arm:** Don't have to be here anymore

**Front of the Wrist:** There is a way out

**Back of the Wrist:** Is there?

**Top of the Head:** All my memories of being disappointed

**Eyebrow:** I still keep looking over my shoulder and what I should have done

**Side of Eye:** should be doing

**Under Eye:** what if doesn't have to matter anymore

**Nose:** what if I can choose

**Chin:** I would choose to release the fear, the pain, the doubts, all the feelings that hold me back

**Collarbone:** I know I am being held back by this

**Under Arm:** What part of me is being held back?

**Front of the Wrist:** Getting to know who I am underneath all these layers

**Back of the Wrist:** I am peeling back all these layers to discover peace, beauty, contentment

**Top of the Head:** God made me truly beautiful and God delights in me

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though I feel overwhelmed at times, and this makes me feel frustrate and irritated, and I am so impatient, I want to be free now, I want to be successful now, I want to be happy now and it feels like I am not there yet, I allow myself to be present and shift my vibration to hope*

*Even though I have a habit of being pessimistic, I create a new reality of optimism, positive expectations and belief that I can create and manifest a life of Passion and Joy*

*Even though sometimes I give up, get lazy, can't be bothered, I accept myself, I allow my vibration to shift and I begin to experience enthusiasm and happiness in my life and who know where that will take me*

**THE REMINDER PHRASES:**

**Eyebrow:** Overwhelmed

**Side of Eye:** Frustrated

**Under Eye:** Irritated

**Nose:** Impatient

**Chin:** Pessimistic

**Collarbone:** Bored

**Under Arm:** Can't be bothered

**Front of the Wrist:** **Oh yes I can**

**Back of the Wrist:** I am precious and worthy

**Top of the Head:** I am deserving of great Joy

**Eyebrow:** Am I?

**Side of Eye:** Hopeful

**Under Eye:** This may be dangerous

**Nose:** Growing optimism

**Chin:** Can't get too happy, keep it under control, under wraps

**Collarbone:** Am beginning to have positive expectations

**Under Arm:** It still feels unsafe

**Front of the Wrist:** I do want to belief in myself and have self confidence

**Back of the Wrist:** I do not know if I can

**Top of the Head:** If I did have self-confidence my vibration would be very different

**Eyebrow:** Contented and connected to source

**Side of Eye:** I could feel eager to experience new things

**Under Eye:** Contented and connected to source

**Nose:** Growing enthusiasm

**Chin:** Contented and connected to source

**Collarbone:** Happiness comes naturally

**Under Arm:** Contented and connected to source

**Front of the Wrist:** I believe in me, I open to passion and feeling creative

**Back of the Wrist:** I feel empowered with love for myself

**Top of the Head:** I now raise my vibration to Joy, Freedom and Appreciation

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.

Wishing you Peace, Joy and Freedom



## Emotional Toothbrush Audio 9: Energetic Healing Sequence for Reclaiming Happiness, The Forgotten Paradise

*By downloading or listening to this audio series you have agreed to the guidelines and have accepted full responsibility for using them. Do refer to the Emotional Toothbrush guide before continuing with this Sequence....You can either physically tap on the points or touch the points or imagine tapping them i.e. "think tap"*

as directed in the guide while listening to these audios.

Suggested use for this sequence is once a day for 7 to 10 days.

Before you begin, take a few gentle breaths and notice any tension in your body, any emotional or mental discomfort. Is there any tightness, constriction, resistance, stress feeling, where in your body is this feeling lodged, what does this feeling remind you of, note your intensity level. Making a note of your feelings and any other thoughts that arise will help you.

*Once you've tuned in, exhale and imagine putting all the distressing feelings, beliefs, thoughts, memories in a suitable container and tap along with the audio.*

The audio below has been inspired by the works of Don Miguel Ruiz

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

What if the life I am living is a dream that I have created? It is my perception of reality that I can change at any time. I have the power to create hell, and I have the power to create heaven. What if that was true? Would I like to see the world with different eyes?

What if I close my eyes and then open my eyes and see the world with new eyes of perception?

### **THE REMINDER PHRASES:**

**Eyebrow:** I see love coming out of the trees

**Side of Eye:** love coming out of the sky

**Under Eye:** love coming out of the light

**Nose:** love from everything

**Chin:** even behind the feelings of anger or sadness there is love

**Collarbone:** with this vision of love I create a new life, new dream

**Under Arm:** I exhale anything that resists inside me

**Front of the Wrist:** I don't have to justify my existence

**Back of the Wrist:** I am free to be who I really am

**Top of the Head:** I have permission to be happy to really enjoy my life

**Eyebrow:** I imagine a life without the fear of expressing myself

**Side of Eye:** I know what I want  
**Under Eye:** what I don't want  
**Nose:** and when I want it  
**Chin:** I am free to change my life  
**Collarbone:** I am not afraid to ask for what I need  
**Under Arm:** I can say yes and no to anything or anyone  
**Front of the Wrist:** I can be open and accept other people's acknowledgement or refusal  
**Back of the Wrist:** I imagine myself living with the fear of being judged by others  
**Top of the Head:** I no longer behave in fear of what others might think of me

**Eyebrow:** I am not responsible their opinion  
**Side of Eye:** I have no need to control any one  
**Under Eye:** I am not controlled either  
**Nose:** I do not judge others  
**Chin:** I can easily forgive others and let go of any judgments I do have  
**Collarbone:** I don't need to be right  
**Under Arm:** I don't need to make anyone else wrong  
**Front of the Wrist:** I respect myself and everyone else  
**Back of the Wrist:** I am respected  
**Top of the Head:** I am open to love

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though in the past I have been afraid of loving and not being loved, I am open to releasing this fear too*

*Even though I was afraid of taking risks and exploring life, of losing, I am open to being open to adventure and experiencing the many faces of love*

*Even though I have been afraid of really living in the world and have been afraid of dying I imagine a fearless life, a life dedicated to love*

**THE REMINDER PHRASES:**

**Eyebrow:** I say I love you  
**Side of Eye:** there is no shame  
**Under Eye:** I say I love you  
**Nose:** there's no need for any justification  
**Chin:** You can reject me or accept me  
**Collarbone:** I love you  
**Under Arm:** I walk in the world with my heart completely open  
**Front of the Wrist:** I am not afraid of being hurt  
**Back of the Wrist:** I take risks and explore all of life  
**Top of the Head:** I am passionately alive

**Eyebrow:** I love myself just the way I am  
**Side of Eye:** I love my body just the way it is  
**Under Eye:** I love my emotions just the way they are  
**Nose:** I imagine this because it is possible  
**Chin:** I live in a state of grace

**Collarbone:** I live in a state of bliss  
**Under Arm:** I live a dream of heaven  
**Front of the Wrist:** Being in bliss is being in love  
**Back of the Wrist:** Being in love is being in bliss  
**Top of the Head:** I perceive love wherever I go

**Eyebrow:** It is possible to live this way  
**Side of Eye:** Others have done it  
**Under Eye:** they are no different from me  
**Nose:** I create a life of bliss with my new eyes  
**Chin:** I create a life of joy with my new eyes  
**Collarbone:** I create a life of peace with my new eyes  
**Under Arm:** I discover that heaven exists, and I can see it  
**Front of the Wrist:** I discover the kingdom of love  
**Back of the Wrist:** I discover the kingdom of God  
**Top of the Head:** I discover the kingdom of heaven with my new eyes

**The Setup: Tap or touch the SIDE OF HAND (KARATE CHOP) POINT or Rub THE TENDER SPOT gently:**

*Even though my heart felt empty for years and I didn't feel this kind of love, I didn't feel this peace, I thought it was all talk, but now I see all I need to do is imagine this as possible and I can make it mine*

**THE REMINDER PHRASES:**

**Eyebrow:** I see the world and its beauty  
**Side of Eye:** the world is wonderful  
**Under Eye:** Life can be easy  
**Nose:** love is my way of life  
**Chin:** I can be loving at all times  
**Collarbone:** this is my choice  
**Under Arm:** I do not need any reason to love  
**Front of the Wrist:** I love because it makes me happy  
**Back of the Wrist:** loving makes me happy  
**Top of the Head:** Love gives me inner peace, it changes everything

**Eyebrow:** Love changes my perception  
**Side of Eye:** love is all around me  
**Under Eye:** love is inside me  
**Nose:** love is above me, below me, it is the air I breathe  
**Chin:** I no longer live in the fog of the mind  
**Collarbone:** I see clearly now  
**Under Arm:** I discover happiness  
**Front of the Wrist:** I reclaim happiness  
**Back of the Wrist:** Happiness is the lost paradise  
**Top of the Head:** I have found happiness

**Eyebrow:** There is no reason to suffer any more  
**Side of Eye:** unless I choose to suffer  
**Under Eye:** In my life I used to have so many excuses to suffer

**Nose:** But no good reason

**Chin:** I want happiness

**Collarbone:** I choose happiness now

**Under Arm:** I intend happiness

**Front of the Wrist:** I expect happiness

**Back of the Wrist:** I am happiness

**Top of the Head:** My choice is to live in Happiness

**Now inhale and exhale and** tune in to your feelings, how do you feel now...what is the charge on the issues that bothered you before. You can either replay the audio again and tap along or leave it for tomorrow.

As these tapping sequences are global in nature persistence makes a difference. The best results with EFT do come from getting specific and getting to the core issue/s. The good news is that the effects are cumulative and the more you use this, the more empowered you feel.

Do ENJOY DRINKING WATER before and after these tapping protocols.

Wishing you Peace, Joy and Freedom