

Thought Field Therapy

♥Tapping for your Happiness!♥

First
PR tapping for
15times



When you are sad, upset, feared, anxious or angry,



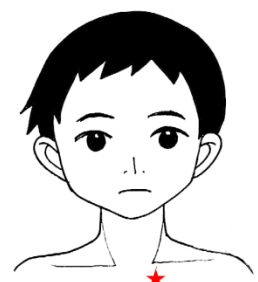
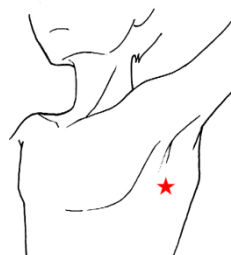
While thinking about it, tap 5 times on each point.

EYEBROW

under **EYE**

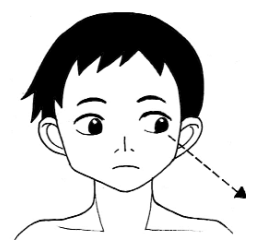
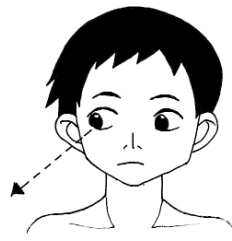
under **ARM**

COLLARBONE



9 -Gumut — While tapping, GUMUT do 1-9.

GUMUT 1.eyes **close** 2.eyes **open** 3.eyes down to **right** 4. down to **left**



5.**roll** eyes in a circle 6.**roll** eyes in a circle the other way around 7.**humming** 8.**count** to 5 9.**humming**



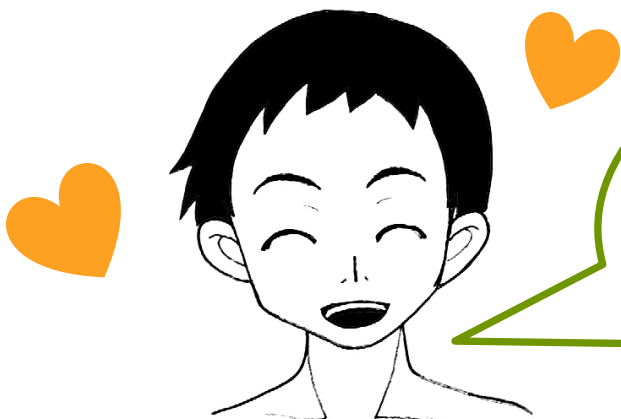
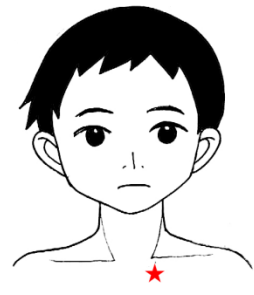
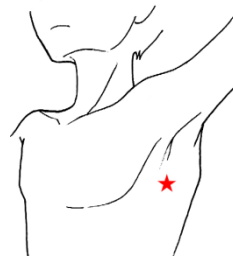
Again tap 5 times on each point.

EYEBROW

under **EYE**

under **ARM**

COLLARBONE



**Now I feel
good!!!**