

10 STEPS TO PERSONAL PEACE

- 1) TAP THE K-27 POINTS, repeat three times, *“I accept myself completely and choose to feel safe today.”*
- 2) TAP THE EYEBROW POINT and state, *“I am eliminating all the **sadness** in all of the roots, and the deepest cause and belief system of this problem. I am in harmony, I am in peace.”*
- 3) TAP UNDER THE EYE and state, *“I am eliminating all of the **fear** in all of the roots, and the deepest cause and belief system of this problem. I am content, I am tranquil.”*
- 4) TAP THE LITTLE FINGER CUTICLE and state: *“I am eliminating all of the **anger** in all of the roots, and the deepest cause and belief system of all of this problem. I have forgiveness in my heart.”*
- 5) TAP THE EYEBROW and state: *“I am eliminating all of the **emotional trauma** in all of the roots, and the deepest cause and belief system of all this problem. I am in harmony, I am in peace.”*
- 6) TAP THE INDEX FINGER and state: *“I forgive myself. I know I'm doing the best I can. I forgive the world leaders. I know they're doing the best they can. I forgive God. I know that's just the way it is.”*
- 7) TAP THE GAMUT POINT and repeat three times, *“I am safe. I am secure.”*
- 8) THUMP THE THYMUS and repeat three times: *“I have love, faith, trust, gratitude, and courage.”*
- 9) TAP UNDER THE ARM and repeat three times, *“I easily and effortlessly assimilate all changes into my life. I have faith and confidence in my future.”*
- 10) HOOK UP and state, *“I am standing tall and overcoming any problem. I am clear, centered and secure.”*

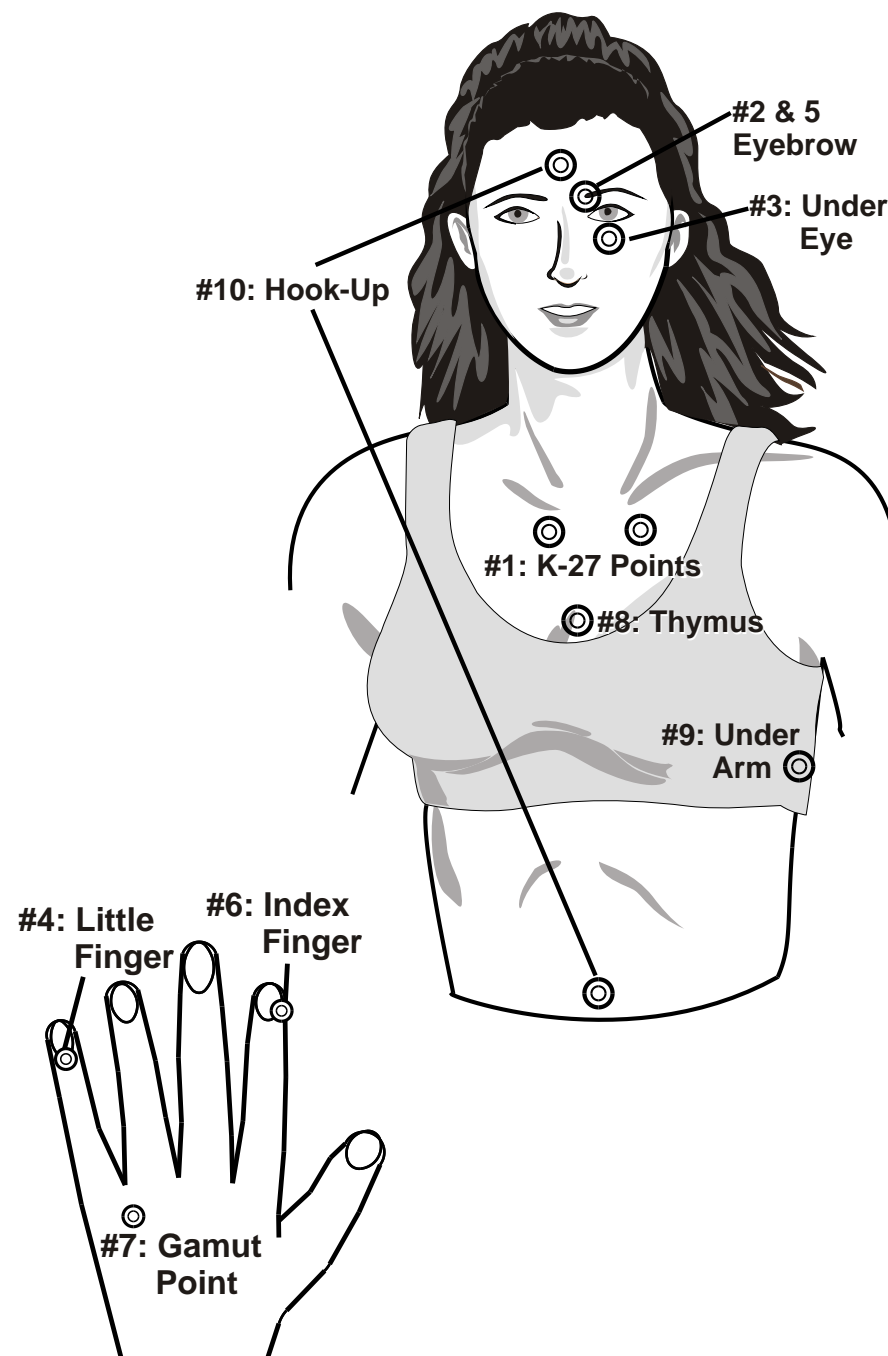


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