

**Positive energy tapping routine**

Click the speaker icon below to launch an mp3 player on your device and listen to my recording. Repeat each phrase after me as you tap 7 to 10 times in each location. You can tap with one or two fingers - or whatever feels right. And don’t get too concerned about getting the location exactly right, as long as it’s in the general area it’ll work just fine.

As a reminder, here’s a description of each tapping location:

* Top of head - crown area
* 3rd eye - middle of forehead
* Eyebrow - this is the inner edge of your eyebrow, next to your nose
* Corner of eye - the outer corner of the eye
* Under eye - below your iris, on the bony socket area of your eye
* Under nose - the central area below your nose and above your top lip
* Chin - the crease of your chin, where there’s a natural dip below your lower lip
* Collarbone - either collarbone, at the inner edge below your throat (don’t worry if you can’t feel it, just estimate where you think it is)
* Thumb - the edge/side of your nail closest to you as you’re looking at it
* Index finger - as with thumb - closest edge of your nail to you
* Middle finger - as above
* Ring finger - as above
* Little finger - this time, tap the outer edge of your finger nail (to make it easy to then move to final tapping position)
* Karate chop - the side of your hand, half way down (the edge you’d use when doing a karate chop!)



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