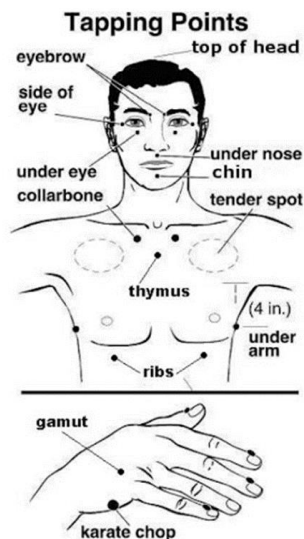


IN THE MIDST OF TURBULENT TIMES

Surfing the waves of turbulent times



KC: Karate chop
TH: Top of the head
BE: Beginning of Eyebrow
SE: Side of Eye
UE: Under Eye
UN: Under Nose
UM: Under Mouth/Chin
C: Collarbone
UA: Under arm
UB: Under Breast/rib

Remember to drink a glass of water before you start the protocol.

Make a pause in between rounds if you feel the need to: breath deeply with a longer outbreath, drink water again and go back to tapping.

Follow your intuition and what is right for you, if some sentences are coming to your mind whilst tapping do say them and adapt the text to what feels right for you.

Also notice and observe what is happening in your body when you say these sentences. See the ones that resonate and the ones that don't. Welcome everything with no judgment and no preconceived ideas.

Now, let's tap!

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- KC Even if I feel this anxiety, this fear in me about this situation we are in, I deeply and completely love and accept myself
- KC Even if I feel this fear in my------(where in you body)----- at -----(level 0-10 of discomfort)---- and it feels like ----- - I deeply and completely love and accept myself
- KC Even though I have this fear in me, mixed with so many other different feelings like frustration, anger, helplessness and sadness, I deeply and completely love and accept myself with all these overwhelming feelings
- TH What is going on? Where is all this leading to?
- BE I never thought I would live a life where everyone wears a mask
- SE I never thought I'd live a life where you have to separate from each other, isolate
- UE What is this all about? I can't make sense of this whole situation
- UN All this information, these figures we are bombarded with, day in and day out
- UM The measures that do not always make sense? Do they? Do they not?
- C The conflicting opinions here and there: Pro/against mask – Pro/against vaccine
- UA Some days I doubt everything! I feel confused!
- UB How can I make sense of it all?
- TH I fear(see what come to your mind), This fear of.....in me
- BE I can feel people's anxiety rising including mine
- SE Are we all getting crazy? Is the world getting crazy?
- UE Where is this leading us to?
- UN I wish we could go back to what it was before!
- UM I feel powerless and frustrated. These feelings in me....
- C I have enough of isolating. I miss the socializing and the cuddling and the going out!
- UA I miss my freedom. I miss some things I took for granted: I miss.....(see what comes)
- UB I have enjoyed the empty diary though ! 😊 I have enjoyed....(see what comes)

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- TH What if I had everything in me to deal with this situation?
- BE What if I was stronger than I thought?
- SE I am ok. I am fine. I have food, I have a roof over my head, I am fine.
- UE I can feel life in me: my aliveness. I close my eyes....(close your eyes and scan your body – pay attention to sensations in every part of your body as if you were discovering it for the first time – welcome every sensation with no judgement even the aches and pains)
- UN I can feel my head, my throat, my shoulders, my arms and fingers, my chest, my heart beating, my lungs feeling up with air and emptying, my abdomen, the area between my hips, my legs and feet.
- UM I feel grateful for what my body does for me every day. I feel the energy in me.
- C I am safe. I am strong. I am resilient.
- UA What if I could look at things from a different angle?
- UB What if I it was were my power lies?
-
- TH What if all of this was an opportunity for something?
- BE What if I had the power to turn this period into an opportunity?
- SE What if I could learn to trust Life and myself?
- UE What treasure did I already found during this period? What did I discover that is important to me? I discovered.....(see what comes).
- UN I connect and listen to my heart.
 What does fill my heart and whole body with joy? What could I put more of in my life?
- UM What if I had the power to fill my life with what I enjoy despite this situation?
- C What if I could decide to turn my attention and thoughts towards everything that is feeling me up with high vibrations!
- UA What if I took this as an opportunity to take care of myself and my inner world and resources?: my body, my mind, my heart.
- UB What if I decide to be the change I wish to see in the world?

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- TH What if the outside world was a reflection of our inner worlds?
- BE What if this confusing situation and the duality in the world was a reflection of the confusion and the duality of my inner world?
- SE What if I decided today to listen to the duality in me and create peace within so I create peace in my reality?
- UE What if my heart was my compass in this confusing time?
- UN What if today I decided to take my power back?
- UM What if I decided to choose love over fear?
- C Maybe I can start with self-love: I love myself totally and entirely with all these feelings inside, with all my beautiful mess inside
- UA What if I decided today to love my beautiful mess inside
- UB I am beautiful. I am safe. I am strong and powerful. I am free.

On your fingers

- There is a tornado outside, at the top of the ocean; At the bottom of the ocean all is peaceful, calm.
- I stay there where the ocean is still; I stay there in my inner sanctuary
- I know I can always go back there if I need to. I know how to go back to my inner sanctuary.
- My place of peace and calm; of love and trust ; the place where I AM without anything else linked to it
- Then full of strength, I can go back to the surface, get on my board and surf on the waves of turbulent times.
- I am no longer afraid.
- I can play with the waves.
- I can stand strong full of the calm deep strength I have inside.
- I am having. I am enjoying life.

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