

EFT Tapping Protocols for Emotional Release & Healing

These tapping sequences are designed to help release stored emotional energy and support the body's healing response. Use them daily or whenever strong feelings arise. Follow the tapping points in sequence, speaking each phrase aloud. Repeat the setup statement 3 times before moving through the tapping points.

1. Releasing Anger, Hatred, and Vengeance

Purpose: To acknowledge the deep pain and injustice, release stored emotional energy, and create room for peace.

Setup (Karate Chop Point) – Repeat 3x:

- Even though I have carried so much anger, hatred, and vengeance for so many years — and part of me feels it's justified — I deeply and completely accept myself and how I feel.
- Even though these feelings have been eating away at me, I honour my pain and I am willing to release it from my body.
- Even though I've been protecting myself with this anger, I am now open to protecting myself with peace.

Tapping Sequence – Round 1:

- Eyebrow: This deep, burning anger.
- Side of Eye: So much hatred stored inside me.
- Under Eye: I've been holding it for decades.
- Under Nose: I thought it kept me safe.
- Chin: But it has been hurting me.
- Collarbone: I've been eating myself away with this pain.
- Under Arm: It's been exhausting to carry.
- Top of Head: I can let go now, just a little.

Tapping Sequence – Round 2 (Shifting to release):

- Eyebrow: It's safe to release this anger from my body.
- Side of Eye: I don't need to carry it anymore.
- Under Eye: I can remember the past without living in it.
- Under Nose: My body deserves peace now.
- Chin: My cells deserve calm and safety.
- Collarbone: Releasing the burden of hatred.
- Under Arm: Letting in compassion for myself.
- Top of Head: I choose freedom over anger.

2. Healing and Restoration

Purpose: To calm the nervous system, support the immune response, and align the mind-body connection towards repair and resilience.

Setup (Karate Chop Point) – Repeat 3x:

- Even though my body is facing a big challenge, I choose to support it with calm, love, and trust.
- Even though part of me fears what's ahead, I choose to focus on giving my body every chance to heal.
- Even though I can't control everything, I can give my body the best environment for restoration.

Tapping Sequence – Round 1:

- Eyebrow: My body has been under attack.
- Side of Eye: It's time to bring it peace.
- Under Eye: My cells are listening to me.
- Under Nose: I send them calm and strength.
- Chin: My immune system knows what to do.
- Collarbone: Every breath brings healing energy.
- Under Arm: My body is my ally.
- Top of Head: I choose to work with it, not against it.

Tapping Sequence – Round 2 (Strengthening intent):

- Eyebrow: My body knows how to repair.
- Side of Eye: My cells are resilient.
- Under Eye: My tissues can release what they no longer need.
- Under Nose: I fill them with light and vitality.
- Chin: I am creating an inner environment for healing.
- Collarbone: I nourish myself with every choice.
- Under Arm: Calm in my mind, strength in my body.
- Top of Head: I am open to the highest level of healing possible.