

# Tap into your SPIRITUALITY

What if you could learn a technique that could help release emotional blocks and enable you to connect to your intuition, align your life and reveal the true light of your soul?

Emotional Freedom Technique (aka tapping) can do exactly this. This easy-to-learn technique can help you connect with your Higher Self so you can listen to your inner voice for guidance, utilise your inner compass and remember who you truly are. It enables you to reset your energy to increase your intuitive abilities and allows your mystical channels to open and flow freely.

This powerful tool can also clear guilt, fear or anger, and unblock channels so that you feel lighter and more relaxed. I have also found that tapping can dramatically reduce stress and restore balance to the mind and body. In this way, many people use EFT as a stabilising practice alongside their meditation, enhancing their connection to their intuition furthermore.

## So, how does it work?

The body is filled with a multitude of energy points that enable the flow of vital life force energy. To try EFT, use your index and middle finger to tap specific points on your face and body five to seven times each, applying light pressure in order to stimulate them. The energy meridians of the body work in tandem so it does not matter which side of the body you tap on.

Carolynne Bennett, an Emotional Freedom Technique – or tapping – expert, reveals how it can connect you with your intuition, release emotions and enhance your positivity

## Try it yourself with this step-by-step process

**1** Identify the issue you wish to clear and be as specific as you can – this will be your main focus while tapping.

**2** Consider how intense the feeling is in your body and mind. Using the scale of 0 – 10 (where 0 is calm and 10 is all-encompassing), rate your emotional charge. This will form a benchmark and help you to track your success.

**3** Choose a set-up statement – this is a sentence or two that describes the issue you are addressing. The statement must include acknowledging how you feel honestly and accepting yourself despite the feeling. Having this approach is profoundly healing and encourages self-love. A common set-up phrase is: "Even though I have this [fear or problem], I deeply and completely love and accept myself."

**4** Now run through the following EFT points, using your index and middle finger to tap each area five to seven times. Follow the guide to the side as you go.

- Karate chop – Side of hand
- Eyebrow point – where your hair begins on your eyebrow
- Side of the eye – on the bone
- Underneath the eye – on the bone



- Underneath the nose – above your upper lip
- Chin – the crease between your chin and your lip
- Collarbone – beginning of the collarbone
- Under the arm – side of body, a few inches below the armpit
- Top of head – crown of head

**5** At the end of the sequence, reassess your emotional charge on a scale from 0 to 10. Compare your results with your initial score. If possible, repeat the process until you reach 0.

## NOW TRY SOMETHING NEW...

Boost your intuition with tapping

**1** Rate how you feel on a scale of 0-10 (trust the first number that comes to mind).

**2** Begin by tapping the karate chop point while saying these three set-up statements out loud or too yourself.

"Even though I feel my intuition may be blocked, I choose to clear it now. I deeply and completely love and accept myself."

"Even though I feel resistance to listening to my intuition, I choose to connect to it now and I deeply and completely love and trust myself."

"Even though I feel my energy is not clear, I connect to my spiritual gifts. I deeply and completely love and honour myself."

**3** Now, tap each of the following points, moving down the body in this ascending order while reciting the phrases alongside each point:

**Eyebrow** "I am supported. It is safe for me to connect to my intuition."

**Side of the eye** "It is safe for me to trust myself. I am divinely guided with every step."

**Under the eye** "I am excited about what I am going to learn in this process."

**Under the nose** "I am open to becoming more intuitive."

**Chin** "I am open to allowing myself to receive energy for my highest good."

**Beginning of the collarbone** "I am open to clearing old patterns that no longer serve me."

**Under the arm** "I am a being of infinite light."

**Top of the head** "Just by doing this process of tapping, I feel calm and light in my energy."

**4** Repeat this sequence two or three times then re-assess. Feel free to add positive statements that pop into your mind. Trust your intuition!

## TREATS FOR YOUR TAPPERS



925 Sterling silver labradorite ring. £68. Nature's Treasures, please call 01747 852709



Extreme dry skin treatment cream. £9.99. [naturalbynature.co.uk](http://naturalbynature.co.uk)



925 Sterling silver blue lace agate bracelet. £135. Nature's Treasures, please call 01747 852709



Aromatherapy essential oil bracelet. £19.99. [naturalbynature.co.uk](http://naturalbynature.co.uk)

*Carolynne Bennett*

is an advanced Law of Attraction teacher, coach and speaker specialising in helping people unlock their full potential to help them reach their life goals. Find out more at [carolynnebennett.com](http://carolynnebennett.com) and follow her on Instagram at [@carolynne\\_bennett\\_](https://www.instagram.com/carolynne_bennett_)