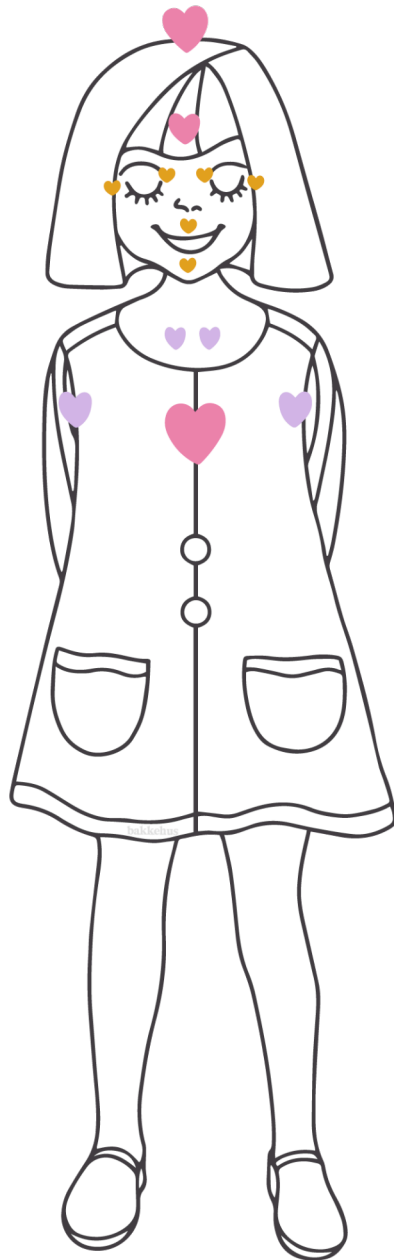
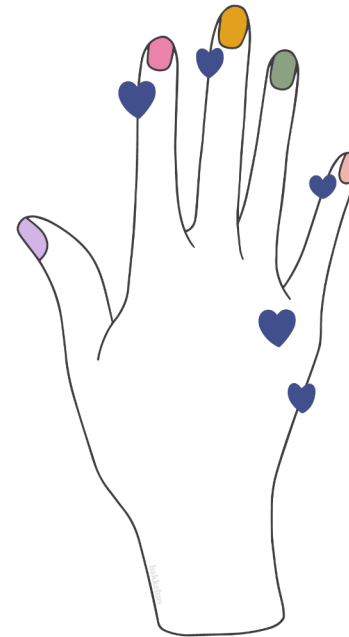


Magic Dust Tapping

Say your affirmation or word on each Tapping point
Tap at least 5 times on each point



- 1. Inner Eyebrows (eb)
- 2. Outer Eyes / Temple (oe)
- 3. Under Eye (ue)
- 4. Under nose (un)
- 5. Chin (c)
- 6. Under Arm (a)
- 7. Collarbone (cb)
- 8. Side of Hand (sh)
- 9. Front of Hand (fh)
- 10. Little Finger (lf)
- 11. Middle Finger (mf)
- 12. Index Finger (if)
- 13. Heart (h)
- 14. Forehead/3rd Eye (3e)
- 15. Crown (c)
- 16. Collarbone (cb)



- 17. With Hands folded over Heart - take a deep breath in and out (h)



- 18. Rub hands together to gather **Magic Dust** and throw overhead to finish your Tapping sequence.

Do not worry about getting the Magic Dust Tapping sequence right - **JUST TAP!**

