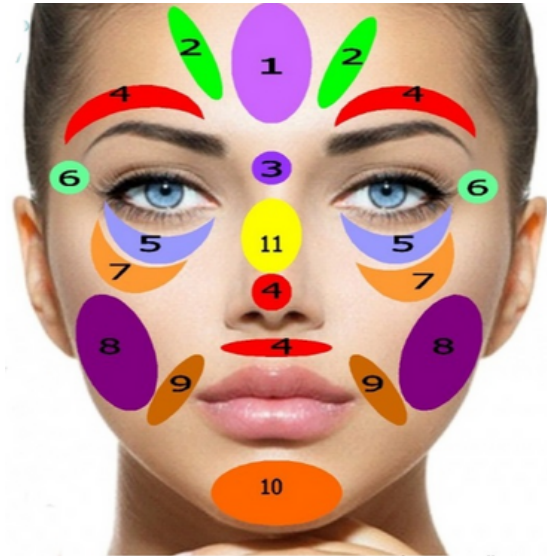


EFT MERIDIAN TAPPING



The Ultimate Healer
POWER TAPPING

ENERGY ACCESS



Accessing the "Energy Flow" throughout the body has never been easier! Tapping with your finger on these meridian access points creates a "piezoelectric" shock wave, which travels through specific Acupuncture meridians.

DARK TO LIGHT

Basic EFT Tapping Points

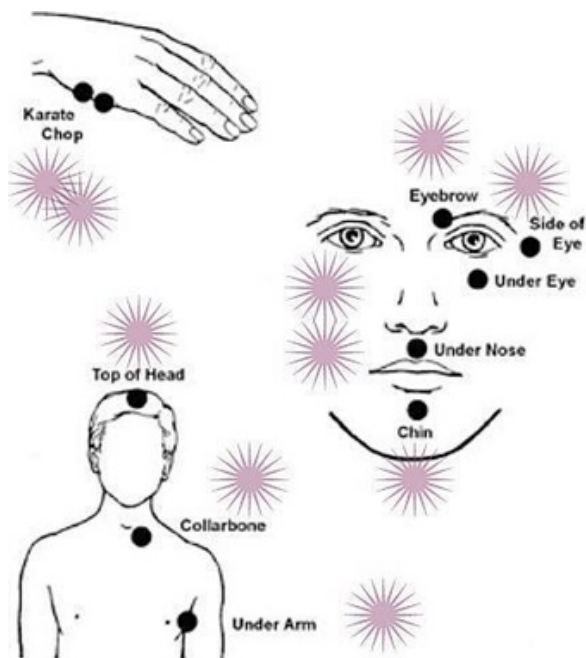


When Tapping, "The Spark of Light" travels through the pathways and comes to a block, low frequency or negative emotion, then it "vaporizes" or raises the low, dark frequency that's obstructing the Flow.

WE ARE HIGH 5 NATURALLY

The High Five are: Trust, Gentleness, Kindness, Courage & Love

The Low Five are: Worry, Fear, Anger, Sadness & Hate. They correspond to the 5 "Organ Meridian Sets" and FLOW OF LIFE



THE POINTS

“Tapping is Sweeping the World as one of the best low risk and low-cost treatment for anxiety, chronic pain and other mental illnesses.”

- *Minimize & Remove High Anxiety*
- *Take Control of Road Rage*
- *Quiet Down Irrational Fear & Tension*
- *Sleeping through the Night*
- *Improve Mental & Physical Conditions*
- *Improve Your Game!*

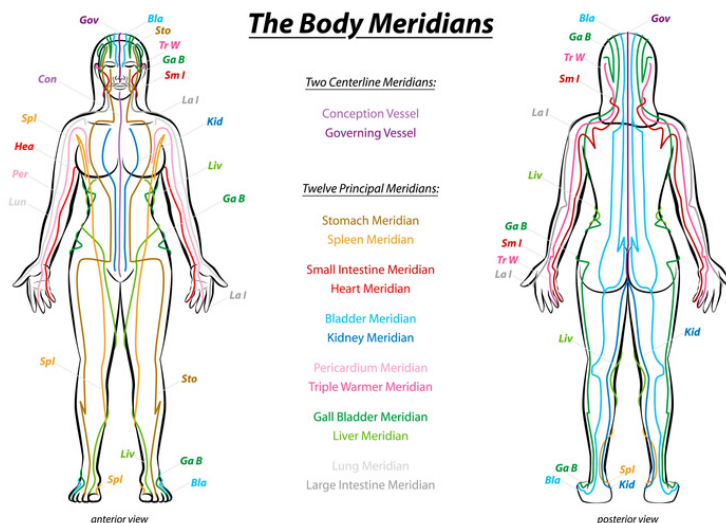
All of this by simply Tapping on 9 meridian tapping points! Simply TAP –

High Five Tapping is about tapping into our true nature, our basic feelings of **Trust/Faith, Gentleness, Kindness, Courage, Love.**

The opposite feelings **The Low Five** are what makes us unhealthy & depressed.

They are Worry, Fear, Anger/Anxiety, Sadness/Grief, Hate/Impatience.

All of these are frequencies/emotions that instruct the body.



POWER TAP™

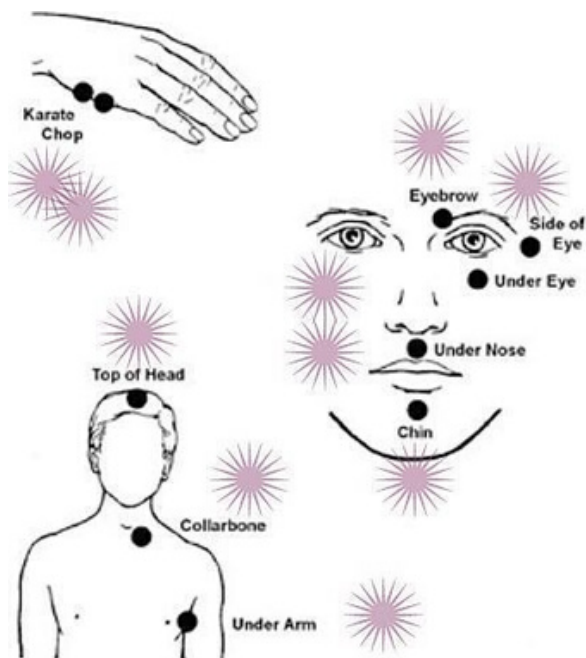
The One Minute Power Tap™

Tap 20 times on each of the 9 points!

That's it! Maybe do 2 or 3 rounds for severe conditions or emotions.

Speak of your feelings if you want.

Your body knows what to do. You will feel better! Especially if you're exhausted or depressed!



THE POINTS

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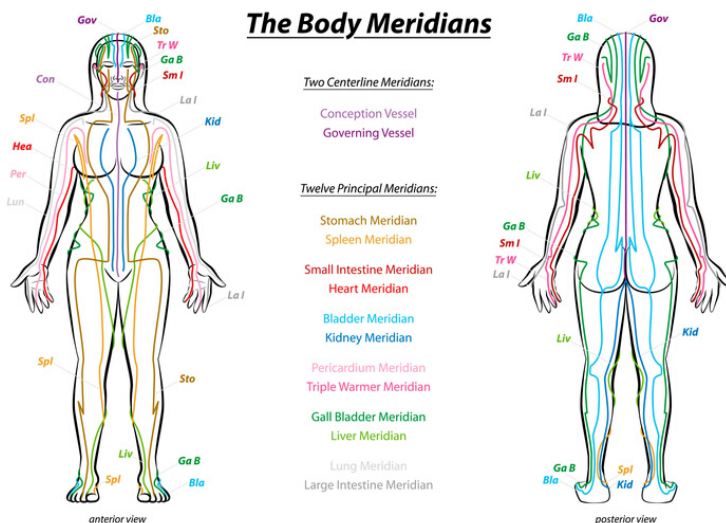
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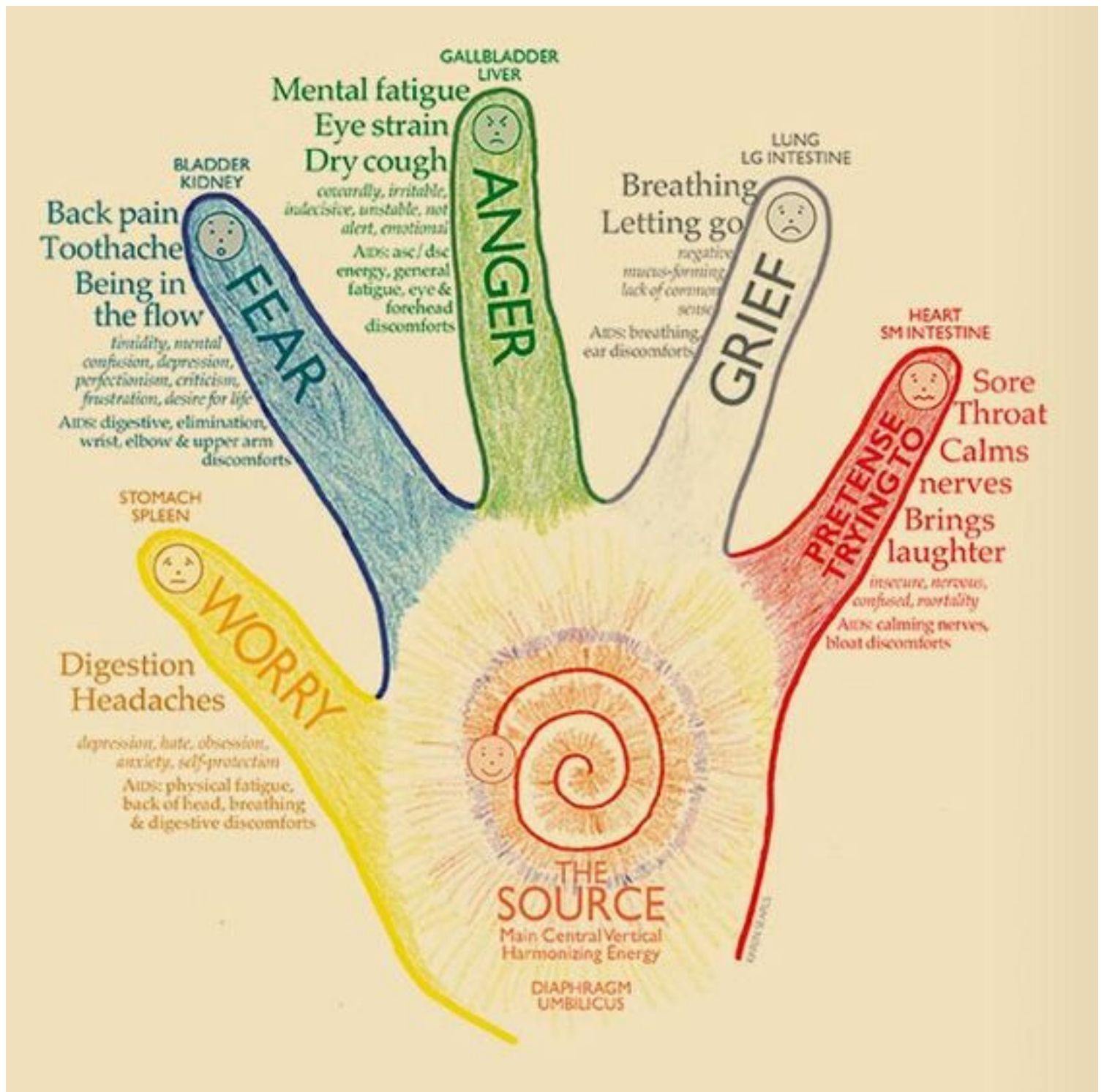
The High 5 Support Your Energy Flow

The Low 5 Block Your Energy Flow



www.TheWellnessFactor.org

More Detailed Look At The Symptoms That Show Up When The Emotions Block The Flow



How To Use High Five Tapping **First Delete The Low 5 Emotions that you are feeling.**

What are the Low 5 ? Worry/Doubt, Fear, Anger/Powerlessness, Sadness/Grief, Hate/Impatience.

Here's the basic protocol: Use one or two finger tips of either hand and tap the points in order from top to bottom on one side of face and body for about 15 or 20 times on each point. Feel free to do several rounds through the 9 points. Feel free to "rant", cuss, talk about how you feel, say things you would never say out loud to someone. Expressing your feelings of one of the Low 5 – The frequencies of Worry, Fear, Anger/Frustration, Sadness/Grief, Hate/Impatience.

A simple yet very powerful method is to express how your feeling about a situation. This can be very hard since most people do not recognize or verbalize their emotions. We are trained to "stuff" it! Therefore, while tapping at each point repeat the phrase of how you feel – examples: "This Anger", "This Pain", "This Broken Heart", "This Worry", "This Exhaustion", "This Powerlessness", "This Frustration", "This Anxiety", "This Sadness", "This Fear", "This Grief", "This Hate", etc.

After, tapping on the issue for a few rounds, you can tap making positive statements. But, it's important to use the word "choose or choice" into the phrase. Ex: "I choose to feel strong and loved, Now", "With every breath, I choose to feel the Loving power of God flowing through me, Now", etc. Remember the High Five Feeling words are Trust/Faith, Gentleness, Kindness, Courage and Love/Joy. Our true nature are The High Five feelings. Many feel the effects of the tapping immediately and more even later. Phobias such as fear of heights, public speaking and spiders, etc. can be eliminated leaving you feel like it was never a real problem. Once any Low 5 feeling is gone, a person generally feels like they never had the problem in the first place – it just disappears. Although, some very difficult issues have many aspects or emotions, keep tapping on what arises and keep tapping several times each day.

Also, try The One Minute Power Tapping without words!
You're body/mind knows what to do!

The 3 Hour In-Depth Webinar

EFT Meridian Tapping

The One Minute Power Tap

Please see the [detailed outline](#) on web page

This class will dive deeper into the techniques - working with yourself and someone else.

Live tapping sessions!

Learn about "aspects" - how they emerge while tapping on the first issue. Watch it dive and change so you "get to the source" of the issue. It's organic and a natural flow to witness.

Handling "real time" situations of panic, fear and anxiety for yourself and others.

Help yourself learn and teach others - "The 9 Gamut" powerful deeper series, how to sleep deeply through the night!

Boost your immune system, better blood flow, increase strength and balance!

Learn how to "download" tranquility and positive direction for what's coming - a NEW bright future!

Sign up [HERE](#)

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