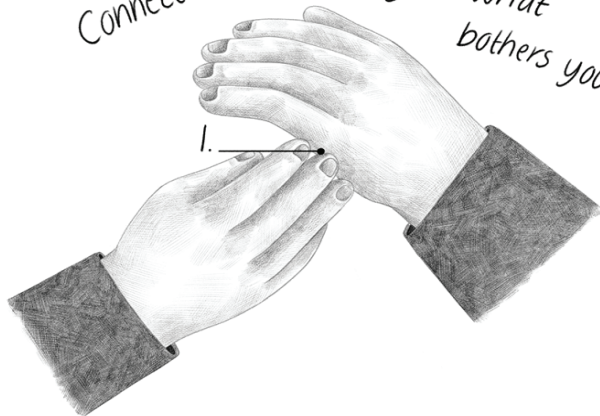
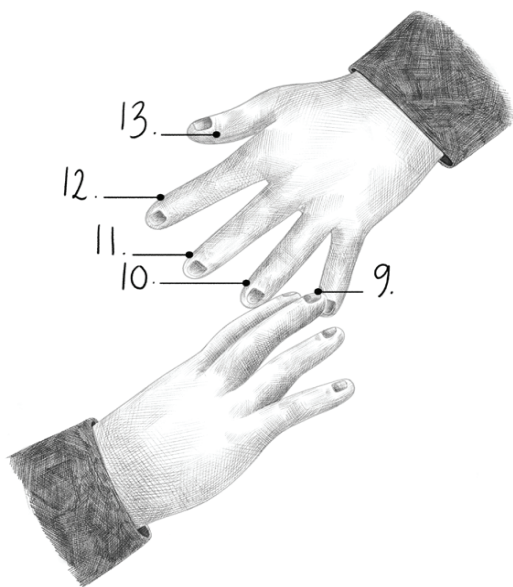
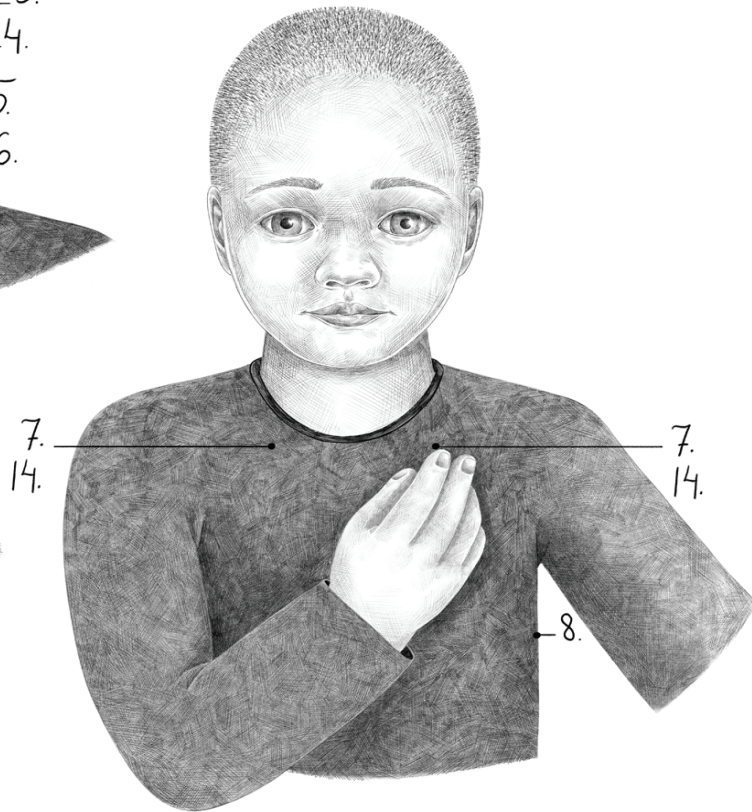
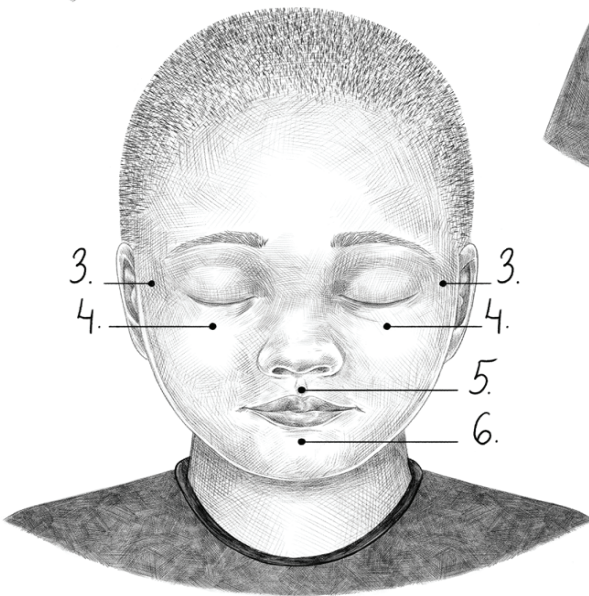
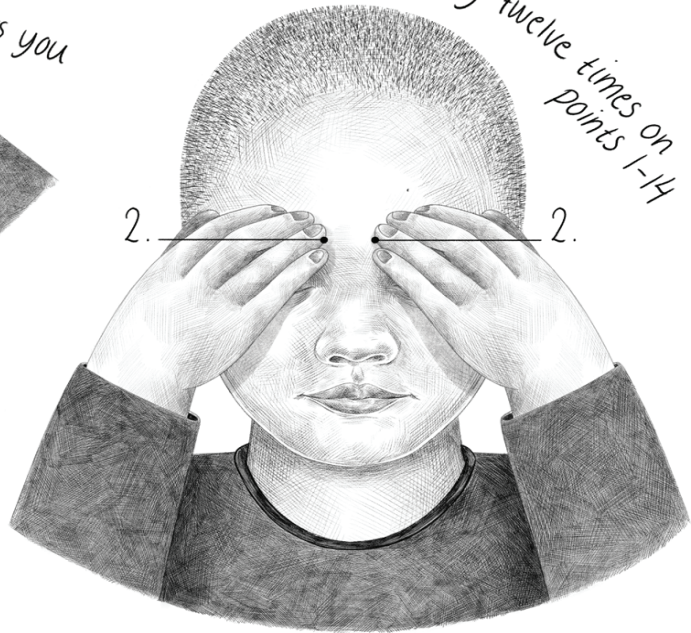


Trauma Tapping Technique

Connect ever so lightly to what bothers you



Use two fingers and tap firmly twelve times on points 1-14



- 15. Take two deep breaths, slowly out
- 16. Repeat 1-15
- 17. Notice what is different
- P.S Repeat if you wish