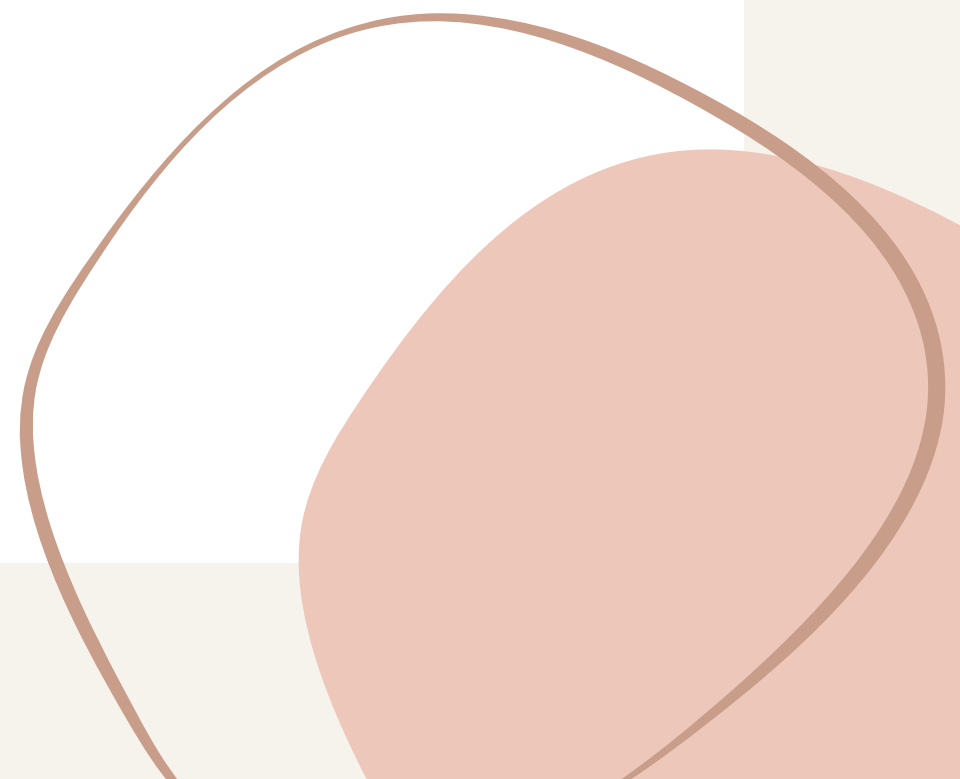





DREAM AWAKE TAPPING

Basic steps to creating safety while healing yourself & others





Step 1: Permission

Be sure to prepare yourself or your client to understand what the healing process is and what to expect in the session by explaining the process.

Once they understand, ask for permission to continue.



Step 2: Enough Time

If you are planning on doing a deep session, make sure that you and the client have ample time for the process and agree upon a set window.

Rushing a deep healing session, can create unnecessary stress for you and the client.

Step 3: Safety

When using the method EFT Tapping, opening a session with Safety Set Up Statements will support yourself and the client in feeling at ease in having a deep process.

While Tapping on the center of the chest you may say the following:



Step 3: Safety Statements

I am in safe place to look at this now.

It is safe to be with these uncomfortable emotions and thoughts.

I am in safe place to heal this issue.

I am open to trusting this process.



Step 4: Integration

Once you have completed your session, be sure to encourage quiet time to integrate the discoveries from the session. This may be through a journal exercise or through laying in a savasana to witness and reflect the wisdom that came through the session.