

How To Tap

Learn How to Tap for personal happiness, health, wellbeing and prosperity!



Sincerity and intention is key here...

I suggest putting your hand over your heart (chakra) and with the other hand put your first 2 fingers on your gamut point while saying the below:

Hello Computer (or etc)

I am (name)

I have an internal energy source – similar to you having an energy source. In this world that we both inhabit, these energy sources co-exist but are sometimes incompatible. I now concentrate on the intent to harmonize our energies without interfering on our existence and purpose. In fact, I need you and appreciate you. And you are fulfilled by my need of you. We are symbiotic and I appreciate all that you can and do give me.

There will be times that you may feel my energy is not constructive to your purpose. Humans have inconsistent and erratic energy at times, this is no reflection on my requests or appreciation of you and your services. I have chosen you for your immense capability and appreciate those abilities more than I can express. I choose now to set up the intent that you and your surrounding energies understand my deep appreciation for your services at all times, even when my energy changes – this change does not reflect upon you, your services, and abilities. You can bypass any incompatible energies at any time.

And before I touch any parts of you at any time, I ask that anything that is detrimental to your functions be released or contained before I have contact with you. My intentions are always appreciative towards your abilities and services. I appreciate my energy and am grateful that they not interfere with you, this equipment.

- There are parts of me that know how to help our energies be compatible
- These parts are willing to share this with my other parts
- My mind, body and spirit are receiving this information now
- The information transfer is now complete

I intent that my mind, body and spirit hold these appreciative and kind intentions for the entire time I work with you, forever. I create the intent that I am at all times privileged to make use of your services and appreciate those services at all times, no matter what my energy body holds. I choose to contain and NOT transfer any energies which may be negative to your workings. I appreciate and am grateful for your amazing service to my needs.

This includes you, monitor, you, hard drive, you fan, you, DVD drive, you, motherboard (think of whatever you can think of and send appreciation) and any portion I have forgotten to mention.

As wood holds the earth like a tree
And the earth holds water like a lake
And water douses fire
And fire melts metal
We are all one
Be one in me
And me in thee

Thank you.

And even if I doubt this or have limiting beliefs, my intention remains pure.