



You can find the audio that goes along with this tapping script at <http://TappingPodcast.com>

Pod #385: Tapping To Let Go Of The Emotional Burdens We Have Picked Up For Other

I recognize I take on burdens for others...When I take these burdens on it is an act of love...I don't want them to have to carry this burden anymore...Sometimes I do this consciously...Sometimes I take these on burdens unconsciously at a very early age...It was an act of love...I recognize there is a higher act of love...Instead of carrying the burden I can release the burden...I give myself permission to let go of all of the burdens I've been caring for others...This will give me freedom...It will also give freedom to those I'm carrying the burden for...I can feel myself slowly shedding these burdens...This is not only freedom for me but it's also freedom for those I'm carrying the burden for...I don't have to remember the burdens or why I picked them up...I just know now is the time to release them...I give myself permission to feel the burden slowly like thing and releasing...I'm getting this freedom for myself and for others.

Collarbone...side of the eye...Eyebrow...Under the nose...Side of the hand...Under the arm...Collarbone...Eyebrow...Side of the eye...Under the nose...Collarbone...Side of the hand...Under the arm...Collarbone... Side of the eye...Eyebrow...Under the eye...Under the nose...Chin...Collarbone...Side of the hand...Under the arm.