



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

Pod #405 How To End A Tapping Session

I give thanks for the fact that I have this amazing power to heal...I give thanks for the time I have had to do this important work...I give thanks for the desire to continue this work...

The work I have done today is not a healing moment...But part of a healing process...This healing process is going to continue throughout the day...There will be times when I notice the continuation of this healing process...

And I will just smile at the amazing power of my system...While other times the healing will continue in the background...And I know that I do not need to be conscious of the healing for it to continue...This healing will cascade through my body from cell to cell...I know this healing is one more step along the way...

Not only is this healing in the moment...But it is also a building block for the next piece of transformation my system is ready for...Knowing that as I continue this healing process bit by bit...My system will heal in a natural way and will ensure that this is not a quick fix...But lasting change...Tonight as I sleep it will be as if I am rebooting the system's software after an upgrade...

The changes I have made in this session will work their way to every part of my system...So that when I awake tomorrow...I will be rested...Refreshed...Looking at the world through new eyes because of the healing I have integrated into my system.