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Pod #504: Tapping For An Energy Boost

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Begin by tapping on these point for 5–7 taps:

Side of the hand...eyebrow...chin...collarbone...under the arm...side of the hand...eyebrow...under the eye...chin...under the arm...side of the hand...top of the head...under the nose...side of the eye...eyebrow...chin...collarbone...under the arm...chin

Read aloud as you tap:

I recognize that I'm in a low energy state right now.....I'm dragging just a little bit...It is natural from time to time for me to have low energy...But at the same time, my natural state is not sluggishness...My natural state is not grogginess...And I give my system permission to release and let go of anything blocking my energy...I give my system permission to release any known, unknown, or hidden blocks for me being fully energized in this moment...It is safe for me to be energized...It is healthy for me to have vigor and energy...I give my system permission to reset its energetic state...It is safe for me to be present in this moment and taking action...As my body resets...As my body re-energizes...I give my system permission to ask for whatever it needs in order to be re-energized...In order to be focused...In order to be fully in this moment...Energetic is my natural state...I give my system permission to return to that state.

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Gene Monterastelli is the editor of TappingQandA.com. Gene works with clients from all over the world one-on-one and in groups. Gene enjoys teaching advanced techniques in tapping and teaching practitioners how to grow their practice.

This transcript is from the Tapping Q and A podcast. A complete podcast archive can be found at <http://TappingQandA.com/podcast>