

An Incredibly Empowering Tapping Sequence

I have been using an Incredibly Empowering Tapping Sequence, Tapping along with the song *I Love Myself Just the Way I Am* (There is a tune to this) I have been singing this for years without knowing who wrote this... I have just discovered that Jai Josefs wrote this and it has been used by many groups to raise their vibration. Recently I began tapping with this and the results have been phenomenal. I feel lighter, kinder and so much more at peace with everything in a very dynamic way.

So here goes: A Tapping Sequence, Simply tap or imagine tapping on the points as you say these words

Using *I Love Myself Just the Way I Am*, A Song of Affirmation by Jai Josefs

Eyebrow: I love myself the way I am,

Side of Eye: there's nothing I need to change

Under Eye: I'll always be the perfect me

Under Nose: there's nothing to rearrange

Chin point: I'm beautiful and capable

Collarbone: of being the best me I can

Under Arm: And I love myself

Top of Head: Just the way I am

Eyebrow: I love you the way you are,

Side of Eye: there's nothing you need to do

Under Eye: When I feel the love inside of me

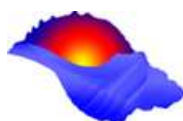
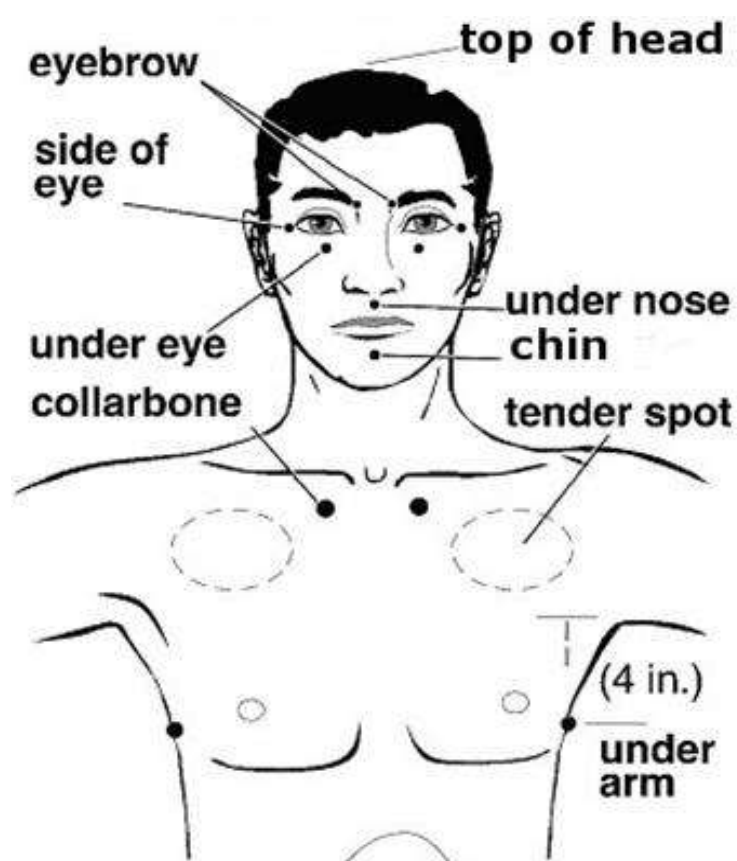
Under Nose: It's easy to love you

Chin point: Behind your fears, your rage and tears

Collarbone: I see your shining star

Under Arm: And I love you

Top of Head: Just the way you are



Eyebrow: I love the world the way it is,
Side of Eye: and I can clearly see
Under Eye: that all the things I judge are done
Under Nose: by people just like me
Chin point: So till the birth of peace on Earth
Collarbone: that only love can bring
Under Arm: I will help it grow
Top of Head: By Loving Everything

Eyebrow: I love myself the way I am,
Side of Eye: and still I want to grow
Under Eye: For change inside can only come
Under Nose: when deep inside I know
Chin point: I'm beautiful and capable
Collarbone: of being the best me I can
Under Arm: And I love myself
Top of Head: Just the way I am

*(Eyebrow: I love you God with all my heart,
Side of Eye: I know I always will
Under Eye: And with your love inside of me
Under Nose: I know I'll always feel
Chin point: Your peacefulness, Your tenderness
Collarbone: The Bliss that is Divine
Under Arm: You're always here
Top of Head: Beyond the bounds of time)*

