

Liberating Tapping Protocol



Our Greatest Fear is not that we are inadequate. (Eye Brow)

Our deepest fear is that we are powerful beyond measure. (Side Eye)

It is our light not our darkness that most frightens us. (Under Eye)

We ask ourselves, “Who am I to be brilliant, gorgeous, talented, and fabulous?” (Under nose)

Actually, who are you not to be? (Chin)

You are a child of God. (Collar bone)

Your playing small doesn't serve the world. (Under arm)

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

(Head)

We were born to make manifest the glory of God within us. (Eye Brow)

It is not just in some of us, (Side of Eye) it is in every one, (Under Eye)

And as we let our own light shine, (Under Nose)

We unconsciously give other people (Chin)

Permission to do the same (Collarbone)

As we are liberated from our own fear, (Under arm)

Our presence automatically liberates others. (Head)

Adapted from Marianne Williamson, Return to Love