

# SourceTapping®

Lasting Change ... From the Source

*Created by Meryl Hershey Beck, MA., M.Ed., LPCC  
Master Teacher, International Speaker  
Bestselling Author of Stop Eating Your Heart Out  
Creator and Developer of SourceTapping®*



**Directions:** What's bothering you? Or what are you craving? Note your level of discomfort or craving on a 0 – 10 scale, with 10 being the most intense. Imagine you are a tree and will be clearing from the branches (the conscious mind) to the roots (the subconscious).

**Before beginning sit quietly for a moment and feel (or imagine) your connection to Source (God, Higher Power, Higher Self). Say a little prayer, such as “Be with me now.”**

Think about the issue or craving, lightly tap each point (below) using two or three fingers, and read aloud what is in quotation marks.

1. **SIDE OF HAND**—tap outside edge of hand and say, “I release this issue/craving to \_\_\_\_\_ (Source, Higher Power, God) to transform it and my relationship to it, never to take it back or passively receive it back.”
2. **SORE SPOT**—above left breast, gently rub in a circle toward shoulder and say three times: “Even though I have this issue/craving, I want to totally and completely love and accept myself.”
3. **CROWN (top of head)**—tap around in a circle and say: “I bring in Source (Higher Power/God/ Light) into all the branches to the deepest roots around this issue/craving and ask for healing for the highest good.”
4. **EYEBROW (SADNESS)**—tap where eyebrows start, near bridge of nose and say: “I release the sadness in all the branches to the deepest roots around this issue/craving.” **Hold fingers still and say,** “And the sadness is about \_\_\_\_\_.” Then exhale the feelings.
5. **UNDER EYE (FEAR)**—tap on bone just under the center of each eye and say, “I release the fear in all the branches to the deepest roots around this issue/craving.” **Hold fingers still and say,** “And the fear is about \_\_\_\_\_.” Then exhale the feelings.
6. **UNDER NOSE AND UNDER LIP (SHAME & EMBARRASSMENT)**, using sides of thumb and index finger, tap both spots at once—side of index finger will be under nose & side of thumb will be under lower lip, and say, “I release the shame and embarrassment in all the branches to the deepest roots around this issue/craving.” **Hold fingers still and say,** “And the

7. **COLLARBONE (HURT & GRIEF)**—tap two finger widths beneath inside of collarbones (close to breastbone) and say, “I release the hurt and the grief in all the branches to the deepest roots around this issue/craving.” **Hold fingers still and say,** “And the hurt and grief are about \_\_\_\_.” Then exhale the feelings
8. **UNDER ARM (GUILT)**—tap spot about four inches below armpit, in line with nipple and say, “I release the guilt in all the branches to the deepest roots around this issue/craving.” **Hold fingers still and say,** “And the guilt is about \_\_\_\_.” Then exhale the feelings.
9. **THIRD EYE (TRAUMA)** —tap between eyebrows and say, “I release the trauma in all the branches to the deepest roots around this issue/craving.” **Hold fingers still and say,** “And the trauma is about \_\_\_\_.” Then exhale the feelings.
10. **INSIDE WRIST (PAIN)**—tap where watchband would fasten, palm side of wrist and say: “I release the pain in all the branches to the deepest roots around this issue/craving.” **Hold fingers still and say,** “And the pain is about \_\_\_\_.” Then exhale the feelings
11. **LITTLE FINGER (ANGER) (either hand)**—tap on the side nearest the ring finger, next to the nail and say, “I release the anger in all the branches to the deepest roots around this issue/craving.” **Hold fingers still and say,** “And the anger is about \_\_\_\_.” Then exhale the feelings.
12. **(Optional) ADDICTION POINT**—tap and say, “I release the addiction in all the branches to the deepest roots around this issue/craving.” **Hold fingers still and say,** “And the addiction is about \_\_\_\_.” Then exhale the feelings.
13. **INDEX FINGER (FORGIVENESS)**—tap the side nearest thumb next to the nail and say at least 3 of the following:
  - “I release all the energy invested in this issue/craving so I can use the energy for my own well-being;
  - I totally and completely forgive myself for forgetting that I am doing the best I can;
  - I totally and completely forgive myself for allowing this issue/craving to disturb my peace of mind;
  - I totally and completely forgive myself, and I intend to forgive everyone else involved;
  - I totally and completely forgive myself, and I ask for the wisdom to see that everyone involved was acting from a place of unmet needs.”

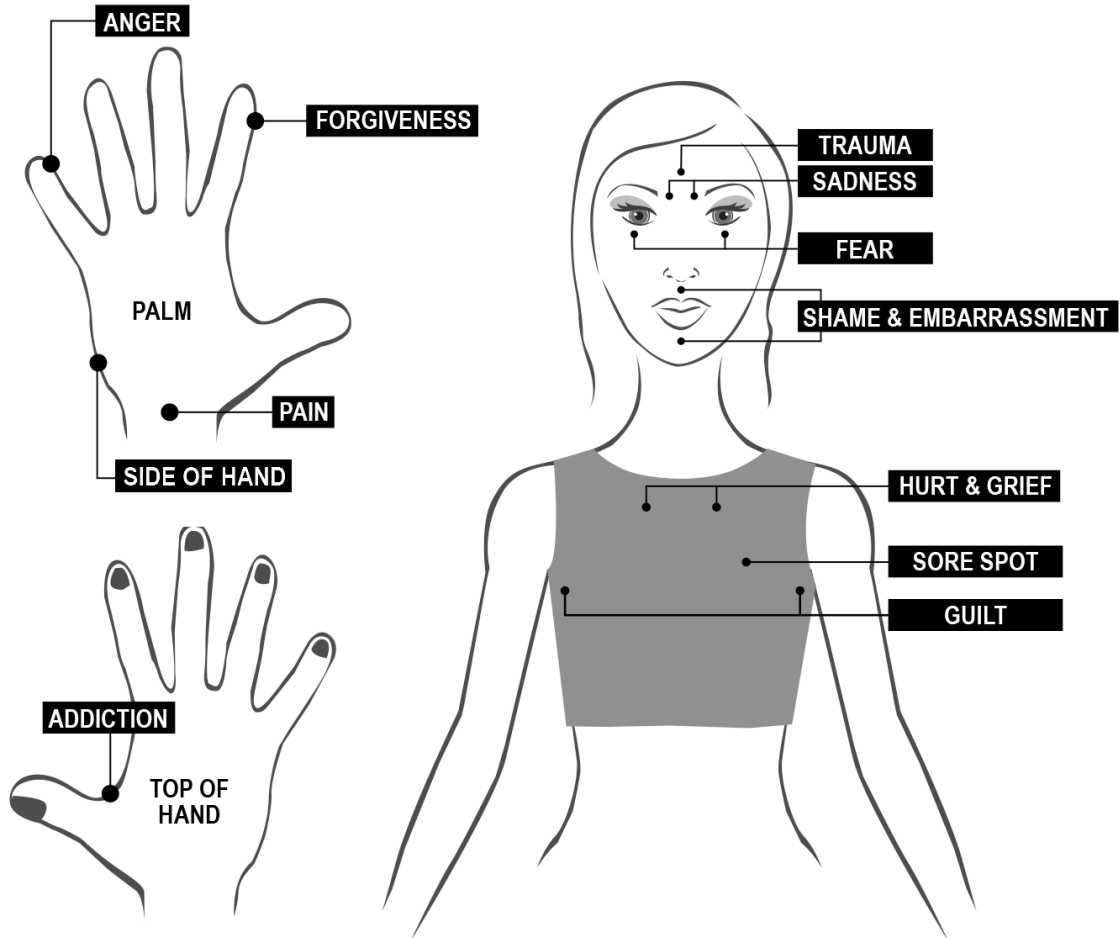
**Take a breath.**

**14. Since nature abhors a vacuum, let’s bring in a positive to replace what you’ve released.**

- a. What positive feeling or state of being (such as peace, love, pleasure, joy) would you like to anchor in? Close your eyes and remember when you felt that. Where do you feel it in your body?
- b. Tapping top of head say, “I bring in (the positive you’ve chosen)\_\_\_\_\_ into all the branches to the deepest roots around this issue/craving.
- c. Tapping at each point, say: I bring in \_\_\_\_\_ (the positive you’ve chosen). Hold fingers still and allow a “Pleasure Breath” \*

**\*NOTE: Round 2: Bring in the positive that you’ve chosen and then allow a “Pleasure Breath” at each point – inhale and you’re your belly: exhale with a “Hahhhh.” sound and a smile on your face.**

# SourceTapping® Diagram Points



<http://www.SourceTapping.com>

<http://www.StopEatingYourHeartOut.com>

Contact Meryl at [meryl@sourcetapping.com](mailto:meryl@sourcetapping.com)

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