

Simple Tapping Protocol – Tap 10X each point - Right hand across to left side of body-full cycle, then Left hand across to right side of body-full cycle.

- Top of your Head - The highest point on the top of your head.
- Start of your Eyebrow - Where the bone behind your eyebrow turns into the bridge of your nose.
- Outside Corner of your Eye - On the bone in the corner of your eye.
- Under your Eye - On the bone just below your eye, in line with your pupil if you look straight ahead.
- Under your Nose - Between your nose and your upper lip.
- Under your Mouth - In the indentation between your chin and your lower lip.
- Sternum center of chest.
- Little finger across top of opposite hand index finger.

~~~~~Identify the challenge: fear, worry, etc. *Ex: I am worried about getting the virus*

**Speak out loud and tap:**

"Even though I have this ....(fear about getting the virus)

---

(Name challenge or issue here)

"I deserve love; and I deeply and completely, love and accept myself."

Any questions; just call.

Korogy Counseling and Coaching  
*Spiritual Solutions for Everyday Problems*  
858-531-7653    [www.korogy.com](http://www.korogy.com)  
Mailing Address: 7514 Girard Ave, La Jolla, CA 92037