



## **Tapping For Better Health**

My system is a powerful healing machine.

My system is made for health and well-being. I appreciate everything that my system does on unconscious and subconscious levels all day and night to keep me healthy and safe. I know my system isn't perfect in doing this, but it is truly amazing in what it does.

I know that there are choices that I make that make it harder for my system to heal and grow. There are thoughts that I have, emotions that I feel, beliefs that I hold, things that I eat and drink, and choices that I make which makes it harder for my system to maintain optimum health. I apologize to my system for any of these that I have done, especially in the last twenty-four hours. I appreciate the fact that my system is willing to keep working towards my health and well-being.

There are many things that my system is holding onto that is slowing healing and growth. These can be in the forms of thoughts, emotions, beliefs, and substance in my physical body. Some of these are known while some are unknown or hidden. At one point the system thought these were helpful or still thinks they are helpful. I give my system permission to let go of anything that is blocking health and well-being. If it needs these things in the future, I will be able to pick them up again. I give my system permission to let them go even if the system doesn't understand what they are or why the system thought they were helpful at one point.

My system is a powerful healing machine. I give my system permission to release its healing power, not just now, but throughout the whole day and as I sleep tonight. I do not need to be conscious of this healing and growth. My system has permission to heal.

There are many systems in my body that do so many amazing things. There might be blocks and impediments to these parts working to their optimum potential.

I give my system permission to remove any blocks and provide to my body anything it needs for health and well-being.

I give my system permission to remove any blocks and provide to my digestive system for optimum health and well-being.

I give my system permission to remove any blocks and provide to my respiratory system for optimum health and well-being.

I give my system permission to remove any blocks and provide to my circulatory system for optimum health and well-being.

The logo features a stylized blue hand icon on the left, with fingers spread, positioned above the word "TAPPING" in a bold, blue, sans-serif font. To the right of "TAPPING" are the letters "Q&A" in a larger, grey, sans-serif font.

# TAPPING Q&A

I give my system permission to remove any blocks and provide to my nervous system for optimum health and well-being.

I give my system permission and energy to remove any blocks and provide health and healing to my limbic system for optimum health and well-being.

I give my system permission to remove any blocks and provide to my glandular system for optimum health and well-being.

I give my system permission to remove any blocks and provide to my reproductive system for optimum health and well-being.

I know that as I move through the day I encounter many things that it is hard for my system to process or can be hard for my system to process. My system and my immune system do an amazing job of keeping me healthy as I encounter things through my whole day that are working against my health and well-being.

I want my immune system to know how much I appreciate how hard it works. I want my immune system to know it is not the only part of me that is trying to keep me safe and healthy. I give my immune system permission to access other parts of my system to ensure that I stay safe and healthy.

I give my system permission to heal and remove any known, unknown, and hidden obstacles that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden viruses that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden bacteria that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden fungi that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden ingestants that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden inhalants that are preventing health and well-being.

The logo for TAPPING Q&A features a stylized blue hand icon on the left, with fingers spread, positioned over a blue square. To the right of the icon, the word "TAPPING" is written in a bold, blue, sans-serif font. The words "Q&A" are written in a larger, grey, sans-serif font to the right of "TAPPING".

# TAPPING Q&A

I give my system permission to heal and remove any known, unknown, and hidden contactants that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden injectants that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden emotions that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden memories that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden beliefs that are preventing health and well-being.

I give my system permission to heal and remove any known, unknown, and hidden darkness that is preventing health and well-being.

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Gene Monterastelli is the editor of [TappingQandA.com](http://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.