

- I give myself permission to without agenda
- I give myself permission not to know where to start when I am tapping
- I give myself permission to know that simply tapping is useful
- I give myself permission to know the healing will unfold
- I give myself permission not to have to have the answers before I start
- I give myself permission to be easy with the process.
- I give myself permission to just tap

**TAPPINGQ&A**