

# Tapping For More Than One Issue At Once

- 0 - tapping the whole time
- 1 - Imagine a container of some sort
  - Basket
  - Jar
  - Bowl
  - Hole in the ground (I tend to stay away from this one)
- 2 - Fill the container with all the issues you would like to tap for
  - The issues could show up as
    - Stacks of papers
    - Glass balls
    - Icons
    - Rubbish and trash
  - Add
    - Known
    - Unknown
    - Hidden
  - Grow or add containers as needed for all the issues
- 3 - Give permission
  - I give my system permission to ask for exactly what it needs to transform
  - I give my system permission to release and heal these issues without knowing what they are
  - I give my system permission to put down the thoughts, tools, and memories that are no longer needed. If it needs to pick them up in the future because they become useful again, my system can do that.
  - If there is information that my system needs me to know then I won't miss this information
- 4 - Ask what the container needs to clear the issues - this could be multiple steps
  - Removed
  - Burned
  - Energy brought in the form of light
  - A resource
  - Transformed
- 5 - Give the system as much time as it needs
  - Moving from tapping point to tapping point if comfortable
- 6 - If there is still remaining issues to be cleared
  - What else does the collection of issues need to be released?
  - It could be more of the same or something new
  - Go back to step 4 (as many times as needed)
- 7 - Check to see if there is anything that needs to be cleaned up
- 8 - Thanks the system
  - I thank my system for holding on to what it thought was useful to keep me safe
  - I thank my system for being willing to heal and transform
  - I thank my system for always want best for me, even if it doesn't know how to provide the best for me
  - Thank you. Thank you. Thank you.