

Preparing for the day ahead

EFT TAPPING PRACTICE

2 morning practices



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Thank you for downloading this practice!

On the next page you will find a brief summary of what EFT tapping is and how to use this downloadable practice so that you get the most out of the time you spend with yourself.

If you are new to this method, please take a few minutes to read the information shared here to enhance your practice.

You can find the free downloadable practices here: <https://www.oanaratiu.com/en/gift/>

Do you have any questions or comments? Feel free to reach out to me, I am here to support you: <https://www.oanaratiu.com/en/contact/>

Enjoy your practice!

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REMINDER: EFT tapping is a stress-relieving, complementary method that does not replace a healthy lifestyle nor any medical diagnosis and treatment. Everyone can practice EFT tapping assuming own responsibility. Always use your better judgment; if you need a specialist, medical care or mental health support it is not a time to tap, it is a time to ASK FOR THE HELP YOU NEED!

Before you start practicing, make sure you read the Disclaimer >>

<https://www.oanaratiu.com/declaration.pdf>

What is EFT tapping and how does this practice work?

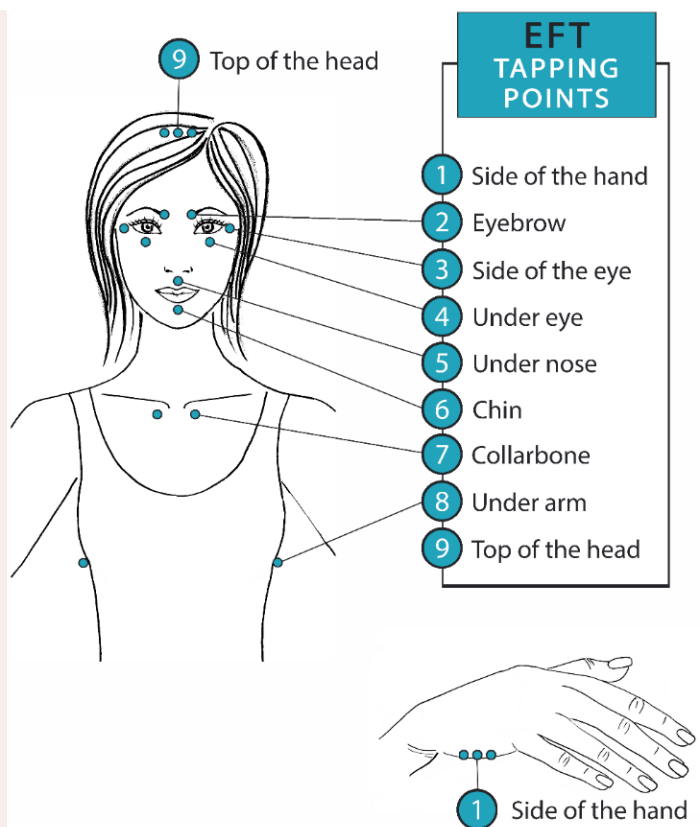
EFT tapping is a stress-relieving, energy-harmonizing, complementary technique, the basics of which are so easy to learn that even doing these practices can contribute to resolving everyday stress in your life and/or reducing the emotional intensity related to a problem. Of course, it is not a miracle method, but it is worth getting to know it in depth as well, as it has great value.

It is important to know that the practice below is worded in a general way so that it can be used in many different situations. You will see that there will be parts that fit your own story, but you may also find parts that are not true for you at all – feel free to replace these parts with your own words.

Try!

Touch the points shown in the picture on yourself, this will help you to memorize them faster. This is very useful, as you will come across them throughout the following pages.

When you do the practice, tap on one point at a time while you read the given sentence, then move on to the next point and sentence.



[Click here for larger picture! >>](#)

PRACTICE DESCRIPTION

BLOG POST RELATED TO THIS PRACTICE

Starting every day with the right foot forward

<https://www.oanaratiu.com/en/blog/right-foot-forward/>

PRACTICE TIME, ON AVERAGE:

It varies from person to person, and also on the practice you choose

RECOMMENDATIONS FOR YOUR PRACTICE:

This practice is for everyone who wished to start the day with „the right foot forward”. From the two practices, choose the one that mostly matches your mood in any given day. If time allows it, enjoy them both!

1. PRACTICE - THE 3 STEPS PRACTICE (10 min)

While you are waking up, put your hands on your heart (one over the other) and take 3 slow, deep breaths.

1. Spend the first 3 minutes thinking with gratitude at 3 things in your life. These can be the smallest things that come to mind or big ones. Your health, the fresh morning air touching your face, the presence of people you love in your life and who love you back. Allow yourself to really feel heartfelt gratitude.
2. In the next 3 minutes think about other 3 things, that you wish to achieve during your day... See them as if they already happened. How do you feel now, that you know you can achieve them? Allow yourself to be in this feeling, relax in it, enjoy it!
3. Spent the last 3 minutes contemplating the things that you can do in love during the day. This may be only a word of encouragement, a smile, things that do not cost a thing but mean a lot to someone. This is something you give in love.

What about the last 1 minute? Let yourself bathe in this new energy. Enjoy it for a whole minute then start your day!

2. PRACTICE – MORNING MANTRA

I use this powerful phrase I want to share with you. I learned in the Access Consciousness method and, I noticed that after using it frequently, I felt full of energy from head to toes. Every time I use it, it gives me a new kind of awareness that everything is always fine, and this is something that can give one a positive drive for everyday!

The official way to use it

Repeat 10 times when you wake up in the morning and before going to sleep at night, while allowing yourself to feel the statement.

Recommended way to use it – completed with EFT tapping

Put your hands on your heart, take three deep breaths. Allow yourself to slow down and quiet your thoughts. Feel your body fully relax and start tapping at the Eyebrow point while repeating out loud or silently:

- Eyebrow: **All of life comes to me with Ease, Joy and Glory!**
(Take a deep breath and allow the meaning of this sentence to sink in!)
- Side of the eye: **All of life comes to me with Ease, Joy and Glory!**
(Take a deep breath and allow the meaning of this sentence to sink in!)
- Under eye: **All of life comes to me with Ease, Joy and Glory!**
(Take a deep breath and allow the meaning of this sentence to sink in!)
- Under nose: **All of life comes to me with Ease, Joy and Glory!**
(Take a deep breath and allow the meaning of this sentence to sink in!)
- Chin: **All of life comes to me with Ease, Joy and Glory!**
(Take a deep breath and allow the meaning of this sentence to sink in!)
- Collarbone: **All of life comes to me with Ease, Joy and Glory!**
(Take a deep breath and allow the meaning of this sentence to sink in!)
- Under arm: **All of life comes to me with Ease, Joy and Glory!**
(Take a deep breath and allow the meaning of this sentence to sink in!)
- Top of the head: **All of life comes to me with Ease, Joy and Glory!**
(Take a deep breath and allow the meaning of this sentence to sink in!)

Repeat the tapping rounds starting at the eyebrow point. After completing the second round, observe how you feel and allow this new feeling to penetrate every cell of your body.

Play your upcoming day in your mind and imagine it happening in this new wonderful energy!

Thank you for giving yourself permission to try, and also for sharing your experience with me. I would love to hear about your healing process and how was this experience for you. You can reach me at: info@oanaratiu.com

Good luck and enjoy tapping!

Love,

Oana