

Important

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Morning Tapping – Ahead of a busy, stressful day

OANA RATIU

Practice time, on average:

10-12 minutes

In which cases, how often and to whom I recommend this practice:

Our first thoughts in the morning have a big impact on how our day will develop. How we experience certain things, how we react, even how productive we are going to be throughout our day. This practice helps you set the tone of your day to a positive one and to consciously choose your daily rhythm.

USEFUL TIP

On the next page you can find a picture with the tapping points. On the link below, you can find more useful information about EFT

<https://www.oanaratiu.com/eft-tapping-info.pdf>

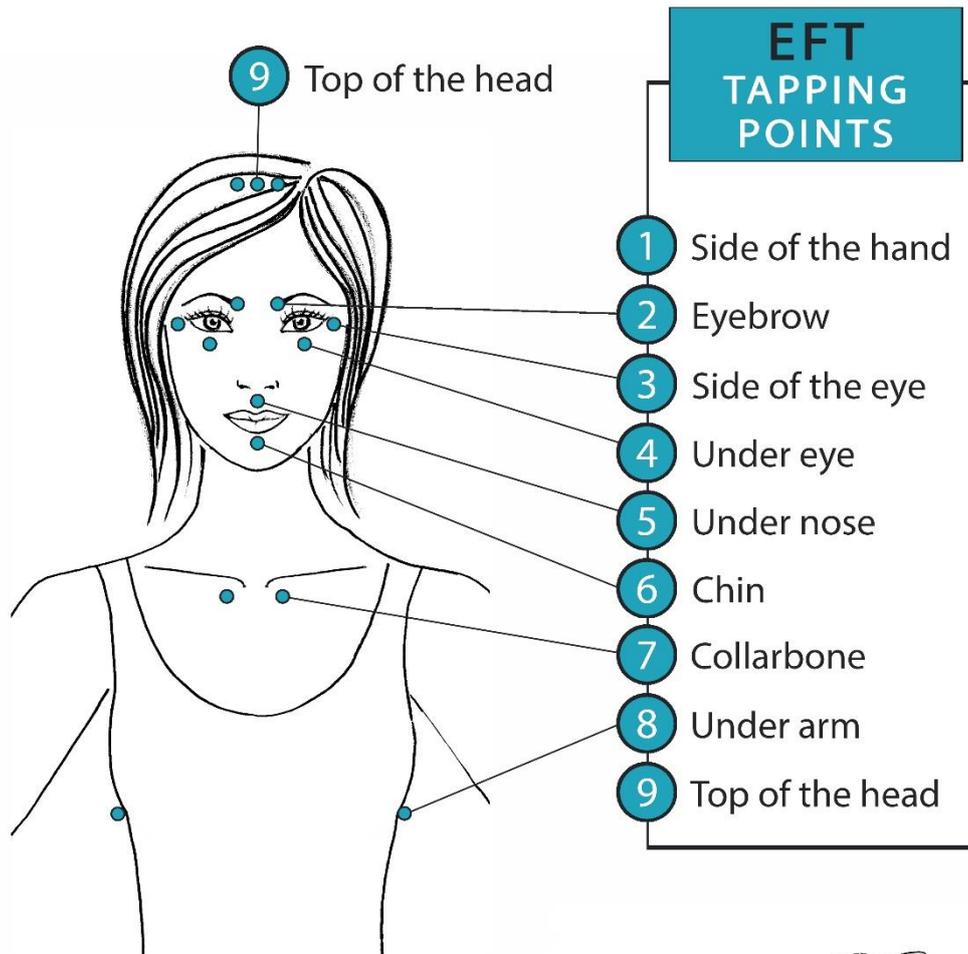
HOW TO START

Once you woke up, notice what mood you are in, what thoughts and feeling are you having about the day ahead. In this practice, we use general wording that works in many cases, but for a higher efficiency use your own words while tapping.

NOTE:

The following tapping text starts from a negative state and moves toward the positive. At the beginning of the exercise, we tapp on thoughts about the truth, about how we feel right now, so we recognize the existence of negative feelings.

Tapping does not make the negative feelings, thoughts stronger, but weakens and releases them, thus reducing stress and making space for positive thoughts, feelings, and solutions.

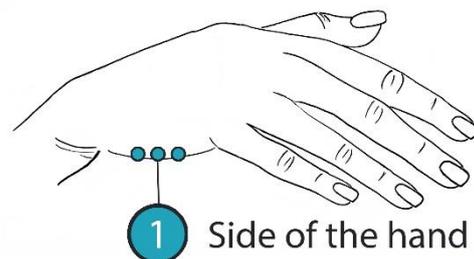


EFT = the Emotional Freedom Technique = Tapping

EFT is a stress-relieving, self-healing and personal development method. When using EFT we gently and rhythmically touch the tapping points on the face, upper body, and hands (= meridian endpoints) using the fingertips.

While tapping, we say (outloud or silently) the words or phrases that are most relevant to our particular problem or challenge.

It's a method that can be used anytime, it does not require pre-training or tools.



Tapp on the side of your hand, and say out loud or silently:

(use any hand you wish, you can also switch hands while you tapp)

Even though, I just opened my eyes and my mind is already thinking of the stressful day ahead I deeply and completely accept myself and how I feel. *(Take a deep breath!)*

Even though, I am still waking up and already feel pressured because my mind is running ahead and thinks of the stressful day to come, I decide to stay calm and allow myself to start my day in peace. I decide to remind myself that I have all the tools and skills I need to do an amazing job today. *(Take a deep breath!)*

Even though, I stress myself around everything I need to do today I choose to keep my peace and tranquility. I know I can use my skills to easily take on any eventual challenges today. *(Take a deep breath!)*

Tapp on the points:

Eyebrow:	This early morning stress
Side of the eye:	I feel this stress in my body, it's in my head, in my stomach, I feel how it takes control over me
Under eye:	I have no clue what to start my day with, there's so much to do
Under nose:	Maybe it's best to start my day as quick as I can, I don't have any time to lose
Chin:	I get tense only at the thought of how fast the time is flying
Collarbone:	I feel this constant stress every day and I have no idea what to do about it, how can I fight it?
Under arm:	If I only think about the long to-do list, I already know today will be a long day
Top of the head:	I am so overladen, and I just sit here and tapp instead of checking my emails or instead of starting my day. What I am thinking?
Eyebrow:	I have all these things to do, that completely take control over my thoughts.... but the truth is that I allow this to happen
Side of the eye:	Of course, I do... since I have all these things to do and such a short time
Under eye:	I have so little time
Under nose:	And so much to do... This is so unfair
Chin:	I am overladen, and this is not a good feeling at all
Collarbone:	I have no time for anything else... For myself I have no time at all
Under arm:	It's hard to have time for anything else, even a few minutes
Top of head:	But even if it's hard, I am willing to give it a try

Take a slow, deep breath and continue tapping!

Eyebrow:	Maybe this could be another way to start my day
Side of the eye:	I tried so many times to jump out of bed and start my day... of course feeling already stressed out, which if I'm honest was not the best experience to have. Nor the stress, or the tension I felt helped with my to do list. Then why wouldn't I try a different way?
Under eye:	Why wouldn't I give myself the chance of trying something different? I am now willing to let go of some of the stress I am feeling and pay attention to what's happening.
Under nose:	I started my days feeling overladen for so long... It is safe to let go of some of the stress and pressure now. Maybe I will even feel better and my day will turn out to be even more productive
Chin:	I have this long to do list for today, why not feel good while I'm doing it all
Collarbone:	I know and remind myself, that I have all the skills to do a good job, and it's my choice if I do it in stress or in peace.
Under arm:	What if I chose peace, or any other good feeling today? What if I enjoy my inner strength?
Top of the head:	It's safe for me to do so, and I do it.
Eyebrow:	It's in my power to finish everything that has priority today, and I do it. I enjoy doing my tasks. Yes, this is how I will go through my day today!
Side of the eye:	Yes, I see myself with my mind's eye going about my day in a peaceful and adequate way. I also see how others enjoy the benefits of my good mood. Including myself.
Under eye:	I take back control over my life and today I choose to pay focused attention to the tasks that have priority. I remind myself that the quality of my work is valuable
Under nose:	I enjoy working on my tasks
Chin:	I notice with joy the opportunities that life brings me today
Collarbone:	I let go of all resistance that may come up around my day in the form of thoughts or feelings.
Under arm:	I feel how the stress is leaving my body and I finally feel safe again
Top of head:	When I feel good, I am more productive, I can do more and I also know that I am able to focus more on my tasks

Take a slow, deep breath and continue tapping!

Eyebrow:	I choose to give space to the free flow of energy today
Side of the eye:	Today, I choose to see my challenges from a different perspective, and notice what I can learn from them
Under eye:	There is so much good to bring out of this day
Under nose:	I choose to experience the best out of today and find the best in it
Chin:	I choose to let go of all and any resistance I may have at a conscious or any other levels.
Collarbone:	I create the best day I can for myself
Under arm:	Today, I listen to my intuition
Top of the head:	I am the creator of my life, and I choose to create an amazing day for myself
Eyebrow:	I am willing to face everything that life holds in store for me, and I choose to do it in a constructive way for everyone
Side of the eye:	I have all the skills necessary to do this, and it might even be that I discover more positive sides to myself.
Under eye:	I am willing to experience the present moment, because I know that life happens now.
Under nose:	There's nothing that can stop me
Chin:	Today I create an amazing day for myself
Collarbone:	I really deserve it
Under arm:	And I allow myself to have an amazing day
Top of head:	I choose to go through my day with a great mood.

Take a slow, deep breath!

Thank you for trying out this practice, I appreciate your feedback on how it supported you.
Write me at: info@oanaratiu.com

Good Luck and have a wonderful day,

Love,
Oana