

# Morning Tapping

EFT TAPPING PRACTICE

Ahead of a busy, stressful day



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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?

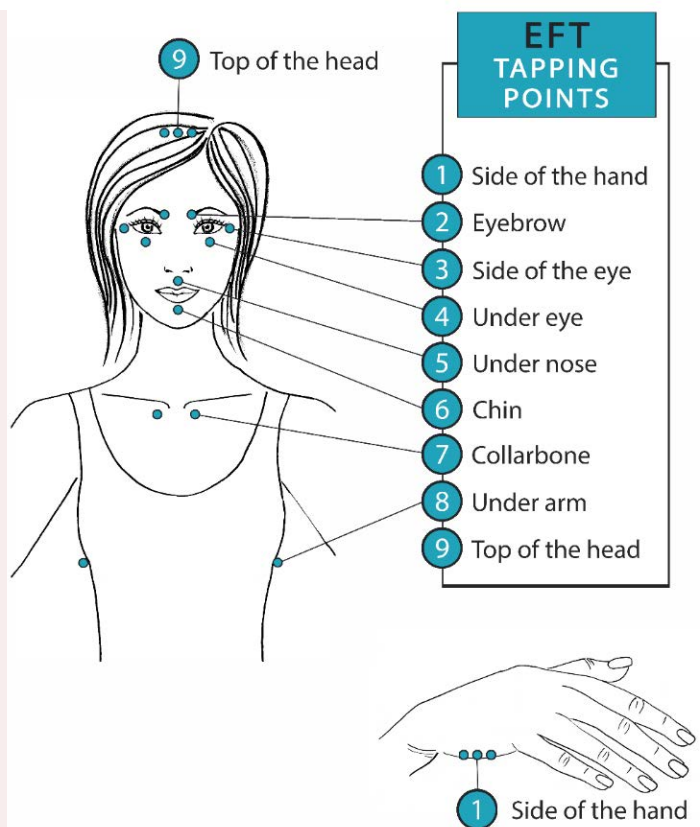
EFT tapping is a stress-relieving, energy-harmonizing, complementary technique, the basics of which are so easy to learn that even doing these practices can contribute to resolving everyday stress in your life and/or reducing the emotional intensity related to a problem. Of course, it is not a miracle 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! >>](#)

# Morning Tapping

## PRACTICE DESCRIPTION

### BLOG POST RELATED TO THIS PRACTICE

This is a single practice, no blog post is related.

### PRACTICE TIME, ON AVERAGE:

10-12 minutes

### RECOMMENDATIONS FOR YOUR 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.

### 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 tap 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.

### Tap on the side of your hand, and say out loud or silently

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!)*

### Tap 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.
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- 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
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- 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 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](mailto:info@oanaratiu.com)

Good luck and enjoy tapping!

Love,

*Oana*