



Recognise the feeling you are experiencing. Try and define it as clearly in as many ways possible, for example: "a 10 Kg, red brown stone-like pressure on my chest."

While concentrating on that feeling start tapping gently on the first point: 'Eyebrow' and say-"release, generate. Flow "

Move to the second point: 'Side of the eye' and say-"I release, generate, flow. now".

Continue to the third point: under the eye and say-"why do I release, generate, flow now? "

Tap on the fourth point: 'Collarbone' and say-"whatever has been connected to this sensation, thought, belief , something I might have seen, heard, touched, tasted, smelt or sensed in any other way any other lifetime any other dimension I be release, generate, flow now.

Hold your wrist and take a deep breath through your heart. Exhale and say "peace".

You can repeat the process as many times as necessary until the sensation disappears to the point that even if you try and provoke that specific sensation it will refuse to come back.