**Make Peace with the Past Fast Tap**

You are the creator of the problem you have, which comes from the thoughts in your mind.  There are many ways you can manifest the same problem and why you must address every way you produce having the problem.   Going inside yourself to release and clear what (memories, experiences, sounds, smells, and visualizations) you hold within you, is the only way to be set free from your problems and enable you to live your desires. Your life is an inside job!

**GET SPECIFIC…. write it out in detail, be descript, tap on it.**

 1. What do you want?
 2. What will it feel like when you have it?  What will you be able to be/do/have when you get it?
 3. What’s in the way?  What fears, memories, people and experiences are stopping you?
 *(Too difficult, not enough time, don’t know how/where to start, afraid to fail/be embarrassed)*

**MAKE PEACE WITH THE PAST FAST.**

1. Pick out a specific memory/problem you want to change.
2. Take Deep breath, close your eyes and feel the emotions of that memory.
3. Notice how strong it is, on a scale from 0-10.   Build it up to be a 10.
4. Notice where you feel it in your body, notice the size, shape of it, colour/black and white.
5. Let yourself feel it for the last time.
6. In your mind imagine a tree.  What naturally happens if I pull the roots out from under that tree? *(the tree dies)*
7. Begin tapping (use chart below)

|  |  |
| --- | --- |
| Eye Brow | I release and let go, all sadness |
| Side Eye | I release and let go, all fears |
| Under Eye | I release and let go, all emotional traumas |
| Collar Bones | I release and let go of all angers, guilt, helplessness, hopelessness, rejection, abandonment, betrayals, loneliness, and everything else. |
| Wrist | <pulse wrist> I choose to release and let it go |
|   | Take deep breath and say “PEACE” |
| Eye Brow | Release and let it go *<insert feeling word if known>* |
| Side Eye | Release and let go of all the hurt and pain |
| Under Eye | It’s safe for me to heal this part of me and let this go |
| Collar Bones | Releasing all the sensations, all the feelings, I’m really here in this moment and it’s safe for me to let go of these feelings, since I’m the one who’s creating them  |
| Wrist | <pulse wrist> I release and let it go |
|   | Take deep breath and say “PEACE” |

Finally……

Find a good memory, feel it.  Notice which way it spins (spin it faster), notice it’s colour, step into it, believe it.  Feel good.