

## *EFT for Expanding Your Intuition*



This tapping sequence is one I created for myself and have used to open and expand my intuitive gifts. It really works! Simply follow along with the scrip, but feel free to change words as needed to fit your particular situation or personality. Make them as long and detailed or short and simple as necessary for you. There is no right or wrong way to do this! Just be honest and open. The tapping will take care of everything else.

If you haven't used EFT before, [The Tapping Solution](#) has a great short video tutorial, along with a lot of other great resources.

Begin with a set up statement. This acknowledges any doubts or funny feelings you may have about the process, so you can release them and move on.



**Tapping** on the side of either hand on the karate-chop point, say:

\*Even though it seems weird to be tapping about intuition, I accept how I feel and trust the process.

\*Even though I don't know if this will work, I love myself and am willing to give it a shot.

\*Even though this feels really funny, I acknowledge my feelings and choose to begin to trust myself now.

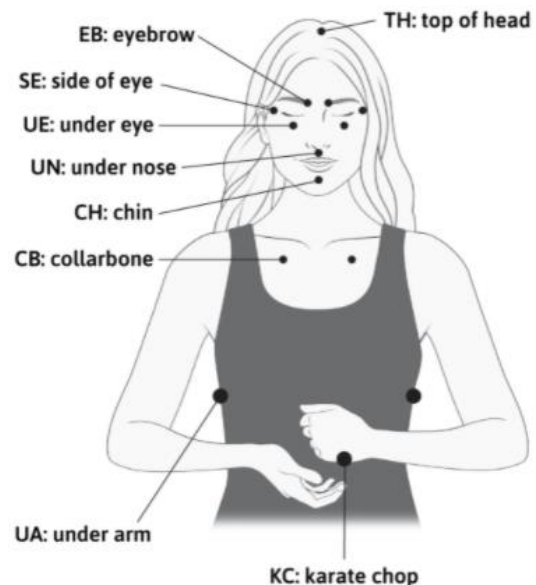
**Now** you'll tap through the points, repeating each phrase as you tap gently 6 – 8 times (or longer if you like) on each point. You can tap on either side or both sides together, whatever feels best for you. Refer to the chart above if you're unsure where to tap.

So, for example: Round one would start with you tapping on the eyebrow point, while saying, "my Intuition", one or more times. Then moving on to the side of your eye and saying, "my Higher Self" again, one or more times. Continue on through the points, round by round.

I like to take a deep breath between rounds, and also at the end.

***The key is to stay relaxed and true to your feelings. Don't force anything! You may need to repeat the process a few times to start rewiring your conscious brain. Societal programming runs deep. Be patient with yourself.***

### **Tapping Points**



### ***Round One***

EB: My Intuition  
SE: My Higher Self  
UE: I want to know my Higher Self  
UN: I want to feel my Higher Self  
CH: I want to trust my Intuition  
CB: But I don't know if I can  
UA: What if it doesn't work?  
TH: I just want to trust



### ***Round Two***

EB: My Intuition  
SE: My Higher Self  
UE: I want to trust it  
UN: I'm open to trusting it  
CH: I'm open to trusting myself  
CB: My heart knows the answers  
UA: My subconscious knows what to do  
TH: I'm open to listening to them

### ***Round Three***

EB: I'm opening my heart  
SE: I'm opening my awareness  
UE: I'm opening my Intuition  
UN: Relaxing into the process  
CH: Opening up now  
CB: Feeling the connection  
UA: Welcoming the connection  
TH: Welcoming my Higher Self



### ***Round Four***

EB: Trusting the Universe  
SE: My Intuition is the Universe speaking  
UE: The Universe has my back  
UN: Feeling the connection!  
CH: Opening to the connection even more  
CB: Relaxing into the connection  
UA: Trusting the Love  
TH: Trusting my Intuition

### ***Round Five***

EB: I trust my Intuition  
SE: I trust my Self  
UE: My Higher Self is speaking to me  
UN: And I'm listening  
CH: I'll probably make mistakes  
CB: But that's okay!  
UA: I'm relaxing into the process  
TH: I'm trusting my Intuition now



Repeat this tapping sequence as often as you like, embellishing and changing words to fit your particular situation or belief. And be patient! You're rewiring your brain which can take a little time.

Again, there is no wrong way to do this! Just relax into the process and trust that your Intuition will be there to guide you.

Listen with your heart, your gut or your big toe! Just make the effort to listen.

Namaste ~