

Tap Away:

The Blocks To Healing

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Karate Chop	Even though I have some blocks to healing this issue I love and accept myself anyway. (x3)
Inner Eye	I have some blocks to healing this issue .
Outer Eye	Something is blocking me from healing.
Under Eye	Some part of me feels it's not right to heal.
Nose	Some part of me doesn't want to heal.
Chin	I have blocks to healing this issue.
Collarbone	It's not safe to heal this issue.
Underarm	Part of me believes it's not safe to heal this issue.
Thumb	I have blocks to healing this issue.
Index Finger	Maybe it's not safe to heal the issue.
Middle Finger	Maybe I don't deserve to heal this issue.
Ring Finger	Whatever is going on for me it's causing a block to healing this issue.
Little Finger	I have blocks to healing this issue.

Karate Chop	<p>Even though part of me believes that it's not right to heal this issue, or not safe to heal this issue, or I don't deserve to heal this issue, or some other reason to hang onto this issue, I choose to reassure this part of me now.</p> <p>Even though part of me believes that it's not right to get over this issue, maybe it's not safe to get over the issue, I won't know who I'll be without this issue, or I don't deserve to get over the issue, or it's not safe to get over the issue, or maybe some other block I can't even think of, but I need to hang onto this issue, I choose to reassure this part now that it's okay to let go of the issue. It IS safe to release the issue. I do deserve to heal the issue. I'll still be me once I've healed the issue. It's okay to release the issue.</p>
Inner Eye	These blocks to releasing the issue.
Outer Eye	It's not safe to release the issue.
Under Eye	I don't deserve to heal from this issue.
Nose	All these blocks to healing from this issue.
Chin	Everything that's stopping me from healing from this issue.
Collarbone	All the blocks that are stopping me from healing.
Underarm	Maybe I don't feel I deserve to heal from this issue. Maybe it doesn't feel safe to heal from this issue. Whatever is going on in my subconscious that stops me healing from this issue.
Thumb	All these blocks to healing the issue.
Index Finger	Part of me needs to hang onto this issue.
Middle Finger	Part of me feels it's not safe to let go of the issue.
Ring Finger	It's not safe to release this issue.
Little Finger	It's just not safe to let go of the issue.

Karate Chop	But I choose to know that it is safe to heal the issue.
Inner Eye	It is safe to heal this issue.
Outer Eye	I choose to know that it is completely safe to heal this issue.
Under Eye	I choose to reassure the part of me that it's okay to start healing it now.
Nose	I do deserve to heal from this issue.
Chin	It's okay to let this issue go.
Collarbone	It's safe to heal from this issue.
Underarm	I choose to let it be okay to let this issue go now, and to heal from this issue.
Thumb	It is safe to heal from the issue.
Index Finger	But maybe it's not.
Middle Finger	I do deserve to heal from this issue.
Ring Finger	But maybe I don't.
Little Finger	I want to heal from this issue.
Karate Chop	But maybe I'm scared too.
	Take a deep breath here

Karate Chop	<p>Even though part of me is still hanging onto this issue, I choose to know it's okay to let it go now.</p> <p>Even though part of me is hanging onto this issue, and doesn't want to heal it, I choose to reassure this part now that it's okay to let it go.</p> <p>Even though part of me is clinging to this issue, I choose to release it all now. I know I can't imagine what it will be like without the issue, but that's okay too. I am making the decision that it's safe to heal it, and I will enjoy finding out what it's like. I know I will be better off without this issue.</p>
Inner Eye	Choosing to know it's safe to heal the issue.
Outer Eye	Choosing to release all blocks that are getting in the way of healing the issue.
Under Eye	Releasing all the blocks to healing now.
Nose	Letting all those blocks go now.
Chin	Choosing to know it's safe to let go of the issue.
Collarbone	Choosing to heal from the issue now.
Underarm	Choosing to heal all blocks to healing now.
Thumb	Releasing all those blocks to healing.
Index Finger	I am now releasing all the blocks to healing.
Middle Finger	Choosing to know, deep down, in the very core of me, that it's okay to heal now.
Ring Finger	Choosing to let the healing happen now.
Little Finger	Choosing to let the healing happen now.
Karate Chop	Choosing to have the courage to heal now.
	And take a deep breath here