

🌿 Preparation for your TFT/EFT sessions 🌿

Hello, Dear Soul

To help you enjoy a smooth and nourishing tapping experience, I've put together a simple checklist for feeling gently prepared ~ whether your session is self-guided or with a practitioner.

1. Ensure you are in a safe and private space, free from disturbance 🌿

Why: Feeling secure and uninterrupted allows your nervous system to relax fully, making it easier to access and process emotions.

2. Hydrate well beforehand, and keep a jug or glass of water nearby 💧

Why: Adequate hydration supports optimal circulation, energy flow, and the body's natural detox pathways as you release tension.

3. Begin with a light meal or an empty stomach 🥗

Why: This helps your body focus its energy on emotional and nervous system regulation rather than digestion.



🌿 Preparation for your TFT/EFT sessions 🌿

4. Wear loose, comfortable clothing 🧘

Why: Freedom of movement supports deeper breathing, relaxation, and ease in accessing tapping points.

5. Prepare a clutter-free, comfortable space, and a supportive chair 🌿

Why: A clear environment helps calm the mind, while good seating supports posture, breathing, and ease of tapping.

6. Keep a pen and paper nearby 🖋️

Why: We'll be noting down set-up statements ~ an integral part of what makes the tapping process flow more smoothly. It can also be an encouraging track of your progress.

7. Have tissues close at hand 🌊

Why: Emotional release through tears is a healthy sign of the nervous system processing and letting go.



🌿 Preparation for your TFT/EFT sessions 🌿

8. Silence or turn off your phone if safe to do so 🚫📞

Why: Continuous focus supports deeper shifts and prevents the interruption of a release process in motion.

A gentle note on what you may experience:

As the body's energy system clears blockages through tapped-on and breathed-into meridian points, you may notice shifts such as yawning, crying, heaviness or tightness that transform to lightness, calm or relief, sighing, giggling, burping, stomach gurgles, smiling, tears of joy, coughing, sneezing, retching, or sensations of buzzing / humming within the feet or hands. These may occur during, at the end of, or/and later after the session.

Allow your body to release what it needs to ~ peacefully, without resistance.

Warmly, Antoinette 💛

