

REALIZE What Matters

Mindfulness Centered EFT Tapping
with Jeanne Demers



5 FANTASTIC **LIVE-LEVERAGE-LOVE** EFT TAPPING SCRIPTS

Welcome to an experience of
the **Realize What Matters Mindfulness-Centered EFT Tapping** system.

The EFT Tapping scripts I've created for you call on five Japanese concepts that align beautifully with the *Realize What Matters* philosophy.

They are . . .

1. **Ikigai (ee-kee-guy) – Purpose in Life**
2. **Kaizen (kai-zn) – Continuous Improvement**
3. **Shoshin (shō-shin) – Beginner's Mind**
4. **Oubaitori (oh-buy-toe-ree) – Do Not Compare Yourself to Others**
5. **Wabi-Sabi – Embrace Imperfection**

*If you are not yet familiar with EFT Tapping, not to worry!
You will see that I've included an introduction to Tapping
so you can use the scripts with ease.*

Even without the use of the modality of Tapping, simply reading about these concepts will shift your perspective in a positive direction.

But I encourage you to try tapping along to the poem-like scripts and discover for yourself how it helps internalize the ideas on a much deeper level.



WHAT IS EFT TAPPING?

EFT stands for **Emotional Freedom Techniques**. It's a practice that combines modern day psychology with the ancient Chinese practice of acupuncture.

In EFT you apply pressure to certain points on your body by lightly tapping them with your fingertips. You tap with two or three fingers on each of the points, usually about 5-7 times per point. That is why EFT is also known as **Tapping**.

The points you are tapping on are 'meridian endpoints' and they correspond to the organs of the body that produce the chemicals that create the physical sensations we call 'emotions'.

Tapping on these points disrupts the signal between the brain and the organs that trigger disruptive feelings like: a pit in my stomach... heaviness in my heart... tightness in my throat... fogginess in my brain. In other words, the feelings (emotions) that take us out of our power and put us into survival mode.

With tapping we can interrupt those signals, those patterns, those unwanted responses because tapping does these three things really well:

Tapping...

1. acts as a pattern interrupter
2. lowers cortisol (the stress hormone) noticeably
3. makes communication with the subconscious easy

WHAT IS MINDFULNESS-CENTERED EFT TAPPING?

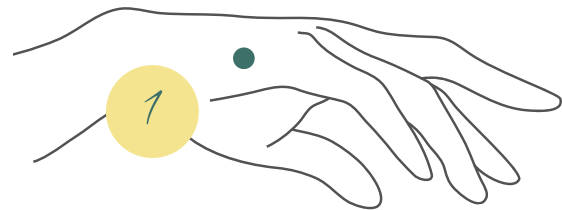
When we are good at being **mindful** we are able to direct our attention to what is happening in the present moment... and do it in a way that is free of judgment.

This is why mindfulness is intentionally cultivated in **Mindfulness-Centered EFT Tapping**. Bringing a quality of attention that is open, inviting, and curious about 'what is' allows us to be more open to whatever we are experiencing. And the more open we are, the better able we are to work with the specific thoughts, feelings, and memories that need our loving attention.



TAPPING POINTS

- 1 Side of Hand
- 2 Inside of Eyebrow
- 3 Side of the Eye
- 4 Under the Eye
- 5 Under the Nose
- 6 Chin
- 7 Collarbone
- 8 Under the Arm
- 9 Top of the Head



IKIGAI (EE-KEE-GUY) – PURPOSE IN LIFE

Tap Through the Points

As you say the words of these scripts aloud, tap on the tapping points on your body, moving to the next tapping point with each new line of the script...

Ikigai (ee-kee-guy)
asks me to find
what makes my life meaningful
by doing what I love,
what I'm good at,
what the world needs,
and what I can be paid for.

When I align my work
and life
with what I love,
what I am good at,
what the world needs,
and what I can be paid for
my daily activities
bring me joy
and fulfillment.

Discovering my ikigai (ee-kee-guy)
gives me a sense of purpose
and direction in life.
It fosters contentment
in the present moment
and long-term satisfaction
because it combines
personal fulfillment with
a sense of contribution
to society.

Anchor the Understandings

- *Stop tapping*
- *Grab hold of your wrist. Inhale as you give your wrist a squeeze.*
- *Still holding your wrist, let yourself imagine doing what you just described.*
- *Feel it, see it, hear it.*
- *When it feels really good, find a way to make it stronger.*
- *When it feels complete, give your wrist a final squeeze, then let it go.*

Good job you have just anchored in Ikigai (ee-kee-guy).

KAIZEN (KAI-ZN) – CONTINUOUS IMPROVEMENT

Tap Through the Points

As you say the words of these scripts aloud, tap on the tapping points on your body, moving to the next tapping point with each new line of the script...

Kaizen (kai-zn)

asks me to make small daily improvements.

It is the philosophy of continuous improvement,
where small, incremental changes

are made daily

to better oneself

or a situation.

It's not about instant success

but rather

steady, ongoing development.

Kaizen (kai-zn) cultivates

self-satisfaction

as gradual progress

reduces the stress

caused by perfectionism,

and small achievements

accumulate into

significant progress.

I can apply Kaizen (kai-zn)

to every aspect of life,

whether personal

or professional.

It is my path

to feeling accomplished

and capable.

Anchor the Understandings

- *Stop tapping*
- *Grab hold of your wrist. Inhale as you give your wrist a squeeze.*
- *Still holding your wrist, let yourself imagine doing what you just described.*
- *Feel it, see it, hear it.*
- *When it feels really good, find a way to make it even stronger.*
- *When it feels complete, give your wrist a final squeeze, then let it go.*

Good job you have just anchored in Kaizen (kai-zn).

SHOSHIN (SHŌ-SHIN) – BEGINNER'S MIND

Tap Through the Points

As you say the words of these scripts aloud, tap on the tapping points on your body, moving to the next tapping point with each new line of the script..

Shoshin (shō-shin)
means "beginner's mind"
A state of openness
wonder
and curiosity
that encourages me to approach life
unhindered by
preconceptions,
preconceived notions,
biases,
or habits.

Shoshin (shō-shin)
asks me to think like a beginner.
To be open to trying
and learning
new things.
By letting go of expectations,
I am able to
embrace learning
and enjoy the present moment
more fully.

Maintaining a beginner's mind
opens me to new opportunities
and experiences.

Anchor the Understandings

- *Stop tapping*
- *Grab hold of your wrist. Inhale as you give your wrist a squeeze.*
- *Still holding your wrist, let yourself imagine doing what you just described.*
- *Feel it, see it, hear it.*
- *When it feels really good, find a way to make it even stronger.*
- *When it feels complete, give your wrist a final squeeze, then let it go.*

Good job, you have just anchored in Shoshin (shō-shin).

OUBAITORI (OH-BUY-TOE-REE) – DO NOT COMPARE YOURSELF TO OTHERS

Tap Through the Points

As you say the words of these scripts aloud, tap on the tapping points on your body, moving to the next tapping point with each new line of the script...

Oubaitori (oh-buy-toe-ree)
draws from the imagery of four trees
– cherry, plum, peach, and apricot –
each beautiful in its unique way.

Oubaitori (oh-buy-toe-ree)
asks me to not compare myself
to others
because everyone has their own path
and timing in life,
everyone's journey is different.

By letting go of the need to compete
or compare,
I relieve myself
from unnecessary pressure
and dissatisfaction.

Oubaitori (oh-buy-toe-ree)
promotes self-acceptance,
self-confidence
and inner peace.

Anchor the Understandings

- *Stop tapping*
- *Grab hold of your wrist. Inhale as you give your wrist a squeeze.*
- *Still holding your wrist, let yourself imagine doing what you just described.*
- *Feel it, see it, hear it.*
- *When it feels really good, find a way to make it stronger.*
- *When it feels complete, give your wrist a final squeeze, then let it go.*

Good job, you have just anchored in Oubaitori (oh-buy-toe-ree).

WABI-SABI – EMBRACE IMPERFECTION

Tap Through the Points

As you say the words of these scripts aloud, tap on the tapping points on your body, moving to the next tapping point with each new line of the script...

Wabi-Sabi

asks me to find beauty in
imperfection and simplicity.

Wabi refers to
the beauty found in asymmetry
and roughness,
like an unglazed, handmade
ceramic figure

Sabi refers to
the beauty found in the passage of time
like wrinkles around the eyes
or stains on an old mirror

Wabi-sabi
fosters acceptance of
life's impermanence
and life's imperfections,
both in ourselves
and in the world around us.
By embracing
the natural cycle of growth,
decay,
and death,
I release the need for perfection.
This acceptance
brings me peace.

Anchor the Understandings

- *Stop tapping*
- *Grab hold of your wrist. Inhale as you give your wrist a squeeze.*
- *Still holding your wrist, let yourself imagine doing what you just described.*
- *Feel it, see it, hear it.*
- *When it feels really good, find a way to make it even stronger.*
- *When it feels complete, give your wrist a final squeeze, then let it go.*
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Good job, you have just anchored in Oubaitori (oh-buy-toe-ree).

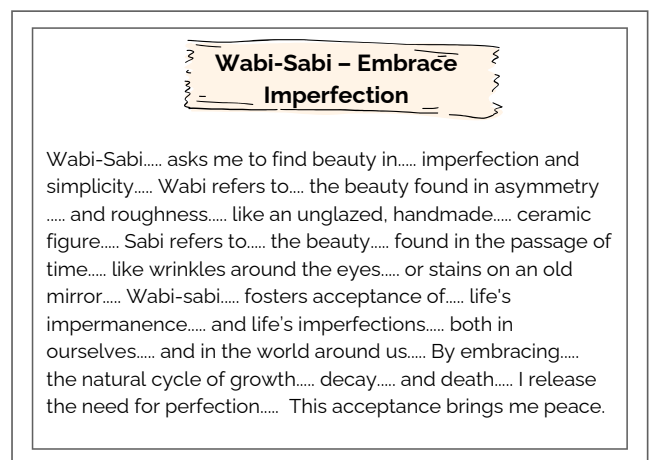
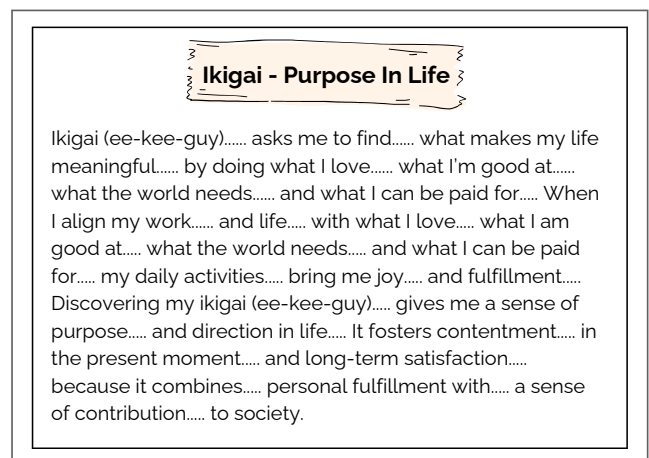


I hope you benefit from tapping and anchoring in those Japanese concepts as much as I do.

I use them daily. They are part of my **MAPit TAPit...**
Let's make it a HABIT practice.

If you are interested in learning more about how much fun and how effective it can be to use *Realize What Matters* tools - like the **MAPit TAPit** power deck - please reach out to me at Jeanne@realizewhatmatters.com.

*Here is a little sample of the deck,
front and back* 



Happy tapping!

Jeanne