

TheTappingChoice



LauraLong.Pro

# Ease & Inspiration

*A quick enrichment practice designed to  
balance your energy  
&  
bring you ease along with inspiration.*

**Yes it can be just that simple!**

Cultivating your inner ease & inspiration does not have to be dark, long and heavy. In this light, simple quick practice you will...

Calm the body and mind, improve focus, creativity, build inner strength, and most of all ...

Cultivate a sense of inspirational ease.

Apply it regularly as a part of your Miracle Morning and any time you wish to bring ease.

Use the materials in this package to get you started.

**Enjoy the ease!**

*Laura Long*



Tap, Feel & Breathe  
10 minutes daily practice for inner alignment & balance

To start

**Sit** with your feet on the floor, ankles uncrossed, or in cross leg position.

**Spine straight**, chin *slightly* in to expand the line of the spine.

**Intention:** Stay seated as you go through the practices.

**Stretch:** Bend forward from the sit bones. Feel the tug on the strings in your back & neck to a point of relief. Float back to straight spine. Float your ear to your shoulder slowly to enjoy a gentle stretch. Roll chin forward and gently raise your chin up to normal position. Repeat on the other side. Go very slow to feel the point of tension and stop at your level. Breathe fully.

**Tongue:** Rest your tongue on the roof of your mouth gently and easily.

**Breathe** through your nose: In hale and exhale 3 to 5 long and fine breaths.

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Tap, Feel & Breathe Practice

**Script** to say to yourself with the KC mudra Chest vibration:

**KC** mudra X1: *Even though there are many thoughts – I love, accept and forgive all of me.*

**KC** mudra X2: Even though there are many thoughts - some that serve my highest self and some that do not – I love, accept and forgive all of me.

**EB script:** X2 Speak to yourself as you breathe and tap on this point only.

Breathe out: *I am letting go of thoughts that do not serve my highest self.*

Breathe in: *I am feeding the thoughts that support my highest self.*

(No thinking about what that is yet)

**Tap & breathe on the rest of body points in silence:**

Take long full breaths out and in at each point you tap on around the body. Feel each point as if it were breathing.

**Move to each point** around the body as you focus only on your breathing and the sensations of your breathing in out of each point you tap on. If you mind wanders off come back to feeling your breathing gently.

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After AM or PM Practice (you can do it anytime other time as well)

- Continue to focus on the sensations of your breathing for 3 minutes to start. Add more time as you build the inner muscle this practice brings.
- Gentle movement easing into vigorous movement if desired.
- Eat enjoyable food that supports your unique constitution.
- If done in the evening, prepare for sleep with easy stretches.

By Laura Long, Optimal Life Coach, CAP, CYI, Pro EFT Practitioner

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