

Jessica Ortner's Surrogate Tapping Process

I want you to find a place. Just sit where you won't be distracted.

We're going to start with a deep calming breath in, and exhale.

We're going to do this two more times. Inhale and exhale. Inhale and exhale.

I want you to imagine the situation or the person that needs healing. Starting on the karate chop point and moving to the next point with every phrase. Repeat after me:

KC: Infuse this situation with love.

EB: I let go of my need to control.

SE: I infuse this situation with hope.

UE: I have faith that there is a greater good behind this situation.

UN: I infuse this situation with light.

CH: I have faith that what needs to be done will be done.

CB: I infuse this situation with peace.

UA: I let go of my need to control.

TH: I have faith in divine timing.

KC: Nothing needs to be fixed.

EB: Everything is working in a perfect, greater order.

SE: This person has what they need inside of themselves to have what they want.

UE: As I see their gifts and power,

UN: They begin to see it for themselves.

CH: This is a blessing in disguise,

CB: And I am so grateful.

UA: I let go of my need to control this situation.

TH: As I find peace within the situation,

KC: Others find peace.

EB: As I find love in this situation,

SE: Others find love.

UE: I let get go of my need to control.

UN: As I heal in the presence of darkness,

CH: We are all uplifted.

CB: As I laugh in the presence of darkness,

UA: We are brought into the light.

TH: As I smile in the presence of darkness,

KC: We are all uplifted.

EB: Even though I perceive this situation to be a bad one,

Jessica Ortner's Surrogate Tapping Process

SE: I have faith that there is a greater good behind this.  
UE: I no longer live the lie.  
UN: The lie that I don't have what it takes.  
CH: The lie that others don't have what it takes.  
CB: I live in my truth.  
UA: The truth that I have the power to transcend any situation.  
TH: The truth that others have the power to transcend any situation.

KC: Even though I've judged this situation,  
EB: I deeply and completely love and forgive myself.  
SE: This person has what it takes to have what they want.  
UE: I have what it takes to have what I want.  
UN: It is already a part of me.  
CH: I have faith that this person I love  
CB: Will do what is right for them.  
UA: The outcome is greater than I could have ever imagined.  
TH: So I let go of my willingness to predict.

KC: I let go of my need to control.  
EB: Everything is in divine order.  
SE: I am grateful for this situation where it helps me learn and grow.  
UE: I am grateful for this situation for it helps me learn and grow.  
UN: I am so grateful for this blessing in disguise.  
CH: I am so grateful for this blessing in disguise.  
CB: I transform hostility to kindness,  
UA: By returning hostility with kindness.  
TH: There is nothing for me to figure out.

KC: There is no way to happiness.  
EB: Happiness is the way.  
SE: I work to eliminate my judgments of others.  
UE: I see the power and the light in others.  
UN: I trust that others know what is best for themselves.

Now again I want you to focus on the situation or the person, and repeat after me:

CH: I'm sorry.  
CB: Please forgive me.

## Jessica Ortner's Surrogate Tapping Process

UA: Thank you.

TH: I love you.

I want you to be aware of how your body feels when you say these words. Keep tapping:

KC: I'm sorry.

EB: Please forgive me.

SE: Thank you.

UE: I love you.

UN: I'm sorry.

CH: Please forgive me.

CB: Thank you.

UA: I love you.

TH: I'm sorry.

KC: Please forgive me.

EB: Thank you.

SE: I love you.

And one more time:

UE: I'm sorry.

UN: Please forgive me.

CH: Thank you.

Now take a few deep relaxing breaths.

Notice any sensations that you have in your body. We're going to end with the affirmations for love, peace, and light.

Continue tapping and repeat after me:

CB: Love before me.

UA: Love behind me.

TH: Love at my left.

KC: Love at my right.

EB: Love above me.

SE: Love below me.

UE: Love onto me.

## Jessica Ortner's Surrogate Tapping Process

UN: Love in my surroundings.

CH: Love to all.

CB: Love to the universe.

UA: Peace before me.

TH: Peace behind me.

KC: Peace at my left.

EB: Peace at my right.

SE: Peace above me.

UE: Peace below me.

UN: Peace onto me.

CH: Peace in my surroundings.

CB: Peace to all.

UA: Peace to the universe.

TH: Light before me.

KC: Light behind me

EB: Light at my left.

SE: Light at my right.

UE: Light above me.

UN: Light below me.

CH: Light onto me.

CB: Light in my surroundings.

UA: Light to all.

TH: Light to the universe.

Take another deep breath in.

Now I want you to stop tapping and just place both hands over your heart. Take another deep breath in, and I want you to feel that love, that peace, that light. And when you face the fires of your daily life, all you have to remember is to place your hands back here on your heart where those feelings are always with you. You help yourself and others by spreading these feelings through your smile, and your laughter, and your kind words.

Make an intention today to find different ways to spread this love, and this peace, and this light that you feel in your heart.