



ITM Free Resource for Day 20: August 20, 2023

Today's Topic:

Tapping "In" for Positive Emotions and Tapping "Out" for Negative Emotions"

From Practitioner Andrea Lewis

Sometimes we just need to center ourselves and Tap while breathing in for the positives and breathing out the negatives, according to Practitioner Andrea Lewis.

She says this Tapping-Breathing meditation can be helpful for "learning, forgiving, and pivoting in life and business."

So let's follow along with Andrea! As always, wash your hands and have some water handy. Let's begin, shall we?

[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This resource is not meant as treatment or to be a diagnosis. It is provided merely as information.]

**Tapping-Breathing "In" for Positive Emotions and
Tapping-Breathing "Out" for Negative Emotions"**

Andrea says: *Let's start with the top of the head.*

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|------------------------------|--|
| Top of Head: | Tap in "Calm." <i>Breathe in for four counts.</i> Tap out "Angst." |
| Eyebrow: | Breathe in "Fun." Breathe out "Serious." |
| Side of the Eye: | Breathe in "Power." Breathe out "Weakness." |
| Under the Eye: | Breathe in friendship. Breathe out. Enemy |
| Under the Nose: | Breathe in. Courage. Breathe out. Cowardice |
| Under the Bottom Lip: | Breathe in bold. Breathe out. Timid |
| Collarbone: | Breathe in "Play." Breathe out "Stress." |
| Under the Arm: | breathe in. Magical. Breathe out. Pedestrian. |



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Let’s do it one more time, and if you would like to change the words, please do so.

| | |
|------------------------------|--|
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| Eyebrow: | Breathe in “Fun.” Breathe out “Serious.” |
| Side of the Eye: | Breathe in “Power.” Breathe out “Weakness.” |
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| Under the Bottom Lip: | Breathe in bold. Breathe out. Timid |
| Collarbone: | Breathe in “Play.” Breathe out “Stress.” |
| Under the Arm: | breathe in. Magical. Breathe out. Pedestrian. |

How do you feel? You can do that with anything! Hope you feel great.

— Andrea Lewis

Instagram: <https://www.instagram.com/solace4me>