



Tapping Script on Headaches – EFT by Mary-Ann Lagerwey

Headaches can disrupt our lives, leaving us longing for relief from the pounding pain.

If you are tired of relying on temporary fixes and seeking a deeper understanding of the metaphysical reasons behind different headaches, you have come to the right place.

Say goodbye to headaches and embrace a holistic approach that addresses both the physical and metaphysical aspects of healing.

Join us on this enlightening journey as we delve into the realm of natural remedies such as the Emotional Freedom Technique.

Do not worry about doing it correctly, this is a very forgiving system, if you omit a point or go in another order, it does not matter.

It will still work.

KC: Karate Chop

EB: Eye Brow

SE: Side of the Eye

UE: Under the Eye

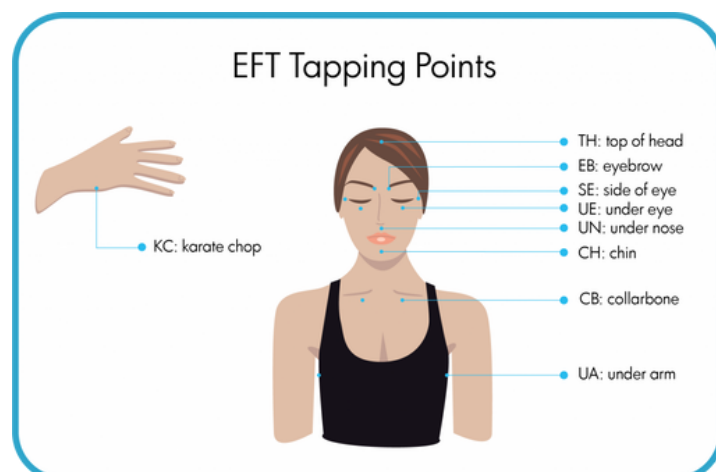
UN: Under the Nose

CH: Chin

CB: Collar Bone

UA: Under the Arm

TH: Top of Head





1. Acknowledging the Headache and Its Causes

Set-Up Phrases:

KC- Even though I have this throbbing headache, I deeply and completely love and accept myself.

KC- Even though I'm not sure what's causing this headache, I choose to release it with love and understanding.

KC- Even though I feel discomfort in my head, I honour my body and its messages.

EB - I have this horrible headache,

SE - I don't know why it's here,

UE - I'm not sure what's causing this headache

UN - I trust my intuition to guide me.

CH - Because this headache is bothering me,

CB - I choose to listen to its wisdom

UA - I choose to release it with love and understanding.

TH - This headache is nagging at me.

EB - I feel the tension in my head.

SE - What could be causing this pain?

UE - I'm willing to explore the possible reasons.

UN - It could be stress or fatigue.

CH - Maybe it's an emotional release.

CB - I choose to release any emotional blocks in my head.

UA - I allow my intuition to reveal the cause.

TH- I deeply and completely accept myself and my body.

2. Understanding the Metaphysical Reasons for the Headache

Set-Up Phrases:

KC- Even though I sense there might be a deeper reason for this headache, I choose to explore and heal it.

KC- Even though my body is speaking to me through this headache, I'm open to understanding its message.

KC- Even though I believe there could be metaphysical reasons for this pain, I trust my inner wisdom to guide me.



EB - This headache might have a spiritual meaning,
SE - I'm curious to uncover the metaphysical reasons,
UE - I choose to embrace the lesson it brings.
UN - this headache might be connected to my energy,
CH - my body is speaking to me through this headache
CB - I'm open to understanding its message.
UA - I honour my body and its wisdom.
TH - What if this headache has a deeper meaning?

EB - I'm open to exploring the spiritual aspect of it.
SE - It could be related to my energy centers.
UE - Maybe it's a sign of imbalance in my life.
UN - I choose to heal and balance my energy.
CH - My headache could be connected to past experiences.
CB - I release any emotional baggage causing this pain.
UA - I embrace the lessons my body wants me to learn.
TH - I deeply and completely love and accept myself.

3. Releasing and Receiving the Healing Energy

Set-Up Phrases:

KC- Even though I'm ready to release this headache and allow healing energy to flow through me, I deeply and completely love and accept myself.
KC- Even though I may not fully understand the reasons for this headache, I'm open to receiving healing and clarity.
KC- Even though I've held onto this pain, I choose to let go and invite divine energy to heal me.

EB - I've been holding on to this headache,
SE - it has served a purpose,
UE - But I'm ready to release it now.
UN - I might have resisted healing,
CH - But now I choose to open up
CB - And to receive divine guidance.
UA - On how to release this headache
TH - And all this tension.



- EB - I allow healing energy to flow through me.**
- SE - My body knows how to heal itself.**
- UE - I invite divine energy to guide me.**
- UN - I release any resistance to healing.**
- CH - It's safe to let go of this pain.**
- CB - I embrace the healing power of love.**
- UA - I'm open to receiving clarity and insight.**
- TH - I deeply and completely love, accept and forgive myself.**

4. Embracing Self-Love and Acceptance

Set-Up Phrases:

- KC- Even though I've been hard on myself for having this headache, I deeply and completely love and accept myself.**
- KC- Even though I might have judged my body's signals, I choose to embrace them with compassion.**
- KC- Even though I haven't fully appreciated my body's wisdom, I'm ready to honour and accept it now.**

- EB - I have been hard on myself for having this headache**
- SE - I haven't fully listened to my body,**
- UE - I might have ignored the signs,**
- UN - I might have judged my body's signals**
- CH - I'm ready to be more attentive now.**
- CB - I haven't given myself enough credit,**
- UA - I choose to appreciate my body and its messages.**
- TH - I release any self-criticism about my headache.**

- EB - My body's wisdom is a gift.**
- SE - I honour and respect my body's signals.**
- UE - I choose to be kind and loving to myself.**
- UN - I embrace my body's intuitive power.**
- CH - I'm grateful for my body and its wisdom.**
- CB - I accept and appreciate all of me.**
- UA - I am open to healing and self-love.**
- TH - I deeply and completely love and honour myself**



5. Embracing the Lessons and Moving Forward

Set-Up Phrases:

KC- Even though I'm not exactly sure of the lesson my headache is teaching me, I deeply and completely love and trust myself.

KC- Even though I might not have all the answers, I choose to learn and grow from this experience.

KC- Even though I've been uncertain about what to do, I'm open to receiving clarity and guidance now.

EB - I've been seeking answers, .

SE - I'm not exactly sure of the lesson

UE - That my headache is teaching me

UN - The lesson might not be clear yet,

CH - But I trust that it will reveal itself in divine timing.

CB - I've been unsure of what to do,

UA - And I choose to take inspired action now.

TH - I'm open to receiving clarity and insights.

EB - I trust the wisdom of my body and soul.

SE - The lesson will come to me when I'm ready.

UE - I release any pressure to know it all right now.

UN - I choose to stay open and receptive.

CH - I'm open to growth and transformation.

CB - I embrace the journey of self-discovery.

UA - I am grateful for the lessons and ready to move forward.

TH - I deeply and completely love and accept myself

Take a deep breath and release any remaining tension.

Allow the energy to flow through your body, bringing healing and clarity. Trust that you are on the path of self-awareness and growth, embracing the lessons your body and soul want you to learn.

Repeat this tapping sequence as needed, always honouring and loving yourself throughout the journey.