



Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

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Tapping to End the Battle with Our Body

Most of us strive to have a good relationship with our body. We want to feel grateful and peaceful about it. But when we eat something we wish we hadn't or we're in pain, the relationship with our body quickly sours and we feel like we are battling ourselves. It's exhausting and can leave us feeling defeated.

When you're beating yourself up about something you ate or if your pain symptoms have flared up these are the times you need more love not less.

The first aspect of this is to end the battle you're having with your body or your pain Whenever you're in battle with something you get stuck because you're feeding it energy.

This tapping script will help you make peace with your body, make peace with your pain, to wave the white flag and end the battle.

Notice when you feel like you're in battle with yourself. Let's tap.

ON THE KARATE CHOP POINT

Even though I feel like my body is my enemy I now choose to come into a peaceful partnership with it

Even though I have been fighting my body for a long time I know that I can create peace with my body

Even though I feel like my body has failed me and let me down, I now choose to be in a loving and supportive relationship with my body

Even though I feel like I battle with my body, I'm choosing to find peace

TAPPING THROUGH THE POINTS

EB Here I am battling my body

SE I feel like the battle never ends

UE I can't stand it

UN I feel like I'm never going to win

CHIN I keep trying to win the battle

CB The battle keep going on

UA All this pain of being in battle

TOP OF HEAD It's exhausting

DEEP BREATH

KEEP TAPPING ON THE POINTS changing after each sentence

I'm releasing this pattern

I'm releasing this battle energy

Letting go of the beliefs

That say I have to fight with my body

To make it be the way I want

Letting go of all the lies and stories

That have created the illusion

That I am at war with my body

I forgive myself

For being at war with my body

I've always done the best I know how

I forgive myself

for believing my body is my enemy

I didn't know any better

But I now do

I love myself

I'm at peace with my body

I choose to love my body now

Because I know love is powerful

I'm becoming an ally to my body

I am choosing peace every day

I'm working in partnership with my body

I choose peace and happiness now

I choose to love my body now

DEEP BREATH