

## **EFT for Strengthening Immune System**

Set a clear intention to allow your immune system to become fully functioning and balanced at 100% for you. Before you begin tapping state out loud, "**I intend to allow my immune system to strengthen and become fully functioning at 100% for me, in a way that feels easy, gentle, and natural.**"

### **Karate chop:**

Even though my immune system may not be fully functioning at 100% for me, I choose to have my immune system fully functioning at 100% for me now.

Even though my immune system may not be balanced at 100% for me, my body knows how to come back into a balance and alignment and I allow that to happen now.

Even though my immune system may not be as healthy and strong as it can be, I allow my immune system to become stronger and more balanced in a way that feels easy, gentle, and natural.

**Eyebrow:** My immune system is not fully functioning.

**Outside eye:** I allow my immune system to become fully functioning now.

**Under eye:** My body has the ability to balance and strengthen my immune system in a way that feels easy, gentle, and natural.

**Under nose:** I release any resistance (worry, fear, stress, anger) I may have that is keeping my immune system weak.

**Chin:** I am ready for my immune system to become strong and balanced.

**Collarbone:** I allow my immune system to come back into balance and full function now.

**Under arm:** I feel my immune system becoming stronger and balanced at 100% for me now.

**Top of head:** It feels good to have my immune system coming into balance and full function now.

Stop tapping, take a deep breath in and release it out.

Repeat the sequence 2 or 3 times each morning and evening.