

UPDATE: I uploaded this script onto my podcast, Sensitive, Spiritual & Successful (Episode 36) so you can also listen and tap along there 🎧



Hi there!

I'm so glad you're giving this tapping script a try! As you tap, you're not only shifting your response to stress (since just thinking about change can trigger it!), but you're also slowing your brainwave state which creates the perfect space to influence and support your subconscious mind.

Before you start, take five minutes to be somewhere quiet and distraction-free. I always like to keep a journal nearby in case anything comes up that I want to jot down or reflect on. EFT tapping is such a powerful way to release deeper fears and limiting beliefs but this script in particular is to help you open up the energy to changing.

Even when we want change, it can feel hard because the body craves safety in what's familiar. Even if something isn't truly good for us, it can still feel comfortable simply because we know it. The unknown, no matter how positive, often feels more intimidating than staying the same.

Repeat this anytime you are working towards change, or try and do it everyday for 3-5 days to see how you start to feel. Give yourself space to process, reflect, and feel into this new way of being.

You've got this!

- Jas Maylin

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Jas Maylin

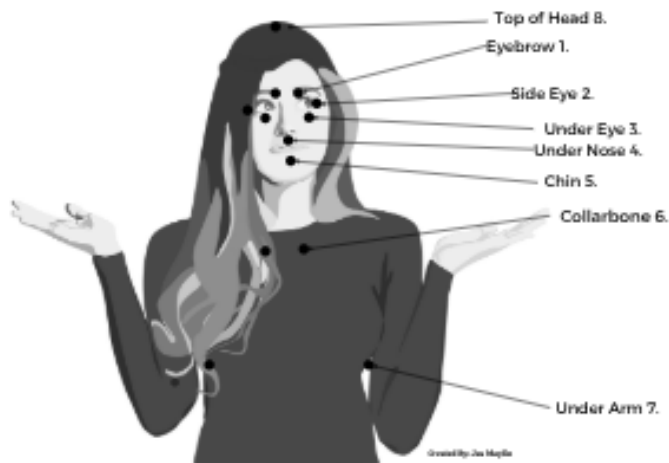
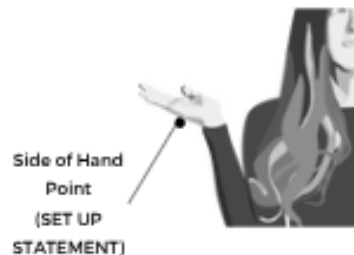


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EFT TAPPING POINTS



Location of each tapping point:



Side of Hand Point (for the Setup Statement)

- Located on the outer edge of your hand (below your pinky). This is where you start by tapping with the fingers of your opposite hand.

Eyebrow (EB)

- Found at the beginning of your eyebrows, near the bridge of your nose. Tap with two fingers on one or both sides.

Side of Eye (SE)

- Located on the outer edge of your eye socket (not on the temple). Tap gently here with two fingers.

Under Eye (UE)

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- Directly below your eye, in line with the pupil, on the top of the cheekbone.

Under Nose (UN)

- Found between the bottom of your nose and the top of your upper lip.

Chin (CH)

- Located in the indentation between your lower lip and chin.

Collarbone (CB)

- Just below the collarbone there are two knobs- go about an inch down and an inch out outward from the center of your chest.

Under Arm (UA)

- Located about four inches below the armpit (in line with the bra strap for women). Tap with four fingers.

Top of Head (TH)

- The crown of your head. You can go from the top of your ears and follow them to the top of your head. Tap lightly with all your fingers.

EFT Tapping Script: Opening to the Possibility of Change

Setup Statements – Tap Side of Hand Point

Even though part of me resists change, I deeply honor and accept where I am.
Even though stepping into something new feels scary, I trust that I am being guided.
Even though I feel stuck in old patterns, I know I am meant for more!

Round 1:

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(Tap on each point 5-7 times as you say the statements)

Eyebrow: Change feels overwhelming

Side of Eye: I don't know what will happen if I step into something new

Under Eye: What if I fail?

Under Nose: What if I make the wrong decision?

Chin: What if it's too much for me to handle?

Collarbone: I don't want to lose my sense of safety

Under Arm: It's easier to stay where I am

Top of Head: Part of me feels stuck

Round 2:

Eyebrow: What if change could feel expansive instead of scary?

Side of Eye: What if I don't have to figure it all out at once?

Under Eye: I've navigated change before, and I'm still here

Under Nose: Maybe change is actually bringing me into deeper alignment

Chin: I allow myself to take one step at a time

Collarbone: I don't have to force anything

Under Arm: I am allowed to grow at my own pace

Top of Head: I trust that I am always being supported

Round 3:

Eyebrow: I release the fear that keeps me playing small

Side of Eye: I let go of the belief that I have to stay where I am

Under Eye: I release the need for certainty before I move forward

Under Nose: I let go of the old stories that no longer serve me

Chin: I free myself from the patterns that keep me stuck

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Collarbone: I am allowed to step into something bigger

Under Arm: I don't have to do this alone

Top of Head: I trust myself to navigate the unknown

Round 4:

Eyebrow: I am open to expansion

Side of Eye: I trust that my intuition will guide me

Under Eye: I allow myself to step into my next level

Under Nose: I welcome opportunities that align with my soul's purpose

Chin: I trust that change is bringing me to where I need to be

Collarbone: I am capable of holding success in a way that feels good

Under Arm: I open my heart to new possibilities

Top of Head: I choose to believe in my ability to evolve

Round 5: Positive Affirmations

Eyebrow: I am ready for aligned expansion

Side of Eye: Change is safe for me

Under Eye: I trust myself and my path

Under Nose: I allow change to unfold with ease

Chin: I am supported as I grow

Collarbone: I embrace my next level with confidence

Under Arm: I trust that I am exactly where I need to be

Top of Head: I am excited for what's ahead

Check-in

Take a deep breath in, exhale, and **notice how you feel**. If any resistance remains, you can repeat the script or focus on specific fears that pop up.

You did it! 🎉

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Shifting into the belief that change is *truly possible* is transformational. When your mind and body *both* recognize this, doors start opening everywhere. You're no longer just wishing for a better future—you're *stepping into it*.

And that's exactly where the ***Align to Shine HQ Membership*** comes in!

If you're a sensitive and spiritual entrepreneur, this membership is designed to help you uncover and clear the subconscious blocks that have been quietly running the show behind the scenes.

Inside *Align to Shine HQ*, you'll rewire your subconscious mind, aligning your body and mind with your vision. This allows you to take confident action on what you truly want.

The Align to Shine Membership is your space to clear deep-rooted blocks, step into your true power, and align with the most authentic, empowered version of yourself.

Ready to level up?

[!\[\]\(10f8862fc183b400327470ea85afe9ae_img.jpg\) **Click here to check it out!**](#)

