

Catastrophe Tapping for Hurricane Sandy Victims
or any other disaster
See the [Tapping Chart](#) at the end

Remember it's not the words, but your intention that makes this work. And thank you for doing this.

Even Though... (ET)

... I know you must be frightened and sad
Please know you're not alone

ET you may be heartbroken,
Please know that you are loved and cherished

ET things seem hopeless now,
Please know that this isn't the end
It's only a step on the way to recovery.

Please know that you are not alone
Please know that you are loved supported

On the Tapping points:

Your fear and despair
Your losses and heartaches
I feel the sadness you must be feeling

I can't imagine how it must be for you
But please allow me to help ease your pain,
Please listen to us and feel this now

Help is on the way,
Restoration is on the way,
Change is on the way

Please know that you are not alone
We love you and support you.

KC point:

ET you feel devastated and traumatized
We are here to help you

ET you're feeling empty and don't know what to do
Know that others are pulling for you and praying for you

ET you wonder how you can ever recover
Just know that you are loved and appreciated

Tapping Points

Your doubt and despair
Hope is on the way
Your fear and uncertainty
Healing has already begun
Your trauma and shock
You are still HERE

I know you are afraid
But you're far stronger than you know
But you haven't lost everything

You have your family and your resources
And there is always Hope
You are still HERE

Please know that you are not alone
Please know you are very much loved and supported.

On the KC point

ET things will never be the same
Please know this; They can be even better
You have a lifetime of memories

ET you feel this is your darkest hour,
You still have many resources
Water and sand might have ruined your home
But it can't ruin your life
We're so grateful that you're still here

I know you feel traumatized
But please allow yourself to release that
You still have your health and memories

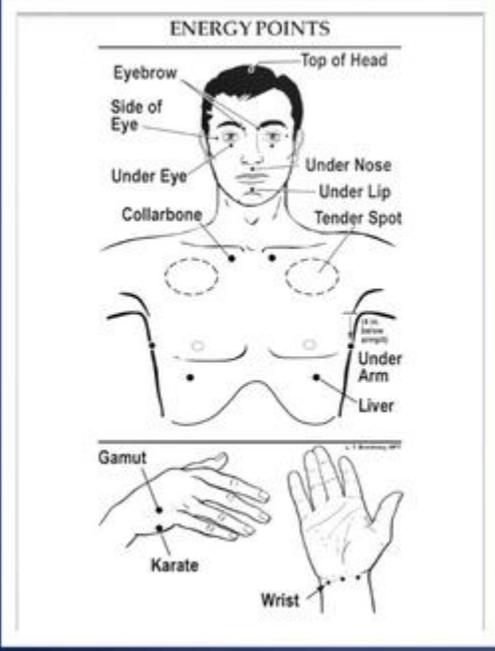
You have love, friends and life
No storm can take that away

You may be feeling overwhelmed
But know that's only fleeting
Help is on the way
Change and rebirth is on the way.
Love is on the way

Please allow us to send you hope
Allow yourself to heal

Please know that you are not alone
Please know you are very much loved and supported.

Thank you for allowing us to support you



The diagram, titled "ENERGY POINTS", shows a human figure with ten specific points marked. The points are: 1. Eyebrow (EB), 2. Side of Eye (SE), 3. Under Eye (UE), 4. Under Nose (UN), 5. Chin (Ch), 6. Collarbone (CB), 7. Under Arm (UA), 8. Liver (LV), 9. Wrist (WR), and 10. Crown of Head (CrH). The diagram also includes labels for "Top of Head", "Under Lip", "Tender Spot", "Gamut", "Karate", and "Wrist".

Point Number	Point Name	Abbreviation
1.	Eyebrow	(EB)
2.	Side of Eye	(SE)
3.	Under Eye	(UE)
4.	Under Nose	(UN)
5.	Chin	(Ch)
6.	Collarbone	(CB)
7.	Under Arm	(UA)
8.	Liver	(LV)
9.	Wrists	(WR)
10.	Crown of Head	(CrH)

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