

## RIPP

### Release Issues Past & Present

Even though I am experiencing \_\_\_\_\_ (**issue**) and its connection to \_\_\_\_\_ (**root**: what was said or done to person or witnessed that underlies issue), I deeply and profoundly love and accept myself, I am enough, and I invite myself to clear any blocks to healing my mind, body, spirit, and energy field. (X2 – tapping pinky side of hand)

*Check for blocks*

*Tapping through points, say:*

I release all spiritual, emotional and energetic attachments to \_\_\_\_\_ (**issue**) and its connection to \_\_\_\_\_ (**root**: what was said or done to person or witnessed that underlies issue).

I release all energy that is not mine and does not belong in my energy field related to this \_\_\_\_\_ (**issue**) and its connection to \_\_\_\_\_ (**root**: what was said or done to person or witnessed that underlies issue) and send this energy to its proper place.

I place \_\_\_\_\_ (**root**) back in time to when it occurred.

I see a timeline of my life.

I see the time(s) when this root happened in my life.

I see when the root was not happening in my life.

I eliminate the toxic energy of those past upsetting experiences.

I release the past.

I release negative expectations of the future repeating the past.

I welcome back to my center all the lost, cut off and unclaimed parts of myself **that** separated from me when \_\_\_\_\_ (**root**) happened.

I welcome back to my center all the lost, cut off and unclaimed parts of myself **that** have separated from me when I have been restimulated by situations that remind me consciously or unconsciously of when \_\_\_\_\_ (**root**) happened and I have acted or perceived as if it was happening again in the present.

I am in the present, right here and now, the root is not happening, and I am safe.

*Check IN*

I restore the healthy flow of energy throughout my whole system and create a balanced and grounded state of being filled with \_\_\_\_\_.

I bring in nurturing and grounding energy to support me now with more and more \_\_\_\_\_.

I connected my whole self to this new way of being with ease and grace.