

**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

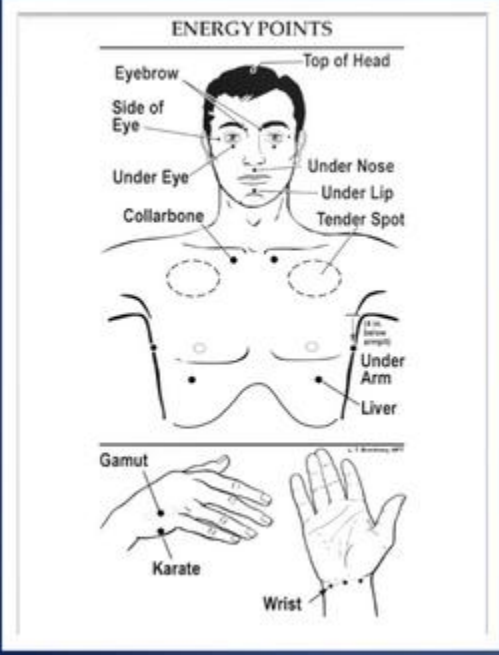
You have love, friends and life  
No storm can take that away

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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