



Dissolving the Myths of Aging

Tapping Exercises for
Growing “Younger Inside”
as You Age

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by

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If you use both written and spoken versions of this program, rather than either the e-books or the audios exclusively, you will find it natural to adopt a new and inspiring attitude toward the experience of growing older. We suggest you absorb this information in both these ways to get the most out of this program.

Here are some tapping exercises that will help you experience your life as a process of continuous and satisfying growth.

I'm going to show you a way to do this that goes beyond troubleshooting. It is in the realm of self-growth.

We can use tapping not just to solve problems, but to direct our own minds and emotions toward where we want to go in life. This moves tapping to another level, which you're going to experience now.

You will be doing the EFT Choices Method for the issue of successful aging.

You will start the exercise by tapping on the Karate Chop Spot *(if you are not familiar with the EFT tapping spots, they can be easily learned by going to patcarrington.com, and either sign up for my free newsletter to receive the 1-hour training video, or read its condensed version at: <https://patcarrington.com/how-to-do-eft-a-step-by-step-guide/>.)*

You are to repeat the sentences shown below *out loud* as you tap on the EFT points I indicate. These are largely identical to the tapping statements I use when leading you in my own voice through these exercises on the [accompanying Audio](#)

Karate chop spot: Even though most people around me think mainly about the difficulties of aging.....I choose to think about the *creative opportunities* it can bring.

(Repeat the above statement 3 times while still tapping on the Karate Chop Spot)

Now do one round of the negative to get your negative feelings about aging up, onto the surface, and out, so you can tap them away!

Inner eyebrow: Everyone around me looks at me as being *a certain age*.

Outer eye: I feel I'm *doomed* to be that age whether I feel that way or not.

Under eye: I can't do as many things as I used to.

Under nose: I resent losing these capacities.

Under mouth: I resent not being able to participate in many activities I used to do easily.

Collarbone: I wish *so much* that I were still young.

Under arm: I *wish* I had the physical flexibility of my youth.

Top of head: I *long* to be the way I used to be.

Take an easy breath in and let it out slowly – now continue...

Inner eyebrow: I can envision myself becoming dimmer and dimmer as I grow older.

Outer eye: I feel that I'm sentenced to pain and weakness in increasing amounts as I grow older.....

Under eye: I'm so aware that I have diminished capacities.

Under nose: This is *unfair*...

Under mouth: I resent it!

Now you move to tapping-in some special Positive Choices. Never mind whether you feel them as being true right now. Just SAY them out loud to yourself, in other words "try them on for size".

Under mouth: I choose to have my life expand in a new way that *gets my attention*.

Collarbone: I choose to have new and exciting things absorb me and become the center of my attention.

Under arm: I choose to be inspired by them.

Top of head: I choose to be like the older tree that puts out new sprouts each spring

Inner eyebrow: ...just the way a sapling puts out *its* sprouts in the spring.

Outer eye: I choose to produce the same green leaves as the younger trees.

Under eye: I choose to allow these green leaves of my life to flourish.

Under nose: I choose to be ever refreshed by the new shoots I send out..

Under mouth: I choose to immerse myself in ways of improving my life – in making it *grow*.

Collarbone: I choose to notice how much better I am in the way I can solve problems now than I was a year ago...

Under arm: I choose to find it *natural* to always learning new things.

Top of head: I choose to use my increasing age to stand back and look at life a bit differently than I used to.

Take an easy breath in and let it out slowly – then continue...

Inner eyebrow: I choose to have a new perspective on life that I can share with those who are chronologically *any* age.

Outer eye: I choose to select what areas I will focus my attention on today.

Under eye: I choose to be free of the tyranny and control of the media for one thing...

Under nose: ...the news requires me to be upset about 1,000 things each day that need not fill my life..

Under mouth: I choose to fill my life with new green growing leaves...

Now you are ready for the Part 3 of what I call the Choices Trio. It's where you alternate negative and positive, so that the negative leads inevitably to the positive, and this way you retrain your mind to keep moving in a positive direction.

To do this, alternate saying the negative at one tapping point, and then saying the positive at the next tapping point...

Start with the negative...

Inner eyebrow: I am sentenced to continuous decline as I age...

Outer eye: I choose to have my coming years be *expanding* years.

Under eye: I am sentenced to continuous decline as I age...

Under nose: I choose to have my coming years be *expanding* years.

Under mouth: I am sentenced to continuous decline as I age.

Collarbone: I choose to have my coming years be *expanding* years.

Under arm: I am sentenced to continuous decline as I age.

Top of head: I choose to *grow* no matter what.

Inner eyebrow: I am sentenced to continuous decline as I age.

Outer eye: I choose to be ever more my “real self” as the years go by.

Under eye: I am sentenced to continuous decline as I age.

Under nose: I choose to celebrate the new leaves that grow on even ancient of trees...

Under mouth: I am sentenced to continuous decline as I age.

Collarbone: I choose to be more and more *me* with each birthday.

Take an easy breath in, and let it out slowly...

This is the end of the tapping exercise.

I encourage you to tap daily with the phrases I have just given you until they feel entirely natural. Particularly important is the notion of sending out new green leaves in the Spring. It can influence your life and the way you view yourself in a surprising way.

You will find that your later years are the time that you can move away from some of the concerns and conventional activities that occupied you in former years. The aging process can actually be a time when you are being let out of jail so to speak, when you can become *more and more* yourself.

I hope you enjoy repeating this tapping exercise. It contains an important lesson for all of us...

Additional information

To Learn *Clinically Standardized Meditation* at Home

The original recorded course in Clinically Standardized Meditation used by New York Telephone Company (it is the method I have practiced myself for many years) can be purchased from my website. Go to:
<https://patcarrington.com/all-products/meditation-relaxation-training/>

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