

Use this centering and tapping guide along with the video:

<https://sujatis-special-video-on-youtube>

1. Try to breath as though playing the tuba.
2. Helpful to have a pet nearby.
3. If you need to stop, go ahead and stop. Drink some water. Do a single jumping jack but then go back to the video.
4. If you do not have a pet nearby to help you through this, you can use my Therapeutic Pancake Bunny. His name is Pokerface.



- this link is only good for people who have signed up so if you feel a friend or loved one would also benefit, please have them go to my website to send me their details