**Instructions for fear paralysis reflex integration**

fear release tapping points, use rhythm that recipient prefers, for example a 1-2-3 waltz rhythm, tap at one or more of the following or do the whole sequence do lying face down or face up according to preference

* feet-on the soles in the arch is
* side of the hips
* back of the hands between the 4th and 5th metacarpals just below the 4th and 5th fingers
* arms-the attachment of the triceps just above the elbow
* arms-deltoid on the outside of the arms just below the shoulders
* K 27 points called brain buttons which are just below the collarbone beside the sternum or breastbone
* Chest: one hand taps on the sternum while the other hands’ fingertips lightly touch the xyphoid process at the base of the breastbone
* Head: lightly on the sides or top of the head or both