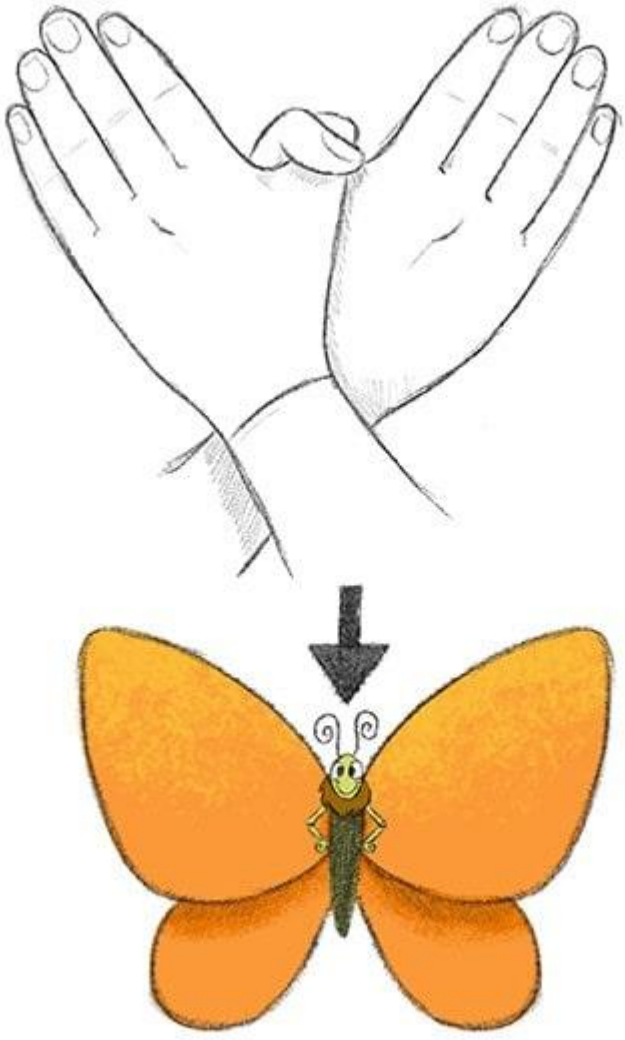
BUTTERFLY TAPPING

Hands on Chest



1. Tap LEFT

2. Tap RIGHT

REPEAT until calm

Focus on breath