

Tap & Teach

Overview

For the *Story Features* portion of this text, we'll use Tapping to teach ourselves the most transformative perspective changing aspects of memory.

These **Tap & Teach** scripts, or T&T's, will help us learn the context and content within which we can change our perspective.

Simply tap through the points while reading the **T&T Scripts** in the next few sections.

- Go as slowly or as quickly you'd like - reading and tapping..
- Bonus points for tapping in the scripts two or three times.

And remember, each round is a step in creating a conscious competence.