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**Disclaimer** Tapping and EFT are new protocols and there is still much to be learned. This book is intended as information only. It is not capable of diagnosis and should not replace emotional, psychological, and/or medical care. Before you add anything new to your life including diet, exercise, or tapping, please consult your primary care physician.

Gene Monterastelli  
223 Bedford Ave PMB 137  
Brooklyn, NY 11211  
[TappingQandA.com](http://TappingQandA.com)  
[gene@TappingQandA.com](mailto:gene@TappingQandA.com)

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# FEEL INTO IT

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1. Start Tapping
2. Imagine having the success
3. Feel into it
4. Focus on
  1. Permission to Feel it
  2. Send it love (or appreciation) for it's intent
  3. Even though I feel this way...
  4. This is just a tool that you are now going to put down
  5. I give myself permission to be...
5. The first best action I can take today is



## GENE MONTERASTELLI

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Gene Monterastelli was born in Casper, WY and graduated from the Catholic University of America in Washington, DC. Currently he is a Brooklyn, NY based practitioner who works with clients one-on-one and in groups from all over the world. He regularly leads training on the art of delivery of tapping through [TappingArtOfDelivery.com](http://TappingArtOfDelivery.com).

He specializes in helping people to use tapping to eliminate self-sabotaging behavior so that they can consistently take the action they want. He has a special place in his practice (and his heart) for families with children who have been diagnosed on the autism spectrum.

Gene is the editor of [TappingQandA.com](http://TappingQandA.com), a site offering more than 1000 free resources on tapping. Since 2009 he has hosted the Tapping Q and A podcast with over 500 episodes in its archive. He is the author of *Surefire Stress Busters*, *How to Save the World and Retire*, and *Comprehensive Anger Management*. He loves to answer the most common (and uncommon) questions about tapping and EFT and can be contacted through his website [TappingQandA.com](http://TappingQandA.com) or directly at [Gene@TappingQandA.com](mailto:Gene@TappingQandA.com).

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