

Earth Day Tapfest Script

By Pat Burns
EFT Practitioner

Karate chop:

I listen carefully, and I hear the birds singing. Such a beautiful sound, such a joyous sound, such a celebration of life. I celebrate the sounds of the birds, and I'm grateful for their very existence. I love the reminder that the birds give me of how precious life is, and how joyful it can be. I make a commitment to myself to do what I can to keep the earth healthy and to keep the birds singing.

I look at the lake, and I see the wild ducks swimming, leaving ripples in their wake. I watch as they zip through the calm water, chasing other ducks, and quacking loudly. I smile as they come ashore, tuck their heads under their wings, and take a brief nap to re-energize. I'm touched as mother ducks swim by with their sweet baby ducklings swimming behind, always staying close to mom. I make a commitment to myself to do whatever I can to keep the earth healthy and to keep the ducks swimming.

I gaze up into the trees and I see the squirrels running from branch to branch, jumping energetically from tree to tree. I watch as they descend to the ground, looking around carefully, then sitting up on hind legs while they munch on an acorn. I watch as 2 squirrels joyfully chase each other around and around the base of a tree. Their enthusiasm for life is wonderful. I make a commitment to myself to do whatever I can to keep the earth healthy and to keep the squirrels jumping.

Eyebrow: I'm grateful for all the creatures of the earth, large and small, and for the joy that they bring us, and the gifts that they share with us.

Outside Eye: I'm grateful for the air around us that we take so for granted, but that means life to all of us.

Under Eye: I'm grateful for the birds that fly above us, riding the air currents so effortlessly, gracefully gliding, calling out their songs to us all with such joy.

Under Nose: I'm grateful for the oceans, the rivers, the lakes, the streams and even the rainwater falling from the sky. We ourselves are water, and water is critical to our existence.

Chin: I'm grateful for the earth beneath our feet that allows us to grow the food we need and the flowers that bring us joy and the grass that feels like a smooth carpet under our feet and so many other amazing living things.

Collar Bone: I'm grateful for the trees towering above us, majestically reaching toward the sky, shading us from the heat of the sun, providing a safe place for birds and squirrels to live and play.

Underarm: I'm grateful for the smallest among us, the ladybugs, the butterflies, the grasshoppers, the crickets, the ants, and the bumblebees, so critical to our plants reproducing and continuing to provide us with food and shelter.

Top of Head: I'm grateful for every person that I come in contact with, because each gives me a gift of some kind, whether of joy, wisdom, understanding, tolerance, appreciation or gratitude. There is always a gift in relationships, and it's up to us to determine what that gift is.

Eyebrow: We're all so very fortunate.

Side of Eye: We have blessings in our lives every day.

Under Eye: We just have to look for them.

Under Nose: And we have to learn to appreciate them.

Chin: Don't ever take those gifts for granted.

Collar Bone: We should all exist in a place of gratitude.

Under Arm: We are all so very blessed.

Top of Head: With everything and everyone around us on this beautiful earth.

In closing:

I'm not an environmentalist. I'm an Earth warrior. ~Darryl Cherney