



Tapping or Emotional Freedom Technique

WHAT IS TAPPING AND HOW TO TAP

Tapping or Emotional Freedom Technique is a holistic healing technique that has been scientifically proven to effectively resolve a range of issues, including stress, anxiety, limiting beliefs and much more. Tapping therapy is based on the combined principles of ancient Chinese acupuncture and modern psychology. Tapping with the fingertips on specific meridian points of the body, while focusing on negative emotions or physical sensations, helps to calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy. When you stimulate these energy meridian points, you trigger the amygdala (command centre of our fear) and signal it to calm down, reducing your overwhelming thoughts immediately. Put simply, energy circulates through your body along a specific network of channels. You can tap into this energy at any point along with the system.

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Tapping is simple and painless. Anyone can learn it. And you can apply it to yourself, whenever you want, wherever you are. Use it with specific emotional intent towards your own unique life challenges and experiences. Tapping is similar to Acupressure or Acupuncture points. Most importantly, it gives you the power to heal yourself, putting control over your destiny back into your own hands. Or you can use a hair band on the wrist and ping it slightly, this will relieve the tension and stress felt.

How To Tap

1. First identify what it is that you are anxious, fearful or stressed about. This will be your focal point when tapping. Only focus on one issue as this will enhance the therapy.

2. Find the initial intensity you are happy to work at. 0-10 with 10 being the most difficult to process. This way you will know how you are feeling and how the tapping therapy is working to its full potential.

3. You need to know what you are trying to address. You will need to repeat before you start tapping "Even though I have this [fear or problem], I deeply and completely accept myself." This will depend on what the issue is which you are trying to overcome.

4. Where are the Tapping points on the body.

There are 12 commonly known tapping points on the body which correspond with an internal organ. Only usually 9 are used.

They are:

- Karate chop (KC) Small intestine meridian**
- Top of head (TH) Governing vessel**
- Eyebrow (EB) Bladder meridian**
- Side of the eye (SE) Gallbladder meridian**
- Under the eye (UE) Stomach meridian**
- Under the nose (UN) Governing vessel**
- Chin (Ch) Central vessel**
- Beginning of the collarbone (CB) Kidney meridian**
- Under the arm (UA) Spleen meridian**

Begin by tapping the karate chop point while simultaneously reciting your phrase “Even though I have this [fear or problem], I deeply and completely accept myself.” Then, tap each following point seven times, moving down the body in this ascending order:

- Eyebrow Side of the eye**
- Under the eye**
- Under the nose**
- Chin**
- Beginning of the collarbone**
- Under the arm**

After tapping the underarm point, finish the sequence at the top of the head point. Repeat this three times each time at each tapping point saying your phrase.

5. Test how you feel. At the end of your sequence, test how you feel on your intensity level 0-10. You are working towards being at 0. Keep going till you reach this point.