

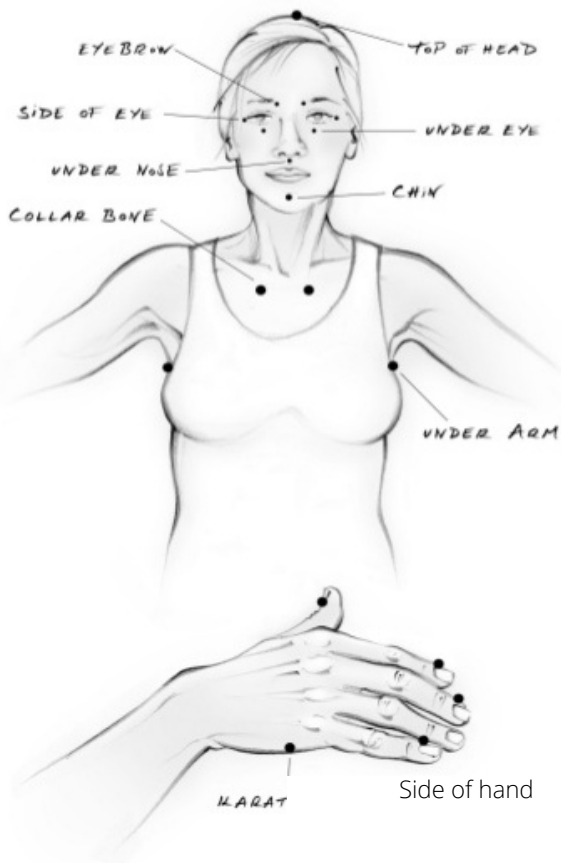


TAPPING BASICS:

Tapping on a series of acupressure points and pairing the tapping with specific phrases can teach the body to be calm and relaxed. This gives us the ability to see what is truly in front of us, rather than a perceived threat. It helps our bodies to learn that we are safe (even if we were not in the past), leading us to a responsive, rather than a reactive way of life. While this is a tool you can absolutely use on your own, we recommend utilizing a practitioner to help you clear deeper patterns from the past.

Tapping is a skill.

Practice and it will change your life!!



The idea is to pair the calming signal with the uncomfortable experience of emotion. This seems counterintuitive, but we are creating a possibility for calm to become an option when these uncomfortable or upsetting emotions arise. EFT Tapping does create new neuropathways in your brain. Try it at least twice per day for 2-3 minutes. Think of it as emotional hygiene. We don't start or end our day without brushing our teeth, don't start or end your day without tapping. Each time we tap, we are teaching our bodies that calm is an option. Practicing regularly sets us up to remember to use it when we are in a reactive state.



The technique



The tapping points are:

- Inside of the eyebrows - where the nose starts
- Side of the eye on the orbital bone
- Under the eye on the orbital bone
- Under the nose
- Under the lip - in the divot spot
- Collar bone - about 1 inch down and 1 inch out from the notch between
- Under the arm - 4 fingers down from armpit or on bra line.
- Top of the head

Step 1:

- Rate sense in your body on a scale of 0-10. 0 being nothing, 10 being over the top, the worst. Set number aside.

Step 2:

- Start with Set-Up Phrases and repeat 3X on side of hand point: "Even though (problem), I deeply and completely accept myself in this moment." Can add if true: "I forgive myself. I am open to shifting my energy/perspective/perception/attitude."

Step 3:

- Move into the Reminder Rounds and tap the points as long as it takes to diminish the discomfort in your body or stressful thoughts. BE AUTHENTIC, not politically correct! Swear, say mean things you are thinking, pour it all out. Repeat the problem in varying ways until you feel calmer about it. The order of the points is not important. Use left, right, or both hands.

Step 4:

- Rate on the scale again. See if it has diminished. If it has, great! If not, notice if you are feeling the same feelings as when you started. Often anger and fear are our first reactions, but when we tap that away, sadness or grief arise. Or tapping may reduce anger to annoyance or fear to discomfort. Tap on the new aspect that has come up.

Step 5:

- THEN, and only then, do you begin to introduce yourself to alternate possibilities. ("Maybe it is possible....," "I choose....," "I am open to....")

Happy Tapping! Enjoy the freedom it brings!