

Introduction to Tapping

HealingHouse with Cara



One of the many wonders of being human is our ability to feel and have emotions. Sometimes big emotions both positive and negative. When we are overwhelmed by our emotions we can use tapping to comfort ourselves and bring relief from negative emotions and help to remove blocks to happiness.



What is Tapping or Emotional Freedom Technique (EFT)?

Tapping, with your fingers on different parts of the body helps balance energy and reduce physical and emotional pain. It can bring you quick, effective RELIEF from stress, anxiety, overwhelm, pain and suffering, distressing thoughts, disturbing memories, and limiting beliefs.

We have learnt from traditional Chinese medicine that the flow of vital energy (chi or life force) utilizes meridian pathways and nodal points within the body's energy grid system.

Tapping allows you to tap specific acupuncture points on the body's energy grid, releasing the blockage and bringing your body's energy flow back into a more positive flow, a more positive vibration.

Tapping on these meridian points (the same used in acupuncture) while you think about what is causing you stress helps your mind understand that you are not in any physical danger and it is safe to relax, reducing cortisol levels.

****Disclaimer:** This article is not intended to provide medical advice, diagnosis or treatment. Before engaging in any health program, it is best to contact a health practitioner you trust to make the best decision for your individual needs.

This technique incorporates other psychotherapies already being used in cognitive behavioural therapies, such as NLP, relaxation and memory recall, causing a long term cognitive restructuring within the brain. ie you no longer process thoughts or emotions the way you did before.

What Can You Use Tapping For?

Tapping helps bring the energy of your whole being into alignment. Spending a few minutes tapping can bring intense negative emotions down to manageable levels and allow new insights and options to come to mind.

You can use Tapping to help relieve physical pain as well as the emotional component associated with the pain. Such as guilt, shame, anger, resentment, worry, or frustration behind the pain — many people find their pain decreases.

Tapping can help you change -

- ✓ resistance and procrastination into insight and creativity
- ✓ stop holding onto the stuck energy and start moving towards natural vitality and health
- ✓ long-standing fears, old traumas, and negative self-worth will open the door to more peace, love, and joy in your life.

The Process.

There is a basic tapping process, consisting of tapping on each of the nine energy meridian points while using an affirmation statement that coincides with a memory or a feeling. You can use either hand to tap the points with your finger pads.

You want to be sure not to tap too hard. You want to stimulate the meridians, but you do not want to cause bruising or pain.

I encourage you to incorporate tapping into your daily routine, to you empower yourself to transform your emotions, thoughts, and how you choose to experience your life.

Visit the suggested websites on the diagram to watch demonstrations.

See Diagram – Introducing Tapping Points (below)

References:

Thrivingnow.com
Tappingsolution.com
Wakeup-world.com

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Introduction to the Tapping Points



Begin with the 'karate chop' (KC) Gentle tapping the side of your hand down from your little finger. This is a calming point and breathe as you tap. Then move to the following points in order...

Eyebrow Point (EB)

Where the eyebrows begin, closest to the bridge of the nose.

Side of Eye (SE)

On the bone directly along the outside of either eye.

Under Eye (UE)

On the bone directly under either eye.

Under Nose (UN)

The area directly beneath the nose and above the upper lip.

Chin Point (CP)

This is the area just below your bottom lip and above the chin, right in the crease.

Collarbone Point (CB)

Starting from where your collar bones meet in the centre, go down an inch and out an inch on either side.

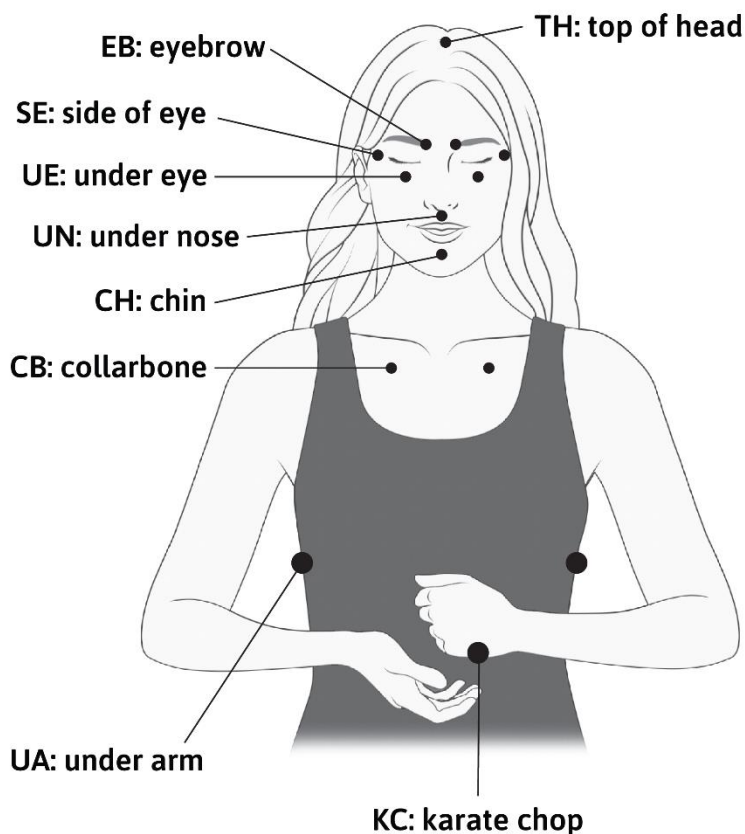
Under Arm (UA)

On your side, about four inches beneath the armpit.

Top of Head (TH)

Directly on the crown of your head

Tapping Points



<https://www.thetappingsolution.com/tapping-101/>

Resources to Get Started

For those of you who are new to Energy Tapping (EFT), you can find out more about this powerful technique:

<http://www.thrivingnow.com/tapping>

<https://www.thetappingsolution.com/>

Free tapping exercises for reducing anxiety in your body and mind:

<http://www.thrivingnow.com/breathing>

<https://www.thetappingsolution.com/free-tapping-meditations/>

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