

How to Tap

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If you aren't familiar with tapping, it may look a little funny the first time you see it. But once you start using it, you quickly stop caring how funny it looks because you're so amazed at how well it works! Tapping, also known as Emotional Freedom Techniques or "EFT", is similar to acupressure. You may have heard of acupuncture before – that's where fine needles are inserted into the skin at various points on the body. Acupressure is similar except no needles are used; instead practitioners lightly tap or rub the points to stimulate them.

The points lie along energy pathways in the body, called "meridians". According to Eastern medicine practitioners, these meridians need to be kept clear so energy can flow freely through the body. When the meridians become blocked or sluggish due to traumatic experiences, illness, injury, or negative thoughts and beliefs, energy can't flow freely through the body, and it disrupts the body's energy system so healing can't take place.

That's where acupuncture, acupressure and tapping come in. By stimulating certain points along these meridians, you release the stuck energy and negative emotions, which allows the problems to start clearing up. What kind of problems? Tapping is being used very successfully on all kinds of mental, physical and emotional problems like post-traumatic stress, physical illness and injuries, aches and pains, fears and phobias, weight problems, relationship problems, financial problems, and more.

You might be wondering how on earth tapping on parts of your body could help some of these issues. The answer is very simple: negative emotional energy and limiting beliefs make you feel unhappy, overwhelmed and powerless. Have you ever tried to take action to improve your life when you felt that way? It's not very effective!

But when you first tap to clear the negative emotion from your body, you send a calming signal to your brain, which neutralizes the "fight or flight" response. You are then able to think clearly, come up with creative solutions, and take action on them easily. I'm not asking you to believe that this works; you'll see for yourself soon enough!

The tapping points are pretty easy to learn, and once you've gone through a few rounds of tapping they are easy to remember. Go ahead and touch each point as you read the description so you can feel its location:

- The first point is called the "**Karate Chop Point**," and it's located on the outside edge of either hand, about midway between the knuckle of your small finger and the base of your wrist. It's called the "Karate Chop Point" because that's the part of the hand that would be used for a karate chop.
- Next is the "**Eyebrow Point**," which is located on the inner end of each eyebrow. Place your finger at the top of your nose between your eyes, and then move your finger either left or right to the beginning of each eyebrow. That's where the Eyebrow points are.
- Next is the "**Side of Eye**" point, and it is on the outer side of each eye; right on the bony edge of the eye socket – not too close to the eyeball, and not too far back toward the temple – it's right on the outer bony ridge of the eye socket.

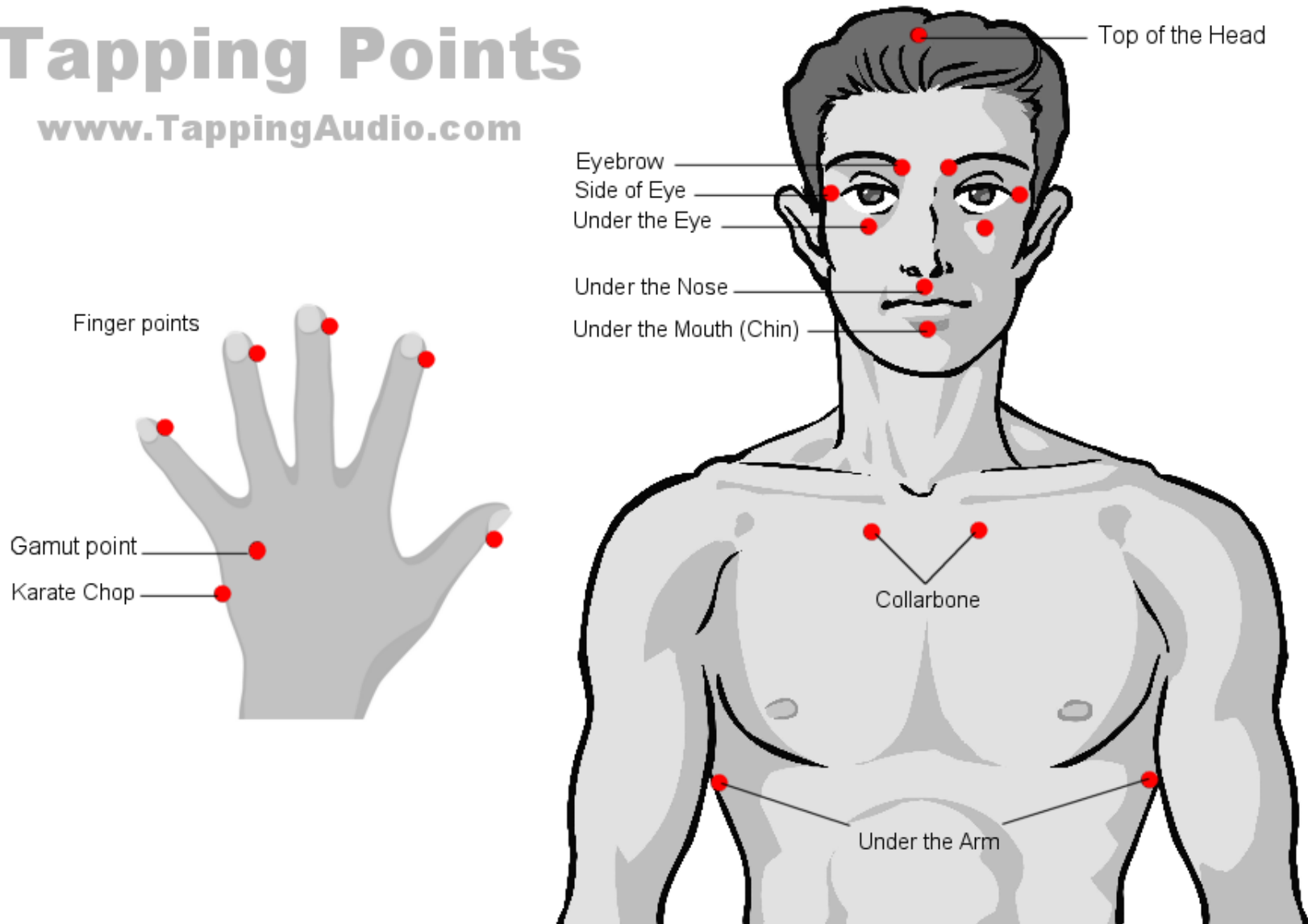
- Next is the “**Under the Eye**” point, and once again it is right on the bony ridge of the eye socket, directly under the center of each eye.
- Next is the “**Under the Nose**” point, which is directly under the nose, about halfway between the base of the nose and the upper lip.
- Below that is the “**Under the Mouth**” point, also known as the “**Chin**” point. It’s not exactly on the chin; it’s actually in the crease between the lower lip and the chin.
- Next is the “**Collarbone**” point, which is found approximately one inch below and a couple of inches to either side of the “U” shaped notch where the collarbones meet. If you place your finger in that “U” shaped notch, then slide it down about an inch, and then slide it left or right a couple of inches, those are the collarbone points.
- The “**Under the Arm**” point is located about four inches below the armpit on either side of the body, right about where a bra strap is for women, and roughly in line with the nipple for men.
- Finally, the “**Top of the Head**” point is directly in the center of the crown of the head.

In addition to the main tapping points on the body, there are points on the fingers and thumbs too. These are located on the inside edge of each finger/thumb, right in line with the base of the fingernail. The “**Gamut point**” is between the bones of the ring finger and small finger on the back of each hand.

There’s a diagram of all of these points on the next page; feel free to print it and keep it in front of you while you tap until you’ve got the points memorized.

Tapping Points

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The most basic form of tapping goes like this:

First, identify a problem. Examples: “My shoulder hurts.” Or, “I’m angry at my spouse.” Or, “I feel stressed about money.” Next, rate the intensity of the problem on a scale of 0 to 10. If the problem is minor and is causing just a little discomfort, you might rate it a 3 or 4. If it’s very intense or painful, you might rate it as a 9 or 10. Go with your gut; don’t second-guess yourself. Just give it an initial number to start.

Then you would start by tapping continuously on the **Karate Chop point**, on the side of either hand, while saying a “set up phrase” three times. An example of a set up phrase would be: “Even though my shoulder hurts, I deeply and completely love myself.” You would say this three times while continuously tapping on the Karate Chop point.

This set up phrase is important because it helps clear any resistance you may have to releasing the negative feelings. When you start each tapping session with a set up statement and consistent tapping on the Karate Chop point, you clear resistance by first acknowledging the problem, and by focusing on a positive intention (like loving and accepting yourself).

There are also many variations of set up statements that work well, like: “Even though I feel angry at my husband, I’m willing to let these feelings go.” Or, “Even though I’m scared about the diagnosis I received yesterday, I accept myself and my feelings.”

After you say the set up statement three times while tapping on the Karate Chop point, then you can move on to the actual tapping rounds.

The traditional order of tapping the points is:

- 1) Eyebrow
- 2) Side of the Eye
- 3) Under the Eye
- 4) Under the Nose
- 5) Under the Mouth
- 6) Collarbone
- 7) Under the Arm
- 8) Top of the Head

You start by tapping lightly on the Eyebrow point while saying a “reminder” phrase, like: “This anger at my husband.” Or, “This pain in my shoulder.” Or, “This scary diagnosis.” Then you move to the Side of Eye point and say the same thing, and continue on through each of the points in turn, repeating the reminder phrase each time. You only have to tap each point roughly 7 times, but you don’t have to count – you can just tap for as long as it takes to say the reminder phrase.

After you’ve gone through all 8 points, you have completed one “round” of tapping. However, one round usually isn’t enough to clear a problem, except maybe for very minor issues. For most issues, you’ll need to do several rounds.

Let’s go through a practice round so you can see it from beginning to end:

Example Problem: “I feel stressed about work.”

Let’s say you rated the problem at a 7 on a scale of 0-10, so you are feeling pretty stressed.

Tap on the Karate Chop point on the side of either hand while you say your set up statement three times:

“Even though I feel stressed about work, I deeply and completely love and accept myself.”

“Even though I feel really stressed about work, I accept myself and my feelings.”

“Even though I feel really stressed right now, I am willing to start feeling calmer.”

Now begin tapping on each of the points in turn:

Eyebrow point: “I feel very stressed about work.”

Side of the Eye: “This work stress.”

Under the Eye: “I feel really stressed.”

Under the Nose: “This stress is really intense.”

Under the Mouth: “This feeling of being stressed.”

Collarbone: “I feel really stressed right now.”

Under the Arm: “I feel really, really stressed right now.”

Top of the Head: “This stressful, overwhelming feeling.”

There you go; you just completed one full round of tapping! However, most issues will require more than one round, so I usually go right into another round after the first, going right back to the eyebrow point and moving through the points again just as we did in the example. (You don't have to go back to the Karate Chop point again until you start tapping on another issue.)

After two or three rounds, stop, take a deep breath, and then tune into your feelings again. How stressed do you feel now? Give it a number from 0 to 10. Most often, you'll find that the intensity has dropped down quite a bit

from your initial rating. However, if it is still anything more than a zero, keep tapping! Ideally, you should tap until you no longer feel any discomfort when you focus on the problem. However, with some bigger issues, it might not be possible to completely clear them in one session. In that case, it's okay to tap on them for a few minutes each day until you get them down to a zero.

Some Additional Tips to Keep in Mind:

- It's very important to tune into the EMOTIONS attached to the problem while tapping. So, instead of just saying, "This stress about work," it's really important to tune into the FEELING of the stress as you tap on it. Remember that the whole point of tapping is to clear negative emotion from the body's energy system, and that can be accomplished much more easily if you are actually "tuned into" those feelings as you tap.
- Tapping can also be used to ease physical pain and discomfort, but there still may be emotions connected to the pain, so you may want to tackle it from both angles. You can tap on the physical sensations, like, "This pain in my shoulder," and also tap on the emotional aspects like, "This frustration about the pain in my shoulder."
- Longer sessions of tapping are often much more productive! If you tap for 2 or 3 minutes, you will probably feel a little bit better, but tapping for 10 or 15 minutes will usually make you feel dramatically better. However, if you only have 2 or 3 minutes available, it's better than nothing. Just try to fit in slightly longer sessions whenever you can.
- After several rounds of tapping on the "negative" aspects of a problem, it's a good idea to follow up with a few rounds of positive statements. For example, after you've tapped several rounds on "This stress about work," and you can feel that your stress level has dropped quite a bit, then you might continue tapping for

a few more rounds with positive statements like these: “I choose to feel nice and calm about work now. I’m ready to let go of stress. I choose to feel calm and centered. I allow myself to feel completely at peace about work.” This just helps to reinforce the shift from negative emotion to positive emotion.

- Also be sure to keep BREATHING deeply and steadily as you tap. Pause and take a nice deep breath after every round. Drinking plenty of water is also important – before, during and after tapping sessions.
- You do not have to tap the points in the exact order that I have presented here, and you don’t even have to tap on ALL of the points, either. If you have a favorite tapping sequence that you prefer to use, just ignore the part of the audio where I tell you which point to tap, and tap the points you like to use. Also, if you have any injuries or if you have recently had surgery on or near one of the tapping points, just skip that point. There is no need to hurt yourself if tapping on a certain area would be painful for you. You will still get some great benefits from tapping on the other points.
- It’s a good idea to keep a notebook and pen nearby while you tap, because other issues will often come up, and you’ll want to go back and tap on those separately later. For example, you might suddenly recall a strong memory from your past, or a traumatic experience that you still haven’t fully released will bring up a lot of strong emotion within you. When these things happen, be sure to write them down and tap on them later. These old memories and random feelings don’t come up by accident; most often it’s because there is a connection to the issue you are tapping on currently.
- Don’t worry if you don’t know what to say when you tap. The words you say don’t really matter that much. The key is to tune into the **FEELING** that you are trying to clear. In fact, I have tapped without saying a single word and still gotten great results! All I did was focus on a feeling that was bothering me, like anxiety, stress, or anger, and just tapped . . . tapped . . . tapped as I focused on the feeling. And within

minutes the feeling faded away. You can also use just a word or a short phrase if it helps you focus better, like: “feeling angry” or “sick of this stress”. In any case, don’t worry about the specific wording – just get in touch with your feelings and tap while focusing on them. You will clear out a lot of resistance that way.

Hopefully these instructions haven’t overwhelmed you – I promise that once you’ve gone through a few rounds of tapping it will make much more sense to you! Tapping requires a little bit of practice to get comfortable with it, but it gets easier the more you do it. And believe me, once you start feeling the tremendous benefits of tapping, you’ll want to do it a LOT!

All right, now you’re ready to move on to the tapping audio and start tapping! Remember, you can print out the diagram of the tapping points found on page 4 of this booklet. But after several rounds of tapping you probably won’t need to refer to it anymore because you’ll have the points memorized.

If you haven’t already, be sure to sign up for the newsletter at www.tappingaudio.com. I’ll be sending a lot of helpful tips beyond the basics I’ve shared here, so you won’t want to miss those.

Wishing you successful tapping!

www.TappingAudio.com

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