

Tapping or Emotional Freedom Technique - (Script At The Bottom)

What is Tapping and How to Tap

Unlock your potential with Tapping, or Emotional Freedom Technique (EFT) – a powerful, evidence-based holistic healing method.

This unique therapy blends ancient Chinese acupressure with modern psychology to help you conquer stress, anxiety, limiting beliefs, and so much more.

Imagine gently tapping with your fingertips on specific meridian points across your body. As you focus on challenging emotions or physical sensations, this simple action works wonders: it calms your nervous system, helps your brain build healthier responses, and restores your body's natural energy balance.

Here's the magic: when you stimulate these energy points, you send a direct signal to your amygdala – the 'fear command center' of your brain – telling it to relax. This can immediately quiet overwhelming thoughts. Think of it like this: your body has an intricate network of energy channels, and with Tapping, you can access and harmonize that energy flow at any point along the system.

The beauty of Tapping? It's incredibly simple to learn and completely painless. No complex techniques, no special equipment – just you. Anyone can master it, and the true liberation lies in its accessibility: you can apply Tapping to yourself, anytime, anywhere, putting its powerful benefits directly into your hands.

This isn't a one-size-fits-all solution; you'll harness Tapping with specific emotional intent, directly addressing your own unique life challenges and experiences. Think of it like a personalized tool for your well-being.

While it shares principles with ancient practices like acupressure and acupuncture, Tapping stands out by giving you something truly profound: the power to heal yourself, placing the reins of your destiny firmly back into your own hands.

Need an immediate tension release? A quick trick: gently 'ping' a hair band on your wrist for a subtle, instant shift in your stress levels.

How To Tap

The beauty of Tapping?

It's incredibly simple to learn and completely painless. No complex techniques, no special equipment – just you. Anyone can master it, and the true liberation lies in its accessibility: you can apply Tapping to yourself, anytime, anywhere, putting its powerful benefits directly into your hands.

This isn't a one-size-fits-all solution; you'll harness Tapping with specific emotional intent, directly addressing your own unique life challenges and experiences. Think of it like a personalized tool for your well-being.

While it shares principles with ancient practices like acupressure and acupuncture, Tapping stands out by giving you something truly profound: the power to heal yourself, placing the reins of your destiny firmly back into your own hands.

Need an immediate tension release? A quick trick: gently 'ping' a hair band on your wrist for a subtle, instant shift in your stress levels.

Where Does the Magic Happen? Unveiling the Tapping Points

Now that you understand the "why," let's explore the "where." Tapping harnesses your body's intrinsic energy system, gently stimulating specific points along its meridian pathways – much like an internal map. While there are 12 commonly recognized points, corresponding to different internal organs, for most practical applications, we typically focus on a powerful sequence of 9:

- **Karate Chop (KC):** Located on the fleshy part of the hand between the wrist and the pinky finger, this point connects to the **Small Intestine meridian**. It's often the starting gate for your tapping journey.
- **Top of Head (TH):** Right at the crown, this point connects to the **Governing Vessel**, offering a broad calming effect.
- **Eyebrow (EB):** At the beginning of the eyebrow, just above the nose. This point is tied to the **Bladder meridian** and is excellent for clearing mental clutter.

- **Side of the Eye (SE):** On the bone at the outer corner of the eye. This point connects to the **Gallbladder meridian** and can help with frustration and anger.
- **Under the Eye (UE):** On the bone directly under the center of the eye. Linked to the **Stomach meridian**, it's often used for anxiety and worry.
- **Under the Nose (UN):** In the indentation between your nose and upper lip. Another point on the **Governing Vessel**, it can bring grounding and relief.
- **Chin (Ch):** In the indentation between your lower lip and chin. This point relates to the **Central Vessel** and often helps with shame or confusion.
- **Beginning of the Collarbone (CB):** In the soft spot just below the prominent bone of your collarbone, either side of the sternum. This vital point connects to the **Kidney meridian** and is fantastic for feelings of overwhelm or insecurity.
- **Under the Arm (UA):** About four inches below the armpit, on the side of your body. Linked to the **Spleen meridian**, it's often tapped for obsessive thoughts or cravings.

By gently tapping these accessible points, you directly engage your body's innate wisdom, paving the way for profound emotional and physical release.

The Tapping Sequence: Your Path to Release

Now that you know the points, let's put them into action. This simple, yet powerful, sequence is your gateway to emotional freedom.

1. Set Your Intention (The Setup Phase): Begin by finding your **Karate Chop (KC)** point (the fleshy part of your hand between the wrist and pinky finger). Gently tap this point continuously while simultaneously stating your "setup phrase." This phrase acknowledges your issue and affirms self-acceptance.

Your setup phrase is: "Even though I have this [specific fear or problem], I deeply and completely accept myself."

- **Example:** "Even though I have this overwhelming anxiety about my presentation, I deeply and completely accept myself."

- **Example:** "Even though I'm feeling this frustration about my workload, I deeply and completely accept myself."

Repeat this setup phrase at least three times while continuously tapping the Karate Chop point.

2. The Tapping Round: Releasing the Charge

Once your setup is complete, you'll move through the remaining points, tapping approximately seven times on each one. As you tap each point, you'll shift your focus to a "reminder phrase" – a shortened version of your problem, **keeping it top of mind**.

Follow this ascending order, moving down your body and then finishing at the top:

- **Eyebrow (EB):** (The beginning of the eyebrow, just above the nose)
- **Side of the Eye (SE):** (On the bone at the outer corner of the eye)
- **Under the Eye (UE):** (On the bone directly under the center of the eye)
- **Under the Nose (UN):** (In the indentation between your nose and upper lip)
- **Chin (Ch):** (In the indentation between your lower lip and chin)
- **Beginning of the Collarbone (CB):** (The soft spot just below the prominent bone of your collarbone, either side of the sternum)
- **Under the Arm (UA):** (About four inches below the armpit, on the side of your body)
- **Top of Head (TH):** (Right at the crown of your head)

As you tap each of these points, simply say your **reminder phrase** (e.g., "this anxiety," "my frustration," "this tight feeling"). This helps keep your mind focused on the issue you're releasing.

This entire sequence (from Eyebrow to Top of Head) counts as one round. **Repeat this full tapping round three times.**

- **3. Test Your Intensity and Continue**

After completing your three full rounds of tapping, take a moment to **test how you feel**.

- **Rate your intensity level** on a scale of 0 to 10, where 10 is the highest discomfort and 0 is complete peace.
- Notice if the feeling has shifted, lessened, or even moved to a different part of your body.

Your goal is to reach a **0 intensity level**. If you're not there yet, simply **repeat the tapping rounds**. You can adjust your reminder phrase as the feeling changes (e.g., "this remaining anxiety," "a little bit of this frustration"). Keep going until you feel a significant shift or reach that desired 0.

This iterative process empowers you to continuously address and release your emotional charge until you find relief.

Tapping Script

Disorientation Tapping Script

Karate Chop -

Even though I feel disoriented and confused, I deeply and completely love and accept myself. Even though I am afraid of... I am afraid of this loss of control. I choose to be loving, kind and patient with myself. Even though I feel my life will never be the same, I choose to open myself up to experiencing this shift in an open way in order to release all its gifts.

Head –

The cause of whatever I am feeling is not happening right now. It might something from my past that is surfacing and ready to be healed.

Eye Brow –

What if I choose to allow it to be seen and dealt with now.

Side Of Eye –

The changes happening in my life today might not feel so scary.

Under The Eye -

I know that at this moment, I really don't understand anything that I am experiencing.

Under The Nose –

I know that behind the veil of illusion lies my true identity.

Chin –

I know that God/ Source / Universe / Creator knows the way.

Collarbone –

This way is presently obscured to me in my limited perspective.

Under Arm –

I surrender to a new reality guided by my higher self with assistance from God/
Source / Universe / Creator