

# Tapping Your Way To **Health, Happiness and Abundance**

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Wisdom from  
Meridian Tapping Experts

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# Introduction and History of Meridian Tapping

**By Nicolas Ortner, Creator of "The Tapping Solution" (formerly "Try It On Everything")**

Millions of people are settling for lives filled with poor health and emotional baggage. Not knowing how to achieve the joyful and satisfying lives they desire, they're stuck accepting a lifestyle of emotional trauma, chronic physical pain, compulsions and addictions, or perhaps just an empty feeling inside. Along with these problems come pills to kill the pain, sleep at night, and suppress anxiety – but this "cure" is hardly better than the disease.

If you're like many people, you feel trapped, caught in this cycle. You're tired of feeling sad, depressed, anxious, discontent, and unwell. You're sick of the expensive and ineffective treatments. You're fed up with relinquishing the power over your health and happiness to psychologists and doctors. You'd like to grow, flourish, and thrive, putting the past in the past. You want to be your best, living a life that is filled with peacefulness, joy, and fulfillment, from day to day and moment to moment.

With Meridian Tapping, you can do that. You can discover the vital secret for emotional wholeness and physical relief. You can take your physical and emotional well-being into your own hands. It's simple for anyone to master, and it's free.

Meridian Tapping provides relief from chronic pain, emotional problems, disorders, addictions, phobias, post-traumatic stress disorder, and physical diseases. While Tapping is newly set to revolutionize the field of health and wellness, the healing concepts that it's based upon have been in practice in Eastern medicine for over 5,000 years. Like acupuncture and acupressure, Meridian Tapping consists of a set of techniques that utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body's own energy and healing power.

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Your body is more powerful than you can imagine... filled with life, energy, and a compelling ability for self-healing. With Meridian Tapping, you can take control of that power.

### **So, How Does It All Work?**

*"The cause of ALL negative emotions is a disruption in the body's energy system."*

-Gary Craig, founder of EFT, a form of Meridian Tapping

This fundamental principle is the basis of Meridian Tapping. All negative emotions are felt through a disruption of the body's energy. And physical pain and disease are intricately connected to negative emotions. Health problems create feedback – physical symptoms cause emotional distress, and unresolved emotional problems manifest themselves through physical symptoms. So, the body's health must be approached as a whole. You cannot treat the symptoms without addressing the cause, and vice-versa.

The body, like everything in the universe, is composed of energy. Restore balance to the body's energy, and you will mend the negative emotions and physical symptoms that stem from the energy disruption. Meridian Tapping restores the body's energy balance, and negative emotions are conquered.

The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 9 of the body's meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body's energy, restoring it to a balanced state.

You may be wondering about these meridians. Put simply, energy circulates through your body along a specific network of channels. You can tap into this energy at any point along the system.

This concept comes from the doctrines of traditional Chinese medicine, which referred to the body's energy as "ch'i." In ancient times, the Chinese discovered 100 meridian points. They also discovered that by stimulating these meridian points, they could heal. Call it energy, call

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it the Source, call it life force, or call it ch'i... Whatever you want to call it, it works!

In some ways, Meridian Tapping is similar to acupuncture. Like Tapping, acupuncture achieves healing through stimulating the body's meridians and energy flow. However, unlike Meridian Tapping, acupuncture involves needles! "No needles" is definitely one of the advantages of Tapping.

Acupuncture also takes years to master. Acupuncture practitioners must memorize hundreds of meridian points along the body; the knowledge and training take years to acquire.

Meridian Tapping is simple and painless. It can be learned by anyone. And you can apply it to yourself, whenever you want, wherever you are. It's less expensive and less time consuming. It can be used with specific emotional intent towards your own unique life challenges and experiences. Most importantly, it gives *you* the power to heal yourself, putting control over your destiny back into your own hands.

### ***The History of Meridian Tapping: An Accidental Discovery Leads to a Healing Revolution***

We know that humans have explored the healing potential of rubbing or pressing on certain points of the body for well over 5,000 years. Treatment of these points is part of the ancient medical history of many cultures, particularly Traditional Chinese Medicine (TCM), which uses needles to stimulate these "*acupoints*."

Over the years, those individuals with an interest in bringing relief and healing to others studied these concepts. They rubbed, they probed, they tapped, they pinched, and all the while they observed what restored balance and well-being... and what did not, and they passed down their discoveries from generation to generation. This is, one can assume, how acupuncture developed, when someone discovered that piercing specific points in the body with sharp needles could relieve certain conditions or diseases.

It was not until the latter part of the XX century, however, that western scientists began taking a serious look at Chinese medicine and the benefits of acupuncture. One of these scientists was George Goodheart, Jr., a chiropractor. Goodheart explored the connection

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between the meridians associated with certain body parts and illness in the body, and became aware that the emotional state of a patient affected the response and strength of muscles. He went on to develop what is today known as muscle testing or Applied Kinesiology, a widely used technique.

John Diamond, a psychiatrist, became one of Goodheart's students in the early 70's. He began using muscle testing as part of his practice and found he could identify core psychological issues more quickly. He would use affirmations while stimulating certain meridians to help his patients get emotional relief, and was able to, through testing with clients, which particular emotional state was associated with each acupuncture meridian.

The big breakthrough came in 1979, with a psychologist by the name of Roger Callahan, who had studied Applied Kinesiology with Goodheart and Diamond, and a patient with an extreme phobia of water. Mary's fear of water controlled her life and kept her from many daily activities. She was unable to take her children to the beach or even drive near the ocean; she grew fearful when it rained, and could not even withstand the sight of water on TV. She had vivid nightmares involving water.

Dr. Callahan and Mary had been working on this problem together for over a year and a half. Though she found ways to cope with the intense fear and emotional pain, she could not overcome her phobia. Callahan tried every anxiety reduction technique at his disposal, and there were many, but without success.

One day Mary complained about feeling stomach pains – a common "gut reaction" – every time she thought about water. Dr. Callahan knew that there is an acupuncture point directly beneath the eye, on the cheekbone, that is linked to the stomach meridian according to traditional Chinese Medicine. He asked her to tap there, thinking it might lessen her stomach pains.

Mary tapped her cheekbone as directed, and this little action changed medicinal history! The response seemed miraculous, to both Mary and Dr. Callahan. Her stomach pains disappeared. But even more amazingly, her phobia of water disappeared, too! She ran down to the pool, kneeled down, and began splashing herself with water, rejoicing in her newfound freedom from the fear that had imprisoned her all her

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life. As strange as it seemed at the time, it turned out that just tapping on her cheekbone while she was talking about her fear of water eliminated this fear – permanently!

Callahan further explored the use of tapping on other meridian points to treat other fears and phobias, and eventually developed a technique, which became known as “Thought Field Therapy”. He found that there were certain patterns of tapping points that worked well for specific problems, and published these tapping procedures, or *algorithms*, so that advanced forms of diagnosis would not be required in all cases.

Several of Callahan’s students expanded the research and developed techniques that did not require muscle testing or the use of algorithms. Dr. Patricia Carrington was one of these early pioneers, developing a tapping technique that deliberately did not use any diagnostic technique, such as muscle testing was, and instead had the patients do a round of tapping on all the acupuncture end-points while thinking of the issue at hand. She later developed her Choices Method that has had a key role in bringing further acceptance and better results into the tapping method.

Gary Craig was also a student of Dr. Callahan's, learning the procedures for TFT. Craig began to observe some problems with TFT, aspects that he saw were unnecessary complications, and in the mid 1990’s he developed EFT (Emotional Freedom Techniques) as a simplified, improved version of the concepts behind Callahan's TFT.

Craig had observed repeated scenarios in which the problem was incorrectly diagnosed using TFT, or the practitioner tapped out the meridian points in the wrong order, and yet the patient was still cured. Based on these observations, he concluded that it did not matter in which order the meridian points were tapped. EFT has one basic, simple sequence of points to tap, no matter what the situation. It does not require complicated muscle testing. It is simple to administer and easy to master.

While Carrington and Craig continue to be leaders in the field, many other practitioners have branched off and developed their own variations, which we now encompass under the generic term of “Meridian Tapping”.



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Because of all this, thousands of people have used Meridian Tapping for illnesses and to resolve emotional problems. Tapping practitioners have studied the techniques and trained to take on more complicated and difficult cases, and these dedicated practitioners report more successful applications daily. More and more people are discovering and exploring Meridian Tapping. Many people all over the world are discovering how Tapping can change *their* lives.

### ***Meridian Tapping Sequence for Anxiety***

As discussed, Meridian Tapping can be used for almost anything – try it on everything! In this example, we'll focus on general anxiety. Try it now with this initial sequence, but feel free to replace "anxiety" with any other issue you want to work on.

Here's how a basic Meridian Tapping sequence works:

1. Identify the problem you want to focus on. It can be general anxiety, or it can be a specific situation or issue which causes you to feel anxious.
2. Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety, with zero being the lowest level of anxiety and ten being the highest.
3. Compose your set-up statement. Your set up statement should acknowledge the problem you want to deal with, then follow it with an unconditional affirmation of yourself as a person.

*"Even though I feel this anxiety, I deeply and completely accept myself."*

*"Even though I'm anxious about my interview, I deeply and completely accept myself and these feelings."*

*"Even though I'm feeling this anxiety about my financial situation, I deeply and completely accept and forgive myself."*

*"Even though I panic when I think about \_\_\_\_\_, I deeply and completely love and accept myself. "*

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*"Even though I'm worried about how to approach my boss, I deeply and completely trust and accept myself."*

*"Even though I'm having trouble breathing, I deeply and completely accept myself and everything that is happening to me."*

4. Perform the set up.

With four fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb.

Repeat the set up statement three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath!

5. Get ready to begin tapping! Here are some tips to help you achieve the right technique.

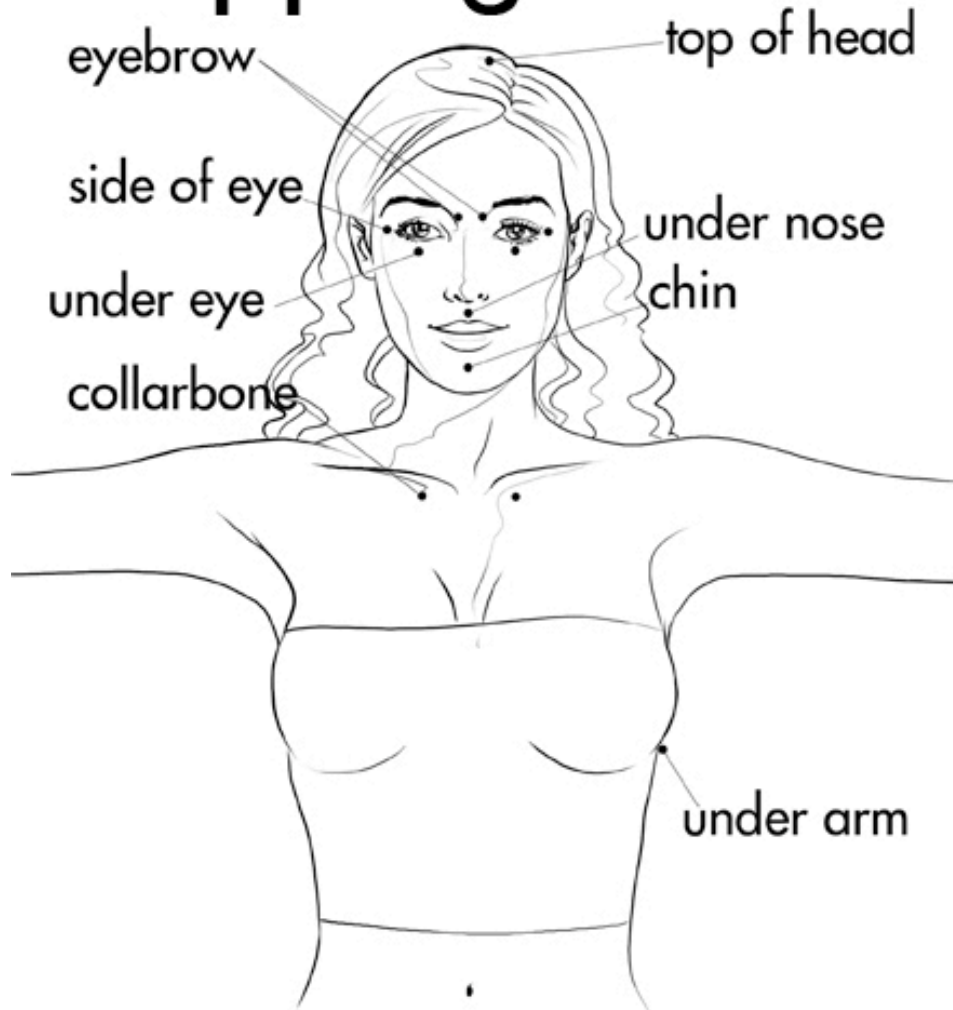
- You should use a firm but gentle pressure, as if you were drumming on the side of your desk or testing a melon for ripeness.
- You can use all four fingers, or just the first two (the index and middle fingers). Four fingers are generally used on the top of the head, the collarbone, under the arm... wider areas. On sensitive areas, like around the eyes, you can use just two.
- Tap with your fingertips, not your fingernails. The sound will be round and mellow.
- The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the loop.

6. Now, tap 5-7 times each on the meridian points in the following sequence.

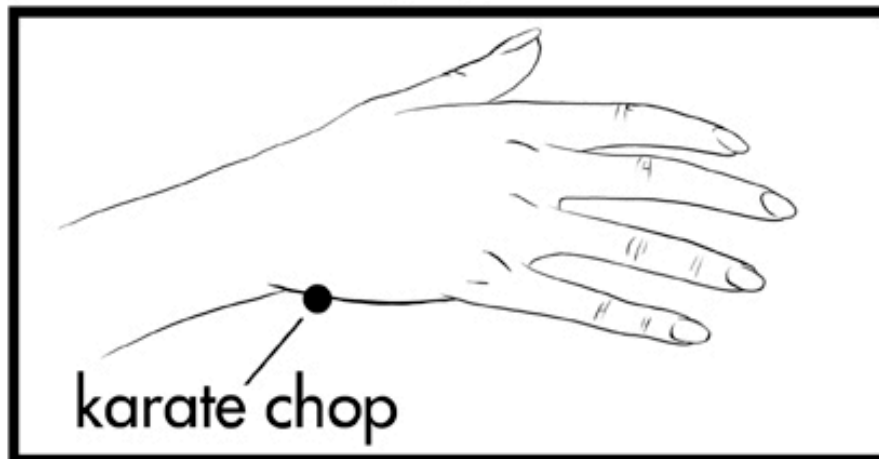
(Note: Some people like to start at the top of the head, some people like to end at the top of the head, either way is fine! In the film, we

show it starting at the top of the head, my personal preference is to start with the eyebrow point (after the karate chop, and end at the top of the head)

# Tapping Points



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### Eyebrow (EB)

*The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.*

### Side of eye (SE)

*The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!*

### Under eye (UE)

*The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.*

### Under nose (UN)

*The point centered between the bottom of the nose and the upper lip. Use two fingers.*

### Chin (CH)

*This point follows symmetrically with the previous one, and is centered between the bottom of the lower lip and the chin.*

### Collarbone (CB)

*Tap just below the hard ridge of your collarbone with four fingers.*

### Underarm (UA)

*On your side, about four inches beneath the armpit. Use four fingers.*

### Head (H)

*The crown, center and top of the head. Tap with all four fingers on both hands.*

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*As you tap on each point, repeat a simple reminder phrase, such as "my anxiety" or "my interview" or "my financial situation." Tap firmly with the first two fingers on each hand.*

*Now take another deep breath!*

- 7. Now that you've completed the sequence, focus on your problem again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same number scale.*
- 8. If your anxiety is still higher than "2", you can do another round of tapping. Keep tapping until the anxiety is gone. You can change your set up statement to take into account your efforts to fix the problem, and your desire for continued progress. "Even though I have some remaining anxiety, I deeply and completely accept myself." "Even though I'm still a little worried about this interview, I deeply and completely accept myself." And so on.*
- 9. Now that you've focused on dispelling your immediate anxiety, you can work on installing some positive feelings instead.*

*Note: This is a different approach than traditional "positive thinking." You're not being dishonest with yourself. You're not trying to obscure the stress and anxiety inside yourself with a veneer of insincere affirmations. Rather, you've confronted and dealt with the anxiety and negative feelings, offering deep and complete acceptance to both your feelings and your self. Now, you're turning your thoughts and vibrations to the powerful and positive. That's what makes Tapping so much more effective than the "positive thinking" techniques that many of you have already tried. It's not just a mental trick; instead, you're using these positive phrases and tapping to tune into the very real energy of positivity, affirmation, and joy that is implicit inside you. You're actually changing your body's energy into a more positive flow, a more positive vibration.*

*Here are some example phrases to guide you:*

*"I have faith in my ability to change."  
"I am joyful about these positive changes."  
"I am accomplishing so much."*

"I enjoy the calm and peace that I have."

"I love the person that I am."

"I am becoming a more relaxed and joyful person."

*You can use these positive phrases with the same Meridian Tapping points and sequences described above.*

*Congratulations! You've completed your first Meridian Tapping sequence. Keep reading to find out how to take Tapping to the next level!*

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# Meridian Tapping and The Law of Attraction - A Perfect Match (Part 1)

By Carol Look, PhD

You've written down your wish list, you know what you want and what date you want it by, and you've patiently been waiting for the "stuff" to fall into your lap.

*So where is it?*

What's the missing piece, and why hasn't it come to you yet? According to the popular philosophy of the **Law of Attraction**, you haven't yet **allowed** it into your life. How do you **allow** it into your life? You relax, feel more joy, appreciate what you have and choose positive thoughts instead of dwelling on fear or scarcity. This raises your vibration. **Your job is to raise your vibration.**

How can you possibly focus on joy and appreciation when your life is full of pain, strife, angst or past memories that scare you? **You use Tapping!** We've all done plenty of asking, plenty of telling the universe who and what we want in our lives. **The missing piece is that we don't know how to get out of our own way and open the door.** Enter **Meridian Tapping...**

## **LAW of ATTRACTION:**

The **Law of Attraction** is ALWAYS working for us. For those of you who've seen **The Secret, What the Bleep Do We Know**, or been following the *Abraham-Hicks* work, (just to name a few) you know what the **Law of Attraction** is --- the popular term to describe why we have what we have or experience in our lives. It means **"like attracts like"** no matter what. If you vibrate in fear, you will be delivered more experiences that cause fear. If you vibrate in a joyful place, you will bump into more experiences that bring you joy. Pretend your thoughts and vibrations are like slow moving boomerangs...they always come back to you.



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## **RAISING YOUR VIBRATION:**

The theory of this metaphysical "*Law of the Universe*" states that whatever we are feeling or vibrating (***not what we are saying***) is what is communicating our energetic "position" or posture to the Universe. The Universe then "hears" this vibration we are emitting, and then ***matches*** it by returning to us similar experiences to produce more of the same feeling and vibration. (This is why I have been obsessed with using the Gratitude List and Gratitude Walk that I talk about in my book. When I use these tools along with **Meridian Tapping**, I immediately improve my vibration which in turn magnetizes into my life the desires I have been focused on.)

Many people misinterpret the principles behind the **Law of Attraction**, and think they can "fool" the Universe by *pretending* that they are joyful. This is not possible, as the Universe reads your vibration, not what you say or do.

The key points of this article are:

- (1) The **Law of Attraction** is ***always*** operating
- (2) The Universe "hears" your vibration/energy, ***not your words***
- (3) Knowing about this Law allows you to have more power in your life and feel/ be less of a victim
- (4) You DO have control over your vibration if you make choices about your thoughts and focus
- (5) **Meridian Tapping** is one of the fastest and easiest ways to change your vibration

So when you use **Tapping** to release any negativity and conflict in your energy system, you will naturally be vibrating in a more positive, uplifting space. Then the **LAW of ATTRACTION**, which is always working, will bring you more of the positive things that you have been asking for. ***It's a perfect match.***

Think about all the pieces of **Tapping** --- (1) choosing a specific problem, (2) affirming that you deeply and completely love and accept yourself no matter what, and

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(3) tapping on the points in your energy system and relieving the stress, tension, and conflict that has been stored there. What a wonderful way to raise your vibration!

What do you want to attract in your life? Professional success, money, love, friendships, joy, peace, spiritual depth, happiness? It's all available, but you need to know how to control your "vibration" which is in direct communication with the Universe. We need to use the **Law of Attraction** to our advantage since it's working 24 hours a day for us anyway.

In his recently released serious diseases DVD series, Gary Craig described how the hurtful or traumatic events in our lives drain and reduce the effectiveness of our immune system over time. This makes perfect common sense. When we have negative feelings and don't find ways to relieve or express them, we eventually run our immune systems down and we end up in a compromised physiological place. Then we are a favorable "host" for the flu bug or cold virus circulating in our environment. The same is true for our vibration. When we run ourselves down by focusing on negative thoughts, painful experiences, or upsetting *what ifs*, we lower our vibration, which the Universe then answers. (Remember the image of a slow moving boomerang...)

### **RESPONSIBILITY:**

Using the theory behind the **Law of Attraction** is NOT a system of blame! It is an explanation of responsibility and an opportunity to take back control of your life and stop being a victim. We have all attracted negative things into our lives from time to time, some more than others. When people argue, "*but I didn't want that bad thing to happen...*" you can bet that at some point, and definitely over time, they were inadvertently focusing on negativity, resentment, and probably fear. We all do it, we all attract negative things into our lives, and we are all afraid much of the time...it comes with being human. **However, we have many more tools at our disposal now to reduce the fear, transform the powerlessness, and increase**

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**our genuine joy.** It's an individual decision whether we want to pick up and practice using these tools or not.

### **PATIENCE:**

It is also important to note that the **Law of Attraction** mechanism is carried out by the Universe in a "big picture way." You don't have a resentful or fearful thought at 10:00 in the morning, and get a flat tire at noon. It's about your **overall vibration** on particular subjects, your accumulated vibration, and this is something you can change and influence in a very short period of time. So consider being patient, believing that what you want is on its way to you, and work on raising your overall vibration.

Everyone oversimplifies the issue and manages to turn it around again into victimhood. **Why did the universe send this to me???** They ask...Because they were pulsing, vibrating, communicating that same level of vibration that was returned to them, on some subtle level in their energy system by focusing on resentment, pain, hurt, anger or feeling powerless. We all do it, we all have done it, and we all will continue to do it in our lives. But now we can choose to do it less, relieve the feelings, take back our power, and harness the incredible power of the **Law of Attraction**. Remember, this "law" works as often and as predictably as gravity, so it's up to you what targets you want to offer it. The **Law of Attraction** has perfect aim.

"I wouldn't have asked for the flu" you protest... No, you wouldn't have and neither did I last winter, but I did communicate resistance, tension, fear, and irritation for a long time before I weakened my immune system enough to allow myself to react to the flu bug. In other words, I had to be ready, or a favorable "host" for it. (I also still "expect" to get sick at some point in the winter...another vibration I can work on changing.)

Remember, WE ALL DO IT. **If any of you are hearing blame, you are not hearing me and what I am saying in this article.** We all use the **Law of Attraction** in our

daily life, why not use it for our benefit, rather than to hurt us or slow our progress down?

### **GRATITUDE:**

If you want more in your life to be grateful for, focus on the appreciation you already feel for what and who you have in your life. Try the gratitude list or gratitude walk I talk about in my newsletters, or my gratitude tapping sequences from other articles. ***This all you need to attract outrageous success and abundance into your life: (1) Law of Attraction, (2) Meridian Tapping, and (3) An Attitude of Gratitude.***

Try a marathon of gratitude tapping and measure how you feel afterwards, and what tail-enders surface. Start by addressing the genuine mood or feeling state you feel right now, then move into appreciation and gratitude.

**Karate chop point:** *Even though I feel a little down right now, I choose to focus on positive emotions...Even though I don't feel very positive right now, I accept who I am and how I feel...Even though I'm wallowing in self-pity right now, I accept all of me and how I feel.*

**EYEBROW:** *I'm always afraid of what might happen*  
**SIDE OF EYE:** *What if something bad happens to me?*  
**UNDER EYE:** *I feel the fear in my vibration every day*  
**NOSE:** *I can feel the fear no matter what I do*  
**CHIN:** *I don't feel safe unless I'm feeling worried*  
**COLLARBONE:** *I'm afraid to let go of my fear*  
**UNDER ARM:** *I don't know how to feel any other way*

**HEAD:** *What if I can't let go of my fear?*  
**EYEBROW:** *I'm always afraid of what might happen*  
**SIDE OF EYE:** *What if something bad happens to me?*  
**UNDER EYE:** *I feel the fear in my vibration every day*  
**NOSE:** *I can feel the fear no matter what I do*  
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**COLLARBONE:** *I'm afraid to let go of my fear*  
**UNDER ARM:** *I don't know how to feel any other way*  
**HEAD:** *What if I can't let go of my fear?*

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After you have relieved the sensation of chronic fear in your mind and body with **Meridian Tapping**, move towards more positive and appreciative thoughts and statements:

**EYEBROW:** *I love feeling grateful*

**SIDE OF EYE:** *I choose to feel good no matter what*

**UNDER EYE:** *I feel appreciation for being alive*

**NOSE:** *I love who I am and how I feel*

**CHIN:** *I'm grateful for my life*

**COLLARBONE:** *I appreciate so much in my life*

**UNDER ARM:** *I'm grateful for the clarity in my life*

**HEAD:** *I love feeling so joyful*

**EYEBROW:** *I love feeling good*

**SIDE OF EYE:** *I appreciate feeling so grateful*

**UNDER EYE:** *I appreciate who I am*

**NOSE:** *I love who I am becoming*

**CHIN:** *I'm grateful for all my feelings*

**COLLARBONE:** *I appreciate the guidance I am getting*

**UNDER ARM:** *I'm grateful for who I am*

**HEAD:** *I love feeling such joy*

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# Meridian Tapping and The Law of Attraction - A Perfect Match (Part 2)

By Carol Look, PhD, EFT Master

**As a refresher, the following is from part 1 of this series:**

The key points of this article are:

- (6) The **Law of Attraction** is **always** operating
- (7) The Universe "hears" your vibration/energy, **not your words**
- (8) Knowing about this "Law" allows you to have more power in your life and feel and be less of a victim
- (9) You DO have control over your vibration if you make choices about your thoughts and focus
- (10) **Meridian Tapping** is one of the fastest and easiest ways to change your vibration

## **Using Tapping and LOA TOGETHER:**

So the million dollar question I answer a dozen times a week through emails, and hundreds of times in my **Law of Attraction** workshops is ...**But Meridian Tapping makes you focus on the negative, won't that make you attract more negativity into your life and make things worse?**

Good question. I have studied, experimented, pondered and come to the conclusion that the answer is a resounding "NO." After 10 years of doing **Meridian Tapping**, I can safely say that my personal and professional experiments have determined that **Meridian Tapping** and the **Law of Attraction** are a perfect match.

**We need to STOP TRYING TO RESIST OUR REAL FEELINGS. Meridian Tapping** allows us to name them, feel them, and release them. Once this step is done, you are in a vibrational position to allow into your life (or magnetize) what you want.

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When you use **Meridian Tapping** and target an emotion you have (what I call the truth) you have pinpointed the feeling that is causing your vibration anyway... you are already feeling that way, so why not call it what it is? **Meridian Tapping** is effective in direct proportion to the "truth" you are able to tell and the bull's-eyes you are able to hit. So instead of saying, "I'm upset with her," I recommend you say words that more deeply resonate with the truth: *I feel enraged at what she did and it wasn't fair.* This allows you get more of a "hit" and more of a positive result with **Tapping** as you have *nailed it on the head.* **Meridian Tapping** is the fastest tool I have ever come across to identify, address and clear an issue and find immediate relief. The event itself doesn't change, but your experience, memory, and perception of it and emotions about it, do change. What more could we ask for?

***And when you feel relief, the Law of Attraction is "listening" and allows into your life (by sending you) more of what you were asking for, whether it is relationships, money, opportunities or clients.***

### **FEELING vs. PRETENDING:**

When the **real feeling** (the one you've been trying to hide in your daily life) is finally addressed with **Meridian Tapping** and soothed in your thoughts, mind, and body, you free yourself to vibrate in a more grateful, peaceful, joyful place, to which **Law of Attraction** then responds and adds more joy and more reasons for gratitude.

Consider this...

(1) People think that just because they're pretending they don't hate their boss, that they're not exuding anger or vibrating negativity and resistance. Humans are very transparent, so our feelings "show."

(2) People think a few seconds of **Tapping** where they focus on a "negative" feeling is an eternity. They ignore

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the fact that they have spent 23 hours **pushing hard against** a feeling of fear, then worry about a few seconds of **Tapping**. When they are asked to focus on the negative feelings, there is a direct connection to their vibration. This allows the deep feeling to finally be relieved. It's very quick...there is no wallowing in **Meridian Tapping**...

(3) **Meridian Tapping** allows you to clear the decks, which makes space for peace and joy in your life.

**So once again, it's all about relief.** Even saying well-formed setup phrases allows people to feel more joyful and relaxed.

When you feel relieved, the "stuff" you have "asked for" receives an invitation to show up for you, through many unusual channels. When you use **Meridian Tapping** to get relief, you instantly vibrate in a better place, and voila, the manifestations start to appear. *What stuff?* Relationships, money, career opportunities, love, peace, coincidences, guidance, serendipity etc., you name it. I have actually had to stop some of my own "experiments" as I haven't quite caught up yet with what I am receiving.

So stop pretending you aren't hurt by what happened. Stop pretending that you've forgiven everyone when the truth is you're seething mad inside. **The Universe hears your vibration, not your words.** Use **Meridian Tapping** to target the feelings and release them once and for all, and allow peace into your life.

Once you have cleared the negativity with **Meridian Tapping**, you can be assured you have opened the door a little more to let into your life whatever you have been asking for, writing about, and visualizing.

#### **Karate chop point:**

*Even though I have been too embarrassed to admit my hurt, I accept who I am and how hurt I really was by him...Even though I didn't want to admit I was hurt, so I pretended I wasn't, I choose to express it now...Even*



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*though I felt devastated, I accept who I am and how I feel about it.*

**EYEBROW:** *I was so hurt by what happened*

**SIDE OF EYE:** *I've been pretending I wasn't hurt*

**UNDER EYE:** *I've been so hurt all along*

**NOSE:** *I thought I was supposed to forgive him*

**CHIN:** *But I wasn't ready*

**COLLARBONE:** *I still feel hurt*

**UNDER ARM:** *I feel hurt by what happened*

**HEAD:** *I need to admit my hurt*

**EYEBROW:** *I was deeply hurt and couldn't get over it*

**SIDE OF EYE:** *I kept trying not to be hurt*

**UNDER EYE:** *It feels so good to say it out loud*

**NOSE:** *The truth is I've never gotten over it*

**CHIN:** *It feels so good to admit the truth*

**COLLARBONE:** *I can finally say it out loud*

**UNDER ARM:** *I'm ready to release it*

**HEAD:** *It's time to release the hurt after all these years.*

***Using Meridian Tapping in this way allows you to release the real pain instead of spending all that energy trying not to feel hurt!*** Now you will be in an emotional and energetic position to feel more grateful and allow yourself to feel relief and joy.

### **FEAR:**

Fear definitely keeps you in a **lower vibration** and delays the magnetization of what you want. I find that **Meridian Tapping** is the easiest way to relieve this feeling and change your focus. Remember, when you change your focus, you vibrate in a different place, and attract different (more positive) things into your life.

A client of mine was very afraid of her negative thoughts but she spent most of her waking hours using tricks and affirmations to try and help her **push away the fear** and push away these thoughts. This always backfires, as she spent all her energy actually **focused on the negativity** rather than on something positive by trying so hard NOT to

think about these feelings. This of course means she was ultimately focused on her fears anyway, as all her waking hours were spent **trying not to be fearful!**

(You might want to try and substitute "I'm afraid of my negative thoughts" for the sentences below if you related to the above story.)

**Karate chop point:** *Even though I'm deeply afraid of what might happen, I accept who I am and how I feel...Even though I live with these fears every day, I am willing to consider relieving them now...Even though I'm afraid not to feel fear, I accept who I am and how I feel.*

**EYEBROW:** *I'm always afraid of what might happen*

**SIDE OF EYE:** *What if something bad happens to me?*

**UNDER EYE:** *I feel the fear in my vibration every day*

**NOSE:** *I can feel the fear no matter what I do*

**CHIN:** *I don't feel safe unless I'm feeling worried*

**COLLARBONE:** *I'm afraid to let go of my fear*

**UNDER ARM:** *I don't know how to feel any other way*

**HEAD:** *What if I can't let go of my fear?*

**Now that you have voiced the real feelings,** you are able to gently guide the client and can make the easy transition into more positive statements and vibrations. If the client objects to "positive" statements, they will hear "tail-enders" surface such as "no I'm not" or "that's not true" or something that counters the positive statements. **This is good news!** You now have more information and targets for tapping. When their tail-enders surface, be happy you are getting to the core issues! But try a positive round first to see where it lands.

**EYEBROW:** *I will consider letting go if my fear*

**SIDE OF EYE:** *I'm afraid to let go of my fear*

**UNDER EYE:** *I intend to be freer and lighter*

**NOSE:** *I love feeling peaceful more often*

**CHIN:** *I'm ready to let go of my fear*

**COLLARBONE:** *I love feeling grateful about my life*

**UNDER ARM:** *There is so much to feel grateful for*

**HEAD:** *I appreciate who I am and how I am living*

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## **POWERLESSNESS:**

Of course the feeling of powerlessness is overwhelming and lowers our vibration immediately. Usually it is ***perceived powerlessness***, rather than actual powerlessness, but it doesn't matter, it's the feeling that counts, not the reality of the situation! For those of us who suffer from feelings of powerlessness, we need to find ways to feel more powerful, and using **Meridian Tapping** is a wonderful tool.

***Karate chop point:*** *Even though I have no control in this situation, and it makes me anxious, I deeply and completely love and accept myself anyway...Even though I feel powerless, AGAIN, I choose to feel calm and peaceful...Even though I feel out of control and powerless, I love and accept all of me anyway.*

**EYEBROW:** *I feel powerless*

**SIDE OF EYE:** *I feel out of control*

**UNDER EYE:** *I hate feeling powerless*

**NOSE:** *I want more control*

**CHIN:** *I'm afraid of what might happen*

**COLLARBONE:** *I'm afraid of not having control*

**UNDER ARM:** *I want to feel more power in my life*

**HEAD:** *I don't want to feel so weak*

**EYEBROW:** *I still feel powerless*

**SIDE OF EYE:** *I want to feel strong*

**UNDER EYE:** *I hate feeling weak and powerless*

**NOSE:** *I hate feeling so down about it all*

**CHIN:** *I want to feel better*

**COLLARBONE:** *I still feel powerless*

**UNDER ARM:** *I want to feel better*

**HEAD:** *I will consider feeling better*

***Now you and your clients are in a position to take in the gratitude tapping:***

**EYEBROW:** *I love appreciating who I am*

**SIDE OF EYE:** *I love receiving what I want*

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**UNDER EYE:** *I am so grateful for my life*

**NOSE:** *I appreciate all my feelings*

**CHIN:** *I feel better already*

**COLLARBONE:** *I love feeling so confident and strong*

**UNDER ARM:** *I love the clarity in my life*

**HEAD:** *I appreciate the guidance I am receiving*

In closing, ask yourself how quickly you want to manifest more of your desires, small and large. If you are eager to manifest them sooner rather than later, I highly recommend using **Meridian Tapping** to clear the blocks and neutralize the limiting beliefs. This will allow all that you have been asking for to come in your front door. Remember, the **Law of Attraction** is always working, but with **Meridian Tapping**, we help it work for us and not against us.

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## **Why is the 'Choices Method' a Powerful Alternative to Our Standard Tapping Procedures?**

**by Patricia Carrington, Ph.D.**

I am sometimes asked why the "Choices Method" is so effective as a self-development technique.

There is a story behind this that begins in the 1980's when I was an enthusiastic teacher of an incredibly effective course called "DMA". One of the course's tenets was that there are unsuspected advantages in setting one's goals in terms of *Choices* that you consciously make, rather than employing the usual traditional "affirmations", which are positive statements intentionally contrary to the reality we perceive around us.

Affirmations are fine and have been used throughout history, and sometimes they work very well. But that is by no means always the case. Many of us working in the mental health field have found that some traditional affirmations work, sometimes -- but that all too many of them seemed unconvincing because they blatantly contradict reality and so can bring up a lot of inner doubts and contradictions.

Suppose you are living in a dingy 6<sup>th</sup> floor walkup with minimal sunlight and say to yourself a traditional affirmation such as, "I have a beautiful, spacious sunny luxury apartment". That statement is not apt to be very convincing.

Now try saying to yourself, "I *choose* to have a beautiful, spacious sunny luxury apartment". Is that more apt to be true? Are you less likely to say to yourself, "Oh yeah? A sunny luxury apartment? Try walking up those stairs 10

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times a day!” In other words, giving yourself a *choice in the matter* rather than stating the affirmation as an absolute truth avoids creating what Gary Craig has called “Tail Enders” –negative inner self-statements that can negate the power of any stated affirmation.

Aside from its convincingness and acceptability for the average person, a Choices Statement is immensely empowering. When a person makes a Choice it puts the person who makes it into the ‘driver’s seat’ in their own life. When they make a Choice they are exercising their own will, deciding and committing upon a course of action. I have found that this freely entered into commitment can have a powerful influence on the desired result, making it far more likely to be obtained

When I decided in the year 2,000 to combine the Choices Method with the technique of Meridian Tapping, I added the power of tapping the meridian end points, to the already highly effective act of creating Choices Statements. Immediately I found that the combination was a method that worked to accomplish several important goals that the default self-acceptance phrase “I deeply and completely accept myself” just could not reach.

1. It made Meridian Tapping, which I was then teaching in the form of EFT, much more convincing to newcomers who would often balk at using the default self-acceptance phrase for *all* issues – and there were some people who could not conceive of accepting themselves at all and would just plain refuse to use it. None of these problems were present when they could exercise their own choice.
2. It made the goal that the person wanted to reach through their tapping much more *specific*. Notice the

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difference between a tapping phrase that goes, "Even though I'm anxious about going to the dentist next week, I deeply and completely accept myself." and the more *specific* goal depicted in the following sentence: "Even though I'm anxious about going to the dentist next week, I choose to be calm and confident." The latter states exactly what the person wants for him or herself, while the former, although self-affirming, is *nonspecific* in terms of the desired outcome, and specificity is a powerful aide to any self-development strategy.

3. Traditional Meridian Tapping methods such as EFT focus on problems. They start with statements that begin: "Even though I have this headache... " or "Even though I can't meet my present bills... " and complete this statement with the phrase: "I deeply and completely accept myself". The treatment then proceeds by simply repeating the "problem" statement in the reminder phrases, saying such words as "this pain".

There's no doubt about it -- with this form of tapping, you can definitely tap a problem out. But I wanted to also tap a solution in, and this is what I was able to do when I substituted a 'Choices' phrase for the traditional TFT and EFT self acceptance phrase. I did this by adding the words "I choose" to the last portion of the set up phrase, and then using it in some of the reminder phrases, making it possible for the person to define a specific desired outcome by inserting a positive statement of intent after the words "I choose".

The set up phrase could now become perfectly suited to the problems the person was addressing.

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For example, if a person's hand were throbbing, I would suggest a tapping statement such as:

"Even though my hand is throbbing, I choose to have my hand be comfortable and pain free."

It was in experimenting with my own clients that the Choices Method was born. To use this method, the person applying it identifies the outcome that they would truly like to have for the problem at hand, and then puts the desired outcome into a phrase which they use at the end of the set up phrase (in place of, "I deeply and completely accept myself") and the new phrase commences with the words "I choose..."

My method of injecting "Choices" into Meridian Tapping soon developed into a systematic Choices protocol known as the "Choices Trio" which I have found to be extremely effective, not only for my own clients and workshop participants, but for many others as well.

I then created the formal Choices Method and began training other people in its use. This approach was almost immediately greeted with enthusiasm by the Tapping community, and today many people worldwide are using Choices statements as they tap. In particular, psychotherapists, counselors, and personal performance coaches make extensive use of it because it so precisely targets their clients problems.

### **What is the best way to create choices?**

Detailed instructions for using the Choices Method can be found in my Choices Manual (available from my website) but here are six rules for composing Choices statements that I find particularly effective:



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## The Six Rules Of Choices:

1. Be specific
2. Create pulling choices
3. Go for the best possible outcome and state your choices in the positive
5. Make choices that apply to *you only*.
6. Make choices that are easy to pronounce

In short, "pulling choices" use words that draw you in and make you feel involved. They are the direct opposite of dull, abstract sentences. For example, suppose a person were trying to explain to another person (by the name of Joe) their point of view but felt *unheard* by Joe, one way to formulate the Choices phrase to be used in this person's tapping statement might be:

"Even though I don't feel 'heard' by Joe, I choose to express myself in a way that gets my points across to him easily."

Following the same first part of the statement, one might also say:

"...I choose to find a creative way to get my points across to Joe."

The word "creative" gives us a sense of excitement and suspense. You wonder what would be a creative way to get your points across. Curiosity is a powerful motivator!

"Surprise" is another word that can draw us in, so another

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effective Choices statement for this purpose might be:

“,,,I choose to surprise myself by finding easy and enjoyable ways to get my points across to Joe.”

"Easy" and "enjoyable" are pulling words and they help make this a compelling statement.

Or suppose someone was experiencing a sharp pain in their knee. Following these recommendations, you could add specific details about the pain, insert some interesting or compelling ideas about it, describe what you would rather feel, replace negative words such as no, not, can't, won't etc. with positive words, and thereby create a personally rewarding Choices phrase. For example you might say:

“Even though I have this sharp pain in my knee, I choose to enjoy a relaxed pain-free game of golf tomorrow”.

Or,

“Even though my knee has me crying out in pain, and I can't believe that this tapping is going to make any difference, I choose to give it a good try.”

Or,

“I choose to enjoy doing these tapping exercises.”

Or,

“I choose to have my knee feel completely well.”

## **The Choices Trio**

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The Choices Trio includes three ROUNDS of tapping, and calls for having you try alternating between "problem" and "solution reminder phrases

You might for example, for the person described above, approach the first round of tapping with negative statements such as:

INNER EYEBROW; Stabbing pain...

OUTER EYE: So frustrating...

UNDER EYE: Terrible pain...

UNDER NOSE: Can't move without pain...

And so on, through all the tapping points.

Then in the second round of tapping, use only positive solution phrases, such as:

INNER EYEBROW: Already better...

OUTER EYE: Pain free...

UNDER EYE: Complete range of motion...

UNDER NOSE" Everything is easy...

And so on, through all the tapping points

Or use the same complete "solution" sentence on all of the acupoints, such as:

INNER EYEBROW: I choose to feel completely well in every

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way.

OUTER EYE: I choose to feel completely well in every way.

UNDER EYE: I choose to feel completely well in every way.

And so on, through all the tapping points

Third round. Then in the third and final round of tapping, alternate between "problem" and "solution phrases. Starting with the Inner Eyebrow, say the negative phrase. Then at the Outer Eye say the positive (Choices) phrase, then at the UNDER EYE spot say the negative again, and so on through all the tapping points, being sure to end on a "solution" phrase. When doing this it is usually easy it is to alternate between the two complete sentences, as for example, in the following:

INNER EYEBROW: I'm upset because my knee is so painful.

OUTER EYE: I choose to feel completely well in every way.

UNDER EYE: I am upset because my knee is so painful.

UNDER NOSE: I choose to feel completely well in every way.

And so on through all the tapping points. Be sure your final phrase is positive.

YOU SHOULD ALWAYS FINISH ON A POSITIVE NOTE.

### **What Are The Key Reasons For Using Choices?**

Many people find that the Choices method is particularly

effective because it helps them figure out not only what they don't want but what they DO want. It also installs positive intentions in a remarkably rapid and thorough manner and often brings about more profound and lasting results than the standard methods of tapping

I hope you will learn this method and practice it yourself by trying it out with many different issues using many different kinds Choices. You may want to place it in your collection of truly useful tapping approaches! .

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# A Meridian Tapping Formula for Specific Trauma (Part One)

By Maggie Adkins,

This is Part One of Two on using Meridian Tapping on a specific trauma. Part One concentrates on the situations and methods that are involved in using Tapping on traumas. Part Two will focus on particular traumas and the words and phrases that were instrumental in bringing about Meridian Tapping's incredible gifts of emotional relief and freedom from the sabotage of old traumas.

A trauma, such as a car accident or being betrayed by a friend or lover, can have impacts that reach deep into our subconscious, sometimes causing behaviors or fears many years later. Those behaviors or fears may at first seem unrelated to the old trauma that is actually driving them; however, when we look for core issues to current behavior, those old traumas can show themselves as being huge saboteurs in our lives.

Meridian Tapping surpasses anything else I know for releasing the negative emotions and resultant behaviors from a specific trauma. In my experience, the biggest obstacle to success in resolving traumas with Meridian Tapping is people's lack of specificity about the details or aspects of that trauma.

Sometimes, we just don't know the specifics. If that's true, we use Meridian Tapping by working with what we do know, even if that information is very general. When we start off with general issues, sometimes that wonderful Meridian Tapping journey will include remembering more specifics and sometimes it will not. We just work with what we have. *When we do know specific details, it is best to Tap on those details.*

What follows is a formula for working with a specific trauma or event when you DO know specifics. This article does not cover situations wherein the client is overwhelmed at the beginning. If my client is overwhelmed, I would start off with very general phrases. The formula I share with you here is for those times when the trauma is still a major thread in our life, but we are not incapacitated by it.

Central in using the technique is remembering to work with only one trauma at a time and not move around from one trauma to another. It is useful to incorporate different aspects of a trauma in a single round of Meridian Tapping, however be careful not to switch to another trauma. I often use more than one aspect of a trauma in a single round of Meridian Tapping when using the free flowing language method. If there are multiple traumas, the first question may be:

“Which is the most intense trauma?”

*or*

“Which one happened first — which trauma from the past may be overloading the more recent trauma?”

If there is more than one trauma I find it is helpful to write them down. Then, consciously choose the one that you feel is the most pivotal in your healing at this time.

### ***Making an Aspect List***

Once the particular trauma is chosen, I like to make a list of all the aspects of that trauma, in as much detail as possible. The aspects are what make up the whole, collective trauma. My favorite analogy of how Meridian Tapping works is Gary Craig’s image of a tabletop being the issue and the legs being the aspects that hold the table top up. Knock out enough of the aspects and the legs collapse, leaving perhaps a memory, but no more trauma. You don’t have to knock out all the aspects for the issue to collapse, just as you don’t have to get rid of all the legs of a table in order for the table top to collapse.

What follows are two examples of traumas and what might be the various aspects to work on with Meridian Tapping. The first example relates to betrayal, the second relates to a car accident.

Sample aspects of a Betrayal trauma:

- He lied about me, said I cheated her.
- I feel like such a fool.
- I trusted him — how can I ever trust anyone again?
- I chose him as my friend/lover/whatever —can’t trust myself to choose again.
- I can’t believe he actually did \_\_\_\_\_ .
- I can’t believe he actually said \_\_\_\_\_ .
- When I tried to counter the allegation, he lied again about me.

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- When I told mom about it, she just said, "Get a life! .No support there."
  - They will think I'm a liar, a cheat.
  - This keeps happening to me — must be something wrong with me.
  - I feel so lonely — there's no one to share this with.
  - I don't know what to do.
  - I'm embarrassed to face the others again.
  - I must be unlovable or people wouldn't keep doing this to me.

Sample aspects of a Car Accident trauma:

- Saw that truck coming toward me and knew it was going to hit me.
- Woke up and smelled gasoline and couldn't open my door.
- The car could have burst into flames any minute and I would have died.
- Had to wait a long time smelling gas before anyone got there to help me.
- What would my five-year-old son have done without his mother if I had died?
- I WAS going too fast — it was all my fault.
- The police didn't even test the other driver's breath for alcohol and I'm sure he was drunk

***This issue may remind you of something in your past***

The above aspects may all be for a trauma that happened recently and you may automatically do Meridian Tapping on that trauma. .However, it is a very good thing to ask the core issue question, "What does that remind you of?"

If a similar trauma happened long ago, it may be that the first experience that is not healed is stockpiling into the more current trauma and we may have to heal the first trauma before we can get great results with the more recent one. If there are multiple similar traumas, I get the best results by doing Meridian Tapping with whichever trauma has the most intensity. Most often, the first incident has more intensity.

I determine intensity by using the Intensity Meter – 0-10 with 10 being the worst intensity. Clients rate how they feel before we work on the issue, then again during the work.



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### **The Movie**

Once you have decided what you want to work on and the aspects are written down, I ask a client to run the movie through his or her mind. After they have run the trauma movie through their mind, they may have more aspects to record. You can do Meridian Tapping on the general movie name. Examples are: that betrayal, the car accident. However, faster healing normally occurs when you work with one of the most intense aspects rather than the entire trauma.

### **Which aspect is most intense?**

If my client is in overwhelm or extremely emotional, I wouldn't go immediately into the most intense aspect. However, if my client is calm, I would work with the most intense aspect first. Do several rounds on that aspect. Check the Intensity Meter to make sure the intensity is going down. If it does not go down, it is probably because there is a much greater core issue that must be addressed first. If this happens, keep asking questions and probing to discover the appropriate core issue.

If the Intensity Meter does go down with the first aspect, keep with that aspect as long as you're getting improvement. I like to get issues down to a zero, but often we have to work with more than one aspect before any go down to zero. Because all aspects are interconnected — like pieces of a puzzle — they may not release until more than one aspect is released.

After working with the most intense aspect first and bringing that intensity down, I'd then ask which of the remaining aspects is the most intense and do Meridian Tapping with that aspect as long as I continued to get improvement.

### **Has an emotion come up?**

After working with one or two aspects, several rounds each, I like to check in with my client and ask if an emotion has come up. I ask this even if my client is not showing any indicator signs of an emotion. If an emotion has come up within the context of working with the specific trauma, it is a part of that trauma.

At this point, combining the emotion with the trauma can be more powerful than Tapping on one or the other separately. An example is, "Even though I have this car accident *sadness*, I deeply and

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profoundly accept myself.” In this case, we are combining sadness and the car accident — two aspects of an issue in one round of tapping.

The emotions that present themselves most often are sadness, guilt, grief, anger, rage and shame. I have found that shame is the emotion least likely to be mentioned by my clients — it is important it be acknowledged if it is present.

If the client gets overwhelmed at any time, I use the protocol for overwhelm first. This protocol includes continual tapping — no words — starting with the karate chop point, then going through all the other tapping points and beginning again at the karate chop point, continuing through all the points — until the emotion has subsided. The protocol also includes keeping the eyes open until the emotion is gently released or has subsided.

After an emotion has come up and been tapped on, I would ask what Intensity level the person is now experiencing on the original issue and see if it has shifted.

***Continue with original aspects/emotions/or ask if a body sensation has appeared***

What is the most appropriate aspect to work on next with Meridian Tapping? We can either go back to the aspect list, and ask which is most intense now, or if any new aspects have come up, we can ask if any other emotions have come up. OR we can ask if any body sensations have arisen.

If a body sensation has come up when we are Tapping on a specific trauma, I consider that body sensation as being part of the trauma. It becomes another aspect of that trauma that we want to release. If a body sensation arises, I might tap on something like, “Even though I have this car accident *nausea in my gut*, I deeply and profoundly accept myself.” Or, “Even though I have this betrayal *tightness stuck in my throat*, I deeply and profoundly accept myself.” Sometimes the body sensation will move and then there is a choice as to whether to chase it through the body or go back to the aspect list to see which is most intense now. If the body sensation gets down to a 2-3, I have found it most helpful to go back to the aspect list and see if other aspects are higher than the 2-3.

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***If you've worked on an emotion or body sensation***

If you have tapped on an emotion or body sensation, go back to some of the original aspects you tapped on and check their Intensity Meter. Sometimes aspects will shift after releasing an emotion or sensation.

***Continue until you are satisfied with your results***

This formula reminds me of a dance – moving back and forth between aspects already known, emotions, body sensations, and any new aspects that arise, until the trauma is no more than a distant memory.

***Summary***

Be sure you use the Intensity Meter on all of the aspects mentioned below. This is an important benchmark and helps you to determine what to do next.

- Tap on one or two of the most intense aspects — doing several rounds for each.
- Ask if an emotion has arisen.
- Ask if a body sensation has arisen.
- Tap on emotion or body sensation or, if neither has arisen, keep tapping on the most intense aspect.
- Continue to go through this list until you have great improvement.

And remember to be as specific as possible.

When you are satisfied with your results, I suggest a round of positive affirmation tapping such as the following: "I am deeply grateful for these healings in my body, mind and spirit and I give thanks." You can, of course, choose your own words.

If your trauma is a complicated one, or if you mix up similar traumas and have difficulty getting results, you may want to work with a skilled practitioner for a session or two. Sometimes we can't see our forest for the trees....

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# A Meridian Tapping Formula for Specific Trauma (Part Two)

By Maggie Adkins, EFT Master

In Part One of “A Meridian Tapping Formula for Specific Trauma,” we looked at the basic methodology of how to examine traumas using Meridian Tapping. After determining whether any previous traumas might relate to the current one, we looked at identifying the different aspects of a trauma, using the Intensity Meter to determine which aspects to work on first, and how to deal with overwhelm by tapping without words until the client could again address the issues directly.

This basic overview is now extended in Part Two to provide more details about using the formula for working on specific traumas. Here we will take an example of a car accident and go into how to be as specific as possible so that all traces of the trauma can be released.

## ***List all the aspects you can think of***

As discussed in Part One, the best way to make sure you’re getting all the aspects is to make a written list, as shown below.

- My husband told me not to go out on such a cold and wet night for the treat I promised our son. I went out anyway.
- I was driving a little too fast for the slippery road.
- A child ran onto the road and when I slammed on my brakes, my car slid into a ditch.
- When I awoke I smelled gasoline and couldn’t open the car door to get out.
- I was trapped – the car could have exploded with me in it.
- No one was around to help and I started to scream and beep the horn.
- When a man came to help, he took one look at me and said, “Oh no.”

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- I could have died — what would my son have done without his mother?
  - All for a stupid treat that I forgot.
  - My husband is furious that I went out against his wishes.
  - I feel foolish and ashamed that I had the accident for such stupid reasons.
  - It's just like all the other stupid things I've done — I'm just so dumb and worthless at so many things.

***Ask which Aspect is the most intense on the Intensity Meter***

Ask which of the listed aspects is the worst - which is the biggest on the Intensity Meter of 0-10? 10 is the worst, 0 means it isn't there anymore.

For this demonstration, we'll say that "I could have died - what would my son have done without his mother?" is the most intense and it is a solid 10.

Please note: I use the Short Cut version of Meridian Tapping. Start by doing the Set-Up on the Karate Chop point. Then continue with the reminder phrase at all the other tapping points: top of the head, eyebrow, side of the eye, under the eye, under the nose, under the lip, collarbone, under the arm.

At the Karate Chop point say,  
*"Even though I could have died – what would my son have done without his mother? I deeply and profoundly accept myself."*

At the rest of the tapping points, say your reminder phrase,  
*Could have died – what would my son have done without his mother?*

Do this for several rounds – until the intensity comes down to a 4 or less. This is merely a guideline – if you are stuck at 5 or 6, stop and go to the next most intense aspect or an emotion or body sensation.

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I like to bring the intensity down to a zero; however, with so many aspects, we may have to Tap on several of the aspects before it all collapses to a zero.

***If an Emotion or Body Sensation has arisen, shift to that now***

If no emotion or body sensation has arisen, go to the next highlighted paragraph in this article.

If an emotion has arisen, incorporate that with the aspect you were working on. For instance, if sadness has arisen, you would say something like,

*"Even though I am so sad I could have died – what would my son have done without his mother, I deeply and profoundly accept myself."*

When you combine the emotion and the aspect you were working on when it arose, that combination can often create more release from both the emotion and the original trauma. Do rounds on this until the emotion subsides.

If a body sensation has arisen, incorporate that into the aspect you were working on when it arose. For instance, if shoulder tightness arose, you could use wording similar to: *"Even though I have this could have died tightness in my shoulders – what would my son have done without his mother, I deeply and profoundly accept myself."*

Do rounds on this until the body sensation subsides.

***Which Aspect is NOW the most intense?***

Choose the aspect that is now the most intense.

We'll say that the fact that I was going a little too fast and I could have hit a child is the most intense now. That is a 10 on the Intensity Meter also, but it wasn't as big as the first aspect we worked on.

Tap on the Karate Chop point with the following Set-Up:

*"Even though I was going too fast and could have hit that child - never would have forgiven myself, I deeply and profoundly accept myself."*

At the rest of the tapping points, use your reminder phrase:

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*Was going too fast - really stupid - could have hit that child.*

Please note I have added “really stupid” in the reminder phrase as an example of how you can change the wording a bit and include another aspect. Feeling really stupid is another aspect and it may or may not need specific rounds of its own.

Do several rounds on this until the intensity comes down to a 4 or less. This is just a guideline - if it is a 5 or 6 and you feel stuck, go to the next aspect.

***Has an emotion or body sensation arisen?***

If either of these has arisen, proceed as described above for emotion or body sensation.

***Which Aspect is NOW the most intense?***

Choose the aspect that is now the most intense. Let’s say the next most intense aspect is, “My husband told me not to go out on such a cold and wet night.” Let’s say this aspect has an intensity of 7 — it may have already gone down because of the work we have done on other aspects that were stronger.

Do the Set-Up at the Karate Chop point:

*“Even though my husband told me not to go out, he’s still angry with me, & I’m angry at me too, I deeply and profoundly accept myself.”*

At the rest of the tapping points, use your reminder phrase:  
*He told me not to go out - I’m furious at myself that I was so bullheaded and he is too.*

I have again changed the reminder phrase a bit to encompass a bit more and show how flexible Meridian Tapping is.

**Continue the Dance**

Continue to ask yourself if there is a most intense aspect left.

Has an emotion arisen?

Has a body sensation arisen?

Work with whichever of the above is present.

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When you have worked with three to five (I can't tell you the exact number for your trauma) aspects/emotions/body sensations, go back to the first aspect you worked on and see if the intensity has decreased. Check each aspect and see if any have gone to zero.

Continue with this process until the intensity has reached zero for all aspects, or you're feeling enough relief to stop.

When you are satisfied with your results, I suggest a round of positive affirmation tapping such as the following: "I am deeply grateful for these healings in my body, mind and spirit and I give thanks." You can, of course, choose your own words.

### **Summary**

The above formula is meant to be a guide. I can't tell you exactly how you - and your client, if this is the case - will respond. I have witnessed the effectiveness of this formula many times. If you do not have success with this or if you are not comfortable working with a complex trauma on your own, be sure to choose a competent EFT practitioner and allow yourself the freedom that releasing a trauma can bring to your life.

Choose the Meridian Tapping practitioner who is right for you rather than the one who might be closest geographically. A good way to find a practitioner is through short telephone interviews, where you can ask questions that relate to your situation. You will be able to tell from their responses who among them has a perspective that meshes well with yours. Perspective, simpatico – whatever you want to call it – is far more important than where a practitioner is located. For example, approximately 95% of my client work is now done via phone consultations. Choose your practitioner as carefully as you would choose a physician, a friend, or a teacher in a discipline you care about.



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# The End of All Problems

Margaret Munoz – Meridian Tapping Practitioner

The end of all problems.

How could that be possible?

And yet it is, when we're able to access 'the most important dimension of human existence – the sacred, the stillness, the formless, the divine'.

If you're new to Meridian Tapping you could be grateful to discover that Tapping fixes your headache in three minutes, or that you're now free of the anxiety caused by a past trauma. This is indeed wonderful, but what is even more wonderful is that Meridian Tapping can also be used at the most profound level to help you bring about a shift in consciousness so that you experience peace, joy and fulfilment.

Humanity is now taking a quantum leap forward in its evolutionary development and one of the leading teachers in this development is Eckharte Tolle, the author of "The Power of Now" and "The New Earth". Following his own experience of transformation he is a particularly clear teacher of ancient wisdoms. We learn from these teachings that the ultimate freedom is to live the realisation that all problems are created in the mind and that there are no problems when you access the eternal present.

The freedom bit sounds great, so does peace, joy and fulfilment but how on earth do you get to feel like that when you're busy, stressed to the hilt, dashing around with 'to do' lists in your head, trying to pay the rent or mortgage, look after the kids, deal with difficult relationships, the technology revolution, information overload, as well as battle fears, anxieties and addictions. Let's not even mention the incessant critical voice in your head. Does it ever stop?

It's difficult to know where to begin but a good place would be to make a decision to create some space for yourself and at the same time make a commitment to support yourself by consistently tapping on whatever obstacles are in your path. Use your preferred method of tapping and let the suggestions I give you trigger off your own tapping sequences.

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First of all, make that decision!

*Even though I'm so busy and stressed, and I don't see any way out of it, I choose to find space and time for myself.*

*Even though I'm so busy with \_\_\_\_\_ (work deadlines/business/family/travelling/social commitments etc.) that I don't have time for myself, I deeply and completely accept myself in this moment.*

It's really pretty difficult to find any stillness when you're always on the move:

*Even though I always seem to be rushing, I choose to STOP, and create space for myself.*

After all, what are you achieving by all this doing? That's a question a great many apparently successful people ask themselves. There can be great wealth or great achievement but despite this there is still an underlying unease or emptiness persists.

*Even though I feel the need to be doing and achieving, I choose to learn how to just be.*

Then there's that racing mind to be calmed down:

*Even though my head is full of thoughts whizzing around which never stop, I'm ready to let them go or at least slow down.*

*Even though I can't sleep because my mind won't switch off, I deeply and completely accept myself.*

I find that many people are so up in their heads they are quite disconnected from their bodies and even have a sense of experiencing their emotions in their head instead of their body.

*Even though I'm disconnected from my body I choose to become more grounded and connected.*

There are a couple of difficulties associated with living in your mind. The first one is that you are either in the past or the future, neither of

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which actually exist, and not in the present moment which is all there ever is. No wonder you don't feel vibrant and alive – you're not where life is!

*Even though my mind is always in the past, regretting things that happened, I choose to live in the moment.*

*Even though my mind is so often in the past reliving traumatic events, I choose to release the past and recognise it no longer exists except in my mind.*

When your mind is in the future it tends to do what I call 'catastrophising'. I don't think that's actually a word but I know you know what I mean by it! All those 'what ifs' that scare the living daylights out of you. The thing is you can't possibly deal with the imagined scenario because it hasn't actually happened yet. How stressful is that?!

*Even though my mind is always creating anxiety for me by imagining the future, I choose to stay in the present moment with what is here now.*

*Even though I'm always creating worst case scenarios in my head, I choose to stay with what is real.*

The second difficulty is that you tend to actually believe your thoughts, some of which are at best highly un-useful and at worst totally untrue. Your thoughts are just passing through and it really pays to examine whether they are really true.

*Even though I buy into my thoughts and react accordingly without ever examining them to see if they are true, I totally accept myself.*

*Even though I think thoughts such as "I don't deserve \_\_\_\_\_," I recognise that this is truly misguided thinking.*

Yes, our mind is all over the place and usually not where we are. Check out what happens when you are doing a routine job like washing the dishes – the odds are you will find your mind elsewhere, on a track far removed from washing up. And what about when you

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drive somewhere, arrive at your destination and wonder how you got there because your mind was totally on other things!

*Even though my body is doing one thing but my mind is elsewhere, I choose to bring my awareness back to the task I am doing.*

*Even though I'm so seldom in the present moment with what I am doing, I keep bringing my awareness back to my body.*

The major difficulty we seem to create in our lives is that we don't like what is happening, think it shouldn't be happening and are actively resistant and reactionary to what is happening! We do it on a small scale like being annoyed because it is raining when we wanted to have a picnic as well as going into a huge funk because we feel rejected by someone. Some people are so reactive they kill other people – or themselves, because we are also resistant and reactive to ourselves (i.e. rejecting of our own selves). That critical voice that never takes a break - "you should have done this, you shouldn't have said that, you are such a loser." We have little sense of the power of acceptance in creating the change that we seek.

*Even though I'm so reactive to situations and people, I choose to accept how they are no matter how difficult it seems.*

*Even though I fight my life, I'm willing to totally accept it as it is. (You might have to do a lot of tapping on this one!)*

*Even though I think that things will never change if I accept them, I'm ready to discover the power of acceptance.*

When you can start to accept each moment for however it is and however you are in it, then peace emerges.

It's quite a journey to recognise that ultimately there are no problems except the ones created in your mind and you can be free of those when you live in the present moment, experiencing your eternal nature. Meridian Tapping is a powerful and effective tool that you can use to support yourself in this journey.

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# Breaking the Cycle of Self-Created Stress

By Rue Hass

I recently worked with a young friend who just opened her first acupuncture clinic with another young woman. When they were setting up their business bank account, and the personal banker found out that yes, in fact, acupuncture was useful for headaches, she became a good referral source for them.

Now she has invited Joan to a bank-sponsored golf outing for small businesses. Joan is feeling terrified! For one thing, she is not a golfer. And, she hates going to a group of people where she knows no one. Plus, her mind is throwing up all the self doubts she has ever collected about self-worth and inadequacy.

*She said, "When I was in acupuncture school I felt competent and I did a good job (except when I froze on exams!). Now, with my business, I have a hard time putting myself out there. I have trouble initiating conversations about what I do. I find myself assuming that people aren't interested in listening to me. I feel like they are just humoring me when I talk.*

*I feel so inexperienced, and it brings up all my feelings of not being as good as other people. My mind disconnects from my mouth and I begin to feel like I am talking gibberish. And then I start thinking, how can I feel justified in even asking for money for what I do? It is one thing to work with family and friends for free, but I fall into doubting that my services are worth what I am charging.*

*Help! How can I truly believe in the value of what I have to offer? And I don't even know how to play golf!!"*

I am sure that at least one or two of you reading this have had similar feelings...

## **The Sensitive Temperament**

If Joan took the Meyers-Briggs Personality Temperament survey, or looked for herself on the Kiersey Temperament sorter, she would find herself in a rather rare group of people. The "Idealist" group is said by many to be only about 1-2% of the population. They are highly

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sensitive, intuitive, and energized by being alone rather than with other people. (This can go the other way too. For yourself, note which is more likely to drain your energy, and which energizes you: being with people, or being alone.)

Knowing Joan, I am guessing that she is also someone who likes to bring closure to what she initiates. Within this temperament she could just as likely be someone who needs lots of options, and feels limited by decisions. (Her business partner is more like that) The Idealist temperament also sees what is possible, what may be invisible to others. S/he is drawn toward connecting with people in peace and love. People in this temperament process the world around them intuitively, based on feelings rather than thinking.

However, people with this temperament are seldom understood by the "practical" "realistic" people who are in the majority. Highly sensitive Idealists often grow up in families of Rationalists! If this is you, you may have had a hard time seeing yourself in a positive way, because many of the people around you couldn't see what was good about you. Even if they were sensitive too, deep inside, their goodness was never mirrored back to them either, and they grew up having to squelch and repress their essential selves, thinking there must be something wrong with them.

So, confronted with the upcoming golf outing, Joan is feeling nervous and anxious and full of dread and self doubt, while at the same time loving her chosen healing profession, eager to share it with people. She strongly wants to support her business and ready to begin creating her vision of her future! This is a good example of feeling one foot on the accelerator and one foot on the brake.

### **Create an Elevator Speech!**

First I suggested to Joan that she and her partner develop a "30-second elevator speech." Imagine that someone in the elevator asks you what you do, and you have 30 seconds before the door opens to describe your passion about what you do in a way that will catch the person's attention, will tell them what benefit is there for them, and will invite them to ask you a question. Once they ask you a question, then you are off and running in a conversation! It is just the beginning that is hard. The Elevator Speech will serve her well at an event like the golf outing where there are lots of people who are getting to know each other for the first time.

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In tapping with Joan I started with all the information that she had shared with me about her feelings and how they showed up in her body. I took note of her self doubts (limiting beliefs) when she imagined herself with all those people:

*Ohmigod here we go!*

*Will I look OK?*

*Will I sound OK?*

*You're gonna screw this up!*

*You are crazy to be doing this!*

*I am too young to really know anything about acupuncture.*

*I am too inexperienced to be any good.*

*How can I charge money for this?*

*I am always so hard on myself...*

*And anyway, people just want to talk about themselves.*

*I have trained myself NOT to talk about myself.*

For this Tapping session I followed a protocol developed by my friend and Meridian Tapping colleague, Betty Moore Hafter. I often use this protocol when there is a specific issue that has deep roots in the person's life and I think I may only have one session with the person. It is also useful in an initial session, to begin to gently explore the deeper issues. It is a clear, honoring and respectful approach, and it covers all the bases. (see the end of this article for how you can get a CD of Betty's protocol to use for yourself or your clients)

### **What is Triggering the Stress?**

The process begins with tapping for general comments about whatever is triggering the stress. Joan and I used her inner story/movie of "The Golf Outing." We inserted some positive phrases near the end of the tapping process: *"I am willing for this to change...I want to feel better about it...I am willing for this to change."*

Joan was already beginning to feel better about the upcoming golf outing. We went a little deeper, asking, "What about this event bothers you the most?" For Joan it was this feeling that she called "tanking," that when she was in this situation with all of these unfamiliar people, she felt outside of the circle, left out, all alone, a feeling that was familiar from her past. Her mind and her self confidence shut down.

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I talked with her about how typical this is for a sensitive person. And it was true — she was not like other people, but in a good way. Joan said that when she felt like an outsider, all alone, that was when the disconnect happened between her head and her mouth, and she felt like she just talked gibberish.

We tapped for these feelings, and again at the end brought in thoughts like, *"Even so, I am willing to see it differently..."* Then there was a space for Joan to sit quietly and imagine how she might see this situation differently now. What could she tell herself about it to change the story a little bit? What would help her feel differently about it?

### **What Does This Remind You Of?**

The next step in Betty's protocol invites the tapper to consider what this situation reminds them of. *"When have you felt this way before?"*

I think it is always a good idea to work with specific past events when doing Meridian Tapping, so that a new awareness can be seeded inside the person about what could have been possible, and still can be, for the rest of their life. In this case, however, because of our time restraints, I just let Joan do this exploration in a quiet inner way.

We tapped for... *"What this situation reminded me of in the past... what I felt then... a part of me still feeling this way... being willing for this to heal... that was then and this is now...I want to heal the past and free myself up in the present."*

### **Ooops—Mind-Reading Again**

Next we tapped through Joan's perception of events — the story she was telling herself about the problem. Betty's language is helpful here: *"What do you know to be completely true? And where may you be filling in the blanks, assuming what someone is thinking or intending...assuming negative motives or attitudes...?"*

Joan began to realize that she had been doing a lot of mind-reading — playing inner movies of the golf outing, guessing what other people might be thinking and reacting to that, making decisions about feeling left out, and about how hard this would be, especially since she had never played golf (*"I'll be the only one! I will make a fool of myself!"* was her first thought) based on her assumptions, without actually knowing if they had any basis in truth.



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Tap, tap, tap:

*What I have assumed*

*It is a story I have been telling myself*

*But I don't know if it is true*

*It has created negative feelings*

*I have been living as if that story was true*

*But it may not be true...*

*I am ready to release my assumptions*

*If I can't check them out and know they are true, I will let them go...*

Looking for a counter-example from her life that actually was true, I asked Joan, "What is a time in your past when you were talking in a group, and you did a good job?" Joan is a shark fanatic, and she talked about being a guide at the shark exhibit called Ocean Journey at a large aquarium. One day her family was part of the group she spoke to, and they were impressed with her knowledge. They had never seen her speak like that.

As we tapped, I made a lot of use of the term "Ocean Journey," bringing it in again and again in various ways. I used Ocean Journey as a metaphor as well, playing with the words and concepts it brought up in my mind: *"You are strong and wise like a shark... you know how to journey through your environment...you are like a fish in water when it comes to acupuncture...you instinctively know what to do...you are in your element...people look to you for direction...so many people would like to know what you know...they will be impressed just like your family was...Joan the Shark...join the shark!"*

### **Don't Take it Personally**

The next step built into this tapping protocol works with a person's tendency to take things personally. Tapping can help us come to realize that whatever happened could actually have been a result of the other person's limited perspective, and in fact, "it's not about me." The tapper also gets the opportunity to consider whether they have a need to control a person or a situation, wanting them to act in a certain way, even though the truth is we can't control anyone or anything, ever!

Then the tapper is invited to realize that the place we have the most control is within our own internal process. Trying to control what is outside us just makes us continue to feel helpless, powerless and

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insecure. Meridian Tapping helps us to pay attention to and respond to our own feelings, giving us a sense of inner strength.

### **Connecting with Goodness, Disconnecting from the Toxic**

Moving into the next tapping cycle, Joan and I tapped for how important connection was to her, and how painful it was when she did not feel a sense of connection because the other person was too caught up in their own story to respond to her. We tapped for being able to detach from those people with whom she had had toxic interactions. Again, in this particular session, I didn't ask Joan to specify those particular people or interactions that had led to her feeling hurt and wrong. That will be another session, if we have that opportunity.

*Even though I need this connection, I deeply accept myself...and I honor myself for my need for connection...but even though I feel this need...I am willing to accept that I can't make this happen...and if that person is not available, I'm detaching now...choosing to connect with myself...to like myself...to approve of my self...and MY CONNECTION WITH MYSELF MATTERS THE MOST...*

It is so important for us to be reminded that often what we thought was "wrong" with us may actually be our very best quality! When we stop trying to paddle upstream, against our very nature, and just relax and allow and let the current carry us in ways that come naturally to us, honoring who we are, life is so much easier.

I believe that we are on this earth, as these bodies, at this time to learn this very lesson. Learning how to trust the wisdom of your own feelings and instincts, blessing yourself for who you are, who you can't not be, are sacred skills, in my mind. Sensitive people will learn this first. We must, for our survival. The others will follow. Eventually...

### **What "Shape" are You Creating?**

To complete this lovely protocol, the next step is to consider the energy of the situation. We must ask ourselves: are we creating life-giving energy by our thoughts? Or are we creating life-limiting energy? We have the right to refuse, to say no, to stand up for ourselves, say YES for ourselves. We have the right to energize our own beings by choosing what feels right to us.

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*What is draining your life energy? Accept what you can't change, and change what you can.*

Throughout this session I continued to ask Joan to check in with her own body, her feelings, and her self talk. Repeatedly I asked her to imagine going to the golf outing, and to notice what happened in her body, her breathing, and her self talk when she played the imagined story of that event happening. All of this continued to change as we tapped. By the end of the session she was talking about how she could just go to the golfing event and keep her mind focused on being approachable, with her body language, her facial expression, her eye contact. She realized that there would likely be lots of people there who would be feeling nervous and shy. Maybe there would even be others who hadn't ever played golf!

In fact, I encouraged her to remember that she could see more deeply into a person than most people can, and see what they need, because of her sensitivity and because of her acupuncture training. So she had the opportunity to think of herself as a resource for everyone there, even if they didn't know it! That was a very different "personal shape" to create. Feeling like a resource is very different from feeling alone and left out. The universe responds to the shape we create for ourselves, like water flowing around a boulder in the stream.

Joan acknowledged that this was true, and that she could actually feel that "personal shaping process" happening inside. I asked her to find where in her body she felt this, and we did some tapping to anchor this feeling in her being, and connect it with her (powerful, wise, shark-like) presence at the golf outing. I didn't even think of adding a riff on "getting a hole in one," but I should have!

By the end of the session, Joan was feeling "buzzy and invigorated" when she thought of going to the bank's golf event, instead of scared and alone and incompetent!

**"Everyone Needs Me for Something, They Just Don't Know it Yet!"**

Later on, she sent me this email:

*As for Thursday, as of now I have to be honest in saying...I don't feel much. But by not feeling much, that includes not feeling the apprehension and fear... I still think I am in over my head (who says*

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*yes to a golf tournament when they can't golf?) but when I think that, I also just laugh and shake my head. I know it will give me something to approach other's about, and if there is anything that I love, it making people laugh. I know the doubt will be waiting on the sides to creep into my mind if I let it...and I will be tapping on it (as I did yesterday for the triathlon) and I will go into it with the idea (and one of my favorite things you said) that everyone there needs me for something, they just don't know it yet and don't know why.*

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