

Tap, Relax, Repeat

The Beginner's Guide to Tapping Away Stress



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This book is dedicated to anyone who wants to reduce stress, increase emotional well-being and create the life you want and deserve.

In honor of my tapping coach Karen Aquinas, my genius tapping sister Annie Greenberg and all the people, ancestors and spirit guides who have led me here.
(...and the fairies!)

Go forth & create! You're a genius...
-Annie Greenberg

Dear Reader,

Have you ever wished there was a simple way to release stress? Perhaps you are dealing with a stressful sensation right at this moment and want to feel better?

I'm glad you've found this book, because that's exactly what modern energy tapping offers.

Tapping is a gentle practice that helps you quickly release stuck energy and negative emotions.

Using your fingertips, you'll tap on specific points on your face, head, and chest—similar to acupuncture but without needles. This simple sequence creates immediate positive change in how you feel.

As a Modern Energy Tapping Professional, I've witnessed tapping's transformative power in my own life and in many clients' lives. What drew me to this practice was its simplicity and effectiveness. Later in this book, I'll share more about my personal journey, but for now, know that tapping changed my life in ways I never thought possible—and it can do the same for you.

In this book, you'll discover:

- What tapping is
- The tapping points
- How you can start today!
- How to check in with yourself
- The benefit of regular tapping

Think about how stress interferes with your daily life. Maybe you feel overwhelmed with responsibilities, exhausted by work, or drained by relationships.

By reducing stress through tapping, you can sleep better, make clearer decisions, strengthen connections with others, and move toward your goals with more energy and focus.

Tapping has been proven effective for stress relief, anxiety, depression, trauma, PTSD, and daily emotional challenges.

Research shows significant drops in cortisol levels (a stress hormone) after tapping sessions, which explains the immediate sense of relief many people experience.

While I can write about what tapping is and explain all the studies showing its effectiveness, the best way to understand tapping is to do it and feel the benefits yourself. I know that when I tap, I feel great—and that's what matters most.

I'm so excited to be your guide on this journey to renewed emotional wellness. Before you can help anyone else, you need to help yourself first. This book is your first step.

With love & light,

Jen G. Pywell



About the Author

Life has a way of leading us exactly where we need to go. My journey to becoming a Professional Tapping Practitioner emerged from my own experiences with trauma and personal growth.

Twenty years after the 9/11 attacks, I was still struggling with PTSD, complex childhood trauma, alongside bipolar disorder. Therapy and meds helped, but the negative emotions remained, affecting every aspect of my life.

Everything changed when I found tapping. Working with a private coach, I experienced rapid transformation. I no longer had to rehash painful stories or analyze why

I felt bad. Instead, I could directly release the stuck energy that was limiting my potential. My life is filled with peace and joy because of this gift of tapping.

This powerful experience led me to become certified with the Guild of Energist so I could help others find the same liberation. I couldn't keep this to myself!

The journey of self-love is perhaps the most important one we can undertake but so worth it. And it doesn't have to be hard! Tapping is easy! I am so excited to share it with you. I believe if everyone tapped the world would be a peaceful place.

What is Tapping?

At its core, tapping is a gentle, non-invasive technique that combines elements of ancient Eastern acupressure with contemporary energy practices.

By using your fingertips to tap on specific meridian points across your body, you can influence your body's energy system and create profound shifts in how you feel.

Unlike many wellness practices that require special equipment or extensive training, tapping is accessible to anyone, anywhere. The only tools you need are your fingers and a willingness to try something new. This simplicity makes it a powerful self-help technique you can use whenever needed.

You don't have to escape modern life & meditate in a cave for 20 years to find peace. You can start tapping today!

When we tap on these points while focusing on specific thoughts or feelings, we send calming signals to the amygdala—the part of our brain responsible for processing emotions like fear and stress. This helps interrupt the body's stress response and allows the nervous system to return to balance.

The Power of Modern Energy Tapping

What makes tapping truly remarkable is how quickly it can work. Many first-time tappers report feeling noticeably different after just one session. This isn't about masking or suppressing emotions—it's about genuinely transforming them by addressing both the mind and body simultaneously.

Think about a moment when you felt intensely stressed. Perhaps your heart raced, your muscles tensed, or your breathing became shallow. These physical responses are directly connected to your emotional state. Tapping addresses both aspects, allowing for comprehensive relief rather than just temporary symptom management.

While traditional approaches to stress management often focus solely on changing thoughts or behaviors, tapping recognizes that emotions have a physical component stored in the body.

How Tapping Can Transform Your Daily Life

Imagine waking up feeling centered instead of immediately overwhelmed by the day ahead. Picture yourself responding thoughtfully to challenges rather than reacting from stress. Envision having the emotional bandwidth to truly connect with loved ones instead of feeling perpetually depleted.

These transformations become possible as tapping helps you:

Release Accumulated Stress:

Modern life bombards us with stressors that our bodies weren't designed to handle continuously. Tapping provides a release valve for this built-up pressure.

Break Negative Thought Patterns:

When we're stressed, we often get stuck in loops of unhelpful thinking. Tapping helps interrupt these patterns and create new more helpful thinking patterns.

Connect Mind and Body:

Many of us live "from the neck up," disconnected from our bodies' wisdom. Tapping bridges this gap, helping us tune into physical sensations that provide valuable information.

Develop Emotional Resilience:

Regular tapping practice builds your capacity to bounce back from difficulties and maintain equilibrium through life's inevitable ups and downs.

While stress reduction is often what attracts people to tapping, its benefits extend far beyond basic relaxation. Tapping has shown remarkable effectiveness for:

Anxiety Reduction: Tapping can help calm both general anxiety and specific fears, allowing you to face situations that once seemed overwhelming.

Trauma Resolution: Trauma leaves imprints in our energy system that tapping can help release for good.

Improved Focus and Clarity: By clearing emotional static, tapping helps you think more clearly and make decisions from a centered place.

Physical Discomfort: While not a replacement for medical care or cure for disease, tapping can complement other approaches to cope with the emotional toll of physical pain.

Performance Enhancement:

Athletes, performers, and professionals use tapping to overcome mental blocks, performance anxiety, and self-limiting beliefs.

Relationship Healing: By processing your own emotions, you bring greater presence and understanding to others.

The beauty of tapping lies in its versatility. You can apply the same basic technique to virtually any emotional challenge, adapting it to your unique circumstances and needs and integrating it into your daily life.

My Tapping Journey

Discovering What Was Stuck

My tapping journey began with curiosity, but what I discovered along the way transformed my understanding of myself and my past. Unlike many healing modalities where a practitioner tells you what's wrong, tapping helped me access my own intuition and discover what was actually stuck in my energy system.

It was only after I started tapping that I realized I was still carrying PTSD from 9/11 - something that had been affecting me for twenty years without my full awareness.

Tapping helped me uncover this hidden trauma and, more importantly, release it. This revelation showed me the power of tapping to reach layers of experience that even years of traditional therapy hadn't touched.

Healing Childhood Wounds

Perhaps the most profound gift tapping has given me is a pathway to genuine self-love. For years, I carried bitterness and resentment from childhood trauma. These feelings colored my relationships and limited my ability to trust and connect with others.

Tapping didn't just help me process these difficult emotions—it taught me how to nurture myself in ways I never experienced growing up.

With each tapping session, I began understanding what unconditional self-love truly means. It's not just about positive affirmations, but about creating a deep sense of safety and acceptance within myself.

Self-love is a cornerstone of effective tapping. When we take time to slow down, tune into our emotions, and address what we're feeling with compassion rather than judgment, we create powerful shifts. I found that tapping gave me permission to prioritize my emotional wellbeing—something I had never learned to do.

Self-Love is a cornerstone of tapping. Finding self-love is a true life changing gift that is everlasting and radiates to all relationships.

Finding Balance with Bipolar

My journey with bipolar disorder has been particularly illuminating through the lens of energy awareness. One doctor once described bipolar as an energy disorder—oscillating between depression (where your soul feels absent from your body, you move like molasses, and self-loathing prevents action) and mania (with its overwhelming bursts of energy, elation, and stress).

After a manic episode led to hospitalization, I received a powerful wake-up call that I needed to approach my wellbeing differently. I needed to:

- Reduce stress and improve sleep
- Pay closer attention to my energy
- Learn about my emotions
- Nurture my gift of intuition
- Find balance in all aspects of life

Tapping became an essential practice in addressing all these needs. It helped me recognize early warning signs when my energy was shifting in unhealthy ways. It gave me a tool to calm my system when stress threatened to trigger episodes. And perhaps most importantly, it helped me develop a relationship with myself based on understanding rather than judgment.

Bipolar Disorder is an "Energy Problem"

I couldn't keep it to myself!

The Journey to Becoming a Practitioner

Experiencing such profound personal transformation through tapping naturally led me to want to share this practice with others. The rapid shifts I experienced with tapping was too significant to ignore.

I believe that many people are suffering unnecessarily because they haven't found tools that address both the mental and energetic aspects of emotional challenges.

Becoming certified as a Modern Energy Tapping Practitioner has allowed me to guide others toward the same sovereignty I've found.

When I work with clients, I'm not just teaching a technique—I'm sharing a pathway to self-discovery, emotional regulation, and authentic living that continues to deepen my own journey as well.

Every time I witness someone experience that "shift" during a tapping session, I'm reminded of why this practice is so precious.

In the chapters ahead, I'll share the techniques have been most effective for stress reduction specifically. My hope is that you'll discover, as I did, that tapping is not just about feeling better in the moment—it's about reclaiming your emotional wellbeing and living more fully in alignment with your true self.

***Tapping is one powerful way to
move energy & reduce stress.***

***Other ways are finding yourself
in nature, exploring open spaces,
breathing, meditating, spending
time with animals, laughing,
dancing, singing, movement and
more!***

***With tapping you can discover
the many personal ways you can
help yourself, destress and
improve your energy flow.***

You got this!



How Does Tapping Work?

The Energy of Emotions

You may wonder: How does tapping help reduce my stress or help me reach my goals? How can it neutralize trauma? The answer lies in understanding the energetic nature of our emotions.

Can you wrap your head around the concept that emotions are energy? This emotional energy resides in your body, not just your mind.

Think about when you get angry—the energy in your body shifts dramatically. You might feel heat rising, muscles tensing, your chest tightening, or you might start to shake or cry. That's energy moving through

your body, creating physical sensations that affect how you feel and behave.

Conversely, when you're relaxed, your energy transforms in ways that make you feel like you're slowing down. Your shoulders soften, breathing deepens, you feel lighter, smile more, and experience an overall sense of peace and calm. These aren't just mental states—they're energetic conditions affecting your entire system.

Emotions are energy in your body.

The Weather System of Emotions

If I said you ARE your emotions, you probably wouldn't agree. You aren't anger; you aren't relaxation. You're the consciousness experiencing these states.

Emotions move like clouds or the weather. When anger sets in, it's like a storm bringing chaos and destruction. When anxiety arises, it's like a persistent fog obscuring your vision. When grief appears, it's like a heavy rain that can flood your system. When joy emerges, it's like a warm spring day with flowers blooming and birds chirping.

Emotions, like weather patterns, naturally change and flow. But unlike weather, emotions can get stuck in the body. When this happens, that emotional energy remains trapped in your system, affecting you long after the original triggering event.

The Problem of Stuck Energy

Think about people who remain bitter about something that happened decades ago, or who still feel shame about a childhood incident, or who carry anxiety about situations that no longer exist. These are examples of stuck emotional energy.

Grief, frustration, resentment, or a general feeling of inertia can become like a weather system that won't move on. Your energy body holds onto these emotions, creating ongoing stress, tension, and limitation. This stuck energy affects your thoughts, decisions, relationships, and even your physical health.

How Tapping Releases Stuck Energy

Tapping works by stimulating specific meridian points that connect to your body's energy system while focusing your attention on the stuck emotion. This combination creates a powerful effect:

Physical Stimulation: The gentle tapping sends soothing energy through the meridian system, which helps break up energetic blockages much like gentle waves can gradually reshape a shoreline.

Mental Focus: By acknowledging the stuck emotion while tapping, you bring conscious awareness to the energy pattern, which is the first step in transformation.

Nervous System Regulation: The rhythmic tapping combined with focused breathing helps shift your nervous system from "fight or flight" to "rest and digest," creating an internal environment where change can occur.

Energy Movement: As you continue tapping, the stuck energy begins to loosen and move. You might notice this as changing sensations in your body—perhaps warmth, tingling, relaxation, or even temporary intensification before release.

The beauty of tapping is that you don't have to intellectually understand why an emotion is stuck or analyze its origins extensively. The process works directly with the energy itself, allowing for release without necessarily needing to relive or repeatedly process difficult experiences.

Creating Space for Positive Energy

If you've been stressed, angry, or guilt-ridden for a long time, tapping can have a remarkably uplifting effect. Think of those negative emotions like clutter taking up room in your attic and closets. When you remove them through tapping, you create space for lighter emotions to enter.

Imagine your energy body like a house. If every room is filled with old furniture (outdated emotions and patterns), there's no space for new pieces (positive emotions and experiences). Tapping helps you clear out what no longer serves you, making room for:

- Curiosity instead of judgment
- Inspiration instead of resignation
- Playfulness instead of rigidity
- Appreciation instead of criticism
- Self-love instead of self-rejection

I think we can agree that a house filled with these positive energies sounds far better than an attic stuffed with bitterness and regret!

Beyond Simple Stress Reduction

While immediate stress relief is often the most noticeable benefit of tapping, the process goes far deeper. With regular practice, tapping can help:

- **Rewire Neural Pathways:**
Your brain creates pathways based on repeated experiences and thoughts. Tapping helps create new, more supportive neural connections while weakening limiting ones.

- **Release Cellular Memory:**

Research suggests that emotional experiences may be stored at a cellular level. Tapping appears to help release these deeply held patterns.

- **Integrate Mind and Body:**

Many of us live disconnected from our body's wisdom. Tapping bridges this gap, helping us develop a more integrated relationship between thought and sensation.

- **Access Subconscious Patterns:**

Sometimes we're not consciously aware of the emotional patterns affecting us. Tapping can help bring these to the surface where they can be addressed.

Enhance Self-Awareness: As you practice tapping, you'll likely become more attuned to subtle shifts in your energy and emotions, allowing you to address imbalances earlier.

***Don't relive the pains
of the past! Tap &
move into a positive
future!***

In the next chapter, we'll explore the specific tapping points and learn the basic technique so you can begin experiencing these benefits for yourself.

Remember, while the explanation of how tapping works is fascinating, the real proof comes through direct experience. I encourage you to approach the practice with an open mind and notice what shifts occur in your own system.

Understanding Energy and Emotions

Certain energies have a low vibration—these are what we think of as negative emotions: fear, greed, lack, worry, jealousy, etc.

Our goal when tapping is to release these lower vibrational energies and move into higher vibration emotions like peace, elation, bliss, creativity, and excitement.

Keeping the energy flowing is what keeps our energy body healthy. Our energy body can be thought of as any system in the body. The circulatory system carries blood, and the energy body carries emotions. We want all of our systems to be in good working order, freely flowing and not stuck.

As you can imagine, when you feel those higher emotions, it impacts every aspect of your life:

If you're less fearful and more confident, you may be more successful professionally

If you're less judging and more compassionate, your relationships will improve

If you're less stressed and more excited, you can be more creative, think about more possibilities, and reach goals you may never have thought possible

If you release trauma that has been haunting all aspects of your life, that is freedom.



Getting Started with Tapping

So do you want to feel less stuck, get out of low vibration emotions, and move into free-flowing high vibration emotions? Everyone wants to be happier, I assume!

This beginner's guide will introduce you to the tapping points and how to tap so you can understand your emotions, become more attuned to your energy body, and move stuck energy out of your body so you can feel less stressed and happier.

Important note: Using tapping to help destress can be done by anyone, but if you're dealing with very heavy emotions or long-held trauma, it's advised that you seek guidance from a tapping practitioner. Tapping can bring up powerful emotions, and it's essential to be supported in this process.

Tapping in a Group Setting

Group tapping is another fun way to explore tapping, and it was how I got interested in it. When you tap in a group, there's a unique synchronicity among participants, and you can experience what are called "borrower's benefits."

What that means is that even if someone else brings up a topic to tap on and is the focal point of the tapping session, you'll likely find that it's exactly what you needed to tap on too, and you'll feel uplifted while helping uplift others. It can be a very powerful and magical experience.

Experience It for Yourself

While I can write about what tapping is and explain all the studies showing its efficacy, the best way to understand tapping is to do it and feel the effects and benefits yourself. I personally don't care that much about all the studies because I know that when I tap, I feel great!

It's like reading an amazing article about a great restaurant and all the delicious dishes they serve. Ultimately, I want to try and eat all the amazing food. I don't want to just read about it and look at mouthwatering photos. I suggest you watch some videos online. I have many videos on my

***Experience the
"borrower's benefits
of Group Tapping!"***

YouTube channel @jengpywell that can get you started tapping right away so you can begin to experience how it changes the way you feel very quickly.

Before We Begin...

As you prepare to learn the tapping points, I want to take a moment to honor your courage in trying something new. The simple act of picking up this book and reading this far shows your commitment to your well-being.

Take a deep breath and know that there's no "perfect way" to tap—this isn't a performance or competition, even with yourself.

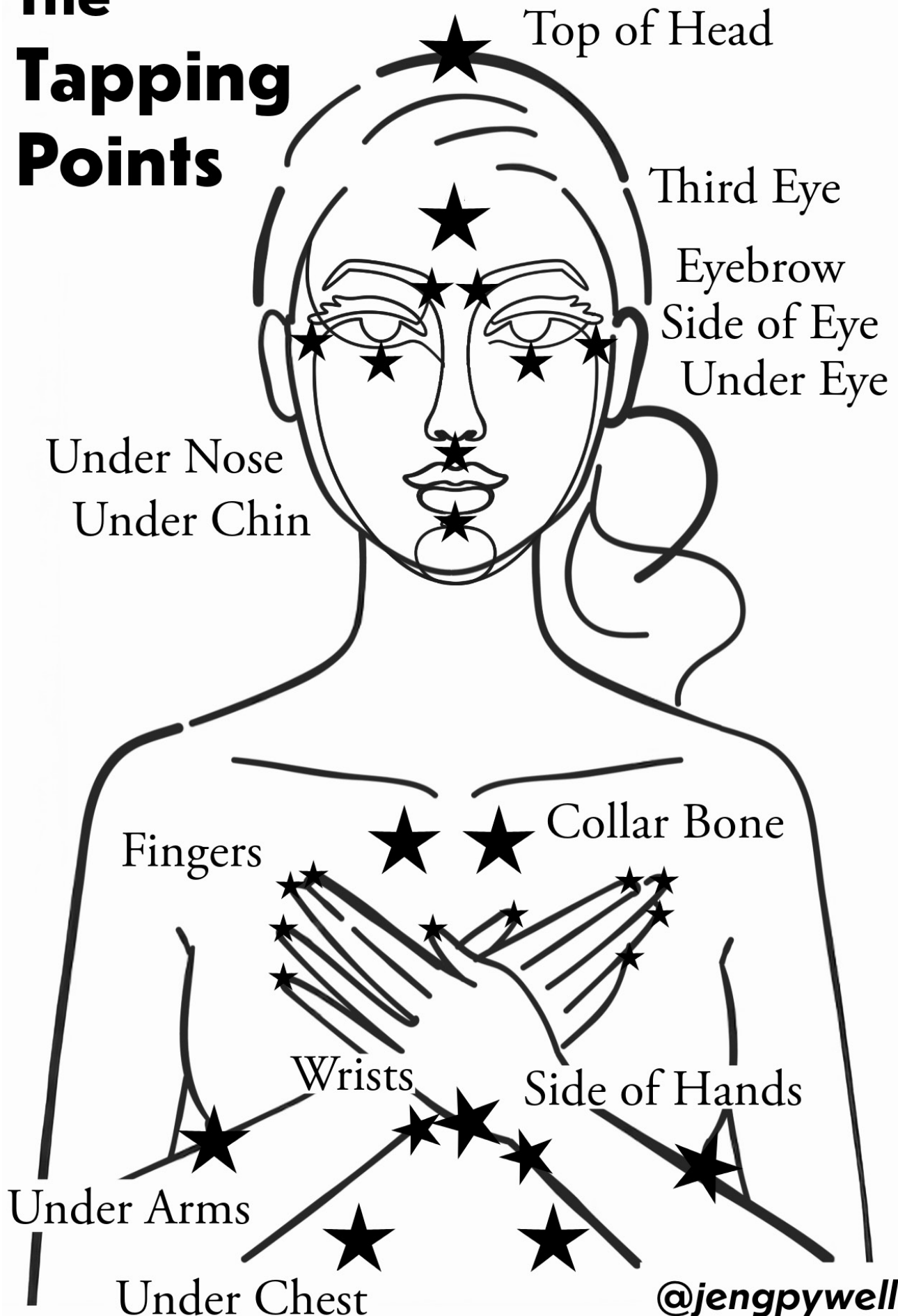
Any tapping you do, however imperfect you might think it is, will move energy and create positive change.

The body responds to your intention and the gentle physical stimulation, not to technical precision. You can't do this wrong!

Tapping is forgiving, gentle, and always beneficial. So release any pressure about doing it "correctly" and instead approach it with curiosity and self-compassion.

You're about to embark on a journey of self-discovery that can bring more peace, joy, and freedom into your life. Trust the process, enjoy the exploration, and celebrate every small shift you experience. Your body knows what it needs—tapping simply creates the conditions for that natural process to unfold.

The Tapping Points



@jengpywell

The Tapping Points

Let's review the tapping points. For all tapping points, use your pointer and middle fingers together to create a gentle tapping motion. At each point, gently tap 6-8 times while breathing.

Start with grounding: Place your hands over your heart to ground yourself. Take a few deep breaths in and out and feel your body in space. Feel your feet on the ground and your back making contact with the chair. Feel the breath going into and out of your nose.

Karate Chop Point (also called the Psychological Reversal Point): Gently tap on the underside of either hand with the pointer and middle fingers of the opposite hand. You can switch to the other side at any time.

Eyebrow Point: Tap with your pointer and middle fingers where your eyebrows meet in the center of your brow.

Side of the Eye: Tap with the pointer and middle fingers of both hands gently on the cheekbone.

Under the Eye: Tap with the pointer and middle fingers of both hands on the ocular bone in the middle under your eye.

Under Nose: Tap with the pointer and middle fingers of either hand on the divot over your mouth.

Under Mouth: Tap with the pointer and middle fingers of either hand in the indent above your chin.

Chest Point: Tap with the pointer and middle fingers of both hands about an inch diagonally out and down from the two inner points of the collarbone.

Under Armpit: Tap with the pointer and middle fingers of both hands about 4 inches below the armpits.

Below Breast: Tap on the rib just under each breast with your pointer and middle fingers.

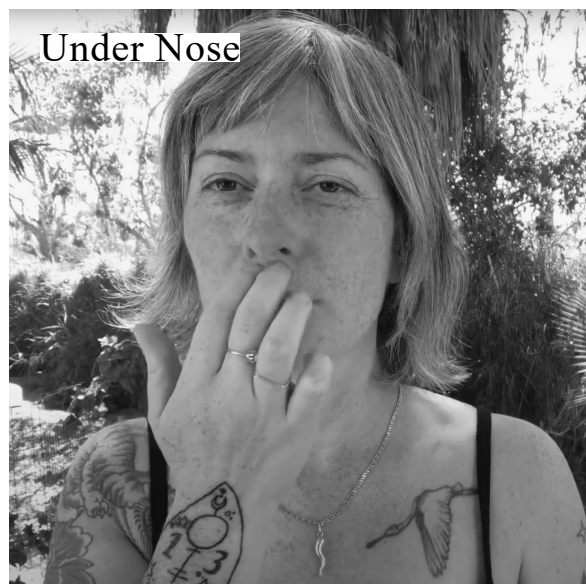
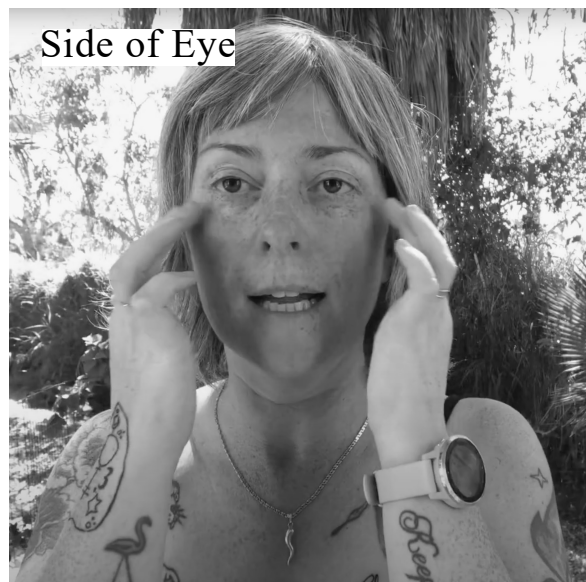
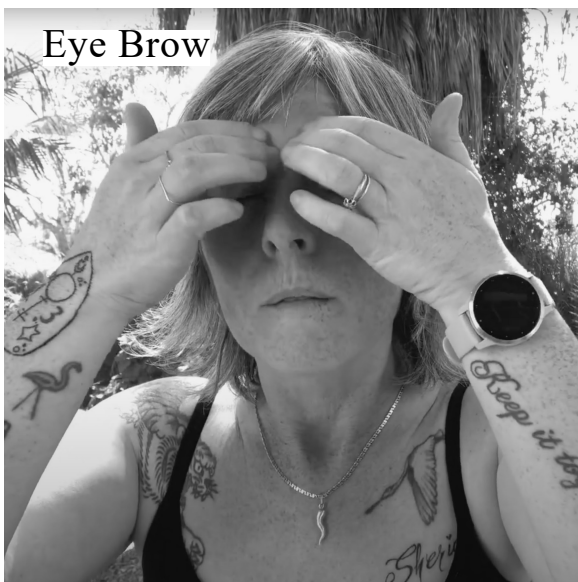
Top of Head: Tap on the very top of the head with the pointer and middle fingers of one hand.

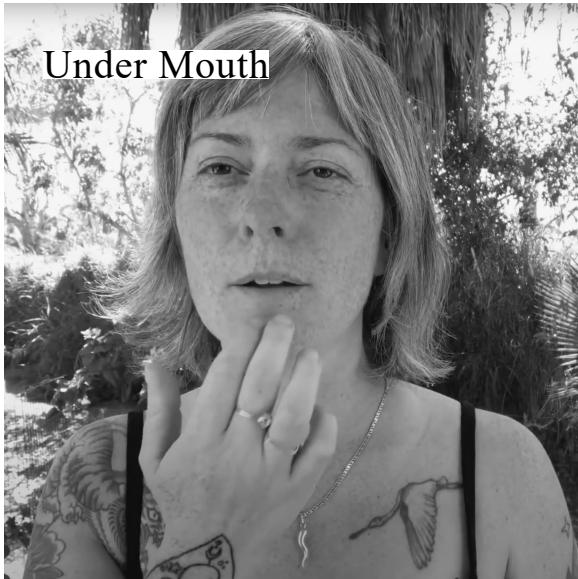
Third Eye Point: Tap right in the middle of the forehead with your pointer and middle fingers.

Note: There are other tapping points on the fingers, which aren't necessary for stress relief at the beginner level.

Each tapping point has specific benefits, but we tap on all the points, so we receive all the benefits. At this beginner level, just knowing the tapping points and how to tap will be all you need to know to help distress.

***Experiencing
pain? Simply rub
in gentle circles at
each point. Or
imagine a light on
each point.***







Simple Tapping for Stress Relief

When you watch tapping videos, you may hear people saying things, but to get the stress release benefits of tapping, you don't have to say anything. You can tap on all the points, and you'll reduce your stress quickly.

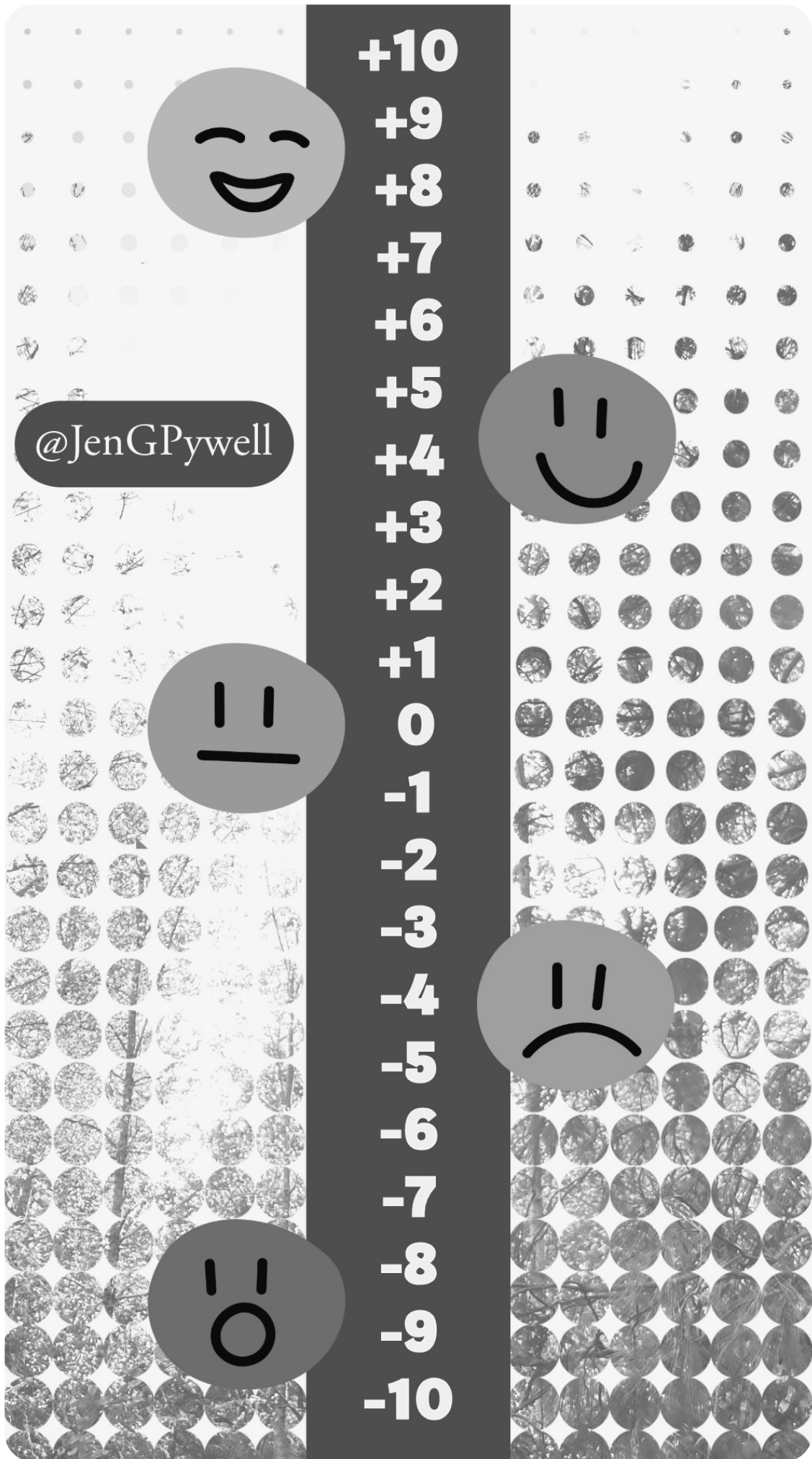
You can also repeat the same word on each point. For example, if you're stressed, you can say "stress" at each point to feel less stressed.

You can simply gently tap on each point and breathe when you're feeling stressed.

If you are experiencing pain at any of the points, like a headache, simple rub gently in a circular motion.

If you are unwell with little energy or laying awake in the middle of the night and don't have the energy to move your arms and fingers, just imagine a beautiful light on each of the tapping points. It might seem surprising but just simply focusing on each point can greatly reduce stress and calm your nervous system.

*A video showing the
tapping points and
many other topics
are on youtube:
@jengpywell*



While tapping, you may experience other sensations that let you know energy is moving. Sometimes bodily sensations move in real time to different areas of your body.

Energy is moving if you:

- *sneeze*
- *cry*
- *tear*
- *laugh*
- *fart*
- *smile*
- *sweat*

Remember to honor whatever way your body moves energy!

Introducing The Emotional Scale

Measuring Your Progress

It's important when we start a round of tapping to get an intake on how we feel so we know that tapping is working.

Measure your energy using the options below before you tap. Write it down (or remember it) then take another reading after a tapping session.

We can do this in a few ways:

Using an emotional scale (most quantitative) like the one pictured: Ask yourself, "How stressed am I right now?"

- Extreme stress would be at the bottom of the scale (-10)
- Regular daily stress is (-2, -1)
- Zero is neutral, no feelings
- Above zero represents positive, high-vibrational emotions (our goal)

Using colors (for visual people): Ask "What color is this stress?" Write that down. After tapping, ask again. Has the color changed?

Using textures (for tactile people): Ask "What texture is this stress? Is it tight? Hard? Scratchy?" After doing a few tapping rounds, has it softened?

Take a reading before you start tapping. Do about three rounds of tapping on each of the points. Then take another reading. Has your energy gone down, stayed the same, or gone up?

Use artmaking

Are you creative? Making art is a great way to move energy. Try the method one of my tapping sisters Annie uses which is to draw something - ANYTHING - before you tap, then draw something else after. You may be surprised at how different or revelatory the drawings are. Just don't criticize your drawings. Save these drawings - maybe you can put them into an art show!

All Tapping Scores Are Good

One person's energy score is totally different from another's. Try not to judge where you are. Remember energy is always moving. Wherever you are is OK and it is a starting point. If energy doesn't move right away that is also OK. It maybe even move down.

The point is that it is moving and you are taking action to help yourself. Be patient. Tapping works and can work quickly. It is very important to have an open mind and try to not be self-critical.

Measuring is Optional

If you find these measuring methods at first too cumbersome - skip 'em! Just tapping will help reduce stress and make you feel better.

Tracking Your Progress

Keep notes to see how your energy changes over time. When you start tapping, you may always start below zero. The more you tap and move energy, you may start to notice your baseline is above zero. And that is the point—to move negative emotions out of the body and tap into more positive emotions.

The Benefits of Regular Tapping

I truly hope tapping helps. Stress is really an epidemic in our culture and has a negative impact on all of our lives. Simply taking the time to do something like tapping regularly to destress will improve every aspect of your life:

Physical Health: You may not get sick as often, since stress can be detrimental to the immune system. Your digestion may improve as your body relaxes out of "fight or flight" mode.

Sleep Quality: You may sleep better because all those ruminating thoughts during the night may start to settle down, allowing you to fall asleep faster and stay asleep longer.

Work Performance: With a clearer mind, you might find yourself better able to focus, be more creative in solving problems, and handle workplace challenges without becoming overwhelmed.

Decision Making: When you're less stressed, your prefrontal cortex (the decision-making part of your brain) works better, helping you make wiser choices rather than reactive ones.

Relationship Improvements: As you process your own emotions through tapping, you may find yourself responding instead of reacting to others, leading to more meaningful connections and fewer conflicts.

Breaking Old Patterns: Regular tapping can help you notice self-sabotaging behaviors and release

the emotional charge that keeps you stuck in unproductive cycles.

Inner Peace: Many people report a profound sense of calm and centeredness that stays with them throughout the day after regular tapping practice.

Emotional Resilience: You may bounce back more quickly from disappointments or setbacks when you have tapping as a tool to process difficult emotions.

Personal Growth: As stress and emotional blocks diminish, you might find yourself more open to new experiences and personal development opportunities you would have previously avoided.

Increased Energy: Without the drain of constant stress hormones, many people experience renewed vitality and enthusiasm for daily activities.

The benefits of reducing your stress through tapping are endless and essential if you want to make any positive change in your life.

***You are in this
life to grow and
learn and thrive.
Stress kills.
Fight for your
life, in a loving
gentle way.***

Next Steps...

If you want to explore more, try tapping with a group either in person or online. I offer monthly free online group tapping sessions. It's so powerful to harness the energy of a group when destressing and working through difficult emotions. These sessions are generalized and may not address specific issues.

If you're working on really difficult challenges in your life, consider seeking the guidance of a professional tapping practitioner who can support you in a safe space and help you neutralize past negative experiences, reach your goals, and transform your life.

I offer private individual tapping sessions and would love to discuss tapping with you and how it may help in a free discovery call, which you can schedule today on my website.

To join community tapping, schedule a complimentary discovery call or book private tapping sessions, visit jengpywell.com/tapping.

To watch tapping videos on specific topics subscribe on youtube [@jengpywell](https://www.youtube.com/@jengpywell)

Final Thoughts

Thanks for taking the time to take care of yourself. Before you can help anyone else or make larger positive changes in the world, you need to take care of yourself. Have gratitude for reading this and trying something different! Be generous and gracious with yourself when you are starting a new practice.



I am not a medical doctor, licensed therapist, or psychiatrist.

Modern Energy Tapping is a complementary approach to emotional wellness and is not meant to replace professional mental health services and it does not cure disease. If you're under the care of a doctor or mental health professional, I encourage you to discuss incorporating tapping into your wellness routine.

For serious mental or physical health concerns, please seek appropriate medical and psychological care.

I truly wish you the best in all your life's endeavors. I hope you make time to laugh, eat well, enjoy times with loved ones and get out into the woods. Happy Tapping!

Be true to yourself.

Only say what feels authentic.

These are NOT positive affirmations!

Listen to your intuition.

***Find your truth, discover yourself and
remember there is only one of you.***

How special is that?

Tapping for Stress Release

Begin by placing your hands over your heart and taking a few deep breaths. Now, tune into your current stress level using one of the methods.

First Round

While tapping gently on the side of your hand (**karate chop point**), repeat each of these statements:

"Even though I feel stressed, I deeply and completely love and accept myself."
"Even though I am experiencing this sensation of stress, I accept that I am stressed and love all of myself."
"Even though I am stressed right now, I am tapping now to release this stress."

Tap gently 6-8 times on each point.

Eyebrow Point: "This stress"
Side of Eye: "All this stress"
Under Eye: "I feel this stress in my body"
Under Nose: "This stress is weighing me down"
Under Mouth: "I acknowledge this stress"
Collarbone Point: "All this stress I'm carrying"
Under Arm: "This stress feels heavy"
Below Breast: "I can feel this stress"
Top of Head: "So much stress"
Third Eye: "This stress in my system"

Second Round

Eyebrow Point: "I know this stress is energy"
Side of Eye: "I choose to let it soften and flow"
Under Eye: "I am safe"
Under Nose: "I am glad I don't need to know why I am stressed"

Under Mouth: "I have gratitude to myself for helping myself destress"

Collarbone Point: "I know there is some reason I am stressed"

Under Arm: "I appreciate my body for what it does to protect me"

Below Breast: "But now I choose to release this stress"

Top of Head: "This stress no longer serves me"

Third Eye: "I give myself permission to let it go"

Third Round

Eyebrow Point: "I choose to make room for other emotions"
Side of Eye: "Like calm"
Under Eye: "Gratitude"
Under Nose: "Peace"
Under Mouth: "Relaxation"
Collarbone Point: "I am so happy I can release this stress from my body"
Under Arm: "I choose to release it now"
Below Breast: "Letting this stress energy flow out"
Top of Head: "Replacing it with calm"
Third Eye: "I am becoming more peaceful with each breath and tap"

Closing and Check-In

Place your hands over your heart again. Take a deep breath in and out.

Now check in with yourself. Has your energy changed?

Notice any shifts. You might feel lighter, more relaxed, or notice your breathing has changed.

Repeat these rounds as needed. Remember to be gentle with yourself throughout this process.

Drink water after a tapping session.

Tapping Script for Insomnia

Begin by placing your hands over your heart and taking a few deep breaths. Use one of the methods to measure your energy.

First Round

While tapping gently on the side of your hand (**karate chop point**), repeat each of these statements:

"Even though my mind won't quiet down and I can't sleep, I completely accept myself and how I'm feeling right now."

"Even though my body feels restless and I'm frustrated about not sleeping, I honor my body's signals and give myself permission to rest."

"Even though I'm worried about how this insomnia will affect me tomorrow, I choose to be gentle with myself in this moment."

Tap gently 6-8 times on each point.

Eyebrow Point: "This sleep difficulty"

Side of Eye: "My busy mind"

Under Eye: "All these thoughts keeping me awake"

Under Nose: "This frustration about not sleeping"

Under Mouth: "The worry about tomorrow"

Collarbone Point: "This tension in my body"

Under Arm: "I can't seem to relax"

Below Breast: "All this sleep anxiety"

Top of Head: "My mind won't stop"

Third Eye: "This insomnia"

Second Round

Eyebrow Point: "What if I could release this tension?"

Side of Eye: "Maybe my thoughts can slow down"

Under Eye: "I give my body permission to rest"

Under Nose: "I don't need to force sleep"

Under Mouth: "Sleep happens naturally when I'm relaxed"

Collarbone Point: "I'm allowing my nervous system to calm down"

Under Arm: "It's safe for me to rest now"

Below Breast: "I release the need to control my sleep"

Top of Head: "I trust my body knows how to sleep"

Third Eye: "I'm letting go of sleep pressure"

Third Round

Eyebrow Point: "With each breath, I'm becoming more relaxed"

Side of Eye: "I welcome peaceful drowsiness"

Under Eye: "My body is getting heavier"

Under Nose: "My mind is becoming quieter"

Under Mouth: "I deserve restful sleep"

Collarbone Point: "Sleep is a natural process"

Under Arm: "I release all worry about tomorrow"

Below Breast: "Each moment of rest is healing"

Top of Head: "I'm grateful for this time to nurture myself"

Third Eye: "Peaceful sleep is coming to me now"

Closing and Check-In

Place your hands over your heart again. Take a deep breath in and out. Now check in with yourself. Has your energy changed?

Notice any shifts. You might feel lighter, more relaxed, or notice your breathing has changed.

Repeat these rounds as needed. Remember to be gentle with yourself throughout this process.

Drink water after a tapping session.

Tapping Script for Increasing Energy

Begin by placing your hands over your heart and taking a few deep breaths. Tune into your current energy level using one of the methods.

First Round

While tapping gently on the side of your hand (**karate chop point**), repeat each of these statements:

"Even though I feel drained and low on energy, I completely accept where I am right now."

"Even though my body feels heavy and sluggish, I honor what my body is telling me and know I can shift this energy."

"Even though I wish I had more vitality and spark, I'm tapping now to revitalize my energy in a gentle, supportive way."

Tap gently 6-8 times on each point.

Eyebrow Point: "This low energy"

Side of Eye: "This heaviness"

Under Eye: "I feel so depleted"

Under Nose: "My body feels sluggish"

Under Mouth: "All this fatigue"

Collarbone Point: "It's hard to get moving"

Under Arm: "I wish I had more energy"

Below Breast: "This drained feeling"

Top of Head: "My body feels so heavy"

Third Eye: "All this stagnant energy"

Second Round

Eyebrow Point: "What if energy could flow more freely?"

Side of Eye: "I'm open to feeling more vitality"

Under Eye: "My cells are always regenerating"

Under Nose: "I allow fresh energy to circulate"

Under Mouth: "I release anything blocking my natural energy"

Collarbone Point: "My body knows how to energize itself"

Under Arm: "I'm activating my vital life force"

Below Breast: "I'm curious about how my energy might shift"

Top of Head: "I invite more aliveness into my body"

Third Eye: "I give myself permission to feel energized"

Third Round

Eyebrow Point: "I'm waking up my natural vitality"

Side of Eye: "Fresh energy is flowing through me"

Under Eye: "Each breath brings me more aliveness"

Under Nose: "I feel a spark of energy growing"

Under Mouth: "My body is recharging"

Collarbone Point: "I'm becoming more vibrant"

Under Arm: "My energy is increasing"

Below Breast: "I feel lighter and more alive"

Top of Head: "Vibrant energy circulates through my entire body"

Third Eye: "I'm grateful for this renewed vitality"

Closing and Check-In

Place your hands over your heart again. Take a deep breath in and out. Now check in with yourself. Has your energy changed?

Notice any shifts. You might feel lighter, more relaxed, or notice your breathing has changed.

Repeat these rounds as needed. Remember to be gentle with yourself throughout this process.

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Tap, Relax, Repeat: A Beginner's Guide to Tapping for Stress Release

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