

# Tapping

I was introduced to tapping in 2009. I went to see June Milligan in Reno for some help with my mental mind. She is a Hypnotherapist. Even though I filled a chair with sweat from the release of the session and walking outside I noticed the sky was bluer I still questioned if tapping could really be that easy.

The next day I took my tapping papers with me on a hike to a favorite rock that stands about 10 feet above the ground to test the work. Being afraid of heights had been an issue for a long time. Ladders were the worst. Shaky shaky. After five minutes of tapping I was no longer afraid of heights or ladders. This is now 2017.

Tapping is a combination of Chinese meridian points and modern psychology. Tapping connects the thinking brain with the subconscious brain or limbic system. This system controls our flight or flight response. Unfortunately these days many people seem to be in flight or flight all the time. Tapping is a way to calm the limbic system by clearing unnecessary emotions, thoughts or feeling that are holding you back.

The hardest part of tapping is just getting the motivation to do it. Of course you could tap about that if you find this is an issue. HAHA! It is very simple. A great way to start is by complaining about something until you forget what you were complaining about. This is a comment from a client, "The other day I was soooo angry I decided to start talking about what I was angry about while I tapped and after a while I realized that I was just talking and had forgotten what I was angry about". Easy. It is even easier if using weighted support bags to help the limbic system feel safe to allow for a deeper release.

Weighted support bags or weighted blankets are being used for autism, sleep disorders, anxiety, stress and cancer to name a few. The deep pressure the weighted bags offer help the brain feel safe, grounded and secure. Those feelings cause the brain to release neurotransmitters like serotonin and dopamine that improve moods and induce a calming effect. The calmer the limbic system the easier it will be to release the deeper "scarier" problems from deep seated emotional, or physical trauma.

I offer a set of four weighted bags weighing 20# total with a set of 6 colored caterpillars which can be used for sensory input to aid in the connection to the body or releasing unneeded energy. This set is \$70 (plus \$20 for shipping if necessary).

# Tapping points

There are 14 points total. As you practice you will remember. Overwhelmed about remembering? You can tap on that. It is that easy! Tap on either side. The meridians are balanced side to side and you effect each side in this protocol.

**Point 1** Beginning of the eyebrow next to the bridge of the nose.

**Point 2** End of the eyebrow

**Point 3** Under the eye

**Point 4** Under the nose

**Point 5** Under the bottom lip

**Point 6** Collar bone

**Point 7** Under the arm on the ribs

**Point 8** Inside end of the pinky finger

**Point 9** Outside end of the ring finger

**Point 10** Thumb side of middle finger

**Point 11** Thumb side of index finger

**Point 12** Outside edge of thumb.

**Point 13** Karate Chop one hand into the other hand

**Point 14** Top of the head.



# How to tap

## It is easy

1. Start tapping. Follow the sequence above.
2. Start talking
  - a. talk about what you are angry, sad, upset, etc. about
  - b. or talk about what you want to learn. Loving yourself, finding confidence.
3. FEEL THE WORDS as you say them. VERY IMPORTANT! Some people say tapping does not work. In my experience it is because they are just rehearsing and not feeling what is being said.
4. If tapping is “not working” you may need some support. This is where the support bags come in.
5. If tapping is still not working you may not be talking about the core issue or have not cleared all of the monkeys around the memory. If you are old enough to remember the game barrel of monkeys you may remember the goal was to get the monkeys connected. Don't leave any monkey unturned.
6. When you forget what you were talking about that means are probably done. Go about the rest of your day unless you would like to face another imbalance.



### Remember Good Better Best.

There is no “wrong” way to tap. If not seeing results go back to #1

### 4 Point Technique

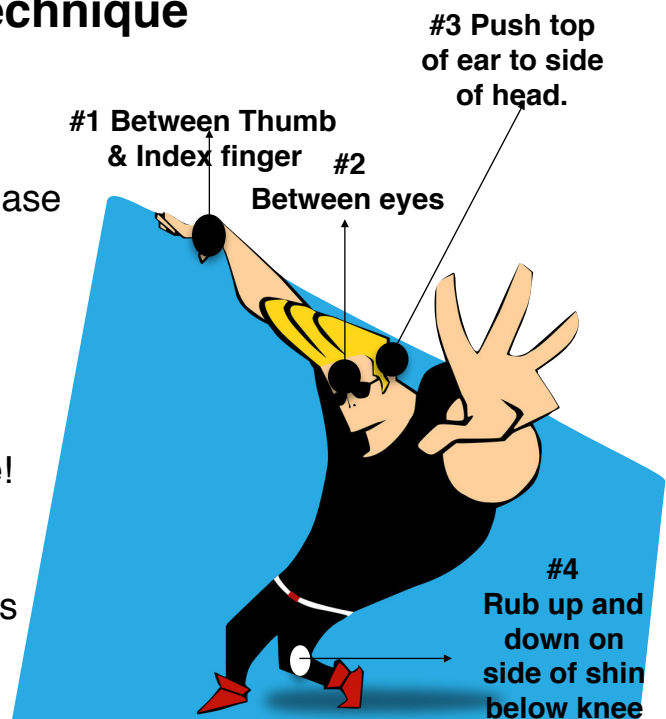
#### Even easier.

1. Rub on one of the 4 points
2. Close your eyes
3. Visualize a memory you would like to release any negative emotion to. i.e. car accident
4. When you can no longer see the visualization or it changes to something positive open your eyes and breathe.
5. Continue sequence to other 3 points.
6. Can't visualize it any more. You are done!

**SIMPLE!!!**

7. For a sense of support use the support bags. Highly recommended. Want some bags of your own? Give me a call. 775-240-6381

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## **Positive affirmations**

Tapping can also be used to bring in the positive. Remember, this is about hacking the limbic system. If the limbic system has been in a negative spiral for a long time we may need to teach it to understand some positive things. Follow the 14 tapping points

- I am a magnet, attracting with my thoughts and feelings.
- I am clear and precise about what I want.
- I focus as often as I can on what I want.
- I feel the feelings of having it now.
- I visualize what I want every day using all five senses.
- I don't get caught up on how it's going to happen - that's not my job.
- I continue to speak, act and think only of what I want.
- I quickly pilot away from thoughts of what I don't want.
- I have faith in my powerful ability to attract what I do want, so I am certain I will receive everything I need and desire.
- Gratitude is a powerful force so I look for things to be grateful for.
- I love and appreciate myself and those who love me every single day.
- I look for people and things that make me feel good and bring me joy.
- I feel gratitude for all my talents, opportunities and freedoms
- I know that I am powerful, magnificent, worthy, deserving and perfect, just as I am; therefore I have the confidence to follow my own heart.
- I have learned to be present because I know that all of my power is in this moment of now.
- I control my thoughts, which control my emotions, and in that way I control my life.
- I give to myself and fill myself up with love until I am overflowing.
- I have fun, I laugh, I play, I love and I say yes to life.

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