



**From Overwhelm ...
... to Relaxed Success?

With Tapping**

Disclaimer:

This brief introduction is not covering the topic of Tapping fully and is only intended to give a brief overview of the subject matter. For detailed information please consult the official Tapping website www.emofree.com



Release Stress with Tapping

It actually sounds unbelievable – is it possible that there is a process that lasts only for 80 seconds and still allows us to release stress rapidly and effectively?

Tapping / Meridian Tapping / EFT - Emotional Freedom Techniques

Origin of Tapping

TappingEFT was developed by Gary Craig (please see also the official EFT website www.emofree.com) in the eighties of last century. It belongs to the field of Energy Psychology and combines ancient Chinese knowledge about acupuncture with a modern coaching approach. The basic approach is to combine a tuning-in to an emotional state with the gentle stimulation of a certain set of acupressure points on the body.

The Key Discovery of Tapping:

"Every negative emotion is caused by an imbalance in the body's energy system."

This is the basic assumption of Tapping – emotional stress, whether its fear, frustration, anger or any other disturbing emotion, is caused by a block in the body's energy system. Often it's already enough to think of the stressful event, e.g. entering a plane or a stepping onto a stage and the fear shows up. Even worse, our body might already display all the physical signs of stress. This could be a tension in your stomach, increased heart rate or similar symptoms.

You can balance this stress by gently tapping acupressure points on your body. This will relax the meridian system and reflect back on the emotional stress – the fear lessens or disappears altogether. The memory stays, the emotional stress is gone.

Easy to learn and easy to apply self-help method

Tapping is easy to learn and easy to apply. In a one-day workshop the basic principles can be learned. Tapping can help to reduce stress and also help improve personal performance. However, to really grasp Tapping and all of its subtle nuances please refer to the DVD sets that Gary Craig has made available at www.emofree.com. Individual trainers will always convey their individual understanding of Tapping. Gary Craig wants anybody working with Tapping to stress that only the DVD sets will provide the full spectrum of Tapping in the way that Gary Craig had intended.



Oftentimes there are more layers to an issue. In such cases it's useful to seek the support of an experienced Tapping practitioner.

Limits of self help with Tapping

Serious psychological issues need to be put in the hands of experienced therapist or psychologists. Don't go where you don't belong. Tapping might still be valuable in those cases but that is not in the domain of self help.

Excellent in sports and to change habitual patterns

Our sub-conscious mind works 24/7. Patterns implanted in our sub-conscious mind are often very difficult to change. Tapping can support such changes by helping to release negative emotions that make oneself cling to the negative patterns. It makes it much easier to align conscious and sub-conscious mental patterns and to become "whole".

The Process:

Disclaimer: If you are under psychological treatment or feel that your stress levels are more severe than usually experienced in daily life please consult your therapist before attempting to use any self help approach!

I. Step: Evaluate The Problem:

First, please clearly define the problem – phrase one or two sentences that reflect your "gut" feeling about the problem. E.g. "I feel totally frustrated about the outcome of that talk." Or "I feel hurt by his words".

It is important to really pay attention to your "emotional truth", not your "rational truth". Your rational truth might be: "Millions are flying with aeroplanes every day, so get over it. Don't be a sissy." However your emotional truth might be "I am really, really scared." So please be honest with yourself and pay attention to what you feel, not what you think.

Now evaluate on a scale of 0-10 how strongly you feel that emotion, e.g. the fear of flying. Take the most intensive aspect (often there are two or more emotions involved in one experience – there could be fear, helplessness and anger in one and the same experience).

0 stands in this example for complete freedom of the negative emotion and 10 stands for as bad as never before.

The purpose of this evaluation is to have a landmark for where you stand. Oftentimes a cognitive shift occurs while tapping, and setting this evaluation can help you to see how much stronger the negative emotion was just a few minutes ago.



2. The Setup Statement:

Here we tap the karate chop point (marked by the red dot) on either the left or the right hand, while the setup statement is repeated. Use 2,3 or 4 fingers and tap gently while repeating the setup statement three times. You don't have to tap too hard, just do it gently - remember, it's not about punishing yourself, alright?



The Setup Statement follows always this pattern:

**Even though I am/have _____,
I deeply and completely love and accept myself!**

For example: “Even though I feel hurt by his rude words, I deeply and completely love and accept myself.”

This has already an essential implication. Normally we are so busy with our feelings that we think that we ARE the problem where in truth we have a problem. With this statement we remind ourselves that we are OK, even though we might have a (temporary) problem. This is already an important first step towards releasing the problem.

3. 8 Body Points

The 8 points that are used in this variant of Tapping are a shortcut to the regular basic procedure as described by Gary Craig in his free manual on Tapping (which can be downloaded at www.emofree.com) and his Tapping Basic Course DVD. However Gary himself uses this set of points in the more advanced DVD courses.

While tapping each of the eight points gently with two or three fingers please repeat a short reminder phrase. This could be a shortened version of the setup phrase (e.g. “Feeling hurt” as of the example above) or whatever comes to mind when you tune in to the problem. You can repeat the same phrase for all eight points or express a variation that changes with every point – whatever resonates most with the emotion or the issue at hand.

By the way, the reason for using two or three fingers to tap, is that you will have a wider surface covered when tapping, so that even in case that you don't hit the exact acupressure point, the general area will be stimulated and that will also stimulate the meridian point in question.



- 1. Eyebrow point:** this point is located on the inner end of either eyebrow, ie. not exactly in the middle above the nose, but slightly to the left or right. Use 2 fingers and tap gently 5-10 times. You don't have to tap both points, you can tap on either side as you wish.



- 2. Side of the Eye:** this point is located on the bone outside of each eye, however not too far back to the temple, but right on the bone at the edge of the eye. Use 2 fingers and tap gently 5-10 times. You don't have to tap both points, you can tap on either side as you wish.



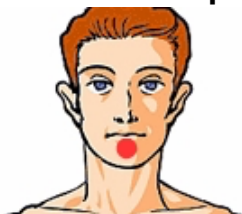
- 3. Under Eye:** this point is located on the cheek bone under the eye - if you look in the mirror, it is on the same line with the center of your eye, your pupil if you look straight ahead, only down on the bone. Use 2 fingers and tap gently 5-10 times. You don't have to tap both points, you can tap on either side as you wish.



- 4. Under Nose:** this point is located above the center of the upper lip right under your nose. Use 2 fingers and tap gently 5-10 times.

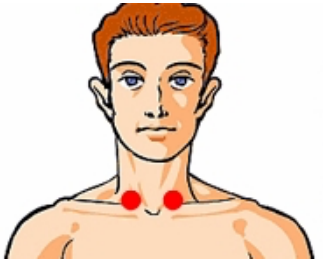


- 5. Under mouth point (or also called chin point):** this point is located below the center of the lower lip right above the chin, ie. in the crease above your chin. So you don't tap on your chin actually, but a bit above, yet still below the lower lip. Use 2 fingers and tap gently 5-10 times.

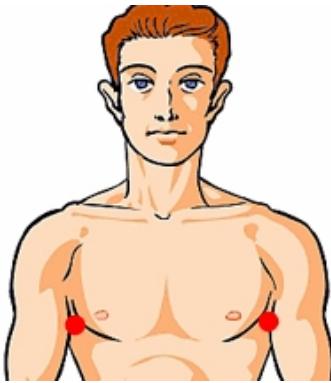




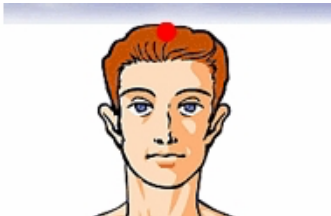
- 6. Collarbone point:** this point is located about an inch outward from the center beginning of the collarbone - on the top of the collarbone. Use 3-4 fingers and tap slightly stronger 5-10 times. You don't have to tap both points, you can tap on either side as you wish.



- 7. Under Arm:** this point is located about 2 - 3 inches down from the arm pit, on the side of the chest, the point is a bit sour with most people as it is also a point of the lymphatic system (for women usually there where the bra goes to the back). NOTE: the drawing here is not entirely accurate - the point is a bit more on the side of the chest. Use 2 fingers and tap gently 5-10 times. You don't have to tap both points, you can tap on either side as you wish.



- 8. top of the head point:** this point is located right on top of the head, if you hold your head straight. Use 3-4 fingers and tap gently 5-10 times.



After finishing the eight points take a deep breath and blow all the tension and negative emotion out.

4. The Conclusion – re-evaluate the Emotion

Please re-evaluate the emotion again on a scale of 0-10. 0 stands again for a complete absence of the negative emotion. 10 again signifies that it is as bad as never before. In very rare cases it may happen that it feels a little bit more intensive that before the tapping. Usually that is a sign that your energy system started reacting and something started to move. Repeat the 8 points one or more times until the intensity has subsided.



Let's assume that the intensity has fallen from 7 to a 4. In such a case please repeat the 8 points again to decrease intensity further. After all, it's only an 80 second process.

Enjoy and Keep Tapping!!!

We also offer individual sessions or EFT seminars for groups, either as an introduction or on specific topics, such as sales, innovation, creativity or general stress reduction - to enable breakthrough even through unconscious blockages.

Only when stress levels have dropped can personality development programmes or the teaching of professional skills really take hold.

Ask us.

Yours sincerely

Martin Laschkolnig

Institute for Potential Development
Past President 2015-2017 German Speakers Association e.V.
President 2022-23 Global Speakers Federation

Südtirolerstrasse 28, A-4020 Linz
Tel: +43 732 298 098
e-mail: info@MartinLaschkolnig.at
www.martinlaschkolnig.at
www.GelassenLeben.at