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## How to Tap

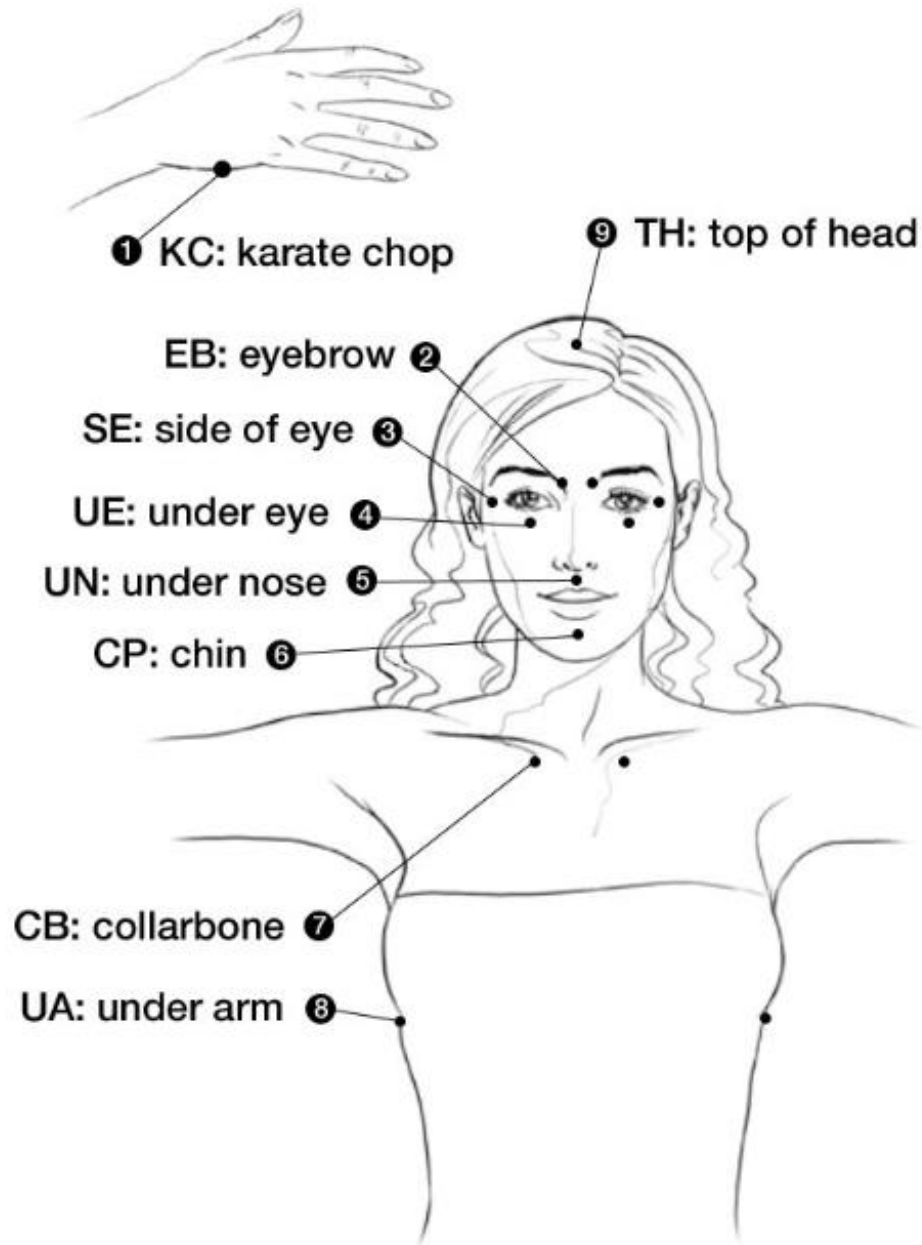
Tapping, or EFT, is the psychological acupressure technique I routinely use in my practice and most highly recommend to optimize your emotional health and cope with difficult issues when they come up, including anxiety, physical pain, food craving and negative self-talk. It also helps you reach your positive goals.

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. - and voice positive affirmations.

### Steps:

1. Sit quietly with eyes closed and connect with the issue you want to address.
2. Locate where in your body you sense this issue most.
3. How strong is it out of /10, with 10 being the most intense you could imagine feeling this issue?
4. Set-up: gently knock the heels of your hands together, karate chop, while saying 3 sentences:
  - a) The classic one is: ***"Even though I feel (this issue), I deeply and completely love and accept myself."***
  - b) Please use words that feel TRUE to you. For instance, if you don't yet love and accept yourself, you could say, ***"..I am willing to learn to love and accept myself."***
  - c) Be creative, use the words that work well for you.
5. Tapping: see diagram on other side.....and do this gently and slowly, the slower the more effective it will be. Straighten the spine, open the chest and breathe deeply and slowly as well, adding some phrases with each point, ie "relaxing the tension around this issue; letting go; sighing; move forward bit by bit"...etc
6. Sit quietly with eyes closed, hands in lap, and notice the intensity of the issue now
7. Repeat 2x
8. Briefly journal the results, ie: date, issue #/10, location >> (tapping) results/10 and any insights you might have gotten; repeat 2x
9. Consider a tapping practice daily, maybe before bed

Sign up with the website [www.thetappingsolution.com](http://www.thetappingsolution.com) for regular newsletters with tapping tips.  
Consider getting the book, *The Tapping Solution*/Nick Ortner, and using it as a journal while you read a little every day



### Experience Personalized Tapping Meditations

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