

## TAPPING OR TAPPING ACUPRESSURE

### **What is Tapping-Acupressure or Tapping-Technique?**

Tapping-Acupressure is a simple Tapping technique, based upon Traditional Chinese Medicine (Acupuncture), Kinesiology and latest neurological research results. With this technique even chronic problems like fears and stress, but also physical discomforts may be released and eased successfully.

While a person is focused on a problem, certain meridian points are being gently tapped. Like that energy blockages and physical stress will be released and eliminated.

Energy Psychology assumes that by approaching the Energy System in our body, all kinds of problems can be treated. It may applied in many areas like work, sports, private life, learning, concentration etc.

Tapping-Acupressure is part of the relatively new branch of Energy Psychology. It refers to the Meridiansystem of human beings in connection to his/her emotional or physical condition. (by the way: already the old Spartans tapped twelve point in their faces, to release fear before a battle)

### **Tapping is known under several terms:**

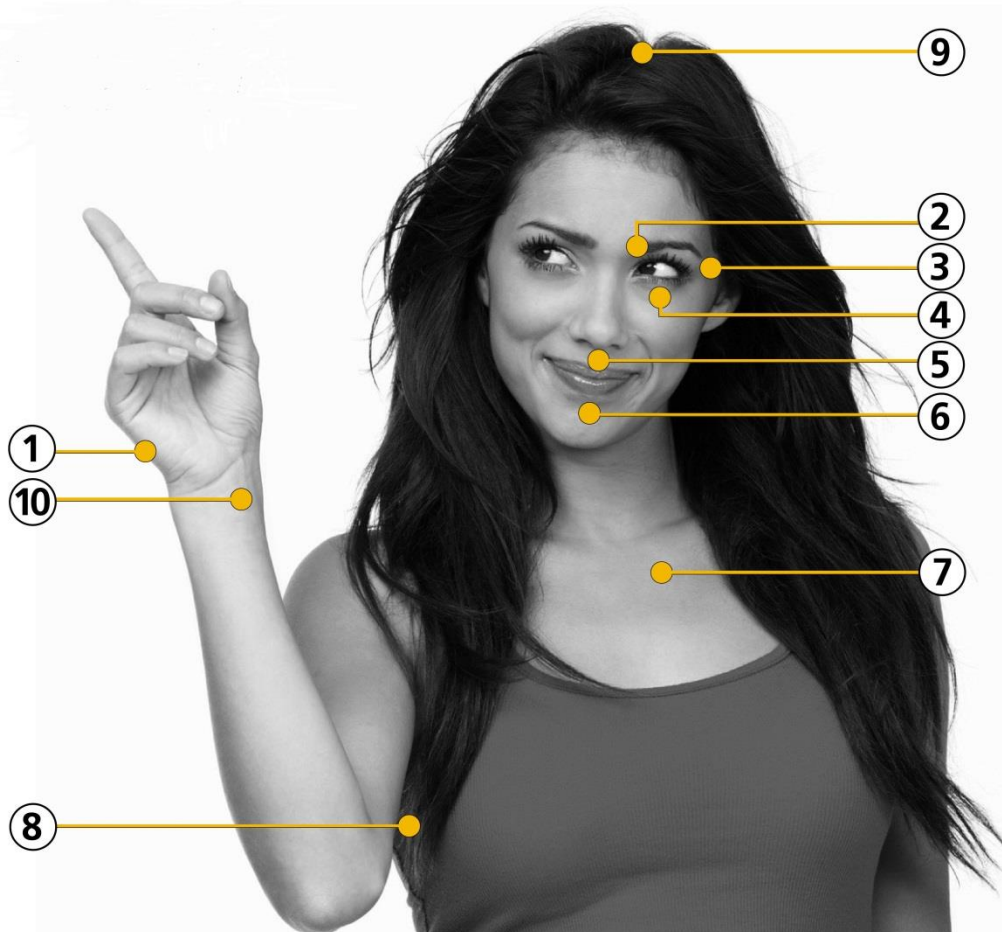
Tapping Acupressure is part of the relatively young part of Energy Psychology. It uses the body's meridian system in relation to an emotional/psychological state. (Btw: already the Spartans used to tap 12 point on their faces before a battle to release fear.)

EFT (Emotional Freedom Technique), MET (Meridian Energy Techniques), MFT (Mental Field Technique) are some of the known variations of tapping. I have received in depth training in different techniques. I gained and learned most from Gary Craig's EFT.

Tapping is being used quite often within psychotherapy settings but people of every age can apply it easily and successfully to help themselves. The techniques and procedures are easy to learn and to be used everywhere in many situations.

## Treatment Procedure

WHAT TO DO	EXAMPLE
1. Identify the problem	<i>I am afraid of speaking in front of people</i>
2. Estimate how high your stress or your fear is, if you imagine you would have to speak in front of people now	0 is no stress, 10 is maximum stress or fear
3. Tap your thymus with an opening statement	<i>I love, I believe, I trust, I am courageous and grateful</i>
4. Tap Point 1 (hand edge) point in outward direction (eliminate inner sabotage or energetic malfunction)	<i>Even though I am afraid of speaking in front of people, I love and accept myself the way I am. (3X)</i> <i>Even though I do not deserve it of not having the fear of speaking in front of people, I love and accept myself the way I am. (3x) *</i>
5. Tap all the meridian points with a short statement	<i>My fear of speaking in front of people</i>
6. Backhand series	
7. Estimate again your stress on the scale	What changed? Was there maybe another aspect or statement that showed?
8. Repeat the procedure, maybe with another statement	<i>My stress while talking. My fear to blame myself.</i>



**Backhand series (while tapping HR-point)**

- eyes closed
- eyes open, head straight
- without moving your head look sharply down right
- without moving your head look sharply down left
- rotate your eyes clockwise, twice
- rotate your eyes counterclockwise, twice
- look straight
- hum a little melody for a few seconds (f.i. Happy Birthday)
- count back from 7 to 1 out loud
- again hum a little melody for a few seconds (f.i. Happy Birthday)