

Tapping For Emotional Freedom (Stress Relief)

A Holistic Way of Managing Stress

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What Will I Learn Today

In this session you will be provided with the tools to reduce or relieve the stressors that can hold us back from enjoying life and reaching our full potential. Tapping is simple and painless. It can be learned by anyone. And you can apply it to yourself... *Anywhere... Anytime*

Most Importantly

Tapping does not require an appointment or prescription and can be used with specific emotional intent towards your own unique life challenges and experiences. Most importantly, it gives you the power to heal yourself, putting control over your destiny back into your own hands (*literally*).

Why Does Tapping Work

When you're experiencing a negative emotional state—angry or upset or fearful—your brain goes on alert. It prepares your body to enter a full-blown, fight-or-flight response. This response evolved to mobilize the body to face an external threat—think of a tiger coming after your ancient ancestor. All the body's defense systems are turned on to support either fighting or fleeing from the danger.

Stressors in ancient days were very real threats to survival. Today, however, the fight-or-flight response is rarely activated by a physical threat. Most of our fight-or-flight responses today are triggered internally. For many of us, the internally generated stress response is triggered by a negative memory or thought that has its roots in past trauma or conditioned learning from childhood. The stress response in the body takes the same form, whether the trigger is the tiger (external) or a negative memory (internal).

The adrenaline flows, the heart races, and so on. What tapping does, with amazing efficiency, is halt the fight-or-flight response and reprogram the brain and body to act-and react-differently. The stress response begins in your brain in the almond-shaped amygdala, one of the components of the limbic system, or midbrain. The midbrain is located between the frontal lobes (the cortex) and the hindbrain (also called the reptilian brain-the earliest, most primitive part of the brain).

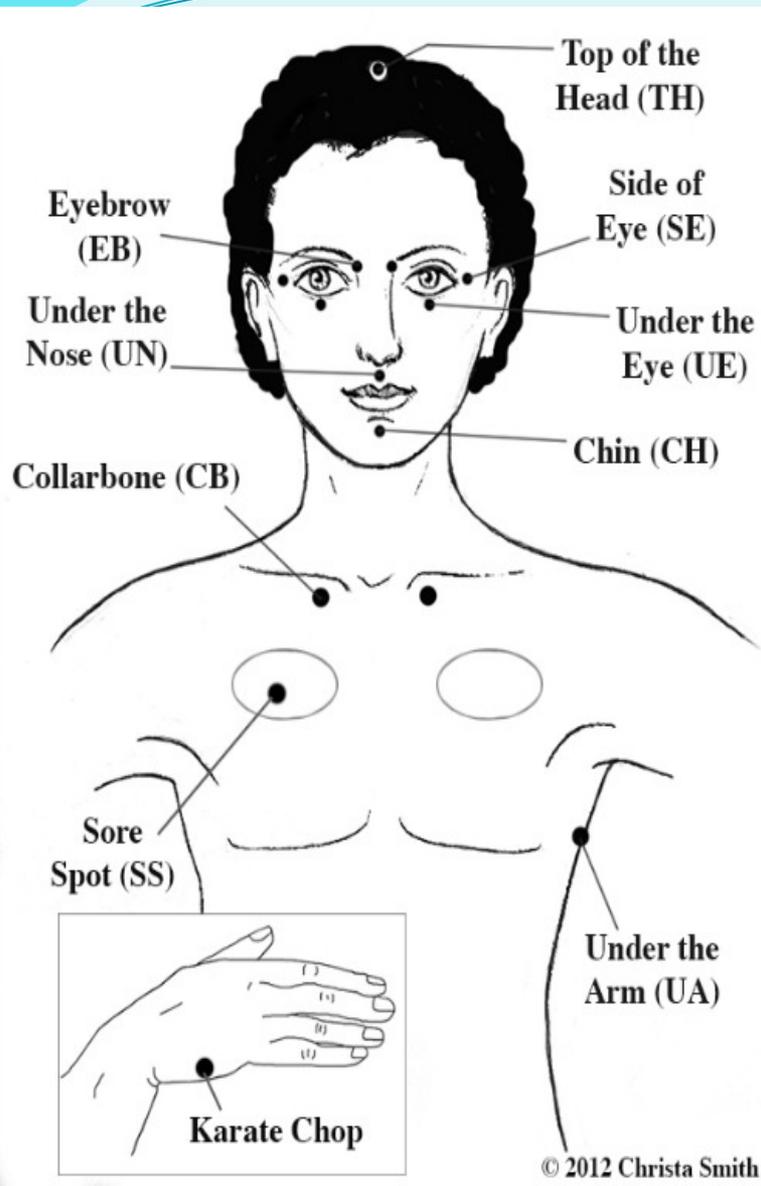
The limbic system is the source of emotions and long-term memory, and it's where negative experiences are encoded. The amygdala has been called the body's smoke detector. "Uh-oh, here comes trouble," says the amygdala. "Something is threatening our safety." It signals the brain to mobilize the body in the fight-or-flight response. Tapping on the meridian endpoints helps to deactivate the amygdala's alarm and sends a calming response to the body, and the amygdala recognizes that it's safe.

How To....

The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, or any other aspect around an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 9 of the body's meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body's energy, restoring it to a balanced state.

This concept comes from the doctrines of traditional Chinese medicine, which referred to the body's energy as "chi." In ancient times, the Chinese discovered 100 meridian points. They also discovered that by stimulating these meridian points, they could heal. Call it energy, call it the Source, call it life force, call it chi... Whatever you want to call it, it works. In some ways, Tapping is similar to acupuncture. Like Tapping, acupuncture achieves healing through stimulating the body's meridians and energy flow. However, unlike acupuncture, Tapping involves NO needles! "No needles" is definitely one of the advantages of Tapping.

Acupuncture also takes years to master. Acupuncture practitioners must memorize hundreds of meridian points along the body; the knowledge and training take years to acquire. Tapping is simple and painless. It can be learned by anyone. And you can apply it to yourself, whenever you want, wherever you are. It's less expensive and less time consuming. It can be used with specific emotional intent towards your own unique life challenges and experiences. Most importantly, it gives you the power to heal yourself, putting control over your destiny back into your own hands



Karate Chop Point (KC): This point is on the side of your hand, in the middle of the fleshy part.

Eyebrow (EB): This point is at the inside edge of the eyebrow, above the inside corner of the eye.

Side of the Eye (SE): This point is next to the outside of the eye, on the temple.

Under the Eye (UE): This point is just below the middle of the eye, near the edge of the bone.

Under the Nose (UN): This point is in the indentation just between the middle of the nose and the middle of the upper lip.

Chin (CH): This point is on the middle of the chin, just below the crease.

Collarbone (CB): This point is a tender area close to the end of the collar bone, next to the U-shaped indentation below the neck, just under the bone.

Under the Arm (UA): This point is in the tender area on the side of the chest about four inches below the armpit.

Top of the Head (TH): This point is at the crown of the head.

Tapping For Stress

Even though I have this stressful problem that is upsetting me, I love and accept myself and how I feel anyway.

Even though I am having these stressful experiences, and am telling myself negative things about my self-worth, I understand and appreciate myself anyway, and I am doing the best I can. There is hope! I value my Spirit. I love that my spirit is at home in my heart. I am doing the best I can. There is hope! I value my Spirit. I love that my spirit is at home in my heart.