



Tapping Basics (EFT/MTT)

Beginner's Basic Guide to Tapping for Success

Pamela Bruner
Success Coach, EFT Expert

www.MakeYourSuccessEasy.com

Disclaimer

Although EFT has produced impressive results for many people, the field of energy work is still considered experimental. It is not a substitute for medical or psychological assistance. I offer this information as a Certified Life Coach and Certified EFT Practitioner, not as a medical professional or licensed therapist. Although my work is based on the core principles of EFT, it is my own unique version. By using this document, you agree to take responsibility for the manner in which you use this information.

MTT/EFT Basics

Meridian Tapping Techniques such as EFT (Emotional Freedom Techniques) are simple, self-administered acupressure processes that can remove negative emotions, disempowering beliefs and even physical pain. It may sound a bit outlandish and unbelievable, but don't knock it until you've tried it! Acupuncture, based on the same meridians, is being used around the world today for pain, stress, and symptom relief.

This document is a very simple introduction to some of the ways that you can use tapping to remove blocks to success in business and life.

VERY IMPORTANT: Please read ALL the information below before beginning to do tapping, so that you get a picture of the entire procedure before you start. It may seem complex, but after doing it several times it flows easily.

According to meridian theory, there are 14 meridians that run through the body. By tapping at the end point of each of the meridians, you can 'clear' the energy in that meridian in case it is blocked. Tapping a meridian that is already clear has no adverse effect, so simply tapping all the points will allow you to completely clear all of the meridian energy channels in the body.

The Easy Way

In fact, usually meridian tapping is done in a shortcut method that involves only 8 points, so we'll start with the easiest method first.

The first thing to do is to focus on the issue that you wish to shift.

Perhaps this is a fear of something, such as the fear of public speaking, of flying, or a discomfort with sales or marketing. It could be anger or embarrassment over something that happened. It could also be a physical pain such as a backache or headache, or even cravings for food.

Let's take, for example, a fear of addressing a group. This may be composed of a number of different issues, and it's important when tapping to focus on one at a time.

So ask yourself – what's the most pressing thought that you have about addressing a group? What's the fear really about?

Perhaps the answer is 'I'm afraid I'll stumble and forget what to say'

Then ask yourself, on a scale of 0 to 10, with 0 being no intensity, and 10 being extreme, how strong the emotion is. Perhaps the answer is 7.

You'll tap at least 5 times on each of the points. You can tap with either hand, or with both. 5-9 taps are good, but don't worry about counting. Just tap on that point long enough to say what you're thinking.

For example (see the diagram at the end of this document):

(tap the eyebrow point) 'I'm afraid I'll stumble when I talk to the group'

(tap the outside of the eye) 'I'm afraid I'll forget what to say'

(tap under the eye) 'I'm afraid that I'll stumble'

(tap under the nose) 'What if I forget what to say?'

(tap on the chin point) 'What if I look like a fool?'

(tap on the collarbone point) 'What if I forget what I meant to say?'

(tap under the arm) 'I'm so afraid I'll mess it up'

(tap on the top of the head) 'I'm really afraid to speak to the group'

Continue to tap on the points until you notice that your fear is subsiding, or until you've gone around all the points several times.

Now stop tapping, take a deep breath, and evaluate your fear. It is still at a 7?

There are several things that could happen at this point.

1) The number may have gone up. This happens sometimes when we begin focusing on an issue – it comes more to the front of our awareness, and the intensity initially increases. Tap a few more rounds, and the intensity will usually decrease.

2) The number may have gone down. In this case, continue tapping and talking for a few more 'rounds', then evaluate again.

3) The number could have remained the same. This happens when either you're not quite focused on the true issue, or you have psychological reversal. (See below on how to counter psychological reversal).

4) The issue has changed. This is the trickiest alternative, because the tendency is to evaluate the intensity, the number, without asking if what is intense is the same as it was. Perhaps now the fear isn't that you'll stumble, but that the audience won't listen to what you have to say. This is a DIFFERENT issue, and will have it's own intensity, which should be evaluated on the 0 to 10 scale. If that's the case, congratulations, you've already removed one issue!

Psychological Reversal

Psychological reversal (PR) occurs when either

- 1) Some part of us feels that it's better for us to keep the situation than to change it. This can be subtle and challenging to find, and most people have a hard time believing that they are reversed.
- 2) The energy in the system isn't just disrupted, but flowing backwards.

Both situations have the same solution – tap the karate chop point (see the diagrams below for that point), and repeat an affirmation three times. The affirmation is made up of the following parts:

State the issue:

- a) Even though I _____ (name the situation, for example, I'm afraid that I'll stumble when I address the group)

State a choice:

- b) I choose to deeply and completely accept myself anyway

or

- c) I choose _____ (to consider that I could be calm and confident)

This is called the Setup. When you suspect Psychological Reversal may be present, do the Setup before doing the regular tapping sequence.

Other tapping points and methods

Traditional EFT – This uses the Setup with the ending affirmation ‘I deeply and completely love and accept myself’. There is also an additional routine, called the ‘Nine Gamut’ which is inserted between multiple rounds of tapping.

Continuous Tapping – very similar to what was described above. Tap all the shortcut points, or all the points, while talking to yourself about your issue in the same way that you would talk about it to a trusted friend. Don’t hold back or try to be polite – if you need to use strong language, do so. Tapping works best when you are tuned into the issue, so do what’s necessary to tune in.

Question: But I don’t want to focus on the negative! Won’t I just be attracting the negative?

If the negative is there, you’re living it 24/7, even if you try to put it out of your head. It’s better to bring it up for 10 minutes in order to clear it out, then you’ll be truly free of it! (For more information, listen to my podcast on the subject at www.TappingIntoTheGoodLife.com.)

Remember, this document is just a brief introduction to tapping. It will get you started. However, there is considerable art and variation within tapping, and it’s worth working with a qualified practitioner in order to learn to get the most from your tapping experience.

For more complete free manuals on tapping techniques, visit www.MeridianTappingTechniques.com and www.EFTUniverse.com.

Tips for Effectiveness

Tapping works best on specific issues.

For example, the setup phrase

Even though I have this low self-esteem...

is too global a statement. It's better to look at specific examples, and do each one individually.

For example:

Even though I felt stupid when I made that comment in the meeting this morning...

Even though I made that mistake on my last project...

Even though I'm afraid to offer my client my new service...

Often the results of tapping are subtle.

In the examples above, you may tap a few rounds on

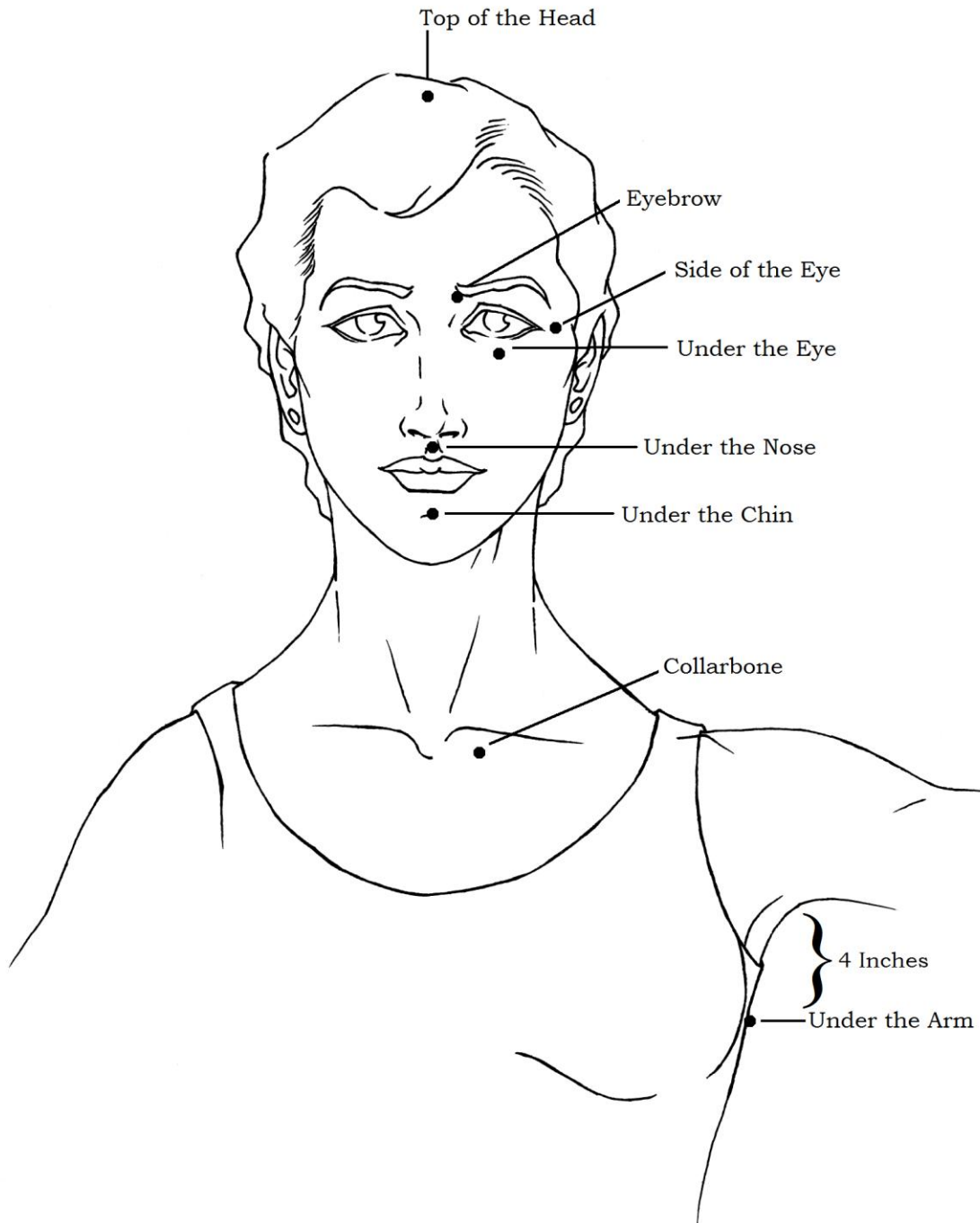
Even though I'm afraid to offer my client my new service...

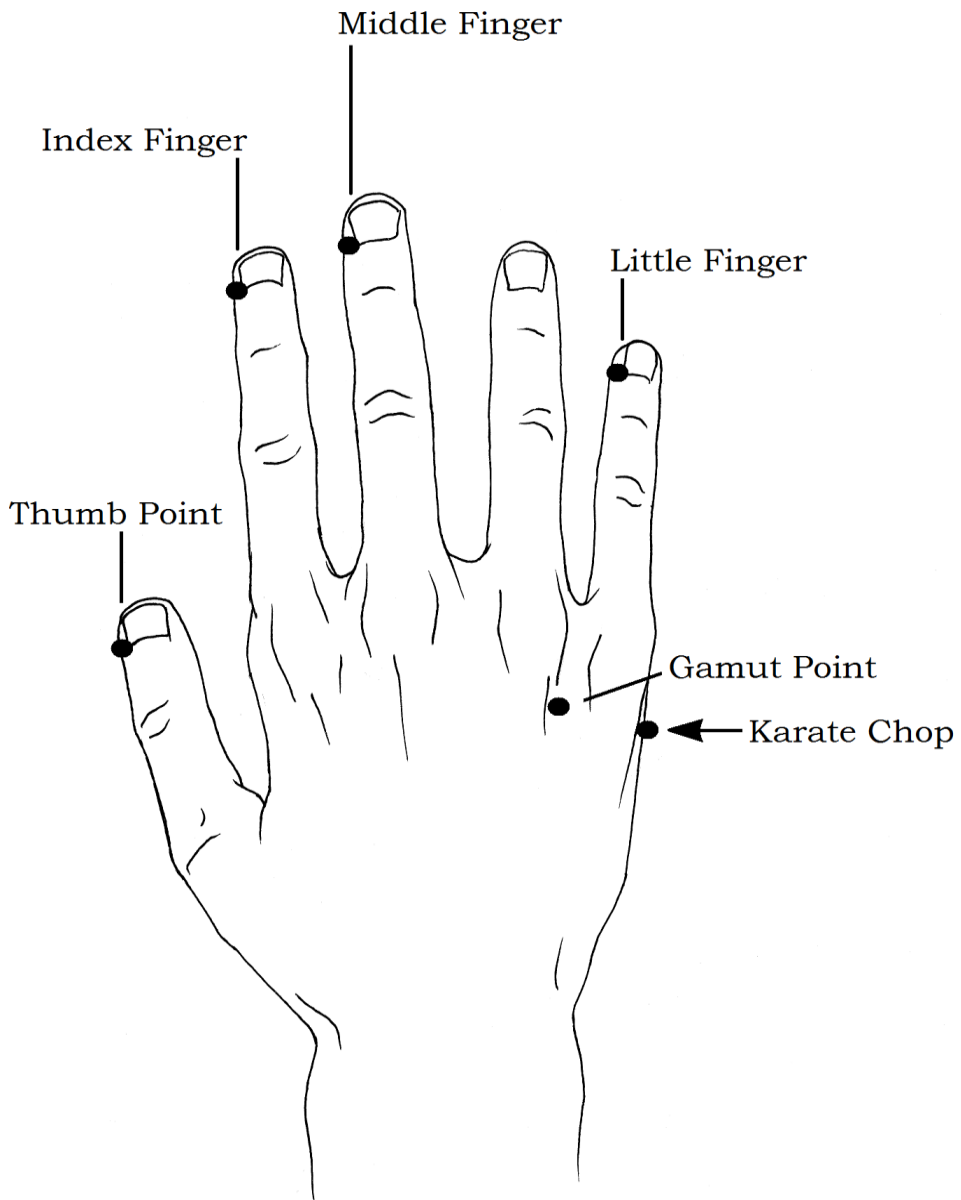
And feel like you have little result. You may find yourself thinking 'Well, I'm really not that afraid, that's kind of silly!' which is a cognitive shift, and very important, but many people won't notice their own shifts. Or, you may just find that you naturally bring up your new service with your clients, and not notice until later that the experience was different for you!

There is an art to tapping.

Beginners will often have terrific results when working with EFT, often estimated around 50% success. With a practitioner, this can increase to over 90%. Don't get discouraged if you don't see results immediately – you may want to schedule an individual appointment with a practitioner.

Tapping Points





Pamela Bruner is a Business Success Coach, Certified EFT (Emotional Freedom Techniques) Practitioner, and Certified Firewalk Instructor. After struggling for 4 years because she felt uncomfortable marketing and selling, Pamela created her “Transformational Sales Method”, and made \$1,000,000 in just two 1/2 years. Pamela's passion is helping entrepreneurs to make great money by making a difference in the world doing what they love.



She is the co-editor of the acclaimed book "EFT and Beyond - Cutting Edge Techniques for Personal Transformation", and combines down-to-earth business information with intuitive clearing of emotional blocks. She is currently co-authoring a book and DVD project on EFT and success with Jack Canfield, author of 'Chicken Soup for the Soul'.



Learn more about Pamela and the programs she offers.

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