Tapping with Tabitha

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Tappingwithtabitha.com
What to expect today

- What is tapping?
- What it does
- My story with Tapping
- How to tap
- Group tapping
- 1:1 tapping (time permitting)
- Q&A
Introductions
What is Tapping?

- Tapping is a method developed by Gary Craig.
- It is known as a blend of Ancient Chinese Medicine and Mind-Body Medicine.
- Based on Chinese philosophy, we have energy points throughout the body known as Meridians.
- Proper flow of energy throughout the energy system/meridians brings a sense of well-being.
- Sometimes trauma, stress, negative thoughts, or emotions can cause a "disruption in the body’s energy system."
- Acupuncture follows the same meridian system, only they use needles to restore the flow of energy.
- Known as an emotional form of acupuncture.
- EFT requires no needles, we use our fingertips.
What does tapping do?

- Restores the natural flow of energy throughout the meridians
- Sends a calming signal to the amygdala
- Reduces the amount of stress hormones throughout the body
- Reduces fight or flight response
- Helps reduce stress, pain, anxiety and countless other issues
My Story

I found Tapping during one of the most stressful times in my life, dealing with homelessness.
Video

- Video by founder of EFT, Gary Craig
- Free EFT manual download:
  www.emofree.com
How to Tap

- Identify core issue
- Rate emotional intensity on a scale 0-10, 10 being the worst feeling
- Set up Statement
- Tapping points
Identify how you are feeling

- When I think about my stress at work (or other stress such as personal, home, financial, & other), I feel...
Rate how you are feeling

- On a Scale of 1-10 How intense is the stress?
  - RED 9-10
  - BLUE 7-8
  - ORANGE 5-6
  - YELLOW 3-4
  - GREEN 1-2
  - NEUTRAL 0
Group Tap/Set up Statement

- Karate Chop point
- Even though I have all this stress...I choose to deeply and completely love and accept myself
Tap along Tapping points

- Can be done in any order, but we typically follow the same order

- Above eye
- Side eye
- Under eye
- Under nose
- Chin
- Collar bone
- Top of head