Tapping Through Challenging Times

with Kris Ferraro

Handout for International Tapping Month

This Handout includes:

-Ways to use EFT so that it works for you
-Recommendations for learning more about EFT
-Managing Overwhelm
-Easy, creative, every day ways to tap through modern stress that affects health and wellbeing

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Ways to Get EFT to Work for You

Focus on Discomfort

With tapping, we focus on specific, uncomfortable feelings while tapping through certain meridian points. I've included the meridian points I most often use in this handout. If you find yourself avoiding the discomfort, in other words, you're human!, then tap on the avoidance itself.

Create a Set Up Phrase

The Set Up phrase is said 3 times while tapping on the Side of Hand Point. It's best to include a feeling, the specific reason for the feeling, and end with an

affirmation. Try doing this when you've experience something recently that's still bothering you. It will be easier to access the emotions.

An example:

"Even though I'm so hurt my daughter didn't return my call, I deeply accept myself."

This example has a specific emotion, "hurt", followed by the reason, "My daughter didn't return my call", followed by an affirmation, "I deeply accept myself".

Take an Intensity Rating

To know whether you're tapping is helping, it's important to take an intensity rating before and in between tapping rounds. Most tappers use a scale of 1-10, 1 being little intensity to 10 being very intense.

Reminder Phrase

The Reminder Phrase can be as simple as the feeling used in the The Set Up Phrase. In our example above, I would use, "This hurt" while tapping through the remaining points in the order below.

The Points

Side of Hand
This is side of the palm of the hand, under the outside of the pinky finger.

Beginning on Eyebrows
Where the beginning of each eyebrow meets the bridge of the nose.

Side of Eye
Where the upper and lower lids meet on the outside edge of each eye.

Under Eye
On the face, just below the eyes.

Under Nose
On the space between the nose and upper lip.

Chin
The crease of the chin.

Collar Bone
Find the collar bones or clavicles that are close to where the neck meets the upper chest. Once you find those hard bones, tap below them.

Chest
In the center of the chest, on the breast bone.
(This stimulates the Thymus gland, which boosts the immune system. Most tappers don't use this point. I've included it because it's a very powerful releases point and as stress lowers immunity, I know it's important to boost that.)

Side of Body (Under Arm Points)
Normally called the Under Arm point, this can be confusing for beginners. These points are on the sides of the body. For women, it will be under the side of your bra. For men, feel for where your chest meets your upper abdomen, then move the hands to each side of the body.

Top of the Head
In the center of the top of the head.

Learning More About EFT

You've been introduced to the tapping points and been given the basics on creating set up and reminder phrases. If you're interested in using EFT for yourself, I recommend researching and reading about it from qualified sources. My book, "Energy Healing: Simple and Effective Practices to Become Your Own Healer", is an excellent place to start and includes extensive information on EFT. If you're interested in becoming an EFT practitioner, live, in-person classes with an accredited organization like EFT International are absolutely essential.

What if Tapping Causes Overwhelm?

By reading this material, you are agreeing to take responsibility for your own safety and well-being when following any of the suggestions. If anything comes up while tapping that feels overwhelming, focus your eyes on something in your immediate environment, hold the points (instead of tapping on them) and breathe in through the nose and out through the mouth until you feel calmer. In extreme cases, seek the services of a qualified tapping practitioner or licensed mental health professional who uses energy practices.

Now What?
Simple Ways to Tap Through Modern Stress for Wellbeing

And if you're seeking stress relief for modern challenges, I'm going to offer you ultra-simple and practical practices you can do to calm the mayhem in your mind and body.

Put aside the set up and reminder phrases for now and simply tap on the points in the following examples.

1. **The News**

   When you watch or read the news, whether that's online or on television, you are often releasing and experiencing stress hormones. That's because your nervous system doesn't know the difference between a danger on the other side of the world and one you are in right now! Stress hormones lead to inflammation in the body and that adversely effects everything, including the circulatory and immune systems. When watching or reading the news, tap through the points while consciously breathing in through the nose and out through the mouth. Emphasize and extend the exhale.

2. **Movies and TV Shows**

   Just because these programs are fictional, doesn't mean they can't raise stress levels. In fact, people go to violent and/or scary movies to get in touch with their fear in a "safe" way. I use "safe" with quotation marks around it, because anything that is contributing to stress levels in the body isn't so safe. Tap and breathe while watching any upsetting content. If you're in public and concerned someone may see you tapping, hold the collar bones points and breathe in through the nose and out through the mouth.

3. **Engaging in Activism**

   If your concern for the state of the world has deeply affected you, then good for you if you've decided to be part of the solution. Everything from signing online petitions, sharing flyers, making phone calls, to participating in marches are all effective ways people can have their voices heard. There are times those activities are very enriching and leave you feeling inspired. Then there are times they can make you feel hopeless, powerless, or angry. Stay conscious of your feelings and make sure to tap them down as soon as you are able. Tune into the tension of where you are experiencing the hopelessness, powerlessness, etc., and tap several rounds until you feel better.

4. **Your Fears**

   If global, social, or financial changes are keeping you up at night, you are not alone. We are living in a time of great uncertainty. Don't allow yourself to be at the mercy of those fears. Create a practice of expressing them in healthy ways by either writing them down or recording them into you phone or computer. Then while reading or listening to what you wrote or recorded, note how you feel in your body, and tap until you feel a sense of relief.

   EFT is an excellent antidote to our modern stresses. Remember, it's not just your mind that is affected, but your health as well. Learning to effectively tap is an excellent tool that you bring with you everywhere you go. **You always have your hands "on hand"!**

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