



Introduction to Tapping

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Welcome to The Tapping World Summit 2020! On behalf of everyone here at The Tapping Solution, I am truly grateful for your support and I'm so excited that you are undertaking this journey of self-discovery, healing and growth!

The information contained in this package just might include the tools you need to unlock your true potential. There are various ways to approach this journey and the wealth of information in this workbook. My recommendation is to start with page one and move forward, doing each presentation in order. You may find that while going in order, a particular topic does not seem to relate to your life, yet one of the most amazing things we have discovered over the years is that sometimes the most profound changes are made while Tapping to those seemingly unrelated presentations.

Before we get started, let's first take you back to see just how Tapping evolved, then we will look at some of the science and research behind it all, and finally we will get into some Tapping!

Dr. Roger Callahan was in a bind. He had been in this position before, but that didn't make it any less frustrating. A traditionally trained psychologist, he was working with his client Mary, who had struggled with a severe water phobia since she was a child. Mary wasn't just afraid of swimming; she was afraid of water in all forms—from bathtubs to rain to oceans to swimming pools. Her level of fear was so extreme that she couldn't even bathe her two children, and she was plagued by nightmares about water. This had been going on for as long as she could remember. Now in her 40s, she had sought Dr. Callahan's help.

Dr. Callahan was doing his best, but it just wasn't working. He had been treating Mary for the past year, using all the traditional psychotherapy techniques in his tool belt: cognitive therapy, hypnosis, relaxation therapy, rational-emotive therapy, systematic desensitization, biofeedback, and more. They were all he knew, and they were the techniques that were accepted by psychologists, psychiatrists, and the public at large.

This wasn't the first time those techniques had failed. Dr. Callahan had been disappointed with the lack of concrete results and the length of time it took for change to happen for many



clients. He and Mary had made only minimal progress in the year they had worked together. She was able to sit on the edge of Dr. Callahan's swimming pool and put her feet in the water, but she was full of anxiety when she did. After sessions near the pool, she left with a pounding headache from the stress of the treatment!

Dr. Callahan, ever curious about the functioning of the body and mind, had around that time been studying the body's meridian points. Meridians, the basis of the ancient Chinese medical system of acupuncture, are defined as energy channels that carry the vital life force, or qi, to the organs and other systems of the body. Running up and down either side of the body, each meridian is associated with a different organ—stomach, gallbladder, kidney, and so on. Each meridian also has what's called an "endpoint," a specific location on the surface of the body where you can access the energy channel. This point can be manipulated using acupuncture needles or simple touch (acupressure) to balance or unblock the energy flow through that particular meridian.

In one therapy session, Mary revealed that thinking about water caused a terrible feeling in the pit of her stomach. In a flash of insight, it came to Dr. Callahan that tapping on the stomach meridian endpoint—just below the eye—might alleviate Mary's pit-of-the-stomach sensation. So he asked her to tap that spot with her fingertips.

Mary did as she was asked. To their mutual surprise, after just a few minutes of tapping, she soon exclaimed, "It's gone! That horrible feeling I get in the pit of my stomach when I think about water is completely gone!" She went to the edge of the swimming pool to see if her fear had changed as well and discovered that she felt no anxiety at being close to the water.

From that day forward, her water phobia and her nightmares about water were gone. That was more than 30 years ago, and Mary is still free of her fear today.

Imagine Dr. Callahan's astonishment at this turn of events. After working so hard with Mary, trying the range of conventional psychotherapy techniques and even some alternative techniques, he happened on the solution—tapping below the eye! And, perhaps more important, the phobia remains cured for 30 years, never to affect Mary again. How did this happen?

Tapping Evolves

As a result of the experience with Mary, Dr. Callahan deepened his study of meridian endpoints, exploring the combination of traditional psychotherapy with tapping on different parts of the body. He developed a set of "algorithms," or sequences of tapping, to address



different issues. If you had a phobia, such as a fear of heights, you would use one sequence of tapping points (under the eye, under the arm, and at the collarbone, for example). If you were angry about something— i.e., if your boss said something that just set you off—you'd use a different sequence (eyebrow, under the eye, under the arm, and at the collarbone).

After learning and using Callahan's algorithms, one of Dr. Callahan's students— a man named Gary Craig—determined that the sequence of the tapping isn't as important as simply doing the tapping. To make tapping easier, he created a single sequence, which is the basis of what he later termed EFT, short for "Emotional Freedom Techniques." The EFT sequence was designed to hit all the major meridian endpoints, regardless of the issue. We will go into this sequence later in the workbook, but as an overview, the tapping sequence starts with the hand, then moves to the inner eyebrow, the outer eyebrow, underneath the eye, under the nose, the chin, the collarbone, and the side of the rib cage, then ends at the top of the head.

Gary's genius lay not only in simplifying the process and adding some refinements but also in creating a community around the technique. He documented case after case of people using it for themselves and then shared their incredible results with the world. Thousands of people around the globe are now aware of tapping and use it in their daily lives.

Dr. Callahan had his breakthrough with Mary in 1979. In the three decades that followed, no Western scientific explanation for Tapping could be found. How was it that Mary and so many others lost their phobias, anxiety, and other problems simply by tapping certain acupoints? In just the past few years, however, much has been learned about the science behind tapping.

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. Your adrenaline pumps, your muscles tense, and your blood pressure, heart rate, and blood sugar all rise to give you extra energy to meet the challenge.

The 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, as in the case of Mary's fear of water: her body went into a threat response when she even thought of water. 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.

Beyond prior experience or negative memories, daily life is filled with small fight-or-flight experiences. Your boss sends you an email that upsets you; as you sit down to eat lunch, you stress about your weight; you go home to a messy house and a ton of chores. In all these scenarios, your body is preparing you to fight or flee.

You might be saying, “My body doesn’t go into fight or flight over all these little events,” but in fact it does! It’s not the adrenaline and cortisol rush you’d get if you were chased by a tiger; it’s a lower-grade response. But when you add up hundreds or thousands of these responses in a given week or month, the cumulative effect on the body and mind is massive. The ongoing fight-or-flight response leaves us worn down, sick, upset, overweight, stressed out, and just generally unhappy with our life situations.

What tapping does, with amazing efficiency, is halt the fight-or-flight response and reprogram the brain and body to act—and react—differently. Let’s look at how that happens.

The Almond in Your Brain

Science has established that the stress response begins in the amygdala. The almond-shaped amygdala (the word comes from the Greek for “almond”) is 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. An early negative experience can program the amygdala to raise the alarm when something similar triggers it in the future. If you spoke in front of the class in fourth grade and someone laughed at you because of a mispronunciation or a stumble, your embarrassment may have caused the mind and body to connect “danger” with speaking in front of people. After that, similar experiences—or even the expectation of similar experiences—can set off the amygdala. Remember, the body does not distinguish between an actual threat and what the amygdala perceives as a threat. As a result of this early training, the daily stressors of life can signal the amygdala to raise the alarm.



Though we're not yet sure why, tapping seems to turn off the amygdala's alarm—deactivating the brain's arousal pathways. Tapping on the meridian end-points sends a calming response to the body, and the amygdala recognizes that it's safe. What's more, tapping while experiencing—or even discussing—a stressful event counteracts that stress and reprograms the hippocampus, which compares past threats with present signals and tells the amygdala whether or not the present signal is an actual threat.

The Proof

Research at Harvard Medical School over the past decade has shown that stimulation of selected meridian acupoints decreases activity in the amygdala, hippocampus (another part of the limbic system), and other parts of the brain associated with fear. In MRI and PET brain scans, you can clearly see the amygdala's red alert being called off when acupoints are stimulated. This is exciting and cutting-edge research!

While the Harvard studies focused on needles, a double blind study comparing the penetration by acupuncture needles with pressure (without needles) on the meridian points (as in tapping) found similar improvements with either method. Informal studies have shown that tapping may in fact work better than needles in the treatment of anxiety disorders.

Another study confirms the Harvard findings. In this case, researcher Dawson Church, Ph.D., looked at a different component of the fight-or-flight reaction: cortisol levels. Like adrenaline, cortisol is a hormone released during the stress response.

In a randomized controlled trial—the gold standard of scientific research—Dr. Church and his colleagues studied changes in cortisol levels and psychological symptoms in 83 subjects after they received an hour-long EFT tapping session, an hour of conventional talk therapy, or no treatment (the control group). Cortisol levels in the tapping group dropped significantly, down by an average of 24 percent—with some showing results as high as 50 percent. Meanwhile, for those in talk therapy and the control group, there was no significant change in cortisol levels beyond the normal lowering that happens during the day as time passes. The reduced cortisol levels in the EFT group correlated with decreased severity in anxiety, depression, and overall psychological symptoms.

Dr. Church shared with me the behind-the-scenes story on this study, further demonstrating how powerful these results truly are. When he sent the samples to the lab to test for cortisol levels, he expected to get the results back in a few days, in time to present the findings at a medical conference where he was scheduled to speak.



He was dismayed when the results were delayed and he wasn't able to present them at the conference. In fact, they were delayed for several weeks. Upon following up with the lab, he learned that they believed that there was either something wrong with the samples or with their equipment and that they were recalibrating everything and running the tests again and again.

Why? Because the results were so far beyond the normal levels of cortisol reduction that they were convinced there must have been a mistake! Eventually they confirmed what Dr. Church knew all along, that there had in fact been a dramatic and unprecedented reduction in cortisol levels.

Working with psychological issues by tapping on the meridian acupoints is part of an emerging field known as "energy psychology," which has been called "acupuncture without needles." Numerous studies have demonstrated the effectiveness of acupuncture, a sophisticated healing system that has been in use for 5,000 years. Now there is mounting evidence supporting the efficacy of energy psychology as well.

In fact, the research on energy psychology compares favorably to standards set by the Society of Clinical Psychology (Division 12 of the American Psychological Association [APA]) as an "evidence-based approach." According to David Feinstein, Ph.D., a clinical psychologist who has served on the faculty of the department of psychiatry at the Johns Hopkins School of Medicine, "the research evidence for energy psychology, coming from more than a dozen countries, suggests that it produces outcomes for a range of conditions that are unusually rapid, effective, and lasting."

In a research review published in a flagship APA journal, Feinstein reported that existing studies of acupoint stimulation appear to meet the Division 12 criteria for designation as "well-established treatments" for phobias and test-taking anxiety and as "probably efficacious treatments" for PTSD, public speaking anxiety, and depression. Three-fourths of the existing research had been published in the four years prior to his 2012 review, suggesting that research on energy psychology is quickly accelerating and that more conditions for which it is effective will be added to the list.

Dozens of studies have now demonstrated the effectiveness of tapping for a variety of disorders and issues. You can find a detailed account of these studies at www.thetappingsolution.com/research.

These studies clearly show EFTs efficacy regarding some of the most challenging issues we face as humans: PTSD, trauma, phobias, and more. If tapping works so well on the hardest



issues, then it stands to reason that it should be just as effective, if not more so, on the “smaller” issues we face, such as problems in relationships, weight loss, limiting beliefs, and trouble with finances.

Beyond the Science and Research: Observable Evidence

While I’m delighted by the recent progress in research backing up what many of us have known for a long time—i.e., that tapping works—I think it’s important to note that we need to look beyond specific research studies, which are expensive and laborious to conduct, to another powerful element of truth: observable evidence. This is where EFT shines. Thousands of case studies, both individual and those written by practitioners, clearly document the results.

You Can Change Your Brain

To look deeper into why tapping is so successful in stopping phobias, anxiety, PTSD, and other problems, let’s go back to the limbic system. Not only does tapping halt the stress response, but the combination of stimulating acupoints while thinking of an upsetting event or problem also retrains what’s called the limbic response.

Retraining the limbic response is the basis of the psychological technique called exposure therapy, which is what Dr. Callahan was doing with Mary. Over time, he had Mary approach the swimming pool and later dangle her feet in the water— gradually exposing her to the source of her phobia.

In exposure therapy, the person is exposed either in vivo (e.g., in a real situation, like Mary at the pool) or by imagining a scene or event that creates limbic arousal, or “triggers” the response. But this kind of conventional exposure therapy often works very slowly. In Mary’s case, after a year and a half, her anxiety level during her in vivo treatment was still high and caused her painful headaches.

When you tap while recalling an upsetting scene from your childhood, you are doing a modified version of exposure therapy. The exposure happens when you think about the upsetting scene. Tapping often retrains the limbic system rapidly. Here’s how it works. When you think of something that causes you anxiety or other uncomfortable feelings, the thought sets off the amygdala fire alarm. Tapping as you trigger your fight-or-flight response sends the message that the amygdala can deactivate, even though the threatening thought is still



present. With repetition, the hippocampus gets the message: this thing that was previously filed as “dangerous” is not, in reality, a threat.

Why Focus on the Negative?

One of the questions I often get when I first share the tapping process with people is, “Why are we tapping on negative thoughts? I don’t want to think about negative things! What about the law that ‘what you think about increases . . .?’”

It’s a great question. I absolutely understand where people are coming from. But the reality is that these so-called negative thoughts are present, whether you think about them consciously or not. Like the pile of bills that you stick in a drawer because you don’t want to look at them right now, they’re still there—and they’re still due! Our unprocessed emotions, beliefs, and traumas are still operating and controlling our lives. We need to address them—to look at them, admit they are there, and work through them—in order to clear them.

We’re not harping on the negative; we’re focusing on it for a short period of time. Tapping addresses the issue and clears it. Then we can move on to positive ideas, inspirations, and affirmations.

Instead of calling the emotions we’re tapping “the negative,” we can call them “the truth.” They are the truth about how you feel right now; they are the truth about what happened; they are the truth about what you believe. You explore that truth to see how you can change it to a more empowering truth.

The amygdala learns not to set off the alarm. You remain calm, and the hippocampus now categorizes the experience as non-threatening. The hippocampus is the structure in the limbic system that controls contextual associations. The formerly upsetting event or thing is now filed as “no big deal.” So the next time you think about or encounter the trigger, the amygdala will not set off the alarm—and you will not be plunged into a stress response.

After doing tapping on a particular issue, I often hear clients say that they “just can’t connect with it anymore.” They still have the memory, but there’s no strong emotion attached to it. That’s because the limbic system has refilled the memory in a neutral, and sometimes even positive, way.

Scientists speculate that retraining the limbic system in this way permanently alters the neural pathways in your brain; that the conditioned fear pathways in the amygdala are



eliminated. This fits with recent scientific discoveries regarding the neuroplasticity of the brain—i.e., that the brain's pathways are not permanent; they can be altered. To put it simply, you can develop new ways of thinking and perceiving the world. You don't have to stay with your old fixed viewpoints. Like Mary, you, too, can release debilitating fears, thoughts, and memories.

Through tapping, painful memories—and your focus on a specific part of them—can change. I've tapped with people on negative childhood experiences and then had them remark, "When I visualize my family as I was growing up, I'm actually seeing them smiling now and remembering all the good times we had." Did we alter the past or change their memories? Of course not. But we did clear the emotional trauma and the subsequent focus on negative experiences. When that happens, the positive experiences, which were always there, can rise to the surface.

Why Tap?

If altering the limiting pathways in your brain or changing your biology isn't enough of a motivation to get you to tap, consider the negative effects of frequent stress responses on your health. If not cleared through tapping or another technique, the emotions connected to disturbing events, experiences, or thoughts will continue to trigger the stress response in you, perhaps many times a day. Numerous studies have demonstrated the injurious effects of such stress on the body. "One of the most important epigenetic influences is stress," states Dawson Church. "The emotional trauma of stress is now known to affect the expression of over one thousand genes, including many that influence aging and cell regeneration. East Meets West: Ancient Chinese Acupressure and Modern Psychology.

Acupuncture has been used for thousands of years in the East, primarily in China, to heal the body and block pain. In fact, acupuncture has been used to perform invasive surgeries with no anesthesia! How could this be? Well, the latest research is showing that acupuncture—and acupressure, of which tapping is a form—increases the body's endorphin levels, the "feel-good" neurotransmitters we hear so much about.

This increase in neurotransmitters is likely why most people feel good just doing the basic tapping, even if they're not focused on an issue. In fact, you can tap anytime you want, just on the points that feel good to you, and you'll often experience an increase in calm and contentment. The collarbone point is a favorite for most people; a couple of thumps on it can be relaxing and can elevate your mood.



While acupuncture is becoming more accepted in the West and is even recommended by traditional doctors and hospitals, until recently we didn't have any "Western proof" for how it works. But in recent years, researchers have discovered what are called the "Bonghan channels."

Named after Kim Bonghan, a North Korean researcher who published papers describing them in the 1960s, these tiny, threadlike, microscopic anatomical structures correspond with the traditional acupuncture meridians or channels. Stereo-microscope and electron microscope images show the tubular structures are 30 to 100 micrometers wide and run up and down the body, like the ancient meridian channels. As a reference point, one red blood cell is 6 to 8 micrometers wide, so these structures are tiny!

You can think of the Bonghan channels as a fiber-optic network in the body. They carry a large amount of information, often beyond what the nervous system or chemical systems of the body can carry.

In other words, tapping lies at the intersection of the Eastern lineage of acupressure/acupuncture and the Western lineage of psychology and other mind-body processes. That intersection is where true magic can happen.

Not Just for the Professionals

While EFT has been establishing its scientific and psychological underpinnings, I was attracted to it because it is so safe and easy to apply to oneself and others. In fact, many of the most successful EFT practitioners have been trained primarily in the tapping methodology, with no formal study in psychology or medicine. Certainly, each kind of training brings its own benefits; a doctor brings an understanding of the body to the practice of EFT and might have certain advantages or insights that others don't. But, as my friend and EFT expert Dr. Patricia Carrington likes to say, "It's truly the people's method."

Gary Craig, the founder of EFT, was in fact a Stanford engineer who had a natural understanding for people and their problems. He was able to apply the tapping method that he learned from Dr. Callahan—and improve upon it. My personal background is similar. My primary desire is to help people, to spread this important tool, and to educate people in how they can use it to change their lives. For that reason, this is about you and your journey. It's about you experiencing change and getting the results you most desire.



So, now that you've seen the accumulating evidence showing that EFT works, I'm sure you're chomping at the bit to have an experience yourself!

Tapping Case Studies:

Jackie, a successful real-estate agent from Canada, had a terrible fear of public speaking. Many of us are afraid to speak to large audiences, but Jackie's fear was with all audiences, large or small. Even being on a conference call with colleagues, people she knew and trusted, made her nervous and anxious.

This obviously affected her work. It limited her ability to get out in the world to grow her business, and, perhaps most important, it affected her experience of life. You can imagine the burden of constantly feeling worried that you will be judged for not saying the "right" thing. A smart woman like Jackie was shutting herself down from contributing her ideas due to an overwhelming fear of judgment from others.

Jackie went through the tapping protocol, focused on clearing childhood beliefs around not having a voice, not being heard, and not being able to speak up. She specifically focused on her experiences of seeing her brothers punished by her father and not being able to intervene and protect them. These experiences during her formative years had conditioned her mind and body to have a negative reaction when sharing herself with others. Tapping while focusing on such events retrained her brain and body's responses, and her fears vanished. She's grown her business dramatically since then. More important, she finally feels comfortable and at ease in her interactions with others.

Mandy, a single mom, came to me with complaints of sporadic pain throughout her body. A variety of doctors could find no physical explanation and told her it was "all in her head." While part of her agreed, she was frustrated that the only solution they offered was ongoing pain medication that interfered with her life. We started tapping together, and in just a few minutes, the pain in her jaw, which had been hovering at around an 8 on a scale of 1 to 10, was reduced to a 5. "What's the emotion behind this pain?" I asked her. She was quick to respond. "Anger," she said. Specifically, anger related to a difficult work situation. After spending a few minutes discussing and tapping on the anger, the pain in her jaw released completely, a result that felt nothing short of miraculous for her.

What was physically wrong with her jaw? Likely nothing. The pain was just her body's way of expressing anger that she couldn't voice in other ways. (Mechanically, the pain might have come from decreased blood flow to the area due to chronic tension that we released through



tapping.) Today Mandy knows that if she feels pain in her body, the question to ask is not, “What’s wrong with my body?” but rather, “What is my body trying to tell me?” And she knows she can use the tapping process to clear the emotion—and the pain.

Lori found herself single and lonely at the age of 45. Having recently gone through a difficult divorce and several negative dating experiences, she felt hopeless. Not only had she lost faith in her ability to attract the right man, she was unwilling to open herself up to any more pain. In her mind, relationships equaled pain. The safest thing was not even to try.

We tapped through the experience of her divorce, her beliefs about herself, and her beliefs about men. In essence, we cleared all the “baggage” she was carrying about relationships. Step by step, she opened her heart to the possibility of new love—and created a vision for what that relationship could look like.

Experience Tapping Now!

These are just a few examples out of the tens of thousands of amazing stories that result from the use of EFT. I’m sure by now you’re curious to experience the powerful and dramatic effects tapping can have in your own life.

Of everything I’ve seen in the ten years I’ve been exploring tapping, my favorite part of the process remains its simplicity, how easy it is for anyone to learn, put into practice, and benefit from.

The reality is, we’re all extremely busy. We don’t have time to study a complicated process, hoping that somewhere down the line, we might see results. Unfortunately, much of the material in the self-help / personal development world focuses on concepts and ideas—and as much as some of us enjoy the intellectual pursuit of studying, learning, and exploring different concepts, what we’re looking for is real change.

We want to actually lose the weight, heal our bodies, improve our finances, find the relationship we most desire or improve our existing one, and so forth. Tapping can do all of this and more.



Getting started is easy:

Choose your “Most Pressing Issue” (MPI) and devise a reminder phrase.

Rate the intensity of your MPI on the 0-to-10 Subjective Units of Distress Scale (SUDS).

Craft a setup statement

Tap on the karate chop point while repeating your setup statement three times.

Tap through the eight points in the EFT sequence while saying your reminder phrase out loud. Tap five to seven times at each point.

Once you have finished tapping the eight points in the sequence, take a deep breath.

Again rate the intensity of your issue using the 0-to-10 scale to check your progress.

Repeat as necessary to get the relief you desire.

Now that you have a sense of what you’re diving into, there’s only one more question to ask yourself: are you ready for some real change, right now? If so, keep reading!

What’s Bothering You Most?

I find that the easiest way to start tapping is to focus on what I call the MPI, or Most Pressing Issue. We all have one; it’s the issue, problem, or challenge that dominates our mental and emotional space in the present. If I asked you, “What’s bothering you most right now?” what would your answer be? What are you most stressed or worried about?

Some common MPIs include:

Work. My boss is driving me crazy!

My body. I’ve had a terrible backache for days.

My husband. We got in a fight last night, and I can’t stop thinking about how upset I am.



Take a moment right now and answer these questions about yourself:

What is bothering you the most right now?

What is the most pressing issue in your life?

Got it? If several come up, as they well might, pick one to start with. No right or wrong here, just go with your gut. (Using your intuition is a theme you'll hear a lot about with this process.)

Tapping Tip: Getting Specific

One of the things I hear most from people learning to tap is that they “never know what to say.” I'll provide you with sample statements you can use for MPIs, but the circumstances you're facing are unique; there's no way for me to guess exactly what's going on for you. I'll point out general themes, but you'll need to take it from there—tailoring your language to your specific experiences. You can trust your instincts; as long as you follow the process as it is laid out, it's nearly impossible to get tapping wrong.

It is equally important to be as specific as you can. Tapping on a more general issue can certainly improve your mood and make you feel better. But adding details that create specificity—particulars that pinpoint an experience, such as when it happened, who was involved, what you felt in your body, and so on—draws the focus more clearly to that particular issue. As a result, you'll have a better ability to rewire the brain's response to it.



If you ever get stuck on the exact language, just focus on the feeling. Or visualize a picture of what happened (or is happening) and then describe it. Do whatever it takes to get a clear memory or feeling, and that will do the job.

Here's an example. A broad, or global, MPI statement might be, "I have this pain in my shoulder." A more specific MPI statement would be, "I have this pain in my left shoulder when I lift my arm."

And an even more specific statement would be, "I have this shooting, burning pain in my left shoulder when I lift my arm."

Here's one for an emotional event:

Global: I'm angry.

More specific: I'm angry at my boss for what he said to me.

Even more specific: I feel this anger in my chest at my boss for telling me I'm not doing my job well enough.

You can get specific in many different ways. Sometimes asking yourself deeper questions again and again can help narrow down your specific feelings. For example:

"I'm angry at him." Why?

"Because he was a jerk." What did he do?

"Because he didn't call me back." And how does that make me feel?

"Angry." How angry?

"Really angry!" What would that be on a 0-to-10 scale? "Seven!" Where do I feel the anger in my body?

"My chest, it's about to explode!"

Now you have more specific details on what you're angry about, how angry you are, where you feel it in your body, and so forth. Always try to be as specific as possible!



Looking at the MPI you wrote above, I'd like you to define it a little further and write down the specifics about your MPI:

Using SUDS, the 0-to-10 Scale

Now that you know your MPI, I want you to give it a number on a 0-to-10 scale. This is called the SUDS, or Subjective Units of Distress Scale. Think about your MPI, and notice what it brings up in your body. What level of distress does it bring up for you? A 10 would be the most distress you can imagine; a 0 rating would mean you don't feel any distress at all. Don't worry about getting the SUDS level exact or "right"—just follow your gut instinct. Think about the anger you feel toward your husband. If you're really boiling, you might rate it an 8 or a 9. If you're still feeling angry but have cooled off a bit from last night, you might rate it a 5. To see a significant shift in an issue, start with something you can rate at 5 or higher.

SUD Level 0 – 10:

Crafting Your Setup Statement

Now that you know your SUDS level, the next step is to craft what's called the "setup statement." This brings forward the energy of the MPI that you're going to be working on. Once you know your setup statement, you can start tapping.

The basic setup statement goes like this:

Even though (fill in the blank with your MPI), I deeply and completely accept myself. So you might say, "Even though I'm angry at my husband for what he said to me last night, I deeply and completely accept myself."

Or, "Even though my back hurts, I deeply and completely accept myself."



Or, “Even though I’m stressed out about the upcoming work deadline, I deeply and completely accept myself.”

Go ahead and try to create a setup statement for your current most pressing issue. Don’t worry about getting the language perfect. Whatever your MPI is, simply fill in the blank.

Once you have your setup statement, the tapping can begin. You’ll start by saying it three times, all the while tapping on the karate chop point. You can tap with whichever hand feels most comfortable to you. Tap at a pace and force that feels right; you can’t get it wrong!

After you’ve said the setup statement three times, you’ll move on to tapping through the eight points in the EFT sequence, while saying the reminder phrase.

Accepting Ourselves with the Problem

Along with the concern about focusing on the “negative,” some people don’t feel comfortable with saying they accept themselves in light of the problem they’re tapping on. The problem simply seems too big, important, or intolerable to allow for self-acceptance. If you find that you really, truly can’t make that statement—it’s rare, but it happens—that’s okay. You can skip it and just keep tapping on the issue without the setup statement and then try again later. But for most of us, it’s very important to say it, even if it feels hard. When we accept ourselves as we are, we aren’t “settling” or “keeping the problem in place.” We’re showing love and compassion for ourselves—for our feelings, our situation, and our history. That self-acceptance often goes a long way toward actually clearing the issue. As the old saying goes, “What you resist persists.” Oftentimes, it’s when we accept ourselves as we are that the most dramatic change happens!

Tapping Tip: Stick with me...



If you're anything like me, tapping will seem strange at first. It takes a little effort to memorize the points and understand the process.

But stick with me through these next couple of pages—go over them a few times if you need to—and take the time to really learn the basic steps. The investment you put in now will make all the difference, and once you know the basics, things will move very quickly.

Choosing a Reminder Phrase

The reminder phrase is short—just a couple of words that bring to mind your MPI. You will speak this phrase out loud at each of the eight points in the EFT sequence. For example, if your MPI has to do with the anger you feel at your husband, you might tap through each point in the sequence saying, “This anger . . . this anger . . . this anger . . .” Other examples of reminder phrases might be:

This fear I'm feeling . . . This sadness . . .

This frustration . . . This back pain . . . This headache . . .

And so forth.

Write down your reminder phrase:

You're repeating the reminder phrase out loud to remind yourself of the issue at each point. This reminder phrase serves to keep your focus on the MPI so you don't get distracted. It also acts as a barometer, helping you determine how true the MPI feels to you.

Once you get used to tapping, you can change your reminder phrase as you tap through each point. For example, you might say, “This anger . . . this red-hot anger . . . it's burning in my chest . . . I am so angry.”



Once you have your reminder phrase, you are ready to start tapping through the eight points of the EFT sequence. These points are:

- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone
- Under arm
- Top of head

The same meridians run down both sides of the body, meaning you can tap with either hand, on whichever side of the body feels best to you. You can even tap both sides of the body at once if you'd like (it's not necessary, however, as you'll hit the same meridian lines, regardless of which side you tap). Tap five to seven times at each stop as you work through the sequence. This doesn't have to be an exact count. If it feels right to tap 20 times—or 100—on one point, then do it! The idea is simply to spend enough time at that point to speak your reminder phrase and let it sink in.

Ready to give it a try? Start by saying your setup statement three times while tapping on the karate chop point. Then move on to tap your reminder phrase at each of the eight points in the sequence—eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm, and top of head. Don't worry about getting it perfect the first time around; just do your best and have the experience!

MPI:

Rate the intensity (SUD) 1 – 10:



Setup Statement (repeat 3 times)

Eyebrow: State the reminder phrase:

Side of eye: State the reminder phrase:

Under eye: State the reminder phrase:

Under nose: State the reminder phrase:

Chin: State the reminder phrase:

Collarbone: State the reminder phrase:

Under arm: State the reminder phrase:

Top of head: State the reminder phrase:

You've now completed a round of tapping! First things first: Take a deep breath. Feel your body and notice what's happening for you. Ask yourself, "Did the issue shift?" "What thoughts came up for me while tapping?"

"How do I feel on the 0-to-10 scale now?"

Go back and think about your MPI and see how it feels to you now. You might find that the emotion is different. In that case, you can tap a few more rounds using the same language and clear the issue altogether.

Or you might find that as you were tapping on your MPI another issue came up. That's great, as you're identifying for yourself what's really going on! You can move on from the emotion you identified in your MPI to tap on the issue that just came up for you. In this way we "peel



the onion,” revealing layer after layer of an issue in order to find resolution, freedom, hope, and understanding.

My advice is to keep tapping until your Most Pressing Issue finds enough relief that you feel really good about it. This may mean getting the SUDS level down to a 2 or 3, which may feel manageable to you, or it may mean clearing it altogether so it's at 0. Tap long enough to release your pain, be it physical, emotional, or spiritual. Stick with it. Do five rounds; do ten rounds. Commit yourself to getting the relief you need. Then, once you've cleared your MPI, move on to the next issue you want to release.

Tapping Quick Reference Guide

Once again, here are the eight steps of EFT tapping.

1. Choose your Most Pressing Issue (MPI).
2. Rate your MPI using the 0-to-10 SUDS.
3. Craft a setup statement, using your MPI to fill in the blank: Even though _____, I deeply and completely accept myself.
4. Speak your setup statement three times while tapping on the karate chop point.
5. Tap through the eight points in the EFT sequence while saying your reminder phrase out loud. Tap five to seven times at each point, starting with the eyebrow and finishing at the top of the head.
6. Take a deep breath.
7. Rate the intensity of your MPI using the 0-to-10 scale.
8. Repeat, or move on to a different MPI.

Tapping Targets

As you tap, different layers or aspects of your tapping target will arise. Often you start with one target and then find something else underneath it—a layer! For example, your target might be the anger you feel at a friend for a comment she made. As you tap on that anger,

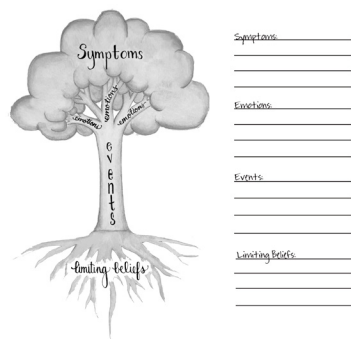


it may clear away—leaving a different layer, such as sadness. Then, as you tap through the sadness, you may realize that you are actually frustrated at yourself for not standing up to this friend when she makes rude comments. And so it continues, until you fully clear an issue. Working through these layers might seem tedious at first; but the reality is, emotional, physical, and spiritual experiences are often multilayered. Unless we address every layer or aspect of an issue, we can't hope to fully clear it.

So how do you know which target to choose to start your exploration with tapping? The four most common types of targets to work with are symptoms/side effects, emotions, events, and limiting beliefs. In the sections that follow, we'll cover each of them in turn.

In order to help you identify these targets in your mind, I'd like to introduce you to a great visual created by my friend—and EFT expert—Lindsay Kenny, called the tapping tree. This creative visual shows each target category and how it affects particular MPIs.

The Tapping Tree: Identify Your Targets



Symptoms/Side Effects (The Leaves):

Addictions, PTSD, heart ailments, hypertension, weight issues, asthma, self-sabotage, pain and illness, clutter and procrastination, etc.

Emotions (The Branches):

Shame, guilt, remorse, rejection, anger, resentment, sadness, depression, powerlessness, fear, anxiety, stress, etc.

Events (The Trunk):

Detached parents, bullied growing up, abandoned / betrayed, abused in any way, over disciplined/criticized, physically punished, family fighting/shouting, unsupported or unloved, alcoholic parent, etc.

Limiting Beliefs (The Roots):

"I can't do anything right," "I'm not safe, I'm not okay," "I'm not lovable," "I'm different," "I'm not worthy," "I'm not good enough," etc.



Now it's your turn to write out your own tapping tree:

The Leaves: Symptoms and Side Effects

What symptoms are you currently experiencing?

How does your physical body feel?

What have you been diagnosed with?



Do you have any pain in your body?

The Branches: Emotions

What emotions do you feel on a regular basis?

When you wake up in the morning, how do you feel?



When you go to sleep at night, how do you feel?

Think back over the last day and write in any of the negative emotions you have experienced.

The Trunk: Events

What are the events, both current and past, that are still alive for you?



What events have been a source of stress in the past week? The past year? The past decade? Just note the ones that seem most obvious and important.

The Roots: Limiting Beliefs

What beliefs do you have about yourself?

What beliefs do you have about life in general or your life specifically?



What beliefs do you have about money?

What beliefs do you have about relationships?

What beliefs do you have about your body?



Don't worry if you struggle coming up with these now, because they often require deeper exploration. Remember, until we recognize them as such, limiting beliefs simply feel like the truth.

Negative versus Positive Statements

I frequently get questions about why tapping focuses on the negative rather than the positive. I wanted to talk a bit more about this since it's such an important topic.

Many people who have studied the Law of Attraction—which, at its simplest level, states that the ideas you focus upon expand—worry that by repeating “negative” reminder phrases, they're affirming and attracting more of them. But the reality is that these negative thoughts, experiences, beliefs, and symptoms exist, whether you consciously address them or not, and they affect you. Denying their existence doesn't make them go away. By taking some time to acknowledge them, bring them into the light, and teach your amygdala that they are not dangerous, you can clear them once and for all.

When weeds come up in your garden, it does no good to say, “There are no weeds, there are no weeds, there are no weeds . . .” It doesn't help to pretend they're not there. It doesn't matter how much you focus on the beautiful plants that are growing! The weeds aren't going to disappear until you get on your hands and knees and pull them out.

Taking the time to do the work—to pull the weeds—leaves you with a garden full of beautiful, healthy plants. The same is true for your psyche. When you take the time to pull weeds from the past, what you're left with is a healthy, vibrant, happy, and fulfilled self.

The other important point to note about EFT is that it's not a mind eraser. We are not erasing memories of the past; we are not erasing emotions. We are processing them. That is a vital distinction. After processing, we still have the lessons, insights, and growth from our experience. If, on the other hand, we bury an experience, trying to erase it without processing it, it stays stuck right where it is. Often when I tap with a client about anger, that anger processes through the body and mind and turns to sadness. Then we tap on the sadness, and it might turn to a sense of loss. Then we tap on the sense of loss, and it might turn to gratitude for the experience and lesson. As that original anger is released, more positive feelings can become present.



If It's Not a One-Minute Wonder, Keep Tapping!

One of the amazing benefits of EFT is how quickly it produces real, long-lasting results that would take months or years to achieve through more conventional therapies.

The so-called one-minute wonders often happen when you least expect them. But no matter how frequently they occur, they're not the norm. We all have deep-seated emotional patterns that can be hard to break, and our brains are hardwired to resist change of all kinds. So often it's the ongoing commitment to tapping that yields the biggest, most profound breakthroughs.

For especially deep-seated emotions—the thickest, gnarliest roots in your tapping tree—your tapping journey may also occasionally take unexpected turns. If the thing you're trying to clear, usually an emotion, initially gets worse while tapping, you know you are on the right path. When you start opening up to your emotions, a lot of repressed material can start to surface. Try not to get discouraged; it's your body's way of telling you exactly how much emotional energy it's been storing around a particular issue. If you keep tapping, you keep clearing it. The results you can achieve in those cases, whether in minutes, hours, or weeks, are truly life changing.

You Can Do It

I know that, in the beginning, tapping can seem a little confusing and strange. But once you learn the points and understand the process, you're going to experience rapid results.

Love yourself enough to take at least 15 minutes to really experience EFT right now. Once you have an experience, be it a small shift or a massive miracle, then you'll know that this is worth learning and implementing in your life.

And just imagine . . . if this tool is everything others are saying it is—if you can experience the results that millions of others have experienced—what might your life look like on the other side?

What might it be like to release the physical pain you feel?



What might it be like to let go of old wounds, traumas, and stories that no longer serve you?

What could you create, accomplish, or contribute if you finally freed yourself from the limiting beliefs, the baggage, and the history that has been holding you back?

It all starts with these first steps—learning the tapping points and practicing tapping enough to feel a shift.

You can do it!



NICOLAS ORTNER is CEO of The Tapping Solution, LLC, a company with a mission to bring into the mainstream a simple, effective, natural healing method known as Emotional Freedom Techniques (EFT) or “Tapping.”

Tapping is a healing modality that combines ancient Chinese acupressure and modern psychology. Nick’s goal is to empower people to create healthy, abundant and stress-free lives through his books, films, CDs, online events and speaking engagements attended by participants from all over the world.

He is the *New York Times* bestselling author of *“The Tapping Solution: A Revolutionary System for Stress-Free Living,”* and *“The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain.”* Prior to that, Nick created and produced the breakthrough documentary film *“The Tapping Solution,”* which follows ten people who used tapping to overcome significant challenges, including chronic back pain, fibromyalgia, insomnia, devastating grief and more. Nick’s books and film document real and extraordinary results that have inspired tens of thousands to follow suit by successfully applying tapping to their lives.

Nick has also produced first-of-their-kind online programs that teach easy, effective ways to apply tapping to anything limiting a person’s life or health. Some noteworthy examples are: The “Tapping World Summit,” a free, annual worldwide online event that has been attended by over 1,000,000 people (www.tappingworldsummit.com) and Nick’s popular seven-week EFT coaching programs, which cover common issues such as financial abundance, weight loss and more.

Nick is an active board member of The National Institute of Integrative Healthcare and Jesse Lewis Choose Love Foundation. Nick and the Tapping Solution team are committed to spreading tapping throughout the world, and particularly to supporting its revolutionary and life-changing usage. They’ve raised over \$1,000,000 for tapping-related charities such as Project Light, which aids genocide orphans in Rwanda, Africa (www.projectlightrwanda.com), The Veterans Stress Project, supporting veterans with PTSD (www.stressproject.org), and You Can Thrive! a New York organization providing services for women with cancer (youcanthrive.org), and The Tapping Solution Foundation, that Nick started in 2013 to support the community of Newtown, CT after the tragic shootings at the Sandy Hook Elementary School. (www.TappingSolutionFoundation.org)