

THE POWER OF MERIDIAN TAPPING

Meridian Tapping is a powerful technique which can be used for moving through emotional blocks. Following is an outline of how a basic Meridian Tapping sequence works. In this example, we'll focus on general anxiety. Try it now with this initial sequence, but feel free to replace "anxiety" with any other issue you want to work on.

1. IDENTIFY THE EMOTION YOU WANT TO FOCUS ON. It is suggested that you begin with the emotion which is causing the greatest disturbance in your system. Think about where you are experiencing this emotion in your life and who brings it out in you. When was the first time in your life that you remember feeling this emotion?
2. RATE YOUR FEELING. How do you feel about it right now? Rate the intensity level of your anxiety, with zero being the lowest level of anxiety and ten being the highest.
3. COMPOSE YOUR SET-UP STATEMENTS. Your set up statements should acknowledge the emotion you want to deal with, who and what brings it out, and then follow it with an unconditional affirmation of yourself as a person. The basic outline is:

"Even though I _____, I deeply and completely love myself."

Here are some examples:

- "Even though I feel this anxiety, I deeply and completely love myself."
- "Even though I'm anxious about my interview, I deeply and completely accept myself and these feelings."
- "Even though I get anxious every time I see my boss, I deeply and completely love myself."
- "Even though I was anxious when I first learned to ride a bike, I deeply and completely love myself."

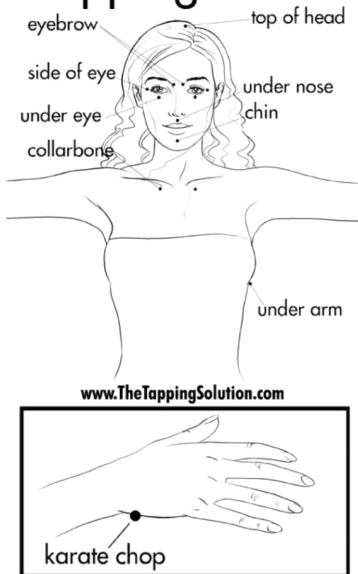
4. SAY EACH OF YOUR SET UP PHRASES 3X WHILE TAPPING THE KARATE CHOP POINT. With four fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb. Repeat each of your set up statements three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath!

5. START TAPPING! Here are some tips to help you achieve the right technique:

- You should use firm but gentle pressure.
- You can use all four fingers, or just the first two (index and middle). Four fingers are generally used on the top of the head, the collarbone, under the arm...wide areas. On sensitive areas, like around the eyes, you can use just two.
- Tap with your fingertips, not your fingernails. The sound will be round and mellow.
- The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the loop.

As you tap on each point, repeat just a simple reminder word or phrase, such as "my anxiety" or "my interview" or "my financial situation". Tap 5-7 times each on the meridian points in the following sequence:

Tapping Points



TAPPING POINTS

1. **Eye brow (EB)** The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.
2. **Side of eye (SE)** The hard area between the eye and the temple. Use two fingers.
3. **Under eye (UE)** The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.
4. **Under nose (UN)** The point entered between the bottom of the nose and the upper lip. Use two fingers.
5. **Chin (CH)** This point follows symmetrically with the previous one, and is centered between the bottom of the lower lip and the chin.
6. **Collarbone (CB)** Tap just below the hard ridge of your collarbone with four fingers.
7. **Underarm (UA)** On your side, about four inches beneath the armpit. Use four fingers.
8. **Head (H)** The crown, center, and top of the head. Tap with all four fingers on both hands.

Now take another deep breath!

6. **RE-EXAMINE YOUR STRESS LEVEL.** Now that you've completed the sequence, focus on the emotion again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same number scale.

7. **TAKE ANOTHER ROUND IF NECESSARY.** If your anxiety is still higher than "2", you can do another round of tapping. Keep tapping until the anxiety is gone. You can change your set up statement to take into account your efforts to fix the problem, and your desire for continued progress. "Even though I have some remaining anxiety, I deeply and completely accept myself."

8. **INSERT A POSITIVE ALTERNATIVE EMOTION.** Now that you've focused on dispelling your immediate anxiety, you can work on installing some positive feelings instead at the end of your set-up statement. Start by inserting the emotion which tested as bringing about the most balance in your body.

Tap your Karate Chop point while saying your new positive set-up statement. For example, "Even though I feel anxious when I take a test, I now choose to feel confident."

Repeat your tapping sequence from top to bottom, but now tap in the positive emotion you would like to feel. For example, while tapping each of your meridian points, say "confidence".

THE EMOTION WHICH IS CAUSING THE GREATEST AMOUNT OF DISTURBANCE

Here is the emotion which is currently causing the greatest disturbance in your body. Use this for your first set-up statements.

-3.06 **Angry**

THE EMOTION WHICH BRINGS ABOUT THE MOST BALANCE

Here is the emotion which brings about the most balance. Use this in step #8 when you insert a positive emotion into your tapping sequence.

22.83 **Energetic**

MY POSITIVE BELIEF CHANGE STATEMENTS

Belief change statements can also be used to transform your emotional wellbeing. These phrases are great to start and end

your day. Repeat each statement 3 times while looking into your eyes while gazing in a mirror. As you say these statements out loud, quickly go through your tapping sequence from top to bottom to lock these beliefs into your physical body. You can also utilize these statements as a mantra during exercise, prayer, yoga, or meditation.

30.29 **I deserve to be happy**

17.31 **I am my own best friend**

16.73 **I am proud of who I am**

