



# Tapping

## (Emotional Freedom Techniques)

By **INGA KRASTINA**

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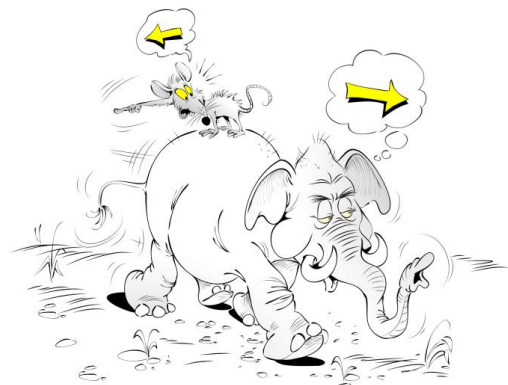
## *What is tapping?*

Tapping (or EFT – Emotional Freedom Technique) is a simple technique of stimulating points on the body by tapping on them and at the same time concentrating on emotional, mental or physical problem we are having.

Sometimes tapping is called psychological acupressure.

Most people are not aware of their subconscious beliefs and subconscious programming, but the fact is that 95 up to 99% of our behaviour is driven by exactly that, not what happens in our conscious mind.

You can imagine your subconscious mind as an Elephant, whose main task is to keep you safe, secure and maintain your survival by all means. Your conscious mind, on the other hand, is a Mouse on the Elephant's head. It definitely knows the direction you want to head to and somehow naively assumes that the Elephant will take you there.



However, the Elephant might have learned from the past that it's not safe for you to travel in that direction (even if that belief was moulded, for instance, at the age of 5 when the world looked totally different place) and will make you move another direction.

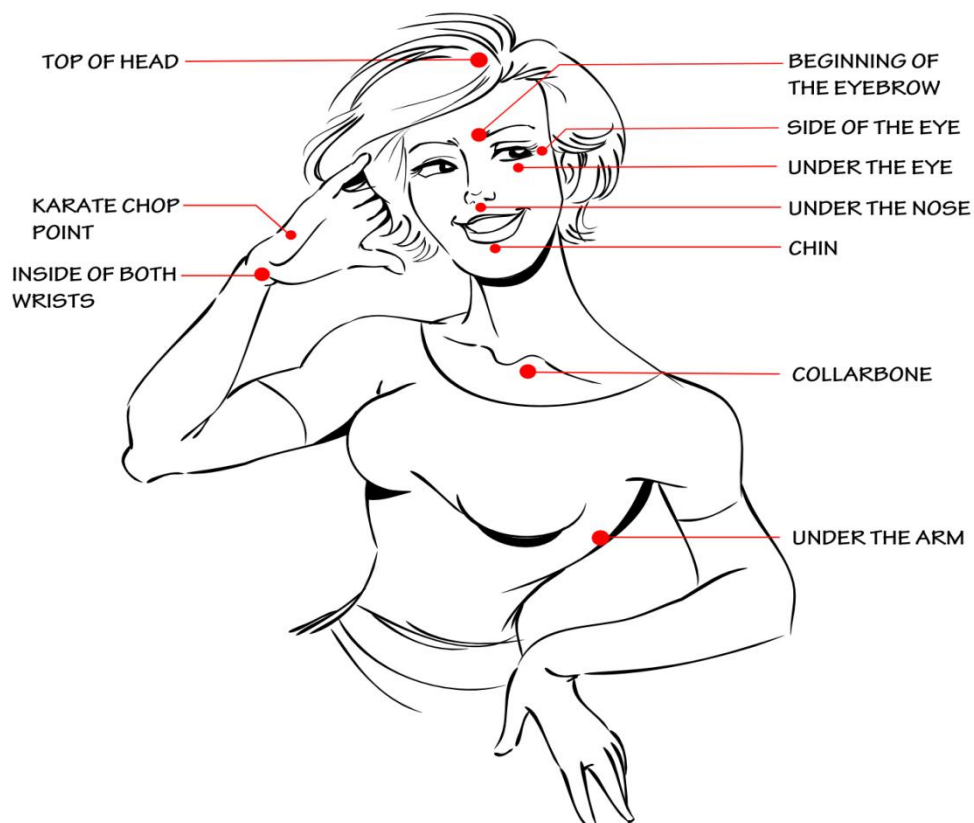
Tapping helps to reveal what it is that Elephant wants and why, and helps you to make an Elephant into your best cheerleader and ally, not an enemy. It allows us to reduce stress, get rid of limiting or negative beliefs we are having that are on the way to achieve our goals.

*"The most powerful new transformational technology to come along in years"*

*/Jack Canfield/*

### *Where to tap? (Look at the picture underneath)*

- Start by tapping on Karate chop point: the middle of the fleshy part on the outside of the hand
- Eyebrow: beginning of the eyebrow just above and to the either side of the nose
- Side of the eye: On the bone in the corner of the eye
- Under the eye: on the bone under the eye approximately an inch below and in line with the pupil
- Under the nose: between your nose and upper lip
- Chin point: in the centre of the chin
- Collarbone: in the angle formed by the collarbone and the breastbone
- Under the arm: on the either side of the body approximately 4 inches below armpit



## *How to tap?*

- Tap lightly with either just index finger or both index and middle finger. On some points you can use four fingers (eg. Karate chop point). It's not necessary to tap hard, instead do it with awareness and paying attention on what's going on in your body and mind.
- It's suggested that you tap about 7 times, but really it can be truly individual and let your intuition guide you.
- You can tap using either hand on the side of the body which feels most comfortable. If you wish you can even tap both sides simultaneously.
- You can switch sides at any point in the process.

## *What exactly is the process?*

Now, that you know the technical stuff, let's see how it all works together.

- 1) Choose an issue or a problem you want to work on. It might be a feeling in the body, negative thought or an emotion. The more specific it is, the better.
- 2) Rate the intensity of the problem on the scale from 0-10 where 0= no problem present and 10=maximum intensity.
- 3) Do the setup statement: 'Even though I (include the problem here, eg. have this headache, am stressed out, am overwhelmed by the amount of work I need to do today), I deeply and completely love and accept myself.'
- 4) Tap on Karate Chop point repeating the statement 3 times.
- 5) Tap through all the other points repeating just the problem, eg 'I have this headache, am stressed out, am overwhelmed by the amount of work I need to do today'.
- 6) After couple of rounds pause and notice what happened to the intensity of the problem. Is it still bothering you? If yes, repeat the process.

*Disclaimer: EFT (Emotional Freedom Technique) or tapping is easy to use, gentle technique and so far has shown to bring complete or great relief to emotional and physical distress and is used widely by therapists, nurses, physicians and many other professional and lay people alike. To my knowledge there have not been distressing side effects reported. However, it does not mean that you may not experience them yourself (possibly due to different reasons). EFT is meant to complement, not replace traditional counselling or medical treatment. You must agree to take full responsibility for your well-being while applying these techniques. If you have experienced very severe symptoms of trauma, please consult your physician or mental health specialist first.*



**Inga Krastina, Grief Transformation Coach**, works with women who have experienced powerful trauma and find themselves unable to move forward in their lives because of the overwhelming emptiness and anguish of grief.

She helps them turn their trauma into triumph, by finding the deeper meaning of their loss and recovering their hope and peace of mind. She does this by creating a safe space for her clients to find peace and to allow love in again, after which many express their surprise and gratitude for how gentle her process is.

Inga understands the power of a devastating loss. She lost her own 11 year old son, Edzus, to a brain tumor in 2005. After healing her own grief, she realized how many others struggle to find joy and peace again, and has since made it her mission help them experience life, love, joy and peace again, even after the worst of circumstances.

Inga lives in a small village near Nottingham in the UK with her beloved partner, Tony, and also teaches Kundalini yoga.

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