



guidelines for using energy tapping

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based on the information obtained from Gary Craig's
Emotional Freedom Technique web www.emofree.com



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Sequence

The tapping facilitates physical & psychological healing by stimulating certain points on the energy meridians of the body. The tapping is said to unblock & balance the body's natural energy flow. Tapping points are located on particular acupuncture points.

THE SETUP

Firstly, rate the strength of your problem on a 10 point scale. For example, ask to what degree does this problem stop you doing what you want to do? A "0" is not at all and a "10" is that the problem is totally debilitating.

Start tapping on the Karate chop point on one hand with the finger tips of the other hand while saying;

- "even though I have"
- "such-and-such a problem (eg; fear of spiders)"
- "I deeply and profoundly love and accept myself"

Repeat this sequence several time varying what you say to make it more emotionally meaningful. The more clearly the problem is defined, the better tapping works.

THE SEQUENCE

Tap on the top of the head with the finger tips of one hand for several seconds while repeating "the problem" (fear of spiders) over and over again. Then move to the eyebrow point and repeat "the problem" several times.

Proceed to tap on each point marked on the diagram, moving down your body. You may tap with both hands for those points for which there are two locations such as the "side of eye".

You may finish the sequence by tapping above the ankles; first one side and then the other. I don't use the Gamut point or the sore spot in the sequence. Sometimes I end with my hand on my heart, and give a gentle affirmation.

REPEATING

On completion, reassess whether anything has changed. Has the rating on the problem changed? Has a new issue come up that needs to be tapped on. If so, tap on this issue.

If you started with an 8 or 9, then keep going until it reaches a 2 or 3. You may need to come back to it several times to get the result that you want.

The more emotionally connected you are with the issue, the better the result. You may do the tapping at any time on just about any issue.

Happy tapping

Richard Rigby

Source file: "Energy healing"

