

# **Transform Your Emotions with Energy Tapping (EFT)**



***Your Guide to Getting Started with Tapping***

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## **Disclaimer**

The information and coaching we provide is intended to educate, inform, amuse, and inspire you on your personal journey towards optimal health and a thriving life. It is clearly not intended to replace a one-on-one relationship with a qualified health care professional and is definitely not intended as medical advice, diagnosis, or treatment. If you are under the care of any health professionals (or should be), we strongly encourage you to discuss modifications in your diet, lifestyle, exercise program, nutrition, or use of Energy Tapping (EFT) with them prior to making any changes, and never discontinue or reduce prescription medications without consulting your doctor or pharmacist.

## Introduction

Energy Tapping (also called Emotional Freedom Techniques or EFT) can bring you quick, effective **RELIEF** from stress, anxiety, overwhelm, pain and suffering, distressing thoughts, disturbing memories, and limiting beliefs.

It can help you **connect with your inner power** and transform procrastination and frustration so you can achieve your dreams. Tapping can remove the blocks to **abundance, love, and vitality**.

To some, this may sound far-fetched. It sounded that way to us at first, too. After all, there are so many people promising "miracle cures" that just don't work. But we're not promising...

**We're just inviting you to try it out for yourself... and see.** We are both engineers and we like practical approaches that work efficiently. We've seen for ourselves and our thousands of clients that gently tapping on these acupuncture points can shift old beliefs and fears quickly and help you reach your desires. We've seen incredible results and you can, too! (You can see some of the testimonials we've received at <http://www.thrivingnow.com/testimonials>).

### **What is Energy Tapping (EFT)?**

We humans **touch**, hold, pat, and rub ourselves for comfort... and always have. We naturally reach out to comfort others.

We **feel** powerful emotions... some that feel good and some that feel bad.

And we **talk** to ourselves... even though our self-talk is often critical rather than accepting and encouraging.



**Tapping is a simple and easy-to-use process where you:**

- 1) tune into your body-mind,
- 2) speak a truth about how you feel right now, and
- 3) choose how you'd like to feel...
- 4) all while tapping on **specific natural comfort points**.

This unique combination helps you shift your physical and emotional energy in the direction of relief... towards **feeling really good**.

## **What Can You Use Tapping For?**

Tapping gives you instant access to **relief at your fingertips**. It helps bring the energy of your whole being into alignment. Spending a few minutes tapping can bring intense negative emotions down to manageable levels and allow new insights and options to come to mind. It can allow you to connect more deeply with others and yourself. Tapping can help you change resistance and procrastination into insight and creativity... with renewed inspiration and direction for your day.

You can use Tapping to **relieve physical pain** as well. Most physical pain has an emotional component. By tapping on the pain—along with any guilt, shame, anger, resentment, worry, or frustration behind it—many people find their pain decreasing or even disappearing entirely. With Tapping your body can finally stop holding onto the stuck energy and start moving towards **natural vitality and health**.

Not only can Tapping bring relief from negative emotions, it can help you remove blocks to **deep and abiding happiness**. Tapping on long-standing fears, old traumas, and negative self-worth will open the door to more peace, love, and joy in your life.

Tapping makes life easier. Instead of forcing yourself through your days with effort and willpower, you can find yourself flowing naturally and easily, without resistance or numerous distractions.

**Why not give it a try?**



## Resources to Get Started

For those of you who are new to **Energy Tapping (EFT)**, you can find out more about this powerful technique in our free resource center:

<http://www.thrivingnow.com/tapping>

And for those of you new to the **Law of Attraction**, visit:

<http://www.thrivingnow.com/lawofattraction>

One of our favorite free tapping exercises for reducing anxiety in your body and mind, **Anxiety Constricted Breathing**, is available here:

<http://www.thrivingnow.com/breathing>

For products that use Energy Tapping (EFT) for specific issues, visit our **Solutions** page:

<http://www.thrivingnow.com/store>

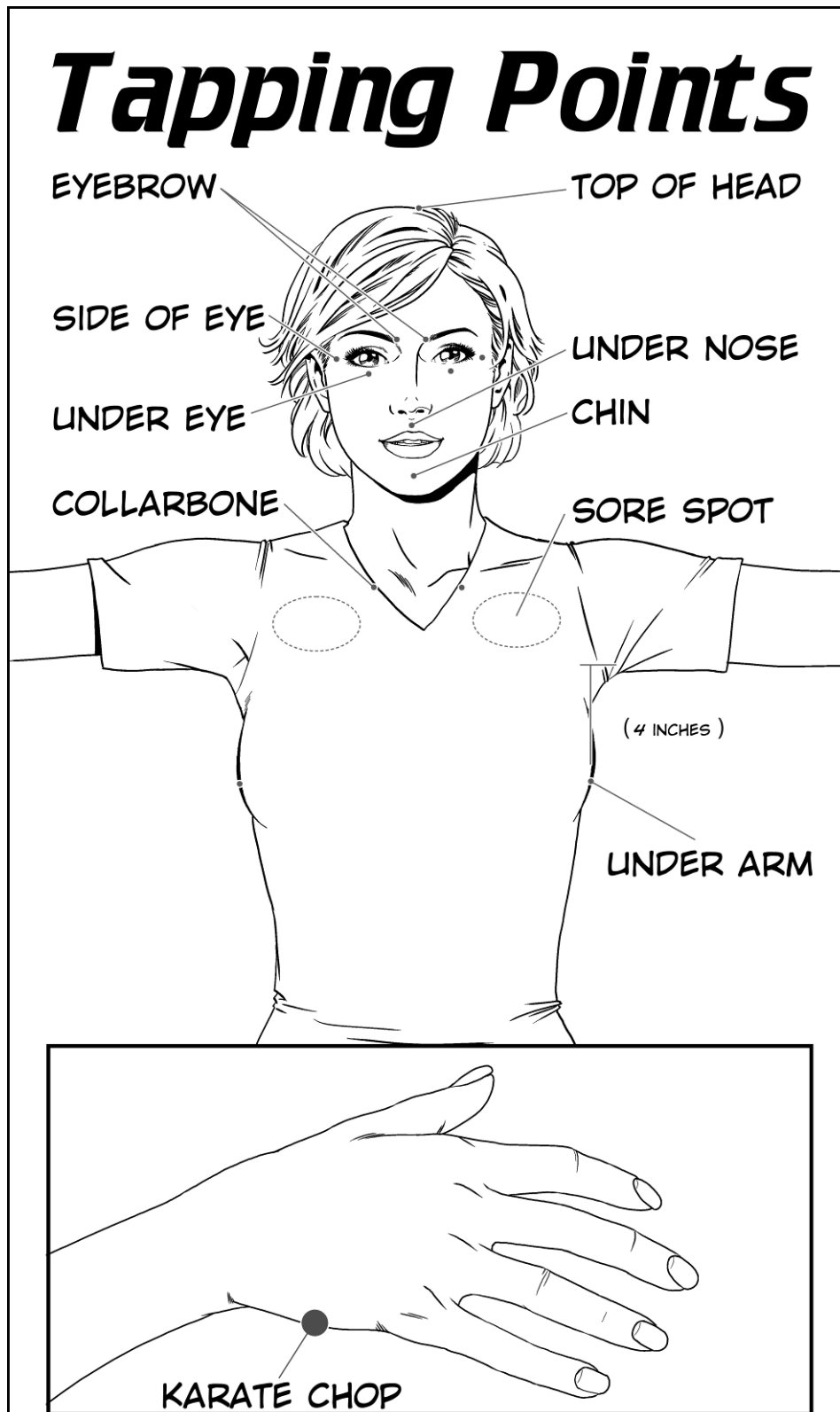
For more support embracing your abundance and caring for yourself, join our **Group Coaching Program**, where we will help you really THRIVE!

<http://www.thrivingnow.com/team>

**Private Coaching** is also available on a limited basis:

<http://www.thrivingnow.com/private>

## Tapping Points Diagram





## Where Did Energy Tapping Come From?

Have you ever seen someone rub their forehead when they were stressed? Or clutch the base of their throat when shocked? Hold their heart when it is breaking? And of course, we pat babies to soothe them when they are upset.

***Touch is comforting.*** We're wired for it.

***Tapping is a gentle form of soothing touch.***

There are some key points where the flow of the body's energy is more "accessible." Such points were discovered and documented a long time ago. In fact, the Chinese have been stimulating these points through touch (acupressure) and needles (acupuncture) for over 5000 years! It's also from traditional Chinese medicine that we learned about the flow of vital energy (chi or qi) along ***meridian*** pathways. Since the tapping points are found on these meridians, EFT or Energy Tapping is also known as *Meridian Tapping*.



Starting in the 1960's and 70's with George Goodheart and John Diamond and further refined in the 80's and 90's by Roger Callahan, Patricia Carrington, Gary Craig, Fred Gallo, Donna Eden, Carol Look, and many others, the benefits of tapping on the meridian acupoints has been extensively documented. Experience shows that tapping can shift our beliefs and thoughts quickly and with much less pain than conventional therapies.

There are lots of theories on how and why it works, but no one can say for sure. (We just see the positive results.) Scientific studies do show that the electrical resistance in the skin at the meridian acupoints is much lower than the rest of the body. Brain wave studies show energy tapping affects the deep subconscious.

However it works, tapping seems to activate our body's innate self-healing intelligence and allows us to transform our lives. Case histories abound showing astounding changes in anxieties, fears, and phobias.

Hundreds of thousands of people use it to improve their relationships, their ability to work, and how much they enjoy life.

### **Quick Relief**

Some people report “one minute miracles” where long lasting changes occur in minutes. We’ve had them ourselves personally and with clients. They’re wonderful!



Astonishingly rapid, permanent relief has “sold” many people on using Tapping for themselves and with others. Search the internet and you’ll find thousands of cases of quick, permanent relief for phobias, physical pains, and more... all using Energy Tapping (EFT).

### **Rich Emotional Rewards... Compounding Over Time**

As exciting as such special cases are, they do not happen for everyone... or every time... which is okay! (It doesn’t mean you’re doing it wrong or that nothing will work for you.)

Indeed, as experts in this field, what most excites us every day is seeing the way **people deeply benefit from tapping... over time.**

- Anxious Annie... becomes surprisingly calm and confident.
- Blocked Bob... discovers his inner direction and self-worth.
- Lonely Lisa... heals her heart and revels in new passions.
- Selfless Sally... starts taking care of herself for a change.
- Timid Ted... makes new friends and learns to dance.
- Worried Wanda... develops deep inner peace and strength.

Isn’t that what you want, too? To discover **your own authentic strengths** and develop them so they are strong and resilient... to be able to see life from new, **more empowering perspectives**... to love and co-create within healthy relationships? To us, that’s true **emotional freedom**. And it is what Tapping is really perfectly suited to help you achieve.

*You can learn more about how Energy Tapping (EFT) evolved in **Appendix C: History of Tapping** at the end of this book.*

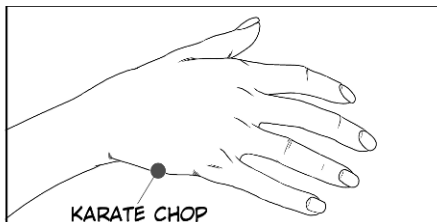
## Okay, How Do I Tap?

Getting started is very simple. It takes about 2-5 minutes to learn the basics. Children love this, too. It empowers them to feel better! Once you learn the points, you can start tapping on whatever is important to you. We include some examples to get you started, and you can find many more tapping ideas and help freely available on our website [www.thrivingnow.com](http://www.thrivingnow.com)

With two or three fingers of either hand, lightly tap with your fingertips on the locations shown in the **Tapping Points Diagram**.

As you do, you will repeat a phrase to help focus on the emotional and physical feelings. Use the same pressure you would use if you were tapping on a table to make a drumming sound. You want to make contact, but not hurt yourself or cause discomfort. Tap roughly 3-7 times in each location. Tap, tap, tap, tap, tap, tap, tap. If you have long fingernails, use the pads near the end of your fingers to tap.

We start by tapping on the **Karate Chop** point where we typically make 1-3 "Even though" statements (to tune into your body-mind, your emotions, and **give the energy a direction towards relief**)...



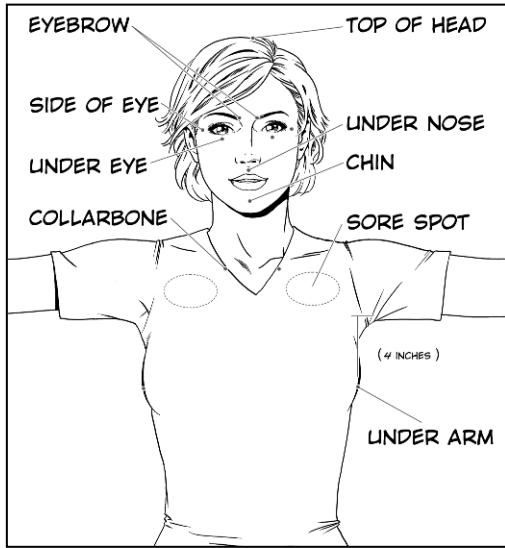
while tapping continuously. This is the area of your hand that you would use to "karate chop" something. Tap with the other hand, using your fingertips. (Some people rub the **Sore Spot** as an alternative to the Karate Chop point. It is located about four inches down from the

point of the collarbone and a few inches out from your heart. You can rub this area gentle with a few fingers. Either location will work fine, so use what is easiest for you.)

Next, we move to the **Top of the Head** and use the fingertips on one or both hands to tap. There are a bunch of energy points here, and you can tap in the center, or find a spot or two that feels good to you. Some people even use the flat of their hand to pat the entire top of the head.

Now we'll work down the body. (This makes the points easier to remember. The order is not crucial; don't worry if you skip one, and you can even do the points in reverse. Tapping is very forgiving.)

The **Eyebrow** points are located at the beginning of the eyebrow, nearest the center of the face. You can use the index and middle fingers together, on either or both hands, to tap the *eyebrow* points. (Some people start at this point rather than the top of the head; it does not matter.)



The **Side of the Eye** points are located on the bones at the outside of the eyes. The points are not so close to the eye that you blink and not so far away that you are tapping in the softer temple area. Using the index and middle fingers together, tap on either one or both *side of the eye* points.

The **Under the Eye** points are on the bone located under the eye... even with the pupils. Using the fingertips of the index and middle fingers, softly tap this spot under either or both eyes. Be gentle here; it is a sensitive area.

Now tap **Under the Nose**. The spot is roughly midway between the bottom of the nose and the top of the lip.

The **Chin** point is not really on the tip of the chin; it is midway between the bottom of the lower lip and the chin, in that indentation area.

For the **Collarbone** points find the start of one of your collarbones at the base of your throat and move about an inch down and an inch outward towards your shoulder. You can use two to four fingers together on either hand to tap the collarbone spots (or tap both at the same time). These are powerful points for stress and anxiety relief. Many people use the *collarbone points* all by themselves when they feel anxious.

The **Under the Arm** points are located about 4 inches below the armpits (about mid-bra line on a woman). You can reach across to tap (for example, lift your left arm and use the four fingers of your right hand to tap under your left arm) or lift your arm up and use the hand on the same side to tap, whichever feels more comfortable.

We often return to the **Top of the Head** and tap. This can help the round feel complete.

Of course, you can end at any point. You can start at the eyebrow or top of the head. You can leave out points, too. **Energy Tapping is flexible and accommodates many variations.** You don't have to do it perfectly. Your energy system is connected so each point you tap resonates throughout the system. It can also be very helpful to tune into your body, see how it feels, tap where it seems to "want" to, and stop when it feels right.

These are the nine comfort points that are most often used in Energy Tapping (out of 400+ points that are recognized in acupuncture). They are also the primary tapping points used in Meridian Tapping Techniques (MTT) and in the short form of Emotional Freedom Techniques (EFT).

## Let's Put It All Together

We'll now combine the basic tapping sequence with tuning into your body-mind, speaking a truth about how you feel right now, and choosing how you'd like to feel.

1. **Tune-in.** Where do you feel discomfort or distress? What does it feel like? Be as specific as possible. Ideally, include the location, the description of the feeling, and what the emotion is. ("Worried" is a bit too general. "This tight knot of worry in my forehead" is better.)
2. Note your starting **intensity** (0-10), with 0 being no intensity and 10 being very intense: \_\_\_\_\_. (If you don't know, *guess*. It helps you tune into the feeling and how it does or does not shift after the tapping.)
3. While continuously tapping on the **karate chop** point, *emphatically* say your **set-up statement** three times. This statement typically includes the first part that speaks a truth about how you feel right now (from step 1), followed by a **choice** about how you'd like to feel. In this example, we've chosen a statement of self-acceptance:

"Even though \_\_\_\_\_ (*I have this knot of worry in my forehead*), I deeply and completely accept myself." (Repeat 3 times.)

4. Tap on each of the points approximately 3-7 times, re-stating your issue (the **reminder phrase**) at each point: "This \_\_\_\_\_ (*knot of worry in my forehead*)".

- Top of head
- Eyebrow
- Side of eye
- Under the eye
- Under the nose
- Chin
- Collarbone
- Under the arm
- Back to the top of head

5. Take a **deep breath!**

6. Note your ending **intensity** (0-10), with 0 being no intensity (it's gone!) and 10 being very intense: \_\_\_\_\_. If it's above a "2," repeat the steps above. You can also make the following changes as you tap:

- Modify the set-up statement in step (2) to "Even though I *still have some of this* \_\_\_\_\_, I deeply and completely accept myself."
- Change the reminder phrase to "Remaining \_\_\_\_\_."
- Be more specific. What is the best way to describe what you are *now* feeling? The physical feeling or the emotion in the pain may move or change. That's progress! You've got your energy moving!

## Examples to Get You Started

Please note that we're purposely keeping these examples simple. Tapping can get more sophisticated as you practice. You can get suggestions and ideas for more advanced tapping by subscribing to our free newsletters at: [www.thrivingnow.com/subscribe](http://www.thrivingnow.com/subscribe)

One of our favorite tapping scripts is called Anxiety Constricted Breathing. You are welcome to read or listen along while you tap here: [www.thrivingnow.com/breathing](http://www.thrivingnow.com/breathing) (It's been helpful to hundreds of thousands of people.)

### **Example 1: Headache**

1. Be as specific as possible.

How would you describe your headache? Splitting? Throbbing? Dull ache?

Where is it located? In this example we're going to use a throbbing headache in the forehead.



Feel free to change the words to fit your situation.

2. Notice how intense the feeling is and rate it from 0 to 10, with 10 being incredibly painful and 0 being no pain at all.
3. Tap continuously on the **Karate Chop** point and say three times, "Even though I have this throbbing headache in my forehead, I deeply and completely accept myself."
4. Then go through the points, tapping on each while you repeat a reminder phrase. You can keep the wording exactly the same, or modify it on each point, whichever feels comfortable to you.

For these examples, we have changed the reminder phrase slightly at each point, but it is not necessary.

**Top of the Head:** This throbbing headache.

**Eyebrow:** I wish it would go away.

**Side of the Eye:** It's right in the center of my forehead.

**Under the Eye:** It makes it hard to focus.

**Under the Nose:** My head really hurts.

**Chin:** I hate having headaches.

**Collarbone:** This throbbing headache and all that it means to me.

**Under the Arm:** This headache in my forehead.

**Top of the Head:** I ask my body for relief.

5. Take a deep breath.
6. Notice how intense the pain is now and rate it from 0 to 10. You may want to repeat the same tapping sequence, using "remaining throbbing headache" as the reminder phrase.

Or you may find that the pain has changed or shifted. It may no longer throb, or it might have moved from your forehead to your neck.

This happens sometimes as your body processes the stress or energy that was causing the pain. You can tap another round using the new location or sensation. As you **chase the pain**, you are clearing stress from your body.

As you do this, it can help to notice that you are taking your own power back. You don't have to suffer through. You can **reclaim your day**, and enjoy it!

Part of our brain evolved long ago. That primitive part of our brain is geared for survival. When we hurt, the [primitive brain](#) can get scared and overwhelmed. As we learn to intentionally soothe ourselves and become more self-empowered, we find **a freedom and an ease to our days**.

Things that used to scare us feel less threatening. Problems that come up seem smaller and easier to handle. And we have more room and time to connect with those we love and create the world we want to live in.





## **Example 2: Frustration**

1. Again, be as specific as possible.

How would you describe your frustration?

Who or what caused it?

And where is it located in your body? Is it a pain in your neck? A tension in your stomach? A tense jaw?

We're going to use a common frustration of being stuck in traffic on the way to work, and we'll assume that you're feeling it in your stomach.

Feel free to change the words to fit your circumstances.

2. Notice how intense the feeling is and rate it from 0 to 10, with 10 being incredibly frustrating and 0 being no longer frustrating at all.



3. Tap continuously on the **Karate Chop** point and *emphatically* say three times, "Even though I feel really frustrated in my stomach because I'm stuck in traffic, I choose to feel *surprisingly* calm and confident *anyway!*"
4. Then go through the points, tapping on each while you repeat a reminder phrase. You can keep the phrase exactly the same, or modify it a bit on each point, whichever feels comfortable to you.

**Top of the Head:** This horrible traffic frustration in my stomach!

**Eyebrow:** I'm going to be late.

**Side of the Eye:** Why can't they drive faster?

**Under the Eye:** Why do they all have to be on the road now?

**Under the Nose:** I feel this in my stomach.

**Chin:** I hate being late.

**Collarbone:** I hate being stuck!!!

**Under the Arm:** This frustration in my stomach.

**Top of the Head:** This traffic and all that it means to me...

5. Take a deep breath.

6. Notice how intense the frustration is now and rate it from 0 to 10.

Sometimes the frustration shifts quickly, and one round is all you need. And many times, because you've been frustrated more than a few times in your life, it will take more rounds. There is nothing wrong with either outcome.

If you still have intensity, you may want to repeat the same tapping sequence, substituting "remaining frustration in my stomach."

Or you may find that the emotion has changed or shifted in your body. Where do you feel now? What does it feel like?

Something specific might come up around the frustration, or you might feel angry at your boss for making you be there at a specific time. Again, this is normal. You can tap on the new emotion, issue, or feeling in your body.

Sometimes it helps to say the words very intensely. If you're in a safe place, you can even shout them. Say what you're feeling as you tap. The intensity may go up briefly as you tune into the emotions, but as you continue tapping, you will find relief... perhaps even permanently.

***Please Note:*** We are not suggesting that you tap while the car is moving. We know some people do, but always make sure you are safe. If tapping will distract you from driving, wait until later or pull over to the side of the road and tap.



Again, notice that you're doing something good for yourself. Some people drive to work in a frustrated state every day, repeatedly adding to the stress stored in their body. By tapping, you are teaching your body to release stress and frustration and letting it use the energy for healing and playing!

### **Example 3: Changing a Habit**

1. We all have habits we want to change. How many times have you promised yourself you'd stop? Tapping can help you replace that old habit with a better one, like appreciating yourself or doing something nice and healthy for yourself.

To change a habit, **first notice the emotion you are feeling when you are about to do the action you want to change.** Is the emotion... Anger? Anxiety? Boredom? Deprivation? Fear?

Where do you feel that emotion in your body? We're going to use an example of nail biting aggravated by anxiety that you feel in your throat.

Feel free to change the habit and the feelings to fit your situation.

2. Record how intense the desire to bite your nails is right now (or whatever your habit is).

Rate this from 0 to 10, with 10 being incredibly strong (impossible to resist) and 0 being no desire at all.

3. Tap continuously on the **Karate Chop** point and say three times, "Even though I feel anxious in my throat, and I bite my nails when I'm anxious, I'm in the process of deeply and completely accepting myself *anyway*."
4. Then go through the points, tapping on each while you repeat a reminder phrase. You can keep the phrase exactly the same, or modify it a bit at each point, whichever feels comfortable to you.

**Top of the Head:** I hate that I bite my nails.

**Eyebrow:** I wish I could stop.

**Side of the Eye:** It seems to get worse when I'm anxious.

**Under the Eye:** Why do I keep doing this?

**Under the Nose:** There's got to be a better way.

**Chin:** I hate how my nails look.

**Collarbone:** I'm letting go of the stress.



**Under the Arm:** What's a better action that I can take instead?  
**Top of the Head:** I choose to feel surprisingly relaxed *anyway*.

5. Take a deep breath.
6. How intense is the desire to bite your nails now? Rate it from 0 to 10.

You may want to repeat the same tapping sequence, substituting "remaining nail biting anxiety." Or you may find that you are clearer about what makes you want to bite your nails... or what makes you feel anxious. Use this new information and tap!

You may find that there are several reasons that you bite your nails. Don't worry if you find several thoughts or memories come forward. As you tap on each of them, ***you clear anxious energy from your system***, and not just around this habit. And you're teaching your body to release old energies and feel more resilient.



You can also invite a new habit in its place as you tap. Do you want to take a deep breath? Take a sip of water? Walk around the block? Ask for a hug?

It can be something small and fun, or soothing and nurturing. Replacing a habit with something new makes it a LOT easier.

Replace it with something you enjoy (you can think of it as a reward if you like) and it will entice you to remember to tap when the urge for the old pattern shows up.

## I Don't Know What To Tap On

A lot of people feel nervous at first. They don't know where to start or what words to use.

That's ok! It gets easier with practice. And there aren't "wrong subjects" for tapping, or "wrong words." If you are tapping on what you're feeling, your body and mind are hearing you.



Just like when we first learned to tie our shoes back in kindergarten, it can feel a bit awkward at first. We all went through that. But it gets easy fast! Now you probably don't think twice about tying your shoes. Tapping can be that easy, too!

One thing that helps people get results faster is focusing on **specific events**. So rather than tapping on *money issues*, it can help to tap on *the time when the bank called*. Releasing the tension and fear around the specific memory can give you a lot of freedom to do something new.

Some of us have LOTS of negative events and memories. Don't worry! You probably don't have to tap on ALL of them. Many people find that if they tap through the most intense 3 to 5 times they had something stressful or [traumatic](#) happen, the rest of the issues dissipate on their own. (They get cleared along with the memories you tapped on.) Clearing the intensity around even a single memory helps you feel better and more empowered.

We often call the stuck emotions and beliefs **blocks**. If that word doesn't resonate for you, feel free to change it to something that does.

If you don't know what to tap on, you can actually tap on that. Most people are surprised at how quickly they get clarity. If you don't get more ideas after tapping, you may just need to sleep on it... our subconscious will often communicate when we're asleep or relaxed.

### ***You can tap on not knowing what to tap on!***

Let's say you wanted to tap on being overwhelmed, but you didn't know what your blocks are or where to start.

By now you probably know where the points are, so we're going to take you through this just like we do in our newsletters (They're free, and almost always include a tapping script or two. You can sign up at [www.thrivingnow.com/subscribe](http://www.thrivingnow.com/subscribe)).



Remember you can change the words and the issue to fit your situation.

When we first look at a problem, sometimes it seems too big and hard to tackle. You could tap on something like this and see what comes up...

**Karate Chop:** Even though I don't know what the blocks are, I'm open to clarity.

Even though I feel stuck and I'm not sure what's standing in my way, I ask my mind and body to direct me to the memories and feelings that keep me here.

Even though I'm not sure what to tap on, I can do some general tapping, and trust what comes up.

**Top of the Head:** I really don't know what the blocks are.

**Eyebrow:** I do feel overwhelmed...

**Side of the Eye:** But I don't know what to tap on.

**Under the Eye:** Why do I stay stuck in this place?

**Under the Nose:** What does it protect me from?

**Chin:** This negative feeling keeps my mind so busy...

**Collarbone:** I can't stop and think.

**Under the Arm:** What would come up if I slowed down?

**Top of the Head:** I learned this pattern long ago.

**Eyebrow:** Back then I couldn't handle those feelings and memories.

**Side of the Eye:** I am stronger now.

**Under the Eye:** I bet I could look at them.

**Under the Nose:** I could take baby steps.

**Chin:** I ask my body to help me focus...

**Collarbone:** To notice the fears that keep me stuck in this pattern.

**Under the Arm:** I do want clarity!

**Top of the Head:** Part of me is afraid to know what my blocks are.  
**Eyebrow:** Maybe I don't think I deserve to feel better.  
**Side of the Eye:** Maybe I don't think it would be safe to feel better.  
**Under the Eye:** Why is that?  
**Under the Nose:** What if I could tap and shift those beliefs?  
**Chin:** And any other blocks that keep me stuck.  
**Collarbone:** I ask for clarity and courage...  
**Under the Arm:** So I can clear these blocks...  
**Top of the Head:** And feel surprisingly good.

**Take a deep breath.**



Try tapping on this a couple times a day and see what comes up while you tap. Take notes for yourself... and also keep a journal by your bed in case in case you get clues during the night or upon first waking in the morning.

***Just asking for clarity can bring surprising insights.***

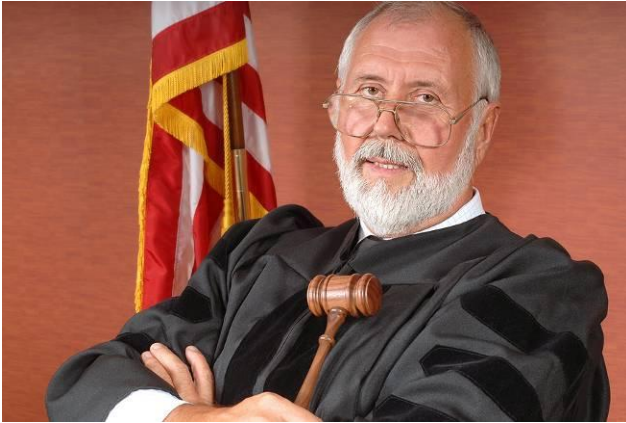
It is difficult when we lack clarity to know what to do. Start with tapping on anything that is coming up. Use a tapping script like this one... a few times a day if that feels right to you... and see where it takes you.

And if you feel uncertain... or the issues seem too big... get help. Having caring support and heart-centered guidance can make the process much faster and easier. Find a tapping buddy, tap with a friend, therapist or [coach](#), or join a group to get direction and insights. Our [group coaching program](#) is a wonderful way to meet like-minded people and accelerate your progress to the life you've always wanted...

[www.thrivingnow.com/team](http://www.thrivingnow.com/team)

## I Keep Judging Myself!

What do you do if your self-judgments get in the way of tapping? It isn't fun to do something when you are constantly feeling criticized!



No one is grading you. If *you* are grading you, now is a great time to learn to be gentle with yourself. You can't get it wrong!

Your technique will become more to your liking over time and with practice. So sit back and enjoy the process, both the learning and the feelings.

And if that seems as impossible as flying to the moon, tap with whatever angry, judgmental thoughts come into your head.

- Tap about your discouragement that nothing has worked.
- Tap with your feelings that you will never get it right.
- Tap with your belief that, "This won't work, because nothing ever works for me... even though it works for everybody else!"

Tap with whatever words show up. Tap with whatever noises show up. Or, Tap in silent fuming. Tap in silent distress.

You may feel your faults and shame and guilt and failures make you unredeemable... make it impossible for you to heal or get this right. But you cannot say the wrong things when you tap.

Try this:

**Karate Chop:** Even though I feel worthless sometimes, I am in the process of deeply and completely accepting myself anyway.

Even though anyone who accepts me just doesn't know me, I am at least open to the remote possibility of feeling acceptable.

Even though I feel so WRONG, I choose to know... somewhere inside me... some place still clean and untouched by pain... that I am okay.



**Top of the Head:** I have felt so wrong.  
**Eyebrow:** I have failed at times.  
**Side of the Eye:** I have been guilty.  
**Under the Eye:** I have done wrong.  
**Under the Nose:** I have been wronged.  
**Chin:** I have felt wrong.  
**Collarbone:** I have known shame.  
**Under the Arm:** And I am sorry.

**Top of the Head:** It is time for me to heal.  
**Eyebrow:** I accept my feelings.  
**Side of the Eye:** I choose to heal.  
**Under the Eye:** I'm okay.  
**Under the Nose:** I'm feeling better.  
**Chin:** I am taking positive steps.  
**Collarbone:** I am relaxing.  
**Under the Arm:** I am finding myself.  
**Top of the Head:** And I'm choosing to continue the process of deeply and completely accepting myself... no matter what.

### **And take a big, deep breath....**

Notice what particular thoughts or memories come up around this tapping. Those are great places to do some further work!

Releasing that inner judgment will not only help your tapping, it will give you back the freedom to be more creative and spontaneous... because ***that inner judge can keep us stuck!*** If we're afraid to try new things because we'll be criticized, it's hard to move forward and succeed.



We tend to ***too easily believe negative things about ourselves.*** Sometimes we drive ourselves using that fear and self-doubt. We may think it's the only way.

The truth is, we create much better when we feel calm and relaxed. And the stress of driving ourselves can make us ill and exhausted. What stops you from seeing yourself in a better light?

It can help to understand how the brain holds hurts from the past. Our [primitive brain](#) can latch onto experiences. Sometimes that part of our brain (the part geared for survival) jumps to conclusions and won't let go. Tapping is the best way we know of to help that stuck energy transform. We have a free 15 minute video tutorial on Thriving Now that explains the process. You can watch it at:

<http://www.thrivingnow.com/brain>

Tapping can help you feel better about yourself and direct your energy in a more productive way! If you're judging yourself harshly, you probably (at least subconsciously) think you don't deserve the very success you've been struggling for. You may be sabotaging your dreams.



Our [\*\*Self-Sabotage: Removing Your Sub-Conscious Blocks\*\*](#) program can help you change your pattern and accelerate your transformation. You can learn more here:

<http://www.thrivingnow.com/pkg-selfsabotage/>

## I Can't Say "I Love and Accept Myself"!

A lot of EFT Tapping scripts use the phrase, "Even though \_\_\_\_\_, I love and accept myself anyway."



What if you just can't say that??  
What if you *don't* love and accept yourself?

Will Tapping still work for you?

First, know that a lot of people have that problem in the beginning. It gets easier as you tap away the reasons you feel unacceptable and unlovable.

That doesn't help if the words literally won't come out of your mouth now. Or if they feel bad or wrong to say.

There are several options. Give them a try and see which ones work for you.

1) You don't have to believe the phrase to say it. Even if it feels 100% untrue, some part of you *hopes* it might be true someday and will hear it.

2) You can soften it. "I deeply and completely accept myself" is not the only statement that will work. It's just one a lot of people use. You could try:

...I would like to deeply and completely love and accept myself.

...It would be nice if I could deeply and completely love and accept myself.

...I'm in the process of deeply and completely loving and accepting myself.

...I'm learning to deeply and completely love and accept myself.

3) You can change the phrase entirely. See if one of these fits better (or make up one of your own):

...I'm starting to accept myself a little.

...It would be nice if I could love myself at least a teeny bit.

...I wonder what it would be like if this were different.

...I'm open to seeing this differently.

4) You can tap on it.

**Karate Chop:** Even though I can't say I deeply and completely love and accept myself, because that would be a Big Lie, I am open to finding a way to care about myself.

Even though I will never be able to say I deeply and completely love and accept myself, I am open to liking myself a little.

Even though I don't know how I can love and accept myself, I appreciate that I'm doing my best to heal.

**Top of the Head:** I don't really like myself.

**Eyebrow:** It would be nice to change that.

**Side of the Eye:** I can't imagine loving myself...

**Under the Eye:** I am open to feeling better.

**Under the Nose:** I can't accept myself...

**Chin:** At least not yet.

**Collarbone:** I am doing my best to heal.

**Under the Arm:** That is something I can appreciate.

**Top of the Head:** I like that I might someday accept myself a wee bit more!

If the reasons why you believe you can never accept yourself start coming up, write them down so you can tap on them! Those are wonderful tapping subjects. Changing these beliefs will help you feel more deserving of abundance. If you follow the [Law of Attraction](#), you know that releasing limiting beliefs can help you find new possibilities for love, finances, and vitality.



Once you get comfortable with Tapping, you can try a version of it called [Inner Tapping](#)... where you imagine tapping on your younger selves to clear old hurts quickly. You can learn more about this approach here:

[www.thrivingnow.com/innertapping](http://www.thrivingnow.com/innertapping)

## Just the Beginning!

This introductory guide to **Energy Tapping (EFT)** is just *a taste of what is possible.*

Just as there is much more that you can do with computers than just send email, there is SO much more that Tapping can do for you when applied artfully to specific areas of your life.

Isn't that exciting? We love having such a tool for personal transformation right at our fingertips.

***It's also okay... even encouraged... to [TEAM UP!](#)***

It's easy to rub your own belly... harder to rub your own back. ***Find Partners!*** The best practitioners in this field tap with others. We do!

Consider this... If you have negative life experiences that still feel emotionally painful years later, chances are they were traumatic back then ***because*** you felt... ***alone, unsupported, unprotected, unsafe.***

If you find someone to be there with you ***now*** as you tap... to radiate supportive and compassionate love combined with professional-level skill and emotional strength... well, ***wouldn't that would have made all the difference back then...?***

***It will make all the difference now, too.***

There are many talented people who do this work. Worldwide. And tapping is just as effective over the phone or by video conference as in person... sometimes even more. You're not limited in finding support, no matter where you live.

***We'd love to team up with you.*** If you like our style and are considering working with us, we're honored and delighted. You can [drop us an email](#) right now if you're ready to begin. We also welcome specific questions to help you get clear about the next steps that are right for you:

[support@thrivingnow.com](mailto:support@thrivingnow.com)

*(This email address goes directly to both Rick & Cathy.)*

If you enjoyed this information, we invite you to sign up for our free newsletters so we can continue the dialogue:

[www.thrivingnow.com/subscribe](http://www.thrivingnow.com/subscribe)

We have an abundance of free resources you can explore at the Thriving Now website:

[www.thrivingnow.com](http://www.thrivingnow.com)

We offer powerful coaching products to help you engage and clear specific problems:

[www.thrivingnow.com/store](http://www.thrivingnow.com/store)

Cathy and Rick offer [private sessions](#) as well on a limited basis.

And we have an **exceptional** [Group Coaching Program](#). Over the past seven years we've mastered how to help you clear your blocks. We've co-created an environment where you can feel surprisingly safe and supported, regardless of your past.



We make it fast, easy, and affordable, too. In 2 minutes you could be logging in and starting on your road to love, laughter, and expressing your authentic gifts! Is it time for you to take action?

[www.thrivingnow.com/team](http://www.thrivingnow.com/team)

We so want you to feel empowered to change your life, to expand your well-being, and to create the dreams within you that have been yearning to be set free. We'd welcome you as a part of our team, and we hold a Good Thought for you, always and all ways.

Warmest Wishes for a Thriving Life,

*Cathy + Rick*

Cathy Vartuli & Rick Wilkes  
Emotional Freedom Coaches  
Thriving Now Team  
[support@thrivingnow.com](mailto:support@thrivingnow.com)



## **Appendix A: Other Names You'll Hear...**

Tapping and Energy Tapping are ***generic names*** for this leading-edge approach to physical and emotional relief and self-empowerment.

Meridian Tapping Techniques (MTT) is another name you'll hear. Other tapping techniques include Roger Callahan's Thought Field Therapy (TFT) which was evolved and simplified by Gary Craig into the very popular Emotional Freedom Techniques (EFT). There are dozens of other derivatives as well.

Tapping techniques are a part of several overlapping fields of scientific exploration: energy therapy, energy medicine, energy psychology, meridian energy therapy, energy-centered bodywork, and more. Tapping continues to evolve.

All of us who are passionate about living a thriving, abundant, emotionally-free life continue to invest our time, energy, heart, and co-creativity into expanding the state of the art of all "vibrational technologies."

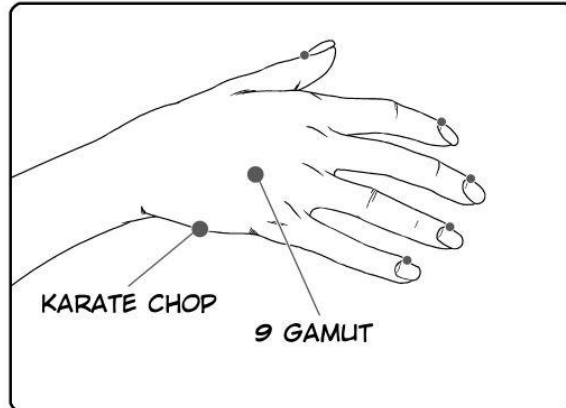
## Appendix B: Tapping Variations You'll See...

Our short form of Tapping drops the complicated 9-gamut procedure that is part of Gary Craig's long form of EFT.

Gary himself rarely used that procedure in his later work, and most experts have found tapping works as well or better without it.

Also, some practitioners start or end at different points, or may include or exclude the top of the head points. Some include points on the fingers. (Near the bottom of the nail bed, on the thumb side of the finger).

Others include other meridian acupoints (there are over 400).



Some rub the sore spots (shown on the tapping diagram of the torso) rather than tapping the karate chop.

As far as we can tell, these variations are *stylistic* rather than substantive. If it's working for *YOU*, you're doing it *right*.

Some people like tapping on the finger points, the Karate Chop point, and the Gamut point (between the pinkie and the ring finger, down about 1-2" in the back of the hand). This can be done in meetings, movies, or while talking to friends... without drawing too much attention.

See what works for you! It's okay to be curious and notice what works best within your energy system.



## Appendix C: History of Tapping

If you touch the body with attentive fingers, and pay close attention to the sensations, you will notice that there are points on the body that naturally attract your attention. **These points feel different.** And if you rub them or tap on them or poke them, they stimulate a healing response. Pain is relieved. We feel better.

We now know that humans have explored the healing potential of such points for well over 5000 years. Treatment of these points is part of the ancient medical history of many cultures, particularly Traditional Chinese Medicine (TCM) which uses needles to stimulate these “acupoints.”

Recent innovations use a selection of these same points to put quick and long-lasting **RELIEF** at your fingertips... relief from stress, anxiety, fear, overwhelm, pain and suffering, distressing thoughts, disturbing memories, and limiting beliefs. You’ll hear these cutting-edge tapping techniques referred to by a variety of names including the generic terms **Energy Tapping** and **Meridian Tapping Techniques (MTT)** as well as by **Thought Field Therapy (TFT)** and **Emotional Freedom Techniques (EFT)**.

These tapping techniques use your fingertips to tap the points. But because the tapping looks so unusual—unlike anything we’ve seen in western medical culture—most of us want to know its origins. Where did this come from!?!? So to understand how these tapping innovations evolved, we’ll start at The Beginning.

### **Early Human Healing**

As we begin this brief history, it is useful to imagine early tribal humans living in caves. Accidents, injuries, and disease were a part of their world, too, but they had to make do literally what they had available “at hand.”

When we humans hurt, our instincts lead us to hold, rub, and comfort the part that is in pain. Caring members of our tribe would reach out as well, offering the comfort of their touch in times of distress.

Over thousands of years, certain individuals with a keen interest in bringing relief and healing to others studied what worked. They laid

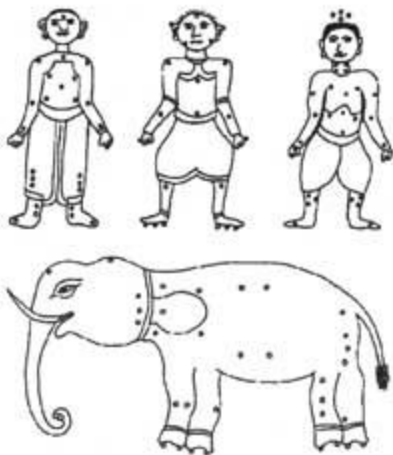
their hands on the body. They explored. They felt the life energy beneath their fingers... pulses, rhythms, and flows.

They observed what restored balance and well-being... and what did not. These early healers were open to ways to support and accelerate the healing process, and they passed down their discoveries from generation to generation. No doubt, tribes with deeper knowledge of healing practices had a survival advantage over others.

### ***Clues from a 5,000-Year-Old Mummy & An Egyptian Papyrus***

In 1991 a well-preserved mummy, now named [Otzi](#), was discovered frozen in a glacier near the Italian border with Austria. He is estimated to have lived over 5,000 years ago. [Evaluation by scientists](#) has shown that Otzi appears to have suffered from back pain and arthritis, and he had been “treated” using non-ornamental tattoos on and near points that today would be used for acupuncture treatment of Otzi’s medical conditions.

Moving forward in time to around 3,500 years ago, the Ebers Papyrus from Egypt (1550 BC) describes channels in the body that closely approximate known **meridians**, the lines of energy flow upon which the acupoints are located.



Animals, too, have acupoints and meridians. One possible reason that the Indian (Sri Lankan) elephant was successfully tamed (while the African elephant was not) is that acupoints were worked out that calmed the beasts and enabled them to be communicated with and trained. These are shown quite clearly in the [illustration](#) shown here, which was drawn some 3,000 years ago.

### ***Chinese Develop Formalized Treatment***

The earliest known complete text on acupuncture is the [Huang Di Nei Jing](#) or *Yellow Emperor’s Classic of Internal Medicine* (Warring States Period 476-221 BC). This appears to be a compilation of all

acupuncture knowledge to that time and is still the basis for modern acupuncture. The meridian channels, 365 acupuncture points, types of needles, and indications and contraindications were all documented in detail. Yet, even earlier signs of [acupuncture development in China](#) exist, including archaeological evidence of stone needles dating back to 1700 BC.

Acupuncture affects the flow of energy in the body, and it is the “disrupted” flow of energy in the body that leads to dis-ease and distress. Clearly, stimulating the acupoints for health purposes has a long history dating back to the stone age or even earlier. In the thousands of years since, the Chinese in particular have continued to use acupuncture as an integral part of their traditional medicine.

The medical practice of acupuncture, however, requires *extensive* training. Acupuncture is NOT for self-treatment.

### ***From East to West... Acupuncture to Tapping***

Felix Mann helped spread acupuncture from Asia to the west. He was the author of the first comprehensive English language acupuncture textbook, *Acupuncture: The Ancient Chinese Art of Healing*, first published in 1962.

It’s appropriate to stop here and recognize that an entirely unique paradigm of medical treatment going back thousands of years was condensed and no-doubt imperfectly translated from Chinese to English through this book. No book alone is adequate training in such an ancient, hands-on healing art. However, what such incomplete disclosures can evoke in a true scientist is a sense of *curiosity*. Is there a way to take this information and apply it in new and useful ways?

Such a scientist was George Goodheart, Jr., a chiropractor. A lifelong student, he was [curious](#) about all forms of healing. He learned about acupuncture in the early 1960s, reportedly from studying Mann’s research on acupuncture meridians. As he palpated the body with his fingers to find the causes of pain, it was a natural step to try tapping on the meridian points with his fingers.



Goodheart explored the connection between the meridians associated with certain body parts and illness in the body. He became aware that the emotional state of the patient affected the response and strength of the muscles. In 1964 he advanced earlier research and developed a method of **muscle testing** that is now called Applied Kinesiology.

Then in 1966 he wrote a manual on strengthening muscles that were shown to be weak while holding certain meridian points. (Phil Mollon, *Psychoanalytic Energy Psychotherapy*, p.32)

[John Diamond](#), a psychiatrist, became one of Goodheart's students in 1973. He began using muscle testing as part of his practice and found he could identify core psychological issues more quickly. He would use affirmations while stimulating certain meridians to help his patients get emotional relief. He delineated through testing with clients which particular emotional state was associated with each acupuncture meridian.

By 1979, Diamond's model had expanded to integrate aspects of psychiatry, psychosomatic medicine, kinesiology, preventive medicine... music, art, and humanities... alongside stimulating meridian acupoints... truly a holistic approach.

[Roger Callahan](#), a psychologist, studied Applied Kinesiology with Goodheart's group, including John Diamond. He was a pioneer in cognitive and behavior therapies and had been doing psychotherapy for 30 years prior to his "ah-ha!" moment [in 1979 with his client Mary](#):

*Callahan had been working for a year and a half with Mary, a patient of his who had such an overwhelming fear of water that she could not even get into a bathtub without it precipitating an anxiety attack. Although he had tried every anxiety reduction technique at his disposal with her (including suggestion, placebo, clinical hypnosis, behavioral therapy, rational-emotive, systematic desensitization, distraction techniques, progressive relaxation, client-centered therapy, and exposure), the progress had been slow and discouraging. Mary couldn't even approach the swimming pool on the grounds of his office, or allow water to contact her body, without suffering.*

*One day while they were working on this fear in his home office, Mary complained about a feeling in the pit of her stomach whenever she thought about water. As it happens, there is an acupuncture point located directly beneath the eye which, according to traditional acupuncture, is linked to the stomach meridian.*

*Dr. Callahan asked her to tap on that point. He did this on the assumption that this might balance a possible disturbance in her "meridian energy system" and thereby lessen her stomach symptoms. He had no idea that it would have profound implications for the future of his practice and for psychology.*

*Mary agreed to tap under her eyes... and when she did so a **totally unexpected thing happened**. Instead of merely experiencing relief from her stomach symptoms, she called out in surprise that her fear of water was suddenly gone! Callahan didn't take this too seriously at first because it seemed so unlikely, but then he watched her get up and run toward the swimming pool!*

*At this point he actually became somewhat alarmed because he knew Mary couldn't swim, so he ran after her to make sure she didn't fall into the pool. Mary let him know that she did remember that she could not swim (healthy and normal caution), yet she felt surprisingly free of the panic. When she walked near the edge at the deep end of the pool, an area she had never been able to approach before, she began splashing water on her face. It turned out, as strange as it seemed, the process of tapping under her eyes while she was talking about her fear of water, had eliminated her fear on a **permanent** basis.*

Callahan decided to explore the possibility of using strategic tapping on certain meridian points to treat other phobias as well. While not all the phobias responded to the tapping procedure as rapidly as Mary's had (although some did!), this experience marked an important turning point for a new era of energy psychology.

*Callahan Techniques* eventually became known as **Thought Field Therapy (TFT)** and are still in wide use today. With TFT the client thinks of the problem while tapping the specific points and monitors the emotional intensity using *Subjective Units of Distress (SUDS)*. During his exploration, Callahan found that some patients had what he called *Psychological Reversal* (basically a resistance or fear to getting over the problem... whether conscious or not).

He found that affirmations or tapping on the small intestine meridian on the side of the hand (our Karate Chop point) while thinking about the issue would normally resolve this. He also developed the collarbone breathing technique and 9 Gamut procedures for unusual cases. (Mollon p.52) Callahan found that there were certain patterns of tapping points that worked well for specific problems. He published

these tapping *algorithms* so muscle testing or other advanced forms of diagnosis were no longer required in all cases.

Several of Callahan's students investigated simplified versions of his procedures, exploring whether muscle testing and his version of "diagnosis" were necessary.

Patricia Carrington is one of these early tapping pioneers. By 1987, Carrington had developed and was using for her patients and in workshops a "single algorithm" tapping method which she called *Acutap*. This method intentionally did not use any diagnostic procedure such as muscle testing. She simply asked people to tap on all of the acupuncture end-points each time they did a round of tapping.

Using this method, Carrington was able to help her clients in ways that had never been possible before. During the years since, she has continued to be a leader in the field of meridian tapping, and her **Choices Method** played a key role in bringing client-centered *positive* choices into the tapping process.

Gary Craig, who developed **Emotional Freedom Techniques (EFT)**, was also a student of Callahan. In 1995 he released his own tapping techniques which involved tapping all the meridians in sequence... without concern for the order. He added the *reminder phrase*, spoken at each tapping point. He also emphasized that there can be many *aspects* to an issue, and he introduced reframes, questioning, and other story-processing approaches that would be familiar to anyone who has studied Neural Linguistic Programming (NLP). He also encouraged people to allow the words to flow "through them" as they tapped rather than getting stuck on doing it the one "right" way.

Craig makes the point that he was a Stanford-trained engineer, not a mental health or medical professional. Against the strongly held opinion of many traditionalists, Craig felt that tapping could become a "universal healing aid" and wanted to share this information with *everyone*... so people can try it and see for themselves whether tapping relieves their emotional and physical pains. By making the tapping process simpler, providing a free manual to all who wanted it, publishing a free email newsletter with case studies, and offering for sale a comprehensive library of EFT instructional videos, Craig was a leader in spreading the word about tapping to the general public. (Gary Craig retired in 2010 and released EFT into the public domain.)

## ***Techniques Galore!***

Other meridian techniques that have grown from the earlier discoveries include: John Diepold's [Touch and Breathe \(TAB\)](#) method, [Be Set Free Fast \(BSFF\)](#) by Larry Nims, [Tapas Acupressure Technique \(TAT\)](#) from Tapas Fleming, [ReMap](#) by Steve Reed, and [Simplified Energy Therapy \(SET\)](#) and [Provocative Energy Therapy \(PET\)](#) by Steve Wells and David Lake. There are many others. And you will also hear the term Meridian Tapping Techniques (MTT) used by practitioners as well.

Please remember that when we use the terms ***Energy Tapping*** or ***Tapping***, they are meant as a generic terms encompassing many different techniques, methods, and approaches. For example, we consider TFT and EFT to be "energy tapping," although clearly there are differences (and even disagreements) between Craig and Callahan about the strengths and benefits of their approaches. This is common as any field matures. We see the same thing in "massage therapy" and "bodywork" (generic terms) where over 200 styles are known by different names. Some of these names are protected and controlled by their trademark holders (such as Feldenkrais Method® and Trager®) while others are not.

Does it matter which technique you use? Yes, and no. The best way we can describe it, especially if you are not familiar with any of the tapping techniques yet, is that it is like answering the question, "Do you like rock 'n roll?" For most people there are some rock groups they like and others less so (or not at all). Elvis is quite different from AC/DC, Kiss, or the Grateful Dead. Madonna is similar to but certainly not exactly like Cher or Lady Gaga. Get the idea? As Billy Joel sings, "It's still rock 'n roll to me!"

For example, what we've done in our guide, **Transform Your Emotions with Energy Tapping (EFT)**, is show the tapping points most commonly used worldwide by EFT and MTT experts in a single tapping algorithm that leaves out the 9 gamut procedure found in TFT and the long form of EFT... blended with our own interpretations about how to best explain and introduce our free-flowing version of energy tapping to others. Still rock n' roll? We think so!

## ***Group Tapping***

Tapping is also highly effective in groups, whether at an in person workshop, over the phone, or through the internet. Gary Craig called

this ***Borrowing Benefits***. It is well documented that people in the audience or on a group teleconference who tap along while the practitioner works with another person usually notice that their issues go down in intensity, too... even if their issue is "unrelated" to the tapping that is being done! This has meant that thousands of people have benefitted at unprecedented levels from [cost-effective group coaching using tapping](#) who never would have been able to afford traditional private sessions.

## ***Applications of Tapping***

The greatest impact on human potential may come from specific applications of Tapping. Let's look at why... using the example of computer technology.

Most people know that computers require programs (also called applications) in order to do anything useful. People who used early computers were essentially all "programmers." They had no choice! If you wanted to use the computer, you had to learn all the ins and outs.

Today, of course, there are hundreds of thousands of skilled programmers and app developers worldwide... and *billions* of people who benefit from those applications. Those billions do not need to learn all the ins and outs of computer hardware and software in order to reap the rewards!

Just as you do not need to study computer programming to send an email, we feel that you can immediately benefit from Tapping using pre-packaged applications that address your specific needs.

One of the early leaders in developing specific tapping applications is Carol Look. In 2001 Carol published a manual for applying energy therapy to the "application" of [weight loss](#). She followed with a manual to help people [quit smoking](#). These manuals guided practitioners and motivated individuals in both the key questions to ask and the specific tapping rounds that can shift the fears and limiting beliefs that block someone from being successful.

Tapping applications help build awareness as people tap. For example, in Carol's [Attracting Abundance](#) program, she has tapping for dozens of issues that block us... including procrastination, fear of success, guilt about having more than others, and the limiting belief that money is "bad." Some of these energetic issues are obvious, and others are only recognized when we "try them on" and feel whether there is an



intensity that shifts when we tap. Carol also introduced purely positive rounds of tapping into her programs. Tapping while saying these positive phrases helps to uplift our energy while exchanging limiting beliefs for empowering ones.

Rick Wilkes started co-hosting [Tap Talk Radio](#) with Carol Look in 2006, which led to their collaboration on tapping applications for [clearing clutter](#), [pain relief](#), [anxiety and overwhelm](#), and trauma relief.

Rick Wilkes and Cathy Vartuli began their collaboration on tapping applications (as well as the [Thriving Now Team](#)) in 2007 with programs for [self-sabotage](#), [trauma relief](#), and [more](#). They incorporated inner child work, traumatology (the study of trauma and how it effects the mind and body and human well-being), and new research on mirror neurons to develop what they call [Inner Tapping](#). They've found this approach to tapping empowers the user in unique ways and clears old hurts and traumas very thoroughly. They also teach about [body guidance and boundaries](#) at a fundamental level to help clients tune into their inner wisdom and intuition... and to feel safe and confident in the world.

If you'd like to learn more about specific applications of Tapping, go to [Thriving Now](#). We have hundreds of articles and tapping scripts to help you address your issues and find calm and confidence!

## ***Vibrational Technology***

Tapping today is at the forefront of new ***Vibrational Technologies*** that take conscious advantage of the ***Law of Attraction***. We are recognizing that we humans and everything around us are made of energy. This living energy has patterns... colors, sounds, and textures... that vibrate as a dynamically evolving creation of our consciousness.

Even a non-musician can tell when a note sounds "wrong." In the same way, each of us can hear, see, and sense the disharmony inside our own bodies, in our family and friends, and in the world around us.

But what shall we do with that awareness? Can we shift these vibrationally disharmonious energies in ways that are ***ever more pleasing*** to us? YES, we can!

It starts with our most intimate relationship—with our *own* body-mind. As we build awareness of our reactions to ourselves, to others, and to

the world, we can use Tapping to take the “stress and strain” out. We can train our body and our mind to feel **surprisingly calm and confident, no matter what**. In such a state we have access to choices we simply do not have when we’re stressed. We can choose to set and maintain healthy boundaries with others. We can choose what is a YES for us rather than “should” on ourselves. We can choose love rather than fear.

Can Tapping really do all that? **Try it**. Try it on something that stresses your body. Try it on some small fear that keeps you from doing what your heart calls you to do. Feel into your emotions and notice your thoughts. Do you feel any relief? If so, explore with us. Share with us. Join with us in developing this living art... the **Art of Emotional Freedom**.

## Thank You!

We appreciate that you are the kind of person who deeply wants to reconnect with yourself and create a life full of health and abundance. We hope these tapping scripts have helped you feel the beginning of a shift in your body and in your subconscious limiting beliefs.

If these simple examples have brought you greater clarity and insights, wonderful. Remember, this is a journey. ***We can always love more deeply, laugh with more joy, live more abundantly.***

We feel blessed to have connected with you... in some small way.

We invite you to check out our [products](#), join our [Group Coaching Program](#), or email us about [private sessions](#). All that we offer is designed to help you experience abundance in all the forms you're reaching for.

Thank you for spending this time with us. We hope to connect again with you soon.

Warmest Wishes for a Thriving Life,



Cathy Vartuli & Rick Wilkes  
Emotional Freedom Coaches  
Thriving Now Team  
[support@thrivingnow.com](mailto:support@thrivingnow.com)



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## About Us

Cathy Vartuli and Rick Wilkes have been working together since 2007. Their common interest in freeing people from limiting beliefs and fears combined with a mutual interest in supporting people as they move towards abundance has evolved into the co-creative business partnership and friendship that you see demonstrated here.



Cathy got her Masters in Physics at SUNY Binghamton and her PhD in Materials Science and Engineering from the University of Florida. She has been using EFT since 2006 and has worked with over 800 clients. She loves helping people reclaim their confidence and inner power. Cathy is a certified [AAMET](#) Advanced Practitioner. She has been interviewed for EFT Hub Radio on Romance, Body Image, Marketing, and other subjects.



Rick was one of the four expert practitioners in the EFT documentary [The Tapping Solution](#). He has presented on emotional freedom, trauma release, pain relief, and abundance at a number of conferences with [Carol Look](#), Karl Dawson, Sue Beer, Robert Scaer, Rue Hass, Bob Doyle, Jennifer McClain, Nick Ortner, and Emma Roberts, and he has been interviewed many times for The Tapping World Summit, Living Energy Secrets, and EFT Hub Radio amongst others. He is also a co-author of *Freedom At Your Fingertips*. Rick is a certified [AAMET](#) trainer, emotional release bodywork and licensed massage therapist, and has worked with over 2000 clients with Tapping. He also has over 25 years of entrepreneurial experience in co-creating successful internet and software publishing businesses.

Cathy and Rick combine Energy Tapping (EFT) and the Law of Attraction to help people create thriving lives. They are especially interested in how traumas and limiting beliefs are stored in the mind and body, and they have evolved their own comprehensive approach to unwinding blocks in a practical way that connects each person to their own authentic strengths and wisdom.

Many coaches take the “intellectual” and “doing” approach to life. By combining an awareness of the body-mind and emotional components with vibrational technologies like Energy Tapping (EFT) to clear blocks and old traumas, you can supercharge your focus and attract abundance at new levels. And make it fun and playful, too!

## **Resources and Solutions**

### **Learn Tapping**

<http://www.thrivingnow.com/tapping>

### **Free Tutorial on Trauma and the Primitive Brain**

<http://www.thrivingnow.com/trauma>

### **Free Tutorial on Inner Tapping**

<http://www.thrivingnow.com/innertapping>

### **Grounding Exercises**

<http://www.thrivingnow.com/grounding>

### **Anxiety Constricted Breathing**

<http://www.thrivingnow.com/breathing>

### **Group Coaching Program at Thriving Now**

<http://www.thrivingnow.com/team>

### **Self-Sabotage**

<http://www.thrivingnow.com/self-sabotage>

### **Stress Relief**

<http://www.thrivingnow.com/stress-relief>

### **Understanding the Law of Attraction**

<http://www.thrivingnow.com/lawofattraction>

### **Free Yourself Program**

<http://www.thrivingnow.com/free-yourself>

### **Getting Unstuck!**

<http://www.thrivingnow.com/really-stuck>

## **Affiliate Program**

Do you have your own website, blog, or Facebook page? Thriving Now has an affiliate program. Learn more here...

<http://www.thrivingnow.com/affiliate>