



# TAP OUT STRESS TAP IN CALM

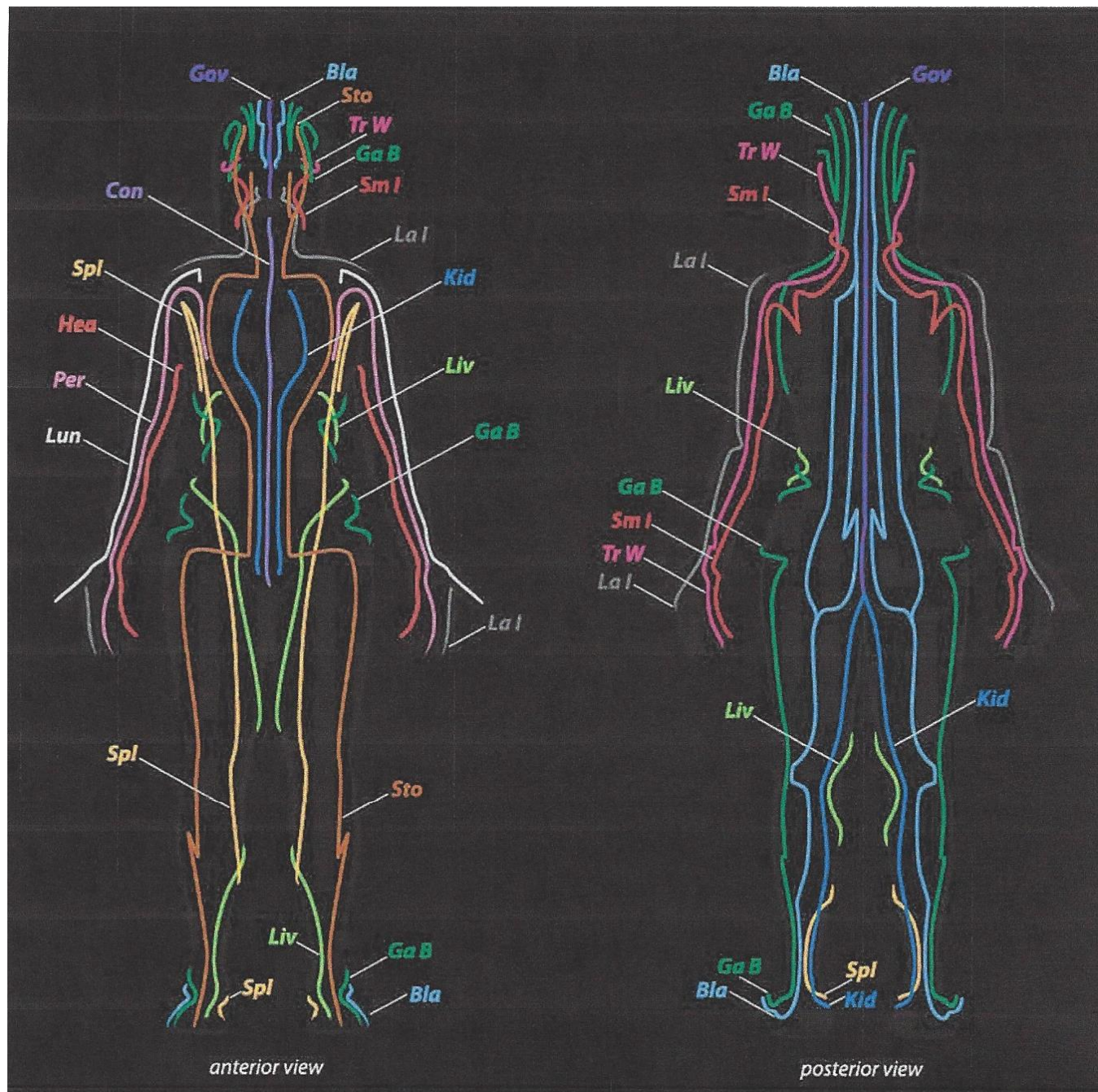
HISTORY, SCIENCE, HOW TO DO IT &  
RESOURCES



# **EMOTIONAL FREEDOM TECHNIQUE**

## **EFT**





# ORIGIN

1. Dr Callahan, Gary Craig & Meridian Points
2. Ancient Chinese medical system of acupuncture
3. Energy channels that carry the vital life force, or qi, to the organs and other systems of the body.

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# MERIDIANS OR ENERGY CHANNELS

- Associated with organs of the body
- Associated with emotions
- 12 major meridian lines run both sides of the body
- Tai Chi, Qi Gong, Yoga
- Physical & energetic body
  - We are electromagnetic in nature. Science measures these frequencies with EKG's & MRI's...

# ENERGY PSYCHOLOGY



## Meet Mary Sise

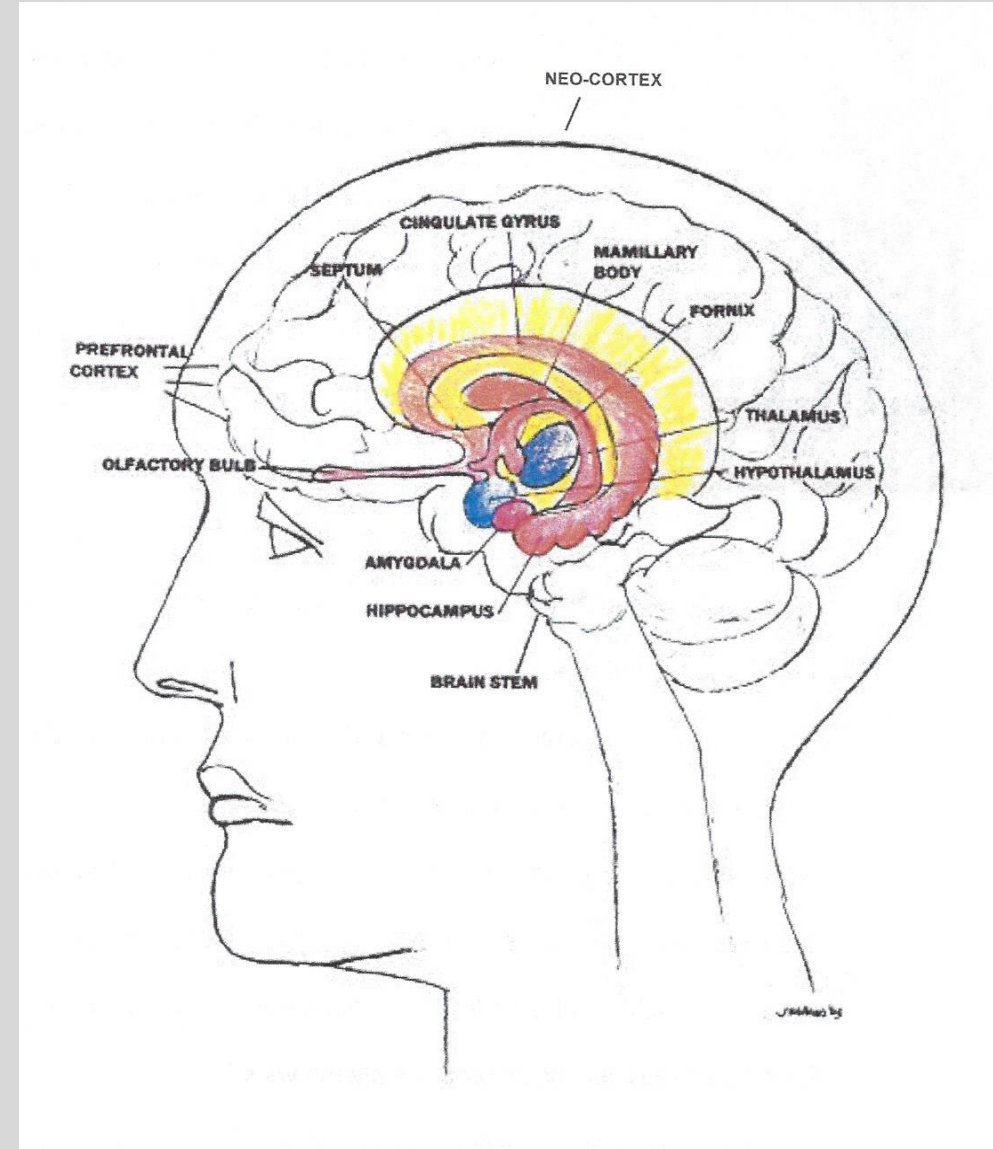
For over two decades, **Mary Sise, LCSW, DCEP** has been a leading voice in advancing the field of energy psychology. In 2007, she co-authored the book, *The Energy of Belief: Psychology's Power Tools to Focus Intention & Release Blocking Beliefs*. She has also served as a past president of the Association for Comprehensive Energy Psychology (ACEP).

Mary has used tapping on meridians thousands of times with her clients. She maintains a private practice in Albany, NY.

<https://www.youtube.com/watch?v=BVk-B5usyFM&t=489s> 1-8 min mark – Science of EFT

# BRAIN SCIENCE

- Calms the amygdala
- Reprograms the hippocampus
- Retrains the limbic response - FFF
- Reduces cortisol levels
- Alters neural pathways
- Focus on the negative??



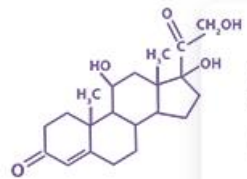


# CORTISOL DECREASE

EFT TAPPING  
GROUP

43%

DECREASE IN  
CORTISOL LEVELS



READING MAGAZINES  
GROUP

2%

INCREASE IN  
CORTISOL LEVELS

PSYCHOEDUCATION  
GROUP

19%

DECREASE IN  
CORTISOL LEVELS

## RESEARCH STUDY

### Lower Cortisol Levels

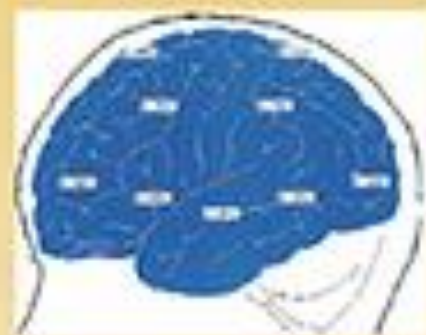
*A study by Dr. Peta Stapleton, published in 2012 in the Journal of Nervous and Mental Disease, found that EFT Tapping lowered cortisol significantly more than traditional talk therapy or resting. In*

a randomized, controlled trial, cortisol levels were measured via the saliva of participants before and after treatment. Each group received treatment for 50 minutes and cortisol was measured in their saliva before and after as well as psychological symptoms. The EFT Tapping group had a 24% drop in cortisol, while the non-treatment group and sympathetic listening groups only had a 14% drop in cortisol.

[Read Full Study Tap on Stress Relief Now](#)

## Brain Scan Changes During 4 Weeks of Treatment for Generalized Anxiety Disorder

1. Normal (Ideal) Profile



2. GAD Before Treatment



3. After 4 Tapping Sessions



4. After 8 Tapping Sessions



5. After 12 Sessions



*The images are digitized EEG brain scans.  
They were graciously provided by Joaquin Andrade, M.D.*

The colors represent the ratio of brain frequencies (alpha, beta, and theta waves) and sub-frequencies within the given areas of the brain.



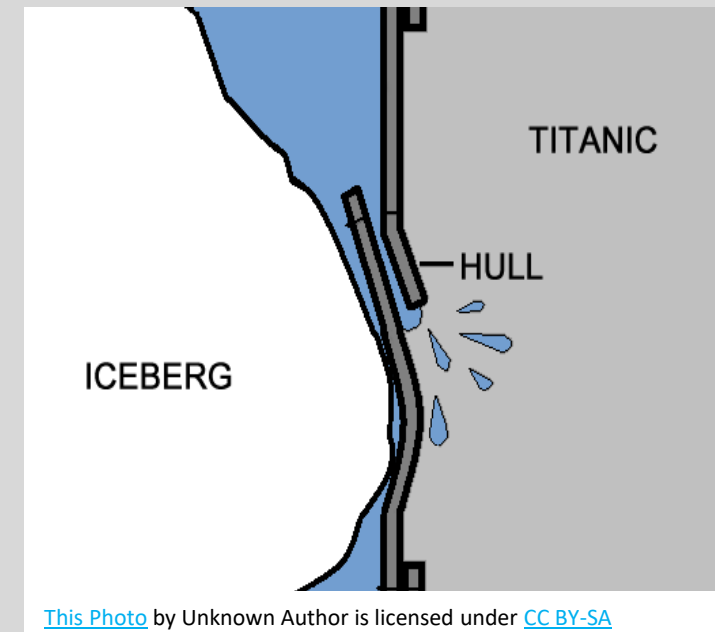
# CONCIOUS VS. UNCONCIOUS MIND

Numerous cognitive neuroscientists have conducted studies that have revealed that only 5% of our cognitive activities (decisions, emotions, actions, behaviors) are conscious, whereas the remaining 95% are generated in a non-conscious manner.

<http://www.simplifyinginterfaces.com/2008/08/01/95-percent-of-brain-activity-is-beyond-our-conscious-awareness/>



## THE TITANIC EFFECT



# THE TAPPING SOLUTION



**Too often we are ruled by everything that's wrong with us as opposed to everything that's right with us.**



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 acupuncture 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.

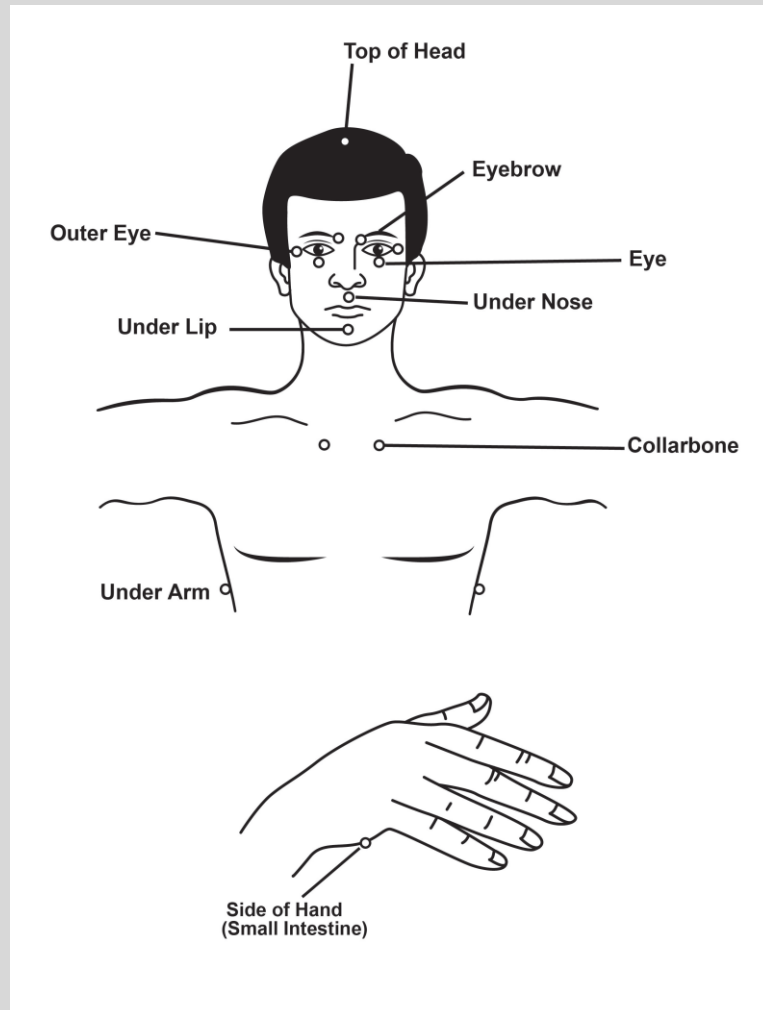


**It's easy to take care of something you value. It's time to value yourself.**



JESSICA ORTNER is the NY Times bestselling author of "The Tapping Solution for Weight Loss and Body Confidence" and producer of The Tapping Solution, the breakthrough documentary film on EFT tapping.. She has led more than 11,000 women through her revolutionary Weight Loss and Body Confidence online program, and she is also the host of The Tapping World Summit, an annual online event that has attracted more than 1,000,000 attendees from around the world.

# HOW TO TAP



Mary Sise

## BASIC TAPPING PROTOCOL

1. Brief description of the problem, belief, fear
2. Check: Where does your body hold the distress?
3. Rate on 0-10 (zero to ten) scale
4. Tap on the side-of-the-hand spot and say: (man 3x's)  
"Even though I feel \_\_\_\_\_ (scared, angry lonely etc.), I accept myself."  
(For a belief: "Even though I believe I am worthless, never going to get better etc., I accept myself.")
5. Tap the Meridian Points: *using reminder phrases*
  - Inner Eye
  - Outer Eye
  - Under Eye
  - Under Nose
  - Under Lip
  - Collarbone
  - Under Arm
  - Top of the Head (using all your fingers)
6. Take a deep breath and notice your body
7. Rate your distress on 0-10 scale
8. Notice: Did the emotion change? (I was sad, now I am angry?)
9. Go back to Step 4 and repeat

Visit [marysise.com](http://marysise.com) to learn more.

TAPPING THE PANIC OUT OF PANDEMIC

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<https://www.youtube.com/watch?v=BPqGjcxoPS8>  
How to Tap with Jessica Ortner

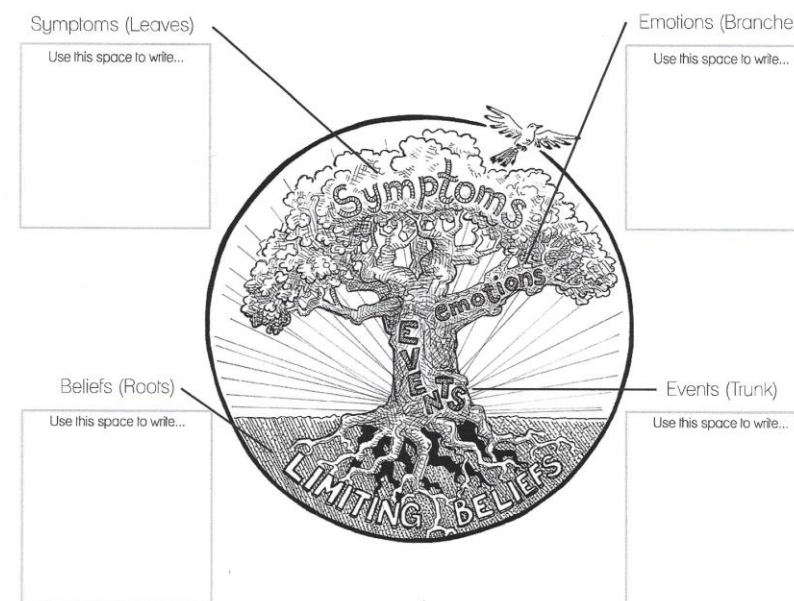


# TAPPING MEDITATION TO REDUCE STRESS



# TAPPING ON MY OWN

- What's bothering you most?  
What's the Most Pressing Issue?
- Get **specific**! I'm angry, angry at...,  
because..., I feel it in my...
- What is the level of distress in the body? 1-10
- Create a set-up statement. "Even though..
- **\*\*Accepting ourselves & the negative emotions. \*\*** Begin a loving dialogue with your body.  
Permission to feel & allow.\*\*
- Choose a reminder phrase. This pain.. Stress..
- Use the Tapping Tree to identify targets-  
symptoms, emotions, events, limiting beliefs. Be aware
- Use the Tapping Protocol Sheet from Mary Sise, included in her free Tool Kit. Sign up!!



## 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"

Created by Lindsay Kenny

# RESOURCES

- <https://www.marysise.com/> TAPPING TUESDAY @ 2:00 & TAPPING TOOLKIT
- [https://smile.amazon.com/Tapping-Panic-Pandemic-Mary-Sise-ebook/dp/B08BR3XRSR/ref=sr\\_1\\_2?crid=5H5U8XZTKAS8&dchild=1&keywords=tapping+the+panic+out+of+pandemic&qid=1594937375&sprefix=tapping+the+pani%2Caps%2C183&sr=8-2](https://smile.amazon.com/Tapping-Panic-Pandemic-Mary-Sise-ebook/dp/B08BR3XRSR/ref=sr_1_2?crid=5H5U8XZTKAS8&dchild=1&keywords=tapping+the+panic+out+of+pandemic&qid=1594937375&sprefix=tapping+the+pani%2Caps%2C183&sr=8-2)

TAPPING THE PANIC OUT OF PANDEMIC – 30 page Kindle book on Amazon \$3.99

- [https://smile.amazon.com/Energy-Belief-Psychologys-Intention-Blocking/dp/160415019X/ref=sr\\_1\\_2?dchild=1&keywords=the+energy+of+belief&qid=1593466389&sr=8-2](https://smile.amazon.com/Energy-Belief-Psychologys-Intention-Blocking/dp/160415019X/ref=sr_1_2?dchild=1&keywords=the+energy+of+belief&qid=1593466389&sr=8-2)

THE ENERGY OF BELIEF

- <https://www.thetappingsolution.com/> THE TAPPING SOLUTION
- <https://www.thetappingsolutionapp.com/> THE TAPPING SOLUTION APP- Available for download on phone
- <https://www.youtube.com/user/TryItProductions> TAPPING SOLUTION YOUTUBE VIDEOS
- [https://go.thetappingsolution.com/free-book-page31697353?utm\\_source=homepage](https://go.thetappingsolution.com/free-book-page31697353?utm_source=homepage)
  - THE TAPPING SOLUTION - BOOK – Free plus shipping
- <https://www.amazon.com/Tapping-Solution-Manifesting-Your-Greatest/dp/1401949886>
  - MANIFESTING YOUR GREATEST SELF – BOOK

[straightaheadcoaching@gmail.com](mailto:straightaheadcoaching@gmail.com) Rhonda Spoelstra 315-247-6979 intentionalpassion.com





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