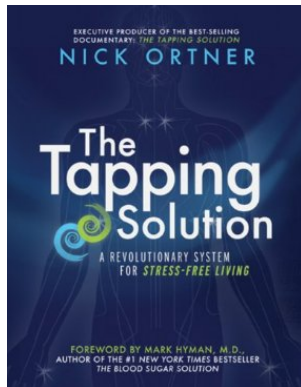


# The Tapping Solution by Nick Ortner



## System: Emotional Freedom Technique (EFT)

### The Steps for Tapping:

**Step 1:** Identify the emotion or event.

**Step 2:** Identify the level of the emotion or event or physical ailment to know the start point and to measure its decline.

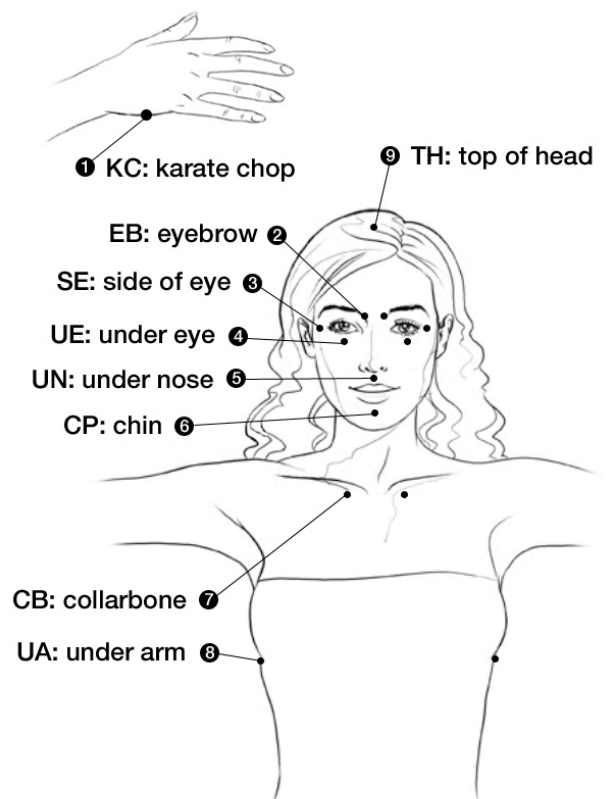
**Step 3:** While tapping on the 'karate chop' point say three (3) times, the following:

"Even though I am feeling (*anger, pain, betrayed, lost, etc.*) I deeply and completely accept myself."

**Step 4:** Start tapping through the points (in order, as shown below) as you say words relevant to what you are experiencing. Below are different examples (and remember there is no 'perfect' script to worry about). The main thing is to use words that keep you focused on the specific emotion or event or pain.

"This pain in my neck...this confusion I am experiencing...this fear in me...this tightness in my stomach...this anger towards my father...etc."

1. **Eyebrow (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. Feel out this area gently so you don't poke yourself in the eye!
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 centered between the bottom of the nose and the upper lip. Use two fingers.
5. **Chin (CP):** This point follows symmetrically with the previous one, & 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 (TH):** The crown, center and top of the head. Tap with all four fingers on both hands.

### Why this works (in brief):

It is based on 'meridian lines' in the body that the Chinese have been utilizing for the last couple of thousands of years. The meridian lines are energy paths that flow through our bodies in specific directions and to and from different body parts and organs. This is what acupuncture is based on. And why for a child that needs to be breeched, a needle is inserted in the little toe. I have no idea how they figured this out, but it works.

In the book he suggests that science is starting to believe there is an actual very thin 'cord' or nodes in the blood vessels that follows the meridian line paths.

Now with tapping, it has been found that by tapping on certain points in causes a response as well. In a very basic sense it 'deactivates' the flight or fight response of the sympathetic nervous system. Alerting the body that the symptom, trigger, reaction, or excessive emotion, does not need to be happening. It is essentially telling the body that the activation of the 'fight or flight' mechanism is an over-response.

This is a very basic overview of the why. It is just that I believe it is an effective, practical and quite quick method to reprogram the body's unconscious responses.

There are also lots of anecdotal (100,000's) cases where it has proven effective, safe and effective for self-administering. Plus there are plenty of videos on *YouTube* that show the application and process for Tapping.

Enjoy!

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