A Trauma can be created in a matter of seconds, and with Meridian Tapping/EFT it can heal in the same amount of time. So let go of your ideas about “deeply ingrained trauma,”… it’s much easier to change than you ever thought possible.

Disclaimer:
The author of this book is a licensed Psychotherapist, with hundreds of hours of experience using EFT/Meridian Tapping in his work with clients and for his own personal growth. This manual is intended as a guide to using EFT as a method of self-help, much like using meditation, yoga, or other mind-body approaches to wellness. It is not intended to prevent, treat, or cure any medical illness or replace your medical care with your doctor or other health practitioners. Before using EFT for any medical condition please consult your medical doctor. This manual is based on anecdotal evidence from the author's personal and professional experience. Success stories, case examples, and recommendations in this manual are not intended as medical claims. EFT has been used for more than 15 years and there are thousands of personal stories about the powerful life-changing effects of EFT. Although many promising studies have been done on its effectiveness, EFT is still considered to be in the early stages of research and more studies will be required to establish its validity. EFT used independently as a self-help technique without the guidance of a therapist, is to be done at your own risk. As with any emotional work, there is always the potential that emotions may intensify during the process and it is the user's responsibility to use proper judgment, and seek the support of a therapist when needed. Those with very severe depression or experiencing thoughts of suicide should seek appropriate professional support or emergency services if needed.

Note: Emotional Freedom Techniques (EFT) is a trademarked name founded by Gary Craig. This book, and my work, though based on his original techniques, is not identical, nor is it affiliated with Gary Craig's EFT.
Who Should Read this Book?

- Anyone who is depressed, stressed, suffering from anxiety, or feeling the effects of past traumas that never seem to disappear.
- Those who are too depressed to read (you can listen to the audio book version that comes with this e-book).
- Those seeking to deepen their practical understanding of Meridian Tapping.
- Anyone who doesn't have the time or the money to see a traditional psychotherapist for ongoing therapy, and would like to learn a self-healing method instead.
- Anyone looking for a simple, effective, and fast healing technique to use for themselves, or for others.
- Those who are looking for an energy healing method, that is safe, natural, and practical, to use as a sort of first aid tool, for everything from a headache, to a broken heart.
- Caregivers and friends that are concerned about a loved one with depression, and want to try to help them quickly!
- Those who want to try a natural healing method, that brings real and permanent change, with no known side effects, before trying medication.
- Those adventurous souls who aren't afraid to try something new for their own personal growth.
- Those who love finding priceless things – for free!
- Those who want to help friends and family with their issues but don't want to play “therapist” to them and get wrapped up in their problems.
# Table of Contents

- Introduction: Principles of Energy Psychology 8
- Chapter 1: Basic Tapping Technique 12
- Chapter 2: Understanding Depression 21
- Chapter 3: What to Focus On: Mindfulness and Presence 23
- Chapter 4: Tapping Before or After Meditation 39
- Chapter 5: Tapping for Clarity 42
- Chapter 6: Areas to Target: Underlying Issues 46
- Chapter 7: Tapping to Feel More (When Numb) 52
- Chapter 8: Tapping for Emotional Overwhelm 53
- Chapter 9: Tapping for Forgiveness 59
- Chapter 10: Self Esteem and Self Love 61
- Chapter 11: Tapping for Repressed Anger 66
- Chapter 12: Tapping to Release Fear 71
- Chapter 13: Fear of Making Mistakes and Choices 76
- Chapter 14: The Child Within 79
- Chapter 15: Codependency 82
- Chapter 16: Meridian Tapping and Dream Work 85
The Purpose of This Book

It is my sincere hope and my intention that this book be a light in the dark for those who are struggling under the weight of depression and related difficulties such as anxiety, low-self esteem, and unresolved traumas. The benefits of learning to use EFT/Meridian Tapping for your own healing journey, are many. EFT is empowering: there is no cost to learn the basics, it’s versatile in its uses for hundreds of issues - with faster results than most any other psychological healing technique, and is relatively easy to learn. This book is something that you can begin to use immediately. You can practice and experiment with the techniques as you read.

I suggest using a journal to help compile your thoughts, and at times throughout the book I give specific suggestions for journaling to help with this process. This is not a requirement. Only use what helps. EFT is a simple, intuitive and natural self-help tool that can be used casually for anything from a stubbed toe or a headache – or as an approach to alleviating deep emotional issues, and even chronic conditions. EFT/Meridian Tapping is being discovered and utilized by a growing number of experienced psychotherapists and health practitioners worldwide.

There are no known risks, and nothing 'bad' will happen if you don't get it right. On occasion, when working with a very painful emotional issue, some stronger emotion will surface early in
the process of tapping. Staying with the process, while you experience these emotions will nearly always allow those emotions to rapidly subside, until they are fully resolved.

Usually the worst thing that will happen if you don't apply the technique in the correct way, will be that you won't get any noticeable result. At other times, the results may not be known until later. Just be easy with yourself, don't be too serious in your attitude and try to have some fun as you learn.

What is EFT / Meridian Tapping?

Emotional Freedom Techniques® or “EFT” is a powerful Energy Psychology technique that can be easily learned and self-applied for an enormous array of problems. “Meridian Tapping Techniques” or “MTT” is the more general term that includes EFT, and other variations of this healing method that are constantly evolving over time. (I will use the term Meridian Tapping or “MTT” interchangeably with “EFT.” ) It is excellent for depression, as well as virtually any emotional disturbance, phobia, fear, traumatic memory, negative thought, and even for many physical problems (including some chronic problems that may have been unsuccessfully treated for years using all sorts of conventional and alternative methods).

Some other issues that EFT has been used for....

Multiple Sclerosis, Parkinson's Disease, Chronic Pain, Obsessive-Compulsive Disorder, Panic Disorder, Phobias, Addictions, Weight Loss, Insomnia, Trauma/Post-Traumatic-Stress Disorder, Social Anxiety, Fibromyalgia, Chronic Fatigue Syndrome, Migraines, Unresolved Grief/Heart-break, Anger Problems, Low Self-Esteem, Learning Disorders, Tic Disorders, and much more. These are just a few of the issues that EFT has been used for – by hundreds of thousands of people around the world.
EFT/MTT is a method of tapping with your fingertips on a series of energy points (acupressure points) on your body, while focusing on a particular feeling, problem, negative thought, or upsetting memory, in order to neutralize that negative feeling or memory, so that it fades into insignificance.

I believe that in the next decade, EFT/MTT and related techniques that are sure to evolve from it, will be among the first treatments of choice for most psychological or emotional issues, as well as many other ailments. These techniques have been gaining acceptance and popularity, even among mainstream doctors.

Doctor Joseph Mercola of www.mercola.com – the largest alternative health website in the world, considers EFT/MTT to be the most powerful self-help technique he's ever encountered, and is his first line of treatment for Depression in his patients. He very rarely finds it necessary to prescribe an antidepressant since discovering EFT.

Developed into its present form by performance coach and Stanford trained physicist, Gary Craig, EFT has spread across the globe and is gaining respect and popularity among therapists, coaches, personal trainers, athletes, business people, medical doctors and lay people alike. Beside the fact that it works so miraculously and so quickly, it is also not difficult to learn the basic technique. Even newcomers to this technique usually achieve at least a 50% success rate (see significant improvement) in the areas they are working on – and this is on their own, without a lot of practice or experience! Beyond that, experience, focus, and artistry all contribute to a higher and higher level of success.

This book will provide the tools to help you move to a high level of proficiency and effectiveness using Meridian Tapping for your own healing from depression.
How I Became a Meridian-Tapping Therapist

As a licensed psychotherapist, I now routinely use Meridian Tapping with my own therapy clients, as well as using it for myself and my family. But it took me a long time to take it seriously. I first was exposed to the predecessor of EFT (called Thought Field Therapy or TFT, created by psychologist and energy psychology pioneer Roger Callahan, PhD) at a training for therapists in 1998. I must admit, I thought it looked too weird, and too simple to be a genuine therapeutic technique. It seemed, at the time, to take all the depth out of having a “therapeutic relationship” between therapist and client. There seemed to be relatively little dialog, and no need for emotional catharsis. The technique seemed too mechanical and too focused on symptoms. How wrong I was! Not until years later, after starting to learn more about EFT and experimenting with my own friends and then with clients, did I find that it actually worked, and rather than diminishing the depth of the relationship between therapist and client – it enhanced it. In fact it often worked better than anything else I did as a therapist!

I now use EFT with most of my therapy and coaching clients. My clients look forward to it, and almost always leave a session feeling much better than when they walked in. In traditional talk therapy, clients often open up emotional subjects and then leave the session feeling unfinished, or even worse than they did before. Clients in regular talk therapy are often told that feeling worse is sometimes necessary before things start to get better. But with EFT, progress happens fast, and pain is relieved immediately in most cases. I have found this extremely gratifying, and it has renewed my love for what I do as a therapist.

NOTE: EFT will work even if you don’t believe in it. It is not a placebo. One of the miracles of EFT is that it will by-pass your unconscious resistance and self-doubt. But, it won’t work as well if you do it half-heartedly, or if you are very scattered and distracted while you apply the technique. If you’re not sure, wait until you’re ready to give it an honest try. EFT will defy logic and you don’t have to know why it works in order to get results.
Introduction

The Principles of Energy Psychology

EFT is based on the fundamental principles of Eastern medicine, much like acupuncture. It’s also very compatible with the science of many other eastern healing modalities. MTT/EFT is one of the most popularly practiced techniques in the rapidly evolving field of “Energy Psychology.” Energy Psychology works with the body's energy system to relieve pain or stress and achieve a state of health, emotional balance and peace. The core principle is this:

*Any type of pain – be it physical, emotional or mental – is the result of a disturbance in your energy field,* and there is usually an emotional core within any physical or psychological problem. When the emotional aspect of a chronic problem remains hidden and unrecognized, problems seem to never resolve, or may manifest as a physical pain or condition. The problem isn't the emotion itself, but it's as if the emotional switch is stuck in the “ON” position. In the case of pain or physical injury, the “pain button” is stuck in the “ON” position. Or you could say there is a sort of static in your electrical signals. The remedy lies in your energetic/electrical system. To use a few more electrical analogies - “You need to push your re-start button. You have to reboot. Clear your cache. Reset the circuit breaker....” So your system can settle back down to its normal, efficient, balanced state – which always feels comfortable, relaxed, peaceful, awake, focused, and just plain good. In fact, the truest happiness flows from this state of inner contentment, and the more we awaken to our natural state – the state of pure Being-ness – the state of inner stillness – the more blissful we feel.

Which is why the following quote is such a wonderful intention for living well ....

“Follow Your Bliss”

(my favorite quote from Joseph Campbell)
What Are We Really Made Of?

Rather than seeing yourself as a lump of meat – a physical body – it is more accurate to see yourself as a dynamic constellation of energy. Einstein and quantum physicists have discovered, at the subatomic level we literally are made of energy. Our most basic building blocks are constellations of energy – not physical parts at all. Ancient spiritual traditions have known this for eons. In the spiritual teachings of India, it is said that all of what we experience in time and space, all that we perceive with the five senses, is an illusion - “Maya” - nothing but appearances – like a dream that seems so real, we forget we are dreaming.

This is more than just a poetic way to view life – it's a scientific reality.

Modern science is now discovering these same profound truths about matter and energy. Our cells are made of molecules, which are made of clusters of atoms. Atoms are made of electrons, neutrons, and protons, which rotate and spin around one another in an orbit that is mostly space. And those basic subatomic particles are sometimes expressed as matter, and sometimes as “waves” of energy – depending on whether they are being observed or not. That’s right – they actually change in response to being looked at. They only appear to be “solid,” when they are being observed! The consciousness of the observer directly influences the nature of what is being observed. This has been scientifically proven for decades. (Maybe this is why when you look for problems, you usually find more problems, and when you look for solutions you usually find those too). “Seek and ye shall find.”

In the energy-healing field, it is a well accepted principle that “where attention goes, energy flows,” or in other words – energy follows mind.

Any disturbance – any pain – is due to a disruption in our energy field – like static interference on the TV when the reception is bad (back when we used to use antennas instead of cable).
The trigger that causes the disturbance can be anything – a memory, a person, a smell, a food that you are allergic to, or anything that reminds you of a past traumatic event.

**The Old Way**

Traditional psychotherapies tend to address these triggers either by analyzing and reconstructing the distorted thought or belief (as in Cognitive Behavioral Therapy), or by re-experiencing the traumatic event and expressing the emotions that come up; Or by learning to relax deeply while being exposed to the upsetting trigger, until it’s not a trigger anymore, (Systematic Desensitization). Or it could be about finding personal meaning in the experience of the original trauma and re-framing or redefining what it means to you. All of these techniques can be effective but can take a long time. At least weeks and often years of therapy (not to mention medication for depression, anxiety, migraines and many other symptoms along the way).

*Enter, Energy Psychology and Meridian Tapping.....*

**In EFT/Meridian Tapping, there is no need for emotional catharsis.** Strong emotions can and sometimes do spontaneously arise, and when they do it is a great sign that big movement is happening. *But it need not occur and often it doesn’t.* There isn’t always a need to go deeply into early childhood wounds, if at all. Sometimes buried emotions will surface and become more intense when you first start to tap, but if you stay with the process, the emotions will nearly always quickly decrease in intensity and finally dissolve as quickly as they appeared.

**With EFT / MT there is usually no need for long-term therapy.** The whole technique can often be done in a matter of minutes. The majority of psychological and emotional issues can be treated very effectively with EFT in a much shorter time span than traditional therapy. In some cases, it is necessary to have a series of sessions, and to apply the tapping technique to yourself several times a day for a period of time. (This is especially true when there are multiple past traumas, such as a childhood full of repeated abuse). For very intense or
complex traumas, it is advisable to do EFT with the support and guidance of a trained therapist. Working with a licensed therapist is also advised for severe Major Depression, especially when there are active thoughts of suicide.

**With EFT / MT you will usually know when it's working, and often feel an immediate change for the better.**

When the technique works, you will often experience an immediate relief, or shift in energy, or release of tension or emotion, or feel lighter, tingly, or energized. It may feel very subtle. But remember that the *subtle* is the most profound and powerful force. (X-Rays are subtle energy too, but go right through physical matter. Thoughts and emotions are also forms of subtle energy.)

I frequently see people who are crying when they start tapping, and are literally laughing after just a few minutes. There's no clearer sign of progress than that!

**Note:** Occasionally, a significant positive shift occurs but the results are not immediately felt. Sometimes it takes minutes, hours or even days before it becomes apparent that something has changed for the better. So don't get discouraged if you don't notice a change immediately.
Chapter 1

Basic Tapping Technique:
The Mechanics of EFT / Meridian Tapping

1. Settle into the awareness of the symptom or feeling or memory that you want to work on and rate the intensity of it on a 0-10 scale (10 being the worst discomfort or most intense). Be sure to rate it how it feels NOW, in this moment, as you focus on the symptom, thought, or memory – not how you felt in the past.

2. Using the tips of 2 fingers (index and middle) you will be tapping gently, about 7 times or so, on various meridian points on your body (you can also tap on someone else for them).

There are 2 main parts to the tapping routine:

1. The Set-Up Phrase (see below), done while tapping the outside edge of one hand.

2. And then Tapping on each of the meridian points while saying words or phrases that describe the specific target symptom or problem you are working on.

First let's cover the main tapping points. They are easy to find, and you don't have to be as precise as in acupuncture:
You can tap on either side of the body – or both if you prefer – but one side is easier.

- Use at least 2 finger tips to cover a tapping area of about the width of a quarter.
  (usually the index and middle finger together).
- You don't have to tap hard. Use about the same pressure you would apply if you were tapping on someone's shoulder to get their attention.

**Here are the Points to Tap:**

Starting with the **Set-Up Affirmation** (explained in detail a little later), you will steadily tap the “Karate-Chop” point – on the outside edge of either hand, while verbally repeating the affirmation three times.

Then, while focusing on the symptom you are working on, as you repeat a reminder word or phrase to describe the target symptom, you will tap 5-10 times on each of the following 8 points, as follows:

1. The inside end of the eyebrow between the eyes (EB)
2. Just behind the outside corner of the eye socket (side of eye), on the bone (SE)
3. Just under the eye (on the upper cheek bone) (UE)
4. Under the nose, between nose and lip (UN)
5. Chin – between lower lip and tip of chin, the indentation above the chin (CH)
6. Collar Bone (Where the first rib, collar bone, and sternum meet. You can find this spot by putting your finger at the base of the “U” shaped notch in the collarbone above the breastbone, and move down an inch, and over an inch (either side). You can also knock gently on this area with all the knuckles if you prefer. (CB)
7. Under arm (about a hand's width below the armpit for a man, and where the bra strap is for a woman) (UA)
8. Crown of the Head (Cr)

**Note:** These points are the same on both sides of the body – but you only have to tap
on one side. You can switch, or tap both sides at once if you prefer, and it will work just as well. It’s easiest to just tap on one side.

There are a few other points in the original EFT technique, (mainly on the fingers), but I will not go into those here. Most practitioners eliminate them in most cases as they are rarely necessary for good results. Simpler the better, I say.

OK, we’re not done yet…. Let's back up to Part 1 and outline the whole technique in the proper order now:

I: The Set-Up Phrase:
(This is the first part of the technique – before tapping the 8 points).

While tapping steadily on the outside edge of the hand, midway along the blade of either hand (the “karate chop point”) – say this affirmation phrase out loud, with conviction:

“Even though I have this (symptom), I deeply, and completely love and accept myself.”

Repeat this phrase 3 times (and you can change it as you feel), like so:

“Even though I have this (symptom), I deeply and profoundly accept myself.”

“Even though I have this (symptom), I choose to love and accept myself anyway.”

“Even though I have this (symptom), I accept all my feelings.”

Doing this set up phrase first is extremely important!
You can get creative and spontaneous with your set-up phrase,
but the basic elements must be there:
“Even though I have this symptom -- I Accept Myself.”

You must include the problem or symptom – and either “Self-acceptance”, or the desired positive outcome (which could simply be the opposite of the problem) in your phrase.

More examples of the first half of the set-up phrase:

“Even though my father left me….”

“Even though I feel ashamed….”

“Even though I eat when I’m lonely…”

“Even though I crave alcohol….”

“Even though I’m afraid of failure….”

“Even though I have this back pain…”

When in doubt, the set-up phrase should always end with -

.....I deeply and completely accept myself.

Another popular variation on the Set-Up Phrase:

“The Choices Method”

Psychologist and EFT Master Patricia Carrington developed this simple and very useful variation for the Set-Up Phrase – commonly called “The Choices Method.” It can be used interchangeably in most any case, in place of the second half of the set-up - “…I deeply and completely accept myself.” At any time, if that phrase feels awkward, inappropriate, or you feel resistance to saying “I accept myself,” you can instead, say what you choose to have, to think, to feel, or to be.
Think of it as setting your intention – or programming your subconscious mind to do what you want so that you can successfully heal the issue you’re working on.

Here are some examples of the Choices Method, using the same phrases listed above:

“Even though my father left me…. I choose to accept my feelings”

“Even though I feel ashamed….I choose to feel calm and confident.”

“Even though I eat when I’m lonely…I choose to feel content and comfortable being alone.”

“Even though I crave alcohol….I choose to feel content and peaceful as I am.”

“Even though I’m afraid of failure….I choose to believe in myself.”

“Even though I have this back pain…I choose to feel strong, relaxed and comfortable in my back.”

The possibilities for the words you choose are endless. It is a matter of personal preference and style. Learning to do this well, is part of the art of mastering EFT. The more you practice, the more the right words will begin to flow out of you as you tap.

II: Tapping the Points using the Reminder Phrase:

Tapping (an average of 7 taps) on each point described above, repeat a reminder phrase to keep the issue conscious in your mind as you go. (The following phrases are just my suggestion – you can use what occurs to you spontaneously):

For this example, let’s say the target symptom is sadness and tearfulness:
Eye Brow: “I feel sad”

Corner of Eye: “sadness in my heart”

Under Eye: “this feeling of sadness in my heart”

Under Nose: “I can’t stop crying”

Chin: “deep sadness”

Collar Bone: “sadness in my heart”

Under Arm: “I feel sad”

Crown: “never-ending sadness”

Now take a deep breath and tune into what you are feeling, if anything. Don’t try too hard. Just notice anything that is present in this moment. Notice any changes at all in your energy, mood, thoughts or emotions. Don’t be attached to the outcome. Try not to have any expectations. Just notice your present state.

Next, focus again on the target symptom (sadness). Rate its intensity again on a scale from 0-10. Don’t think too hard about it. Sometimes with people who are not used to identifying their feelings, they go into “analytical mode” at this point and try to figure out what they think they should be feeling. Just tune into your body. If you feel no change at all -- it's OK -- just keep going…

III: Repeat

If you get complete elimination of your symptom, you can just stop there and enjoy the results, or move on to another “aspect” of the depression, or another symptom or issue.

If you get partial resolution of a symptom – say you go from an 8 to a 5 or even down to a 2 or
3, you should do another round. For this round of tapping, start by going back to the initial set-up phrase, and this time change the phrase to:

“Even though I still have some remaining ____________, I completely love and accept myself.”

As you tap each point, say, “This Remaining ____________.”

(ie - “this remaining feeling of sadness.”)

You can repeat this for several rounds if you want, as long as the number continues to decrease – hopefully to a zero or one.

When I'm working with a client, I always try to keep going as long as there is any decrease in the emotional intensity or whatever symptom we are addressing. Even if it comes down by only one point, it is something, and it pays to be persistent. This is also true for a symptom that moves, shifts, or changes. For example – a muscle ache in the neck that we are working on may disappear completely from that part of the body, and move to the shoulder, or the head. This is not a failure, but a clear sign that there is movement towards resolution. Keep going! Gary Craig calls this “chasing the pain,” and it extremely effective as long as you don't give up when you're half way there.

If you keep following it, it will almost always eventually dissolve into nothingness.

Just don't give up too soon!

Don't Neglect to Rate the Intensity Level!

It's very helpful to rate the pain or intensity level before and after each round (or series of
rounds) of tapping. Test yourself out by deliberately trying to think/feel the painful memory, thought, or physical symptom that you are working on along the way. This is often the best way to know for sure that you are making progress.

**Important Tapping Tips:**

- Target very Specific Symptoms when possible.
- Rate your level of pain or the intensity of the symptom (scale of 0-10) before AND after each round of EFT.
- Be persistent. If it doesn’t help at first, do a few more rounds.
- Try other related symptoms (aspects) if you hit a wall.
- When you do the affirmation/set-up phrase – say it with sincerity and emotion.
- If you have trouble, it can be extremely helpful to work with a therapist who is skilled in the use of EFT.
- Try it on everything – headaches, fatigue, body aches, negative thinking, financial fears, relationship issues…. When it hits the spot, you'll be amazed, and you’ll want to use it more.
The Need to Know how EFT Works

The question of how it works comes up for a lot of people – especially analytical types. After getting amazingly successful results with a client, they often start asking “why does it work – how is this possible?” There are lots of scientific possibilities for explaining the why – from changes in the brain’s neural pathways, to soothing the emotional firing in the amygdala (emotion center of the brain), to clearing the energy meridians of the body, to decreasing the stress hormone “cortisol.” We could spend a lot of time debating about why it works. Time better spent just healing the problem and getting on with living.

Don’t get hung up on why it works. We just love to analyze and question everything. You don’t have to know why something works in order for it to work.

Do you know how your computer stores and transmits information? Do you know how a radio translates radio waves into music? Or how your telephone works?

There are hundreds of things that we rely upon and use all the time without wasting time questioning why they work. When it comes to healing techniques of all kinds – especially those that work on the subtle energy level – we tend to have more doubt and disbelief because the results may seem too intangible. I’ve personally witnessed astounding success with many of my clients using EFT, and sometimes after the initial appreciation and amazement, they decide that it must have just been “the power of suggestion,” the placebo effect, coincidence, or any number of other factors. This is a phenomenon that even happens at times with regular psychotherapy – attributing the positive change to something different than the thing that actually helped the most. Gary Craig, the originator of EFT calls this sort of denial – the “Apex Effect.”

We tend to believe in things that are more complicated, lengthy, expensive and involved. When things are easy or free of charge, we usually don’t value them or we question their legitimacy. We are also not accustomed to recognizing the power of subtle forces – like energy, (chi / prana) or consciousness. These concepts are central to all traditional healing
So I urge you to try this with an open mind. It actually does work even when you have doubt and skepticism about it. But if you don’t get immediate results and give up, then you may incorrectly conclude that it doesn’t work (or you may say “it works for other people, but not for me). If you give up too quickly you may be robbing yourself of a valuable opportunity for healing.

This Point Bears Repeating:

It is not your skepticism that causes EFT to fail – but more often a mistake in the way you are using the technique, or the simple fact that you gave up too quickly. Commit yourself to the process, and be persistent and you are far more likely to get the desired results.
Depression can be rooted in a wide variety of factors that are unique to each person.

*The emotional underpinnings of depression are unique to each person.* One person may have an unresolved trauma from years past. Another may have unrelenting feelings of shame and worthlessness. Another may be living their life for someone else and abandoning their own dreams. Another may be full of unexpressed anger. The problem may also be more physiologically based. It doesn't necessarily matter what the root cause is, Tapping can still help, and research thus far suggests that it can allow for rapid changes in your body chemistry on a physical level too.

Doing some journaling, or working with a therapist can be an excellent way to identify the feelings and issues that are at the core of your depression. They can then be used as target symptoms for the EFT process. Again, the more specific the symptom that you focus on, (feeling, body sensation, memory, negative thought or belief), the better the chance of a good result.
More on the Underlying Roots of Depression

Depression is a state of negativity that may include a wide range of symptoms among different people. Mild depression can involve feelings of sadness, hopelessness, helplessness, forgetfulness, poor concentration, sleep problems, eating more, or less than usual. Severe or prolonged Depression (Sometimes clinically diagnosed as “Major Depression”), can be extremely debilitating, and at its most severe, can even cause a sort of frozen or catatonic state, or can involve psychotic symptoms such as delusions and hallucinations. A milder and more prevalent form of Depression is called “Dysthymia,” which is a long-term, chronic, but less severe type of depression. If you feel that you’ve “always been a depressed person” - then it is likely that you fit into this category. Dysthymia tends to originate at an early age, usually through environmental factors, family dysfunction, abuse or neglect, or specific trauma. It is quite consistent over time.

You might consider yourself depressed if you have a low period in your life, but clinical depression, at its worst, is a deeply entrenched state which feels quite beyond your control. In this state, there are accompanying biochemical changes in the brain. Whether brain chemistry causes depression, or depression changes brain chemistry is another discussion. Both are actually true. For any emotion or thought there is a change in brain and body chemistry, and a change in the electrical impulses of the nervous system. Fortunately, to effectively use Meridian Tapping – you don't need to understand any of that! That's one of the reasons I love this technique – it requires no deep or complex intellectual understanding of these matters.
Chapter 3

What Should I Focus On?
Mindfulness and Presence

“When you sit quiet and watch yourself, all kinds of things may come to the surface. Do nothing about them, don’t react to them; as they have come so will they go, by themselves.

All that matters is mindfulness, total awareness of oneself or rather, of one’s mind.”

-Shri Nisargadatta Maharaj

The most useful thing you can do is to Be Where You Are.

That means – as much as possible...

- **Know** what you are feeling
- **Accept** what you are feeling
- **Be honest** about what you are feeling
- **Express** what you are feeling
- Be willing to let go (this happens automatically when you tap – so don’t worry about it!)
But what about **thoughts**? Do you need to be aware of your thoughts too? Yes! Being mindful means paying attention to whatever is going on inside and around you. Both your inner *and* outer space. Thoughts are part of that inner space – and your thoughts are extremely powerful.

While some symptoms may be intense and painfully obvious to you, most people experience depression on a more subtle level that may be difficult to describe. Hopelessness, helplessness, despair, feeling isolated and alone, feeling unlovable, or unworthy, feelings of sadness, shame, guilt, and self-loathing - these are all common aspects of depression.

Sometimes it may be difficult to even identify a specific emotion – as all feelings may seem to be numb and beyond conscious awareness when depressed. Some people feel depression on a more physical level – as heaviness, lethargy, foggy-headedness, loss of energy, a sort of dimming of the vision, or tension and contraction in the body. Some people also experience **anxiety** as an aspect of their depression.

**Identifying Core Issues or “Aspects” of your Depression is Essential!**

With the process of EFT – identifying the specific core “aspects” of your depression is an important key to your success. Just tapping on the broad feeling of “Depression” is unlikely to yield any significant results. With the Tapping process, the words that we use to describe the problem are extremely important.

Remember – be specific in your description of each aspect or symptom of your depression, and whenever possible, rate your progress (any changes in the level of intensity of negative feelings) along the way. Doing this makes it easier to be mindful and conscious of what you are thinking and what you are feeling – emotionally as well as physically. Your attention to yourself, and your intention to shift your consciousness will help you get the best results from Tapping.
Two Paths to Freedom:

Focus on Present Symptoms – vs- Focus on Past Traumas or Emotional Memories

In psychotherapy, you will find that some therapists focus more on exploring historical roots of current emotions and behavior (your past, your childhood, your parental relationships, and so on); while other therapists may focus much more on the present moment awareness of mind and body. The Mindfulness approach to healing and therapy places the emphasis on the latter. And with Meridian Tapping, I find this to be a great place to start. However, MTT can be used nicely with either perspective, and to effectively remove specific past traumas, there will need to be some focus on memories.

It is likely that you will employ both of these methods in the course of treating your depression – always focusing on present symptoms, and at times, addressing past traumas, erasing old tapes so to speak.

It is fine to trust your intuition, but when I work with a client, I ask them first about the symptoms of their depression, and then I ask if they've had any traumas or losses in their past. In most cases there is some past loss or trauma. It could be past child abuse, alcoholic parents, divorce, loss of a job, a serious physical illness, or any number of possibilities.

Working on the present symptoms (such as foggy-headedness, sadness, fatigue, etc) may produce quick relief of these symptoms – but there is a much greater chance of them returning if you don't also work on some of the deeper, underlying roots (past traumas, upsetting memories and “negative programming” from your past).

If you have a memory of a past event in your life that is vivid, negative, and emotionally intense, painful or uncomfortable to talk about – this is probably a good place to start. These emotional wounds will usually be obvious, so you don't need to go digging for them. If you have old traumas that are hanging around in your consciousness, or at the edges of your
awareness, thoughts that bring up emotional pain frequently – maybe daily – then start there. More on this in a bit. First, we'll talk about the fastest approach to alleviating symptoms when you're not connecting your current feelings to any specific trauma or event from the past.

1. **Quick Relief: Focusing on Present Symptoms**

If you don't identify any past trauma or painful memory that may relate to your present condition, (or aren't ready to do that), then focus on your present symptoms – whatever they are. Ask yourself, “What is it that defines this Depression?” What do I feel – emotionally, mentally, physically, spiritually? What kind of thoughts are in my mind? What negative beliefs and assumptions are operating? What is it about my current state that I call “depression.”

Try writing down a description of your experience of depression:

*For example:*

“When I focus on my depression, I feel barren – like a desert. There is a vague feeling of despair – maybe sadness – but no tears. I feel somewhat emotionally numb. I feel a heavy feeling in my body, my arms feel tired and weak. I feel some tension in my shoulders, and my back aches. My field of vision seems narrow, and there is a sort of “fog” around me. Colors seem dull and lifeless. I don't feel any pleasure in anything I do. I don't feel like I have a purpose. My life has no meaning. My energy is low – I feel like I just want to sleep….and negative self-critical thoughts keep intruding into my mind – like, “I'll never get better..... I'm worthless.... I can't do anything right.....”

From this description, list the main target symptoms to work on (to “tap on”):

- Despair/Sadness
- Can't cry
- Emotionally numb
- Heavy in my body
- Arms tired and weak
- Shoulder tension and back ache
- Narrow field of vision
- Fog around me
- Colors are dull and lifeless
- I have no meaning or purpose
- Low energy/ tiredness
- Negative/Self-Critical Thoughts (Worthless, Can't do anything right, Lost cause)

Each of these symptoms listed above can be the target symptom for a round (or more) of Tapping.

**A Sensible Short-Cut:**

While it is a good rule of thumb to do each aspect or symptom separately, there are ways to shorten the process. One of the best ways to do this is to lump together any symptoms that are similar or closely related. When I work with clients, I do this rather intuitively – usually without any real planning – before I start tapping. I've already heard my client describe their symptoms. I'm always sure to ask if they have a **mental image** and a **body sensation** that goes with this feeling. This is not essential – but is very helpful. Then when I start tapping with them, I just close my eyes while imagining the experience of all these symptoms they just described. I don't over-think any of it – but just let the words come spontaneously – inserting the key words that my client used to describe their symptoms. I say these words out loud as I tap, and my client repeats and taps along with me. You can do the same on your own, but it can be very helpful to write these target symptoms and groupings in your journal before Tapping, in order to keep yourself focused on the most important issues.
Some natural grouping taken from the list above:

- Despair/Sadness (sad emotions)
- Emotionally numb and can't cry (blocked emotions)
- My body is heavy, shoulders tense and my back aches. (body sensations)
- My arms are weak; I'm tired and have low energy. (lack of energy)
- I feel surrounded by a fog, colors are dull, and my visual field is narrow (visual aspects)
- Negative thoughts: “I'm worthless, I'm a hopeless case, I'm a failure”

Now, remember, before you start your Tapping routine, it is usually helpful to rate the level of intensity, pain or discomfort of each symptom – before and after tapping. This can be done both for Present symptoms, as well as for traumatic or painful memories. In the case of negative thoughts or negative beliefs, you can rate the “believability” of your thought. For example: on a scale of 1-10 where 1 is not true, and 10 is totally true – how much do you believe the statement: “I'm worthless.” If it feels like a hard cold fact, then it's a 10.

_Important Tapping Tip:_

When in doubt, always go for the specific symptom. Often, less is more – that is – don't try to cram too many different issues into one round of tapping. If you don't get results when grouping similar symptoms together in the same round of tapping – try doing just one at a time – like, “this aching feeling in my lower back,” rather than including various body aches and symptoms together.

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2. **Healing the Roots of Depression:**

   **Focusing on Past Traumas or Emotionally Charged Negative Memories**

This is a somewhat different process than the simpler approach of focusing on present symptoms. Here, there is a story that you carry in your memory, and the story triggers negative emotions. You live this story in your mind – both consciously and unconsciously –
over and over again – each time generating and sustaining a negative mood state. Recreating your depression continually, and creating a lens or filter that you see yourself and your world through.

Because true peace and happiness – your basic natural state – can only be found in the Present Moment – in “no time,” it is essential for any deep emotional healing and spiritual awakening that you free your mind from its endless preoccupation with the past. Unresolved past traumas, regrets, losses, and even past concepts of yourself all keep you enslaved and blind to who you really are. EFT is a wonderful way to thoroughly and permanently collapse or neutralize memories that still hold a negative emotional charge.

Before starting your tapping routine from this angle, it is important that you try to identify the story. Each “scene” of this mental movie is a separate “aspect” to be targeted. As before, don’t try to do it all in one round. Break it into segments. One scene should not be much more than a minute long (in your mental movie/memory).

More on Working with Past Emotional Traumas:

Narrate the Story as you Tap: The “Movie Technique”

Never underestimate how both large and small traumas, from your childhood and throughout your life, can influence your present emotional state. Traumas do not have to be catastrophic, or even consciously remembered to have a lasting negative effect on your beliefs, emotions and perceptions. Even small moments of fear, guilt, shame, embarrassment, rejection and other emotional hurts can stay lodged in your subconscious and have a life-long effect.

The “Movie Technique” - originally taught by Gary Craig – is simply a way to narrate a short “scene” from your memory while you tap through it and tap out any remaining emotional intensity, until the memory “collapses” (loses its emotional charge).
You may find it helpful to use a journal to gather your ideas for the following exercise:

1. Go through your memories of any times in your life that you experienced a difficult time. You may recall the loss of loved one's, relationship break-ups, physical accidents, past abuse, experiences with drugs, alcohol or other addictions, periods of loneliness, stressful times, frightening experiences of any kind. These experiences almost always leave their mark on us. And if you find yourself depressed now – it is very likely that you will find significant past emotional traumas that are at the root of it.

2. Identify a scene. Give it a name (like “shamed by my 2nd grade teacher”). And rate the level of emotional intensity or vividness of the memory, as you experience NOW while thinking about it (Rate it on a scale of 1-10 where 10 is most intense).

3. Tap the karate chop point of the hand, while repeating the set-up phrase:

   - “Even though my 2nd grade teacher embarrassed me in front of the class, I love and accept myself now.
   - Even though my 2nd grade teacher shamed me and criticized me in front of everyone, I choose to love and accept the child inside me now.
   - Even though my teacher said my work was terrible, and I felt so ashamed and embarrassed – I choose to love myself, and the 7 year old child inside me now.”

4. Now, tapping each point:

   EB: I thought I did a good job
   SE: Then my teacher grabbed my paper and read it out loud to the class
   UE: She had a nasty, mocking voice
   UN: She told me I did the whole thing wrong
   Ch: She yelled at me for not paying attention
CB: She said I would “never amount to anything.”

UA: I feel a lump in my throat

Cr: I feel a heavy crushing feeling in my chest

Now, a scene like this usually needs more than one round to complete, so just keep on going around until you’ve reached the end of the scene – or until you feel done.

For example (continuing while tapping again on the same sequence of points):

I'm afraid I'm going to start crying in front of everyone

I feel like I'm not in my body

My face is flushed

I can't feel my legs

I'm afraid I'm going to wet my pants

I'm scared and embarrassed

She tears the paper up and throws it in the trash

I feel so ashamed and stupid

When you reach the end of the scene, end with tapping on the crown, and then take full, deep breath into your belly and just be still, once again noticing any thoughts, feelings, or sensations in your mind and body.

**How do you know when a trauma is resolved?**

Think about the memory scene again, and rate the intensity of emotion or vividness. If it feels neutral – meaning it evokes no negative emotion in your present state while you actively try to remember it – then you're probably done. When working with a client, I may ask them to tell me the story again, and then I'd carefully watch for any sign of emotion – tearfulness, tension,
anxiety, agitation at any point throughout the story. If any negative emotion arises, we would go through that part of the scene again, addressing that particular emotional aspect associated with it, until it is neutralized.

Another good sign that a traumatic memory has been collapsed, is when it's very sharp, clear, and vivid before tapping, and after tapping it's gray, grainy like an old photo, faded, or you can barely even see any of the images in your mind, even when you really try to.

Another excellent sign of success, is when you get a sudden feeling of relief or freedom, or a sudden “cognitive shift” in which you clearly understand what happened to you from a new perspective.

A real-life case example of a cognitive shift:

A client I worked with over the course of several months had severe depression and Post Traumatic Stress Disorder from severe sexual, physical and emotional abuse that occurred over 30 years ago as a young teenager. She had lived with a sadistic, violent man in his 20’s who acted as if he owned her. This was one of the most severe abuse cases I have worked with. The abuse occurred over a couple of years. There were many different abuse memories – many that still caused her to feel physically sick just to think about all these years later. We had to break it down into 1-2 minutes scenes and tap through each one.

We were making progress, collapsing one after another memory – reducing the emotional intensity from 10’s to zeros, until we finally came to a place where we were stuck. The memory was of her boyfriend screaming at her and throwing things at her in the kitchen. We tried several times to collapse it without success. Then, suddenly she remembered the awful sound of the breaking glass shattering on the wall in front of her head. When we tapped while including words to describe “the sound of shattering glass,” the memory faded into nothingness. She smiled, and felt tremendous relief.
When we were finally all done, and the traumatic memories had all faded into insignificance, she said “I realize now that he was a monster, and it wasn't my fault.”

Of course she already knew that intellectually. But now she felt the real truth of it – that it really wasn't her fault. And now she was truly free – in mind and body. This was the effortless cognitive shift that was needed – and the clearest confirmation that we had completed that chapter. Her depression was gone - and she now experienced a feeling of happiness and emotional freedom that she hadn't felt since she was a young child.

More Important Tapping Tips:

Whenever Possible, Speak the Words Out Loud as you Tap!

Generally, it is better to speak the words out loud as you tap. There is greater focus and intention when we speak out and hear our own voice. Speaking loudly, emotionally and with intensity often yields better results. This is true whether you are tapping with the guidance of a therapist or tapping on your own. You may feel shy about shouting out all your negative thoughts and feelings with a therapist. It's important to develop a trusting relationship with your therapist so that you can feel comfortable doing this. A good therapist should have no trouble making your feel comfortable expressing yourself while tapping with you. If you are tapping at home, you may want to be alone in the house for this. Feeling distracted, and concerned about others hearing you while you tap, may disrupt the process – so for those times when you are not alone, you can say the words quietly or mentally, as you tap.
When you're alone and ready to do some intense tapping - really let it rip – I recommend yelling, shouting, *screaming*. Just DO NOT turn this into a session in self-directed anger or self-criticism. The point is to feel your emotions *deeply* as you tap – so that you can release them more fully. Sometimes just the activity of expressing emotions brings more intense feelings to the surface, in a very physical way. Deep emotions are always felt *in the body* (not in the mind). It may help to imagine that you are venting, yelling, or confessing to some other person or Being (a friend, family member, someone you’re angry at, a spiritual guide, angel, deceased parent or ancestor, God, or “the Universe”). Sometimes having an “other” that you are expressing your feelings to, can make your feelings feel more genuine.

**Tapping as Prayer**

While tapping doesn't have to be considered a “spiritual” activity – and is certainly not a religious one – it does work on the non-physical/invisible levels of yourself, which you could describe as “spiritual.” Tapping is extremely versatile and can be combined with any number of other methods and activities to intensify its effects. Tapping can be used as a simple first aid tool – or as a method of taking you into deep, altered states of awareness and openness to Higher Truths, to experiences of your own true nature, to Divine Intelligence, and transcendental states of awareness, peace, and joy. Praying – in whatever way you wish – while tapping – can be a very powerful combination.

Since prayer is such a highly individualistic activity, there is no limit to the ways you can approach this. You can pray in whatever style or tradition that you are comfortable with. It could be culturally specific, could be in another language, it could be biblical, it could contain the word “God” or whatever word you use to speak of Divinity or a Higher Power. The important thing is that you verbalize your prayers in a way that feels as authentic and genuine and personal as possible.

Then you add the meridian tapping. This adds a unique and powerful element to your praying. While expressing your deepest feelings, fears, longings, desires, hurts, intentions, gratitude –
whatever is in your heart – you are tapping, opening up your energy flow – quieting your mind, and producing a positive emotional state.

The effect of this is that the clarity and focus of your prayers reaches a new level.

Often, what starts out as a dry, detached, superficial prayer, “Dear God, please help me to feel happy again, blah, blah, blah,” suddenly deepens. The words may be similar, but the emotion will begin to pour out of you. Often this will intensify at first. This is what happens when the heart is open. Whatever you are feeling – positive or negative – becomes stronger. Tears may be streaming down your face. You are purging your emotion in the form of prayer. Even if you don't have a definite faith in an intelligent conscious God who hears your prayers and sees your pain, you can still try this. Voice your uncertainty - “if there's anyone there listening, if you can hear me, please relieve me of this suffering....”

There is no right or wrong when it comes to Tapping Your Prayers.

Here's a suggestion:

While tapping the Karate Chop point:

“Even though I have this sadness in my heart, I ask you to remove it.”

“Even though I have this sadness in my heart, I ask you to replace it with peace and love.”

“Even though I have this sadness in my heart, I ask you to fill me with love and joy.”

Now, tapping 5-10 times on each point:

Express the pain (even if it's really really negative):

“I'm so sad”

“My heart is so heavy.”
“This endless sadness.”
“I don't know how to be at peace.”
“I'm filled with grief.”
“I'm so tired of feeling this way.”
“I feel so sad and hopeless.”
“There's no way out of this.”

You can do this for more than one round if it seems to be intensifying your emotions. Just keep tapping through it. You are literally tapping out these negative thoughts and emotions. More feelings are a sign that something is changing. Don't stop mid-way.

When it feels right – maybe after one round – maybe after 4-5 rounds,
Do at least one round of positive tapping:

“**I surrender to the Divine.**”
“**I choose to feel peace.**”
“**I choose to feel love and joy in my heart.**”
“**I choose to release this pain.**”
“**I choose to be happy.**”
“**I deserve to have peace.**”
“**Thank you for healing this.**”
“**Thank you for loving me.**”

When your emotional state begins to lighten, keep going as long as good feelings are increasing. You may feel a lighter feeling in the body, you may feel tingling, giddiness, or energy in your body. You may spontaneously smile. You may find yourself taking a deep wonderful breath in your belly. You may feel a deep stillness. Or a positive shift in your
thoughts about yourself or your life. Any of these things is a great sign that you’ve released your emotional pain.

Is there more to do? Quite possibly. But rest assured, you’ve just taken a huge step towards your healing. If this process felt good to you --- do it every day – or until you feel done.

“When we see ourselves as one with the Infinite Being, when all separateness has ceased, when all men and women, all gods and angels, all animals and plants, and the whole universe have melted into that One-ness, then all fear disappears…”

-- Swami Vivekananda
“The self that changes, is not the True Self.”

_Tapping Works on the apparent self (the not-self) -- not on the True Self._

Tap to release old patterns – not to reinforce the belief that you are broken, defective, damaged or in need of fixing. The you that has a problem is not the real You. Your True Self is the conscious Presence that silently bears witness to everything you experience. Your True Self never sleeps, never judges, and never interferes. Your True Self is not in need of any fixing. It is whole, complete, eternal and perfect – it is Consciousness itself. Pain – both physical and emotional are of the false self, you can call it the “apparent self”, the “ego”, or the “body-identity”. This is the identity that most of us adhere to. The image that we think of as our role in the world, the basis of our self-esteem, and sense of personal value.

Resolving emotional issues on this level by tapping, we allow ourselves to get out of this painful state of contraction, limitation and false identity. We are then more free to experience higher states of Being – natural feelings of well-being, peace, joy, love, contentment, purposefulness, inter-connectedness, belonging, acceptance and gratitude. These higher states are not dependent on outer circumstances, roles, appearances or relationships. They are what we naturally feel when the garbage of the mind is removed.
I am a huge proponent of meditation for personal and spiritual growth. I think everyone can benefit enormously from the practice of meditation in any of its various forms. A traditional, tried and true meditation technique is the most reliable way to get powerful results and resulting positive changes in your mood and in your life. A daily meditation routine will produce the most positive effects. It is a cumulative effect, each consecutive day that you meditate strengthens your concentration and focus, raises your vibration higher, scours the mind of negative thoughts.

Depending on the type of meditation you do, and how deeply or intensely you practice, you will produce positive changes, but will also experience frustrations, mental obstacles and distractions. Subconscious emotional baggage will come up. Any experienced meditator knows this well, and it is an expected part of the journey to have to tolerate, confront, accept, and breathe through all the negative thoughts and emotions that surface as you go deeper within your own mind, towards the core of your Self. Some types of meditation require that you really sit in all that “stuff” and accept it, moment by moment, until the next thing comes along, (such as in Mindfulness Meditation, and many other forms of Buddhist Meditation). Other types of meditation burn through the mind-stuff faster as you concentrate your attention on one particular thought, image, feeling, symbol, sound, etc (as in yogic meditation), and this tends to bring you to elevated states of consciousness, awareness, insight and bliss.

Whichever form of meditation you practice, you really can't escape the arising of negative mind-stuff (emotions, cravings, desires, thoughts), everything that keeps the mind from being in a state of peace and stillness.

I often recommend meditation as a complimentary practice to the tapping work. (And I recommend Tapping as a compliment to meditation!) By removing subconscious emotional blocks to your happiness through tapping, you undo self-sabotage, and clear the way for developing a deeper connection with your True Self. Meditation can then more quickly take you into deeper states of consciousness, without the constant distractions of the restless mind. Often after a few rounds of tapping with me, my clients are overcome with a sudden feeling of deep calm and they are naturally already in a sort of meditative bliss. This state is
ideal for then going even deeper in meditation.

**Should I Tap Before Meditating, or After?**

Either, or both. You can also keep the two activities completely separate if you don't want to alter your usual meditation practice. However, I've seen great results with tapping followed by meditation, as well as tapping after. Tapping first can be a good way to settle into a more peaceful, focused, grounded state, allowing you to breathe more deeply and go deeper in your meditation. It removes whatever garbage is in the mind that is just going to be there in your face anyway as soon as you close your eyes to meditate, so may as well deal with it first.

If you choose to tap afterwards, you can either tap away any negativity that surfaced during your meditation, or perhaps on memories that emerged from your subconscious mind while you meditated. This can be extremely valuable too.
A common difficulty in working with Meridian Tapping, as well as when working with Depression, is lack of clarity. Identifying “core issues” - the fears, thoughts, emotional issues, traumas and so on, that are at the root of the depression, is an important part of any therapeutic work. Ordinarily it is taught with EFT that you will get the best results when you are specific about each issue and not too vague or broadly focused.

For example:

“Even though I was lost and hopeless when my big sister died when I was eleven... I deeply and completely accept myself.” And then tapping each point as you describe the details of those thoughts, emotions and related memory.

But what if you really don't know why you are depressed? This is true for many people who suffer from depression. Your unconscious mind is many times more vast than your conscious mind. The unconscious is really running the show, far more than you would ever guess. Your unconscious mind remembers everything that ever happened to you in your life. It stores all of your beliefs, both positive and negative ones. All of your past traumas are recorded and safely packed away in there. So there is a part of you that knows why you are depressed. And there
is a part of your mind that is creating your depression. And there is a part of your mind that knows the way out of your depression.

\[
\text{The answer to your problem, and the source your healing is always within YOU.}
\]

**Exploratory Tapping: A Mindfulness Approach**

Exploratory tapping is the way to find new insights, and get to the core issues. You simply tap about what you DO know. For example, maybe all you know is that you've been depressed since you were about 30 years old and you feel hopeless, sad, have a loss of energy, and have become isolated and insecure around people. You work with all of those things that you are aware of --

“Even though I feel hopeless....
“Even though I feel sad....”
“Even though I am insecure around people...”

**Then you approach the unknown part:**

(Note: please keep in mind, that my choice of words, as always, is a suggestion, a guideline – not a rigid script that you need to follow word for word)

“Even though I've been depressed since I was 30 and I don't know why, I accept myself anyway.”
“Even though I don't know why I've been depressed since I was 30, I choose to accept myself as I am.”
“Even though something happened when I turned 30, and I've been depressed ever since – and I don't know what happened, I choose to love and accept myself (or I choose to be happy now).”
Now, what often happens when you commit yourself to this process in this way, is that by tapping through your “not knowing” you begin to clear the confusion. Your mind become less conflicted and troubled about this mysterious condition that has descended upon you like a dark cloud.

And new ideas, thoughts and insights begin to spontaneously crystallize.

You do not have to make an effort to “figure it out” or strain your mind to understand.

This is not an intellectual exercise. The intuitive mind tells you all you need to know.

What comes, in many instances, is a sudden flash of insight – a moment of clarity – or maybe a visual image, a new memory that provides some key to understanding yourself, or just a subtle adjustment in your perspective.

The result is that either some part of the depression has been cleared out, or you at least have a new and valuable nugget of understanding that can now be the new target of your tapping process.

For example, lets say as you tapped about being depressed since you were 30, you got a sudden flash of a memory of when your parents got divorced. And your mother was – you guessed it - 30 years old of course. And you were only 10, and your life was never the same after that. Your mother was depressed for the rest of your childhood years. While this example might seem too obvious – it is exactly the way it often works. Sometimes the puzzle is a little more obscure than that – but the insight that comes to complete the picture is always like this – it suddenly just falls into place.

Here’s another general way to address a state of confusion through tapping:
Set Up Phrase:

“Even though I'm confused about ______________., I choose to have clarity about this.”

Then just tap each point with phrases like, “I'm confused.... I don't understand what I'm feeling.... I don't know what I feel...... I don't know why I feel this way....” And so on, as it fits your particular situation.

**Be Here Now**

Just take a deep breath and pay attention to whatever your subconscious mind gives you – it could be a new feeling, a stronger feeling, the release of tension or emotion, a change in energy, a subtle shift in your mental state, a new idea, an image, a thought, an inspiration, an impulse to call someone you’d forgotten about. Whatever you notice – pay attention to it – respect it and trust it as your inner guidance.

*This is what Mindfulness is all about!*

Wherever you are in this process, keeping an attitude of **mindfulness** is incredibly helpful. Listening deeply to your feelings, your thoughts, your body and your intuition will make this already fast process even faster.

**More Aspects of Depression:**

As discussed earlier, Depression is not a simple issue. It is unique to each individual and may be related to more than one emotion, memory, thought, negative belief about yourself, or other factor. In order to really pull the weeds of depression out by the roots, you have to target each of these key aspects or "core issues."
This chapter reviews a number of areas that you may need to work on in the process of clearing your depression. If a section really does not apply to you, (past abuse traumas for example), then skip it and go on to the next section that you can relate to. It is very likely that for most people suffering from depression, the common issues reviewed in this section will ring some bells, and I recommend reading this chapter carefully and practicing the tapping routines outlined.

Tapping to Clear Past Abuse Traumas

Among people with a significant history of depression, it is extremely common to have some type of abuse in your past – usually from childhood – but can also be from young adulthood or anytime in the past. This of course is not true for every person with depression, but it is important to consider this, even if you haven't identified yourself as a victim of abuse before. If you haven't had much psychotherapy or counseling in your life, you may have lived through abuse in your childhood and taken it for granted without ever calling it abuse.
There are several categories of abuse:

1) Physical Abuse
2) Verbal Abuse
3) Emotional / Psychological Abuse
4) Sexual Abuse and
5) Neglect

Any of these can have deep and lasting consequences in later life.

I've seen many clients, and had friends who suffered all sorts of abuse in their childhood but never realized it, or even used the term “abuse” until they had left home and had come to know people who grew up in “normal,” loving, non-abusive homes. When you grow up in an isolated, closed family system, (which many abusive homes are), you are taught to keep your mouth shut, and to never talk to anyone about what happens at home. You may not have been allowed to have many friends – maybe never had friends come to your house, and you may have been forbidden to go to friend's houses. So there is often no basis for comparison. You don't get to see what a caring, emotionally healthy family is like.

Add to this the fact that as children we almost always defend and excuse much of our parent's bad behavior even if they are abusive towards us. It's a sort of passive (or not so passive) brainwashing. Some kids in abusive homes develop the belief that they deserve to be abused and so they go on to attract and re-create these abusive relationships throughout their adult lives. If this is the case for you, it is likely that at your emotional core, there is deep-seated guilt and shame – feelings of worthlessness and despair and a tendency to deprive yourself, punish yourself, or sacrifice your wants and needs to try to please others and gain their love.

Other kids may cope with the emotional pain of abuse by identifying with the abuser. For example, a boy who grows up with a father who beats him and his mother, may as an adult, find himself having the same out of control, scary, rage impulses that he witnessed in his father. Identifying with the abusive parent can be an unconscious way to try to avoid feeling scared and vulnerable and to protect yourself from being abused again. This sort of
emotionally repressed, angry state, then leads to all sorts of painful, failed relationships, and easily leads to depression and self-loathing.

The Good News:

With EFT/Meridian Tapping, childhood abuse traumas can be wiped out, your negative emotional history virtually re-written, so that you can be the emotionally free person that you would have been, had the abuse never occurred. I know this may sound too good to be true. But I assure you it is possible, and I have personally witnessed many people free themselves from traumatic memories and feelings that have haunted and followed them all their lives.

Is it really so easy? For some people – yes, it is both quick and easy. For others, it may take more time, and require more persistence and work, but it can still be done. If the abuse traumas are complex, numerous, or overwhelming, it may be better to use EFT with the guidance of a qualified therapist with training in EFT.

Factors that influence the path to recovery, are the number of traumatic memories, the duration (did the abuse happen for an hour, a day, for weeks, months, years?), and intensity. We are all unique in our level of sensitivity. What is deeply traumatic for one person, may be relatively minor for another person. The level of shock to the nervous system in response to the abuse or witnessing an act of violence done to another person, will vary for each person.

“There is no order of difficulty in Miracles.”

-- A Course in Miracles

The most important thing is to know when embarking on this energy healing journey, is that there is no problem that does not have a solution. And really there is no order of difficulty in healing. A trauma can be created in a matter of seconds, and it can heal in the same amount of time. So let go of your ideas about “deeply ingrained trauma,” and just try to be willing to accept the “impossible.” We tend to get attached to our beliefs about how sick we are, how
damaged we are, or how chronic, or difficult to treat we think we are..... it helps to be willing to let go of those rigid beliefs. It's much easier to change than you ever thought possible.

Revisiting the Movie Technique for an Abuse Trauma

As noted earlier, be as specific as possible. This is most important with this sort of trauma. Imagine you are the narrator or director of the movie of your life. Describe the particular scene that you are working on. It should not be more than about a minute in length. Who are the characters? What is your character feeling? Seeing? Hearing? Thinking? As you narrate this scene, pay attention to how you feel – in this moment. What do you feel emotionally? And where do you feel this in your body?

Rate the level of emotional intensity that you feel NOW, in this moment as you think about (or talk about) the traumatic scene – on a scale of 1 to 10 where 10 is overwhelming emotion.

If the trauma is so emotionally intense and upsetting to even think about, and you don't want to think about it – then ask yourself “if I were to fully allow myself to remember this whole event right now, how intense would it be on a 1-10 point scale?

*The following example may not be what most people would consider “abuse.” Emotional or Psychological abuse can be far more damaging than physical abuse, and often harder to identify. In the example below, the key element is shame. It doesn't have to be considered “abuse.” The parent in this example was actually a loving, well-intentioned, responsible father, but he projected his own shame issues – transferring that shame to his own child.*

Now, beginning the Tapping:

Tap the Karate Chop point of one hand, and say:

“Even though when I was _____ years old, and I was at my birthday party and so excited and hyper, and my dad suddenly yelled at me and told me to control myself, and
grabbed me angrily, and I feel embarrassed and ashamed in front of my friends....... I deeply and completely accept myself and my feelings.”

Repeat this basic scenario, and if you want to, be spontaneous in your choice of words to really capture the essence of what happened and how it made you feel.

“Even though my dad got angry and shamed me for being too happy and excited on my special day..... I didn't do anything wrong, and I choose to love and accept myself as I am.”

“Even though my dad made me feel ashamed and self-conscious when I was at the peak of my joy and exuberance...... I accept all my feelings, and I choose to take back my joyful self.”

Now, tapping each point 5-10 times as you go through the scene one frame at a time:

EB: “I was at my birthday party.”
SE: “I was so happy and excited and hyper...”
UE: “being really silly in front of my friends, and making them laugh...”
UN: “I was feeling great...”
Ch: “and feeling special...”
CB: “I was getting all the attention.”
UA: “Dad grabbed me by the shoulders...”
Cr: “and pulled me down into my chair, hard...”

Continue going around until the scene is complete -

EB: “He yelled at me to control myself...”
SE: “He was really angry, and seemed ashamed of me... or embarrassed about me.”
UE: “I feel ashamed and embarrassed for enjoying everyone's attention.”
UN: “I feel embarrassed for acting silly and uninhibited in front of my friends.”

Ch: “I feel like I've done something bad....”

CB: “I feel bad for being the center of attention.”

UA: “I feel like crying.”

Cr: “I want to disappear.”

(Optional): Finish with a final round of positive, self-affirming, empowering words, like:

EB: “I accept myself and all my feelings now.”

SE: “I didn't do anything wrong.”

UE: “It wasn't my fault.”

UN: “I was just having fun... being a kid on his birthday.”

Ch: “my friends were having fun along with me.”

CB: “I didn't deserve to be shamed that way.”

UA: “I choose to be joyful and free without fear or shame.”

Cr: “I choose to express myself no matter what I feel.”

When you feel complete, think about the original scene again – and really try to picture it in your mind. Rate the level of intensity, as you feel it now, in this moment. If any residual emotion is still there, do another series of tapping addressing whatever left over emotion is still attached to the memory, until it is as low as possible – hopefully down to a zero.
Depression often feels numb, empty, flat and just plain “blah.” A sort of murky, gray, undefined mental, emotional, and physical muck. So what the heck are we supposed to do with that? Describe it as best you can. Try journaling first – just do your best to put this inner state of nothingness into words. You can think of it as a sort of poem. Don't worry about sentence structure, don't rhyme, don't worry about spelling or punctuation or even neatness.

.....muddy pool -

reflects nothing -

I feel no pain -

I feel no joy...

I drift on the surface of a deep

murky water -

hiding dark fears

loneliness and hurt that I can no longer feel
Then Tapping the Karate Chop point:

“Even though I feel nothing but muddy emptiness inside, I choose to accept myself anyway.”

“Even though I feel nothing, but this numb, heavy, grayness, I choose to accept my feelings.”

“Even though I don't know what I feel, I choose to feel my emotions and accept them.”

Now Tapping each point – Focusing on the Negative:

**EB: Emptiness**

**SE:** I don't know what I feel

**UE:** I can't feel my emotions

**UN:** I am emotionally numb

**Ch:** I don't know what I'm feeling

**CB:** I just feel numb and gray

**UA:** I feel heavy and numb

**Crown:** I can't feel my emotions

*(Optional) Now add a Second Round or more, focusing on the positive:*

**EB:** I choose to feel my feelings, whatever they are

**SE:** I choose to feel my emotions

**UE:** I accept all my feelings

**UN:** I choose to trust my emotions

**Ch:** It's safe to feel my feelings

**CB:** I choose to feel something
UA: I accept whatever feelings are inside.

Crown: I don't have to understand my feelings to feel them!

*If this feels good – then it's fine to keep tapping for more rounds, and just enjoy it.*

*If this is bringing up some real emotion of any kind – sadness, anger, joy, fear – keep tapping a few more rounds until you feel complete. You decide what “complete” is.*

*You can always pause between rounds, check in with your feelings, and then do more rounds if you choose. This process is very flexible.*
While many people experience emotional numbness when depressed, you may feel quite the opposite. You might cry very easily – feel extremely vulnerable and emotional and not know how to make it stop. You may find that you start to cry and it seems to go on forever, even when you don't know what exactly it is you're crying about. EFT can help this too.

If I was working with a person who was crying uncontrollably and couldn't stop (maybe can't even stop to talk about it or explain what they are feeling), I would just start tapping with them. I'd say the words for them, and tell them to just think the words in their mind and tap along.

While tapping the Karate-Chop Point:

“Even Though I can't stop crying, I accept myself and my feelings.”

“Even though I can't stop crying, I choose to accept my feelings.”

“Even though I don't know what these tears are for, I accept them for now.”

Then Tapping each point in the sequence:
EB: “I can't stop crying.”
SE: “I'm tired of crying.”
UE: “I can't stop crying.”
UN: “I don't know why I'm crying.”
Ch: “These tears are endless.”
CB: “I can't stop crying.”
UA: “I have no control of these feelings.”
Cr: “I'm overwhelmed by emotions.”

If you choose, you may keep going around with this same sort of phrasing, until the tears slow down, or the intensity of emotion lightens up. You can just think the words if speaking is difficult.

Then, Tapping a Second Round, with Positive Phrasing:
EB: “I accept all of my feelings.”
SE: “These feelings are OK.”
UE: “These emotions don't have to make sense.”
UN: “I don't have to understand all my feelings.”
Ch: “It's OK to just feel this.”
CB: “I am not my Feelings.”
UA: “I choose to love and accept myself as I am.”
Cr: “I choose to accept myself and my feelings, whatever they are.”

Again, you may continue to do extended rounds following this theme of self-acceptance, compassion, and mindfulness.

You really can't accept yourself too much!
Mindfulness-Tapping Tip

One of the fundamental Truths of our existence that becomes self-evident when we practice mindfulness meditation and other forms of self-awareness, is that we are not the thing that we are observing. The Self cannot observe the Self (not the True Self, that is). Can you see your own eyes? Not without a mirror. And what you see in the mirror is a picture, a reflection, a representation of your eyes – not your actual eyes. The image you see in the mirror is influenced by your perception – your thoughts and beliefs and feelings about what you are seeing – it's not the truth that you are seeing.

*The True Self is the only real observer. And that which it observes is NOT the True Self.*

You cannot know (with the mind) what you *are*, only what you *are not.*

So, as we tap, we can say, “I am *not* my feelings.... I am *not* my thoughts.... I am *not* my sadness...... I am *not* my fear...... I am *not* this body... I am *not* this idea of myself.... I am *not* my Depression.”

This reminder to yourself, while tapping, often has the effect of feeling very reassuring -- especially when you have become over-identified with your problems, your Dis-ease, you body image, your career, your marital status, your sexual identity, your negative beliefs about yourself.... and so on.
Chapter 9

Tapping for Forgiveness

“Forgiveness is the recognition that You Are Eternally Whole and Unharmed, and you have not been damaged.”

When we cannot allow ourselves to forgive, we keep ourselves enslaved by the past. We close a part of the heart, and look upon someone with hatred. It isn't good for us. It destroys our peace of mind. It can even make us physically sick.
Forgiveness is letting go of the past, and letting go of our own pain. It is done first and foremost, for our own liberation and peace of mind. Forgiving someone who has inflicted pain on you is not about excusing their behavior. It is also not about letting that person back into your life, or about being willing to trust them again. Forgiveness is about saving yourself – coming home to your Eternally Present, True Self – restoring your awareness of your Self as whole and complete, and healed and unharmed. Forgiveness is the greatest victory over being a victim.

If you have been abused, your return to a happy life is your revenge.

The most important person to forgive is yourself!

Tapping:

The Set-Up Phrase:

“Even though I hate my brother for what he did to me, I choose to forgive myself for those feelings.”

“Even though my brother hurt me so badly when we were kids, it's over now, I'm safe, and I choose to let go of the past.”

“Even though my brother was so cruel, I forgive myself for still feeling like a victim, and I choose to forgive him in order to liberate myself from the past.”

Another option:

“Even though I can't forgive my brother for what he did to me, I accept that it happened, it is in the past, and I choose to be at peace now.

Then Tapping on each meridian point:

I can't forgive what my brother did.

I feel so hurt by what my brother did to me.

I still carry this pain.

I can't forget what he did to me.
I can't stand the thought of him.

Thinking of him makes me feel sick.

I don't want to forgive him

I hate him for what he did....

Then a Round of Positive Statements:

I choose to let go of the past.

I know that I'm safe now.

I choose to reclaim my power

I choose to be happy and whole

I forgive myself for letting that happen.

I'm willing to consider forgiving my brother, so that I can move on.

I choose to have peace instead of this pain.

I choose to love and accept myself and my feelings.

You can extend these rounds, as always, if needed. Follow your feelings and intuition. Use wording that feels authentic and genuine. If you really don't feel you can forgive someone for hurting you, then try the phrase, “I'm willing to consider forgiving him...” or “I'm willing to let go of my painful past.”

As usual, remember, the emphasis and the core of using EFT effectively is about voicing the negative, painful thoughts and feelings that are inside you. It is not about jumping right to the positive affirmations. In fact they are often not necessary at all. They're add-ons. Use them if they feel good. Most people like to end with a positive round. But the therapeutic effects of tapping can be achieved just through tapping on negative statements, and when it works as it should, you will feel lighter, happier, more free, and loving towards yourself and others, when you're done.
Self-Esteem and Self-Love:
Tapping for Low Self-Esteem

Self-Love is the highest medicine. It is not self-centered, egotistical or narcissistic – unless you are attached to some image of yourself, and mistake that image for your True Self.

We constantly hear about “self-esteem,” and how important it is to have “high self-esteem”. What does this mean? It is seldom questioned, or discussed on any deep level, but rather taken for granted that you must have high self-esteem in order to be a happy and well-adjusted human being.

This is only partly correct.

The most fully self-realized state is to have “no-self esteem.”

That is, the lowest state is low-self-esteem (disliking yourself, unable to accept yourself, self-critical, ashamed, guilty, etc); the next is to learn to love and accept yourself (your apparent self, that is). This is “high self-esteem,” and is associated with confidence, flexibility, the ability
to be kind to yourself, forgive yourself when you make mistakes, tell yourself positive things (positive self-talk) and so on. If personal growth continues, then eventually, you come to the edge of your personal reality and realize that all of your positive thoughts about yourself, are just that – thoughts. And the “self” that you have positive thoughts about, is simply a mental image, a concept – a thought also! So the “You” that you identified with, the seemingly solid, consistent self that continues to exist minute to minute, day to day, year after year – is simply a self-image that's loosely maintained and renewed continually based on fragments of memory and ideas that you hold about who you are. **The deepest and truest happiness and peace does not come from this sort of self-esteem.** For the ultimate states of Happiness – you have to relinquish the illusion of a self. That is what we might call – for lack of better term -- “No-Self.” There is no “self” to esteem at that point! This is Consciousness itself. Pure Awareness. The “I Am” state of Being.

From the Transpersonal perspective of human development, you first learn to have a healthy ego, and then you learn to let go of your ego. But the ego is such a sticky trickster, addicted to keeping us limited, separate, isolated and bound. You must always be vigilant. It is so very easy to tell yourself that you are not attached to your ego – but the very thought of being unattached is none other than ego is disguise!

**Tapping for Self-Esteem:**

Tapping the Karate Chop Point, Repeat the Set-Up Statement:

“Even though I don't like myself, I choose to accept myself with all my faults.”

“Even though I feel worthless and I feel like a failure, I accept my feelings.”

“Even though I'm sick of myself, and can't even look at myself in the mirror – I choose to accept these feelings.”

*Now remember - “accept these feelings” does not mean accepting that you will have these feelings for the rest of your life. It means “I accept my experience in this MOMENT.....

*so that change can happen.
Now, Tapping each point 5-10 times:

EB: “I don't like myself”

SE: “I'm sick of myself”

UE: “I feel worthless”

UN: “I'm no good”

CH: “I feel like a failure”

CB: “I don't know who I really am”

UA: “I can't stand myself”

Crown: “I can't accept myself as I am”

You can continue to do more rounds – especially if you start feeling some emotion as you tap – whether positive, or negative emotion – any change is significant.

And end with at least one positive round of taps:

EB: “I choose to let go of my ideas of who I am”

SE: “I choose to be myself”

UE: “I accept all my feelings”

UN: “I am not my feelings”

CH: “I am not my thoughts”

CB: “I am not this body”

UA: “I am not this image of myself”

Crown: “I don't have to define myself”

and more....
“I choose to be free of my thoughts”
“[I choose to be my true Self]”
“I am open to new possibilities”
“I accept this moment as it is”
“I choose to see myself with new eyes”
“There is no one else exactly like me in the world”
“My mind has deceived me”
“I choose to trust my intuition”

Take a slow, deep breath from the belly.... and sit in silence for a few minutes, just being still...

   and feel your own inner energy

“You are the Pure One. Awake and arise, Almighty One! This sleep does not become you. Almighty One, arise and awake, and manifest your true nature!”

-- Swami Vivekananda
It is important to understand, that any repressed emotion – and buried feelings that you either hide from yourself, hold back, or have no awareness of, will cause some sort of problem for you eventually. Repressed emotions are one of the most common reasons for becoming depressed or anxious, and these same feelings can also lead to all sorts of other ailments, including physical conditions. Any emotion can either be a source of liberation and energy, or a source of illness, fatigue, and a diminished quality of life, if it is denied or unexpressed.

Of all emotions that I see people struggle with, fight against, deny, suppress, make excuses for – it is anger that wins first place. When we think of anger problems, we usually think of the person that can't control their temper – flies off the handle, yells and screams and carries on. But an equally damaging anger problem is repressed anger – that is – anger that is so buried in the subconscious mind that you don't even know your angry. Other people may sense your tension, or simply not trust you, because they just intuitively feel uneasy around you. You might be pleasant, smiling, friendly and gentle on the surface, while underneath you are boiling with rage – and don't even know it.

It's funny how people re-label their anger to help deny that they are angry, usually because they don't want to be an “angry person.” You might feel ashamed of your anger, or afraid to be
a raging, angry person like your abusive father was.

If I see someone who appears agitated, tense, impatient or bothered, and I ask them if they are angry – they often say “no I'm not angry.”

“Not at all,” I ask? “Well, I dunno – I think I'm just frustrated.”

Well I've got news for you:  *Frustration is Anger!* So is irritation, agitation, being ticked off, “upset with someone,” and on down the list of substitute words that we use to describe that primal emotion – ANGER. So let's just keep it simple – Anger is anger. It's just a question of degree. Frustration and annoyance on one end of the scale, and rage or fury at the other end.

Chances are, the main problem is *not* the thing that you think you are angry about. *The bigger problem is that you do not accept your own angry feelings!* Once we fully accept our emotions, we make peace with ourselves and we start to feel much better – our outlook brightens, people like us more, and everything starts to get better.

**Tapping:** (This is only an example – please use words that fit your own situation)

**Possible Set-Up Phrases:**

“Even though I'm frustrated about ________, I accept myself and my feelings.”

“Even though I hate myself for being angry, because I feel so childish.... I accept my feelings.”

“Even though I'm so angry I could scream ..... I can allow myself to feel this and accept what I feel.”

**Now, Tapping each point (average of 5-10 taps on each):**

**EB:** I'm frustrated with ________________.

**SE:** I'm frustrated about ________________.
UE: I'm really irritated about this.
SE: I can't let go of this frustration.
UE: I feel childish for being angry.
UN: It feels wrong to be so angry about this.
CH: I don't want to be an angry person.
CB: I still feel frustrated.
UA: I don't know what to do with these feelings.
Cr: It doesn't feel safe to let myself get angry.

2nd Round – Positive Statements:

EB: I accept myself and my feelings
SE: I accept my frustration.
UE: I accept my feelings even if I don't like them.
UN: My anger doesn't have to be rational.
CH: Feelings are just feelings – they don't have to make sense.
CB: I accept what I feel.
UA: I don't have to do anything with these feelings.
Cr: It's safe allow myself to feel this anger.

Of course, as always you can do more rounds as you see fit.

What if your anger is so unconscious you can't access it? Maybe you simply are not a person who ever gets angry. You never lose your temper. You never admit to anyone that you ever get angry. And you don't even realize it when you've got some new angry feelings brewing under the surface of your eternally “nice” personality. If your one of those people that everyone thinks of as “the nice guy” whose “so kind and patient,” it may be well worth your time to access your buried “bad guy” energy. Anger can open up much needed life energy
when it is given some space to come up. It's not inherently good OR bad, it's just emotional energy.

When Anger is Buried:

Tapping – The Set-Up:

“Even though I can't feel my anger, I know it's in there somewhere.”

“Even though I just feel numb and empty, I accept whatever feelings come.”

“Even though my mind blocks my anger about this, I choose to accept all my emotions.”

- I feel ashamed of my anger.
- I don't like feeling this.
- I have no right to be frustrated about this.
- I can't feel these feelings.
- I can't get angry.
- I can't feel my anger.
- I feel numb instead of feeling angry
- nobody likes an angry person – I wont be loved if I show my anger...

And a positive round:

- I accept all of my feelings, even my anger
- My anger can empower me.
- I choose to feel all my feelings.
- These feelings are just energy.
- My anger can protect and serve me.
● My anger is not my enemy
● It's OK to get angry
● Anger activates my will to act.

_Deep belly breath..... sit in silence and just notice whatever is there inside. Accept whatever you feel, even if very subtle._
Chapter

12

Tapping to Release Fear

This is a BIG subject. FEAR. I could write a whole book just about fear. It's the root cause of our suffering. At the bottom of the well of emotions, in the deepest, darkest place, is always fear. Fear makes us forget who we are. It disempowers us. It makes us small. And it makes us act in ways that we tend to regret. Fear is a dragon that can't be beheaded. You have to make friends with it to coax it out of its cave. You have to learn to ride it, and then it begins to transform into light.

EFT is a perfect method to work with your fear. Mindfulness is the attitude to hold when confronting fear. You have to recognize and accept that fear is there, before you can rise from the scary dark places into a place of freedom and possibility.

As in all cases – being specific is most effective

Lets look at two common issues around fear:

1) Fear of failure – as in your professional life

2) Fear of rejection or humiliation – especially in your social life (Social Anxiety).
For most people, if they had no fear of failure and no fear of rejection, they would be quite happy. They would excel in their careers and they would have plenty of friends and good relationships. As a result, they would have a positive self-image, a belief in their ability to do whatever they put their mind to, to get what they want in life. Life would be pretty good.

So regardless of what other issues you may have, these are usually great ones to include in your tapping routine. As explained earlier – there are often two paths to take when addressing emotional issues –

1) The present fear or

2) The traumatic or negative memory that is associated with this fear (like the vivid memory you have of being humiliated and rejected when you took a risk and asked someone out on a date). This would be done in pretty much the same way as tapping for trauma of any kind.

**Tapping for Fear of Failure:**

(focusing on a present fear – visualize yourself promoting your business or service, talking about yourself and your business to a group of strangers – and note the level of fear or anxiety that you feel).

**Set-Up Phrase:**

“Even though I'm afraid to talk about my business, because people will think I'm just out for money.... I accept myself and my feelings.”

“Even though I'm afraid to tell people about my product (or service) because nobody likes a slick salesperson, and they will feel I'm manipulating them....”

“Even though I hate selling, because salespeople are superficial, dishonest, and nobody trusts them...”

Now Tapping each point:

**EB:** “If I tell people about my product (or service), they wont trust me.”
SE: “If I talk about my business, they'll feel manipulated by me and won't respect me.”

UE: “I'm trying to get something from people by talking about my business, so I feel deceptive.”

UN: “If I talk about my business, people won't like me.”

CH: “Nobody likes a salesperson.”

UA: “Who am I to promote myself this way? There are other people who are more skillful (more reputable, more well-established, more respected, etc) than me.”

Cr: “I'm afraid they'll laugh at me and won't take me seriously, and my business will fail.”

You could continue on for another round or two if you have more aspects of this fear to include. You could also end with a positive round of tapping, but this is optional.

When complete, take a deep breath. Now focus on the same visualization of yourself talking to a group of people about your business, and again rate your level of fear or anxiety.

If the anxiety is higher – than you've hit on something big – so do more tapping until it subsides!

If the anxiety is lower – Great! Keep going, do more rounds until the intensity level is a zero or one.

If there's no change in the anxiety, then sit quietly. Notice any feelings or sensations in your body/mind. An ache, a pain, and new thought or memory? Visualize that fearful scene again, and see if there is anything else that you notice in the way it makes you feel or think. This mindfulness approach can usually reveal a new aspect of the fear that you need to include in the wording of your tapping process.
Tapping for Fear of Rejection or Humiliation:

Example Set-Up Statements (Tapping the Karate Chop Point):

“Even though I'm afraid to talk to __________ because I don't know what to say, I accept myself anyway.”

“Even thought I'm afraid my mind will go blank, and I'll look like a fool, I choose to be relaxed and calm in the present moment.”

“Even though I can't think of anything clever or witty to say, and I can't get the words out of my mouth, and they'll think I'm stupid, I choose to be confident and relaxed, so that I spontaneously say the right things without having to know ahead of time.”

“Even though they will all see me shaking and they'll know how nervous and uncomfortable I am, I accept myself and my feelings anyway.”

Tapping each point 5-10 times:

EB: “I can't hide my nervousness.”
SE: “I don't know what to say.”
UE: “Everyone knows I'm anxious.”
UN: “They're going to laugh at me.”
CH: “They're going to ridicule me.”
CB: “I'm going to look like a fool.”
UA: “My mind is going to go blank.”
Cr: “My heart is pounding and I'm shaking.”
And now a round of positives is usually a nice way to end...

EB: “I choose to be calm and confident.”
SE: “I choose to feel calm and confident in my mind and body.”
UE: “I choose to feel peaceful and calm in this social situation.”
UN: “I don't have to hide my nervousness.”
Ch: “I'm not the only one who has ever felt this way.”
CB: “I choose to trust myself to be spontaneous with my words.”
UA: “I choose to trust my mind and body to say the right thing.”
Cr: “I choose to be calm and empty and present in the moment, and the right words will come automatically if and when I need them.”

And end with a nice big breath into the belly, and into the heart center.

Close your eyes and tune into your feelings, in the body.

Just notice what you notice.

If there is peace, then just enjoy that. If it's empty and still – just stay there for a while before you busy yourself again with activities.

If you still feel some fear inside, then take note of any specific image, worry or thought that's behind it, and do a new round of tapping with that specific fear as the focus.

If it's just a feeling of fear on a body-level – like a tightness in the chest – then do some more tapping as you focus on that feeling.

Again, end with a deep breath.
Chapter 13
Fear of Making Mistakes / Fear of Making Choices
Learning to Trust Yourself

This is very much like the last section on social anxiety. Trusting yourself to say or do the appropriate thing, and not over-thinking it ahead of time is what it's all about... this is another excellent example of living Mindfully: Aware of the present moment, not future-tripping, accepting what is happening in this moment, not judging yourself or anything around you.

The fear of making mistakes, or choices in life, can be paralyzing, and this often leads to depression. This usually involves a sort of perfectionist attitude or ideal – which of course is never attainable (we can never be “perfect”). So the perfectionist either becomes a compulsive doer, always busy trying to improve everything and never arriving -- never satisfied or content in life, never comfortable just sitting still, just Being.

Or, the perfectionist realizes that it's all futile, becomes ashamed, feels worthless, like a failure in life, and gives up – resigning herself to the belief that she is damaged and destined to be unfulfilled and unhappy. Neither option is a good one. Perfectionists are never truly happy, and never at peace.

Being able to take chances, roll the dice, go with your gut, make an educated guess, make a
move – is an act of faith, and the only way to grow in life. It requires some letting go of fear, or an attitude of “just do it” even if you have some fear. And it requires a willingness to risk failure, and a willingness to let go of the illusion of being in control. We are never really in control of anything outside our own internal attitude – even though we can convince ourselves that we’re making all sorts of things happen in “the world out there.”

The most that you can do at any given moment in time, is to do your best. If your best means you have to do things perfectly, you will be very stressed out. Your high expectations of yourself might help you to become very good at certain things, but if you always demand this of yourself, then the day will eventually come when you will be disappointed in yourself. You might even become so devastated by your lack of perfection that you become depressed, and lose faith in yourself and in the goodness of life itself. I've seen this happen to many people.

So what do we do about the fear of making choices?

We Tap of course!

Set-Up Statements:

“Even though I can't be perfect, I choose to love and accept myself anyway.”

“Even thought I'm afraid to make a mistake, I choose to love and trust myself.”

“Even though I'm paralyzed by fear of making a wrong choice, I choose to let go and trust.”

Other options:

“Even though I've made bad choices before, that cost me dearly, and I've lost trust in myself, and I feel like I have nothing but bad luck, I choose to have hope and faith in life.”

“Even though I've made terrible mistakes, I choose to trust myself again.”

“Even though I can't decide, I choose to know that I cannot make a wrong choice.”
Now Tapping each point 5-10 times:

**EB:** I'm afraid to make a choice

**SE:** What if I make a mistake?

**UE:** I'm afraid I'll choose the wrong thing

**UN:** I never make good choice

**CH:** I never make good decisions

**CB:** I don't trust myself

**UA:** I made a terrible choice last time

**Cr:** I feel trapped and I can't make a move

Now, if you're on a roll, then keep going like this for a few more rounds..... then end on a positive round:

**EB:** Maybe I can learn to trust myself again

**SE:** I want to trust myself again

**UE:** It's OK to trust myself again

**UN:** I choose to trust my gut

**CH:** I choose to quiet my mind, and trust my instincts again

**CB:** It's safe to trust myself

**UA:** It's OK to make mistakes

**Cr:** I don't have to be perfect

Deep breath.
Chapter 14

Healing the Child Within

Re-Writing Your Personal History with Meridian Tapping

Time Travel Made Easy

I love time-travel movies, because of the concept of changing the present, by changing the past. The hero goes back in time, makes one little change and then comes back and finds that everything is different than it was.

One of the most wondrous things about EFT/Meridian Tapping, is that, like many other Energy Psychology Techniques, it so elegantly, quickly and painlessly goes right to those old memories, childhood traumas, or early life-impressions that we've carried with us for years - and changes them.

To me, this is just the same as time-travel. Those frozen moments in time - those pivotal moments in our lives, life-changing moments that go on living within us day after day, can literally be dissolved into insignificance. Imagine living your life as if their was no past. Every thing would appear new, and fresh, beautiful and alive. You would take nothing for granted, nor would you make assumptions about things. You would have no negative expectations, because expectations are always based on past experiences. You would still have access to your memories - but those memories would never come in the form of intrusive or disturbing thoughts or fears.

This is exactly what EFT/Meridian Tapping can do for you. Our negative habits, fears, inhibitions, pessimistic attitudes, and self-limiting beliefs are all based on past negative experiences. Even the memories that are deeply buried and forgotten - our earliest memories of life - all continue to strongly influence our feelings, beliefs, expectations and perceptions. Each time another traumatic memory is neutralized, we become a little lighter and a little more free to be who we really are, and to experience life without the negative filter over our eyes.
The Inner-Child

Sometimes called the “inner child,” or in Shamanic healing cultures referred to as “lost soul parts” - we have within us every person that we ever were in this life – from the infant to the present age and all moments in between. Sometimes it can be very helpful to relate to this inner-child part of us, as though they are really separate people, with their own feelings, their own beliefs, thoughts, and consciousness apart from our present self. By addressing these younger parts of ourselves it is like traveling back in time and changing our own personal history. Once we heal those frozen moments of our past, it must change everything in our life story that follows. When we heal the past, we transform the present.

When you have a specific memory or a trauma from childhood....

The Set-Up Phrase is just like you do for the Movie Technique – describing the specific scene, and be sure to include the age that you were when it happened.

“Even though when I was ___ years old, this ________ happened, and I felt _______, I deeply and completely accept the ____ year old inside me and all her/his feelings now.”

“Even though when I was ____ years old, this ________happened, and I felt _______, I deeply and completely accept the ____ year old inside me, and she/he is safe now.”

“Even though the _____ year old in me is frozen and traumatized, it is safe for her/him to feel her/his feelings now.”

Then Tapping each point 5-10 times, your reminder phrase, should include statements like:

EB: This ____ happened when I was ____ years old
SE: I watched this ______ happen and I felt ______.
UE: I still feel this ______ as I think about what happened.

UN: I didn't know what to do, and it wasn't safe to express my true feelings then.

Ch: The ____ year old in me is still feeling ______.

CB: The ____year old in me has been alone for all these years

UA: I accept the ____ year old in me and all her/his feelings and I offer her my love and protection now.

Cr: I choose to love and accept the ____ year old in me, and want her/him to know that she is not alone anymore.

As usual, end with a deep belly breath, check in with your feelings – physically, energetically and emotionally (whatever you notice). Think about the original traumatic memory again and note the level of intensity (if any). If there is still any negative emotion or intensity, then repeat more rounds.

You can also do extended rounds of positive statements -

Phrase your statements as if you are talking to your own child – words of comfort and compassion and reassurance. *This can be very powerful and very healing.*
Chapter 15

Codependency: When your life is not your own

How codependency can cause depression and emotional pain

Codependency is based on loss of Self. That is, a feeling of emptiness, or lack of self-esteem, or lack of emotional independence. When we are dependent on another person, or people in order to feel okay emotionally, then there is a loss of Self. (In truth, you can never really lose your Self – but you can forget the Self). We become overly other-focused. This is always a recipe for unhappiness, and often real depression.

Here are some basic truths that need to be learned in order to grow out of codependency:

- You can't be happy for others while neglecting yourself – you have to give this gift to yourself.
- Others can't actually make you happy (or unhappy).
- If you give away your power and your freedom to try to make your partner happy, you destroy your own happiness and you become a slave.
- It's not selfish to make your own needs a priority in your life. Take back your power!
Try This Journal Exercise:

Make a list of all the negative rules, assumptions and ideas that you operate with, when it comes to relationships. Here's some examples to get you started:

- I live for my husband
- She is my life
- He's like the other half of me – I can't live without him
- My needs do not come first in my life
- I always have to do better, or do more to please others, or make someone else happy
- My feelings of guilt are a sign that I'm not doing enough for ____________.
- I can only be happy if ____________ is happy.
- When my partner is sad, I feel sad. How can I be happy when she's sad?
- Making my own needs a priority would be selfish.
- I NEED YOU! (I'm nothing without you, etc.)

As always, with Tapping, be specific!

Identify your own codependency traits and tap on each one:

1. Even though I can't be happy if Jim isn't happy... I deeply and completely accept myself
2. Even though I can't make Jim happy – I choose to love myself anyway
3. Even though I'm powerless to help Jim with his own unhappiness, I choose to be happy.
And here's one more great set-up statement to use for codependency issues:

“Even though I've been focused only on Jim's needs,

I choose to take back my power, and put myself first”
Chapter 16

Meridian Tapping and Dream Work: Using your Dream Life to Heal Depression

“Whenever you dream calmly about huge fires, the ocean, or vast waters, rivers, boats, angels, Scriptures, Saints, temples, churches, altars, flowers, cloudless skies, sunny lights, auroras or the moon, or of a feeling of expansion in space, then know that the time for your spiritual development is near.... by the power of good living in this life.”

— Swami Paramahamsa Yogananda

Dreams are the movies of the mind. All dreams are loaded with meaning. And every object, person, and event in your dreams is an aspect of YOU. Paying attention to our dreams can lead to new insights, ideas, inspiration, self awareness, and inner guidance. Your dream life will always reflect what is going on in your present life, and on all levels – the areas of your life that you are aware of, as well as the aspects of your life, and your inner feelings that you are not aware of.
When we are depressed, we tend to have depressing dreams – dreams of being chased, of being trapped, imprisoned; dreams of driving cars that are out of control, or are breaking down; dreams of being stuck in the mud, or having no energy or ability to move; unable to get what you want, or get where you want to go; dreams of being in dangerous or embarrassing situations and so on.

You might also have dreams of escape, and your dreams may be a welcome vacation from your depressing waking life. If you have positive dreams, enjoyable dreams, then take this as a good sign that you are not far away from breaking out of your state of depression.

To remember your dreams better --- I highly recommend getting into the habit of writing them down in a daily dream journal. Even if you only remember a little bit – one image or feeling from a dream – write it down. You will start to remember more as you train yourself to pay attention to this part of your consciousness.

Once you remember a dream, or a significant dream image that has some feeling or meaning for you – you can use it in your tapping:

**Examples of Set-Up Statements:**

“Even though I feel stuck in the mud, like in that dream, I accept this feeling, and I choose to find a way out.”

“Even though I felt such grief in that dream, when I lost ____, I accept my feelings now.”

“Even though I was charged with a crime, and thrown into a dark dungeon, and I felt so hopeless and alone, I accept my feelings, and I choose to find a way to free myself.”
Next, tapping at each point – simply describe the dream, or part of the dream, including the feelings that you felt, just the same as if it were a real waking-life experience.

It might help to do this with your eyes closed, so you can recall the dream better, and really get into the feelings and imagery of the dream. This will usually bring up some deep emotion, awaken new memories from the dream, and bring insights into the ways that it connects to your outer life.

“Peace can be reached through meditation on the knowledge which dreams give. Peace can also be reached through concentration upon that which is dearest to the heart.”

-- Patanjali
Chapter

17

I Don't Know What I Want!

“Our wishes foretell the capacities within us;
They are the harbingers of what we shall be able to accomplish.
What we can do and want to do is projected in our imagination,
Quite outside ourselves, and into the future.
We are attracted to what is already ours in secret.
This passionate anticipation transforms what is already possible
Into dreamt-for reality.”

-Goethe

One of the biggest inner blocks we have to getting what we want in life, is not knowing what we want. Children always know what they want, even though their desires change all the time. They're not afraid to want things – to dream and hope and imagine. Somewhere along the way, many of us are told that we can't have what we really want. It's “unrealistic,” or “childish.” Or we've gotten hurt and disappointed, and we've given up hope that we can ever really have what we want. We may decide that we don't deserve to have what we want. Or that it's not safe to have hopes and wishes, because it will end in loss, failure or disappointment.
Sometimes we have a mental block against knowing consciously what we really want, because if we never figure out what we want, then we never have to be disappointed when we don’t get it – or when we lose it. The fear of bitter disappointment may feel more powerful than the desire to have what we truly want. We're afraid to dream big because that negative inner voice, the voice of doubt and fear, whispers.... “but you can't have that.”

Whatever the reason for not knowing what we want – the end result is a feeling of being lost, disconnected, confused about our life’s purpose, and often depressed.

Knowing your heart's desire, is the surest way to achieve your dreams.

Tapping to know what you want:

The Set-Up Phrase:

“Even though I don't know what I want, and my mind shuts down when I try to think of what I want --- I choose to listen to my heart and my intuition.”

“Even though I can't figure out what I really want --- I choose to know my heart's desire, and to feel safe pursuing my dreams.”

“Even though I don't know what I want --- I choose to let my inner guidance lead me to that which serves my highest good, and that of all concerned.”

Then, Tapping 5-10 times at each point:

- I don't know what I want
I feel like I can’t know what I want
It feels dangerous to know what I want
I’m always disappointed – happiness never lasts
My mind goes blank when I try to think about what I really want
Maybe I’m not meant to be fulfilled in life
I’m afraid to find out what I really want
I’m disconnected from my true desire
I’m afraid I can never have what I really want – so it’s better to not know what I want.

End with at least one Positive Round:

- I choose to listen to my heart
- I choose to listen to my intuition
- I choose to know my deepest desires
- I choose to trust my desires to lead me to their own fulfillment
- I choose to feel safe knowing what I really want
- It’s OK to have desires
- My desires can lead me to my true purpose
- It’s safe to know what I want
- I choose to feel excited, anticipating getting what I want the most.

Now take a deep breath and pay attention to any flashes of insight, any images, thoughts, desires and feelings – no matter how subtle or fleeting.

Write these impressions down in your journal. This will help to make them more conscious.

Later, you may want to do more tapping on these ideas to bring them even more into your present awareness.
Chapter 18

The Greatest Mystery.... We are “The World”
(When You change, Everything changes)

“You need not and you cannot become what you are already. Only cease imagining yourself to be the particular. What comes and goes has no being. It owes its very appearance to reality. You know that there is a world, but does the world know you? All knowledge flows from you, as all being and all joy. Realize that you are the eternal source and accept all as your own. Such acceptance is true love.”

-Shri Nisargadatta Maharaj

Depression is often experienced as a state of isolation. From a spiritual perspective it is the separation from God, Source, the Higher Self, or from your own divinity – whatever the concept or language you choose to use, it is the same. While in Truth, we are never separated from our Source, we may fall into a state of forgetfulness and fear, in which we can no longer see or feel this connection to Life. In depression we feel alone – separate from others, and separate from “the World.” We have a profound sense of insecurity, and a feeling
of being unloved, unseen, unappreciated, uncared for, unrecognized. Learning to see through
this grand illusion of separateness is the deepest level of healing for humankind, and also the
greatest potential in healing from your depression.

Be aware of your thoughts and the automatic messages that occupy your mind. Catch
yourself when you say things like, “The World is a harsh place,” or “The World doesn't
understand people like me.” Or.... “What would people think?”

The idea of “The World” is the same as “Society,” or “People” or “everyone.” “Us and Them.”
The fact is, all of those things are only concepts, generalizations. The meaning that you give
to these broad generalizations is all the meaning they have. The truth is this: We all live in
different worlds!

My world, is not the same as your world. The people in my world, the ways that they respond
to me, the ways that I interact with them, the colors I see, the feelings I feel, the beauty and
the ugliness I observe, the meaning or lack of meaning I give to things.... it is all unique to my
world. Your world is your own reality – your own experience. The world we find ourselves in is
a perfect reflection of our mind. The apparent “outer” world is a mirror for the “inner” world.
The thinking mind is the source of duality and the illusion of separation. The thinking mind is
what blocks the higher, intuitive awareness of our true nature. As the mind clears, our
awareness becomes clear.

“Just as the nightmare and the sorrow caused by it cease when one wakes up, the sorrow caused by the perception of the world-illusion ceases when one wakes up from that illusion.... The world is not what it appears in the eyes of the ignorant: what is real in the eyes of the enlightened is indescribable.”
-- Vasistha’s Yoga

The World isn't a “somebody” who is watching, judging, evaluating or punishing you. Your
world is simply like a 3D movie of your own thoughts, feelings, beliefs, fears, expectations, hopes,
and dreams.
As you liberate yourself from the negative conditioning of your own mind, the “world out there” becomes friendlier, more peaceful, more vibrant, more loving, more beautiful, more secure. *Free will is only the freedom to change your mind.* You can’t change anyone or anything else, nor do you have to change anything else. The belief that you can control the world outside you is a grand illusion.

**When You change, everything changes!**

*It’s all energy, all consciousness. If you want to change the world, then start by transforming your mind. All possibilities begin within.*

**A final tapping routine:**

“Even though I’ve created a fearful world, I choose to see peace.”

“Even though this fearful world seems so real, I choose to live in a friendly world.”

“Even though the world looks so dangerous and bleak, I choose to see a beautiful world.”

“I have given this world all the meaning that it has for me...”

“I have created a hostile world (a lonely world, a sad world)....”

“I’ve created a dangerous world.”

“My fearful thoughts are showing me a fearful world....”

“I choose to see a world of peace and love.”

“I choose to be peaceful and loving with myself.”

“I choose to live in a peaceful world.”

“I accept myself, I forgive myself, and I choose to see the beauty both within and without.”
“What if I could see everything as it really is?”

“What if I could feel completely free to be myself?”

“What if I could have whatever I want?”

“What if everyone could be free from suffering?”

OM
Appendix

Additional Meridian Tapping Points and Techniques

Hands/Fingers or Wrist: The original EFT techniques uses additional points below the chest (the “spleen point” and additional points on the fingers – along the outside edge of each fingernail (on the thumb side); Most practitioners omit these points as they don't seem to add much benefit in most cases. Others use them at times, or simply slap the inside of both wrists together at the end of a round, or before ending at the crown. Tapping the wrists together activates all the finger points.

9 Gamut Point/Brain Balancer:

This is also part of Gary Craig's original EFT technique. It is often left out as it is usually unnecessary. However it seems to sometimes add some real benefit in certain cases – either when your not getting complete resolution, or with certain neurological issues. It is done after tapping the usual series of points, and usually another round of tapping is done after the 9 Gamut Point as well (so it's in the middle).

The method is as follows:

While tapping steadily between the tendons on the back of the hand, between the little finger and ring finger and just behind the knuckles, do this series of movements:

- close eyes for a few seconds
- open eyes for a few seconds
- look hard down to the right with your eyes
- look hard down to your left with your eyes
- roll your eyes in a large clockwise circle
- roll them back the other direction
- hum a tune for a couple seconds (whatever you feel like humming)
- count out loud to 5
- hum again for a couple seconds
FAQ's

Q: Can I do the whole technique silently (talking mentally)
A: Yes you can, but sometimes it seems to work better when you say the words out loud.

Q: Can I do tapping with others or in a group?
A: Yes, it actually can intensify the positive effects to tap with another supportive person or group

Q: How many rounds should I do?
A: It is completely up to you. You can tap until it feels right to stop. Often one round per issue or “aspect” is enough, but you have to assess your progress as you go, and tap more if you need to.

Q: Can you overdo it? How long should I tap every day?
A: There are not any significant negative side effects or dangers involved with tapping. If you tap too hard, you can feel a little bruised (a light tap is all that's needed). I usually recommend tapping daily, at least once or twice, for 10-20 minutes. You can do more, and longer periods if you want to.

Q: What if it's not working?
A: Usually if it seems to not work, either you are too distracted, too flooded or overwhelmed with your emotions or traumas that you need someone guiding you, or you are not focusing on the most important core issues for yourself. Often, it is simply an issue of not tapping on the “aspect” of the problem that needs to be addressed.

Q: My emotions sometimes intensify when I tap – does that mean it's not working, or even making things worse?
A: If you tap about some feeling that's been repressed or held back – it often will surface and intensify first. If you then continue to tap, it almost always subsides and fades away.
Q: If I miss a point, or if I'm not exact, will it still work?
A: You don't have to be exact, and if you miss a point in the sequence, it usually still works. Your focus and intention are more important. If you tapped all the points perfectly but your mind was wandering and had no purpose or intention, you would not get the desired result.

Q: If I don't believe in all this energy healing stuff, will it still work? Isn't it just about belief?
A: Even hard-core skeptics can get great results with Meridian Tapping. You have to make the effort to do the technique correctly, but you don't have to believe it will work.

Q: Is it just working because it's a form of distraction or pattern interruption?
A: There are different theories about why and how tapping works. You could do other things to distract yourself while focusing on a problem, and not get results. The energy points have a very real effect on the nervous system. Even the most severe Post Traumatic Stress Disorder (such as those we see with recent war veterans), can clear completely and rapidly in many cases, using Meridian Tapping.

Q: Is it okay to tap just with positive statements, and no negative “problem” statements?
A: Yes! Although many issues respond best to expressing the negative aspect while tapping, you can end with positive statements, and you can even try doing all positive statements. This can be a powerful method to use, even when you aren't working on a “problem.”

Q: Can Tapping be used for children?
A: Absolutely! It works great with kids of all ages. You just need to adapt the language to make it kid friendly and gentle. You can tap on the child for them (gently). And you can say the words for them (whether they repeat them or not). It's important that the child be willing to allow you to do this with them. Kids can learn to do the tapping process for themselves and can get wonderful results!
About the Author

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Benjamin Schwarcz resides in Sonoma County with his family. He has a Transformational Coaching and Psychotherapy practice based in Santa Rosa, California where he uses a combination of approaches including Energy Psychology, Transpersonal Psychotherapy, Mindfulness, Yogic teachings, meditation and EFT/Meridian Tapping. Ben also teaches Meridian Tapping to other psychotherapists and practitioners. Ben has worked professionally in the mental health field since 1991, and specializes in trauma, depression, bipolar disorder, anxiety, relationship problems and spiritual development. Ben has studied and practiced Kriya Yoga with Himalayan Masters since 1998.

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Tapping Into Joy: Meridian Tapping and Mindfulness for Depression
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