

The Tapping Solution

What is Tapping?

Tapping is a powerful tool for improving your life on multiple levels: mental, emotional, and physical. Based on the principles of both ancient acupressure and modern psychology, tapping concentrates on specific meridian endpoints while focusing on negative emotions or physical sensations. Combined with spoken word, tapping helps calm the nervous system to restore balance of energy in the body and rewire the brain to respond in healthy ways.

Millions of people are settling for lives filled with poor health and emotional baggage. Not knowing how to achieve the joyful and satisfying lives they desire, they're stuck accepting a lifestyle of emotional trauma, chronic physical pain, compulsions and addictions, or perhaps just an empty feeling inside. Along with these problems come pills to kill the pain, sleep at night, and suppress anxiety – but this is hardly better than the disease.

If you're like many people, you feel trapped, caught in this cycle. You're tired of feeling sad, depressed, anxious, discontent, and unwell. You're sick of the expensive and ineffective treatments. You're fed up with relinquishing the power over your health and happiness to psychologists and doctors. You'd like to grow, flourish, and thrive, putting the past in the past. You want to be your best, living a life that is filled with peacefulness, joy, and fulfillment, from day to day and moment to moment.

With Tapping, you can do that. You can discover the vital secret for emotional wholeness and physical relief. You can take your physical and emotional well-being into your own hands. It's simple for anyone to master, and it's free. Tapping provides relief from chronic pain, emotional problems, disorders, addictions, phobias, posttraumatic stress disorder, and physical diseases. While Tapping is newly set to revolutionize the field of health and wellness, the healing concepts that it's based upon have been in practice in Eastern medicine for over 5,000 years. Like acupuncture and acupressure, Tapping is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body's own energy and healing power. Your body is more powerful than you can imagine... filled with life, energy, and a compelling ability for self-healing. With Tapping, you can take control of that power.

So How Does It All Work?

All negative emotions are felt through a disruption of the body's energy. And physical pain and disease are intricately connected to negative emotions. Health problems create feedback – physical symptoms cause emotional distress, and unresolved emotional problems manifest themselves through physical symptoms. So, the body's health must be approached as a whole. You cannot treat the symptoms without addressing the cause, and vice-versa. The body, like everything in the universe, is composed of energy. Restore balance to the body's energy, and you will mend the negative emotions and physical symptoms that stem from the energy disruption. Tapping restores the body's energy balance, and negative emotions are conquered.



The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 12 of the body's meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body's energy, restoring it to a balanced state.

