

# Meridian Tapping (EFT)

By Pamela Radosen

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Meridian tapping is a simple, effective adaptation of The Emotional Freedom Techniques™ (EFT) developed by Gary Craig. A powerful method to release emotional and physical stress from the body and the mind, tapping is growing in popularity and is used in many parts of the world. I have found that meridian tapping blends the wisdom of Chinese medicine with the benefits of cognitive therapy. Cognitive therapy is well known and respected as an effective psychotherapeutic modality to decrease symptoms of anxiety, depression, and other emotional issues. It is one of the most successfully researched forms of psychotherapy. Cognitive therapy helps clients change thinking patterns to promote better mood, and therefore better health.

Chinese medicine works on energy meridians that run through out the body. These meridians are often described as 'rivers of energy.' When a person is balanced and healthy, the rivers flow freely. When the rivers are blocked, life force flows slower and disease and discomfort can develop. Two Chinese medicine techniques, acupuncture and acupressure, are based on clearing the blocks in the energy meridian system. Meridian tapping is often described as needle-less acupuncture.

To begin, you tap on energy meridians, while repeating a sentence or phrase about the issue you are working through. (See "Recipe for Tapping") The session ends with the installation of a new way of thinking by tapping positive phrases and words related to the former issue.

Thus, tapping combines the benefits of clearing the meridian system with cognitive therapy in a simple and effective manner. This often brings healing to issues that have been resistant to change. Although a stubborn issue may have many layers, many clients report changes with one session.

Emotions are a form of energy. Thoughts are a form of energy. When energy is blocked, the body gets out of balance, and stress forms. Stress burdens the body and the mind, causing more blockages, leading to premature wear and tear of the body and disease.

If the stress is emotional and becomes longstanding, it can lead to depression and anxiety and other issues. Emotional stress held long enough can create physical symptoms. By bringing awareness and positive intention to the energy meridian system, Tapping helps release stress from the body. Releasing unpleasant experiences and stress in the body improves the flow of energy in the body, creating health.

Tapping, like exercise, helps move energy and promote energy balance in the body. Exercise is known to help with mood and physical health. Unlike exercise, tapping can be focused on a specific stressor or problem. When using meridian tapping, release is often felt on both the physical and emotional level. Clients report physical feelings like heat release, tingling, movement, pressure, or sensations of cold. Emotionally they convey a sense of movement of the heaviness, movement of the anxiety, release, peace, ease, or quiet. Tapping often increases self-awareness and a sense of "inner knowing". As clients release stress on physical and non-physical levels, they often demonstrate more intuitiveness.

Newer research shows EFT is more effective than cognitive-behavioral therapy for some problems. EFT has been used effectively with a great variety of emotional issues including depression, anxiety, intrusive memories, PTSD, fears phobias, or compulsions. It is being explored as an effective treatment for returning combat veterans and for patients dealing with cancer.

Tapping techniques are simply effective for many physical aches and pains in the body as well. It can also be used for more complex issues, including multiple sclerosis, migraines, cancer, skin issues, allergies, food cravings, and smoking cessation. Because of its simplicity and little apparent risk, tapping is an especially attractive modality for effective healing of both physical and non-physical disorders.

Meridian tapping is an effective tool that can be implemented in many simple ways. I teach clients how to tap, so they can comfortably use it as a self-help tool. It can be done for others, too. For a client with more intense issues, I often integrate tapping with other energy healing practices in a private healing session.

Tapping lends itself to group settings. It can easily be taught in small or large groups. It even has 'borrowed benefits.' Often, when one person taps, others in the room receive the benefits of the tapping too.

Meridian tapping is simple to learn and can be used individually, as a self-help tool, or as part of a clinician's structured treatment. Like most things, experience and practice increase its effectiveness. When this energy psychology tool is in the hands of an experienced clinician, its art and grace are even more apparent.

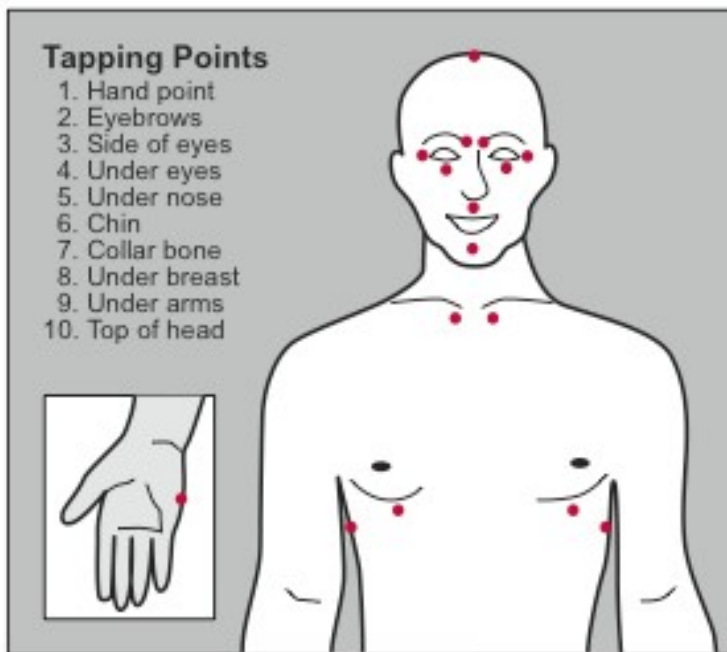
## **A Recipe for Tapping**

### **An EFT Recipe**

Here's a simple recipe:

1. Measure your level of stress on a scale of 1 to 10 (most intense)
2. Select an issue to work on: a troubling memory, a fear, a pain, a compulsion

3. Create a setup phrase or “EFT statement.” It should start with “Even though I . . .” (describe the problem) . . . “I deeply and completely accept myself.” For instance: “Even though I am angry that Susie left me stranded, I deeply and completely accept myself. From now on I choose to experience comfort, ease and joy.” (You do not have to believe this.)
4. Tap the hand point, sometimes called the “Karate Chop Spot” on the outside edge of the opposite hand, (see illustration), repeating your setup EFT statement three times.
5. Next, tap the remaining points, following the numbered sequence on the diagram. As you tap, simply describe the problem at each point, modifying the phrase as it seems right. For instance: “This anger at Susie” or “These feelings of being stranded.”
6. Take a deep breath. Measure the intensity of the issue again. Repeat the pattern until your stress level comes down to 1 or 0.



Reference:

Gary Craig's website: [www.EFTUniverse.com](http://www.EFTUniverse.com)

About the author:

Pamela Radosen, MS, LCSW, LMFT, is extensively trained in Meridian Tapping/Emotional Freedom Techniques (EFT), Spring Forest Qigong, and

Family Constellations. She practiced psychotherapy at a major medical center for over 20 years and maintains an energy medicine/energy psychology private practice in La Crosse, Wisconsin. Pamela sees clients individually, and teaches Meridian Tapping (a version of EFT), Spring Forest Qigong, and other trainings in group settings. For more information, or to hire Pamela, visit her at: [www.pamelaradosen.com](http://www.pamelaradosen.com)