

BALANCED LIFE TAI CHI

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What Is Meridian Tapping?

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Meridian Tapping or Meridian Tapping Techniques (MTT) are techniques that utilize meridians (or acupressure points) to decrease or resolve negative emotions and/or emotionally based physical issues. MTT is actually an ["umbrella" term](#) covering several energy-based tapping therapies. Some of these therapies include: Accutap, EFT (Emotional Freedom Technique), Pro-ER (Progressive Emotional Release), EMDR (Eye Movement Desensitization and Reprocessing), Net (Neuro Emotional Technique) and TFT (Thought Field Therapy). These are many different techniques and methodologies with a common goal. The most common and well known technique is EFT.

Tapping is mainly used to turn off the stress signal and heal the physical responses our body makes in reaction to painful experiences (both physical and/or emotional). It can be used to control or break habits, decrease stress and/or anxiety, eliminate or resolve fears/phobias, and even reduce or eliminate negative self talk. Meridian tapping has also been used with Post Traumatic Stress Disorder (PTSD).

Meridian tapping is a combination of acupressure/acupuncture and mind/body medicine using nothing more than your hand. Some call it the [cousin of acupuncture](#), without the needles because the fingers are used in place of acupuncture needles. The point is not to alter your subconscious but to interrupt the physical connections. Meridian tapping is done all over the world.

According to Traditional Chinese Medicine (TCM), the meridians carry energy (Qi) throughout the body. As I wrote in a previous blog, interruption or stagnation of the flow of energy may result in illness of varying degrees. These disruptions cause negative emotions, negative beliefs, and both physical and/or emotional pain. EFT [removes the disruptions](#) and gets all the meridians (circuits/channels) working again. Western medicine is slowly starting to recognize the importance of the meridians in the body.

Background: Research by Robert Becker in the 70's revealed electrical resistance at many acupoints, showing that meridians are electrical in nature. This and other research offer support for an energy system in our body. This energy system has electromagnetic qualities, including light, sound and subtle electrical current. Indeed, some accepted medical tests such as EKGs and EEGs measure the electrical output of our body.

History of MTT: George Goodheart, a chiropractic doctor, is believed to be the first to discover that tapping the meridians (acupuncture points) was successful for treating physical issues. Australian psychiatrist, John Diamond, added verbal affirmations to MMT increasing its success rate. Psychologist, Dr. Roger Callahan developed TFT (Thought Field Therapy) by adding a focus on a negative emotion one wished to eliminate.

During Emotional Freedom tapping, the person identifies and focuses on the emotion or fear. Pick an emotion or fear that you would like to clear from your energy field. At the same time positive affirmation must be decided on. One fear or emotion is focused on at each session in order to improve the outcome. Verbalize the affirmation as you tap throughout the sequence.

Tap from the top down and use either side of the body - your choice! Best to do tapping in order (plus it's easier to remember).

To tap: use the tips of your index and middle fingers (either hand can be used). Tap each point approximately seven times (repeat the reminder phrase at each point)

Tapping is quick but gentle. A tapping sequence starts with a SOH (side of hand) Chop on both hands. Use two or three fingers to tap the soft side of the hand between the wrist and little finger.

Sequence:

- Beginning of the eyebrow (inner portion)
- Outer side of the eyebrow (bone outside the eye socket).
- On the cheek bone, under the rim of the eye.
- Under the nose (just above top lip).
- Under the bottom lip (just above your chin).
- Breastbone, where collarbone and first rib meet.
- Sometimes inner wrists are tapped together and/or outer wrists. (Optional)
- Under the armpit about 3 inches (level with nipple or top of bra strap)
- Crown of the head (some start and return to the crown of the head - optional)

If by the end of the session you have not attained a decrease in your fear or negative emotion, repeat as desired.

Here are a few affirmations you can use (you can also make up your own “positive” affirmation)

“There are no limits to my abilities, I allow myself to succeed.”

“Even though my life is difficult right now, I allow myself to be happy.”

By now you may (or may not) be thinking about trying Meridian Tapping. Understandable. Here’s [several reasons](#) why you may seriously consider it. It can bring you relief from stress, anxiety, pain and suffering, feeling overwhelmed, having distressing or disturbing memories or thoughts, as well as fears or phobias.

Sound too good to be true? I felt the same way until I gave it several tries!

Bottom line: it’s quick, easy, and worth giving a try even if you are not totally convinced that it will work for you.

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