

Tap into Life

with Julie Schiffman

Congratulations!!! You have just taken a really important, self-empowering step toward changing your life.

It may seem unimaginable to you that you really can break free from real and significant pain, or that you can finally feel free from old programs running in your mind, or that you may never feel better again (physically or emotionally). If you can HEAR what your body is trying to tell you and if you can FEEL that there is a challenge within, then you can finally go from feeling stressed and overwhelmed to feeling free to love your life.

So what is this tapping thing??

Tapping (also known as EFT...Emotional Freedom Techniques) is a form of acupressure, similar to acupuncture but without the needles. It might look really strange as you tap on various parts of your body (see diagram below...mostly your head and chest), however it is a great technique that can help to provide relief from anxiety, depression, physical and chronic pain...as well as addictions, phobias and yes, very often, diseases too!

This simple process of tapping with the fingertips is used to input kinetic energy onto specific meridians on the body while thinking of a specific pain or problem. The combination of tapping while focusing on a pain or problem and adding positive affirmation, work to clear stress and imbalances in the body.

This is a very brief description of what tapping is and how it really can be used for just about anything and everything. I have worked with literally thousands of people in the past 15 years and I have seen some amazing transformations in my clients.

Here are some examples of what tapping can be used for:

- Stress
- Anxiety
- Sugar and Food cravings
- Physical pain
- Chronic Pain
- Allergies
- Phobias
- Depression
- Weight loss
- Balancing blood pressure
- Grief and loss
- Just about anything you can think of!

If you are experiencing any of the above symptoms, then tapping is for you! It is really for anyone who wants to feel better in any given moment. What I love most about it is that you can tap on yourself anywhere, anytime unless you need assistance and then I recommend seeking out an EFT practitioner (there are many to choose from!).

How does stress affect your body?

I am going to help you figure out how to move from stress and pain when it comes to healing your mind, body and spirit. You may already know what it feels like to be completely stressed out or in physical pain, but do you have any idea how stress and pain are connected?

The first thing that is vital for you to know and understand is that your body is always speaking to you, ALL-WAYS. In other words, your body is speaking to you when you are feeling happy and excited but also when you are sad or depressed. It is speaking to you when you have a cough or indigestion and your body is speaking to you if you have symptoms of depression, anxiety, cancer, arthritis or knee pain.

Anytime you are feeling an emotion, you will feel it in your body. Go ahead and think about something that annoyed you today or made you feel stressed out. Did you think of something? What happened when you thought about it?

How do you know that you feel stressed about it? You must feel it someplace in your body. Perhaps you get a pit in your stomach. Maybe you feel it in your neck and shoulders or your chest is feels tight when you go to that place in your mind that is a memory, a fear, or what I call “creative poison.”

Creative poison is when we make up stories in our mind...you know, all the “what ifs” that create a strong mental, physical or emotional response. “What if my boss fires me” or “what if the Doctor tells me I have a disease” or “what if I get heart disease because it runs in my family”. You know what I am talking about, right? We think about the worst-case scenario so that we can be prepared for it. But these thoughts are like poison because our subconscious mind doesn't know the difference between the truth and the things we picture in our minds that didn't really happen.

As a brief example of Creative Poison: I was driving down my street recently and I was almost home. I saw flashing lights around the area of my house. My mind immediately went to the “what if's”. What if something bad happened to one of my kids, or what if there is a fire, or what if there has been an accident. My heart started pounding and I started to feel scared (mental, physical and

emotional responses). I was just sure that something went wrong and it had to be at my house. As it turned out a generator blew in the area and there were trucks with people there to fix it. The point is, that I immediately created a poisonous mentality and it affected my mind, body and spirit in that moment. This happened in an instant. I had a thought, a picture in my head and this created a response. Nothing had really happened but here I had felt all this stress and my body became stressed as well, as you can't separate the two. (Thank God for tapping, it didn't last long!!). I immediately went into fight or flight mode and when this happens often, it can really start to create breakdowns in the body.

Your mind and body are totally connected and you cannot have a thought without it creating a response in your body and you cannot have a physical symptom without having a thought or emotion about that.

What should I tap on and how do I start?

Before going through this next part, it is important that you give yourself a break here. None of this is meant to place blame on you or anybody else. This is the time for self-discovery and transformation. This is the time for you to be honest with yourself, to finally recognize what your pattern has been and let it go so you can break through to be the most fabulous YOU.

What is creating stress in your life?

Think about all the areas in your life today and put an X by the areas where you feel stressed. You can also circle any key words or phrases here that feel true for you. Where do you think there seems to be a breakdown (areas where you are not happy and living your life to its fullest potential)?

Friendships

Occupation

Hobbies and Passions

Finances

Home

Significant other (intimate relationships)

Family/children/ parents/grandparents

Physical health:

- Do you have pain in your body?
- Do you have muscle tension, soreness, stiffness or inflammation?
- Is your body speaking to you with physical symptoms?
- Have you been diagnosed with a dis-ease?
- Do you exercise regularly?
- Do you get sick often?

What is your self-talk about this?

___ I am sick

___ I am in pain

___ I am sick and tired

___ I feel alone

___ Nobody understands

___ I am fat

Mental health:

- What thoughts go through your mind on a regular basis?
- Do you find that you are not enjoying life to you fullest potential?
- Good quality sleep is difficult because your mind is racing.
- Finding yourself easily angered or irritated, or often resentful?
- Drinking, smoking, eating, etc. to avoid life stressors regularly?
- Lots of negative thoughts?

What is your self-talk about this?

___ Life isn't fun

___ Everyone annoys me

___ I can't deal with this anymore

___ I am so angry

___ Leave me alone

___ I have to worry

Emotional health:

- Do you often feel moody?
- Are you feeling overwhelmed by life stressors?
- Do you often feel depressed or sad?
- Do you feel lonely?
- Do you feel a sense of unworthiness?

What is your self-talk about this?

___ I have to complain so others understand

___ What is wrong with me?

___ I am so overwhelmed

___ I don't feel like I matter

___ I am scared

___ I am unworthy

Spiritual health:

- Do you feel a lack of connection to Source (God, Spirit, the Divine, etc.)?
- Do you often wonder “why me”?
- Is it a challenge to take time to meditate, quiet your mind, tap?
- Do you feel like you have to do this all alone?
- I don't have faith

What is your self-talk about this?

___ My prayers go unanswered

___ I feel so disconnected

___ There is no one to help me

___ I wish I had guidance

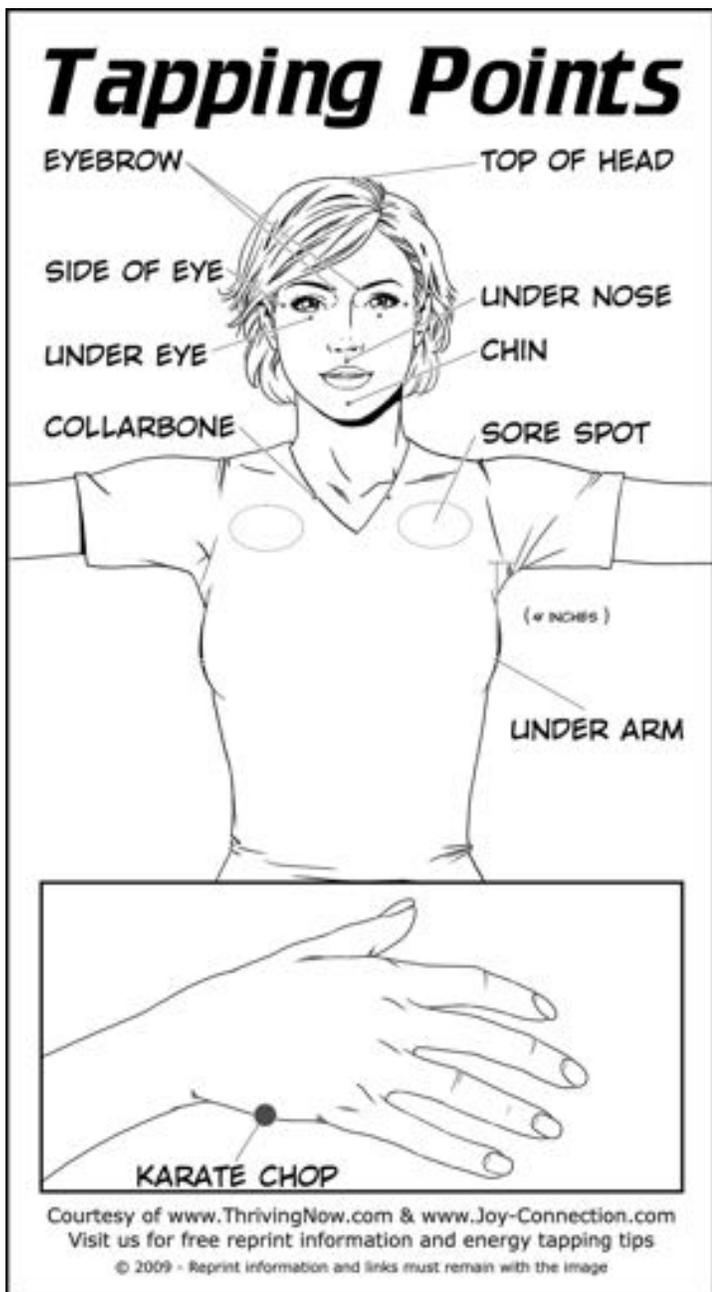
These are just some examples of what might be going on in your life to create stress for you. Out of all of these areas, start with the most pressing issue for you and think about when the stressors began. You might find that many of these stressors started around the same time. Also, think about what your story is surrounding these issues. What are the circumstances around the problem?

Think about what was happening and begin tapping about that time period or a particular event in your life. Remember to add what your self-talk is around a particular issue.

1. Describe the pain or problem you are currently dealing with:

2. What is your language about it? Write down thoughts, feelings, and emotions about it. (Choose from above or use your own).

3. How intense is the pain (physical or emotional) on the scale of 0-10?



Now that you have some idea of what to tap on, you will find a couple of tapping scripts in the pages that follow to help get you started.

I have also included links to some of my YouTube videos that you can tap along to.

Tapping for Stress

Now that you have some idea of what to tap on, below you will find a couple of tapping scripts to help get you started. I have also attached some links for you to see some of my videos on YouTube and you can tap along.

You might be stressed about one thing or many things and feeling completely overwhelmed...and when we are feeling overwhelmed, it can be hard to make sound decisions and feel like we are making the right choices for ourselves.

So let's get started with some tapping. First I want you to think about a stressor. It can be anything...something that happened today, yesterday or 20 years ago. It can also be something you are stressed about in the future which is probably the fear of the unknown, since it hasn't happened it. You are making up a story in your mind, which hasn't even occurred yet. How many times have you thought about an event that hasn't happened yet and you re-play a made up scenario in your mind...over and over. You are just sure this is how it will play out...only to find that afterwards you were worried for nothing. This fear is based only on past experiences...things that have occurred in the past and you didn't deal with them at the time. Now is the time to let it go!

So...back to the stressor. What are you stressed about right now? Write it down if you want...just pick one though for the purpose of this tapping sequence.

Think about how this stressor is making you feel. Do you feel scared, angry, sad, or powerless? Now where do you feel it in your body? For some people this can be a tricky question because you might not think about this often. But give yourself just a minute. If you are feeling scared, where is it? In your chest, your head, or your back? If you are angry, is your blood boiling, or maybe you feel it caught in your throat. In other words...how do you know you are feeling scared or angry? You feel it! Wherever it is, just notice it.

Tapping for Stress

Now that you have some idea of what to tap on, below you will find a couple of tapping scripts to help get you started. I have also attached some links for you to see some of my videos on YouTube and you can tap along.

You might be stressed about one thing or many things and feeling completely overwhelmed...and when we are feeling overwhelmed, it can be very hard to make sound decisions and feel like we are making the right choices for ourselves.

Now I want you to rate the stress on a scale of 0-10. How intense is this for you? Rate it and write it down so you know where your starting point is.

The goal is to be as specific as possible to get the best results but for the purpose of this tapping sequence, I will be very general since I can't possibly know what your stressor is.

If at any point this feels overwhelming for you, please reach out for help. As always please take responsibility for your own emotional and physical well being.

Tap on the karate chop point (the side of the hand): Even though I am feeling so stressed about this situation, I love and accept myself. Even though I am really stressed out here...it's getting hard for me to focus on what I need to do in order to relax...I accept myself anyway.

Even though I am finding it hard to love and accept myself when I feel this way, I accept how I feel about this and I am ready and willing to consider letting it go.

Top of the head: I am feeling so stressed out.

Inner eye: this situation is really stressing me out

Side eye: I am feeling sooo upset (angry, scared, etc.)

Under eye: and I feel it in my _____

Under nose: I can't stop thinking about it

Chin: I am really worrying about it

Collarbone: I have to worry about it Under arm: it makes me feel like I am doing something about it

Top of head: I have to worry and be upset about it

Eyebrow: it wouldn't make sense for me to just let it go and relax about it

Side of the eye: then I would be giving up all control and feel powerless

Under eye: I am going to try to let this go for now

Under nose: I believe it will all work out

Collarbone: This worrying isn't helping matters

Under arm: In fact, it's making me more anxious

Top of head: I am open to the possibilities of relaxing

Eyebrow: Perhaps if I am able to relax about this, I will be able to see my choices better

Side eye: Things always work out...always

Under eye: Even when I don't love the outcome, it all seems to work out

Under nose: I think this will be OK

Chin: I am even beginning to see other options that I didn't see before

Collarbone: I am beginning to see things more clearly.

Under arm: My body feels more relaxed and I am feeling more balanced

Wrist: I love when I can relax and see things more clearly. I am letting go...
Peace...

Take a breath in and let it go and see how that feels. Go back and think about what was making you stressed. Does it still feel as intense, or has it changed a bit? Perhaps a new layer came up for you, like a new emotion that you weren't feeling before. If this is the case, keep going back and tapping on it until it's gone.

Again, this was very general, obviously. Your job is to be as specific as possible. Just take the time to figure out how you are feeling and start tapping. It just feels good. Reach out for help if tapping is stressing you out...sometimes it helps to have someone give you the words.

How to tap for physical pain

People ask me all the time how to tap for pain because they can't find the words to use, especially if they are struggling. They feel like they don't know where to start. So here are some tips to get you started.

Start with what you DO know! You know a lot! You know exactly where the pain is and how it feels. We become experts at describing our pain because we feel it every day and we want our family, friends and doctors really to understand what it is we are going through.

Physical pain is our body's way of speaking to us. It is one of the many ways our body communicates with us. Very often we ignore it and try to forge ahead, but you probably have noticed that it just gets louder and more intense as time goes on. Maybe pain killers or other meds have helped for a period of time, but it's likely you are still experiencing some sort of pain because the underlying emotions or stressors haven't been addressed.

You might want to get a piece of paper and pen to write the following information down. It can help you to stay focused on how you are feeling.

So...tune into your body and recognize where the pain is located. Is it all over? Or is it in one specific area? For this exercise, pick one area that really bothers you.

After you locate the pain or discomfort, discover what the intensity is. On the scale of 1–10 how bad is it? 10 is the worst and 0 is none. It's always good to recognize the intensity before you start so you can identify how strong or weak it is as it comes down.

Next, describe the pain.

- Is it a dull ache?
- Is it a stabbing or shooting pain?
- Notice if the pain changes when you move
- Is it fluttering, pulsating, pressure?

OK...so now you have been really listening to what your body is telling you and now you can be more specific when you tap. You have all the words! For the purpose of this exercise, I am going to make it very general. If you have back pain, knee pain, stomach pain, headaches, arthritis or any other pain...just substitute with your own words.

As always, remember to take responsibility for your own emotional and physical well being.

I will tell you where to tap and what to say...just follow along.

We start tapping at the karate chop point (side of the hand):

Karate chop: Even though I have this terrible pain...I love and accept myself.

Karate chop: Even though I am really in a lot of pain here and I am so frustrated because its really getting in the way of what I want to do...

Karate chop: Even though this pain is so debilitating at times, I am open to letting it go.

Karate chop: Even though it's hard to love and accept myself sometimes, especially when I am experiencing so much discomfort....I am accepting where I am at now...so I can finally let go and move on.

Top of head: All this pain

Eye: All this pain

Side eye: I am so frustrated because it doesn't seem to be getting better

Under eye: I can feel it in my [chest/back/stomach]

Under nose: This stabbing, throbbing or aching pain in my [...]

Chin: I am in a great deal of pain all the time

Collarbone: Sometimes it's hard to do normal, everyday activities

Under arm: Like climbing the stairs, putting on my shoes

Top of head: All this frustration

Eyebrow: I can't even remember what it feels like to feel good.

Side eye: Nothing seems to help

Under eye: It feels so helpless

Under nose: I'm open to accepting where I'm at

Chin: It's time for me to move forward

Collarbone: I am open to letting go of the pain

Under arm: I am releasing the pain in my [...]

Top of head: I can feel my [...] relaxing

Eyebrow: The inflammation is coming down

Side eye: I am releasing the emotions that might be contributing to this pain

Under eye: I love how my body responds to my calm voice

Under nose: I am open to healing and forgiving

Chin: This is just the beginning

Collarbone: I'm just getting started

Under arm: The possibilities are endless...My whole body feels calmer, more relaxed as I let go Take a big deep breath and let it go

Did any thoughts come up for you? If so, you might want to keep tapping on those emotions or events that might be contributing to the pain.

Feel the pain again...has it changed? Check the intensity again...is it lower? Is it gone? Is it worse?

If it's still there, go through and tap again, saying things like:

Even though I still have this remaining pain in my [...], I deeply and completely love and accept myself.

Tap through all the points again until it dissipates. Sometimes you need to really examine what is at the cause and other times it might dissipate easily.

The bottom line is that you should keep tapping!! You can do it any time of day and it will really help to relax you. The possibilities are endless... Have faith and confidence.

You are off to a great start!!

Hopefully this workbook gives you some insight as to what tapping is and how to tap on your own. Remember, it is very important that you take control of your own physical and emotional well being. If any of this seems overwhelming, please reach out to someone who can help you.

Some good resources

The fun doesn't have to end here: I have over 100 videos on YouTube and I would love for you to come on over and take a look!

Here are some links for you to tap along with and help you get started. Click on the video title...and happy tapping!

Tapping to relieve anxiety

Tapping to reduce cravings

Tapping to avoid overeating

Morning meditation (tapping)

Tapping to reduce chronic pain

Tapping to help with insomnia

Tapping to reduce arthritis symptoms

Tapping to reduce symptoms of Acid Reflux

Tapping to get things done (aka no more procrastination)

Tapping to love your body

My Website: www.julieschiffman.com

Find me on Facebook: <https://www.facebook.com/Julie-Schiffman-EFT-1486523918292997/>

Book: The Tapping Solution by Nick Ortner (also www.thetappingsolution.com is another great resource)

www.eftuniverse.com is another good resource if you are looking to find a practitioner and for general information.

What now?

Keep tapping!!! Don't stop here...you have work to do. We all have work to do and it doesn't stop after one or two rounds (usually!). Sometimes it can be helpful to reach out for help because we do try to protect ourselves and can't always see our own "stuff" and there are many fantastic practitioners out there who can help you.

Most of all have faith, confidence and above all else, be supportive of yourself on this amazing journey you are on!! It is quite a ride and this is your chance to break through and move on.

Keep Tapping!

Julie

Julie Schiffman, MSW Expert EFT Practitioner