Capacitar

Practices of Hope & Healing

EMOTIONAL FREEDOM TAPPING

At this time of strong feelings and divisions in the US and many places around the world, Capacitar offers some simple practices of healing to empower us to transform emotions, connect with inner resources and reach out as persons of light and wisdom in our communities. In each moment we have a choice: to react with negative energy and fear or to see the reality of the times and choose a positive response or action to transform the energy of the moment and empower change for the future. You can download Capacitar's Emergency Kit of Best Practices available in over 20 languages from www.capacitar.org.

Emotional Freedom Tapping, adapted from the work of Roger Callahan, PhD. (TFT) and Gary Craig, PhD (EFT), is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories, and addictions, as well as for alleviating body symptoms and pain, such as headaches and overall body pain. The technique is based on energy field theory, along with meridian theory of Eastern medicine. Problems, traumas, anxiety and pain can cause a block in the healthy flow of energy. Tapping or pressing points on channels or meridians of energy can help move blocks in congested areas and promote the healthy flow of energy in the body, mind and spirit. This can be an invaluable tool for people as they experience difficult memories and traumas.

Practice:

• Think of an issue to work with and measure your anxiety level.
Choose to work with a problem, worry, fear, anxiety, traumatic memory or negative self-concept. Using a scale of 0—10, measure the level of anxiety that you feel when thinking about the issue. (0 means no anxiety, 10 means extremely high level of anxiety). If it is difficult to measure with a number, use a simple scale such as: (none, small, medium, large) or (big to little) or (tall to short). Often people who have suffered great trauma believe that they will never change. The reason for measuring the anxiety level is to show change.

• Tap the following sequence of Points 9 to 12 times with your index and middle fingers.

—#1 Points above where the eyebrows begin (crisis, frustration, and trauma)
—#2 Points at the sides of the eyebrows (anger and rage)
—#3 Points below the pupils of the eyes on the bones (guilt, anxiety and addiction)
—#4 Point under nose (crisis, trauma, dizziness, hypertension, psychological reversal)
—#5 Point under the lips on the chin (shame)
—#6 Points under the armpits (about 4 inches below) (crisis, anxiety and trauma)
—#7 Points below the clavicles on either sides of the sternum. (fear, anxiety and crisis)

• Tap point #A at the side of the hand and say 3 times:
"In spite of the fact I have this problem I'm OK, I accept myself." (Or some appropriate phrase)

• Repeat the tapping and hand sequences:
Repeat the sequence until your anxiety level is down to 0-2.