



EFT Finger Tapping

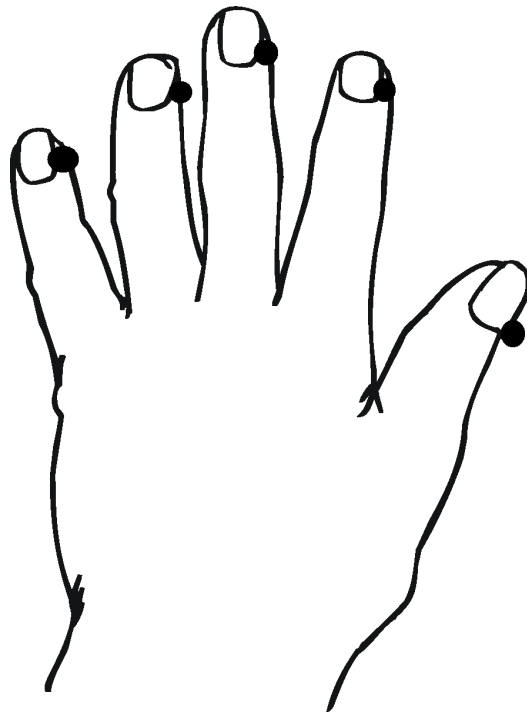
This technique is an easy way to tap anywhere at anytime, even if you're not tapping on all the other points. It is a great covert tapping method as it is very discreet so you can finger tap during a meeting, standing in line at the store, while out for a walk or sitting watching TV.

Another time finger tapping is useful is if you're having trouble falling asleep, or having trouble getting back to sleep. Rather than moving around too much, gentle tapping on the finger points yields very good results.

If you're a kinesthetic dominant learner (as opposed to visual or auditory) this is a great calming technique for fidgety hands, your own built in fidget spinner.

And finger tapping can be a very effective method of easily creating a daily habit of tapping, bringing you benefits each day.

While you can use the opposite hand to tap the finger points, I suggest using the same hand so that your thumb is tapping your fingers and your index finger is tapping your thumb. It may feel awkward at first using the same hand but with practice it will get really easy and will therefore minimize movement and make EFT finger tapping even more discreet.



LEFT HAND
Release and Let Go Negative Emotions

RIGHT HAND
Increase and Strengthen Positive Emotions

Start With Left Hand

Begin by releasing the negative emotions by tapping the finger points on your left hand. Do this as the left side of your body is controlled by the right side of your brain and the right side of your prefrontal cortex is more associated with negative thoughts, emotions, negative self-talk and avoidance behaviors (great for moving away from the rattlesnake, but not with procrastination and self-sabotage).

End With Right Hand

Once the negative issue is released and you're feeling better, fill the void with a positive feeling state by tapping the fingers on your right hand. The right side of your body is controlled by the left side of the brain, which is more associated with positive thoughts, positive emotions, positive self-talk, and moving towards growth, healing, expansion, advancement, reward and pleasure. Plus, the left side of the brain is the logical side so you're now associating a positive feeling state with the logical mind. It will now be logical to you to feel happy and joyful.

Pavlovian Response

By practicing tapping the fingers in this way you will create the Pavlovian response of just tapping the fingers on the left to release a negative feeling state and tapping on the right to create a positive feeling state. So even if you have to focus your attention on a meeting or even watching a movie your mind and body will be connected in a way that it knows that since you're tapping the left hand you're releasing negativity and by tapping on the right you're increasing a positive feeling state.

What's Up With The Ring Finger

If you do any research on EFT finger tapping you will see that there are three variations with tapping the ring finger. Some diagrams show tapping on the inside of the ring finger, some show tapping on the outside, and some show not tapping the ring finger at all.

Acupuncture is a very complicated system, plus there are acupuncture and acupressure systems of healing from Japan and Korea as well that have different systematization of the meridian, or energy lines. According to some the energy line, or meridian, of the ring finger runs down the outside of the finger. However, you can tap either side or even leave out the ring finger and you will still get good results. I teach tapping on the inside of the ring finger because it's congruent with all the other fingers and easy to remember and create the tapping habit.