



The Intuitive Connection

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Tapping and It's Benefits



Tapping, also known as EFT (Emotional Freedom Technique) involves lightly tapping on specific points of the body while focusing on an emotion or issue that you want to release. Think of it as a combination of acupressure, meditation and manifesting all rolled up into one. The technique was developed in the 70's and 80's and is based on traditional Chinese medicine that focuses on the 12 primary meridians that carry energy throughout the body. When pressure is applied to these points the meridians are stimulated. Tapping uses 9 of the 12 meridian points, with the idea being that applying light pressure to these specific areas can help reduce stress, anxiety, and help balance the body's energetic system.

Several studies have shown that happiness increases, cortisol levels (stress hormone) decrease, and many conditions such as anxiety, depression, pain, post traumatic stress disorder (PTSD), cravings, and even phobias all benefited by using EFT tapping. And the best part about tapping is that no specific tools are required (other than your hands) and it can be done anywhere in as little as 5 minutes of quiet time.

Let's dive into the steps of how to do tapping. This information was obtained from Dr. Young of the Cleveland Clinic, so if this technique doesn't work for you, there are multiple ways to do tapping using some of the same and some different pressure points.

- ☺ **Step 1:** Identify the issue. You have to start by identifying the emotion or issue that you'd like to find relief for. Dr. Young suggests "Put a hand on your chest and close your eyes as you focus inward on the emotion or issue that you want to deal with."
- ☺ **Step 2:** Rate the intensity. Once you've identified the issue, rate its intensity on a scale (0 = fine to 10 = absolute worst). Establishing where you are before doing EFT can help you determine how effective you feel after the process.
- ☺ **Step 3:** Choose your setup statement. Select a phrase that acknowledges both the issue you're addressing and your own self acceptance. For example: "Even though I feel stress in my body, I fully and deeply accept myself." Make sure to keep the statement about you rather than someone else or environmental factors. It's all about what you're feeling and being able to acknowledge it in a positive way.
- ☺ **Step 4:** Start tapping. Gently tap each of the following points, slowly working your way through them while saying variations of your setup statement for each tapping point. See the attached picture on the next page for reference.
 1. Start by using 4 fingers to tap 7-9 times on the other side of your hand just beneath your pinky).
 2. Then use 2 fingers to gently tap 7-9 times on each of these spots:
 - The inner edge of your eyebrow, near the bridge of your nose.
 - The side of your eye, right on the bone.
 - Underneath your right eye, right on the bone.
 - Under the nose, right above your lip.
 - Under your lip, just above your chin.

- On one or both sides or the center of your collarbone (clavicle).
 - 3. Use 3 fingers to tap 7-9 times under your arm, just beneath your armpit.
 - 4. Finally, use 3-4 fingers to tap on the very top of your head (crown).
- ☺ **Step 5:** Rate the intensity again. Dr. Young recommends completing 5-7 rounds of the tapping sequence. When you're done, rate how you feel about the issue again. If it hasn't resolved or at least calmed, there's more work to do and you could do another round of tapping. If things are too overwhelming, it might be time to seek professional help.

Some final notes, the side you choose to do tapping on doesn't matter, its all about personal preference or what feels better. Tapping can be done as much as you like. You can add this to your daily routine, or once a week, its up to you. It is noted that the more you do this technique, the more helpful it can be. Being consistent helps your body's nervous system shift from fight mode to thinking mode. Happy Tapping!



BB WITH HER BABY PHOEBE

Alpaca inspired lip balm
flavor of the month inspired by:

BB

Gingerbread

(Infused with the flavors of ginger, cinnamon, nutmeg, and clove with a hint of molasses for a sweet ending)



Trinity Healing

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