



TAPPING IN
A Step-by-Step
Guide to Activating
Your Healing
Resources Through
Bilateral Stimulation

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Tapping In Anxiety Relief: MaryAnn's Surgery

MaryAnn was scheduled for surgery to remove a nonmalignant tumor from her breast. This was the second time she had developed tumors in her breast, and the second surgery. Because of how awful she felt from the general anesthesia after the first surgery, she wanted to avoid using it for this one. She asked her doctor if she could remain awake during the surgery. She told him that she would try to control her anxiety herself using a technique she had learned. She assured the doctor that, if she should become overwhelmed with anxiety, she would agree to being put under.

The day of the surgery MaryAnn was anxious but determined to control her anxiety. As she was wheeled into the operating room her heart beat loudly in her chest, reverberating like a drum. The nurses and techs were busy preparing the room, and the overhead lights bright glared down at her on the table below. The nurses prepped her for the surgery. They extended her arms out to each side and fastened her wrists to the table. She was immobilized, her body in the shape of a cross. The anesthesiologist gave her a shot so that she would not feel any pain during the surgery, but gave her nothing for anxiety.

Surrounded by doctors, nurses and techs, the bright lights exposing her bare breasts, MaryAnn's heart began to race. Her chest was tight and it was hard to catch her breath. But in spite of her surroundings, she closed her eyes and brought her attention to a quiet, familiar place inside herself. She spent a few moments following her breath, feeling her body, being present. At first she attempted to keep herself calm by using her breath alone. When that didn't work, and waves of anxiety began to crash over her, she began to tap her fingers very lightly on the operating table--right,left, right,left.

As she did this she noticed that the tightness in her chest began to release and her breathing became smooth and flowing. She tapped for a while, stopping when she felt relaxed. She rested in a peaceful state for several minutes. Then her mind became active and her chest began to tighten again. She began to tap her fingers once more, continuing until she once again felt peaceful and calm. Throughout the surgery, whenever she felt anxiety beginning to build, she would resume tapping. By the end of the surgery she felt relaxed and at ease. She felt refreshed, not wiped out by the experience like the time before. She had done it! She was happy and proud of herself. This experience gave her confidence that she could get through other challenging experiences in the future with her resource tapping technique.

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