

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

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Tapping In

How to Tap In Your Resources

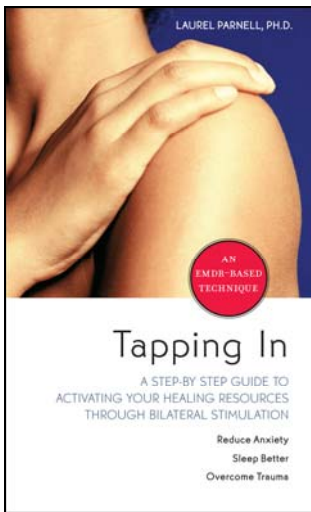
Tapping in your resources can include many forms of alternating bilateral stimulation. You can tap on your legs or knees, like drumming. You can lift your feet and tap them on the floor, or march in place. It is important to tap one side and then the other. In this way you will be stimulating each side of your brain. You can also do the *butterfly hug*. For the *butterfly hug*, cross your arms across your chest and tap either shoulder. The butterfly hug is helpful to use when you want to feel comforted.

These steps are the most basic approach to tapping in resources. In the course of the book, we will discuss many variations of the technique, but this is method that serves as the starting point and foundation of this practice.

1. Find a comfortable place to sit or lay down where you will not be disturbed. Turn off the ringer on your phone, or whatever else you need to do to prevent distractions.
2. Close your eyes. Bring your attention to a quiet, still place inside yourself. You might begin by taking long deep breaths and slowly exhaling. Relax and release with each exhalation.
3. Bring to mind the resource you have chosen to work with. It can be a positive memory, an inherent quality, an experience, or an important person or animal.
4. Imagine the resource as well as you can. Open your senses. Notice what you are seeing. Notice what you are hearing. Notice what you are smelling. What sensations do you feel on your skin? What do you taste? What do you feel inside? Take the time you need to elicit this information and fill out the resource.
5. When you have a strong sense of the resource, when you can feel its quality, begin to tap on your knees, right-left, right-left, or do the butterfly hug, crossing your arms in front of your chest and tapping on either shoulder. Tap 6 to 12 times, then stop and check in with yourself. If it feels good and the resource is strengthening, you can tap some more.
6. Tap as long as it feels positive. If other memories or resources come to mind that feel good, you can tap them in also.

Begin to tap at a slow rhythmic pace, and then find the pace that feels best to you. While you tap, focus on the whole feeling the resource evokes in you, allowing the feeling to increase. At first, tap for only a short time--alternating right-left, right-left, approximately six to twelve times. After one round of tapping stop and check in with yourself. What are you experiencing? If the resource is strengthened, tap some more. You may continue tapping as long as it remains positive. Some people prefer longer rounds of tapping. This is fine as long as the resource remains positive.

Many people can only do a few right-left taps before they begin to commence free-associative processing that can take them far afield. For example, sometimes a positive memory resource will flip to the negative or become contaminated in



Instructions for Resource Tapping

Go to a quiet place inside yourself.

Bring to mind your resource memory, experience, imagination, or figure.

Activate the sensory details of that resource until they are alive.

Begin to tap right-left, right left 6-12 times.

If the resource is continuing to strengthen and feels positive, you can continue to tap.

If you wish you can tap as long as the resource remains positive.

some way. In the middle of tapping in the memory of a loving interaction with your Grandfather, your mind might flash on a loved one who is angry with you. For this reason, it is best to do short sets and see how you are feeling. With practice you will learn what works best for you. As with most things, you'll get better at tapping into your resources with practice.

If you've found yourself tapping a resource that is not entirely positive, you should stop tapping immediately and try one of these techniques. Test out any or all of these, and see what works best for you.

- After you have stopped tapping, see if you can think of another, different resource that is fully positive. *It is important that the resource feel completely positive.* If you can find another one, tap it in, this time tapping for a shorter duration.
- If a distressing memory has arisen you can imagine placing it in a container that can hold it for you. This container can be made of anything you can imagine that can safely hold the material that has come up. You might imagine a safe, a vault, or a treasure chest with a good lock. It is important that the container have a strong lid. This imagery can help you consciously compartmentalize information that is too much to integrate in the moment. It is a skillful way to handle material that does not feel manageable. (Later, if you choose, you can take the material out of the container and work on it.) Once you feel the memory is sufficiently contained, you can return
- You can imagine returning to your Safe/Peaceful Place, one of the primary resources that I describe in Chapter 3.

As I mentioned in the previous chapter, when tapping in your resources you must be careful that you do not activate the reprocessing of traumatic memories. Tapping can cause your mind to connect to and light up all kinds of old memories, including ones that are distressing. *If you have a lot of trauma in your background, be very careful with the tapping of resources.* Do very short rounds of tapping, proceeding cautiously. Be sure to stop and check in with yourself before continuing with more tapping. You may want to consult with an EMDR therapist to reprocess your trauma memories prior to tapping resources on your own. This book is a guide to creating support for your mind and body, but is not a substitute for psychotherapy. If disturbing information should arise that you have trouble dealing with, seek professional help.

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