

Healing
With
Meridian
Tapping

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Contents

Ancient Science, Modern Healing	4
The Setup: Words For Greater Impact Tapping.....	14
Tapping Your Intention Into Reality.....	25
Reclaiming Your Energy Field With Tapping.....	33
Conclusion.....	37

Ancient Science, Modern Healing

Meridian Tapping (also known as *Emotional Freedom Technique, or EFT*) is an expression of energy healing in which the body's flow of energy (prana, chi) is balanced in connection with a specific issue or ailment by means of tapping on the acupuncture meridian points. Meridian Tapping is often described as 'acupuncture without needles' and is a highly effective healing modality.

A basic premise behind Meridian Tapping is that a significant factor in the cause of illness is a chronic negative emotional state which disrupts the flow of the body's subtle energies.

In support of the above statement consider the following quotes:

"Today, the mind/body research is confirming what ancient healing traditions have always known: that the body and the mind are a unit. There is no disease that isn't mental and emotional as well as physical." – *Acupressure for Emotional Healing*, by Gach and Henning

"The root cause of 85% of illness is related to emotional or psychological issues." -
- Dr. Norman Shealy, MD

"EFT offers great healing benefits." – Deepak Chopra

"EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school." – Bruce Lipton, PhD

Research has shown that over 85% of all illnesses are caused by underlying emotional issues. Since negative emotional states, emotions and thought patterns are often significant causative factors behind many, if not all, physical ailments and negative life conditions, then we can infer that Meridian Tapping is an effective tool for addressing and helping to resolve physical ailments and improving life conditions.

Through experience, experimentation, and research Meridian Tapping has proven to be an effective means of healing, without side effects, to include in any healing regimen. The experience one gains by utilizing Meridian Tapping makes clear that the true source of healing is found within. The power to heal is an inherent ability within the Human Being, the same being true throughout all of Nature.

Historical Examples of the Practice of Energy Healing

For thousands of years, numerous cultures and civilizations throughout the world relied on the healing powers found within various elements in Nature – plants, herbs, flowers, water, sunlight, etc.

Some cultures, such as in China, India, and Africa, practiced forms of energy healing in ancient times (and still do today) that modern Western civilization does not recognize as valid (*the reason for which will be partially explained a bit later*) but is slowly coming around to acknowledging and, in some cases, accepting.

Acupuncture, for example, has been practiced for thousands of years in China. The *Nei Ching* is the earliest known text on acupuncture, written during the reign of Emperor Huang Ti between the years 2697 B.C. and 2596 B.C.

In 1991 a frozen corpse, dated around 3300 B.C., was found in a glacier in the Alps near the border between Austria and Italy. Among the discoveries made of the corpse were 57 tattoos, some of which were located on or near acupuncture points coinciding with the modern points that would be used to treat symptoms of diseases that 'Otzi the Iceman' seems to have suffered from, such as digestive parasites and osteoarthritis. Some scientists believe these tattoos indicate an early type of acupuncture. This suggests a form of treatment practiced in the remote past and therefore is not merely, as some suggest, a recent development.

Western Medicine's Resistance to Energy Healing

If energy healing is valid and carries historical precedent why does Western medicine not recognize it as such?

Before answering this it is important to note that acupuncture and chiropractic are currently widely studied, accepted and, to a lesser degree, integrated as valid modalities throughout Western medicine. And other techniques, such as 'healing touch', are now being incorporated into treatment protocols in hospitals. Progress may be slow, but certainly the shift toward full acceptance is gaining momentum.

In terms of why Western medicine historically has been slow to recognize the validity of energy healing modalities, the reason is primarily three-fold.

First, the West has shown a cultural bias against indigenous cultures whose beliefs and ways are deemed unscientific, 'primitive', and backward. The West has enjoyed the fruits of modernization, innovation, and global dominance in shifting degrees for the past 2000 years and has failed to recognize the contributions indigenous cultures have made in providing a foundation of thought, philosophy, and practice upon which the West has built, at least partially, its development and progress.

Second, conventional medicine has become big business. According to estimates, in 2011 total sales of pharmaceuticals in the U.S. alone, to name only one branch of conventional medicine, reached \$320-\$330 billion and worldwide around \$880 billion [Source: IMSHealth.com]. Due to its unprofitability, and its philosophy which revolves around the independent, empowered patient, alternative healing is not recognized as a viable revenue source upon which the medical industry can grow and profit.

Third, for 300 years Western scientific thought was founded solely on the Newtonian paradigm of the universe which asserts that the universe is made up solely of matter and mechanism. In this Newtonian universe, based on the ideas of Isaac Newton, all things exist purely as a solid, liquid, or gas under the governance of physical laws – i.e., matter and mechanism. This is why, for example, physicians in the West treat the cause and manifestation of disease only on the observable, symptomatic level - as purely physiological, biological, chemical phenomena - and therefore prescribe treatments accordingly, which can have disastrous side effects. Chemotherapy as the preferred treatment of cancer

is a well-known example of this. Chemotherapy's side effects have been well-documented and carries a success rate of around 2%

When Albert Einstein proposed a universe made up of pure energy at varying frequencies it was initially met with a mix of curiosity, skepticism, and controversy (as all new scientific theories are). In the Einsteinian paradigm, matter and energy are completely interchangeable for they are one and the same; and the laws of physics are rendered irrelevant at the more subtle, quantum levels of matter and energetic existence. The universe, then, becomes more dynamic and capable of bending under influences and laws that defy linear physical governance. Reality itself is not the neatly packaged structure that a purely Newtonian approach would have one believe.

To ignore the energetic nature of our being and existence as Humans is to essentially dismiss a fundamental truth that ancient cultures understood to be the case and that indigenous still know today. This truth of nature, of our universe, and of our 'human-ness' – that we are energetic beings living inseparably and indistinctly within an energetic universe – was long understood by the mystics, healers, and shamans who were and still are held in high esteem within those cultures long derided and dismissed by the Western mind. Indeed, all things old have become new again.

Healing through Tapping

Meridian Tapping is a natural point in the progression of an evolving understanding and practice of energy healing in an energetic universe. Its uses and benefits have proven to be as numerous and varied as the conditions it addresses.

Among them are –

- Pain Relief
- Anger
- Addictions
- Weight Loss
- Anxiety
- Trauma
- Depression
- Fears & Phobias
- Allergies
- Respiratory Problems
- Blood Pressure
- Relationship Issues
- Women's Issues
- Children's Issues

PERSONAL PERFORMANCE

Abundance
Weight Loss
Business and Career Goals
Sports

EMOTIONAL CHALLENGES

Children's Behavior
Relationship Issues
Anger Management
Depression
Insomnia
Severe Trauma (PTSD)
Sexual Abuse
Addictions
Phobias

PHYSICAL DISEASE

Allergies
Migraines
Pain Management
Chronic Fatigue Syndrome
Multiple Chemical Sensitivities
Hypertension
Fibromyalgia
Cancer
Muscular Dystrophy
Parkinson's disease
Cystic Fibrosis

OTHER

Animal Healing
Surrogate Applications

The 9-Point Protocol

In **The 9-Point Protocol** you simply tap 7-15 times (not *necessary to count, approximations are fine*), firmly and rapidly with 2 fingers held together (*index & middle fingers*), at each of the following 9 meridian points:

- 1) The beginning of either eyebrow, closest to the bridge of the nose.
- 2) The outside corner of either eyebrow, on the bony ridge.
- 3) Under the eye (*either one*), in line with the pupil, on the bony ridge of the eye socket.
- 4) Between the nose and upper lip, dead-center.
- 5) Right under the lower lip, in the indent (*when you press on it you should feel your lower gum line*).
- 6) The point where your collarbone, sternum, and first rib meet, either side. (*One way to find the correct spot is to take your finger and press on the very center of your collarbone [where you feel the indent or 'U']. Now, tracing with your finger, go down 1 inch and over 1 inch to either side*). Tap right on that 'flat plateau' where your collarbone, sternum, and first rib meet.
- 7) One inch below the nipple (*for men*). For women, this meridian point is located approximately 1 inch below the line/crease where the breast meets the torso.
- 8) Under the armpit (*about 4 inches*) on your side/ribs, about level with your nipple (*for women: level with the point where your breast meets your torso*); tap with four fingers held together at this point for maximum coverage.
- 9) The very top (crown) of your head in line with your ears. You can tap with your 4 fingertips (*like you do when tapping underneath the armpit*) held together for

maximum coverage or tap with your entire flat hand, palm down and fingers held together.

The 12-Point Body Balancer:

At the side of your 5 fingertips (*the 'out-side' of your thumb facing away from your fingers and the 'thumb-side' of your fingertips*) level with the base of the fingernails. Tap on all fingers of both hands.

The 6th point on each hand is the 'karate chop' point – the side of the hand between the base of the pinky and your wrist (*the part of the hand with which you would deliver a karate chop*). Tap the KC point of both hands with 4 fingers held together.

Tap on these points on each hand in the following order:

- 1) Thumb
- 2) Index finger
- 3) Middle finger
- 4) Ring finger
- 5) Pinky finger
- 6) KC point

The 10-Gamut Procedure:

The 10-Gamut Procedure is a peculiar but effective protocol.

While it does involve tapping it also includes specific eye movements, humming, and counting out loud. The reason for this is to stimulate both halves of the brain and integrate them more completely into the healing process. The 10-Gamut Routine is known originally as the '9-Gamut Routine' - I repeat a step, resulting in a 10-step routine.

- 1) Place your finger between the knuckles of your pinky and ring finger. Now slide that finger back toward the wrist about a ½ inch.
- 2) Begin tapping on this point (the Gamut Point) continuously without counting (you will be tapping on this point while executing the 10 steps).
- 3) While looking straight ahead and without moving your head at all, do the following in rapid succession (while mentally tuned-in to your issue) –
 - a) Close eyes.
 - b) Open eyes (still looking straight ahead).
 - c) Look down, hard right (without moving head).
 - d) Look down, hard I Meridian Tapping.
 - e) Big circle with your eyes (starting at 12 o'clock).
 - f) Big circle in reverse.
 - g) Hum a tune for 2 seconds ('Happy Birthday' is easy to remember).
 - h) Count to 5.
 - i) Hum for 2 more seconds.
 - j) Count to 5.

The Basic Recipe:

- 1) The Setup
- 2) The 9-Point Procedure
- 3) The 12-Point Body Balancer
- 4) The 10-Gamut Routine
- 5) The 9-Point Procedure

That's it. Pretty simple and yet it may look and feel odd. Remember, anything new that you're not accustomed to will seem strange at first.

Persist until you see results. DO NOT GIVE UP!

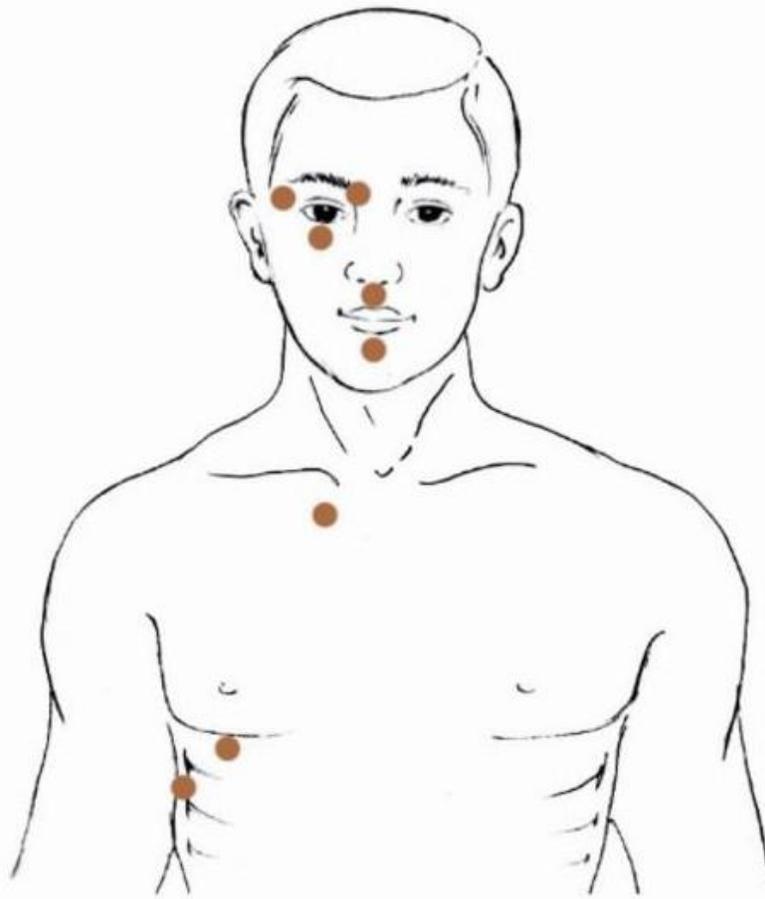
If you do not see any results at all for an issue or ailment, you may want to work with a Meridian Tapping practitioner to help resolve it or see a medical

professional if the problem persists.

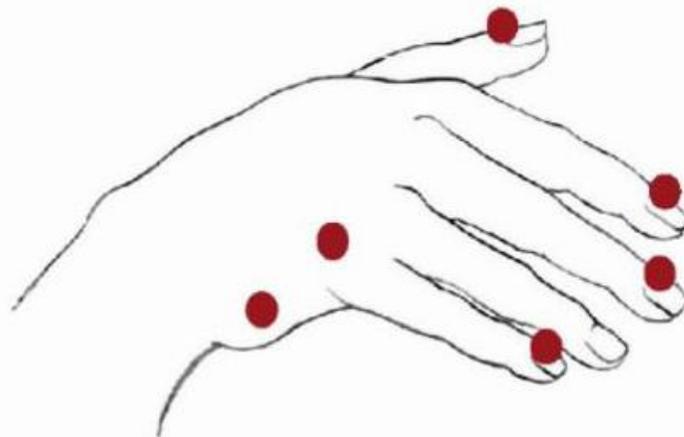
Language

The proper use of language is absolutely crucial to the success of Meridian Tapping! Language, whether expressed by word or thought, is the means by which we create reality. Reality arises from language, and many harmful behaviors, disruptive emotional patterns, and persistent ailments are initiated and maintained through the language we use, and the stories we maintain, when expressing them or speaking of them. Therefore, language helps to clear away issues by stating a clear intention and providing a focus to assign to the tapping, thus pinpointing the issue being addressed. Then, as the protocol is applied, we declare the desired outcome.

The importance and role of language, and how to apply most effectively when tapping, will be covered a bit later.



This illustration is provided for your reference after you have learned the Basic EFT Recipe



The Setup: Words for Greater Impact Tapping

Meridian Tapping aims to resolve and relieve you of any acute or chronic negative emotional issue, and consequent physiological disorders, at the causative levels by correcting the flow of energy (prana, chi) in the energy body.

Why is correcting the energy flow important?

Because negative emotional patterns find effective channels of expression through an imbalanced energy flow, it becomes essential to balance that flow. Energy flow seeks the path of least resistance. Negative emotions have an easier time flourishing in a system with an imbalanced energy flow in the same way that infection spreads more easily in a body that is conditionally toxic.

Clean the environment, clear the infection; balance the flow, banish the emotion.

When your energy system is balanced you vibrate at a higher frequency, and are energetically immune to the adverse condition and effects of emotions like persistent fear, anger, or guilt which vibrate at lower frequencies. Similarly, the physical body's best defense against disease is the maintenance of homeostasis (balance), which renders a strong, adaptive immune system to defend against infectious agents.

When your flow of energy is free and balanced, a negative emotion cannot have a hold on your mind. It is then easier to maintain a stable internal environment at all levels. You are emotionally 'free' and equipped to properly address and resolve factors giving rise to your issues and, ultimately, to resolve the issues themselves as opposed to remaining in a pattern of emotional debilitation. An unimpeded, balanced flow of energy manifests as expressive freedom of healthy emotions.

The issues that confront us, specifically those persistent life issues that keep us in patterns of disruptive and, if allowed to continue, self-defeating thought patterns and behavior, come by way of a process. Similarly, they must be resolved through a process - a process of transformation. Tapping can be a highly effective tool to aid and facilitate this process.

Suppose you experienced emotional trauma during your formative years of childhood, as many have. The memory of this trauma, and, more consequently, the story you build around the memory of the trauma, with its accompanying energy, become stored in your body and manifest themselves as physical symptoms, emotional patterns, and/or behavioral issues through triggering experiences throughout life. You are reliving the energy of the trauma as if it were occurring today even if you are not consciously recalling the trauma as you relive it.

In the moment a triggering event takes place your first reaction will be an unconscious recalling of the past trauma which then disrupts your body's energy balance and flow, thus creating an imbalanced energetic environment. What follows in this chain of events is your habitual reaction, which might be physiological, emotional, or behavioral.

Because unresolved trauma thrives in an imbalanced energetic environment, like viruses and parasites do in a toxic biological environment, what is needed is a rebalancing or correction of the energetic environment in much the same way that you would build up your immune system to fight or prevent disease and infection.

With Meridian Tapping as one of your tools you can correct the energy flow within the energy system and create an environment conducive to well-being.

Meridian Tapping Empowers You

The Meridian Tapping protocol, as originally taught by Gary Craig, developer of EFT, consists of the 'Basic Recipe' which is comprised of:

- 1) The Setup
- 2) The Sequence
- 3) The 9-Gamut Procedure

I have introduced slight variations but I have preserved the Basic Recipe in its entirety.

They are –

- 1) The Setup
- 2) The 9-Point Procedure
- 3) The 12-Point Body Balancer
- 4) The 10-Gamut Procedure
- 5) The Paired-Points Procedure

The reasoning behind my variations is simple – through my own personal and professional experience with Meridian Tapping and other modalities, certain experiences provide insights and offer avenues of exploration into modifications that are proven to be effective even if they do depart from the conventional modality.

(I applaud Gary Craig for inviting the individual to be experimental and innovative with EFT).

Due to their facility and flexibility, energy healing in general, and Meridian Tapping specifically, invite exploration and innovation. The individual is empowered through full participation in the process of healing and health maintenance and, when done consistently and persistently, becomes the active, causative agent in his/her life and affairs.

Full participation in the process means having your conscious mind and your intuition fully engaged, thus enabling you to learn much more about yourself than if you were to follow the Western approach of the patient-doctor dynamic wherein you are the passive agent simply receiving treatment; you discover your innate abilities toward improvement in your life; you become more attuned to your own needs and how best to fulfill them.

The Setup

The Setup is crucial to your Meridian Tapping regimen. It sets the table for the effective application of the Basic Recipe.

When done effectively, it corrects any Polarity Reversal (if present); clarifies the proper thought and course of action regarding the issue being addressed; and provides direction to your innate healing energies.

Polarity Reversal

Polarity Reversal is an energetic condition in which your normal energetic polarity (*positive* at the head; *negative* at the feet) is reversed (*negative* at the head; *positive* at the feet).

Studies conducted in the 1960's by a team of researchers headed by Professor Kim Bong Han and in the 1980's by French researcher Pierre de Vernejoul show that the physical body begins to develop after conception according to an energetic template that establishes the structural pattern for the formation and organization of the first physical cells and the rest of the body.

This energetic template, generally shaped like the physical body that follows, has a polarity that registered consistently with a positive charge at the 'head' and a negative charge at the 'feet'.

The positive and negative poles serve as markers and reference points for the flow of energy.

If your polarity is reversed, no form of therapeutic help will be effective. Your energetic polarity must first be corrected before tapping can work. To proceed without correcting the polarity reversal is like sticking a brand new battery into a radio backwards (all batteries have a polarity – *positive* at one end and *negative* at the opposite). Even though the battery is new it will not work unless it is positioned correctly.

The Setup effectively corrects the polarity reversal (if one is present), thus clearing the way for effective rounds of tapping.

How to apply the Setup:

- 1) Tap continuously on your Karate Chop (KC) point (of either hand) with 4 fingertips held together (OR, a highly effective alternative is to tap both KC points against each other together).
- 2) While tapping on the KC point, repeat THREE times the following Setup Phrase,
“Even though I (have this issue/do this thing/hate this person/have allergies/etc.), I deeply and completely love and accept myself as I am.”
- 3) When repeating the Setup Phrase, say the phrase according to how you **feel** - **NOT** what you think or remember. **Feel** what you are saying as best you can and say the phrase with all of the feeling you can muster. The reason is **feelings** have the greatest power and influence over human beings (and all other living beings). *Feeling*, therefore, lends greater force to our healing efforts.

Setup Phrase

The Setup Phrase is the key to an effective Setup and the tapping that follows.

The purpose of the Setup Phrase is threefold:

- 1) To acknowledge the issue/problem you are addressing as honestly, openly, and specifically as you can;
- 2) Introduce a statement of acceptance without judgment; and
- 3) Introduce a plan of action to implement the opposite of what you are resolving.

Acknowledging the Issue

No matter how specifically or generally you state the issue you must be completely honest with yourself and openly admit your feelings.

The success of your efforts to resolve and heal your pains, problems, issues and circumstances hinges on your honesty and openness with yourself and/or with your healing facilitator.

When finding the words to state the issue that you will address with tapping, it is ok in the beginning to state the issue in general terms. For example, if you are tapping about depression you might say,

“Even though I am depressed on my birthday, I deeply and completely love and accept myself as I am.”

This may provide temporary relief of your depression after one or several rounds of tapping, but do not be surprised if your depression recurs.

Why? For the answer we must go back to the premise of EFT which is,

“The cause of all negative emotions is a disruption in the body’s energy system.”

This important statement gives us vital clues on how to approach the process of resolving negative emotional patterns.

If you tap about the depression itself, again, you might get partial relief, but what you are really after is permanent relief, or healing, in which case you must address the **cause** of the depression.

For the cause of the depression you must identify the historical cause(s) - which is always **event-based**.

Why? What creates negative emotional patterns are specific events in the past which are represented by your memory of them and kept alive by the imbalanced flow of energy triggered by your interpretation of the memory.

Therefore, during the Setup, the phrase should highlight the specific event or the memory of the specific event that triggered the beginning of the depression or triggered the beginning of a pattern of conditioned responses that gave rise to the depression.

Remember, specific events initiate our emotional patterns so it is important to be as specific as possible.

General:

“Even though I am depressed on my birthday, I deeply and completely love and accept myself as I am”

Specific/Event-based:

“Even though my father called me stupid and worthless in front of my family and friends on my 12th birthday, I deeply and completely love and accept myself as I am”

Through the use of specific language we pinpoint the root cause - the first triggering event that gave rise to false beliefs which are maintained, if unresolved, through an imbalanced energy flow. By correcting/rebalancing the energy flow in connection with the memory (and our interpretation of the memory), we nullify the energetic disruption and clear the energy flow, enabling us to feel emotionally balanced/neutral so we can review the event objectively to achieve insight and understanding.

Statement of Non-Judgment

The first part of the Setup Phrase acknowledges the issue to be tapped on -

“Even though my father called me stupid and worthless in front of my family and friends on my 12th birthday...”

The second part is a statement of complete self-acceptance without judgment -

“...I deeply and completely love and accept myself as I am”.

We are conditioned by our modern society to evade responsibility for the things that happen in our lives while also programmed to be overly self-critical and judgmental. The energy connected with these conditioned responses to our

experiences and our selves creates resistance to our healing and can impede any progress we might make.

Therefore, the first part of the Setup Phrase, in which we honestly, openly acknowledge the issue, allows us to own and take responsibility for what we feel and for what happens in our lives; and the second part of the Setup Phrase, the statement of *self-acceptance without judgment*, creates a safe environment that facilitates our learning, healing, and growth.

We acknowledge our issue (“*Even though I [have this issue] ...*”) without blaming or finding fault with ourselves (“*I deeply and completely love and accept myself as I am*”).

Consider what happens during the process of resolving a conflict with someone you know – a friend, a neighbor or lover, for example. If the person approaches you and speaks to you in a critical, judgmental or accusatory manner you find it more difficult to be agreeable and cooperative. On a deeper level you feel defensive, unloved, rejected, unsafe. In most people, this kind of approach and the feelings they trigger might initiate a *fight or flight reflex* that can lead to a combative exchange or withdrawal from the situation. Either way, the important issues are less likely to be addressed and the conflict is left unresolved. Healing in the relationship cannot take place.

Conversely, if the person approaches you with sincerity, gentleness and an expressed desire to understand your side and help you understand hers/his, then you feel loved, accepted, and safe. You find it is much easier to be receptive to the process of conflict resolution because you feel validated. True healing is much more likely to occur within the relationship and within each person.

This is the purpose of the statement of non-judgment – to create a safe space for you to confront your emotions and issues.

Plan of Action

The third part of the Setup Phrase, *the plan of action*, is intended to create the positive or desirable scenario that we choose to initiate as a replacement of the negative issue we resolve.

Before I go any further, I want to emphasize that the *plan of action* is optional at this point. The reason is some may have no idea what they want to implement in their lives due to their being steeped for so long in the negative emotional patterns.

For instance, a person chronically depressed for years may have forgotten what it is like to feel happy or optimistic on a consistent basis, and therefore may not know what plan to initiate or action to take for emotional restoration. In this case, the person may need time to fully transition out of the old pattern and reorient himself to reach a point of clarity in order to see the best action to take or the most desirable course to follow.

The *plan of action* not only lays the foundation for a new and healthier path; it empowers the individual by taking the first step through affirmation of the desired change.

This point of empowerment cannot be overemphasized. Many can easily tell you, even in great detail, what they don't want in their lives but find it sufficiently difficult to go into as much detail when attempting to express exactly what they do want. We are unconsciously conditioned to be active and assertive with our complaints and grievances while passive and timid in expressing our desires and dreams.

The *plan of action* helps to restore your power and right to assert and even demand what is in your best interests. Even if the *plan of action* is off-track for the time being, you are well on your way, through the power of expression, assertion and initiation, to discovering what is best for you and, more importantly, that you deserve the very best.

With courage restored, possibilities expand.

The following quote eloquently speaks to this point –

Whatever you can do or dream you can do, begin it.

Boldness has genius, power and magic in it.

- Johann Wolfgang von Goethe

The *plan of action* should be stated in the positive, present tense, as though it were a present reality. The fact is, when you declare something to be true, what you affirm actually exists *in that moment* on the energetic level.

Without going into a lengthy discourse on metaphysical principles, suffice it to say that *all things that exist in the physical, experiential plane had their beginning as a thought*. The thought is the seed and the manifested reality is the fruit. The seed is the tree and the fruit in potential. The seed contains the life-force and the genetic code needed to bring forth the tree and the fruit. Therefore, the tree and the fruit already exist within the seed though not in the fully developed physical form yet. Your word, then, has the intrinsic power to bring forth what you say, what you think and what you feel.

*The things you desire already exist on the energetic level from the moment you first conceive it in thought. Then, through the expressed word, by declaring what you want through speaking it and/or writing it down, you bring your desire a step closer to physical manifestation. When you inject **feeling** and **faith** into the spoken or written word you lend greater power to what you declare. Finally, the action you take, based on your **plan of action**, is the last step taken by you before receiving/actualizing the object of your desire, whether it is a thing, an experience or a state of being.*

Through the proper use of the Setup Phrase you are now better prepared to achieve the results you aim for through tapping. The Setup Phrase is vital to your efforts because it creates the proper environment and context for healing when done just right.

As a cautionary note, do not be overly concerned about knowing the exact and proper technique for applying the Setup Phrase. Doing so may diminish your confidence or lead you into ‘analysis-paralysis’, thus discouraging and hindering

you from following through with your personal healing work. With persistence and consistent practice you will find your way to successful phrasing and tapping. If necessary, work with a practitioner (in 1-on-1 sessions or group workshops) who is knowledgeable and experienced with tapping.

You can find the guidance you need to lead you to the answers that lie within.

Tapping Your Intention into Reality

Ordinarily, EFT is applied to resolve any number and variety of ailments – physical symptoms, negative emotional patterns, traumatic memories, habits and addictions - and has proven highly effective as a primary treatment option and as a complement to other treatment regimens.

If EFT is effective in resolving, correcting and eliminating what we don't want, can it also be effective in helping us manifest, achieve and obtain what we *do* want?

Absolutely!

How?

Well, not much is presently understood in scientific terms how and why exactly EFT is effective in treating ailments and issues. Yet, its effectiveness has been readily observed and its benefits experienced widely enough to firmly establish its efficacy.

When we apply EFT and experience the results of tapping on the meridian points we know that it works; however, because not enough scientific research is being applied to the area of energy healing in general, and EFT specifically, it is difficult to know with any precision the reason for the success. Analogous to this is reading time on a clock – we know the right time based on what the clock reads yet we cannot explain how exactly a clock works nor the reason for its accuracy. Nonetheless, we trust the end result.

In the beginning of my work with EFT I worked extensively on clearing a myriad of issues for myself and others with a high rate of success.

One day the thought struck me that if I could tap away the negative then perhaps I could tap the positive into manifestation. I began right away to experiment on this idea which from the outset made sense to me.

Things started to shift for me in a positive way through this approach but I was not completely convinced that EFT had anything to do with it (I have studied, and practice, metaphysical principles and owed much of the success to what I had learned through metaphysics).

Then, one day, I made an amazing discovery.

I used to regularly visit friends of mine who are owners of 2 cats. Whenever I remained at their home for any length of time I would manifest allergic reactions to the cat dander and hair. Almost always, about 95% of the times, several rounds of tapping would clear up the symptoms.

This went on for several months until one day, when I was about to leave for a visit to their home, I got the idea to tap *before* leaving home while mentally tuned into my allergic reactions to the cats. I sat down and visualized myself in their home and did several rounds of tapping *in anticipation of the allergic reaction*.

When I arrived at their home I HAD NO REACTION TO THE CATS!

The next several times I visited them I did the exact same thing and got the exact same results.

Through this experience I realized that I could tap about an upcoming event by visualizing it and tapping on it *as if it were a present reality*.

It was at this point of realization that I made the connection to tapping a positive outcome into existence. My reasoning, based on my experience, was that if I could effectively apply tapping on an anticipated negative experience then surely I can tap on a desired, future outcome. I became convinced of the effectiveness of this approach through subsequent experimentation and experiences.

Keys to Positive Tapping

There are several keys to positive tapping, or tapping your intention into reality.

The keys are:

- 1) Persistence
- 2) Consistency
- 3) Imagination
- 4) Proper Setup

1) **Persistence** - The key to any successful endeavor is persistence which is simply the ability to see a task through to its fulfillment in spite of the risks, challenges, and pressures to quit.

Energy healing presents a unique challenge to us who have grown accustomed to seeing or experiencing results almost immediately through medication or surgery. Energy healing provides results that are not always readily observed or felt, at least not immediately. The reason is that we are conditioned to view life in purely physical terms and the results that are observable, measureable, and tangible are the only ones we validate. And this is perfectly sensible.

However, when undergoing energy healing we come to expect the same results in much the same way even though there are adjustments to the laws and principles that apply.

Energy healing does not consider only the symptoms but takes into account the mental, emotional, and energetic factors and causes. Energy medicine is holistic in its approach and treats the person at all levels.

This means, then, that we must alter our thinking and redefine what is true healing once we understand more about our nature at the more subtle levels. It is necessary to shift our perspective and adjust our approach to make room for possibilities while not remaining attached to our beliefs which have been conditioned through the ceaseless desire for, and expectation of, immediate gratification as well as through our conditioned aversion to pain.

A holistic approach may or may not take more time but it will challenge us in ways where we may feel like giving up on a treatment protocol that does not deliver the results immediately in the exact way we expect. We must persist in our work on our own healing. That persistence is made easier once we are willing to adjust our thoughts and attitudes and manage our expectations.

2) **Consistency** – What is meant here by consistency is regularity. Occasional tapping to resolve an issue or to manifest an intention may do some good, if any. However, *regular tapping is needed if you want to see the results you desire.*

Tap throughout the day - upon awakening in the morning and/or going to bed at night; or as soon as an issue comes up that might impede your progress or disrupt your mental or emotional state. These are some ideas on how consistency can be applied to your tapping.

Think back to a time when you wanted something badly – a good grade in school; a certain income level; relief from constant pain; a personal or professional relationship with another person with whom you greatly desired to connect. You were willing to go about it methodically and continuously so that your efforts toward attaining the goal were a constant.

Apply this same focus and consistency to your tapping and you will see results, often in surprising ways. You may not see results right away, depending upon the nature of the issue or ailment you are tapping on, but *the more time you spend tapping the more responsive your body becomes to the technique.*

Again, THE MORE YOU CONSISTENTLY TAP THE MORE RESPONSIVE YOUR BODY BECOMES TO THE TECHNIQUE OF MERIDIAN TAPPING.

Sporadic efforts yield scattered results.

3) **Imagination** – As it relates to our topic, imagination it is the ability to picture or visualize something that is not in manifest form in the immediate present.

When tapping to manifest your intention into reality it is important to see, hear, smell, and feel the details of what you want to manifest.

See the colors, shapes and other details of what you want.

Hear the sound(s) that accompany this image. Do you hear laughter, music, cheers, etc.?

Smell the scent – is it sweet, floral, fruity, earthy?

Feel the joy, excitement, power, etc., that comes with manifesting this reality. Embrace the feeling.

Remember, *feelings have the greatest power and influence over all living things*. Inject your intention or visualization with feeling and you will give it more power to manifest.

When I overcame my allergic reactions to the cats I did it not by tapping on the allergic reactions after they appeared but by imagining myself in the home with the cats and tapping on that image and feeling. I did not just simply tap on the thought of getting an allergic reaction; *I vividly imagined myself in the cats' presence and tapped on it as if I were actually there*.

NOTE: WHEN TAPPING ON AN AFFIRMATION YOU CAN SIMPLY TAP ON THE WORDS, *WITH FEELING*, OR YOU CAN TAP ON THE WORDS AND VISUALIZE A CORRESPONDING PICTURE.

4) **Proper Setup** – The Setup is vital to successfully tapping your intention into reality (See: *The Setup – Words for Greater Impact Tapping*). The Setup sets the table for the effective application of the Basic Recipe.

For the Setup you must state your intention in the positive, present tense, as if it already exists in manifest form. This is crucial because *when you imagine something, the thing you imagine already exists at the level of thought and feeling*.

To imagine what you want as a future occurrence is to keep it always in the future, and it will never become a present reality.

Belief, or faith, plays a part in tapping your intention into reality – but simply doing the mental exercise of vividly visualizing what you want as a present reality and *feeling* it as a present reality is enough and will actually build up your belief the more you do it. This is due to the brain's inability to tell the difference between an imagined, or remembered, event and a real one.

Think it, imagine it, feel it, declare it.....and it *is*.

When you are done with a round, or several rounds, of tapping your intention into reality finish with one round of gratitude tapping while visualizing the thing you want.

Gratitude is a vital key. Gratitude is a powerful energetic gateway to manifestation because it presupposes the manifest existence of what you desire and connects you with an unfailingly abundant universe through the sincere expression of thanks.

Reactive vs. Proactive Tapping

The experience with the cat allergies reinforced a profound lesson for me. When I tapped on the allergic reactions AFTER they manifested (*reactive*) I was able to resolve it for the moment but the issue did reemerge.

When I tapped on the allergy BEFORE it manifested (*proactive*) I had NO allergic reaction to the cats when I came around them. After several episodes of *proactive* tapping I no longer had allergic reactions to the cats EVEN AFTER I CEASED TAPPING!

At the core of this revelation is a very relevant truth that can help us manifest our stated desires and intentions.

To live life always in reactive mode is to live life passively, or worse, as a victim. We are meant to be masters of our destiny with the unique ability to realize the things we imagine in our hearts and minds.

In fact, we do this all the time whether or not we are aware of it. Our thoughts, attitudes, and especially our feelings are the impulses that drive and determine our reality. To take control of our reality (outer world) means we must first be masters of our thoughts, attitudes and feelings (inner world).

On the other hand, to live life in such a way that we guide our course by making choices and then following through with initiative and determination means that we are utilizing our powers, abilities, tools and talents to mold our lives around our intentions.

We are not simply reacting to what happens to us but determining what our life will be. It is the difference between latent power, which is held in reserve until needed, and manifest power, which is exercised responsibly at will.

Tapping our intention into reality is a way of tapping into our innate powers to shape our reality around our desires and intentions for the good of all concerned. Through Meridian Tapping, which is only one tool among many, we can discover the purposeful life we are meant to live and empower ourselves to manifest that purpose into a living, breathing reality. Tapping our intention into reality is powerful in helping us master our reality.

Affirmations

These are examples of simple affirmations that you can repeat 3 times a day while tapping:

1) I love and accept myself as I AM.

2) This day I have always been...

...filled with joy.

...radiantly healthy.

...fabulously wealthy.

...loving and forgiving.

...etc, etc.

3) I manifest, express, and share the Divine Pattern of Perfection of who I am and what I AM in my body, my being, and my life for the good of all Humanity, for the good of the Earth, and for the advancement and evolution of my Soul and my Consciousness. And so it is.

Think of your own affirmations that resonate with you and apply those for your healing and benefit.

Reclaiming Your Energy Field with Tapping

Energetic disruptions can happen in a number of ways – not getting enough sleep, eating foods that do not nourish you, extreme stress or distress, or taking chemical drug remedies, to name a few.

There is another more subtle way your energy system can be disrupted – through energetic intrusions from outside sources which can affect you through various channels. We will take a brief look at a few of the more common ones here.

One way by which energetic intrusions can enter is through physical proximity and physical touch with others. As we move through a crowd, for example, our energy field overlaps with the energy fields of others, allowing for the transfer of energy to take place. Transfer of energy takes place during sexual intercourse, kissing, holding hands, caressing, and casual touch. This is why love and the feeling of love increase and intensify between lovers making love or between mother and child during breastfeeding. The transfer during more casual encounters, as when walking through a crowd, is not noticed by most because we have been desensitized to subtle energies.

If the person whose energy overlapping with ours is ‘energetically clean’ then there is no harm done and in fact, much good can come out of it, such as healing or inspiration. You may notice that you feel exceptionally good around some people (or others feel good around you), and there are others who, when you are in their presence, cause you to feel ‘off’ or ‘down’ or angry, irritable, even fearful. A transfer has taken place resulting in a change of emotional or mental state. It is important to be aware of subtle energies as they enter our field as this awareness can serve as an early warning system alerting us to dangers or undesirable conditions to be avoided.

It is equally important, then, to discern what is yours and what belongs to someone else. In light of this, it is crucial to know yourself, to know what is your center or your grounding. You must know what you feel like when you are energetically grounded and centered and when you are not. Knowing this, you will have clarity to perceive energetic shifts as they take place, as when a negative

or 'low' vibration enters your sphere. You do not have to wait for the consequence to fully manifest before becoming aware.

Observe children, especially infants, whose conscious thought-filters have not yet matured. They will react to people, more often than not, based on the person's energy, gravitating toward some and shunning others (there are exceptions, of course, as when a child is conditioned in fear or overly indulged by their parents, for example). Children have no frame of reference or conditioned responses by which to interact – they must rely on their intuition to make informed decisions and this capability must therefore be properly and carefully nurtured by their guardians.

Another powerful means for energetic transfers and intrusions to occur and impact us, if we allow, is by the spoken word. We all are well-acquainted with the effects words can have on our mood, our outlook, our attitude and our beliefs. Words carry the thought-centered power to create, destroy and alter.

Masaru Emoto, the Japanese scientist and author of the book series about water, the first of which is *The Hidden Messages of Water*, has proven through his groundbreaking research that words and thoughts are composed of energetic vibrations that, when exposed to or directed at water, can have the effect of changing the molecular structure of water for better or for worse. His findings have astounded the global scientific community and have profound implications on how people relate to one's self (considering that we are made up of 70% water), to other people, and to Nature.

Words, when used properly, can bring about healing, create or mend friendships, and produce joy and peace. When used improperly, words can result in violence and war, tear apart relationships and communities, and lead to great pain and suffering. Countless spiritual writings treat the matter of the spoken word, and, by implication, the written word, exhaustively, so important is this matter of what we give expression to.

The words conveyed through television have, in the estimation of many, the most profound impact on the individual and collective consciousness. I am of the firm opinion that television is the most effective tool for mind control. Most messages that are communicated through television bypass the critical thought process, an

important line of defense, and go straight to the unconscious and the emotional body. I do not believe this is an accident.

Television programmers (note the root word *program* – you are literally being programmed to think and feel the way the programmers want you to think and feel) know that the easiest, most effective way to get you to do what they want you to do is –

1) They tell you, or more precisely, command you to do, think, feel, eat, wear and buy whatever they are communicating and advertising; and,

2) They make you *feel* certain things – stupid, smart, sexy, sad, lost, ‘cool’, rich, poor, pretty, ugly, irrelevant, insignificant, empty, satisfied – if you do or don’t do what they say.

Remember, **feelings are among the greatest influences over living things** and are the easiest, most effective way to shift your energy. The emotional body is a powerful access point to the energetic body, and vice versa.

Another way that you can be affected by energetic intrusions is by simply living and being. Because we are energy-beings living in an energetic matrix of Universal Consciousness we are exposed, at levels too subtle to perceive with our five physical senses, to the web of energy and thought-forms that permeate and penetrate all corners of existence.

Ever notice that when you enter a place where numerous people are gathered, at a party, church, home, or public place, for example, that you suddenly, imperceptibly, or maybe noticeably, feel a shift in mood for no reason at all. Or you may feel an increase of tension when you enter the presence of people who are not getting along even though on the surface everything seems to be okay. These sensations happen as a result of being exposed to certain energies conveyed through thoughts and feelings. These subtle energies can affect us, if we allow them to or unknowingly.

Fortunately, there are ways to keep your Self energetically inoculated from these energetic infectious agents. Some that are well-known to many are, in no particular order –

- Rituals/Ceremonies
- Meditation
- Prayer
- Affirmations
- Spending time in Nature
- Living with integrity (honoring your word)
- Proper nutrition (physical, mental, emotional)

To live whole and complete in a world not transformed calls for your commitment and action. Below is a declaration, a linguistic tool to insulate yourself from energetic intrusions. Repeat it 3 times while tapping as a powerful way to strengthen and reinforce your energy field and remain unaffected by energetic intrusions.

Reclaiming Your Energy Field

(As shared by Dan Gorny)

According to the universal law of creation,
my body and my energy field were given to me
to hold only all that is me -
all of my energy, all of my power and all that benefit me.
My body and my energy field inherently are not designed
to hold anything that is not me or does not benefit me.
Anything that is not me or may be harmful to me
is automatically rejected by my energy field.
I have ultimate control over what my energy field holds.

(REPEAT 3 TIMES)

Conclusion

Meridian Tapping works. Whether as a stand-alone treatment or in conjunction with other modalities, the effectiveness of Meridian Tapping is beyond question. More and more people swear by it and an increasing number of medical professionals, including psychologists and therapists, as well as a wide range of Alternative Health practitioners are incorporating Meridian Tapping into their treatment regimen with great results.

Yet, much more than the effectiveness or validity of Meridian Tapping is at stake here. What is more significant for and relevant to the reader, and the seeker of 'truth', is the possibility of experiencing yourself as an advancing, empowered expression of Universal Power. When you experience your inherent ability to effect a desired change, especially regarding something which you did not believe possible, then you come into contact with a dimension of life that is at the heart of all that exists but is rarely encountered, consciously and intentionally, in the modern age.

In the modern age we marvel at innovations in technology and in the power of invention and for good reason. These advances are a marvel in themselves. However, we regard with skepticism and suspicion any report of metaphysical or spiritual phenomena as a cause of a physical effect or life condition. We have closed our minds to any possibilities that fall outside the realm of observable, measurable phenomena, instead relying solely on the 'cold, hard' facts to prove or disprove anything.

Moreover, the mind conditioned in modernity, consumerism, logic, and, strangely enough, in organized religion, holds the view that we, as individuals, cannot impact the collective reality shared by all. This mind sees reality as external, fixed, and purely objective. The result, then, is a mind that is not responsible for conditions present in the world, nor is it, by extension, responsible for conditions present in that individual's life. Reality is seen as 'out there', 'beyond my control', and 'unchangeable'. This mind also cannot see how it can take control of and change present circumstances and conditions except to resort to external changes, i.e., circumstantial, or appeal to some power, institution, or other expression of external authority, such as government or a deity. Those, too, are seen as 'beyond my control'.

In the face of such a mass illusion, that reality is 'fixed and unchangeable', what is called for is a reconsideration of the individual Human Being and of 'reality' on a personal level.

Our ultimate aim ought to be to discover and express, experientially, the possibility that we create our reality based upon internal mechanisms such as thought, will, choice, and behavior and that we are primarily responsible for creating the world which we see. The world does not just 'come to be'.

That the primary driving force in our lives is internally based is an idea not only worth pursuing, experientially, but one that we must pursue vigorously and unceasingly if we are to effect the transformation of a world that is out of balance with Nature and with the innate forces that constitute our Humanity and everything else we see in existence.

Are we passive agents controlled by events, conditions, and circumstances bound to a pre-destined future? Or are we the active agents creating and shaping reality by what we think, say, and of course, by what we do? Can we create and shape our future and that of our shared world? What is the pivot-point of this transformation for us individually and collectively?

These are questions and ideas that are to be settled individually, personally, experientially. It must be more than theory or knowledge; it must be, if we are to truly transform our way of being, seeing, and operating in the world, an experience reached via earnest exploration of ideas, which calls for open-mindedness and courage in confronting the challenges, discomforts, and fears it will surely arouse, and experimentation with modes of being, thinking, and operating that store surprising discoveries and opportunities. This is a participatory process – books, classes, seminars, and workshops can do only so much, very little if anything actually, if we do not put these ideas and findings into daily practice.

Meridian Tapping offers only one doorway of possibilities and discoveries that, once experienced, will open up to you infinite landscapes of ideas and other possibilities. There are many other doorways, many other paths and ways. You must decide for yourself which path you will take but do not wait until the thing

makes sense to you. This is not the realm of logic and linear processes. You are called to be a pioneer in the realm of possibilities, mysteries, and transformation. The point is this – take that first step, and only when you do will you know what the second step is. Do it for your own sake, that you may experience the unimaginable joys in being fully alive and fully self-expressed, and that the world may become a haven of our inherent, manifest possibilities and the wondrous discoveries to be shared by all, for all, in all. Blessings.

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