



Tapping

Before you reach for that can of diet soda or that chocolate bar, **STOP** and read this.



By Rod Sherwin

There is an emerging field in the area of healing and it's known as Energy Psychology. Energy Psychology is a set of therapies which go deeper than just talking about and digging into the client's past in order to figure out the cause of trauma or stress. Instead, energy psychology works directly on the body and brings about a change in the psyche.

Some forms of therapies used in energy psychology are breathing techniques, massage, visualisation, and the most widely used technique of Emotional Freedom Technique® (EFT).

EFT seems to have gained popularity because it works when nothing else has. Where psychology is blamed for taking too long (an average of two years), and psychiatry relies on drug intake for controlling emotions, EFT is a lot gentler and effective (for certain cases). The technique, developed by Gary Craig, has been clinically effective in treating stress, anxiety, trauma, abuse, fears, children's issues, and depression as well as physical symptoms like headaches, back pain, and other difficulties.

We decided to look into EFT and find out how it works and what it does. We got in touch with Rod Sherwin,

Melbourne-based Energy Therapist with over eight years of experience. Rod runs his EFT practice, Tap4Health, and has helped hundreds of clients with emotional and physical issues. He is passionate about personal development. Although not a psychologist, psychiatrist or a counsellor, Rod's practice has generated results due to his unconventional warmth, empathy, and skills.

EFT - A NEW APPROACH IN PSYCHOLOGY

A subtle difference between traditional psychology and EFT is that when a person undergoes the former, they might come to know what was wrong. Once out of treatment, they will have unveiled the causes of their

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discomfort. However, this understanding won't necessarily cause a shift inside the person and change their ways. EFT, on the other hand, is creating that change and healing at a much deeper level.

Nevertheless, just like a psychologist, an EFT practitioner must dissect what's going on underneath the emotional layers of the client. We asked Rod how he does this.

"We use gentle, skillful questioning and in my experience with hundreds of clients, it helps you discover and heal emotional issues. Beliefs and events are the core of these issues, and tapping on these give you emotional freedom from the past."

EFT is also said to work on the subtle energies of the body. A person undergoing EFT will have the energies balanced by an EFT practitioner using "emotional acupressure.". Rather than using needles, the practitioner will guide you or use their fingers and tap one's "emotional points."

There is a difference between personal development techniques, such as visualisation, and EFT. While practising visualisation, your mind knows what you're trying to do and prevents the desired change from taking place. With EFT, the shift actually comes from your energy system leading to a positive change in feelings and thoughts as a result.

MEASURING THE RESULTS

The shifts that occur with EFT can be obvious as well as quite subtle. Sometimes there are huge releases, but other times things become a non-issue and you don't even notice them anymore.

"The results tend to show up for me in my interactions with others. Initially, you start from the little stuff. You start from maybe a headache or a stressful conversation at work. I found that as I tapped through lots of everyday stuff in the present, it would expand to tapping through all the significant emotional events. I could think all the way through my past, which is something we call a Personal Peace Procedure. I found that my interactions with others changed. For example, talking to my parents on the phone, I found we were having much deeper conversations. It wasn't through conscious effort and it wasn't through thinking 'If they say that, I should say this.' It just came about differently." Notice that when you interact with someone, most of the times it depends on a lot of built-up baggage you carry from the day, months, and even years, at times. It's all about releasing these old feelings first, and then interacting with the other person with an open heart and mind. This baggage, which is stored somewhere in the hard disk of our brains, will affect each conversation whether we like it or not. Rod mentions that after consistently practising self-tapping, there are changes in the way he interacts with several people – be it the taxi driver or his boss.





EMOTIONS ARE LIKE KNOTS

Imagine tapping as undoing a tangle created from past events. These are energy knots in our system. Tapping helps untie these knots, allowing smooth flow of the energy.

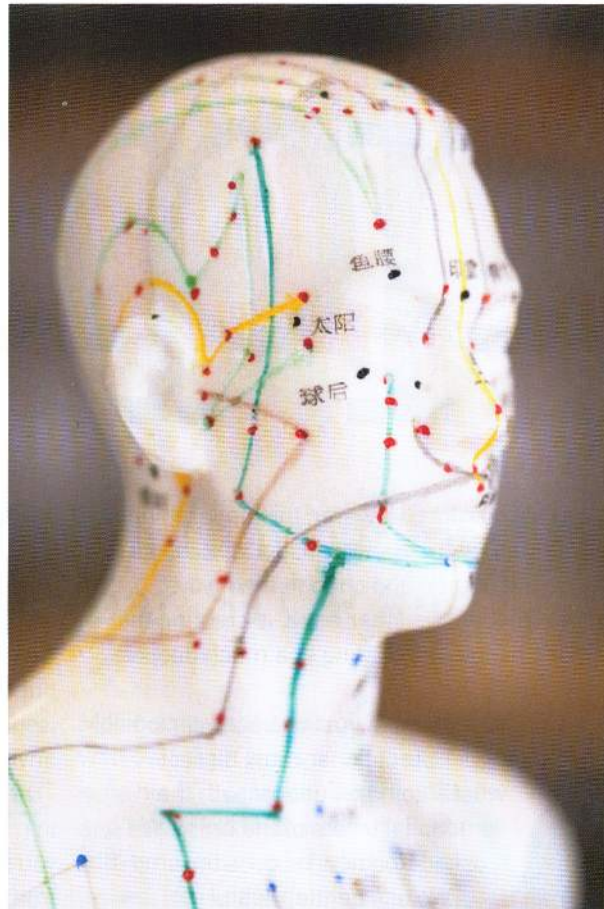
"The principle we operate on for EFT is the cause of all negative emotions which is a disruption of the body's energy system. By focusing on that emotion and tapping on the points, we're clearing them. It seems that when we have significant emotional events, that they get stuck in our system and we repeat them; or we continue to feel them; or they manifest in our body as disease. But when we tap on them and undo the knot, they seem to clear through us."

FOOD AND EMOTIONS

We delved deeper to find out the relationship between foods we take and the emotional instability or stability we experience. Turns out, there is a lot of connection as explored in the new field of science, Epi-genetics.

"Ten years ago, it was like this: You've got the gene for heart disease therefore it's predetermined that you're going to have heart disease. What they have thankfully found out now is while you may have that gene, you can control whether that gene expresses itself or not by your diet, by your lifestyle, by your consistent emotional states."

"If you eat sugar all day you're going to have ups and downs that may or may not be helped by tapping. But why are you eating sugar? Is it because you're anxious? Let's focus EFT on what's making you anxious. You're smoking; is it because you're anxious or angry? We can use tapping to heal and clear those emotional states. Then you can get rid of the biochemistry stuff that's also contributing to your emotional state. So epi-genetics is partly about nutrition, it's about exercise, and in a couple of the textbooks I've read on it they mentioned energy psychology, of which EFT is one of the forms."



When you write down these events, you're trying to identify the emotional intensity of the event on a scale of zero to ten, where ten still feels very intense and zero is there's no charge left on it at all and it's just a non-issue. You want to rate all of these events from a ten down to a zero. Some of them might be too intense to handle yourself, so you might go and see a practitioner to work with them. But there's a lot of the little stuff you can handle."

Rod is a passionate student of personal development having spent \$10,000 to \$20,000 on seminars and workshops. He ascertains how he reached more breakthroughs with the Personal Peace Procedure than he could with any of those personal development aids he bought.

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PERSONAL PEACE PROCEDURE

We asked Rod what he means by the "Personal Peace Procedure.". Turns out it's a lot like taking inventory of all personal life events which may have caused a knot in our energy system. Here's what we got:

"Write down every significant emotional event from the teacher throwing chalk at you, breaking up with your first girlfriend, your pet dog dying, to changing from high school to Uni, to failing an exam — any intense emotional event. Using a calendar, write out all the significant emotional events you can think of up until now — we all have them — and tap on them. One night you might get half a dozen done, then another night you might just get a part of one event done and cleared.

TAPPING ON CHILDREN

Rod believes it would be best if the education system embraced tapping, which means not many people would need therapy later on in their lives. Therapy actually works nicely on kids because they have no hang ups and are open to it. They try it, share it, and learn to master it with much less friction as compared to an adult. They are not embarrassed or afraid of trying the unconventional.

"The youngest child I've used this with was about two months old. The little baby was sitting on her mother's chest and was having hiccups and getting irritated, crying. I asked the mother 'Can we try EFT on this baby? It might be able to help with the hiccups.' So I tapped through these tiny points with my little fingers very, very gently and within two rounds the hiccupping baby went to sleep. So from a very young age up to the oldest clients, I've worked with them all. There is no age limit on this."

It's refreshing to know some schools are already using EFT and helping the kids deal with emotional stress,

which may mature into full-fledged depression or other issues. Exams are one example where helping a child deal with the stress delivers noticeable results. Changing schools or dealing with bullying are others.

PHYSICAL AILMENTS AND EFT

So does EFT work on physical ailments directly? Will there be a time when we can bypass going to a physio, for example, and visit an EFT practitioner instead? Rod says therapy is very useful and instrumental in leading us toward healing and happiness, but it is not useable solely to treat physical ailments yet.

However, EFT can help with healing the physical issues faster. The separation between physical and emotional is actually very artificial. They are strongly connected. For example, if you trip over, you are in shock or embarrassed. If we are in an accident, there is residual anger, trauma and shock. If a bone is broken, it will take time to heal, however, if the attached emotional states are treated with EFT alongside, the healing is quick and effective.

NO FORMULAS

In EFT, there is no set formula for using the technique with a person. Every client is treated afresh as a new case, as an individual with unique habits, past events and present conditions.

"If someone with a shopping addiction walks in, I am not going to pull out any text books. I will start from where the person is at presently. I'll ask specific questions like when they go shopping and what the feeling is like once they've bought something. We use the feelings and emotions as the clues. As we tap around those feelings and emotions, the issues will come up and they will clear and we watch for the behavior to change as a result. Often times, as we shift the emotions, the behavior will change by itself," Rod explains.

Rod asserts that once someone is up for EFT, they are encouraged to express their true and honest feelings at that moment. Some people repel



at the idea of this "feeling out loud," because if they are angry or low, they have to openly focus on that negative feeling. This point is the true test of a practitioner's skill and empathy and how he or she can get the person to speak about their feelings.

LEARNING EFT

By now you must know that tapping is the key component of EFT. But what's the connection between physically tapping on your body with hands and what makes it so powerful? Rod explains it well:

"Each of the points where we tap is on one of the acupuncture meridians. The good thing is that we use the same set of points for everything. There are techniques out there like muscle testing or acupuncture or pulse testing to figure out which meridian you should be tapping on.

"Meridians are energy pathways through the body. With EFT, the founder Gary Craig actually managed to come up with a set of points that works for everything. It covers 12 out of the 14 major meridians.

Like we said earlier, EFT is a skill and requires consistent practice. There is a plethora of resources available online, and a lot of practitioners who will teach you willingly all they know.

You can visit Rod's website (Tap4Health.com) for articles and videos to learn the technique. However, it will take commitment.

As per Rod, one of the reasons people are not able to continue using the benefits of tapping is the lack of such commitment. Doing it for a few minutes every day will build up muscle memory and help you master the technique.

So the next time you reach for the diet colake or bar of chocolate, or experience a shopping addiction, try and get in tune with what you're feeling. Rod advises the words are not important,

but it is the feelings that play a huge role. Are you anxious and therefore craving sugars? What's the feeling behind that addiction? Start from there.

Rod Sherwin is an energy therapist helping you heal from issues such as stress, anxiety, trauma, abuse, PTSD and depression. His work with the Emotional Freedom Techniques aka Tapping has also successfully helped people lose weight, make career changes, and improve the quality of their relationships. Rod's Tap4Health website www.tap4health.com is a treasure trove of resources for self-improvement and emotional freedom.

**CALL TO
EVOLUTION**

TAPPING FOR LIFE

1. Learn EFT from the many free resources on the internet or attend a workshop by an experienced practitioner.
2. Do the Personal Peace Procedure by making a list of emotional events that have occurred throughout your life, big or small. You should easily come up with over 100.
3. Tap on each of the events on your list. If you find some that are too big to handle yourself, consult with an EFT Practitioner.
4. Develop the habit of using EFT whenever you feel an intense emotion that is not serving you.
5. Notice how your interactions with others change as you continue to apply tapping in your life.

