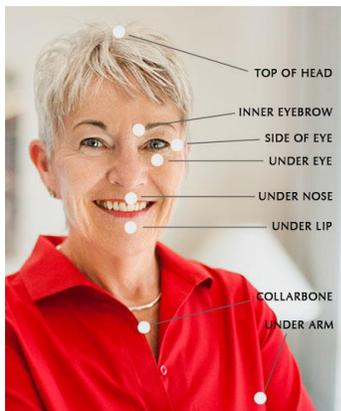


Tapping into Tranquility

Discover Emotional Freedom at Your Fingertips.

A pre-covid survey of people in the workplace revealed that the three most stressful situations were considered to be work, traffic and job interviews. While traffic might not be an issue right now, we could certainly add working from home, job loss or uncertainty and restrictions on socializing, recreation and travel. Stress, worry and anxiety diminish our mental clarity, cloud our decision-making and impair our capacity to take productive action. Fortunately, we have a ready-made, built-in ability to naturally optimize our mental and emotional well-being. And, we have scientifically proven way to stimulate and activate this capacity for inner peace and ability to gracefully cope with challenge and change.

Tapping appears to rewire the brain to have a lowered emotional response to situations that previously evoked nervousness, embarrassment, guilt, frustration and sadness among other distressing emotions. We can literally tap into feeling calmer, have greater mental clarity, and most importantly make better decisions.



A way to use a simple form of ‘tapping’ is to tune into a situation that has you feel some level of emotional distress, say, an upcoming meeting. You might feel nervous about giving your report or the questions you will be asked and worried about saying the right things.

Begin by thinking about the meeting and notice where you feel the nervousness in your body.

Use two fingers to tap gently on the points shown in the image. You can tap with one or two hands, tapping on the points only, or you can also say things like ‘feeling nervous’, ‘‘upcoming meeting’’, ‘‘saying the right things’’, whatever occurs to you as you tap about the specific problem. Tap each point 7 to 10 times. You can rotate your phrases as you move around the points.

Start tapping on the eyebrow point, then side of the eye, under the eye (be gentle), under the nose, crease in the chin, just below your collar bone, under the arm and on the top of the head. Tap around the points two or three times, then pause, take a few deep breaths, and check in with yourself to determine what, if anything has changed.

If you still notice a level of emotional charge, go ahead and repeat the tapping and words. You may discover that you feel more relaxed, lighter, more alert, or have a pleasant tingling sensation in your body. If you don’t experience noticeable results, consider working with a Certified EFT Practitioner who can help you get to a better place. Experienced practitioners have ‘insider knowledge’ about how to apply EFT and get measurable results.

You essentially have emotional freedom at your fingertips. You can tap anywhere, anytime to help yourself be more at peace, see a situation more clearly, feel more confident, discover more and better options, be more creative and have more energy.

Learn more about EFT and its uses: <https://marlenecameron.com/eft-tapping/what-is-eft/>

Guideline for doing EFT: <https://marlenecameron.com/how-to-do-EFT/>