

TAPPING INTO THE HEART

The basic method of EFT tapping returns the primitive parts of the brain to a neutral emotional state. Meridian tapping has been shown to deregulate the amygdala from fight, flight or freeze. The feeling state can become calm and centered; I accept that this trauma happened, I remember it but I am no longer upset by it.

How about moving the experience forward to today? I survived this experience, some parts of me thrived, I am still here. I did this, and some part of me did the very best it could. This can be news to parts of the brain, the parts stuck in the trauma. We are addressing the parts that are experiencing the PTSD in current time.

The EFT tapping goes from the back of the brain to the midbrain to the frontal cortex to the heart, like this...

Even though this horrible thing happened some part of me knew what to do and I'm still here, I survived, and I did the very best I could.

Even though this horrible thing happened, I'm still here, a little dented, but I survived and I love that part of me that kept me alive, I can trust that.

Even though this horrible thing happened, I choose to feel safe and calm now, because I am always doing the best I can, and I love that about myself. I am learning that I can trust myself.

Tapping on the meridian points should integrate the specific reality of the horrible occurrence with the truth that we survived, we chose the path out to today, we are older and wiser, a part of us knew what to do. These thinking patterns serve us far better than the fear-based ones we usually run. Tap over and over again on what happened, every detail, and you will experience relief.