



By Danika Quinn

The Power of Tapping into Your Own Power

In the words of Henry Ford, “Whether you think you can, or you think you can’t, you’re right”. The mind is a powerful tool. Until very recently, it was believed that the brain was similar to a machine; the different parts of the brain had specific functions that could not be handled by other parts of the brain. It was also believed that new brain cells could not grow once adulthood was reached and that the functions of the different parts of the brain were so fixed and programmed that they could not possibly change. That was then. This is now.

Modern day science has proven that the human brain is plastic and malleable. It is composed of a set of structures that support a variety of functions including emotion, behavior and long-term memory. The brain changes and reorganizes itself throughout life by forming new neural connections as a result of one’s experience. This is known as neuroplasticity or cortical re-mapping. Dr. Jeffery M. Schwartz, research psychologist in self-directed neuroplasticity at the School of Medicine at the University of California is one of the leading experts in this field. His philosophy of conscious awareness is the idea that the actions of the mind have an effect on the workings of the brain. He believes that neuroplasticity is proving what many great leaders, athletes and other exceptional performers have always known instinctively. Dr. Schwartz has essentially integrated quantum mechanics and Buddhism in his findings and believes “if the brain is like a map of lived experience, then the mind can, with directed effort, function as its own internally directed mapmaker.”

The brain needs repetitive positive thought and activity which can rewire and strengthen the brain areas

that stimulate positive feelings. However, positive thinking is not enough. Now, there is a scientifically proven practice that helps rebalance and restructure the mind and body. Breakthrough studies have shown that it is possible to reduce the emotional impact of memories that trigger emotional distress. This technique combines Eastern wisdom about acupressure, or "meridian points," with traditional Western psychotherapy. It is based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years yet without the invasiveness of needles; hence, it is a form of "psychological" acupressure. This practice is referred to as "tapping". Yes, tapping. Tapping consists of talking through a wide range of emotions or problems, including traumatic memories, while tapping your fingertips on specific meridian points of your body. It is that simple.

One of the leaders in this work is Gary Craig who developed a form of tapping called EFT (Emotional Freedom Technique) and is based on the principle that electromagnetic energy flows through the body and regulates health. Deepak Chopra believes that "EFT offers great healing benefits". Yet, many people are initially wary of this particular practice. Can "tapping" truly resolve serious health issues? Promising new findings in the field of energy psychology suggest yes, they can. Dr. Church, Ph.D., who has been researching and using tapping since 2002, has been able to confirm that tapping on specific meridian points has a positive effect on cortisol levels in the brain. Cortisol is the body's stress hormone. The stressors of modern day living cause us to release cortisol much too frequently which, in turn, can be seriously damaging to our emotional and physical health. Tapping is able to simultaneously access stress on all levels by accessing the part of the brain that initiates the body's reaction to fear. In a recent study conducted by Dr. Church, participants demonstrated a twenty-four percent decrease in cortisol levels after only an hour of tapping.

Tapping techniques have been described as one of the most important breakthroughs of the century regarding modern psychology. Studies have shown that it may be so effective because of its perceived ability to balance out the nervous system. This in turn levels off the activity of the sympathetic and parasympathetic regions, which is responsible for promoting relaxation and cell regeneration.

The number of therapists using this technique has increased rapidly over the past decade. Robert Rudelic is one such therapist. He is the author of "Anything is Possible: The Art & Science of Tapping Into Your Power". Rudelic has delved even deeper into the Emotional Freedom Technique with a practice referred to as "PowerTapping". He claims it "is a simple technique that facilitates the release of limiting beliefs and emotional blocks from the physical body and subconscious mind that hold us back from getting what we want". Rudelic believes that you can make anything possible by eliminating fears and limiting beliefs with this effective and easy to learn method. Phobias, depression, sports performance, weight loss, trauma, pain relief, stress, anxiety, unhappiness are some of the problems that have been successfully addressed by PowerTapping. Rudelic states, "Our body is like a computer. Every molecule in every cell stores memories of trauma, disease and all lifestyle stress. PowerTapping gives us a direct means of accessing that computer so we can identify the underlying cause of the problem and energetically release it. The meridians are portals into the body/mind. Applying a PowerTapping sequence on the meridian points help clear any blocks causing distress in the energetic body."

The results of "tapping" work quickly with a high rate of success. It is very possible to rapidly eliminate negative beliefs and their consequences. Rudelic works with a variety of high-profile athletes and is therapist to the Oakland Raiders. Performance anxiety can affect any athlete and PowerTapping is a method that helps to successfully terminate those adverse psychological and physical emotions. Sports psychologists explore doubts and fears that contribute to the anxiety of an athlete, which is all well and good. However, PowerTapping offers an easy and quick alternative to help conquer those negative

thoughts in the heat of the moment before they spiral out of control. One does not have to be an athlete to appreciate the powerful effects of PowerTapping. Millions of people worldwide have successfully used this technique to help with a broad range of difficulties.

Rudelic firmly believes, “not only is it possible to rapidly and completely eliminate the limiting beliefs that hold you back, it is also possible to reprogram yourself with positive, expansive convictions that can completely remake your world. Anything is possible with PowerTapping, including attaining your heart-of-heart’s desires.” Just like the little train that could: I think I can, I think I can, I think I can...

Review the **POWERTAPPING BASIC MANUAL** to put this amazing technique into action!