

# What is Tapping? (EFT)

Information taken from - <https://www.thetappingsolution.com/>

Tapping is also known as EFT (Emotional Freedom Technique). It is a powerful holistic healing technique that resolves a range of issues. It's based on the combined principles of ancient Chinese acupressure and modern psychology.

The basic Tapping technique requires you to focus on a negative emotion at hand. This can be a fear, a worry, a bad memory, or any unresolved problem. You do this while maintaining your mental focus on this issue. Then you use your fingertips to tap 5-7 times on 9 specific meridian points of the body.

Tapping on these meridian endpoints, while addressing the root cause of distress, sends a calming signal to the brain. This allows you to feel relaxed and in control.

<https://youtu.be/BPqGjcxoPS8> for video on tapping