

Take Two



How Just Two Fingers
Can Change Your Life:

The Power of
Meridian Tapping

Sandy Kumskou

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About The Author



Sandy Kumskov is a holistic counsellor, qualified through the Australian College of Natural Medicine (now Endeavour College). She works within the mind-body-spirit framework, NLP practitioner, and Certified Energy Coach.

She is the author of many eBooks, including [The Personal Peace Journal](#), and the [How To Love Your Body Program](#).

She runs a successful counselling practice in Paddington, Brisbane, Australia, where she works with women who want to move their lives to the next level, whether in body image, health, relationships, or business.

Sandy uses the powerful tools of energy transformation to help you find your way, because she has seen rapid, amazing, transformations in her clients, that were either not possible with talk therapy only, or would have taken much much longer to achieve.

As a coach, Sandy helps women transform their beliefs about what is possible, and develop systems and processes to take their businesses where they want them to go, and beyond!

Get it done and get on with life, is Sandy's motto, and energy therapies are the perfect tool to make that happen.

Please [click here](#) to see what previous clients have to say about working with Sandy. If you would like to find out more about working with her for yourself, please [contact her](#).

With warmest wishes for your success...

Sandy Kumskov

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THE ENERGIES OF CHANGE

A new healing paradigm has been emerging over the last few decades, and is gathering momentum as we head into the new planetary energies. Based on understanding of the body's energy fields used for millennia in Eastern medicine, energy therapies are a transformative wave gaining momentum across the world, changing the way we think about healing.

These new energetic treatments have been spearheaded by healers like George Goodheart, John Diamond, Donna Eden, Hale Dwoskin and Gary Craig. These and other leading-edge healers have systematised their processes and made them available to anyone who wanted to learn and use them. Many of these therapies are easy to learn, and just about anyone can generally get good results working by themselves.

And yet they are old; several thousand years old at least, based in the ancient Eastern principles of Qigong (pronounced chee-gung). The translation of qigong is "energy cultivation" or "working with the life energy". What that means then is that we are now looking at and using ancient wisdom in a new way.

THOUGHT FIELD THERAPY

The roots of the current wave of energy therapies lie in Thought Field Therapy (TFT). Psychologist Dr Roger Callahan developed TFT in the early 1980s. Frustrated with the generally-poor healing rates that talk-based-therapies deliver, something around 5%ⁱ, Dr Callahan continually searched outside mainstream psychotherapy for new ways to help ease his patients' distress.

After working with a woman named Mary for more than a year, Callaghan was at his wits' end. Mary had a life-long severe water phobiaⁱⁱ; the worst phobia of its kind he'd treated in his 20 years' clinical experience. But Mary still suffered great anxiety when near any water; bathed in just a few inches of water; took very

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brief, stress-filled showers; and couldn't even look at the sea without fear overcoming her.

DUMBFFOUNDING RESULTS

During one session she indicated her fear felt like it was in the pit of her stomach. Dr Callahan had some familiarity with acupuncture meridians, and knew that the stomach meridian had points on the face. In a desperate leap of intuition he tried an experiment: he had her tap with her fingers underneath one eye, while focussing her mind on her fear.

With just two minutes of tapping on this meridian, Mary said the fear was gone. That night she waded into the sea up to her waist, and was completely fear-free!

Callahan was astonished.

Over the next months he tried variations of the treatment with other patients and gradually developed a set of specific multiple-point 'algorithms' to act not just on phobias but on each of the main emotional states.

THE THOUGHT FIELD

He called the resulting system Thought Field Therapy, as he knew that a thought is basically energy. Emotional disturbances around a particular incident, a *perturbation*, are contained in the Field that has been extensively researched by scientists across the globe. This research proves without a doubt that human intention can influence the outcome of anything at all, including your own body and emotions, and events and circumstances *outside* the body.ⁱⁱⁱ

Callahan began training therapists in using his algorithms and diagnosing the underlying problems before treatment could begin. There are currently thousands of TFT therapists around the world, and even more people using the technique to help themselves through difficult times.

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TFT routinely helps between 75 to 80 percent of people get complete relief from emotional distress. In the hands of a skilled therapist, success rates climb to around 98 percent.

WHERE'S THE RESEARCH?

In the past decade, research psychologist David Feinstein and colleagues have been conducting or shepherding experiments required to 'prove' the techniques to the scientific and medical communities. There's not much money to be made with energy therapy because it actually *fixes* issues, so there are no long-tail profits through ongoing drug therapies for life! The money for research is limited, so progress in understanding how and why energy therapies work is rather slow.

Nonetheless the research results are very clear and back up many thousands of people's clinical and personal experience around the world: *energy therapies work!*

If you'd like to find out more, [Google for David Feinstein](#).

THERAPIES GALORE

In 2010 new variations of energy therapies are still emerging and will doubtless continue to do so. Amongst the most widely used are Be Set Free Fast, EmoTrance, Tapas Acupressure Technique, EFT - to name a few. Just like some people prefer dark chocolate and some prefer jelly babies, the variety of ways we can connect to ourselves with the help of energy therapies is a matter of preference.

From here on we'll use and refer mainly to the one I think is both easiest to teach in text, and my favourite use-most-of-the-time tool, Emotional Freedom Technique (EFT), a meridian tapping therapy.

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Please do not think this means I think that any other energy therapy techniques are somehow deficient. While I mostly use EFT in my practice, I almost always use a combination of several therapies depending on the person and their circumstances in the moment.

WHERE DID EMOTIONAL FREEDOM TECHNIQUE COME FROM?

One of Callahan's students, Gary Craig, an NLP Master and personal performance coach, simplified TFT's complex algorithms and diagnostic procedures. He added concepts developed from NLP, and with incredible generosity and a flair for marketing, gave (yes, for free) the work to the world. He named it Emotional Freedom Technique.

Anyone can learn and apply EFT to their own body and own issues in just a few minutes. And that's just the beginning: it's been very effectively applied to animals, babies, even over distances as people action Gary's driving belief: *try it on everything.*

WHAT IS IT?

EFT is a simple, usually painless technique, which corrects what Gary Craig calls 'short circuits' in the body's energy system. Acupuncturists call them blocks in the meridians. While repeating a 'setup statement' to focus the mind and correct any possible energy reversals, you tap with your fingertips on various points on your head, face, torso, and hands.

The points are the beginning or end point of the body's major meridians, and are illustrated on page 7.

You don't need to be diagnosed and you often don't even need to be able to name the feeling. All you really need is your natural human ability to tune into the feeling in your body when you think about an incident in your life; for example, a knot in your stomach, or a tightening in your throat, and so on. The tapping

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movement sends a pulse of kinetic energy through the meridian. It seems that combined with your focus, the new energy you're adding in to your system clears the blockages that cause emotional or physical pain. Often it takes several rounds to clear the blockage, and often several aspects of the problem will need to be addressed before it's completely cleared.

EFT's results are easily as clear and consistent as those of TFT. It is bringing physical and emotional healing to tens of thousands of people across the world.

IT SOUNDS WEIRD

Well yes, on the face of it, it does sound weird and it looks weird too, especially if you're large-breasted like I am, and have to – support – your breast to reach the point under the breast, or when you tap under your arm with the same arm instead of crossing over your body with the opposite arm, you can look a bit chimp-ish!

But try it – you'll soon get over the weirdness and won't give it another thought until you teach it to someone else who thinks it sounds and looks weird!

ACCEPTING THE TRUTH IS THE KEY

When you have a trial run through with Meridian Tapping, you'll notice something strange:

You are saying what's true for you, right here right now. And then you're saying "and I'm okay with that"; accepting the complete package of you with the idea, feeling, or memory that makes you uncomfortable or causes you pain.

That seems counter-intuitive on a couple of levels.

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EMOTIONAL SUPPRESSION

Firstly, we are trained almost from birth to suppress our emotions, to keep a stiff upper lip, to just get on with it! An emotion is energy in motion (e-motion) and when we suppress it, we shut down the energy pathways in the body that are designed to carry the emotional frequencies.^{iv}

When we say, “I am angry”, we tie the emotion, the energy, into our identity. Any emotion is *energy*, not *you*. *You* are not happy, sad, angry or heartbroken. You are you experiencing a normal natural human emotion. E-motions are energy in motion. Energy. In Motion. That’s all.

Often the energy is so slowed by our intention to suppress it, that it sticks where it’s not supposed to! Starting to process your e-motions with tapping is simply a way of teaching your *energy body* to work in the way it was designed to do.

AFFIRMATIONS

Secondly, if you’ve done any kind of personal development work at all you have probably done some affirmations. Affirmations are a way to transform negative thoughts and behavior patterns into ones that serve you better through repetition, to say what you want to be possible in your life.

The theory goes that repetition changes the pathways in the brain that run the patterns we learned earlier in life, and which run our lives now unless we take steps to change them.

Affirmations do work:

- If you repeat them often enough: we’re talking tens of thousands of times
- If you also find and change the underlying, usually subconscious, beliefs that drive the thoughts and behaviors.

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The setup statement of EFT *can* sound like a badly-formed affirmation and people often say, “I don’t want to affirm a negative!”

Remember though, you are not using an affirmation when you’re relieving pain with EFT, you are instead *telling the truth* for and about yourself, *in this moment*. That truth telling and accepting is an important step in transforming what you don’t want, into what you do want.

INEVITABLE EXPLOSION

Most people find that suppressing their emotions doesn’t work in the long term. You feel something that’s “not okay”, and you deal with it by putting it in a little box, putting the lid on it and sticking it away in a dark part of yourself.

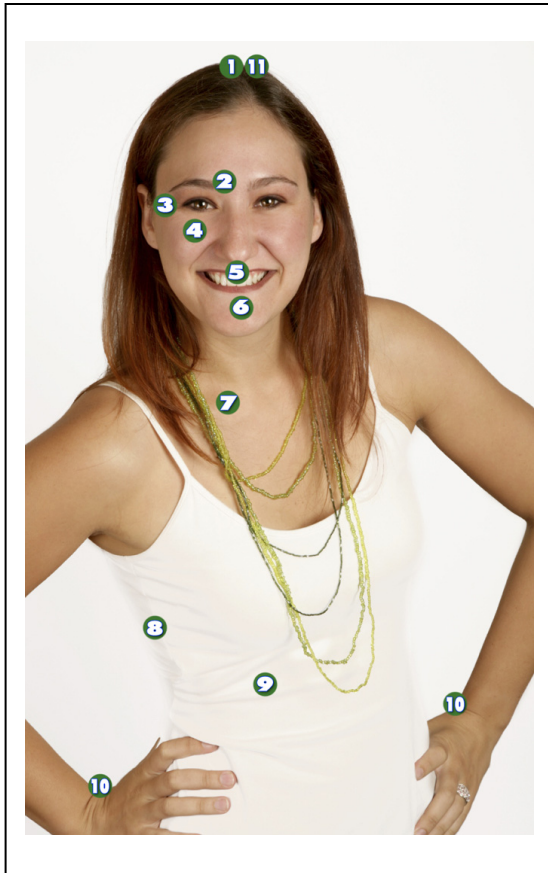
Over time you automatically add more of the same to the box. Given the right trigger, the lid flies off and the suppressed energy roars out. You say or do something inappropriate, that you’d never say or do if you were ‘in control’.

When I first was taught that most people in Western culture do this, I felt relieved, because I have behaved or felt like behaving that way in the past. When well-meaning friends would say things like, “oh just let it go, it’s not worth it, move on”, the advice sounded sensible but I had no idea what to do with it. If I knew how to “let it go” I would have done it!

And then in 2001 I found EFT. This fabulous technique has changed my life, and I’m sure that if you use it, it could change yours.

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THE TAPPING POINTS AND FIRST SCRIPT



THE TAPPING POINTS

- 1 Crown of Head - C
- 2 Eye Brow - EB
- 3 Side of Eye - SE
- 4 Under Eye - UE
- 5 Under Nose – N
- 6 Chin - Ch
- 7 Collarbone - CB
- 8 Under Arm - UA
- 9 Under Breast - B
- 10 Wrist - W
- 11 Crown of Head - C

TRYING IT OUT

Follow this script to try EFT. We'll focus on something that most people aren't aware of, but is very real for almost everyone – *constricted breathing*.

First of all, notice what happens when you take in a big, deep, breath right down to the bottom of your lungs. Does your chest expand and fill easily? Or does it feel like you could breathe deeper, like your chest could be softer, your lungs expand more?

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Rate that breath on an imaginary scale of 1-10, where 1 is *my chest is really tight when I take a big, deep, breath* and 10 is *a full breath is really easy*, and write it here: _____

Tap with one hand on the karate chop point of the other hand, while you say the *setup phrase* **three times**:

“Even though *my breathing is constricted*, I deeply and completely love and accept myself anyway.” Remember, say this three times. This focuses your bodymind on the issue you want to deal with.

Following the diagram above, with two fingers, tap seven to ten times on each point while saying the *reminder phrase*. In this case, say “*constricted breathing*”. Move fairly quickly, it doesn’t have to be exact or slow.

1. Top of head – tap 7-10 times and say “*constricted breathing*”
2. Eyebrow – tap 7-10 times tap and say “*constricted breathing*”
3. Side of Eye – tap 7-10 times and say “*constricted breathing*”
4. Under Eye – tap 7-10 times and say “*constricted breathing*”
5. Under Nose – tap 7-10 times and say “*constricted breathing*”
6. Chin/Under Lip – tap 7-10 times and say “*constricted breathing*”
7. Collarbone – tap 7-10 times and say “*constricted breathing*”
8. Under Arm – tap 7-10 times and say “*constricted breathing*”
9. Under Breast – tap 7-10 times and say “*constricted breathing*”
10. Creases of wrists: inside of one wrist tapping 90 degrees across the other – tap 7-10 times and say “*constricted breathing*”

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11. Top of head again – tap 7-10 times and say “*constricted breathing*”

Now take another deep breath, rate it on the 1-10 scale, and write your rating number here: _____. Hopefully it is a lower number. If there is still a bit of tightness, go back to point 3 above and tap another round, this time saying, “this leftover constricted breathing”.

And again rate your feeling.

Hopefully by now you’re down to a 1 or even 0.

That’s it, you’re done. Yes that’s really all there is to it. Just rinse and repeat for any issue you want to move along.

Now, at some point you might get stuck – we all have blindspots, things we simply can’t see, and that’s when it’s helpful to get help from an experienced practitioner, or join a [tapping circle](#). Many practitioners (myself included) work with people all over the world via Skype or phone. Tapping Circles can be more cost-effective because you work in a group, sometimes on the phone, and pay a monthly fee. Often you will work one-on-one with the facilitator and the whole group gets to [borrow benefits](#) – highly effective, reasonably priced!

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WHERE TO FROM HERE?



You can use Tapping on *any* issues you have. Simply come up with your own setup and reminder phrases or even tap without words, just focusing on the feelings.

Not Sure Where To Start?

Ask yourself a question, see what answers come up, and tap for the feelings those answers bring with them.

If you need guidance on what kinds of questions to ask, you might be interested in the Personal Peace Journal. This is over 90 pages of journal, with carefully crafted questions designed to help you explore your blocks, as deeply as you're comfortable going.

And because you're interested in moving forward, you can get the Personal Peace Journal for just \$17, saving \$10 over the regular price of \$27 – which is what I sell it for at www.personalpeacejournal.com. To get this special price, go to www.thetappingsite.com and enter your name and email address, then you'll be taken right to the special sale price Personal Peace Journal.

It's easy, it's private, and it can take you very deeply into your life to times, people, places, and incidents you have probably forgotten, or even forgotten that you've forgotten. And often it's those very incidents that are holding us back.

[This could just be the starting point you're looking for.](#)

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AND FINALLY....TOP TAPPING TIPS

1. You can't do it wrong.
2. You can tap in any order you prefer. The order above is easy to remember and ensures you get all the meridians.
3. Any tapping is better than no tapping.
4. You can't do it wrong.

ⁱ Tapping the Healer Within, p5

ⁱⁱ Tapping the Healer Within, p7

ⁱⁱⁱ More information in The Field by Lynne McTaggart

^{iv} Concept from Oceans of Energy