

## So, “What is Tapping”( Energy Psychology)?

This is the common name for stimulation of the body’s “energy meridians”, those places on the body, extra sensitive to pressure stimulation by gentle “tapping”. This tapping creates an effect on two little specialized pea sized glands in our brain, called the amygdala. (These energy centers, or “meridians” have been known for 4000+ years in Chinese medicine.)

So why would one tap these points? The amygdala’s purpose is to keep us as safe as possible. If anything has happened causing us emotional, or physical pain in the past, the amygdala’s job is watch out for anything like this happening again ... so it constantly monitors our surroundings via our senses (sight, sound, smell, taste, touch), and when any such “stimulus” is noticed, the amygdala (instantaneously) produces the stress hormone cortisol directly into the “old/reptilian/survival brain” immediately causing us to be ready to protect ourselves: we get ready to *fight, flight, and/or freeze*. (Thinking, or obsessing about some unresolved emotional event that hurt us, or just “worrying about day to day, or stressful events”, also stimulates the amygdala in this same manner.)

The “neocortex” or our modern brain’s higher functions are oftentimes temporarily “hijacked” by an excited amygdala, so even when wanting to be “at peace”, this desire won’t get us into this state of “being less anxious”. We also don’t learn easily when we are in this anxious state, plus our body’s various natural health systems are compromised (i.e.) our autoimmune system, lack of proper sleep, acid stomach and poor digestion, not being fully present in our core student, work, marital, and family relationships, physical chest, muscular and/or skeletal pain, various phobias, to name just a few examples.

Many people report “*being anxious*”, as far back as they have memory, and they may not know why. Others know they are “anxious” as result of some traumatic life experience they can recall, and continue to be “uptight, can’t relax, can’t sleep, can’t concentrate”. Some also self-medicate with addictions, or think prescriptive drugs are the only answer to these hurtful emotional and/or physical ailments.

By encouraging an anxious person to “bring back into memory” what is unresolved, or what they are worrying about, while “tapping” on the energy meridians, the amygdala stops producing cortisol, the individual relaxes, the highly competent “neocortex” is able to function again, and the “event(s)”, or issue(s) are oftentimes meaningfully settled.

Energy Psychology is the name for this treatment process of “tapping”. It has been my strongest, most effective treatment option for 15 years, is easily learned (even by children), and I make it available here in Brandon in face-to-face sessions, or using internet Skype for geographically distant clients.

This TALC session is an experiential process, introducing the background history of Energy Psychology, how it can become a resource to anyone with a desire to expand their inner self-care resources ( physical, emotional intellectual, sexual and spiritual), especially important in this our third age learning life adjustment processes.