

A CRASH COURSE IN TAPPING

*How to save yourself from a lifetime of misery
and grow into the awesome person
you always thought you could be (and should be)*

INTRODUCTION & DAY 1
DEALING WITH PROCRASTINATION

Your course instructor:
Markham Nakagawa, Certified EFT Practitioner



A Crash Course in Tapping

How to save yourself from a lifetime of misery and grow into the awesome person you always thought you could be (and should be).

Thank you for signing up for my crash course in tapping, or sometimes called EFT(Emotional Freedom Technique). We won't get into much detail about the history of tapping at this time. There is plenty that you can Google on your own to find out more. We may even have some articles from my blog at <http://markhamnakagawa.com> on tapping from time to time. But hey, this is a crash course, so we are just going to get to tapping as soon as possible. But let me briefly explain to you how it all works (at least my personal theory on it) and go through the tapping process. If you do want to know more about EFT, or Emotional Freedom Technique, I have additional sources and links you can look up later at the end of this course. It's a very easy technique, but for those who wish to share it, maybe even teach it, there are some courses I highly recommend to further your education.

What is tapping???

So what is tapping? It's kind of like acupuncture without the needles. You are lightly tapping on different lines of energy running through your body, or meridian points, to release any emotional baggage that has been bothering you. There are a couple of trains of thought about what tapping does for you. First, some people believe that emotions and information are not only stored in the brain, but also in the nervous system all around the body. If you think about a professional fighter who has trained for years to block a punch or counterattack so quickly as if he or she had zero time to think about what to do, maybe it's because some of what was trained in the fighter was actually stored not in the brain, but perhaps in the other parts of the body where the actual motion needs to take place. It takes way too much time for the eyes to see what is going on, the brain to assess the situation, and then decide on the next course of action, and then send signals to the specific parts of the body to take action. By that time, the other fighter could have knocked our fighter out. So perhaps our nervous system carries other information, or even emotions, in various parts of its system. Second, as we will be discussing in a bit, we have the amygdala, or the primitive brain, which is only concerned about you staying alive, no matter what the cost. We tap to awaken the amygdala and link it to our more logical parts to help take control over situations that the amygdala literally takes as being "life or death", when it fact could be totally harmless. Regardless of which theory you believe in, tapping has many benefits. It's cheap and it can be very effective provided you are willing to really get to the root of the problem and not sugar coat things. Admit to yourself, "This is the way it is. This is where I am at. But now I am willing to end this and make some new changes."

Which reminds me, we don't want to have to say this this, but...in this day and age legal issues, as far as tapping, or EFT, is concerned:

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professionals, please consult qualified health practitioners regarding your use of anything on this website/manual or the information contained within.

Over and done with hopefully.

So, sometimes I am asked, “Is this supposed to take the place of acupuncture or medication if you’ve got a serious condition?” No, I don’t think so. But I think they both can be really effective when used together. It would be a bit expensive to go to your acupuncturist every day, though. You can use tapping every day, multiple times a day, to keep yourself in tune in between visits. I do both, and I love them equally! They have helped me with my history of panic attacks, helping me deal with my many phobias, as well as helping me to manage the pain I have had over the years in my lower back, my knees and my ankles. Acupuncture and tapping complement each other, like stretching on you own and going to get a massage every now and then. And medicine, well, it has its place, too. It’s usually very quick, but can have its side effects. So I would use medication only when other alternatives have not worked for you. There are enough people overmedicating already. What we’re trying to do is make you strong enough to handle most of life’s challenges in a way that helps build your internal strength, not make you dependent on something from the outside. But again, in order to cover my a**:

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So just keep in mind that tapping, does not take the place of a licensed medical physician. But sometimes we have various emotions that block not just our mental capacities, but also manifest and alter our physical capabilities, abilities we actually do have but just don’t realize how much more we can do. However, if you do have a serious physical injury, it may be a combination of both physical, mental and emotional issues that overall affect the pain or injury. Therefore, it probably won’t hurt if you do some tapping for any kind of issue you are having.

So about the tapping part...

When you tap, you don’t have to pound your fingers into your skin and break bones or cause bruises. Please do not do that. We just gently tap on certain points on your body, called meridians, where it has been known in Chinese medicine that energy flows throughout the body. A good majority of them that run through your body also run through your head, so that’s why a lot of the tapping is done around the face and crown of the head. Trapped energy (or emotions) blocks your flow, and causes pain or even potentially accumulates into disease in the body. But what tapping on your meridians also does is it reaches that part of your brain that is ancient, your amygdala.

The Amygdala – Hello My Dear Lizard Brain

So what's the amygdala? It's that ancient part of your brain (two, one on each side, the size of an almond) that has kept our species alive for tens of thousands of years, maybe longer. It has told us for generations when we needed to run away or when we needed to stay and fight. In the most extreme conditions, it has kept us humans alive. Even though our brains have somewhat evolved over the years, since the amygdala has had such an important role in our survival, it has remained a vital part of our nervous system. Only in today's society, we don't normally encounter a possible attack from a sabretooth tiger anymore. We live in a relatively controlled and safe environment where the biggest problem we seem to face on a daily basis is should we have the chicken or fish for dinner, not should we go out and kill a chicken or fish so we can actually have dinner. And yet the amygdala remains intact, and still being a dominant and possibly overprotective part of your programming since childhood, it still tries to protect you from harm. But it's still very primitive, the amygdala does not discern from one event to another. So if it feels like you are in some danger that seems similar to something dangerous you experienced in the past, it will lump it together and give you that feeling that you need to RUN BABY RUN!!! And that may not actually be the case at all, especially in modern times. If we could only keep the amygdala in one of those "in case of fire, break glass" cases to alert it to real problems, it would be great. But it is the granddaddy of all brain parts, and we need to use our modern brain to help keep it in check, like our kids (if you have kids).

In fact, it's when we are kids that a lot of times we develop a trauma to something and gradually adapt that trauma to other things in our life, even without any logical connection (Thanks amygdala!). For example, ever see a child being traumatized (or perhaps it was even you) for wetting their pants in school? All the kids ridiculed and laughed at that child. By the next day, the whole school knew about it. And that kid somehow never wanted to show his or her face or speak up in class even though he or she had something that could have been great to contribute? How did that child turn out? If they ever got over it, it probably took them a complete change of scenery (like transferring to another school) to build up the courage to stand in front of everyone again, maybe. In my school, we had a kid (let's call him George) who was always the one everyone blamed for everything wrong, even if he didn't do anything. I felt really bad for him. Even though I never did anything mean to him, I still had this guilt over me for a long time because I never stood up for him either. And one day, wouldn't you know it, Ronnie moved and wasn't there anymore. So, of course, someone has to become the new lamb to slaughter. Guess who they chose? Yes, me. (Pardon my words here, but here are some actual names given to me from the second to the fifth grade) I was the jap, gook, chink, fatty-assed ching chong (making slit eyes) of the school (I'm Japanese American, by the way. Really wished they could have gotten their racial slurs correct). A few kids did try to gang up on me a number of times, but fortunately I was big compared to other kids at that age. As some of us Americans say, I could open up a can of "whup ass" on just about anybody, even kids a grade older than me. So they ended up taunting me from afar. Because if they ever got close to me, someone would be hanging from their underwear or their head would be shoved into a huge pile of snow. Unfortunately, this led me to have a few aggression issues, even though now I am told I have a very calming effect on people (hopefully that doesn't mean I put them to sleep). Always a work in progress, but I try my best to channel my energies into other endeavors now. And I have to give a lot of this credit to tapping.

So those feelings of pain or anger or panic that the amygdala decided might be a good idea to keep handy just in case you encounter another traumatic situation, could be very damaging to you or another person, even if it seems blatantly irrelevant to a new place, or new time, or new person, or even a new work situation you're in. It's the feeling that has been instilled in you. But the amygdala does not think so, complicated stuff would confuse it. It lumps all this together into one lovely trauma. Apples and oranges converted to apples, trauma converted to trauma – both bad to the amygdala. And whenever some stress triggers a feeling inside of you, well, you've just sent a message to the amygdala. Bring on the trauma, right? We can work on those issues with tapping while talking with our amygdala and modifying the gap that has been there far too long. Tapping on certain points, or meridians, will reach the amygdala and reassure it that everything is okay. So we tap and even though we may be bringing up those unwanted feelings again, we are also calling upon the amygdala and telling it that things are okay now, reassuring it, easing the pain, making you a more functional person again.

Think of it as an emotional “tummy rub”. And who doesn't like tummy rubs? Your dog and cat sure do! Maybe you should learn from them. Sounds nice?

Okay, let's get started!

What's Your Pain?

It would be nice if we could identify a pain that you are experiencing. But even without knowing what is ailing you specifically, something may come up while tapping anyway. In order to know how much it is hurting you, we need to quantify it. So let's assign a number from one (not hurting at all) to ten (massive pain!) on some discomfort you are feeling. Since I can't hear you right now, I am going to selfishly choose something that has been nagging me recently, namely my recent issue with procrastination. Hope that works for you, but as I mentioned, the procedure for physical, mental, or any issue is the same as you'll see. And in this series, we will cover a bunch of issues. So don't worry! We'll get to yours!!!

The Tapping Points – You Can't Get It Wrong, So Don't Worry!!!

So in tapping, we take two or three fingers and we usually use nine different tapping points on the body, mainly on your head and a couple on the upper body.

In general order, they are:

1. The karate chop of the hand
(this is where we use the setup phrase, and make a general statement about the issue we are dealing with)
2. In between the eyebrows (here is where we start the rounds of tapping)
3. The side of the eye
4. Under the eye
5. Under the nose
6. Above the chin and below the lower lip
7. A couple of inches below the collarbone

8. A few inches under the armpit
9. The crown of the head

(Check out the pictures that accompany so you get an idea of where to tap.)

Now remember, you don't have to tap so hard that you bruise! Just a gentle tap will help to get in touch with the amygdala. We don't want to cause more pain! We wanted to get this information out to you right away, so in the near future, we will be getting some videos ready to accompany this manual so you could tap along with me. Just for now, give it a try on your own.

The nice thing about these points is that if you tap in the general area, you're fine. And also even if you don't tap in the same order as I have listed above it will work. It's all good. So don't stress about getting it "right" because you can't get it wrong. Also, once you get the hang of tapping, you can apply it to anything, whether it is a physical pain, an emotional issue, or just about anything you want to try tapping on. The procedure is always the same, just the dialog, or the script, changes. Heck, you don't even have to use a script if you don't want to. But we'll get to that later in this course.

So let's first identify a problem you wish to work on. Physical pain? Money issues? Weight control? Mental blocks? We start with an opening statement, somewhat broad and we tap on the first meridian point. Again, today we start with the issue of **procrastination**.

STEP ONE – PRE ASSESSMENT

PROCRASTINATION!!! So how do you feel about it? Right now, assign a number from one to ten, ten being the worst feeling you can have about it. How has it affected you? What have you lost because of it? How much pain has it caused you in the past for your failure to do what you should have done but didn't? How many opportunities have you lost? How much has it cost you? Who has it cost you? What's your number from one to ten? Remember it and we will reassess it after the tapping session.

Are you ready to change the tide of your future?

STEP TWO - TAPPING

Karate Chop – side of hand



The first tapping point is usually the side of the hand, or what many call the "karate chop" portion of the hand. We will take a statement that broadly covers the issue we want to work on and say it three times. Instead of just thinking it, sometimes it helps if we also say it out loud. So you may wish to do this in private. Being on a train or in your office with lots of people and trying this may give you a new phobia, so I suggest a quiet, private room where you can feel comfortable and safe.

My setup phrase, the general statement about the issue that I am going to start with is:

Even though I have been procrastinating, I completely love and accept myself.

We use the process called psychological reversal here to help neutralize the debilitating effects that the issue has had on you up to this moment. So even though you have had this problem, you still are okay with yourself and know that this issue is not the real you, there's so much more to you and there is so much to love and admire about yourself. You're better than that, and you know it!

You can tap on either hand, or either side of the body, as the meridians run symmetrically on either side. I will take one hand and tap on the karate chop part of the other hand lightly, all the while making the statement:

Even though I have been procrastinating, I completely love and accept myself.

Even though I am not doing what I'm supposed to be doing, I accept and love myself as I am.

Even though I don't feel like I'm even doing my best and I feel frustrated, I still love and accept myself unconditionally. It's OK.

AMYGDALA ALERT!!! Okay, so there's one thing I haven't mentioned yet about the amygdala that is VERY important. It's a simple teeny tiny brain, right? It's got limited capacity and needs to make split second survival decisions for you. So, the amygdala negates a few things. Big things. First, it does not recognize negatives. I mean words like "no" or "not". So a statement like "I am not doing what I'm supposed to be doing" comes through as "I am doing what I am supposed to be doing." So if you are worried that you are filling your brain with negative statements, don't worry. On the surface, your conscious brain hears the "no's" and "not's", but the amygdala won't. It just doesn't have the luxury of processing such stuff.

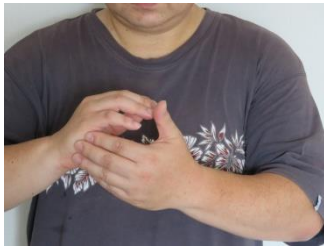
Second, the amygdala only recognizes things occurring now. So if anything happened in the past, for the amygdala, it's happening now. Same token, when you try to visualize yourself in an ideal situation, if you can make that image as real to you as you can, the amygdala, again sees it as now. But that's why you can have some hurt from twenty years ago and still react to it just as if it occurred now. I know someone who was cheated on by their partner fifteen years ago, and he still felt the hurt and rage he felt as fresh as the day he found out and confronted her about it. Maybe you know someone who has held onto a grudge seemingly forever. *Maybe it's you.* But being real here, I don't think that will subside in just one tapping session. But continued sessions over this issue will probably help, and with much effort and diligence, eventually eliminate that rage that may be keeping you from having another meaningful relationship again. Wouldn't that be nice?

Notice I've changed the phrasing of my issue a bit. That's just me, my style. You don't have to vary the phrase. You can say the same phrase again three times while tapping on your hand. Some practitioners do it this way. I think of it as a conversation in my head (yes, I'm talking to myself). And with each

phrase, I'm talking myself into the feeling and behavior that I want to be a part of me. So my scripts, the dialog I have going on inside, sounds like this. But it works in many ways. For now, just try it out and you will find what works most effectively for you. Eventually you will find and structure scripts that fit your style more.

Tap at a pace that is comfortable for you. It does not have to be very fast, nor does it have to be slower than a snail's pace. Just tap. And while you are tapping, try and feel the issue, but also when you make the statement, "I completely love and accept myself," feel that as well. If this statement feels a bit too much, then try another statement that you can work with for now, such as "I am completely OK with who I am."

Okay, so let's start that again...



Karate chop of the hand

Even though I have been procrastinating, I completely love and accept myself.

Even though I have been putting things off, I accept and love myself as I am. Even though what I intended to do has been greatly delayed, I still love and accept myself unconditionally. It's OK.

Now we go through each of the following phrases once, but we will do three rounds of this tapping. Remember, tapping on either side, or both sides, works just fine. You can't get this wrong, remember?



Round One

In between the eyebrows

Yes, I've been putting things off.

Side of the eye

All these things have been blocking me. There must be a reason.



Under the eye

There's something holding me back. I'm always tired, I don't have the energy. I feel so lazy.



Under the nose

There's something holding me back. I'm always tired. Especially when I think about this stuff I have to do.



Above the chin

My fear of taking action. My resistance.

Below the collarbone

*I'm distracting myself from what I really need to do.
My fear is that it's going to be hard, complicated.*



Under arm

It may take a lot of effort and energy.

Crown of head

Besides, maybe it won't work and I'll have wasted my energy.



Round Two (back to the same tapping points)

In between the eyebrows

All the resistance I'm feeling, all the overwhelm. This sucks!

Side of the eye

I feel tense just thinking about it.

Under the eye

Maybe it's the anticipation of change. I'm nervous about the change. I'm out of my comfort zone.

Under the nose

Okay, maybe I've been afraid, but afraid of what? Afraid of the change? What will this change bring me?

Above the chin

*Yeah, positive change? Maybe the life I wanted to live? The legacy I want to leave?
How I wish to be remembered? Isn't that worth it? Aren't I worth it?*

Below the collarbone

*My life is not a waste. My life was meant for greater things. For more meaning.
I am significant. This life is MY LIFE and I will take it back and do what I see fit.
Letting go of the resistance. It's OK.
Letting go of the resistance. It's OK.
Letting go of the resistance. It's OK.*

Under arm

*I thought that this change would be a threat to me. But that's not true. Not true at all.
Time to let go lizard brain (my dear amygdala)! I got this. It's okay.*

Crown of head

*This could be my great breakthrough. So many better things to come.
Once I let go.*

*My life was meant for greater things. For more meaning.
I am significant. This life is MY LIFE and I will take it back and do what I see fit.*

Round Three (last round!)

In between the eyebrows

*I'm going to take action. Plan the work and then work the plan.
And I deeply and completely accept, trust, and love myself.*

Side of the eye

I've been searching for more meaning to my life. Could this be it? Could it be? Yeah, maybe.

Under the eye

*What if I just get disappointed again? What then?
But then again.....how long can I stay this way? The way I am now. I'm always tired, disappointed,
frustrated, wanting, desiring to do so much more. I know I can do so much more!*

Letting go of past fear, letting go of all that no longer exists, letting go of all that is no longer relevant.

Under the nose

Besides, how would I ever know anything if I didn't follow through? If I didn't finish? What if this is it?

What if I can really do this? Think about where I could be!

Letting go of the fear, the apprehension, the resistance. Now.

Above the chin

I remember why I wanted this. I remember. I remember it was me who wanted this.

Below the collarbone

This could really help me. This could even help me make more money.

This could help so many people find peace and happiness.

Under arm

I wanted to make a life worth living. I wanted to make a living, earning a living and helping others.

This can be it. This is it.

My life was meant for greater things. For more meaning.

I am significant. This life is MY LIFE and I will take it back and do what I see fit.

Trust me "Liz" (lizard brain a.k.a. amygdala). I got this. It's okay. Let go. Let go.

Letting go of resistance.

Crown of head

People could really use my help. I could really help them. We could help each other.

Once I let go.

It's time to stop playing small. Time to see past the BS (blind side). I can see clearly now.

I've always been enough. I've always been wanting to help. That's where my true value lies.

That's where I'm happiest. I got this! Let's do it!!!

Take a deep breath. Several deep breaths.

STEP THREE – POST ASSESSMENT

How do you feel? Remember that number you assigned to how you felt about procrastination before we tapped? Now how do you feel? What's that number like now? Hopefully it is lower than when you started (I hope!). That's the goal. If you feel you can get it even lower, even if you don't, try going through the rounds one more time. You'd be surprised that you may even be able to get it lower. Each time you will feel better and better.

When it comes to procrastination, results are usually the cure. Once you see changes, good ones, more action taken, it will serve as fuel for you. It will be the momentum you needed to get you off your couch and into your new home, your new car, or in front of people who truly appreciate you and your efforts.

So there you have it! Your first day of tapping! Let's meet back here tomorrow for another session to help you deal with another issue that may be affecting you and keeping you from unleashing all the greatness within you.

A CRASH COURSE IN TAPPING

*How to save yourself from a lifetime of misery
and grow into the awesome person
you always thought you could be (and should be)*

DAY 2 DEALING WITH LACK OF SUCCESS

Your course instructor:
Markham Nakagawa, Certified EFT Practitioner



A Crash Course in Tapping

DAY 2 - Lack of Success Due to Lack of Action

Welcome to Day 2. I trust that Day 1 has given you some idea of the power of tapping. I know it is a simple technique, but some of the most effective solutions do not have to be so complicated, do they? If they work, they work. If it hasn't quite worked for you just yet, stay with me. Work through this course. It's only been a day, right? Give it a chance. And make sure you gauge your level of discomfort before and after tapping. Try using it on all kinds of issues you have been feeling that have limited you. Seriously, put some faith in this. And remember, it cost you very little, it's convenient – you can pretty much do this in private anywhere, and it can work wonders if you let it!

So okay, let's start with Day 2. So yes, Day 1 started with procrastination and now Day 2 is also focusing on pretty much the same subject. Only today, we relate it to a lack of success and what we are not doing enough of in order to make it all work. Since this is such an important issue for many of us, I thought it would be a good idea to continue it today. So let's do it!

Start by assigning a number from one to ten about the issue of having trouble in succeeding with something you're working on and let's tap on it.



Karate Chop (our setup statement)

Even though I've been procrastinating, I deeply and unconditionally love and accept myself.

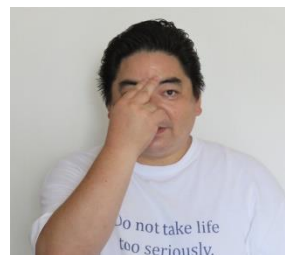
Even though I've been putting off something that I really need to do, I deeply and unconditionally love and accept myself.

Even though there's something I really should and need to do, and I've been putting it off for too long, I deeply and unconditionally love and accept myself.

ROUND 1

Between the eyebrows

I feel so guilty. I've been putting things off.



Side of eye

I feel resistance to doing this thing I know I should do.

Under the eye

Something's holding me back. Maybe I'm resisting the change.



Under the nose

I feel so stressed, so tired, so lifeless.

Above chin

So how am I now? Why do I need this change?

I know exactly why, because everything's the same, day after day.

No change.

Just boredom. The same thing day after day after day.



Below collarbone

No change, but I'm barely surviving financially. Because there's no progress either. I'm starting to lose interest in everything. And it's getting harder and harder to maintain.

Under arm

If I had a disaster today, how would I survive?

Is this the dream life I wanted?



Crown

Didn't I think I would have a nice home? A nice car? Lots of money in the bank?

Didn't I want to have more freedom so I could do what I want?

Grow and help others?

Didn't I want something better, not just for me, but for my family?

Didn't I say I was going to help those who needed me? Instead, I can barely help myself!

ROUND 2

Between the eyebrows

So where am I now? Nowhere near where I wanted to be.

Side of eye

Where I was yesterday, where I was last week, last month, even last year? Nothing's changed.

Is this really okay?

Under the eye

I am so much more than this!

I am so much better than this!

I could do so much for than this!

I can! Yes I can!

Under nose

I think about how good it will feel to take action.

I think about who I've helped because you can't have value without creating value for someone else.

It's the truest example of karma.

Above chin

This is giving me energy to do this. And it feels really good.

I'm doing great things.

Below collarbone

It's time! Now is the time.

So much to feel good about. So much to be proud of.

Crown

I'm ready now. I remember why.

I remember who I want to be.

That person is here now. That's the real ME.

ROUND 3

Between the eyebrows

I want this. I want to do this.

Side of eye

It's who I really am. And who I am has nothing to do with laziness, or fear, or frustration, or anything that has kept me from being ME. I don't need that anymore.

Under eye

Thank you. I know you did your best to keep me safe.

But today, I remember who I am. Training wheels are off. The Master has returned.

Under nose

We play bigger now. Full out. With passion and a LOVE to help and make things better.

Above chin

I LOVE, and I am unconditionally loved.

Below collarbone

See me now!!!

Under arm

I am a warrior of great spirit, of tremendous heart!

Crown

I shine as an example of the hero in all of us, the champion of my life!

I can do great things. Every creation began as a single thought.

From today, I create my amazing life!!!

Take a deep breath. Several deep breaths.

STEP THREE – POST ASSESSMENT

How do you feel? How is the number you assigned before and now? Just like yesterday, if you feel you can get it even lower, even if you don't, try going through the rounds one more time. Now that you've gone through all three rounds, you can get some sense of which round suits you best at this moment. Go through it again until it gets lower. Then progress to the next round again.

You know, some people complain about having to tap over and over again without coming to the realization that it's actually working for them, gradually, but consistently. Even if you feel a slightly higher sense of peace, it's doing something for you, isn't it? I have a feeling it will do much more for you, though, if you continue to give it a try. So take a really, really honest assessment of yourself now. And be sure of your intention and commit to the result you wish to see. That pretty much goes for anything you try in life, no? See you tomorrow!

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*How to save yourself from a lifetime of misery
and grow into the awesome person
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DAY 3 DEALING WITH CRAVINGS

Your course instructor:
Markham Nakagawa, Certified EFT Practitioner



A Crash Course in Tapping

Day 3 – Relieving Yourself of Cravings

Hello there! Well, you made it to Day 3. Not such a struggle, was it? How do you feel? Any of the issues that are troubling you still persist? How would you rate them on a scale from one to ten? If they aren't at a satisfactory level for you, you know what to do, right? Start tapping! Use the scripts provided for you, or make your own. The scripts help with the self-talk inside your head, especially the amygdala.

We can diffuse the drama when we really see that there is no drama. Sometimes the insurmountable weight we feel on our shoulders is really either made up or less heavy than we realize. Do you know the story about the baby elephant who was raised with a chain around its foot? When it was a baby, the chain was so heavy and strong, of course the baby could not break free. But now the elephant is fully grown, strong and powerful. That puny chain could break easily under the elephant's weight. And yet the baby elephant inside still says that the chain is too strong to break. How many of you have baby elephant chains still tied to you?

So today let's take a look at something that affects more and more adults and is a leading cause of early death, which leads to diseases such as diabetes type 2, heart attacks, strokes, and even cancer, or possibly Alzheimer's. I'm talking about obesity and one of the habits that leads to it, cravings for things that are not good for our body if we overindulge. Yes, cravings. Hungry for ice cream, pies, cakes, all kinds of desserts. Or maybe you find yourself trying a slice of pizza, only to end up eating three pieces, and washing it all down with a couple of bottles of carbonated sugar. Is this you sometimes? Has this ever been known to be good for anyone? But are we still doing it? Why? Why? WHY?!

You have the intelligence and all the sense to know it's not very good for you at all. But you feel like you can't break the habit. That's what it is, though, just a habit. A routine you've perfected in order to feel a certain way. If you come right down to it, it's not really about food. It's more of an emotional bandage you've placed on a small wound inside of you that you haven't treated. And so as it is, it will never heal. But the habit you've developed will definitely ease the pain for a few short minutes. Only the problem is with your body, it can't take the extra beating you're giving it anymore. It's not a machine, and even machines break down. Sugar will affect you on a chemical and cellular level, breaking down your organs and your immune system, allowing harmful bacteria, viruses and cancerous cells the right environment to breed and take over your body.

And the funny thing about these so called "harmless" addictions is that you find yourself needing more and more of the stuff in order to satisfy the minimum you required to kill the pain temporarily. So how do we stop this destructive madness? Well, what was it that caused the pain? When I think about my eating habits and my constant addiction to sugary desserts, I think about all the pressure I felt trying to be as good a student as I could be in the eyes of my family, who had some pretty high standards I thought I needed to meet. My father had always done well in school, not because he had any talents he was born with. He just tried that much harder than anyone else, and practiced and studied hours and

hours more than anyone else in his class. But nonetheless, I knew he did well in school because he told me of his struggles and achievements. He was an example of what could be achieved through sheer willpower. My older sister has the ability to learn quickly, and was one of the top students in her class throughout our childhood and into our teens. She went on to go to a high ranking university and then to get her PhD from an elite Ivy League school in the USA. As a kid, I went to the same middle school and high school as my sister, so you might have guessed that some of the teachers I had were also my sister's teachers. Their expectations forced upon me were often talked about at parent-teacher conferences, as they remembered how excellent a student my sister was. With these expectations that my parents and my teachers put upon me, I felt a heavy weight of pressure in school and while at home studying. I felt some escape from all of this stress at dinnertime, and especially when eating dessert. Food was magnificent! I enjoyed it thoroughly and never wanted to escape the feeling of pleasure to have that sweet, creamy taste of strawberry shortcake or a French silk pie in my mouth. Add to this the time I was being called all kinds of names at school, and any kid would love to find some way to get away from it all, right? Well, that was what sweets did for me. And the more I got stressed the more slices of cake I seemed to take in. Does any of this sound familiar to you or someone you know?

So how does this usually end? Death by heart attack, choking on a piece of spongy chiffon cake, maybe having a limb or two fail you to the point they're numb and useless. I saw the writing on the wall. All around me were stressful people, dealing with their own stresses, my dad, my sister, my brother, my mom. We all seemed to find solace in the same addiction, food. And as a result, my father is no longer on this Earth to share my experiences with. My brother just had a stroke around Thanksgiving last year and is trying to recover pieces of his life, whatever he can. And my sister had been labeled medically obese, has had trouble walking and still struggles to deal with the source of the pain. About me, I struggle with weight, too. However, several years ago, when it came to the stresses of what other people expected of me, I decided I would come to a compromise, at least with myself, that I would no longer let it get to me to the extent that I would allow it to end the happiness in my life. And it started with a little tapping. I've lost about ten kilograms, about 22 pounds I think, since then. But I'm still a work in progress. I can, however, resist the urge to eat something sweet when I want to, and stick with it. This has also led me to join a gym, where I workout 3-4 times a week. I'm even experimenting with something called intermittent fasting, which seems to have done some pretty positive things for me so far.

How many temporary bandages can we put on our wounds until we realize that it's not working? That bandage is not helping to heal the source of pain. So start with taking the bandage off and really healing the wound. And from there, you may find you are aligning with other things that help to heal and prevent this issue from occurring again. Want to try a little tapping? Let's begin.

And as always, let's start by assigning a number from one to ten about some craving you wish to tap on. For me it's cake, and so the text has cake written in it. But please substitute your wording for it as we tap.

Relieving Yourself of Cravings (sweets or cakes)



Karate Chop (our setup statement)

Even though I have this desire for sweets, I accept myself and I love myself completely and unconditionally.

Even though I want to have a piece of cake now, I still completely and unconditionally love and accept myself.

Even though I have this desire to eat cake, I will always completely and unconditionally love and accept myself.

ROUND 1

Between the eyebrows
This urge for cake.



Side of eye
I just can't seem to shake it.

Under the eye
Why do I keep on doing this?



Under the nose
I have no willpower.

Above chin
I always feel such huge guilt after having that cake.





Below collarbone
I just can't shake the urge for cake.

Under arm
My body is telling me it's not good for me.
I've gained so much weight.
I feel fat, sluggish, bloated. I feel sick.
So why can't I stop?



Crown
I feel so frustrated!
I know what I want to be!
I know how I want to feel!
I know how I want to look!

ROUND 2 (same tapping points)

Between the eyebrows
I self-sabotage myself.

Side of eye
I am hurting my family (husband, wife, children, etc). They're so worried about me.

Under the eye
The way they look at me now.
The way I hurt them, rejected them. Yelled at them.
This isn't who I am.

Under nose
They love me unconditionally. I know they want me to be around for a long time, healthy and happy together.

Above chin

Didn't I make a promise to them? To take care of them? What would happen if I'm not there anymore?

Below collarbone

Is it really worth the cost? Is cake worth letting the people I love so much down???

Under arm

What has it cost up to now? The weight? The bloating? The discomfort?
The fighting with family over my health? The tears, the frustration, the guilt?
All the hurt, the pain, from a stupid piece of cake????

Crown

Just for today, can I put the fork down?
Can I just go without the cake?
Maybe have some fruit instead? I like fruit!

ROUND 3

Between the eyebrows

I know it's hard, but we don't really need it.

Side of eye

We fled to it, escaped to it. But this was never the answer.

Under eye

But now I realize I have something better.

Under nose

No more guilt. No more shame. No more stress.

Above chin

I can feel really good about myself again! I can feel really proud!

Below collarbone

And it gives me energy to do this. I feel stronger, so much more alive.

Under arm

Now is the time! Yes, we are doing it NOW.
I feel so satisfied with the change.
I'm so proud of the new me!

Crown

My life has just become so much better.
So much better!

Take several deep breaths. Feel the clarity.

Feel the sense of peace and the control you have over your body, over your life. Your life is not defined by sugar, or alcohol, or cigarettes, or whatever cravings you have. Your life is defined by the great things you do that represent the greatness that you stand for. This is your life and what it means.

STEP THREE – POST ASSESSMENT

How do you feel? Let's assign a number to this new you. What is it?

Can you feel the lightness in your body and in how you feel?

All the excess, all the sluggishness, the stress, not just from the sugar and fat, but from the emotional burden you've been carrying around all this time, feel it melting away and shedding itself from you. It's detached itself from you because you no longer need it. It no longer suits you. Instead, feel yourself gaining the strength and energy, just building up in you. You're transforming into something powerful! Get ready for a new challenge!

Now please keep this up! Tap several more times. Maybe not now, but later today, later tomorrow, and feel the difference it making. This is all big picture thinking. Look at your life in its entirety. What is it you want to accomplish? What do you want to be? What fits into that picture? What does not?

I would love for all of these exercises to work once and you never have to do them again, but we all know that's not the case. But they do help! And done again and again, will serve as a tool to help you through all the rough spots you experience in life.

Okay? Live that life that the awesome YOU always wanted to live!!!

And see you tomorrow!

Markham

A CRASH COURSE IN TAPPING

*How to save yourself from a lifetime of misery
and grow into the awesome person
you always thought you could be (and should be)*

DAY 4 DEALING WITH PHYSICAL PAIN

Your course instructor:
Markham Nakagawa, Certified EFT Practitioner



A Crash Course in Tapping

Day 4 - Reducing Physical Pain

Sometimes physical pain is really physical pain. But sometimes, when you are supposed to be all healed, and you still feel the pain, maybe there is something else attached to that pain. A small part of that pain may have to do with some fear or limitation that the pain reminds you of, so you don't get hurt again. There have been so many cases where someone has felt a limb that's no longer there. So it makes sense that you can also feel pain even when it's not there anymore, at least part of the pain. I don't discount the work that medical doctors do, but we are body, mind and spirit – all three at the same time. If you don't work towards healing on all levels, you don't fix the problem in total. So as we leave the treatment of physical pain mostly to the physicians, let's work on areas where we alone have the power to make ourselves better.

So let's get to tapping! Let's start by assigning a number from one to ten about some physical pain you want to tap on.

Tapping for Relief of Physical Pain (i.e. lower back pain – replace with what physical pain you are feeling)



Karate Chop (our setup statement)

Even though I have lower back pain in my right side, I accept myself and I love myself completely and unconditionally.

Even though there is pain in my lower right back, I still completely and unconditionally love and accept myself.

Even though I have this lower back pain, I accept myself for who I am and I love myself unconditionally.

ROUND 1

Between the eyebrows

This soreness in my lower right back.



Side of eye

This dull ache that won't go away.

Under the eye
The soreness when I sit.



Under the nose
The soreness when I get up in the morning.

Above chin
My achy lower back.



Below collarbone
Why does it hurt so much?

Under arm
This affects my concentration. I can't get anything done!





Crown

It gets in the way of my work. I can't focus, I can't enjoy myself.

ROUND 2 (same tapping points)

Between the eyebrows

This is a problem. It's affecting my life. It's holding me back.

Side of eye

Is there something in my past that's affecting this pain? Keeping me in pain?

Is it some guilt? Some fear I have that no longer is valid?

Under the eye

The past is literally the past. It makes no sense to hang on to things that no longer work.

No longer serve me.

Under nose

It doesn't exist anymore. And it's keeping me from being my best – where I am of most service.

Above chin

So I release that part of me. This pain no longer serves me or anyone.

I let it go now.

I let it go now.

Below collarbone

I let the pain go now.

I let the pain go now.

It's no longer needed, and it's in the way.

I let the pain go now.

Under arm

I move forward. I move forward to serve those I love and those who need me.

I move forward and ask for all the strength and energy and love to serve others.

Crown

It's time for a change.

A new me.

A much better me.

ROUND 3

Between the eyebrows

New energy flowing through me. Serving me.
Feeling good. Feeling strong. Feeling fresh!

Side of eye

Stronger, better, more alive.

Under eye

My phoenix is here, rising from the ashes, shining bright, shining HOT.

Under nose

Burning off all the pain from my lower back.

Above chin

Burning off all the guilt and suffering. No longer is it wanted or needed.

Below collarbone

I feel stronger, so much more alive.

Under arm

Just filling in the gaps with love and joy.
Knowing how I may serve and help others.
So much energy and joy to be fulfilled.

Crown

It's all good now! Feeling really good now.
Feeling powerful. Recharged. Revitalized.
Better than ever.

Take several deep breaths. Again, feel the clarity. Feel the new energy flowing through you.
And rate the feeling on the scale we have been using from one to ten.

STEP THREE – POST ASSESSMENT

What's the new number you've assigned afterwards? How is it in comparison to right before you started? You know, we attach so much of our lives to being humble and not deserving. The weight of pain on our conscience prevents us from being all that we could be. And remember, we were born to do some pretty fantastic things. If you don't let yourself live to your full potential, then how have you served your higher self? Can you say that you've really lived the life you really wanted? Humble is fine, but also remember you are here to be great, and to do great things.

See you tomorrow!

A CRASH COURSE IN TAPPING

*How to save yourself from a lifetime of misery
and grow into the awesome person
you always thought you could be (and should be)*

DAY 5 FORGIVENESS

Your course instructor:
Markham Nakagawa, Certified EFT Practitioner



A Crash Course in Tapping

Day 5 - Forgiveness

A person who is bound by her past cannot break free towards her future.

Of course it is important to do what you can, but it is also vital to your growth that you let go of what you cannot and move towards your future. Nothing is guaranteed, but pulling the weight of the past with you will definitely keep you from your destiny. Your life is the timer, and it will stop when it stops. Anger, hatred, past jealousies, resentments – these will forever bind you to your past. And as painful it was, you will relive those moments still fresh in your mind. The result will be an unfulfilled life, riddled with regret.

Just let go. And what you will see will be far more precious and valuable to you. Just let go.

I don't know who said that, if anyone else did. Maybe I just thought it up.

Forgiveness, it's a crucial part of moving forward. You are holding yourself back if you continue to keep a grudge against someone or even yourself. It's like pulling a hundred ton weight up a hill for no reason. As I mentioned above, you are literally racing against a clock measured by the number of years left in your life. Once that expires, that's it. If there was something you really wanted to do in this lifetime, and there always is, you've wasted valuable time and energy on this crap that you can't seem to forgive.

So just **LET IT GO** for crying out loud!

Hey, how about some tapping to help??? Let's get started!

Assign a number from one to ten about how bad you feel about something. Feel the pain and anger dragging you down for years? What's that trigger that really gets you agitated? It's like a heavy weight, making you tired, old, weak. Time to let this go!

Tapping for Forgiveness – Letting It Go



Karate Chop (our setup statement)

Even though I have been hurt by someone in the past, I completely and unconditionally love and accept myself.

Even though someone has hurt me badly in the past, I still completely and unconditionally love and accept myself.

Even though I was betrayed by someone and it still hurts me, I will always completely and unconditionally love and accept myself.

ROUND 1

Between the eyebrows
This hurt. This pain.



Side of eye
I have been betrayed by someone I trusted.

Under the eye
I feel so foolish!



Under the nose
I feel so angry!

Above chin
I feel so betrayed.





Below collarbone
How can I trust anyone again???



Under arm
It's so hard to let it go.



Crown
But I must let it go...

ROUND 2 (same tapping points)

Between the eyebrows

What has it cost me to hold this grudge for so long?

Side of eye

How has it affected me? Am I meaner? Have I become cruel?

Have I stopped trusting people, good people?

Under the eye

Has this weighed me down? Slowed me?

Kept me from focusing on the life I really, really wanted to have?

Under nose

What has this cost me? Who have I lost along the way?

Above chin

I've lost myself, haven't I? Who I really am.

Below collarbone

Hiding behind a hurt, becoming just an angry shell of me.

Under arm

This has been dragging me down for years.

Crown

But I'm going to let it go – NOW

ROUND 3

Between the eyebrows

But it's so hard to let it go!

Maybe what they did wasn't intentional, maybe it was.

Side of eye

They're gone. And I'm still here. It's not fair!

Under eye

Even if I don't understand all of this completely, they were probably doing the best they could with what they had.

I don't know why they did what they did, but maybe they had it pretty rough. Maybe they had a tough life, too.

They had reasons they needed to do what they did. Maybe they were desperate.

Under nose

I'm still here. And I'm okay. And I still have so much to live for.

Above chin

So much to see, so much to do, so many people to feel joy with!

I am so much bigger than that small incident. My future is waiting for me.

I can't let this hold me back.

Below collarbone

I am so fortunate, and I'm so grateful to be where I am today.

It's time to move forward 100 percent!

Under arm

My future is so bright! I'm going places, meeting new people, doing all the things I've wanted to.

From now on, I'm having all the joy and fun I've always dreamed of.

Crown

My life is great! I'm so lucky! Thank you!!! Thank you!!! Thank you!!!

Take several deep breaths. Feel the clarity that your spirit was meant to hold for you.

You were meant for a much more meaningful purpose. The distractions were never meant to hold you back. Go do what you were meant to. NOW would be a good time!

STEP THREE – POST ASSESSMENT

As always, let's assign a number to this new you. What is it?

So the key here, if you get anything from today is let go of what you can't control or change. You'll feel so much lighter and you'll have so much more room for showcasing your skills and talents. And yes, baby, you got skills! So show them off!!!

A CRASH COURSE IN TAPPING

*How to save yourself from a lifetime of misery
and grow into the awesome person
you always thought you could be (and should be)*

DAY 6 CREATING THE “YOU” THAT YOU REALLY WANT

Your course instructor:
Markham Nakagawa, Certified EFT Practitioner



A Crash Course in Tapping

Day 6 NOT The Last Day – The Start of The Better YOU!!!

Well hello!!!

I want to thank you very much for participating in the Crash Course in Tapping. Tapping is not just a tool for easing emotional pain, although most use it to release the emotional baggage that they have accumulated in their lives that are causing them to not live life fully.

But tapping can also be a tool to enhance or empower you and your abilities. In this last part of the crash course, I want us to tap for creating the life that we really want to live. This is the life you've dreamt of and always wanted to be the star of. Your REAL life that you were meant to live now, without delay! So this time, we aren't focusing on past pain, but we are going to start on a positive note and keep building upon it.

Perhaps at one point in your life, maybe as a child, you thought that this ideal life you envisioned was possible for you and you were going to live it full out. Only one day, a long time ago, some mean old asshole, who just happened to have a crappy day and wanted to lash out at the closest person available came after you with full vengeance and crushed your dreams. I imagine they're regretting this now and wished they could have been as positive as you were.

But even though they're not there anymore, what happened? You let their energy take over yours and convert it. Maybe you kept reinforcing it by playing that memory over and over again. Maybe you became a bit of that grumpy old S.O.B.? A little bit, maybe? Well, time to get the full, REAL YOU back up to the surface. It's time! Everyone's waiting!!! So let's get started!

Assign a number from one to ten about the subject of creating the ideal life you really want. How does it feel? Now same routine, same tapping points. New energy! Feel it!

Creating the Life I Really, Really Want!!!



Karate Chop (our setup statement)

I love and accept myself the way I am. And that is why I know great things are headed my way!!!

Because I am so happy and grateful for all the people and things in my life, I get to have more and more of the things I love and cherish! I make room for more and more good things to come!

Things are awesome!!! And because I have such a great energy to my life, I know more and more amazing things are about to happen for me!



ROUND 1

Between the eyebrows
All the possibilites.



Side of eye
MY choices. The way I wanted to see it!!!



Under the eye
My reality. I see it in full, rich color!!!



Under the nose
It's time. It's really my time to shine!



Above chin
Getting to the next level means I have to think, do , and be at a whole new level, too. But I'm really ready for it!

Below collarbone

The opportunities, all I have to do is say "YES"!!!



Under arm

I can do what I want, be who I want to be, help who I want.
I can become the person I've always loved and admired!

Crown

It's as simple as saying YES! So I say, YES! YES! YES!



ROUND 2 (yup, same tapping points)

Between the eyebrows

This new me.

Side of eye

This new life.

Under the eye

What I've always dreamed of.

Under nose

What I've always wanted.

Above chin

And yes, there is a cost, though.

Below collarbone

I must shed my old skin. Not be afraid anymore. Love!

Under arm

Play full out!!! BE courage.

Live knowing I've done my best. I'm doing my very best, each time, every time.

Crown

Live to be a warrior.

Live to be a lover.

Live to serve others.

Live to serve my highest and best self.

ROUND 3

Between the eyebrows

I am unafraid.

Side of eye

Because I know what this is all for, I am unafraid.

Under eye

People will be inspired to serve their highest self.

People will start to care.

People will see each other, and start to care.

Under nose

AND I AM THE SPARK!!!

Above chin

I am the chain reaction that creates more compassion, more joy, more passion!

Below collarbone

ALL IS BETTER NOW.

Under arm

All my past struggles, my past pain, my past sacrifices,
makes all my energy, all my fight, and all my love –
ALL OF IT. All of it has made this a better world!!!

Crown

It's here. It's now. And it's FANTASTIC!!!

Take several deep breaths. Can you feel the new energy inside of you? Can you feel the hope? The hope you bring to others? Feel the sense of what this could mean to others, even to you over your life. A new you, a better you. Strong, purposeful, powerful YOU!

STEP THREE – POST ASSESSMENT

Let's assign a number to this. What is it? If you need more reinforcement, you know what to do! And of course, please keep on tapping! As you continue on this path, you will find yourself tapping with even more focus and purpose. Always know your why and you can never go astray from what you really want to do and achieve.

Well I hope this has proven to be a useful technique for you to use. My wish is this is something you will be able to use for pretty much the rest of your life.

If you have found this useful, and you would like to share this with others, there are courses that you can take, in person or online, that can provide you with certification. Or, even if that doesn't matter to you, there are a bunch of highly talented tapping practitioners that you might find even more useful than myself and perhaps can get a lot more out of. I will provide you with a list of these practitioners and master teachers and you decide how further down the rabbit hole you would like to go. Anyway, my hope was to help heal and start you thriving in your journey for a better life, more wealth, meaningful relationships and vibrant health! May we meet again, stronger and happier!

I am grateful for the time you have spent with me.

Markham K. Nakagawa
(come visit me at markhamnakagawa.com)