



Capacitar Practices to Transform Anxiety and Fear

EMOTIONAL FREEDOM TAPPING



At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar will offer some simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment. For the Capacitar Emergency Kit: www.capacitar.org or Capacitar YouTube channel.

Emotional Freedom Tapping, adapted from the work of Roger Callahan, PhD (TFT), Gary Flynt, PhD, Gary Craig, PhD, and Dawson Church, PhD (EFT), is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories and addictions, as well as for alleviating body symptoms and pain. The technique is based on energy field theory, along with meridian theory of Eastern medicine. Problems, traumas, anxiety and pain can cause a block in the healthy flow of energy. Tapping or pressing points on channels or meridians of energy can help move blocks in congested areas to promote health and wellbeing for people with anxiety, panic and fear, as well as physical symptoms from the virus. The practice also can be done without thinking of an issue. Just tapping can help to release and balance the energy of the body. With children, tapping can be done like a game to calm and balance.

Practice:

- **Think of an issue to work with and measure your anxiety level.**

Choose to work with a problem, worry, fear, anxiety, traumatic memory or body pain. Using a scale of 0—10, measure the level of anxiety that you feel when thinking about the issue. (0 means no anxiety, 10 means extremely high level of anxiety). If it is difficult to measure with a number, use a simple scale such as: (none, small, medium, large) or (big to little) or (tall to short). Often people who have suffered great anxiety, fear or trauma believe that they will never change. The reason for measuring the anxiety level is to show change that results from the tapping exercise.

- **Tap the following sequence of Points 9 to 12 times with your index & middle fingers.**

- #1 Points above where the eyebrows begin (crisis, frustration, and trauma)
- #2 Points at the sides of the eyebrows (anger and rage)
- #3 Points below pupils of eyes on the bones (guilt, anxiety and addiction)
- #4 Point under nose (crisis, trauma, dizziness, hypertension, epilepsy)
- #5 Point under the lips on the chin (shame)
- #6 Points under armpits (about 4 inches below) (crisis, anxiety and trauma)
- #7 Points below clavicles on either sides of the sternum. (fear, anxiety, crisis)

- **Tap the point at the side of the hand below the small finger and say 3 times:** "In spite of the fact I have this problem I'm OK, I accept myself." (Or some appropriate phrase)

- **Repeat the tapping and hand sequences:**

Repeat the sequence until your anxiety level is down to 0-2.



Afghanistan youth



Japan tsunami survivors