

Qi (Energy) Tapping for Mind/Body Well-Being

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There are numerous systems of “tapping energy points for mind / body health and emotional balance” – some ancient, some contemporary. Qi (Energy) Tapping utilizes ancient, long-honored acupuncture energetic points that are associated with connecting to Spirit – our true nature or our radiant essential self.

We often spend too much time getting stuck or lost in our head. Tapping the body, while engaging the power of the mind, activates healing chemistry and life-force energy to flow throughout our body and our brain. By accessing the power and resources of our mind and body, we receive greater support in creating the change we want.

By tapping energy points on the body, we can more easily shift out of negative or stressful thoughts and into more positive energy and emotions that then can be channeled into creating positive change. Tapping anchors the message into our body so that our mind and body are connected, utilizing more of our full potential.

To begin, think of or write down a statement of something that is an issue for you. It can be a physical ailment, something that stresses you at work, a spiritual doubt or a financial issue. There are no limits to what you can address and transform.

Once you have named the problem in an opening statement, think of or write a positive affirmation about its outcome. Here are some examples:

“Even though I (insert problem statement), I deeply and completely accept myself.”

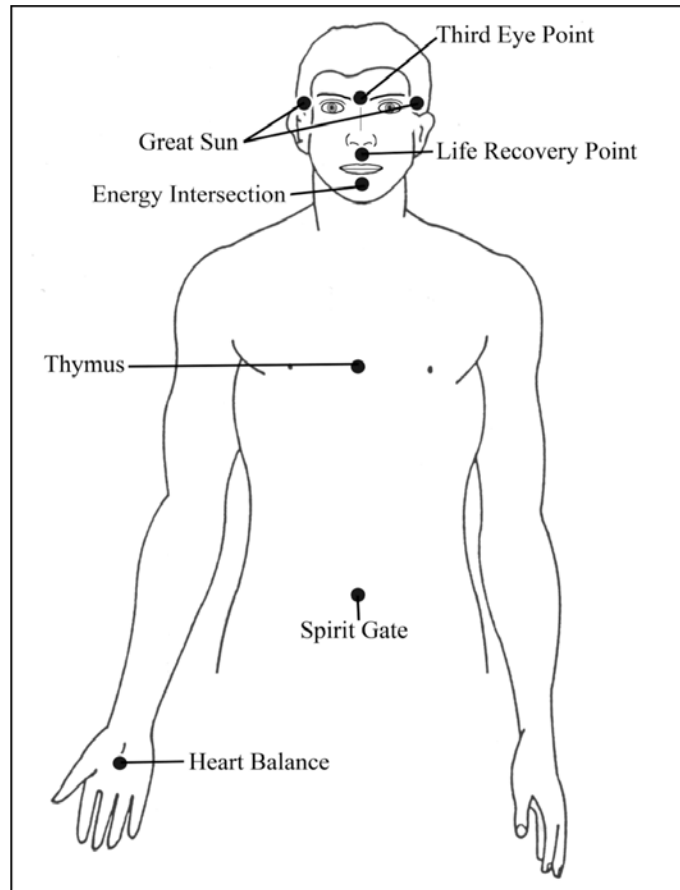
“Even though I feel worried, I use the power of my intentions to create my highest good.”

“Even though I am not feeling well right now, I know I am in the process of healing.”

“Even though I am feeling overwhelmed, I trust the (Universe, God, Higher Power) to supply me with (healing, money, love, wisdom, power) sources that I need.”

Go to each of the points of the body listed on the next page. Repeat the statement (acknowledgment of the challenge, plus affirmation) to yourself as you gently tap (or massage) the points with the fingertips 5 to 10 times. Go to the next area of your body when you feel that you are through with that point. Say the statement, and keep tapping until you feel done. Sometimes you will discover layers of feelings or issues as you do this process. You may want to create a new statement that feels as though it addresses more of your core issue.

Qi (Energy) Tapping for Mind/Body Well-Being (cont'd)



Point(s)	Location
Third Eye	one finger above the area between the eyebrows on the forehead
Great Sun	at the temples
Life Recovery	in the center between of the upper lip with the nose
Energy Intersection	the groove below the middle of the lower lip and the chin
Thymus or Heart	in the upper center of the chest behind the sternum
Spirit Gate	at the navel
Heart Balance	in the center of the palms of the hands

You have reached the final step: Bring the Heart Balance Points (center of the palms) together in prayer position, or place one hand over heart the other over the navel. Another option: vigorously rub your hands together until you feel warm energy in your hands. Then place your hands where you want to focus healing energy. Take a few deep breaths. When you feel complete, say “and so it is” or “it is done.” Repeat as many times as you wish until you feel calm, centered or balanced...or you just feel better!