



## **TAPPING TO SUPPORT THE MENSTRUAL CYCLE**

EFT, the new tapping technique taking the world by storm, combines western psychological approaches with the philosophies of Traditional Chinese Medicine and acupuncture (without using needles). It is a very effective method for managing the symptoms of the menstrual cycle, such as pain and mood swings. And the true joy of it is that you can do it for yourself, anytime and almost any place!

### **HOW TO TAP**

Create a statement that includes the problem state, such as the pain, and a positive affirmation.

For the purposes of this article we will use the default affirmation 'I deeply and completely love and accept myself' but if that feels too much for you replace it with 'I'm OK' or 'I'm good'.

Begin by tapping on the fleshy bit on the side of one hand (where you might deliver a karate chop to someone!) and repeat the above statement three times. Tap with a couple of fingers, it doesn't matter which side, which hand you use. Tap hard enough to feel it, but softly enough not to bruise yourself. You are working on sending a vibration or pulse of energy through the body via each point. The points are all acupuncture points and relate to specific meridians that carry energy around the body.

Then take the negative piece and repeat them whilst tapping on the following points:

**Eyebrow:** Beginning of one of your eyebrows, at the bridge of your nose.

**Side of the Eye:** on the boney bit

**Under the Eye:** on the boney bit

**Under the Nose**

**On the Chin**

On the collarbone: here we actually tap where you would knot a tie as it sends a vibration through both collarbone points

Under one arm: in line with your bra strap

On the crown of your head

Examples of tapping routines which may be appropriate for the menstrual cycle are:

Karate Chop: Even though I have these period pains I deeply and completely love and accept myself

Even though I have these period pains I deeply and completely love and accept myself

Even though I have these period pains I deeply and completely love and accept myself

Eyebrow: Period pains

Side of Eye: Period pains

Under Eye: Period pains

Under Nose: Period pains

Chin: Period pains

Collar Bone: Period pains

Under Arm: Period pains

Top of Head: Period pains

Karate Chop: Even though I have these period cramps I deeply and completely love and accept myself

Even though I have these period cramps I deeply and completely love and accept myself

Even though I have these period cramps I deeply and completely love and accept myself

Eyebrow: Period cramps

Side of Eye: Period cramps

Under Eye: Period cramps

Under Nose: Period cramps

Chin: Period cramps

Collar Bone: Period cramps

Under Arm: Period cramps

Top of Head: Period cramps

Karate Chop: Even though I feel angry I deeply and completely love and accept myself

Even though I feel angry I deeply and completely love and accept myself

Even though I feel angry I deeply and completely love and accept myself

Eyebrow: Feeling angry

Side of Eye: Feeling angry

Under Eye: Feeling angry

Under Nose: Feeling angry

Chin: Feeling angry

Collar Bone: Feeling angry

Under Arm: Feeling angry

Top of Head: Feeling angry

Karate Chop: Even though I feel low I deeply and completely love and accept myself

Even though I feel low I deeply and completely love and accept myself

Even though I feel low I deeply and completely love and accept myself

Eyebrow: Feeling low

Side of Eye: Feeling low

Under Eye: Feeling low

Under Nose: Feeling low

Chin: Feeling low

Collar Bone: Feeling low

Under Arm: Feeling low

Top of Head: Feeling low

In order to keep track of your progress it is useful to use a scale of 0 – 10 to rate the intensity of the problem as you experience it now. Begin by tuning in and

rating it. Do a few rounds of tapping and then check in again. Notice what has happened. Has the problem changed? Is there still more to do? You cannot over tap, so keep going.

The strange thing about pain is that it can move! And it can also change quality. Check whether it is still in the same place and whether it feels the same. If it has moved or changed, adapt your words accordingly.

Whilst you can, and are encouraged to, start working on your own immediately with the tapping there may be times when you meet a block. It is these times when you may need to see an experience practitioner. You don't even need to leave home if you don't want to – most practitioners are happy to work over the phone.

For more information and EFT resources please contact The iEFT Centre at [www.theftcentre.com](http://www.theftcentre.com) or [theftcentre@googlemail.com](mailto:theftcentre@googlemail.com). +44 (208) 348 5305