Inner Tapping

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What is Inner Tapping?

• Inner tapping is when you imagine tapping on the “you” that existed at some point in time while you physically tap on yourself in present time.

• (If you need an introduction to basic Energy Tapping visit: [www.thrivingnow.com/tapping](http://www.thrivingnow.com/tapping))
Why Inner Tapping?

• Tapping releases the energy frozen during trauma.
• Rapidly shifts fears and negative beliefs.
• Allows more flow and less reaction.
• Helps empower feelings of well-being, safety, and abundance.
Origins of Inner Tapping

- Inner Child work has been around for decades.
- Shirley Jean Schmidt introduced mirror neurons to inner child work.
- Karl Dawson demonstrates this kind of tapping beautifully in his Matrix ReImprinting work.
- Neurologist Dr. Robert Scaer’s work on the storage and release of trauma in the body provided other insights.
Brain Data Storage

• Our brain stores information in several places and in several ways. Among others:
  – Our **primitive brain** files things under safety and danger.
  – Our **cognitive brain** stores rational thoughts about events.
  – And Mirror Neurons store “video tapes” of important incidents, allowing us to learn from our own and others’ experiences.

• Our primitive brain has first access to the body’s response and can overwhelm other thoughts and feelings if it thinks there is danger.
Mirror Neurons

- As higher-mammals evolved, we developed a new way of learning.
- Our brains started “copying” important memories—internalizing the feelings, actions, and events in our lives. The information was stored in Mirror Neurons.
- We could learn to gather food by watching. When we started doing it ourselves, we could follow the “how-to video” in our heads.
- This gave our ancestors a huge evolutionary advantage.
What is Stored?

- Some studies suggest that the more critical the task was to survival, the more quickly it was stored in the mirror neurons.
- Activities that are repeatedly seen are recorded, as well as traumatic, high intensity events.
- If the energy of a current situation seems similar to the stored one, the memory is activated.
Triggering

- If something reminds the primitive brain of danger, it will react with fear.
- If an event or person seems to be related to previous experiences, the mirror neurons will recall the “video.”
- If it is a traumatic memory this can cause the primitive brain to react as well. This feedback loop seems to lead to panic attacks and strong, overwhelming feelings.
Trauma

• Our primitive brain knows three types of survival mechanisms: Fight, Flight, and Freeze.

• As we talk about in Trauma and the Primitive Brain (www.thrivingnow.com/trauma), when we feel trapped or unable to save ourselves with Fight or Flight... we **Freeze**.

• Normally the Freeze is discharged, but humans block a lot of that healthy discharge activity.
• When we freeze from trauma, we either discharge the energy and heal, or we remain stuck in that frozen energy.
• If we don’t discharge the energy, we often disassociate that part of us that is traumatized.
• Survival Scenario: if running from a bear and you scrape your leg badly, you need to ignore it and run for your life. Later, if you escape the bear, you can tend to it.
• As humans, we generally don’t have the best skills at healing emotional traumas, so the frozen part is often ignored completely.
Inner Child / Younger You

- When part of us is frozen, the event as stored as “current and active” in the brain. The subconscious doesn’t know the difference between past and present.
- The primitive brain is not able to update the information about this.
- The mirror neurons keep a video of the trauma ready to “run” anytime the energy feels similar.
- One powerful way to access this energy and shift it is by **tapping on the Younger You** who “lives on” in that memory... as well as tapping on anyone and anything that also has intensity.
How Fast Does Inner Tapping Work

- Generally a single incident can be worked through in about 10-15 minutes.
- More complex and repeated traumas often take longer to process, but even reducing the intensity around one specific event can bring some relief and hope.
- Inner Tapping is also often less triggering, since the feelings and memories are “displaced” to the child, allowing the adult to think more clearly and resourcefully.
Be Gentle!

• By their definition, Traumas are intense. Even though Tapping is a great way to clear the intensity, Take Care of Yourself while you process!

• Get help when you’re not sure.

• Take it slow and have calming resources available if you do work by yourself.

• The grounding exercises at: www.thrivingnow.com/grounding may help.
Tapping on the Younger You

• By connecting with the part of you that was frozen back then, you can discharge the trauma and...

• Help the primitive brain and mirror neurons change the way they hold the information from that event.

• The primitive brain becomes more resilient and flexible and...

• The “video” from the mirror neurons no longer triggers the primitive brain to terror.
Doing Inner Tapping...

An example: at 3 years old, a little girl played with her mother, really happy and feeling loved. They were playing with her new teddy bear.

Her father came home and saw the new toy. He had had a bad day in the office and resented missing out on time with his daughter. He started yelling at his wife for “wasting money on useless objects.”

The little girl “decided” that playing, laughing, and getting new presents was “bad”. It caused a dangerous disruption in her family. At 3, family was necessary for her to survive. Every time she wanted to buy something fun for herself, she saw the “video” of Dad yelling. As an adult, she struggles some with money and has trouble enjoying what it can purchase.
Questions

• To help her heal, we’d ask the woman to remember how she felt when this event happened.

• Some questions that can help tune into the inner child:
  – “How old is she?”
  – “Where do you see her?”
  – “What is she wearing?”
  – “What is she seeing or feeling?”
  – “Where is the feeling in her body”
Permission

• We’d then get permission to tap on the little girl.
• This is important - the part of us that was frozen already feels disempowered.
• Listen to their “no” if they say no. Wait for a “yes.”
• Alternatives include tapping on yourself while the inner child watches, having someone else tap on them, or just comforting the child.
Comfort

• What can you do to make the child more comfortable?
• Offer to have them leave the “bad” place, or freeze-frame the other people in it.
• Are they cold or warm? Do they want a blanket?
• Would they like something warm or cool to eat or drink (note that this helps the primitive brain feels safer. You would not stop to start a fire to heat some tea or dinner if a bear was chasing you).
• Do they want a teddy bear or a special friend that they feel safe with?
• You can give them all this energetically, in your imagination.
• Offer comfort before, during, and after tapping, to help the energy shift more completely, and to reduce the intensity of the feelings coming up.
Tapping

• With the child’s permission, imagine tapping on her, while you tap on your physical body.

• Use language that feels comfortable to the child, and don’t push them faster than they want.

• At first, saying “Even though ____ , I am a wonderful lovable child” may be impossible. “...I am open to feeling better” may be easier.

• As you tap, offer acknowledgement of the child, thank them for holding the energy, for doing their best... for being smart and resourceful. This helps them connect with their/your good qualities.
• Tap on what the child is feeling.

• Using our example, you might try “Even though mommy got in trouble, and daddy was mad, maybe I’m ok anyway.” and “Even though I was so scared and alone, I have someone paying attention to me right now, and I’d like to feel better”.

• Alternate tapping with comfort, and check in to see what and where she is feeling intensity. Ask her what she wants and give it to her energetically.
Resting or Playing

• When the inner child is bored with the process, or wants to go off to rest or play, that’s a good sign that the issue is cleared.

• If the intensity stops shifting, step back and notice what has intensity in the memory now. Is it the Mom or Dad? The teddy bear? Something else?
Not Just Tapping On The Inner Child

• You tap on any aspects of a memory that has intensity.
• If the memory is your dad yelling at you because of the dog, tap on the younger you, your dad, even the dog if it feels right.
• I once had to tap on a coin that got lost. Children often personalize objects. As a young child, I thought that coin “decided to leave me” and until I tapped on the coin, the memory still had charge.
Tapping on Others

• Some people worry about tapping on other people without their permission, even in their heads.

• Doing this kind of tapping, you are actually tapping on the internalized memory of the person, not the person themselves. You are shifting the mirror neurons in your own head.

• Being honest and saying how you feel, no matter how “bad” it is, will shift the energy more quickly.
• Have the inner child watch, or tap on the other person as it feels safe.
• Don’t make them! If they want you, or a coach or friend (even a police officer) to tap on the person, that’s fine!
• Imagine tapping on that other person while you tap on your physical self.
• Help the inner child feel safe during this process. Let them watch from another room, from behind bullet proof glass, or through a video camera if that feels better.
• Match the energy of the tapping to what the child is feeling.
• If they are very mad at the person, they can use a loud voices or call them names.
• If they want to comfort the person, allow that.
• For example, tapping on the dad, “Even though you yelled about my toy and that made me sad and confused, I would like to understand why.”
• See what other questions, thoughts, or beliefs come up as you do this tapping, and work through them.
• Sometimes the child will need more tapping, or there may be energy stored in the teddy bear.

• Ask her if she wants to tap on the teddy bear, or if she wants someone else to.

• If it’s a yes, some tapping might go along the lines of “Teddy bear, I’m sorry I blamed you and got so angry with you. Thank you for all the times you were there for me. I love you.”
Empowering

- Each story unfolds in different ways, allow the inner child to guide what you do and how you tap.
- Ask the inner child what would make them safe and feel empowered.
- Offer them a new task now that they don’t need to hold this pain anymore. (They could help you notice abundance in your life, for example, or opportunities for love).
Law of Attraction

• How does this work with the Law of Attraction?
• All of those old traumas are stored in our subconscious unless something brings them to our awareness.
• The subconscious does not know the difference between past and present tense. All of those traumas are “NOW.”
• They send out a vibration 24/7, affecting how abundant and happy we feel.
• By shifting the feelings and beliefs around those incidents, you shift your vibration in fundamental ways, allowing much more joy into your life.
• You remove blocks to getting what you’d like.
• You find you have energy and focus without procrastination, resistance, or hesitation.
Future Tapping

- Worried or scared about the future? You can also tap on “future beings.”

- If you fear giving up some protective behavior (like losing weight, staying poor) because “someone” might come into your life and hurt you, tap in your imagination on that “someone” and tell them what you think!

- Tap on the “future you” and offer options that help you see different, more appealing choices.

- *It’s about restoring an empowered energy for you!*
Coaching Support

• Team Members can check out the group coaching pages for more information on Inner Tapping and recordings that can help release traumas.
• If you are looking for coaching support, and you’re not yet at Team Member, check out our Group Coaching Program:

www.thrivingnow.com/team

Warmest Wishes,

Rick + Cathy

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