

# OM Tapping



[www.eftonlinetapping.com](http://www.eftonlinetapping.com) with Marie Holliday, EFT Master Trainer of Trainers

# OM Tapping

Many people Tap , many people do Yoga – so why not combine them and combine the advantages they both offer?

Normally tapping on your favoured EFT sequence of acupoints and instead of stating your issue/problem, then simply chant 'OM'.

So start tapping for example on the Eye Brow point ( or Side of Hand- or Top of Head whichever you prefer) and whilst tapping on the acupoint OR simply touching the point, chanting 'OM'.

You can additionally take a breath after each 'OM'.

Then move on to the next acupoint, moving around the points until you have completed the sequence.



Many of the yoga positions can be combined with tapping, for example with the fingers shown here – and also include 'OM' and a breath afterwards if you wish.

Whilst the acupoints are not in the exact same place as the yoga poses, it is very easy to go into the yoga positions with fingers, thumb etc. and then tap or touch and hold the acupoints whilst saying 'OM'.

It is a really relaxing routine especially if stressed or anxious, problems at home, at work, health issues etc. it can be used in many ways to help relieve these areas that are bothering you in your everyday life.

Additionally, you may not have time to use both EFT and Yoga separately, in your everyday life and this is a great way to get the best of both!

You may additionally have heard of the '*Polyvagal Theory*' by Dr Stephen Porges which explains about our nervous systems and how we are affected by them especially during stressful times. This is now important information we know and understand a lot more about in maintaining a healthy polyvagal system; yoga is one way it recommends and EFT is beneficial also. So again the two combined are a powerful yet simple technique.

One EFT acupoint, that is classed as an 'additional point' that we use for anxiety, stress, nausea is the P6 – which is on the Pericardium Meridian and affects the heart, lungs, pericardium and is easy to introduce into your EFT sequence and into your Yoga practice.

The acupoint found on the inner wrist is located as shown and can be used when you are in a sitting pose.



Holding this acupoint for a minute or less can start to reduce any anxiety, stress and you can use either wrist. Additionally, you can tap or gently 'slap' the wrist with your other hand. The location of P6 is 3 fingers width approximately down from the crease of the inner wrist as shown in the diagram.

The parasympathetic nervous system (PSN) is the sympathetic nervous system's counterpart in the autonomic nervous system. It is responsible for bringing the body back to a state of homeostasis to counter the stress response.

In today's society, we are always on the go, go, go! Stress is rampant and impacts overall mental, emotional, and physical health.

When the body is in a constant state of movement, the sympathetic nervous system (SNS) is activated. The SNS is a part of the autonomic nervous system that is responsible for the "fight-or-flight" responses in the body. It is activated in times of stress or when a threat may be perceived. When activated, it can result in anxiety or increased stress, disrupting the overall balance of the nervous system.

The PNS is often referred to as the "rest-and-digest" part of the system.

Yoga has been proven to activate the parasympathetic nervous system (the calming part), and is therefore an extremely beneficial practice for psychological and physical balance.

In today's times, the sympathetic nervous system is working harder because we, as a society, are increasingly more stressed and fatigued. This state of upset in the system can lead to poor eating habits, poor sleep, and decreased concentration. It can also affect mood and emotional responses, thereby affecting emotional and psychological well-being.

P6 is one of the most commonly used acupuncture points and accesses this important vagus nerve and by holding firmly or tapping here, you are telling your body to be calm and relax.

Additionally, P6 helps to treat anxiety by relaxing the diaphragm. While we may think that the lungs are the only organ to have an effect on our breathing, the diaphragm is also a major player in how effectively we breathe. P6 relaxes the diaphragm and allows a person to take a deep, diaphragmatic breath, which allows you to feel calmer, grounded, and at peace. So again, all an important feature of breathing with Yoga.

This information will help you benefit from both your Tapping & Yoga. Enjoy!

Further information on Emotional Freedom Techniques, please feel free to contact me or check out my website for training courses. [www.eftonlinetapping.com](http://www.eftonlinetapping.com)