



CENTER FOR TRUE HEALTH

Soul Tapping

Tapping is used in many Eastern traditions such as acupuncture/acupressure, Tai Chi, and Qi Gong as a way to **move and cultivate qi (or life force energy)**. **It vibrates the cells in the body and the spaces between the cells, enlivening the body and stimulating circulation.**

I love the surprising combination of stimulation and relaxation after tapping--we might not think of these two feelings happening simultaneously.

Dr. and Master Sha, a renowned acupuncturist, Qi Gong and Tai Chi master, expanded and amplified the beneficial effects of this ancient technique by harnessing the power of our own soul, creating Soul Tapping.

How To Do Soul Tapping

Step 1: Soul Power

This is from Master Sha's Say Hello Healing Technique:

Connect with your inner healing abilities:

"Dear soul, mind, and body of myself, you have the power to heal and transform, to release the past with ease, to increase my motivation as I move forward in my life. Do a good job. Thank you."

Step 2: Body Power

- Ask or imagine your soul guiding you to the places to tap on the body.
- Use softly closed fists, cupped palms, or fingertips depending on the part of the body or the amount of pressure that feels good to you. You can do it lightly or firmly depending on your comfort and preference.
- There's no right or wrong way to do this, so if you aren't sure where to tap, experiment and notice where feels good. If you hold tension in certain places (for example, the shoulders, abdomen, or low back) you can start there.
- Here are some additional ideas to try:
 - Along the meridians (energy pathways) in the body—up and down the inside and outside of the legs and arms.
 - Pat the top of the head 50 times. This releases excess energy in the head.
 - Cup the kidneys (around the waistline) or the tailbone (a lighter touch will probably feel good on these areas).

- Tapping the upper chest daily for a minute or so can help increase motivation (a firmer touch may feel quite invigorating). See what you notice.

Step 3: Mind Power

- Visualize bright golden light pouring from 360 degrees, all directions, into your body, especially the places where you're tapping.
- Imagine that you're releasing stuck energy, and invigorating the parts of you that need it.

When you finish, close your eyes if that's comfortable, and take a couple deep breaths to give yourself a minute to integrate the practice. You may notice:

- Physical sensations in the body such as tingling, or energy moving in the body.
- Changes in the mind such as feeling calmer or more peaceful.
- Feeling more grounded or centered.

Do Soul Tapping for 1-5 minutes, longer if you like. Experiment by making it a daily practice or combining it with other self-care techniques, such as before meditation, after a work-out, or as a quick break when you're sitting at your desk working.

Additional Reading: You can read more about Master Sha's Soul Tapping technique in his book, *Soul Wisdom*, and more about the "Say Hello Healing" technique in his book, *Soul Mind Body Medicine*.

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