

A GUIDED TAPPING PROCESS FOR THE INNER CHILD - Betty Moore-Hafter

I'm here to guide you in some tapping for that little child inside who is feeling so sad and lonely and really hurting. And a good way to really connect with her (him) is to use your imagination.

So take a moment to close your eyes and imagine a door... whatever kind of door you would like... this is a portal into your inner world. In a moment, you'll be able to open this door and walk into your healing room.

So imagining yourself at the door... and the door opens... and you walk on through and carefully close the door behind you to create a very safe, protected space. And find yourself in a comfortable, cozy room... perhaps with windows that look out onto Nature's beauty... however you would like it to be... and this is your healing space, your healing room that is full of the energy of love and support... it's full of the energy a mother has for her child when that mother can stay calm and loving and supportive even if the child is upset... and accept that child and give him or her a hug.

And you will find your child self here. Notice how she (he) looks... her body posture, her mood, her emotions... is she ready for a hug?

And you have a cozy spot here in the room... your big, soft beanbag chair. Imagine inviting your little child to join you there. Will the child come? Is she (he) willing to curl up with you and feel the warmth, the security of being hugged?

And so now, with your visual in your mind of curling up with your child, that little child that you were... let's now tap.

KC - Even though this little child is feeling sad and lonely, I deeply love and accept her (him)... (breathe)

Even though this little girl/boy is so sad and lonely and hurting... I am here for her (him) now... she (he) is not alone...

Even though she (he) is so sad and lonely and really lonely... I love and accept this child and I am here for her (him) ... this child is not alone anymore

(take a deep breath)

EB - So sad and lonely
 SE - All these feelings of sadness
 UE - All these feelings of loneliness
 UN - Really hurting
 CH - Really grieving
 CB - So sad and lonely
 UA - So sad and lonely
 Top of Head - All this pain in such a little child...

And now go back to the KC - But I am here for her (him) now...
 Inside Wrist - I'm feeling her feelings, she's not alone with them...
 Top of Hand (Gamut) - I'm willing to feel this with her... and we're going to bring some healing to this...

As you stop tapping, a nice soothing breath..... and then return to that visual... You can even place your hand over your heart and feel it through your body... I'm here for you. I'm giving you this hug.

So now we'll tap again, and we're going to give her (him) a voice. We're going to acknowledge her (his) experience.

KC - Even though I feel invisible, like nobody cares... I'm just a little girl (boy) and I need some attention

Even though I feel invisible, like nobody cares and I don't matter... I'm just a little girl and this hurts

Even though I feel invisible, like no one cares, no one is paying attention, and I don't really matter... I'm just a little girl... this hurts.

- take a breath -

EB - I feel invisible
 SE - I feel invisible
 UE - just overlooked
 UN - like I don't matter
 CH - my feelings aren't important
 CB - my needs aren't important, nobody cares

UA - nobody cares, I'm not worth caring about

Top of Head - I feel like I don't matter, and that really hurts...

Back to KC - this needs some healing

Inside wrist - I'm just a little girl and this hurts to feel that I'm not worth caring about

Top of Hand - this hurts... it needs some healing... I need a hug.

- Take a breath -

And the message you're sending is that you honor and respect all of her (his) feelings. And they are important. You will sit with her and sit with these feelings but you will also bring her the care she needed.

So now in this round of tapping, you're going to talk to her (him).

KC - Even though nobody cared and nobody paid attention... you really do matter. You mean a lot to me. (Take a breath.)

Even though nobody cared, and nobody paid attention, the truth is, you are very important... your feelings matter... your needs matter... you matter to me (breath)

Even though nobody seemed to care and nobody met your needs, the truth is, I'm with you now... you mean a lot to me... and I'm so sorry you went through that... it never should have happened to you.... I will take care of you now.

And now as we tap the points, you're going to tell her (him) what she/he needed to hear. And please fill in with other words if you would like to add to mine.

EB - You mean so much to me

SE - You are a precious little girl (boy)

UE - Your needs matter

UN - Your feelings matter

CH - You mean a lot to me

CB - I am so sorry you went through all that

UA - I'm so sorry they didn't take care of you, didn't meet your needs. It really hurt and you didn't deserve that.

Top of Head - I'm with you now... I will take care of you now... your needs do matter.

Take a breath as you return to the KC - You are so important to me.

Inside the Wrist - You are a precious little girl (boy). you're very special

Top of Hand - All your feelings are important and I am here for you... and I will take care of you now.

And as you stop tapping, get in touch once more with that energy of unconditional love and support... what it feels like to be present and gentle and accepting on the adult side of you... and what it feels like on the child side of you to receive this care. Allowing the child to feel all of his or her feelings and yet be completely loved and accepted... be held and comforted.

In your mind's eye, you are still in the healing room. You're in the big bean-bag chair that feels like a hug... and you are still holding that little one, your child self, who so needs being held, being hugged... really be there for the little one.

And let's finish this process with a real body experience where you hug a pillow or a stuffed animal to your chest. It can feel good to the body to have that sense of a HUG. And if that's not available, you can just bring your hand to your heart and gently rub or pat the heart area... "it's okay, Sweetheart... it's okay, Sweetheart."

And be sure to promise your child that you're going to be there for her or him.

"I am here for you. You do matter. And we'll continue to bring healing to this."

And the way you fulfill that promise is, anytime and anywhere, no matter what is going on around you, you can take a few moments to envision that healing room and be back in that beanbag chair, and give that child a hug in your imagination... anytime you feel that she or he needs it.

And this is a powerful process that, as you repeat it, is creating new neural pathways in the brain. It's creating feelings of safety and security. It is creating care and comfort and they are reaching that child part of you.

And so now we've reached the end of this tapping experience. And just take a moment to consider how you can be kind to yourself. And how you can continue to pay attention to this child. It might be as simple as taking the time to listen to some nice music, taking it easy for a little while... or taking a walk and picking up beautiful leaves or stones... or doing something with color, crayons or paints... something that is a little bit playful, completely without judgment, and where you don't have to accomplish anything... you

can just bring some care and attention and time to your own precious inner child with something he or she might enjoy. And so now, as my voice pauses, you can just consider a little something you might like to do.

<pause>

And now it is time to come back. Just imagine leaving a representative of yourself in that inner room, hugging that child. That representative stays there always and is always available for a hug... while the more conscious part of you finds the door... comes on back, coming through the portal, back to this side, closing the door behind you... you'll be able to go back there anytime.

And as I count from 1 to 5, you can gently and peacefully come on back to the here and now. 1 - coming on back... 2 - coming back into this room, this space, this time and place.. 3 - still feeling the connection within... 4 - still feeling that comforting hug... and 5 - gently, peacefully coming all the way back, and open your eyes.