

MINDFUL BILATERAL TAPPING PRACTICE

Sit or stand comfortably upright, and take a moment to feel the natural weight of your feet resting solidly on the ground if you are standing or the sensations of the chair supporting your body if you are sitting. Let your eyes have a soft focus. Take three conscious breaths while you pay attention to the soft sensations of support.

(The therapist demonstrates while offering instructions.)

Now cross your arms over your chest, with each hand resting just below the collarbones, fingers pointing upward toward the neck (not toward the arms), and your elbows resting against your torso. Acknowledge whatever you are feeling, and state it silently to yourself:

This is a moment of... (use the most accurate word) suffering, struggle, sadness, fear, upset, distress, pain, loss, etc.

Notice whatever feelings and sensations accompany your statement. Staying aware of the feelings and sensations, now begin to alternately tap each shoulder with the palms of your hands, letting the feelings and any accompanying images just pass through your awareness like you are watching a movie, or a train going by.

After about three minutes, relax your arms by your sides and take three more conscious breaths, once again returning your attention to the sensations of support.

Cross your arms over your chest one more time, now saying silently to yourself: *I offer myself the* (use the most accurate word) *patience, kindness, strength, rest, compassion, etc. I need right now.*

Repeat this phrase for three minutes with the alternate hand tapping. Without trying to make anything in particular happen, allow any soothing images or feelings that spontaneously arise to become part of your experience.

Relax your arms by your sides and bring this practice to a close with three conscious breaths, aware once again of the sensations of support.

The practice can be done several times throughout each day.

Emotional Resiliency in the Era of Climate Change