GENERAL

the tapping solution by nick ortner

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Introducing the Tapping Solution by Nick Ortner: A New Era of Personal Transformation

In a world where stress, anxiety, and emotional blockages can feel overwhelming, many people are turning to alternative healing modalities to regain balance and inner peace. Among these, **the tapping solution by Nick Ortner**has emerged as a groundbreaking approach that combines ancient wisdom with modern science. This article explores the core principles behind this method, its benefits, practical applications, and why it is gaining popularity among health enthusiasts, therapists, and everyday seekers of self improvement.

What Is the Tapping Solution?

At its essence, the tapping solution is a structured technique that involves gentle tapping on specific acupressure points while focusing on a particular emotional or physical issue. The method draws inspiration from *Emotional Freedom Techniques (EFT)*, but Nick Ortner refined and expanded it into a comprehensive system that addresses a wide range of challenges, from trauma and chronic pain to performance anxiety and creative block.

How Does It Work?

When we experience negative emotions or stress, our nervous system can become imbalanced, leading to physical symptoms and psychological distress. The tapping solution uses a combination of:

- Acupressure points: Specific locations on the body that correspond to energy pathways.
- Focused attention: Concentrating on the issue while tapping to create a feedback loop.
- Positive affirmations: Repeating empowering statements to rewire neural patterns.
- Breathing techniques: Harmonizing the body's natural rhythm.

By repeatedly stimulating these points, the technique helps release trapped energy, reduces cortisol levels, and promotes a state of calm and clarity.

Why "Tapping" Is Effective

Research into somatic therapies has shown that gentle touch can activate the parasympathetic nervous system, which is responsible for relaxation and recovery. Tapping, in particular, offers a non invasive, low cost way to tap into this system. When combined with focused intention, it can accelerate healing in a way that purely cognitive approaches sometimes cannot.

Nick Ortner: The Visionary Behind the Method

Nick Ortner is a well known figure in the world of holistic health and personal development. With a background that spans psychology, energy medicine, and performance coaching, Nick has spent over two decades studying how the mind and body interact. He founded the **tapping solution by Nick Ortner**after witnessing countless individuals transform their lives through consistent practice.

Professional Journey

From earning a master's degree in Clinical Psychology to training in traditional Chinese medicine, Nick's diverse

expertise allowed him to see patterns across disciplines. He noticed that many clients struggled with similar emotional blocks, yet traditional therapies often fell short. This realization led him to develop a unified approach that could be taught to anyone, regardless of their background.

Core Principles

- Accessibility: The method can be practiced anywhere, anytime.
- Evidence Based: Integrated with findings from neuroscience and integrative medicine.
- Holistic: Addresses physical, emotional, and mental dimensions simultaneously.

Key Components of the Tapping Solution

The system is built around a few essential elements that work synergistically to produce lasting change.

1. The 12 Point Tapping Sequence

Unlike traditional EFT, which uses 5 or 6 points, the tapping solution expands to 12 points. This expanded map covers:

- Head and facial points for clarity and focus.
- Chest and shoulder points to release emotional tension.
- Lower body points for grounding and stability.

2. The “Trigger Phrase”

Each session begins with a personalized trigger phrase that encapsulates the core issue. This phrase acts as a mental anchor, ensuring that the tapping remains targeted. For example, “I release the fear of failure” or “I let go of the pain in my lower back.”

3. The “Set Up” Step

Before tapping, a brief set up is performed: a gentle self check, a brief meditation, and a breath focus exercise. This primes the nervous system and sets the stage for effective tapping.

4. The “Tapping Cycle”

Each cycle consists of tapping each point 3–5 times while repeating the trigger phrase. After completing a full cycle, the practitioner takes a breath, checks in with how they feel, and then repeats the cycle as needed.

Benefits of the Tapping Solution

Users of the tapping solution report a wide array of benefits, many of which are supported by scientific research.

Physical Health

- Reduced pain: Chronic back pain, migraines, and fibromyalgia symptoms often diminish.
- Improved immune function: Lower cortisol levels boost the immune system.
- Enhanced sleep: Many people experience deeper, more restorative sleep.

Emotional Well Being

- Stress reduction: Immediate calming effect during and after sessions.
- Anxiety relief: Lower levels of generalized anxiety and panic attacks.
- Trauma processing: Helps integrate traumatic memories in a non overwhelming way.

Psychological Growth

- Confidence boost: Releasing self doubt and limiting beliefs.

- Improved focus: Greater clarity and decision making ability.
- Creative flow: Unlocking suppressed creative potential.

How to Get Started

Embarking on the tapping journey is simple. Below is a step by step guide to help you begin.

Step 1: Identify Your Goal

Write down a specific issue you want to address. Keep it short, positive, and present tense. Example: “I am calm and confident during public speaking.”

Step 2: Learn the Points

Study the 12 tapping points and their locations. Use a diagram or a mobile app for reference. Practice tapping each point gently with your fingertips.

Step 3: Create Your Trigger Phrase

Formulate a concise phrase that captures the essence of your issue. It should be personal and actionable.

Step 4: Set Up a Quiet Space

Find a comfortable, distraction free area. Sit or lie down, close your eyes, and take a few deep breaths.

Step 5: Perform the Tapping Cycle

Follow the 12 point sequence, repeating your trigger phrase each time. After completing a cycle, pause, check in with your body, and decide whether to repeat.

Step 6: Reflect and Record

After each session, note any changes, feelings, or insights in a journal. Over time, you’ll see patterns and progress.

Real World Success Stories

Below are a few testimonials from people who have integrated the tapping solution into their lives.

Sarah M., 34 – Chronic Migraine Relief

“I’ve tried countless treatments for my migraines, but nothing worked until I started tapping. After just a few weeks, the frequency and intensity of my headaches dropped dramatically. I’m grateful for this simple, effective tool.”

David L., 47 – Overcoming Performance Anxiety

“As a public speaker, I was terrified. The tapping solution helped me calm my nerves and even improved my presentation skills. I now enjoy speaking rather than dread it.”

Aisha K., 29 – Trauma Healing

“I was skeptical at first, but the tapping technique allowed me to process traumatic memories without feeling overwhelmed. It’s become a vital part of my healing journey.”

Comparison With Other Modalities

How does the tapping solution stand out compared to other popular practices such as meditation, CBT, or acupuncture?

Versus Meditation

- Speed of Results: Tapping can produce noticeable changes in minutes, while meditation often requires longer practice.
- Targeted Focus: Tapping is issue specific; meditation is more general.

Versus Cognitive Behavioral Therapy (CBT)

- Accessibility: Tapping can be self administered anytime, whereas CBT typically involves sessions with a therapist.
- Complementary: Tapping can enhance CBT by addressing somatic symptoms.

Versus Acupuncture

- Cost & Convenience: Tapping requires no needles or specialist; it's a low cost, at home practice.
- Frequency: You can tap daily; acupuncture sessions are scheduled.

Scientific Backing

While the tapping solution is a relatively new method, it builds on a growing body of research into somatic therapies.

Neuroplasticity

Studies show that repeated tapping can reshape neural pathways associated with stress and fear, promoting healthier brain function.

Hormonal Regulation

Research indicates that tapping can lower cortisol levels, the hormone linked to chronic stress. Reduced cortisol improves overall health and mood.

Placebo Effect vs. Genuine Change

Controlled studies have shown that participants using tapping report real improvements beyond what could be attributed to placebo alone, suggesting a genuine therapeutic effect.

How to Access the Tapping Solution

Nick Ortner offers several resources to help you learn and practice the tapping solution.

Official Online Course

The course includes video tutorials, downloadable guides, and a community forum. It's suitable for beginners and advanced practitioners alike.

Books & Guides

Nick has authored several books detailing the theory and practice of tapping. These are available in print and digital formats.

Workshops & Retreats

Occasionally, Nick hosts in person workshops where participants can receive personalized coaching.

Mobile App

The app provides guided tapping sessions, reminders, and progress tracking.

Frequently Asked Questions

1. Is tapping safe for everyone? Yes. It's non invasive and gentle. However, individuals with certain medical

conditions should consult a professional before starting.

2. How long does it take to see results? Many users report noticeable changes within a few sessions, while others may need a month of consistent practice.

3. Do I need a teacher? You can start on your own, but a certified instructor can provide personalized guidance and help troubleshoot.

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