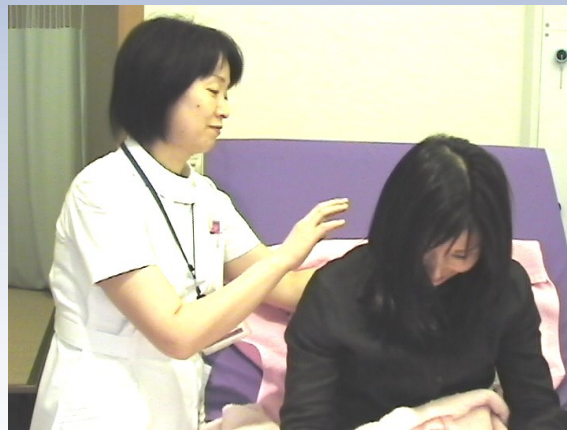


Tapping Touch

Holistic Care for Body, Mind & Planet



Tapping Touch is a holistic-care technique for everyone. It is performed by touching gently and slowly with the hands of the right and left alternately. Its gentle touch helps to release tension in the body and mind, and to increase a sense of wellness, positive feelings and thoughts.

Tapping Touch is made very simple so that it requires no particular expertise or strength, and that anyone of any age can learn the technique and enjoy practicing it. It is performed on non-invasive parts of the body such as shoulders and arms without undressing so that the receiver feels safe and comfortable.

Furthermore, there are 1) basic form, 2) self-care form, and 3) caring form. It is also applicable and useful in specialized fields including psychology, education, medicine/nursing, social-work, etc. It has been used in disaster relief, trauma care, hospice, body work, and peace activity. Currently, there are many care-professionals who are certified as a Tapping Touch Instructor.

Tapping Touch was first developed through the integration of therapeutic elements which were proven effective through clinical uses and researches. Yet, as peoples' experiences and feedbacks were incorporated, it became more like a natural expression of caring for each other.

Tapping Touch gently awakens our inner wisdom and our tendency to be healthy, and it reminds us of the joy in caring for each other and living together in harmony. So, as more and more people care for each other, individuals, families and communities will be gently empowered, and the Earth itself will regain its wellness.

The Association of Tapping Touch