



KATIE BRINDLE

## Tapping Guide

A short introduction to an ancient Chinese ritual



# What is Tapping?

Tapping is quite simply one of the best and easiest ways to support your health – and its suitable for everybody. Tapping is a great way to clear areas of stagnation, boost circulation, support lymphatic drainage and encourage a smooth flow of blood and qi around the body. Using a bamboo tapper has a stronger effect than using your cupped hand or fist. Encouraging your circulation to flow smoothly in this way will have a positive impact on your beauty and your wellbeing.

## Benefits

Tapping firmly all over your body for a few minutes a day will offer the following simultaneous benefits:

- Releases tension
- Instant energy boost
- Massages the entire body
- Energising yet deeply relaxing
- Instant energy hit
- Improves circulation
- Boosts lymphatic drainage
- Energising yet deeply relaxing
- Nourishes skin
- Improves the appearance of skin
- Releases connective tissue and fascia
- Facilitates energy flow
- Supports immunity

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# Bamboo Body Tapping Ritual

This exercise gives your circulation a serious wake-up call, so it's a great antidote to feeling tired or sluggish. Perform the ritual briskly and firmly to invigorate your senses and enliven the skin. If you wish to relax, perform it gently and slowly to release tension and unwind. This technique should take anywhere between 1 and 5 minutes to practise.

1. Rapidly and firmly tap down the insides then up the outsides of the arms. Then, pat down the outsides and up the insides of the legs and onto the feet, finishing on the soles of the feet.
2. Tap in a circle around your abdomen, followed by your thymus (in between your breasts).
3. Tap gently on your soft joints: the insides of your elbows, armpits, the backs of your knees and the inside of your hip joints, to each side of your pubic bone.
4. For best results, combine with the Rescue breath Ritual. Drink water after tapping to aid toxin disposal.

We have many lymph nodes in the abdomen, so it's particularly good to focus around this area. In Chinese medicine, tapping the abdomen supports the vital organs, which control the overall health of the body.

In addition, tapping on the anterior elbow (cubital fossa) supports the heart and lung. Tapping on the armpit supports the liver. Tapping on the hip joint space connects with the spleen.

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# A note on stagnation

The Bamboo Body Tapper works to unblock energy channels and release stagnation. What do we mean by stagnation? Stagnation is any blockage of qi (energy) in the body. Qi isn't the same as the circulation, but it is linked. When you stimulate your blood flow or move your lymphatic fluid, your qi is also stimulated. Everything flows together.

According to Chinese medicine, the quality and movement of qi through the body determines your health. The ideal state is one of smooth flow with no imbalances or blockages, which are called stagnation or stagnant qi. If you have continued stagnation, whether physical, emotional or spiritual, Chinese medicine say this will eventually manifest as disease. Along the meridians are places where qi is more abundant and behaves in a way that makes it accessible; these are where acupuncture needles are inserted. Each point will have a particular function related to the mind, body or spirit, or a combination.

When any organ is imbalanced, the associated meridian will have blockages. The blockages gather waste products around them, including fat. By combing, gua sha, or tapping, we can dredge the meridians. When the qi in the meridians flows freely, the waste products, including the fat will get carried out naturally.

Tapping helps strengthen the organs to rebalance the overall system. There are localised benefits – but tapping has an overall benefit to the whole system and Chinese medicine considers everything as a whole. So, strengthen the whole and then you can spend extra time focusing on any problem areas.

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## Specific areas

Back of the arms: There are six meridians going through the arms, three are at the back: the large intestine meridian, san jiao meridian and small intestine meridian. The three at the front are the lung meridian, pericardium meridian and heart meridian.

Tapping the large intestine meridian and the small intestine meridian can help enhance the large intestine to transport waste products out of the body and clean the intestines.

The San Jiao is a system that is in charge of our metabolism and endocrine system. Tapping the San Jiao meridian can help to clear waste fluid out.

## Stomach

The stomach meridian runs through the abdomen, so tapping here can boost digestion and reduce stomach fat.

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## Front of the thigh

Also a part of the stomach meridian, so tapping the front of the thighs enhances digestion.

## Bottom

Six meridians go through the bottom: the stomach, spleen, bladder, kidney, liver and the gall bladder channels. Tapping here can both enhance the digestion and support the body's ability to expel waste products.

## Chest

The stomach, spleen and kidney meridians all run through the chest. Tapping on the chest can enhance heart and lung function, enhance immunity and nurture the breast. (Avoid tapping over the nipple area.)

## Inner back of the thigh

This is along the spleen meridian – tapping here helps the body in the processing and delivering of nutrients.

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# Tapping Disclaimer

- If you tap incorrectly it can damage the skin, organs and bones.
- Tap gently, avoid tapping too hard or for too long (more than 10 minutes on one area).
- Avoid tapping if you have coagulation and bleeding disorders to avoid excess subcutaneous haemorrhage and bruising.
- Avoid tapping if you have cardiovascular and cerebrovascular diseases or severe hepatic and renal dysfunction.
- Avoid tapping on children.
- The elderly need to tap extra gently to avoid excess subcutaneous haemorrhage and bruising because their blood vessels are more fragile.
- Avoid tapping on any sha.
- Have a cup of warm water and keep warm after tapping

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# Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and [www.hayoumethod.com](http://www.hayoumethod.com)

Buy Yang Sheng Book

Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on [www.hayoufit.com](http://www.hayoufit.com)

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health. Find more Qigong Masterclasses [here](#).

Free self-care weekly content [@katiebrindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram & the opportunity to purchase the accompanying tools from [www.hayoumethod.com](http://www.hayoumethod.com)

## DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit [www.hayoumethod.com](http://www.hayoumethod.com) to view our comprehensive FAQs.

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