



Tapping Masterclass

WITH STACEY WEBB

WWW.STACEYWEBB.COM.AU



What you will learn

- Fundamentals of EFT - Tapping
- Tapping Points
- Different tapping styles and how they can support your nervous system
- Integration of Tapping into your life as whole



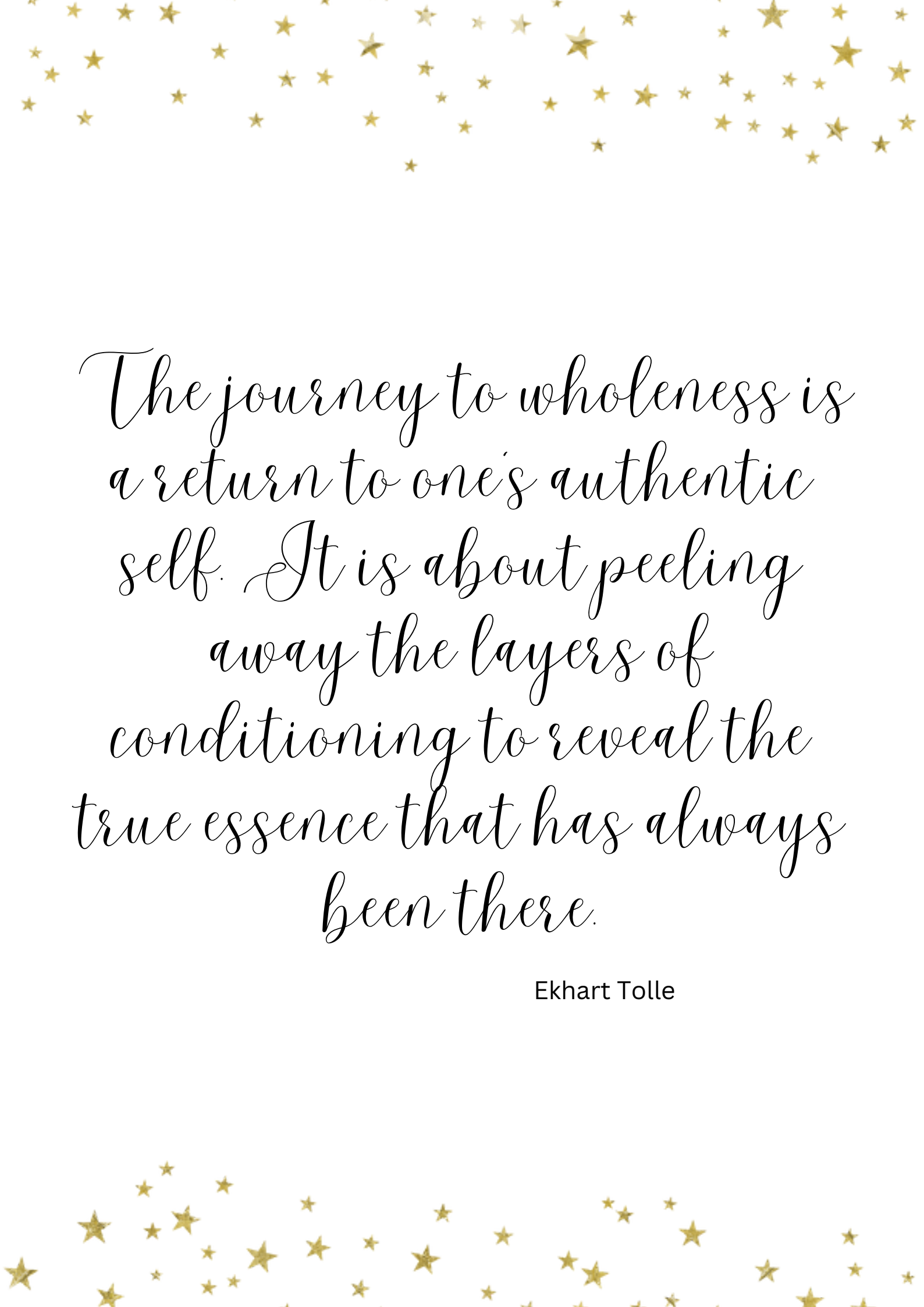
About Me

Hello, my friend and welcome to my Tapping Masterclass. My name is Stacey Webb, and I am an Intuitive Somatic Mentor, Trauma-Trained Somatic Practitioner, Multi-Award-Winning, and Amazon Best-Selling Author.

Drawing from a diverse array of expertise spanning trauma, somatics, breathwork, EFT (tapping), intuitive intelligence, metaphysical sciences, and a distinguished 17-year career as a detective within the Police Force, I possess a unique fusion of skills that elegantly meld the art of healing with profound intuition. This distinctive blend equips me to wholeheartedly support individuals on their transformative healing and awakening journey.

Through my holistic approach, I guide individuals toward a profound reconnection with their nervous system, facilitating the release of subconscious fear and trauma, while nurturing the emergence of authentic self-expression. With profound depth and an unwavering commitment, I stand as a luminous guide, illuminating transformative pathways toward healing, empowerment, and awakening.

My books, "The Intuitive Detective" and "Foundations of Tapping: Inviting EFT and Other Tapping Practices into Your Life" reflect her commitment to sharing transformative knowledge with the world. These publications have not only earned accolades but have also impacted the lives of countless readers seeking healing and personal growth.



The journey to wholeness is
a return to one's authentic
self. It is about peeling
away the layers of
conditioning to reveal the
true essence that has always
been there.

Ekhart Tolle




Benefits of Tapping

- Lowers your cortisol levels.
- Lowers anxiety.
- Lowers depression.
- Lowers blood pressure.
- Lowers pain.
- Lowers PTSD symptoms.
- Lowers food cravings.
- Increases immune system markers.
- Increases happiness.
- Increases confidence and self-esteem.

Other benefits of using the EFT include the following:

- It is simple and painless.
- It is easy to learn.
- You can do it by yourself.
- It is less time-consuming.
- It can be used with specific emotional intent toward your unique life challenges.
- It gives you the power to heal yourself.
- It drastically reduces distress that gives rise to problems, and
- Enhances performance.

How would your life look if you could shift the needle on any one of these markers?

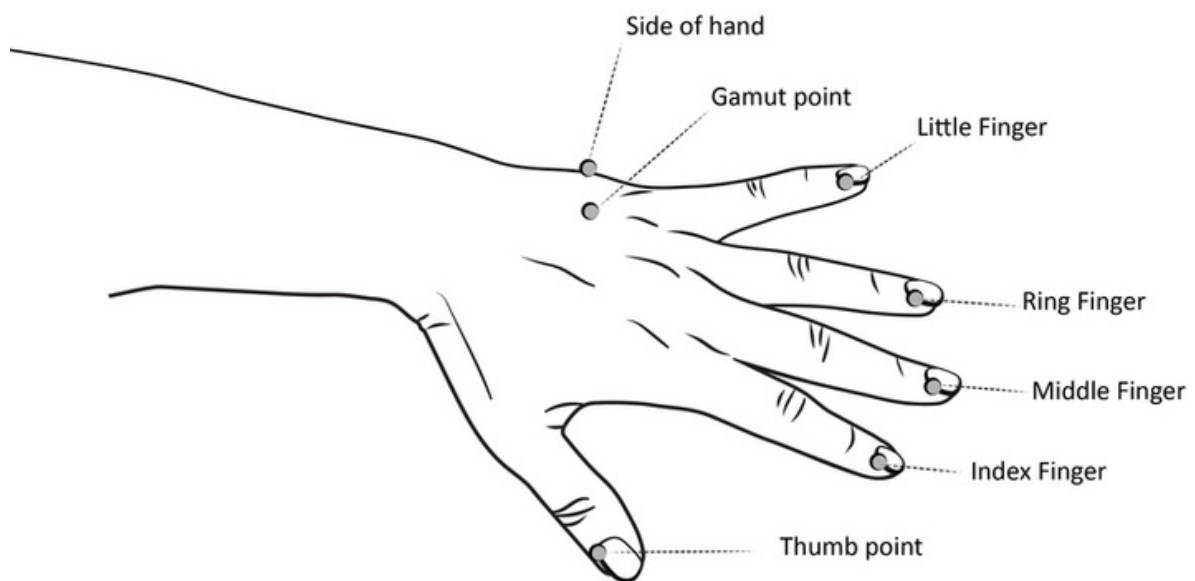
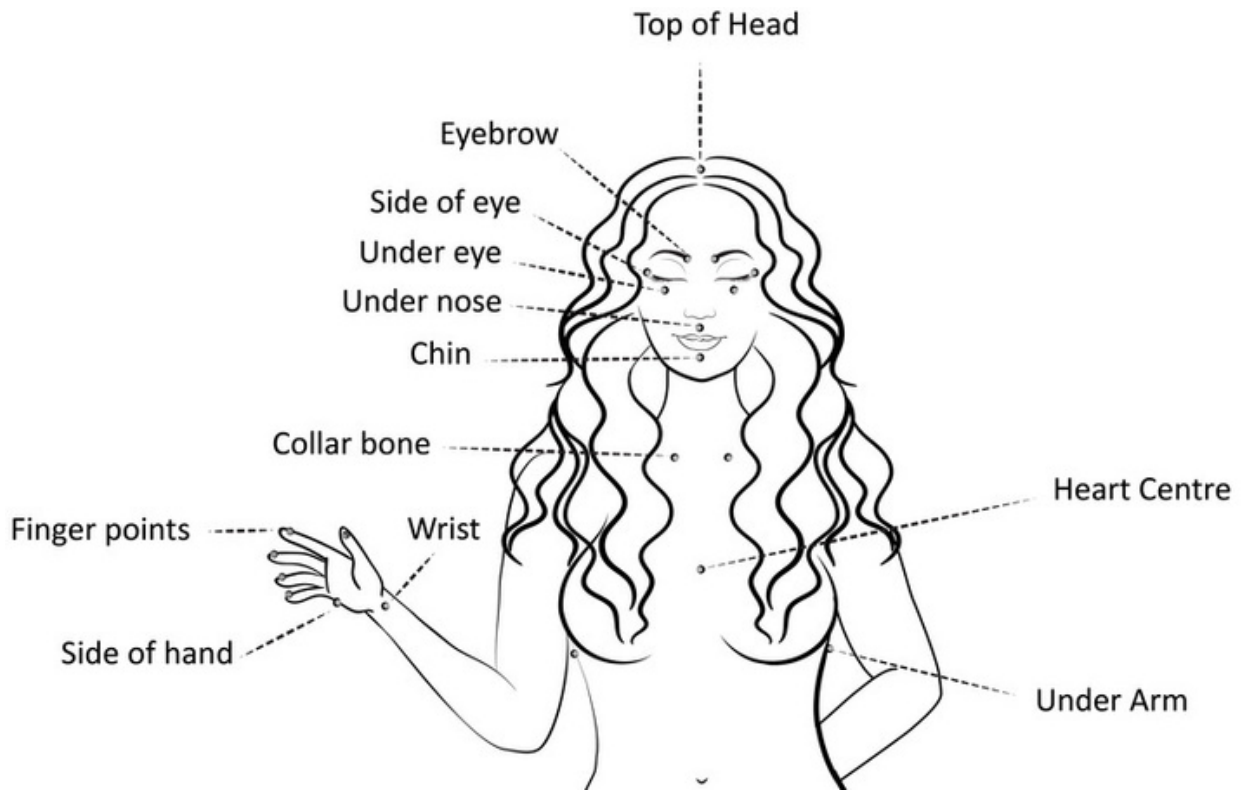


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Common signs you may experience with tapping

- You may experience some things during or after tapping. Some common signs showing tapping is repairing energy disruptions in your body are:
- Gasping (an exhale of surprise).
- Sighing (an inhale of relief).
- Yawning (this is a big sign to show energy is shifting!).
- Burping.
- Flatulence.
- Tears or watery eyes.
- Coughing.
- Lump in the throat clearing.
- A knot in the chest clearing.
- A buzzing feeling through the body, (as if more oxygen is flowing all over).
- Tension/ heaviness easing in parts of your body.
- Breath becomes slow and deep.
- Feeling tired.
- Pain relief in a body part when you were not even targeting that pain.
- A felt sense within the body.
- A feeling of safety within your body.

Tapping Points





Tapping Practices

Witness Tapping

Allows your thoughts and feelings to be acknowledged and witnessed whilst you tap.

Imaginal Tapping

Allows you to imagine you are tapping when placing your intention and attention on tapping within the mind.

Subtle Tapping

Where we can disguise we are tapping to others.

Continual Tapping

Attuning to your body and tapping without saying anything.


Borrowed Benefits

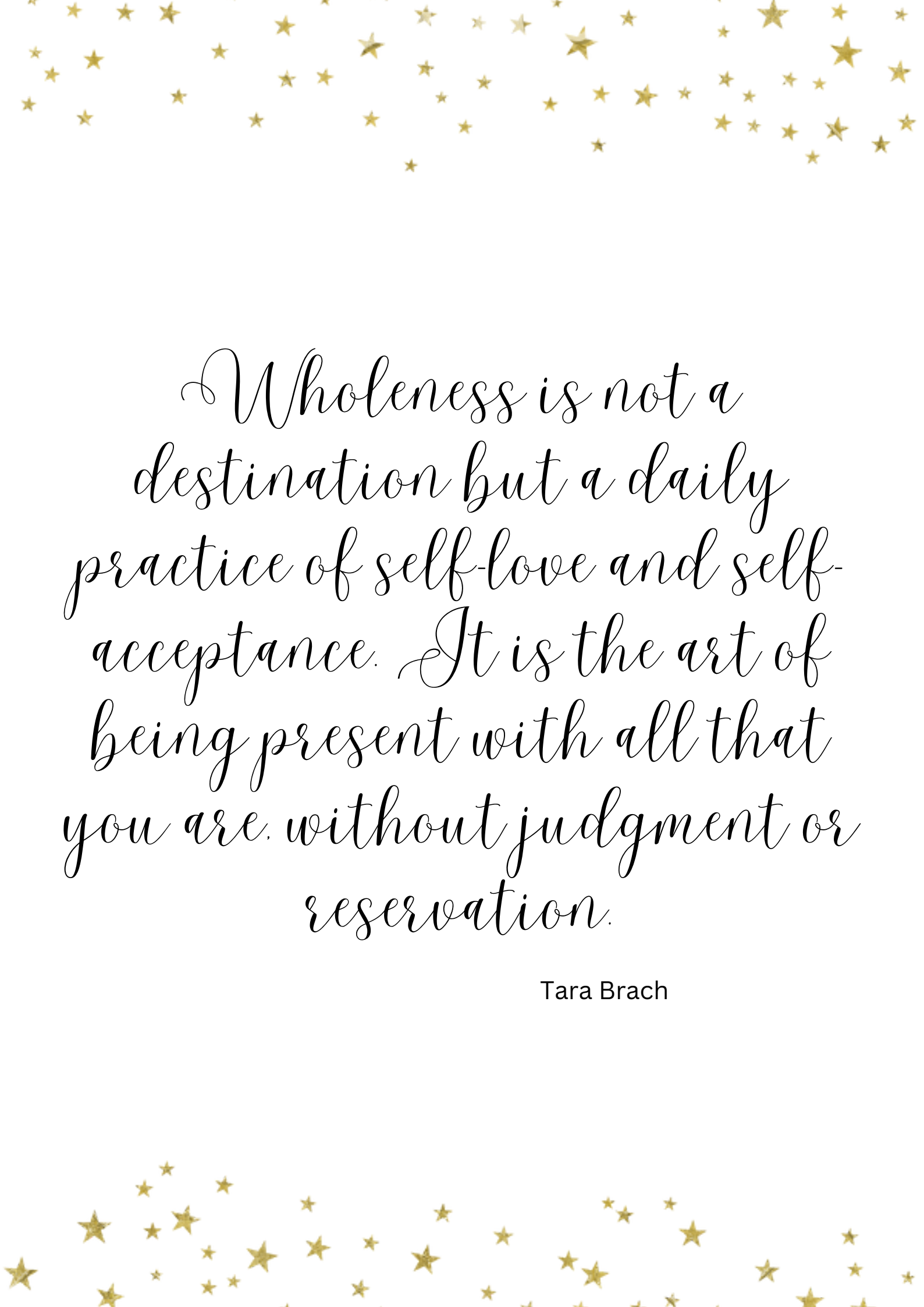
Tapping with others.

Basic Recipe

Foundational tapping technique to support you with a problem, issue, and/ or challenge.

- *This was mentioned only. You can read my book 'Foundations of Tapping: Inviting EFT and Other Tapping Practices Into Your Life to learn more about the Basic Recipe and other tapping practices not mentioned in the masterclass*





Wholeness is not a destination but a daily practice of self-love and self-acceptance. It is the art of being present with all that you are, without judgment or reservation.

Tara Brach

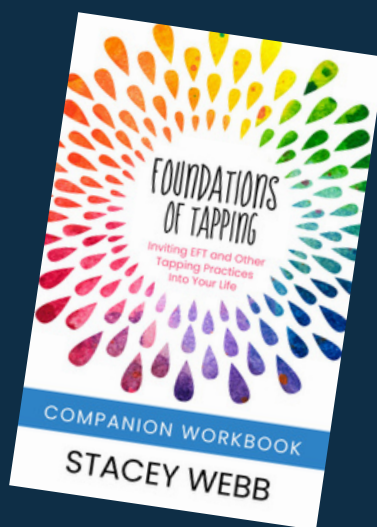
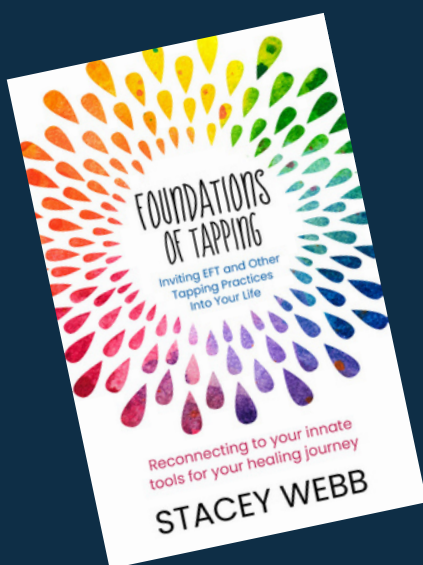
Want to learn more?

If you would like to learn more about tapping, you can purchase my Amazon Best Seller and Multi-Award Winning Book, **'Foundations of Tapping: Inviting EFT and Other Tapping Practices Into Your Life**

and

Foundations of Tapping Companion Workbook.

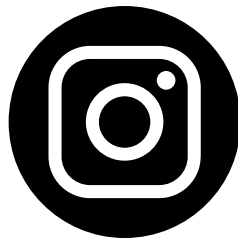
Both available on my website and Amazon





Thank You

Thank you for attending this workshop. If you would like to continue following me and my services, please feel free to follow me on the following social media links



A big thank you to Sarah at The Mumma Nest for inviting me into your sacred community space.

