

The Moment I Did Not Want to Tap

Well, you know I love tapping. I have spent decades using it, teaching it, exploring what becomes possible as a human being when tapping is held within a conscious relational framework. And there was a moment when I knew very clearly that I did not want to tap.

And that knowing actually took my breath away. More than that, I knew tapping would have taken me away from the experience I wanted to have. But let me tell you the story.

So this is a number of years ago, I'm on holiday in Cuba, and each morning the same woman is making my omelet at the breakfast buffet. So day after day, I stood on one side of the counter while she lifted this heavy skillet and prepared my breakfast on the other. And I began to notice that she was favoring the arm she used to lift the skillet.

So one morning I asked how she was and she told me that her arm was hurting and that she'd been using a cream from Canada that had helped, but she'd run out of it. Voltaren, I asked her, and she said yes, that was it. So as it happened, I had brought a big tube of Voltaren with me in case I developed some muscle pain while I was away.

So after breakfast, I went back to my room, I got it, and I brought it back to her. And there were tears in her eyes when I gave it to her. And something passed between us in that moment, and it went through my entire body.

I returned to my room, I stepped out on the balcony, I sat down, and I sobbed. And even in the middle of that intense wave of emotion, I remember thinking with absolute clarity, I do not want to tap here. I want to feel every second of this.

See, it's common to think of tapping as something we use when an emotion feels intense, right? When we're feeling fear, sadness, grief, or anger, overwhelmed, and we tap to reduce the intensity, right? We're hoping to feel calmer, better, more in control. And sometimes that is exactly what our living system needs. But intensity by itself is not evidence that something needs to be changed or fixed.

My tears on that balcony were amongst the most intense I have ever experienced, but I was not overwhelmed. I was not lost in an experience that exceeded my present capacity. I was not alone inside it.

There wasn't anything wrong. There was nothing that needed to be fixed. Life was moving through me, and I had the capacity to stay with myself as it did.

If I had begun tapping automatically because I was crying, I actually might have interrupted something deeply meaningful. Emotional health is not the absence of emotional intensity. Emotional health is our capacity to move fully with life.

In my last blog, When You Know What To Do When You Aren't Doing It, I shared the story of using tapping when I had been avoiding a phone call to the person who had repaired my eavesdrop. And I was not tapping to make myself make the call. I was tapping to remain in



relationship with the part of me that was predicting danger in having a need and asking someone to respond to it.

That's from my historical blueprint. But the experience in Cuba shows me the other side of that understanding. Sometimes tapping helps us stay in relationship with ourselves, and sometimes staying in relationship with ourselves means recognizing that I do not want to tap at all.

The decision is not determined simply by the strength of the emotion. The most important question is, what is my current relationship with what I am experiencing? Am I here in the present? Do I have access to myself and the support around me? Or am I alone inside something that feels too large for me to hold? Does my living system need support to regulate an experience that is beyond my present capacity? Or do I have the capacity to experience what is here without needing it to become any different, any less intense? See, what we see from the outside doesn't tell us what this living system needs. In one circumstance, tapping may offer the rhythm, the relationship, the present-day sensory information that helps the nervous system return to greater safety.

In another, the most respectful response may simply be to stay with what is moving, to breathe, to feel, to let life have us for a moment. In Conscious EFT, we understand this as a phase three or a phase four practice. An appointment to be with ourselves, not an appointment to work on ourselves.

And so I might begin by just gently holding my heart, perhaps my belly, perhaps my cheeks, and just asking, here I am today. What is it like for me to be in this moment? What is here in this moment? And then I listen. And I'm not arriving within a requirement that anything change.

I'm discovering what self-accompaniment looks like today. Sometimes it might include tapping. Sometimes it might include walking, resting, eating something nourishing, reaching toward another person, or quietly allowing an experience to move through me.

And sometimes it may mean sobbing on a balcony because I have been touched by what passed between me and another human being. Touched by life and willing to participate fully in that moment. See, I want to challenge the idea of this daily tapping practice just a little.

I don't believe our purpose is to stay perpetually occupied with healing. I don't believe our lives need to become an endless search for the next feeling, the next belief, the next pattern requiring attention. Tapping is one way of supporting a compassionate relationship with ourselves.

And as self-accompaniment becomes more available, we will likely find ourselves tapping less. Not because tapping has failed, but because the practice is becoming part of how we live. We go outside, we make something, we love someone, we travel, we rest, we contribute, we choose, we allow ourselves to be touched by life, we participate.



Perhaps one of the most coherent outcomes of tapping is that we stop tapping and we live. Now this story formed part of my contribution to the Spiritual Practice and Inner Wisdom section of this year's Integrated Tapping Summit. Jean Montristelli asked what a daily tapping practice might look like if its purpose were connection rather than fixing something.

As you can probably tell, this question took me somewhere I love going. The Free Summit runs from October 3rd to October 10th, 2026, and it brings together tapping practitioners responding to the same questions across eight different topics. What an interesting format.

If you would like to join me and the others, you can learn more and register at IntegratedTappingSummit.com forward slash Nancy. Take excellent care of you. Bye for now.

