An abstract network diagram featuring a complex web of thin, light-colored lines connecting various nodes. The nodes are represented by circles of different sizes and colors, including blue, yellow, orange, red, pink, purple, and grey. Some nodes have internal patterns like stripes or concentric circles. The background is a light, dotted grid.

# DON'T FEAR, JUST TAP: MERIDIAN TAPPING TECHNIQUES FOR PERFORMING FLUTISTS

NFA Lightning Talk

National Flute Association 2023  
Convention

Rachel Taylor Geier



## Meridian Tapping Techniques – The Basics

Closely related to acupuncture

Involve tapping along pressure points on the body's meridians in sequences (or "rounds") while reciting phrases/affirmations

Often referred to as "acupuncture without needles"

# How to Practice Meridian Tapping Techniques Sequences

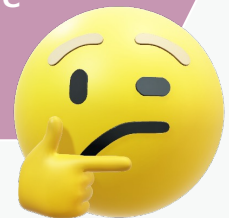
**Step 1 – Identify the  
what, why, how, and  
any deeper anxieties**



**Step 2 – Devise your phrase**

**Descriptive Adjectives**

- What you fear
- How that fear makes you feel
- Statement of self-acceptance or best possible outcome

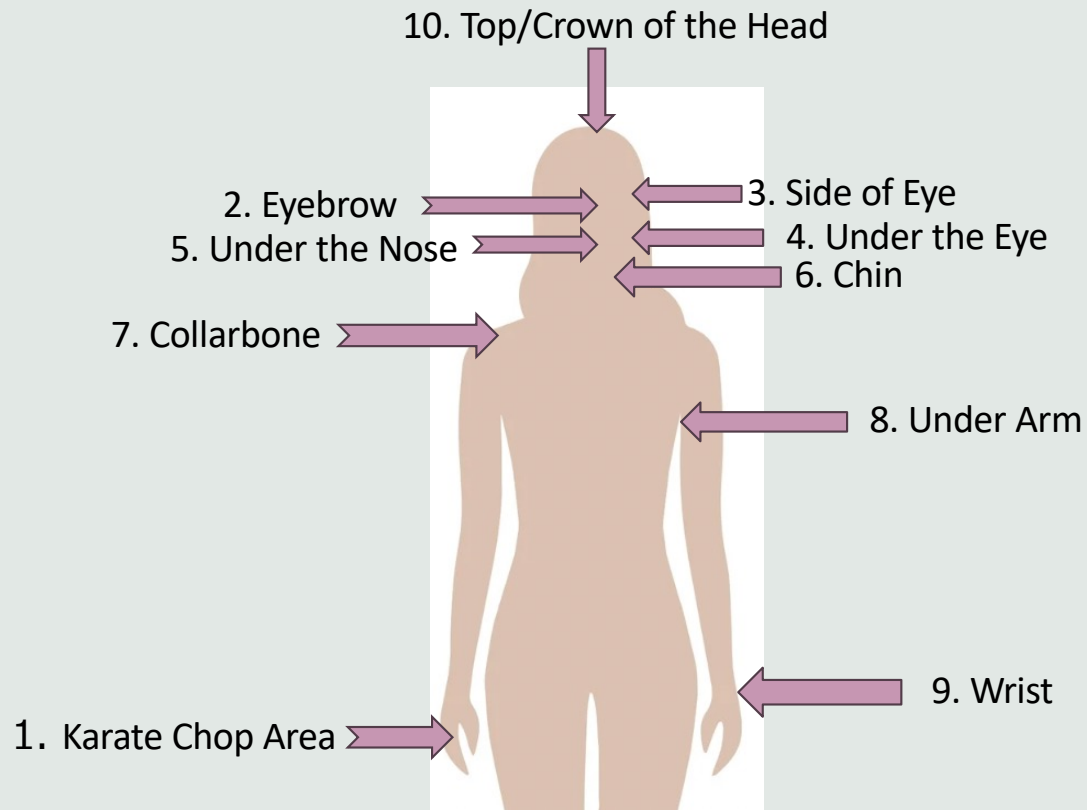


## How to Practice Meridian Tapping Techniques Sequences

**Step 3** - Categorize  
your anxiety level



**Step 4** – Recite your  
phrase while performing  
tapping sequences





# The Goal

**The goal is to reduce your anxiety score (1-10) by repeating tapping rounds as many times as it takes. Reevaluate your anxiety score after each round.**

The best part about Meridian Tapping Techniques is that you may use them quite discretely in many performance scenarios.

*STORYTIME – Firebird Example*

**The next time you prepare for an audition/performance and you might be a bit afraid, follow these steps and you'll see the amazing results!**



THE END

RACHEL TAYLOR GEIER

[RACHELTGEIER@GMAIL.COM](mailto:RACHELTGEIER@GMAIL.COM)