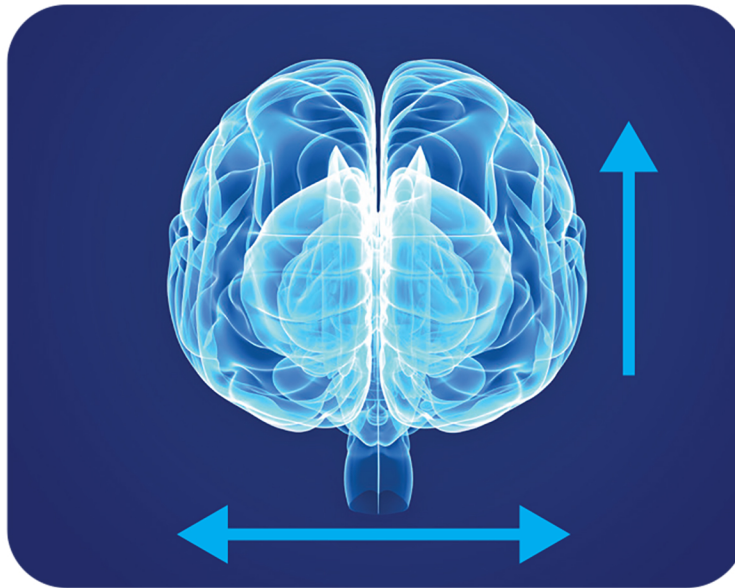


# Why does bilateral tapping work as a calming resource?

- The lower regions of your brain sense the tapping and automatically begin to pay attention to it ↑
- Bilateral stimulation activates each hemisphere of the brain in an alternating pattern, which inhibits the amygdala ↔



"...we can actually use techniques that stimulate each cerebral hemisphere in an alternating pattern to inhibit the amygdala."

— Robert Scaer, M.D. (2012), *8 Keys to Brain-Body Balance*, p.144  
(used with permission)

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