“Living Pain Free with EFT”

Jessica Ortner interviewing Rick Wilkes
Bonus Interview – Not for distribution
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Jessica Ortner: Congratulations on buying Try It On Everything. This is Jessica Ortner, assistant producer of the film. When we set out to create this documentary, one of our main goals was to discover and document what EFT can really do in regards to relieving physical pain and I don’t think any of us knew what we’re really getting into or how spectacular the results would really be. EFT is spreading so quickly all around the world in part because people are getting such incredible results in regards to relieving pain and aches. So in this interview you will learn how to understand pain and how to best address it with EFT. We will be speaking to EFT pain specialist Rick Wilkes, one of our movie superstars. Welcome, Rick.

Rick Wilkes: Hi, Jess.

Jessica: Thanks for joining us.

Rick: I’m delighted.

Jessica: So Rick for those who’ve already seen the film, they can see how amazing EFT worked with different kind of pains but for those who haven’t had the chance to pop in the DVD, can you name some cases and results you’ve seen just to give us an idea of what is really possible with EFT?

Rick: I’d be glad to, Jess. For me though, EFT is universally applicable to any pain that you have in the body. It makes as much sense as if you have a pain in the neck. How you reached out with your hand and massage it a little bit and moved your neck and if you have pain in the back that you take your hands and you rub it, and if you have a pain in the knee, you take your hands and you touch your knee.

With EFT, we are doing something… Yes, it looks a little bit weird and it is different but what we’re doing is we’re acknowledging that we have a pain in the body. We’re looking at, is there an emotional cause that might be contributing to the pain and we’re tapping on natural comfort points on the body. These comfort points are used, yes, in acupuncture and acupressure but more than that people rub their face when they’re stressed. They will put
their hands under their arms when they’re feeling uncomfortable. Their hands will naturally go to the base of their throat if they get a shock. These are natural comfort points that we used and so when I work with a client, let say somebody who has a chronic pain in the neck. We might ask questions like “When did this start?” And that might lead to some people than we’re in their lives at that point and I might ask, “Who is it. Who is the pain in your neck?” We’ve all heard that term, right?

Jessica: Right.

Rick: “Oh, he’s such a pain in the neck!” Well, even though he and speaking his name is a pain in the neck, I deeply and completely accept my neck anyway. That’s the kind of statement that we might use. We might also tap in to the emotion. For example, I worked with someone in excellent shape. He had fallen down the stairs and had been injured carrying a chest, and months later after all of the medical procedures had been done, he’d been through therapy. He still had this chronic 8 or 9 pain in his shoulder that would go up and down depending on what was going on in his life. And I asked him, “What emotion might be in your shoulder there?” “Anger!” Anger at what? “Anger at his body.” So we tapped on the anger in his body and then the anger went down but something else came up and that was guilt. And we see that a lot with the EFT with pain relief. There are multiple aspects, multiple layers to a pain. In this case, he was feeling guilty because he knew that if his wife had been home, she wouldn’t have let him go down the stairs and he had had that thought right before he picked up the chest. “Oh boy, I am glad she is not here because she wouldn’t let me do this.” And then he tumbled. He hurt himself and there was guilt, the sense of stupidity and we tapped on the guilt. We tapped on the stupidity and the pain went away and did not come back.

Jessica: Wow.

Rick: So that’s an example of using it for pain relief. I’ve seen other cases where people... Let’s say we’re in an auto accident and they’ve had a lot of treatment and therapy, and they’ve made a lot of progress but this one particular woman still had a lot of tension around her ribs and I was doing massage work with her and we’d get it to a certain place of relaxation and then it was like her body rebounded against it. It did not feel like it could go anymore relax, anymore relieved, and we saw that over three sessions and I was learning EFT at that time which was kind of interesting. I didn’t know a lot about it but I said, “Hey, if there was an emotion in your ribs right now, what might it be?” And it was a sense of being blind sided by car. That she has not been doing anything wrong. She was driving perfectly fine. And
whammo! It came out of nowhere and really caused her to fear almost all the time because most of the time you and I are walking through the life, nothing is going wrong, we are not doing anything wrong, we are not crossing against the light, we are not driving wrong and in her case, it triggered the primitive brain saying, “You’re never really safe.” We tapped on that specific incident and it went down and went down and went down and went down for about 2 and up it went to about an 8 or 9 and she started to tear up and I said, “What’s coming up now?” And she said, “Well it reminds me of when my ex-husband blind sided me in telling me that he was getting a divorce and that came out of nowhere as well.” Again another aspect of the pain and tension around her chest and as we tapped on that for about 15 or 20 minutes, her ribs changed, they literally felt different. And I’m also a massage therapist and I touched her again after that round of tapping her ribs felt much, much younger. They felt fluid. I could compress them. They moved independently. So the emotional root causes and the traumas that were tied to the rib pain, they didn’t make any sense and a lot of our treatments across the medical spectrum do acknowledge an emotional cause but not really get down into addressing it, bringing it relief. And that’s what EFT does and that’s why I’m so excited about helping spread the word through the movie, Try It On Everything about EFT. Why not take a look at if there’s an emotion there? What might be its cause? And then doing some tapping and see if any relief comes.

Jessica: Wow. It’s incredible. I think a lot of people are just so stunned to even know that there’s such an emotion when it comes to their physical pain. That’s very interesting. I want to make a quick comment to the listeners in case they haven’t seen the movie yet. Rick, when you were describing she is going from a 5 to a 10, well before people tap a lot of times, they check in to see how intense it is, 10 being incredibly intense and 1 being they don’t feel it much at all so that was her gauging the way that she felt. So what do you see in regards to, they do the tapping, they feel better, how long does it usually last? I mean they’re still good for a moment and then they go home and the pain comes again. What do you find?

Rick: It varies a lot, Jess.

And part of the mature and sensible and professional application of EFT is acknowledging that sometimes we bring relief in the moment and that’s great. We can often create relief that exceeds what people are seeing from medications that they might be taking. So if somebody has a pain medication that gets their pain from a 200 to a 20, we can go from 200 sometimes down to a 6 or 7, still painful but it’s a relief that gives them some
control. It often can help medicines feel more effective. I've noticed that in my own life.

**Jessica:** Right.

**Rick:** Often times, when the pain is tied to a specific event such as the person that tumbled down the stairs. If you tapped on that, sometimes the relief is permanent and I kept checking in with this person over the months that followed and except for when he got stress about his body or was feeling guilty, that seemed to be a barometer for him and his shoulder seems to speak up a little bit. It never went up to an 8 before and he would go and tap a little bit and it would bring him some relief right there in the moment. So one of the questions, is this part of the body part of your barometer, like a fuel gauge in your car? The level of pain in that area represents, “How stressed am I?” And most people have some area of their body, it could be their gut, it could be their neck, it could be their low back that acts as a barometer for “Hey, it's time to give myself some relief.”

In other cases, whether it is necessary for some realignment by the body, I know that the body has multiple intelligences that work in bringing us, not only relief, but redesigning us, restructuring us for a more active fulfilling life and when we released the big block, the tension, the heavy weight on us, sometimes there’s an additional process that goes on. It may not make a lot of sense to people but if you’ve been holding yourself down for a long time and then you’re going to start becoming free, more energized, and more vital; well, sometimes new things will come up as part of that process. The neat thing about it is that EFT can be applied to those as they come up and bringing yourself relief in the moment.

**Jessica:** A-ha. The thing that I’ve found with a lot of people who have chronic pain is that they have a feeling of hopelessness because they’ve had it for so long and I loved that EFT gives you control again.

**Rick:** Hopelessness is one of those low vibrations. It is a very heavy, wet, damp, dark feeling and by getting your energy moving and the physical act of tapping on your body. gets energy moving and when our energy is moving and we are relaxed, it is a little bit different than if we were all stressed out and we’ve got a lot of energy moving. But if we’re both calm and confident and we have energy moving, then the body is healing. Then the body is moving in the direction of well being. That’s what our whole purpose with EFT is.
Again, the body’s intelligence, that process, may last 20 minutes. Again I have many, many examples in my own practice of people finding very quick relief. I also have many more examples of over a 6-month or year period, people are really transitioning their whole way of processing life from one that life is stressful and it’s reflected in their body. You see that a lot of times with people with fibromyalgia and other chronic conditions, mystery diseases, to “I’m OK and in fact I’m getting better and better and better and I’m noticing the things that I can appreciate and feel grateful for and my life is getting to be more rich and delicious to me than it was before.”

That is a journey and that's where I believe that EFT is universally applicable whether you're in physical pain or not. If you can take whatever is coming up in your life and start shifting it, your body will be different a year from now than it is right now. It does take some attention but it doesn’t take more than 3 to 5 times a day, 5 minutes on whatever is coming up, at the bathroom break, or something like that to shift your vibration, shift your sense of well-being from being stress to being balance, connected to your own source of power. That makes all the differences to our body.

Jessica: Well that’s a great point to make because I know that in this day and age, people are usually running around and very busy and when it comes down to incorporating something new into their life, they find it challenging because they don't have enough time as it is. So what you’re saying with EFT and pain, that you don't have to tap for an hour, right?

Rick: You do not have to tap for an hour. You know, you think about the things that throughout history had been part of stress release. I am a massage therapist. I loved getting a 1-1/2 to 2-hour massage. I can't fit that in 3 times a day.

Meditation. I also meditate. I enjoy meditation but I found that finding 20 minutes twice a day to meditate for most people is very, very difficult. However, if a single mom is all stressed out because the kids in the other room are fighting and she’s trying to get dinner ready, she can start tapping her eyebrows, in the side of the eye, and under the eye and just muttering under her breath how she’s feeling and what I’ve noticed with those single moms that are friends of mine and I’ve told them about this little trick. Guess what? They start laughing a little bit. They start grinning a little bit. Their energy shifts in to a more resourceful state. You don't have to necessarily take time out to tap. I know a lot of people that work in professional jobs, and what I tell them is to drink plenty of water, not only it is good for you but it would be natural for other people to look at you when you are going to the bathroom once or twice an hour as there is nothing wrong, this person is
drinking lots of water, and just to take that as a private moment. What is coming up in my life? And then just do 1 or 2 rounds. One or two rounds of EFT will take you less than a minute.

Jessica: And we all know we need some more private moment in our lives. I think that's great. You mentioned before, you are talking a lot about the emotions of things and you also mentioned before people who are diagnosed with fibromyalgia and what's common. Now we all know that we have to take a doctor’s advised very seriously and the diagnosis seriously but what if the doctor says your diagnosis is fibromyalgia or chronic back pain and that there’s nothing else they can do, how does that diagnosis affect your ability to recover?

Rick: Every diagnosis comes with it a certain cultural beliefs. For example if someone is told that they have fibromyalgia, first of all they don’t know the cause and it fits in to what I called Mystery Diseases. This includes fibromyalgia, chronic fatigue syndrome, ulcerative colitis, Crohn’s disease. There are many different conditions where the body clearly is not in balance but they don’t know the root cause and they have medicines that can help with symptoms and alike in certain cases and there’s no reason why you can’t incorporate EFT along with the other things that your medical doctor is prescribing and it is important to do so because they work very nicely in synergy.

If you’re using alternative methods, homeopathy or whatever, EFT is addressing the energy system, the emotions. Emotion to me is energy in motion and you can imagine that if somebody’s energy can be sluggish, like kind of dragging itself. Somebody’s energy can be very broken and jerky like they’re walking with two limps and a stiff back. Somebody’s energy could be dancing very gracefully in twirling and moving and EFT helps move us in the direction of energy that is moving in balance and slow and in a certain amount of grace.

So when somebody gets a diagnosis, it does cause a certain amount of stress and limiting belief to come up, for example, cancer. Cancer covers a very broad range but if you hear somebody say to you, “You have cancer.” “Ah!” There is an immediate reaction because you don’t know exactly what it means but you know people have died of cancer and you know that there can be all kinds of things involved. Start tapping right at that point and address what beliefs you have about the condition regardless of what it is. A broken toe, what does that mean to you? It means “I’m not going to be able to do that this summer.” If you have a skin condition, what does that mean to you? Tap on those things as they came up, you will feel them in your
body. If I have the thought, “I really wanted to go swimming this year but not without this broken arm.” Right? “And I’ve got a cast and I’m not going to be able to swim for 8 weeks.” There is a stress in that and every time you look at the cast there’s going to be a stress on your system about what you can’t do. EFT can help soothe that stress and help you get to a more resourceful attitude.

Jessica: Right. Do you find people recover faster?

Rick: I think anytime. Imagine this. If you wanted to delay someone’s well being, what would you do? You’d keep him up all night. You’d yell and scream at them all kinds of criticisms. You’d inject fear in to thier mind and body. And yet what do we do to ourselves around a lot of these conditions, we criticized ourselves. We can’t sleep well because there’s a certain stress or fear that is coming up. If you balance those with EFT as well as other things, it can help you get in to that rest and digest state that allows your body’s natural healing ability to come in to play.

Jessica: And I love how you mentioned that it can work right next to the medical treatment. It doesn’t mean that you go off and tap for the rest of your life, but you can use it with other things to help you get better.

Rick: You think about medications if you watch television, you see that every medication has this long list of scary things that they feel they must tell you. That is a suggestion on some level in to your psyche that these could happen to me and if you’re feeling uncomfortable about that then tap on those things, “even though this happens to some people, this happens and this happens, and this happens, I asked my body to take the best and leave the rest.” Take the best. Use the best of this medicine and leave the rest to be completely balanced. These are the types of energetic approaches that work hand in hand with every procedure.

My mother has had two knee replacements. We’ve done some tapping around it before hand and she is also used some other affirmations and it worked marvelously well for her. In any kind of procedure that we undergo, whether it’s sitting in the dentist chair and we expect it to be in a certain way, “even though I expect this to hurt so much that I want to scream, I’m opened to it, being surprisingly comfortable.”

Jessica: Right

Rick: What it does to your body is something profound. “Hey, it doesn’t have to be the way it was.”
There is an opportunity here for it to be different and there’s always an opportunity for it to be different for you. We know EFT combines the aspects of affirmation that are helpful along with self-honesty, which is a crucial component that affirmation often missed and an intention. “How do I want to feel? I choose to feel calm and confident no matter what. I deeply and completely accept myself anyway.” Those are intentions. This is a very unique combination of approaches that are all encapsulated into what we call EFT.

Jessica: OK. So you’re mentioning different things that you can say and so the next question, which is very common for people who are new to EFT, is how do I know whether I’m saying the right thing? What is your advice for someone who’s a beginner and they begin to tap? How do they figure out if they’re doing it right and if they saying the right thing?

Rick: Well if you’re getting relief, you’re doing it fine.

Jessica: OK.

Rick: If something isn’t moving, usually what people are saying is there’s something that is too general, “even though I have this anxiety.” Well, what is the anxiety? “I’m scared that I’m going to loss my job.” Where do you feel that in your body? “Well, I’ve got this crushing feeling in my heart.” What do you call that? “Terrified!” “Even though I’m terrified in my heart that I’ll lose my job, I deeply and completely accept myself.” So ask some slightly more specific questions, what exactly are you feeling? Be as exact as possible.

Jessica: Right.

Rick: For example, a pain in the leg might be a burning pain in the leg. It might be a cramp. It might be a tender sad feeling, a tenderness. It might be a weakness. What does it feel like? “Oh, it feels like limp spaghetti.” OK. There is a lot of different ways but our brain will give us some more specifics. People usually don’t have too much trouble. The first reaction will be, “I don’t know what’s going on?” OK. If you did know, how would you describe it? And when you go down to that specific and then you ask, “Hey, if there was an emotion here, what might it be?” It could be despair or guilt. It could be loneliness. It could be anger or rage. A lot of times people will feel this rage coming up into their throat and get stuck there. Well, what does that remind you of from a disease condition? Maybe gastric reflex, right? A lot of people with various conditions they get a certain feeling, and it’s very easy for them to tie it to an emotion if they just ask a little bit more.
Listen to their body. What is really going on here if there was an emotion? I’m saying that there is. For people that doubt it, you don’t have to believe in order to get the benefit.

Jessica: Right. So what seems to be a big part of this whole process is asking yourself questions and becoming very clearer.

Rick: Emotional freedom relies on self-awareness. What I love about EFT is it is a tool for emotional self-management. It is also excellent in working in combination with another person because a lot of these energies are frankly subconscious and you’ve been training yourself not to pay attention to them. One of the things we see in the movie is the effectiveness of working with people who are willing to ask you difficult questions. Questions that your brain wouldn’t even give you because it doesn’t really want to expose that energy and for that aspect of pain relief. If people are not getting the results that they need and want, ask somebody else to work with you. Somebody that is willing to be more direct. Somebody who has some art with EFT as well. There are thousands of practitioners worldwide. They come with many different backgrounds from mental health professionals, psychiatrists, psychologists, MDs, all the way to coaches like myself, and massage therapists. Across the broad range of healing modalities, people are recognizing that unless you address the energetic core, it’s difficult for the body to heal completely.

Jessica: Right.

Rick: It will squirt out some place else. If you put a masking tape over a rust on your car, chances are that it’s going to pop out some place else too.

Jessica: Right. And I just want to mention to people who are listening, in regards to knowing what the right thing to say or do, if you are listening to this interview and you are little bit confused, its good for you to watch the movie and get the basics of EFT and this interview will just show you how to be a lot more specific on getting the results. Rick, so you’ve been talking about asking yourself questions and I just did an interview with Carol Look who was in the movie as well. One of the questions that she loved to ask is “What’s the down side of getting over the problems? Obviously we don’t consciously hold on to the pain but often times, people find through EFT that they’re unconsciously holding on to the pain for a reason. So why do you feel that some people discover that they are not actually ready to let go of the pain? And why does this come up?
Rick: I'll give an example that I think we can all relate to. Imagine that your condition has progressed to the point where you are on disability and the government is paying you or an insurance policy is paying you a certain amount every month to support your needs and sometimes in particular condition, those needs maybe pretty significant. Well, the journey from being in the current state where you're incapacitated or disabled to a certain percent, to being fully self-supportive again, that's an interesting one because sometimes, as I've work with people who are disabled, they have a tremendous fear that if they start getting better but not better enough to be able to support themselves, there is this limbo land that they may lose benefits before they're ready to pay, either to take care of them on their own or to not need them anymore and that's a reality in certain cases and so, when I worked with people who are very disabled, they're aware of that. They may not want to speak about it initially but as we move forward in the process, it almost always comes up.

In a more subtle way, let's say somebody hated their job and they had an accident at their job and now, they're recovering from the accident but they really don't want to go back to the job and their body agrees, “Hey, when we're on that job, we almost died.” So, the primitive brain is in there saying “no, no, no, no, no” but if that was all that you're trained for on your own whether that's accurate or not, if that's what you feel energetically is your only choice when you get better. Imagine that there's quite a lot of very sensible resistance to that scenario and that's the type of scenario that often stays subconscious and that's why Carol and I and other EFT experts ask those questions. Even if at first glance, someone will say “There’s no reason I would want to hold on to this.” Yes, I understand that. Now, be illogical, you're thinking very primitively. Is there anything that doesn't feel safe about you getting well? We say that also when people are carrying a lot of weight, they maybe carrying a lot of weight, for example, so that they are less attractive. Why would someone want to be less attractive? Because maybe when they were attractive, they had an experience that was traumatic or they walked around and didn't feel safe. Well, their body would rather keep them safe than lose weight. I assure you and unless you address anything that doesn't feel safe about getting well, a part of you will resist. It simply will.

Jessica: You know, it’s interesting because it's one of those realizations that people have and then, what if you realize, “Oh, this is how I feel.” Do you find that people get upset with themselves?

Rick: Yeah, that's part of it, “even though I can't believe that I would do this.” Oftentimes, and this goes back to how long does it take to really get a
permanent shift in someone’s vibration, a lot of times when people start with EFT, they’re looking at the surface issues. I have a pain in my knee. Well, that’s true and we can get a shift in the pain in my knee but let’s say that the underlying driving energy is, “I need to prove myself once and for all”. OK? And that drives them to work, work, work, work, work, work, work, work, work, and never put their own self-care and self-awareness high enough on the priority list until you shift back, “I’m not good enough and I need to prove myself energy.” Well, your body will let you know. The pains will shift. You’ll start hearing more and more what yourself talk is. “I’m not good enough. I’m not good enough.” Well, that’s great because once you’re aware of it, then you can shift it with EFT by being very direct. “Even though I’m not good enough and here is why. I deeply and completely accept myself anyway.” I’m sure that if you’re listening to this and you think about something that you don’t feel good about yourself and then you think about accepting yourself anyway? Neither of them probably feels a hundred percent true and that’s energy. That’s the energy journey that we do with EFT.

I’m not good enough? Well that’s maybe 90% true. I deeply and completely accept myself. Well, that’s about 10% true; but as you continue to tap on that and you tap on the specific events and the energies around it, you’ll feel that shift. And what’s very interesting to me is that those parts of your body that were tight, the feeling, the strain of not being good enough like the burden on your shoulders, the burden on your low back, the compression around your chest, the constriction in your heart, those will start releasing and feeling more open, expansive, and well even though you didn’t tap specifically on them.

Jessica: Wow! This is incredible … Someone who’s listening to this may have all this information but how do they need to get started themselves? First of all, do you have any piece of advice for the newbies or do you find a common mistake that they could make, to watch out for?

Rick: Well, I don’t believe that they can make “mistakes.” If they’re tapping and they’re noticing a change in their body, anything that moves us toward relief is doing it right. Often times, people start with this level of impatience and often times, they will hear that, “Tap! Tap! Tap!” somebody’s fibromyalgia went away. Well, again, maybe 5 or 10% of the population, their energy may be tuned that way, that it happens that quickly.

For the vast majority of us, “Wow! What a difference it can make if you can learn and teach your body how to handle stress very effectively.” Become incredibly resilient, and become vital and active and flexible emotionally and
physically. If that takes you a few months, six months, a year or you continue that, as I have, for five or six years, well, why not? Why not play around with it? So, what I tell new people is just be curious and just start listening to your body. Most people who are in chronic pain, they don’t listen to their body unless it screams at you. It’s a bit like parenting children…

Jessica: Right.

Rick: And not listening to them unless they come up to you and start punching you with their fist. That’s the relationship that unfortunately a lot of people have with their body. So, if three to five times a day you say, “Hey body, what’s going on?” and it will speak up something physical and say, “Well, what’s the emotion in that knee?” “I just feel so overwhelmed.” “Even though I have this overwhelm in my knee, I deeply and completely accept myself anyway,” and say it with some intensity and tap the points. “This overwhelm in my knee, this overwhelm in my knee, this overwhelm in my knee.” It could be just that simple. What’s the emotion there, and how intense was it? We asked how intense it is so that you can be aware of the difference and it raises your level of listening skill. These are all skills.

It raises your ability to listen to your body and if you don’t get a real clear number, just guess or estimate. Alright? And then, does it feel a little bit like relief? OK. That’s a six-and-a-half or seven. OK and tap it with another round. OK, it’s a four. Well, you’ve just reduced the overwhelmed feeling in your knee from an eight to a four!

Jessica: Wow! It’s big!

Rick: That’s huge!

Now, if you stop there and go back to work and later that day, you come back and you check in with your knee again and it’s at a six or what have you been focusing on that might feel overwhelming? “Well, even though this project feels overwhelming and I feel that in my knee,” right?

And that’s the kind of just very simple approach that you can use for anything that’s happening in your body, anything that’s happening in your life.

Jessica: And that’s the thing with EFT, don’t make it complicated because it’s simple. It seems like people think that it needs to be complicated in order for it to work well and that’s the beauty of EFT. That’s not the case. It can be very simple and you can get amazing results.
Rick: I will say that there are percentage of the people in the world that have been through a lot in their life and for those, they really should be working with professionals that understand how to take them baby step by baby step through some of the more difficult specific events of their life. The change that can happen in your physical body as you addressed the three to five things that you wished had never happened to you, ever. If you have such a list, those are things that are wonderful to work with someone who can provide support. Often times, our psyche knows, “Hey! I don’t really want to do this alone,” and it won’t. You just won’t tap.

And if you’re not tapping but you feel like you really want to make some progress… Even just having a friend in the room as you tell the story and tap on it over and over again, you'll noticed that the intensity changes. We see that in the movie, how the intensity of a very traumatic event can be shifted.

Jessica: That’s the beauty of EFT too, is that you can work with someone else. They can help you get to those places and you can also use simple things as just helping you throughout the day like you said, you know, a few minutes a day with the process. I mean, there’s so many different ways to do it and that’s the beauty of it. You can do it with someone else to hold your hand and help you through it. I mean even if we just use it to help our lives be a little bit less stressful. I’m sure that’s going to have a huge impact on us.

Rick: I told someone who had a chronic pain in her neck, “Well, when does it speak up the most?” “When I’m talking to my mother on the telephone.” Oh, OK. I said, “Well, as soon as you see on caller ID that it is her, just start tapping these points gently.” So karate chops to the eyebrow or to the side of the eye, under the eye, under the nose. Just tap the points the whole time that you’re on the conversation. It’s like getting free therapy from your mom because she will bring up certain energies and you’re soothing them, right?

Jessica: A-ha.

Rick: And hold the intention to be surprisingly calm and confident no matter what. And what she said is after, three or four months, her mother really wasn’t ever able to say anything else that bugged her.

Jessica: Wow.
**Rick:** And they talked a lot and it used to be very stressful for her. It used to take her an hour or two to unwind physically and emotionally after having a conversation with her mother. Now, she did take some of these specific events that had existed between them. What the nice thing is that she now has a calm and confident relationship with her mother and the pain in the neck only speaks up when there are things that are stressful. It's one of her barometers but she is very aware of it. She can hear it on a whisper instead of a scream.

**Jessica:** A-ha.

**Rick:** And that’s the huge thing. If we have our barometer, why not pick it up when it first whispers at us before it has to start punching us to get our attention. In pain relief, in chronic conditions, that is the key. Getting your skill level up to the point where you’re able to listen and help yourself when your body is whispering at you, which is doing all the time. If you’re sitting some place, your body says, “Hey shift your weight.” And it’s unconscious, we just shift our weight. We move our body. When it comes to emotional patterns and the like, it takes some consciousness, some focus. But once you get your body and mind and spirit aligned on that as we talked about, the pain seizes to be painful. It’s just messages that you get and they’re such whispers. You can even appreciate them to say, “Ah, well, thank you for letting me know.”

**Jessica:** Right.

**Rick:** “Thank you for letting me know.”

**Jessica:** Rick, could we do a few rounds of tapping just so the listener can kind of get into the momentum of tapping?

**Rick:** Sure.

**Jessica:** So, how would you like to lead it? I mean, I can definitely follow along with you or we can do about two rounds?

**Rick:** So everyone…first of all, just scan your body and see where in your body you’re feeling some tension, some stress, some discomfort. And make note of that. And if it is your feet, for example, which foot feels like it’s got a little bit more strain than the other. OK? Now get a sense for what that feels like in that part of your body. Does it feel burning, achy, itchy, tender, or whatever it is. And I encouraged you to write this down. And if there was an emotion in that part of your body right now, what might it be? And there’s no
right or wrong answer there. And overall, on a 0-10-point scale, where zero is…it’s gone, there’s nothing, no discomfort there at all and 10 is...this is the most uncomfortable, painful, or stressful that it has ever been. Where does it stand on that scale? And just write down that number. And we start tapping at the karate chop point along the side of the hand and you’ll see these points. I introduced these points in the movie so you’ll know exactly where they are and Jess, do you have a chart of these points on your website?

Jessica: I do. Yes, on TryItOnEverything.com, if you go to “How to Tap.”

Rick: Great. The karate chop. Even though, I have this pain in this part of my body.

Jessica: Even though I have this pain in this part of my body…

Rick: And it makes me feel…and then just say how it makes you feel.

Jessica: And it makes me feel…

Rick: I deeply and completely accept all of me.

Jessica: I deeply and completely accept all of me.

Rick: Even though I’ve got this pain in this part of my body…

Jessica: Even though I have this pain in this part of my body…

Rick: And it makes me feel…

Jessica: And it makes me feel…

Rick: I deeply and completely accept all of me.

Jessica: I deeply and completely accept all of me.

Rick: Even though I have this pain right here…

Jessica: Even though I have this pain right here…

Rick: I wish it would go away.

Jessica: I wish it would go away.
**Rick:** I deeply and completely accept myself, anyway.

**Jessica:** I deeply and completely accept myself, anyway.

**Rick:** Now, as you tap these other points I want you to really focus. If you need to close your eyes, if you're some place safe where you can do that, really focusing on the pain and how it makes you feel. Top of the head, this pain...

**Jessica:** This pain...

**Rick:** Eyebrow, this pain right here...

**Jessica:** This pain right here...

**Rick:** Side of the eye. This pain right here...

**Jessica:** This pain right here...

**Rick:** Under the eye. This pain right here and all that it means to me.

**Jessica:** This pain right here and all that it means to me.

**Rick:** Under the nose. This pain right here and all that it means to me.

**Jessica:** This pain right here and all that it means to me.

**Rick:** Chin. This pain right here and all that it means to me.

**Jessica:** This pain right here and all that it means to me.

**Rick:** Collar bone. This pain right here...

**Jessica:** This pain right here...

**Rick:** And all that it means to me...

**Jessica:** And all that it means to me...

**Rick:** Under the arm. This pain right here...

**Jessica:** This pain right here...
Rick: And all that it means to me,

Jessica: And all that it means to me.

Rick: Go back to the top of the head. And I accept myself, anyway.

Jessica: And I accept myself, anyway.

Rick: And I love this part of my body…

Jessica: And I love this part of my body…

Ricky: Even when I don’t.

Jessica: Even when I don’t.

Ricky: Take a deep breath…ahhh…..

Jessica: Ahhh…

Ricky: I might throw in a little humor as I tap when it comes up. Some people like to do that. I do. I think it adds a bit because we are always a little bit conflicted. I love myself…I hate myself…I love myself…I hate myself…

Jessica: A-ha.

Ricky: And you can tap that way too. I love my knee…I hate my knee…I love my knee…I hate my knee…I love my knee! I hate my knee! And if you’re just doing that from point to point, you’re acknowledging the truth of it. It is mixed.

Jessica: And you are allowed to just say how you feel.

Ricky: Now, I started with just…I’m walking around right now and standing as we talk, and my left heel had a feeling of pressure and weight on it. You know, I’m performing for example to a certain extent here.

Jessica: Right.

Rick: And so, I acknowledge that that feeling of pressure on my heel was about a 6. Right now, it’s a 2.
Jessica: Wow!

Rick: Now, as far as my feet are concerned, what’s interesting is I was focusing on the left heel. The right heel is feeling a little bit better too but more interesting, my whole lower leg, the calf, feels more open and relaxed.

Jessica: Do you find that the more often you do EFT, the quicker you get results?

Rick: Absolutely. And after 6 years of using EFT, I can almost just think of a set up phrase and my body knows exactly what I’m asking it to do. It’s a bit like, anything that we practice over and over again. Our body gets into a memory, an energetic memory. Some people call it muscle memory and that applies to something like shooting a free throw. Here, we’re talking about toning your energy system so that it becomes resilient.

If for example, over the course of 30 days, every time you feel anxious and you feel it in your breath, you did a simple tapping about the anxiety in your breath, the constriction in your breathing, and you relaxed it a bit? Guess what? You’re teaching your body that when it gets anxious, it doesn’t have to get all that tense, in your chest.

Jessica: Right.

Rick: And it will start doing that automatically. This is not something where you’ll have to do it for the rest of your life. My breathing, when I did that over a period of time became much softer, much more open. And when I’m in pain, yeah, my breathing will become more tense so I do bring that back in. I’m athletic. I like to do a lot of things. And if you’re a physically-active person, guess what? There’ll be pains and ways that your body is asking for soothing. And pain has a natural way of constricting us of that. EFT counteracts that in a beautiful way by asking your body to be accepting of itself, calm and confident.

Jessica: Calm and confident! Rick, thank you so much for this interview. It was incredibly insightful. And everyone, if you’ve enjoyed this interview as much as I have, you can go to TryItOnEverything.com. Click on the experts page to learn more about Rick Wilkes and to find links to his other great works. I hope this interview helps you better understand how you can use EFT to finally experience the health and vitality you deserve. So, thank you all for listening, and Rick, thanks again.
Rick: Thank you, Jessica so much.

Jessica: Bye-bye!