



Nick: Good evening, everybody. Hello, hello, happy Tuesday night. It's 8:00. We're going to get started in just a minute or two since it's eight on the dot. Everyone is flying on the line right now. I want to start right away because I know some people are running from some errands and different things that are going on.

We have callers from all over the world on tonight. It looks like every state in the country, that's for sure, Connecticut, Texas, Utah, Arizona, Minnesota, New Hampshire, Colorado, Minnesota again, Florida, New York, Vancouver, British Columbia, I was just in Vancouver a couple weeks ago at a Hay House event, Pensacola, Florida, all over the place. Such a joy to be with you tonight.

We're going to get started with the official call in just a minute or two because everyone's jumping on, but I want to start by welcoming you, by thanking you for taking the time to join me on this call, this bonus Q&A for those people who picked up a copy of *The Tapping Solution* book either in stores or bought copies online.

I'm very grateful for all of your support the last couple of weeks and your kind words about the book. People seem to really be enjoying it, which makes my day. As some of you might know, it hit the *New York Times* bestseller list for three different weeks. It's actually number six right now. It's just been such a fun ride.

My hope is with these live Q&A's, these four lives Q&A's, that we can really go deep. I know some of you have not read the book yet fully, or read it partially. I encourage you to do your best as we go forward during these Q&A's to read the book. I want these to be advanced calls. I want to be able to help you take the book to the next level. A lot is covered in the book, so make an effort to read the book and to do the tapping and then we'll do some advanced work here.

I'll just wait another 30 seconds or so before we start taking some questions. We're going to start by doing questions that people have submitted beforehand. There are some great questions that have come in. We will not be able to get to them all, but that's okay because I think you'll find that oftentimes some of the same patterns come forward in the different questions and hopefully you'll get an answer from one of the other questions if you asked one and it wasn't answered directly.

We're also going to do some live tapping together towards the end of the call. We'll see how much time we spend on each, depending on how it goes. But we're going to be tapping together. Again, you can call in and tap. I think you'll also find that if you listen to other people tapping, and as I help guide other people through the process you can tap along and have some great insights yourself.

Again, for everyone just jumping in, I see the numbers flying up right now, welcome to the first live Q&A. It is such a pleasure to be on with you. Such an honor really that you've taken the time to not only support my book and read the book, and I so deeply appreciate that, but it's an honor to have you on here, you that have made a choice to improve your life. We are some of the rare individuals on earth who are really committed right now to changing.

I actually had a couple of questions people asked me in the Q&A section. What got me started? I cover some of them in the book, but I'll just tell you about it for a few minutes, and especially my financial journey because that's what we're talking about today.

We're talking about how to use tapping to make more money, how to use tapping to clear limiting beliefs about finances, how to use the tapping to make a bigger difference in the world, to reach more people, to help people and to experience abundance in all aspects of our lives.

I've certainly had that experience personally in the last decade. I discovered tapping for myself right around 2004. Like most things, maybe this is the way you found it, I just kept hearing about it and reading about it. It was one story after another people said, "You've got to try this tapping thing. It works for this. It works for that." I certainly thought it was strange, as most of you probably did as well. We're doing what? We're tapping? Now even stranger to say we're doing tapping for finances and limiting beliefs and money issues.

But the more I studied and the more I explored it, the more I used it, it became very apparent that this was a powerful technique that could create real lasting change in my life and in the lives of those that I love, and eventually in clients and other people around the world.

In terms of my financial journey with tapping, and I covered quite a bit of this in the book on the chapter on finances, but I'll just go over it briefly here because I think it's important to really take a look and to really understand for ourselves how is it that we're doing this tapping for finances and how do we approach it.

My intention on this call is to not only answer your questions, your specific questions, but to also teach you how to move forward. Give a man a fish and you'll feed him for a day. Teach him how to fish and you'll feed him forever.

That's what we're looking at here. How do we use this as an ongoing tool in our lives? How do we make it so when we're faced with new challenges, whether it be financial or in relationships or weight loss or pain relief, the other topics that we're covering, how do we have the knowledge to be resourceful enough to use

the tapping and other tools to create that change, to clear it to overcome the obstacle, to heal our past, to heal our lives and again create that life of abundance and joy and happiness?

For me in terms of the financial story, I graduated from college. I worked at a corporate job for about three months at a local bank, at the corporate department of a bank. I quickly found out that I was not cut out for corporate life. I lasted three months there and I said, “I can’t do this anymore.” I quit with no other prospects, nothing to do, right out of college with a very expensive degree from my parents and student loans and debt. I said I can’t do this, so I started a Web design and marketing consulting firm. I did that for a couple of years online.

My story then was one of boom or bust. I would have a great year and then I would have a year where nothing went well and I found myself in debt. Back then, and this is so often the case for so many of us when it comes to our financial situation, I just thought it’s the way things are. It’s the economy. There were always outward reasons why it was happening.

I remember one year when I lived in New York City and I went from having a great year the year before to having a terrible year. There were answers as to why that happened. This client didn’t pay me and that client didn’t pay me. This was really expensive and that was really expensive. I could find a reason for all those things, but it wasn’t until a couple years later when I started studying EFT tapping, when I started looking at my financial picture and my financial patterns that I started to see a pattern.

The one that I had been running, that sort of boom or bust pattern, was very clear. It was very evident. It took me a little digging to figure out what was going on with it and why it was manifesting that way exactly.

What I found out after doing some tapping and doing some digging, and you’ll see how that process can evolve for you in the call today and as you see it evolve for other people and I answer more of your questions, but what I started recognizing is that when things were going really well, when I had those boom years I would get to a point where it became a little bit uncomfortable and I wasn’t very conscious about it.

This is the challenge with these patterns, that they are not often conscious patterns. It’s not that you say, “Oh, well things are going way too well so I’m going to sabotage everything and I’m not going to return calls, I’m not going to do the things that I should be doing to keep it going.” We rarely make these conscious decisions, but rather it becomes a little uncomfortable and you start saying, “Huh, I don’t fit in the way that I used to.”

I found myself right after college, the years that I was doing really well, that I was making a lot more money than my friends, than my peer group. There were some aspects of that that were great. I could take them out to dinner and go on vacations and pick up more of the tab and have some more freedom. That was really exciting.

But then I found some parts that weren't so great where I felt, huh, is that person a little jealous of me or do I not feel comfortable with this or do I not feel comfortable with what I'm doing that I don't deserve the money? All these little things popping up.

Again, they're subtle. This is the challenge in this work. It's not just about sitting there doing the tapping. It's not like we're beating on ourselves until we force ourselves to have a different experience of finances. It's the subtleties of figuring out what's really going on. What is this about? What does this remind me of? When have I seen this before and what are the feelings?

Those feelings when I found myself a little uncomfortable when things were going to well, it's those feelings that you have to tune into and then clear away. That's what I did. Starting in 2004 I began exploring the tapping, and did more and more year after year until 2007 when I had been doing it for a couple of years and decided to make the documentary film *The Tapping Solution*.

I know some of you read this in the book, that I made the choice to make that film out of pure inspiration. I had no credit cards. I had credit cards and credit line, but I had no money, just what I was able to borrow there. I didn't have a team. I recruited my younger sister, Jessica, who many of you know very well, and one of my best friends Nick Polizzi, and we set off on this crazy journey to make a documentary about tapping.

If it wasn't for using the tapping every step of the way, if it wasn't for continually looking at where we were and saying what do we need to heal here, what do we need to clear out, what old patterns are showing up again? Oftentimes so many of us want the quick fix. Look, there is nothing that's faster than tapping in my experience. The results that I've seen time and again are extraordinarily fast.

You've likely had some yourself, whether it be on something small like some pain you were experiencing or a little issue that was stressing you out that you cleared. So you've likely experienced some of the results already.

It happens fast, but that doesn't mean that it's not going to take some work and it doesn't mean that it's not a continual process. We have this expectation that after

this call all your financial challenges are going to be fixed tomorrow. I know you want me to promise that to you, but I can't do it.

What I can promise is that if you make the commitment to say I've had enough of these old patterns of financial stress and worry. I've had enough of the traumas, the things that I learned growing up, the things that I haven't healed that my parents told me, the experiences I've had with money, the beliefs around money that I've been keeping stuck.

If you commit to changing those everything can change. But it's that ongoing commitment. It's like going to the gym. You need to say to yourself, "You know what? I'm going to the financial gym. For the rest of my life I'm going to be in shape." Certainly in the beginning it can be harder. For me what I found the first couple years of doing the tapping is that I did a lot more in the beginning because I was clearing out a lot more stuff.

Now having cleared out some of the old patterns and the things that were keeping me stuck, on a daily basis I use it for stress that might come up over something going on at work or being busy or a new challenge, whatever it is that's the next obstacle.

But in the beginning certainly it can take some work to say I've been doing this for 20, 30, 40, 50 years. I've been running these same patterns, and I can clear them quickly when I get to the bottom of them but I have to get to the bottom of those beliefs.

I hope all of that makes sense. What I'm trying to frame for you here is the idea that you should be very excited about what's possible. You should be very excited about the fact that you can live a life of abundance, and beyond abundance that you can live a life where you feel fulfilled on a daily basis. That's been my experience and I see no reason why it can't be yours.

Doing what I'm doing right now, 8:13 on a Tuesday night, talking to you is a dream come true, the ability to connect with others and to share my experiences. I get to do this all in the midst of financial abundance and success and the ability to help other people and raise money for charities and continue this work forward.

As many of you know, and I want to thank you personally for it, I donated 100% of my royalties for the first 15,000 copies of *The Tapping Solution* book to the two foundations in Newtown that I've been supporting, The Tapping Solution Foundation and the Jesse Lewis Choose Love Foundation. We raised over \$30,000 with your help. I wrote a check for \$17,000 to Scarlett Lewis the other

day and she was extremely grateful for that. I know she passes on her gratitude to you.

This is the beauty of it. We're making choices with our dollars to learn information to change our lives, and with that we're supporting incredible organizations that are helping others around the world.

All that being said, let's get to some questions. I want to quickly introduce Kris who is our amazing team member who is on the line. She's going to be doing some live callers in a little bit. Kris, are you on the line?

Kris: Yes, I am.

Nick: How are you?

Kris: Hi, I'm good. Welcome, everybody. This is really exciting. We have more and more people joining each minute.

Nick: Are we having fun here yet or what?

Kris: Oh, absolutely. I know my vibration's raised.

Nick: Beautiful, that's what I like to hear. Kris, I'm going to answer some questions that I have here for now. But if people want to call in, how do they go about doing that?

Kris: If you would like to speak live with Nick you do need to call in. Once you've called in, everybody's been muted, if you would like to speak live with Nick you simply press *2 on your phone. What that's going to do is it's going to raise your hand, so I'm going to see that you're interested in speaking with Nick. If you change your mind you can also hit *2 a second time to lower your hand. So if you're interested in speaking live, just simply press *2.

For those who are on the Web, if you want to submit a question, just go to the Q&A box that you see on your computer screen. You put in your question, your name, the city and the email address and just click submit and Nick will be reading those questions.

Nick: Wonderful. Thank you so much. What I'm going to do, I'm going to take a few questions and then we'll take some live callers. Then maybe we'll do some more questions at the end if you see that something came up and you weren't sure about it and that kind of thing.

Let's get to some questions. We'll do some basic ones really quickly just to get rolling. D.J. [Grenace] says, "For stress I tap when I remember or feel stressed and I'm alone, ha, ha." D.J.'s not comfortable tapping in public yet. I totally understand. But for financial success what frequently makes sense?

That's such a great question. It's a question that comes up all the time when it comes to tapping. How often do I do this? Certainly, D.J., you're right on track. When you're feeling stressed you say, okay, I'm going to do the tapping now when I feel stress.

The question becomes, what do you do for financial success? I would say this. There are a couple approaches. One, if you're committed now, if you say, you know what, I've had enough, I've been doing this for too long, I've been struggling for too long. I'm going to commit to 30 minutes a day of sitting down, looking at my financial picture, looking at the things that are stressing me out and doing tapping on that, doing tapping on clearing those old patterns and beliefs. That can be a great approach.

If not, if that's a little too much for you right now, whenever you feel that financial stress, when you get the bill and you feel that in every cell of your body, like, "Oh my God, not this again." Whenever that stress comes up, that's a great opportunity to do the tapping.

That question also brings a couple other thoughts to mind. This is sort of regarding what I see as the two main avenues that you can take in using the tapping for financial success. There are sort of two approaches. One is to focus on your present situation and feeling. What I mean by that is when you get the bill in the mail how do you feel?

When you think about the house that is under water, that the mortgage is under water, when you think about bankruptcy, when you think about your job that isn't paying enough, wherever the financial stress lies, focusing on that situation and doing tapping on it.

It's what I call the noise. It's that buzzing noise all around us. Sometimes I find that it's best to tap on that outward noise first in order to get some clarity. When we are stressed, when we are feeling the stress of the bills and the financial pressure it's hard to do the deeper work because we just don't have the mental clarity. We just get overwhelmed. We think, oh my God, these bills are too much. I can't handle it.

Initially if that's how you're feeling, if that noise is really loud, you can just tap on, "Even though I'm totally overwhelmed about this, I'm frustrated about this

bill and I can't even think straight, I deeply and completely accept myself. Even though this situation is stressing me out and I can't focus on anything else, I deeply and completely accept myself."

In fact, let's do some group tapping. Even before we take live callers, let's do some tapping together. I want you to identify a source of noise in your life, financial noise. Try to be as specific as possible too. Try to focus on that one bill that came in or the mortgage or the job, and just tune into that. I know you're like it's Tuesday at 8:00, I don't want to think about his. But we're just going to think about it for a little while in order to clear it and feel better about it.

Tune into that and feel it in your body. One of the things that we often don't do is feel in our bodies what's going on. We tend to think that the finances are outside of us. It's an external issue. But think about the mortgage, the bills, the stress.

Tune in to how you feel. Where do you feel it in your body? Is it a queasy feeling in the pit of your stomach? Is it tightness in your chest? What are you feeling exactly and what's the emotion? See if you can get more specific than stress. Is it anger? Is it fear? Are you depressed about the situation? Are you anxious?

I know a lot of people calling are doing well financially and want to do even better. If that's the case, tune into that idea of doing even better and what's the stress around that. What's holding you back from taking that next step?

Identify your issue, feel it in your body, feel the emotion and give it a number on a 0 to 10 scale, 10 being the highest intensity, 0 being no intensity. Try to take something that's a 5 or higher. We're going to do some very general tapping together. It's my hope that everyone at this point knows the tapping points.

As I said at the beginning of the call, these are meant to be advanced calls once you've read the book. So at the very least read chapter one and two so you're familiar with the tapping points. If you have the book in front of you, the chart of the points is on page 21 if you want to jump to that and you're not exactly sure about where the points are.

We're going to do some general tapping together. Tap along and repeat after me. Tapping on the side of the hand, the karate chop point:

SH: Even though I have all this stress around finances,
I deeply and completely accept myself.

SH: Even though I have so much stress and anxiety around finances,
I deeply and completely accept myself.

Even though there's so much stress around making money,
I deeply and completely accept myself.

Now let's tap through the points:

EB: All of this stress,
SE: This stressful issue,
UE: This stress,
UN: This financial stress,
CH: This stressful issue,
CB: All this stress,
UA: This stress in my body,
TH: About this issue.

We'll do one more round, back to the eyebrow:

EB: It's safe to let it go.
SE: I choose to release some of this stress.
UE: Letting it go from my body.
UN: Letting it go from my body right now.
CH: Releasing this financial stress.
CB: Releasing all this overwhelm,
UA: From every cell of my body,
TH: Right now.

Take a deep breath, and let it go. There's a round or two. I can feel the financial stress, overwhelm, anxiety going on. Hopefully you brought it down just a little bit. I know a lot of people are curious. You did one round of negative and then you went on to positive tapping. When do I switch? What do I do?

You don't have to be perfect about it. Switch when you feel ready. Since I'm doing it for you, I might have switched too soon and you might have not been ready. You might have needed a couple more rounds of negative or truth tapping in order to bring it down and then make the switch.

One of the good ways to determine if it's time to do the positive tapping is to try out the positive tapping and see if it feels good. See if it lands. See if it's like, okay, I'm feeling this in my body, this is working. As opposed to if you try it too early and you make a positive statement you'll have part of yourself that just goes, "No, this is not true. This is not true at all."

Let's answer some more questions. Gilda says, "I had a few questions that were answered by reading the first chapters of your book." Wonderful. As I said, if everyone can get reading it that way we can go advanced. So thanks, Gilda, for doing that. She writes, "Great book, by the way." Thank you, Gilda.

"I do want to ask one question. Do you have to tap your statements out loud and why? Can you tap silently if you're in a place that you need to tap and you don't want to disturb others? Will you get the same benefit for tapping silently as you would out loud?"

Such a great question, Gilda. The answer is you can absolutely tap silently. If I'm in my office and just got off a stressful phone call where something, there's a problem in shipping something and it stressed me out for a minute, I will likely tap silently. Even if I'm at my office by myself, I'm just running it through my head.

There is no difference. You're focusing your intention, your thoughts on the issue. Where it can help to speak it out loud is it can help to reinforce it and bring it to life a little bit more. So sometimes it helps to say I'm really angry and I'm really frustrated, to actually give a vocal voice to that.

Certainly if you're working with a practitioner or something like that and you want to speak out loud, but on your own or if you're on a plane and you're anxious about the flight you can just tap and think about things silently. You don't have to be the total crazy person on the plane who's talking to themselves and tapping on the body. Thanks for that great question.

Let's go to Lori in Toronto. I'm actually going to be in Toronto in about a month, Lori, at Hay House I Can Do It event. If you're in the area come and say hello. Lori asks, "I have many patterns and beliefs around money. For example, when I receive a bill there's a pattern of anxiety, then panic, bodily sensations followed by a barrage of negative thoughts, then crying, then giving up, then a total feeling of helplessness or despair." She knows her pattern well.

Then she asks, "Should I tap as soon as I feel all this come up? Sometimes it's hard when you're in it. Ultimately there are layers of thoughts that all have to do with being an idiot around money. I'm never going to figure the money thing out, I will never have enough. I feel like I've tapped on these and not seen a shift. My question is when is the best time to tap, when I'm actually in the anxious state around money or when I come across an old belief around money? I really want to free myself up around money."

Lori, thank you for that great question and great insight of the process, because I know a lot of people were probably nodding their heads yes this is what happens for me. There's a couple of ways to explore this. Certainly, tapping when you are feeling that anxiety is a great time to do it because you can calm that anxiety. You listed it so well in terms of all the different things. You say there's panic, bodily sensations, a barrage of negative thoughts.

If you can isolate those along the way and you can say, "Even though I feel all this panic in my body." Even just saying, "Even though I feel nauseous in my body and I feel like I'm going to throw up," and whatever's going on, focusing the statements to be as specific as possible and really identifying the aspects of what you're feeling can be really positive.

One of the challenges is often that when we are in these negative states it can be difficult to find the resources to think clearly about things. If you remember chapter one in the book, when I talked about the science and the research behind it and discussed at length the concept of the fight or flight response and the amygdala, this little amygdala that controls the fight or flight, or actually freeze response in our body, is surprisingly connected to our financial situations.

I know it seems strange. It's like what does this fight or flight have to do with how much money I'm making and my finances, but here's what it comes down to. The amygdala is what controls that stress response in your body. It's a response that is triggered by external stimulus. So when you get that bill and you have that response the reason there's so much fear and anxiety and panic in the body is because part of you feels unsafe. Part of you is fighting or fleeing.

Unfortunately, many of us have probably tried to punch our bills. It doesn't seem to do anything. Or running away from them, putting them in the drawer hoping they go away, throwing them away. None of that works. It's an especially challenging situation where we feel helpless, where we feel that things are out of our control.

To add to this situation we have the physiological experience of fight or flight, and here's what happens. You see the bill. You panic. You freak out. You get totally stressed. Your amygdala fires. You are in fight or flight response.

The blood literally physiologically flows away from our forebrains, that thinking, logical, creative, intuitive, rational part of our brain and into our limbs. It's in our arms and legs. Why? Because we need to fight or flee. We've got to punch that bill. We've got to do something about this. It's a very ancient response that we actually haven't adapted to, respond differently to.

So we see the bill, we panic, blood flows aware from our forebrain into our limbs. Now we're stressed. Now we're anxious. Now we have cortisol flowing through our body and guess what? Our intuition goes out the window. Our creativity goes out the window. We are less resourceful. We think that we are at the end of the rope when it comes to finances, that there is no solution.

The opportunity with tapping, whether you do it in the moment or you imagine it. You can even go through imagining the bill coming to create that physiological stress in the body. We want to create that stress for a short period of time in order to clear it. When we do that we imagine the bill. We calm the body and we train the body to be safe and to be relaxed around bills. I know it sounds funny to be safe around bills, but we are judging them to be a dangerous situation.

What happens when you do that? What happens is that now you have the resources to act and react differently. I've worked with so many people that when they tap on the bills and they clear out the noise they go from saying, "I was totally anxious and overwhelmed and I can't do this, there's not options," to all of a sudden saying, "You know what? This isn't that bad because I have this money coming in here and I have that other project that I have going on the side that I haven't really worked on, but I think I might devote a little energy to it. It could work out really well."

We have these intuitive ideas and we can move forward. The bills do not go away magically. The tapping is not to make the bills go away magically. It's to find our best selves in the midst of those bills or the financial challenges or the trouble finding what your next passion is.

I know there are some people on the call who are doing great financially and they hate their jobs. Again, quieting that stress response, getting to that clear intuitive place. That's where you find the inspirations.

When I had the idea to make *The Tapping Solution* documentary film, which was that idea, that little nugget was what has put me on this whole new life path. I was actually in the middle of a juice fast out in the Arizona desert. Not literally out in the desert. It's not like I was in the desert by myself on a juice fast. It was at a retreat. I was on day five of a green juice fast feeling calm, relaxed. The first couple days can be a little miserable as your body detoxes, but by day five you feel incredible, feeling calm in the body. That's when I had that intuitive response. That's when I had that idea to make the film.

In the midst of the film I shared in the book, I didn't share all the details, but I shared in the book that as I was making the film not only did I have the pressure, the financial pressure, of over \$100,000 to make the film itself – I think it was

closer to \$150,000 by the time we were done – but the real estate business that I had been in the previous couple of years flipped upside down.

You might remember in 2007 the market totally crashed. We were holding about 30 properties at the time. Once the dust settled, and these were properties that we had with lines of credit and personal loans and loans from relatives and family members. It wasn't just a corporation that gets a government bailout and that was it. This was on us.

Once the dust settled there was over a million dollars in debt from that whole mess. I know, I can hear you cringing, "Oh gosh." That's in the midst of making *The Tapping Solution* documentary film. That's in the midst of being in all that debt.

I can promise you that if I didn't have the resources to stay focused, to stay the course, to make good decisions, come up with good strategies, okay we can do this with this property, that with that property, we can continue forward in the movie, we can share it this way, we can contact that expert, we can keep moving forward with insights and intuition and the knowledge that we were in the midst of doing something great. That's where the tapping comes in. That most basic level, just calming that stress response.

I'm reiterating it and I will keep mentioning it again throughout the call because I want you to start living your days with an awareness of that stress response. We have become way too accustomed to being stressed. It is our new baseline.

Have you ever had those days where at the end of the day you take a deep breath and you say, "Oh my gosh, I feel all this tension in my body and I've been stressed all day and I haven't even noticed because this is just the way life is now." No more. You need to change that standard for yourself that says when I am stressed I am not effective.

We have this fallacy in our society, this idea that the more stressed we are the more effective we're going to be. I've got to run around. I've got to do this. I've got to do that. I'm going to be more effective. I've got to keep going. Not true. When we are most effective is when we are calm and centered and focused. It doesn't mean you don't put in the hours. It doesn't mean you don't show up when you need to show up. It doesn't mean you're not taking action and being present and being there, but you do it in that calm collected manner.

Having that awareness and saying to yourself, "Hey, is my little amygdala firing up? What's happening right now in my body? What's going on physiologically in

my body?” Having that awareness can bring you incredible insights and progress with your financial situation.

Let’s answer a couple more questions. I hope you’re finding this helpful. If you are let me know. Just stick in the box below if you’re online. Just let me know if you’re finding this helpful and if things are moving on the right track for you. I get the sense they are. My other team members are telling me that things are going well. I just go on these rants, so I want to make sure it’s serving you.

Also, we’re going to start taking callers in just a few minutes. Someone’s saying, “I’m finding the background music distracting. Is it possible to turn it off?” I don’t hear any background music. Does anyone hear any background music? I hope there’s not background music as I speak. If there is background music –

Yeah, Kris says, “What background music?” So I don’t think there’s any background music. Maybe you’re hearing something else online. You might have another window open that is playing some music for you, because Cassie and Kris are not finding that music.

Call in. We’re going to start taking callers in just a few minutes. Kris, do you want to give people instructions again on how to raise their hands and we can tap live together?

Kris: Sure. If you’d like to speak live with Nick – and let me tell you, it will be an amazing experience because he works his magic – just press *2 on your phone and that will raise your hand and we’ll see it on the backend here. Once I see that your hand is raised I know that you want to speak, so I’ll be able to connect you with Nick.

Nick: Wonderful, wonderful. Also, some other people are asking different questions, like Terry from Florida asked about certification. If you want, we’re not going to discuss that in today’s call but you can pop your question in there and then Cassie or Kris will get it answered for you in the next couple of days. So if you have questions about other things related to tapping pop then in there and we’ll do our best to answer them.

I’m getting from a lot of people, very helpful. Gina, “Yes helpful, no background music.” That’s good. It sounds good, not hearing music. We are good on the not music. I’m just laughing because there are so many comments coming in. No, no music. . Whoever had the music it must have been coming from somewhere else.

Kris, do we have some people who want to tap live?

Kris: Yes, we do. We've got a caller in Sanford, Florida. It may not be the exact location, but if you're close to Sanford if you could say hi.

Leslie: Hi.

Kris: Hi.

Nick: Hello, how are you? Who's this?

Leslie: My name's Leslie. I'm actually in Winter Park, Florida.

Nick: It gets us close on location.

Leslie: Oh, it's fine. It's just with the phone number, yeah.

Nick: Very good, very good. What's going on tonight, Leslie?

Leslie: My question is not financial, of the financial subject, but my question is how do you answer the question if people ask how is EFT different from counseling?

Nick: Great question. A lot of counselors, a lot of psychologists, psychiatrists, actually bring EFT in to their practice. It can work together very well and it certainly has a lot of the same principles. My particular approach is more from the coaching perspective. I'm not a licensed psychologist or psychiatrist. I don't have degrees there, so I offer it from the coaching perspective. But a lot of people do us it from the counseling perspective.

If someone says, "I do counseling. Is it the same thing?" You can say it's very similar, but we're actually bringing the body into it. When we're doing the physical tapping we're bringing the rest of the body in. Instead of just being a very mental process where it's just mind, we're acknowledging that there is this mind-body connection.

I think the mind-body connection idea is kind of funny that we even have to say there's a mind-body connection because the mind is in the body, but we've made this distinction along the way that the two are very separate.

I think just explaining to people that it's like counseling, some of the same principles, but it's just bringing the body in. Does that make sense?

Leslie: Yeah, it does. I'm a massage therapist and I work in an office with all counselors. As I've brought this in I hadn't really thought of it as competing in any way. I ran across a client the other night who came to me for a massage, but was from one of

the counselors. I was explaining EFT to her and she said, “Oh, but then I won’t go to the counseling.” Then I just felt like, I just hadn’t run across that yet.

Nick: Interesting. Certainly, I can see how they might feel a little threatened by that. But, hey, maybe you can teach some of the counselors EFT too and everyone can do it.

Leslie: Yeah. I said I still go to counseling myself, but I said one of the biggest tools is I teach you how to use it yourself. So I think that was a big perk.

Nick: Wonderful, wonderful.

Leslie: Thank you.

Nick: Thank you so much for calling in.

Leslie: Thank you.

Nick: Alright, take care. Alright Kris, do we have another caller?

Kris: We do. We have a caller from Salt Lake City, Utah. Utah, you’re on the line with Nick. Hello?

Kim: Hi, this is Kim and I’m from Utah. I’m guessing that you’re –

Nick: Yes we can hear you. Did you say it was Kim?

Kim: Yeah.

Nick: Hi, how are you?

Kim: Good.

Nick: Good. What’s going on tonight?

Kim: I have a question. I don’t know if I should be working on my relationship or my finances. One of my questions is in my wanting to invest in my future and do what I would like to do personally. I’m afraid that my husband, who I’ve been married to for 30 years and I adore and we have this great relationship, but I’m afraid he will be very uncomfortable or it’s too much of a risk for him to take. So I feel like I’m holding myself back because I don’t know that he’s going to be okay with it.

Nick: Absolutely. What you are bringing up is huge and it's so common. Really relationships are the basis for lives, for all of our lives. We can't make a distinction and say, okay, one is work and one is relationship and one is weight loss. The two intermesh so much.

Here's what you can do. I would focus on tapping on those feelings, because they're so connected to your financial situation. Thinking about your husband, and you said that when you go and do what you want to do he might feel threatened or uncomfortable or – what's the exact language? What do you say that he would feel?

Kim: After 30 years it's not my money, it's our money. It might not be the way he chooses to spend it. It's my dream, not necessarily what he would prioritize.

Nick: Have you shared this with him at all? Have you discussed the idea in any way?

Kim: A little bit, yeah. Probably not enough.

Nick: What's the response been so far?

Kim: You know what I think? He's not at the same place I am. He values some of the stuff that I do and I believe in and I value, but he also thinks I'm a little bit crazy maybe, that things like tapping are a little farfetched.

Nick: Sure, absolutely. Here's what I want you to do. Everyone listening, all these situations, all these different callers, tune into your own situation that might seem similar. Think about the job change or the new project or the new idea that you have and ask yourself who in my life might be uncomfortable with this, might be threatened by this, might not like it for whatever reason. Tune into that feeling and that person as Kim and I tap together.

Kim, just thinking about your husband and talking a little bit about it, how do you feel in your body? What's your physical response? Is there any emotion or anxiety?

Kim: The second you said that I have this huge heaviness on my chest. It's a big weight.

Nick: How strong is that 0 to 10?

Kim: It's an 8, 9.

Nick: Is there an emotion there?

Kim: Gosh, maybe sadness.

Nick: What's the sadness about exactly?

Kim: Sadness about, how can I put it into words, sadness about maybe thinking I have to sacrifice a part of myself to make sure that I don't jeopardize my great relationship, or the relationship that I have and how much I love my husband.

Nick: If that is what you have to do that's pretty painful, right?

Kim: Yeah. I don't want to do that.

Nick: I know you don't. I don't think it's what you have to do, but part of your body feels that way. So let's do some tapping on it. Tapping on the side of the hand, the karate chop point. Everyone listening, let's tap together.

SH: Even though I have this heavy weight on my chest,
And all the sadness,
I deeply and completely accept myself.

Even though I'm worried that I might have to sacrifice a part of myself,
I deeply and completely accept myself.

Even though I don't want to give up any part of this great relationship,
But I also don't want to sacrifice any part of myself,
I deeply and completely accept myself.

Tapping through the points:

EB: This sadness in my chest,
SE: All this heaviness in my chest,
UE: All this stress in my body,
UN: I want to do these new things,
CH: But I don't want to sacrifice my relationship.
CB: This weight on my chest,
UA: All this sadness in my body,
TH: I wonder what it's all about.

EB: I wonder what it's really about.
SE: I wonder why I'm worried.

Kim: I'm going to ask you a really quick question because it just popped in my head.

Nick: Yeah, please.

Kim: This thought of he might be right just popped into my head.

Nick: Beautiful. Thanks for interrupting me, because this is the tapping process. It's beautiful to be able to highlight it that we're moving in one direction, and once you clear some of that then something else comes up.

There are two choices. Some people asked a question about what if I'm still feeling this sadness in my chest, and then the part that he might be right popped up. What do I do? You can go either way. I'm going to go with he might be right. But if you can write down, if you're doing this on your own you can say I want to keep tapping on the sadness but I'm going to make a little note that says he might be right, so I want to go back to that.

Tune into that idea, he might be right. How does that feel?

Kim: Self-doubt, I might be wrong and he might be right about...

Nick: Just say out loud, "He might be right."

Kim: He might be right.

Nick: How did that feel in your body?

Kim: Just heavy. I don't know how to explain it.

Nick: No, that's great. Tapping on the side of the hand, karate chop point:

SH: Even though he might be right,
And I might be crazy,
I deeply and completely accept myself.

Even though I feel all this heaviness,
Because he might be right,
I deeply and completely accept myself.

Even though I feel all this heaviness in my body,
Because he might be right,
I deeply and completely accept myself.

Tapping through the points:

EB: What if he's right?
SE: What if I'm crazy?
UE: What if I can't do this?
UN: What if I'm not enough?
CH: This fear that I'm not enough,
CB: This fear that he might right,
UA: All this fear in my body,
TH: This heaviness in my body,

EB: This sadness and heaviness,
SE: This sadness and heaviness in my body,
UE: All this sadness,
UN: All this heaviness,
CH: It's safe to let it go.
CB: It's safe to release all this heaviness,
UA: From every cell in my body.
TH: It's safe to release all this heaviness,

EB: From every cell in my body.
SE: Letting it go,
UE: Letting it go,
UN: Right now.
CH: Letting it go right now.

Nick: Go ahead and take a deep breath. Many other speakers in other professions would feel very offended if the caller was yawning at them, but in this case it's a very, very good thing. For those of you listening, I know that we've had some questions on, "I keep yawning," and some people burp, all this body stuff going on. It's great. It's relaxation going on in the body.

First of all, tell me what happened there.

Kim: When I was yawning or just in general?

Nick: Yeah, just in the process. What were you thinking?

Kim: Interestingly enough, a part of my vision is writing a weight loss book. I had lost all this weight, but I gained a lot of it back. When we were talking about being afraid to let go of the heaviness it had a much broader meaning to me, because it was like I'd be sabotaging myself because I'm so afraid to jeopardize the parts of my life that are okay. Anyway, that's what was going through my head as well. It is heaviness, but in a much broader sense.

Nick: Tune back into the heaviness in your chest and see if that shifted at all in the sadness that you were feeling.

Kim: I don't have that sadness, the heaviness in my chest.

Nick: There are some places that you discover in tapping in parts of your life where everything seems to converge, and I feel like this is one of them. Relationships can be them, period. They're a place for great healing where we often ignore them because it feels like hard work or it doesn't feel safe.

I think you have a tremendous opportunity here to continue to do the work and say what's going on with my weight and what's going on with standing out in the world, with that confidence and being enough and how is my husband being a merit to me for these things. He's helping showcase the places where you don't feel confident, and helping you – it probably doesn't feel this way often – but helping you feel fully confident. Maybe he's your first trial before you go out in the world. If you're going to write a book about weight loss you better be confident.

Kim: Right.

Nick: You better be fully in your body and confident about what you're sharing with the world. That's how a message spreads. Think of your husband, think of this relationship as an opportunity to say I need to find this confidence within myself that when I tell him what I want to do it's not even convincing him. He's signing up because he's just so blown away by the confidence I have and the energy and the enthusiasm and how I've thought things through and the passion. That's the opportunity here. Does that make sense?

Kim: Yeah, I love that. Yep, totally.

Nick: Alright. Keep working on it. Keep us update and send me an email and let me know how you're doing. Thanks so much for calling in.

Kim: Thanks for going through that session. It made a big difference, so thank you.

Nick: You're very welcome. Take care. Alright Kris, some great yawns there which we always like to hear.

Kris: Yeah, that was incredible. We've got another caller. This one is from Rutherford, New Jersey. I'm unmuting you now. Rutherford, you are on the line with Nick.

Heather: Hey Nick, how are you?

Nick: Hi, who's this?

Heather: My name is Heather.

Nick: Hi Heather, how are you doing?

Heather: I'm good, thank you. This is great. I appreciate your time. This is wonderful.

Nick: It's my pleasure. What's going on tonight?

Heather: I love the tree with the limiting beliefs and the symptoms and all that. I printed it out and then I filled it out for my financial stuff, but I guess I'm just not really clear how then to tap on it. If we're supposed to be taking in the statements we made or do we go top to bottom, or how exactly do we then take the tree to the tapping?

Nick: And work on the tree, great question. If we do a second edition of the book I will aim to make that clearer, so thank you for bringing that up. As I'm thinking back now it's like, well, sometimes people want to know exactly how to do it. I totally get that.

There are a couple options here. You can look at the tree and just see what stands out to you. If there's one issue that it's like, yeah that's a big one, whether it's an event or an emotion or a limiting belief. I think it's usually best if you can go deep to go on the bigger ones first because you'll find that some of the smaller ones tend to collapse if you get a bigger one. Does that make sense?

Heather: In other words, go for the bigger ones because you'll end up getting there any way you mean?

Nick: No, because there's this weird thing that happens that if you address – for example, if there's a limiting belief around rich people are bad or it's not spiritual to make money and those kinds of things, and you can really get to the core of that, maybe you can get to the event where you learn that and you can clear out that limiting belief, you might find that some of the emotions that you were feeling around money at the top of the tree just don't matter. That they just have collapsed in and of themselves.

I said all that and sometimes you also have to reverse it, because sometimes you try to do the limiting belief and it's too broad and you can't get a hold of it and

then you have to say alright, I need to go on a specific emotion or an event on something that happened.

This is a roundabout way of saying there's no right answer for it. Sit down with it and go where your intuition takes you. You can go both approaches. You start big and see what collapses, or also find something small where you can feel like you're successful too, where okay, this was a little event. It was stressful. I can tap on it. I can feel like I had a victory here and then I can go from there.

Heather: Okay. Let's just say you took a limiting belief, would you then just kind of start saying the limiting belief out loud and then just see where it takes you, then say where you're feeling what in your body and then just see where it goes from there?

Nick: Yeah, exactly. Do you want to share one of the limiting beliefs that you have on the tree?

Heather: Sure. I sometimes feel like money, it's there but it's just right outside my grasp.

Nick: When was your last experience of that?

Heather: Just recently. I freelance basically, in essence, so I don't necessarily get paid steadily. I'll be getting paid well for a while and then it stops. Instead of being comfortable with the ebb and flow I start to get panicky and feel like I had it but there it went again.

Nick: When you're getting paid and things are going well do you have a sense of impending doom, like this is going to stop at some point?

Heather: No, I don't. Last time it happened, because I'm not more conscious of this stuff I was more focused on the feeling of freedom that it was giving me because I sat in a feeling of not having that freedom for a very long time and that's just what I kept getting back. So I was conscious of it this time.

Nick: Was the experience any different this time, that you were conscious of it, or did it just ground the belief in even more like there we go, it's always outside my grasp?

Heather: It may have kind of ground that belief in. Yeah, it actually may have made it even bigger because I did feel good. Instead of that steady feeling bad I did feel good. Then it's like there it goes again.

Nick: Yeah, I'm with you. Isn't that the worst? It's like, look, I'm doing the work. I'm feeling good, I'm feeling positive and now it's almost even worse than before,

because before I could blame it on something negative. Now I don't know what to do, right?

Heather: Yeah. I did come to understand that money is energy and it does ebb and flow. I guess as I'm talking this out loud with you it's the being comfortable with the ebb and to know that it will flow again, instead of getting myself worked up or then having these limiting beliefs pop up that probably aren't true.

Nick: Is there an upside to the ebb and flow? Is there a positive thing when flow is smaller?

Heather: I think the positive can be if you can really recognize the ebb and flow to know that it will flow again. Is that what you were asking?

Nick: I want to try not to put words in your mouth, but some people might say even though it was frustrating that the flow stopped and I'm not making as much money now I'm spending this extra free time sharpening my skills or following another passion or other doors are opening because of that.

Heather: It's like I know that's true, but I guess I'm not in a place where I've wrapped myself around that yet –

Nick: Yeah, it's hard to buy it. I get it.

Heather: – because I know it in my head as a human being.

Nick: Yeah, I get it. It's like it's all good that I should relax and see what flows next, but I need a job.

Heather: It's because I think this is my newer thinking around finances. It's like I know what I need to do I guess. I guess that's my work then. I guess answering my question too about the tree, is that the limiting beliefs are where I need to really pinpoint and bust through them.

Nick: Yeah. I love how you said this is my new way of thinking because this is the reality for all of us. It's like playing a new sport. If you've never played tennis the first time you pick up the tennis racket and start hitting around, balls are flying everywhere. It's a mess, and it takes time for that muscle coordination and for you to learn those skills. This is no different.

If there's one thing that I've found for myself in the last 15 years where I've seen the most dramatic transformation in my life is that if people ask me, "What's the difference, what have you done," tapping is one thing, it's huge and then it's also

the constant and never ending improvement, the constant never ending focus on a new way of thinking.

My friends tease me that my iPod is glued to my ears because if I have an opportunity, if I'm running an errand or working out or doing something or I'm by myself to listen to more of this information. Take this call. We're going to record these calls. Stick it on your iPod and listen when you're washing dishes tomorrow. Why, because something I said 45 minutes ago that totally passed you by tomorrow morning or two months from now sinks in perfectly right when you need it. That's the new way of thinking, and that's reinforcing these new behaviors.

Heather, let's do a little bit of tapping on this belief because I want also to give people an idea, and we'll see if it happens right now or not, of how you can start by tapping on a global belief and then other ideas and impressions can come forward. Are you up for it?

Heather: Yep, absolutely.

Nick: One of the great things to do with beliefs is to check in on the statement. So say out loud, "Money is always just out of my reach."

Heather: Money is always just out of my reach.

Nick: How true does that feel on a 0 to 10 scale?

Heather: Money is always just outside of my reach. I'm going to say 7.

Nick: Beliefs, they can be kind of nebulous. So feeling it, giving it a number can make it a little more true and you can see the progress on it. Tapping on the side of the hand, karate chop point:

SH: Even though money is always just out of my reach,
I deeply and completely accept myself.

Even though I have this belief,
That money is just out of my reach,
I deeply and completely accept myself.

Even though I have this idea,
That money is just out of my reach,
I deeply and completely accept myself.

Now tapping through the points:

EB: Money is just out of my reach.
SE: Everything's going well,
UE: And then it seems to go away.
UN: And this has happened so many times.
CH: I wonder what it's really about.
CB: I wonder why I'm manifesting this pattern.
UA: I wonder what's really going on.
TH: All of these times,

EB: When money was just out of my reach,
SE: All these disappointments,
UE: All these times,
UN: Where I learned money was just out of my reach,
CH: Letting them go.
CB: Letting go of all these old experiences,
UA: From every cell in my body.
TH: It's safe to let them go now.

Take a deep breath. Tune back in. We're always looking for two things, checking in on the original statement and then seeing what else came up. Just say out loud, "Money's always just out of my reach."

Heather: Money is just always out of my reach.

Nick: How true does that feel 0 to 10?

Heather: The number 2 is in my head. I'm not even checking in with myself, but that number just came up. I could almost feel the energy of the statements moving around through my body. I forget what the statement was, but I know it was on my collarbone and it was before you I'm free or I let it go, something almost made me laugh. I just wanted to laugh because something in me knew it wasn't true.

Nick: Beautiful.

Heather: It was kind of wild.

Nick: Awesome. I do this every day and I'm still surprised when it worked, "Really, it worked?"

Heather: That was really cool, thank you. I've been doing it on some other stuff, and the money one I was just not totally clear how to start it. So that was great.

Nick: You can see how we can shift a global limiting belief. Then what I tried to do there, so people can do it on their own, is tie in some of the events. Having your mind think back to the times where you learned this. These beliefs are made up of prior experiences, so when we say all the times that I learned that money was out of my reach or all the times that this happened that's when we're starting to lock in to those individual experiences and clearing those out. Does that make sense?

Heather: Yes, yes.

Nick: Wonderful.

Heather: Thank you so much. I really appreciate it.

Nick: Heather, thanks so much for calling in with your great questions. Have a great night.

Heather: You too.

Nick: Take care.

Heather: Bye.

Nick: Bye-bye. Alright, Kris. I'm sure you're the same, Kris, that I'm never surprised. I mean I'm always surprised that something worked as well. It's like, oh really?

Kris: It definitely feels magical. It gives you a sense of awe, which is one of the things I just love about tapping.

Nick: Beautiful. We've had some pretty high standards on the first two calls with some big shifts, so let's see if we can keep it up. Everyone listening, I hope you're tapping along. I'm hearing comments from people that, "Oh my gosh, her issue was my issue." This is a lot of shared issues. Write in the comment box below and let me know if these are your issues.

Jessica wrote, "Funny, I was yawning too and I wanted to fall asleep. Within seconds I felt that sense of being exhausted after a huge release like I had after a crying fit." So a lot of the same experiences happening.

A couple of you have asked if a recording of the call will be made available, and it will be. We'll get that to you probably sometime tomorrow afternoon. You can have it, download it, put it on your iPod, do whatever you want with it.

Kris, let's take some other live callers.

Kris: Okay. Next up we've got a caller from Herndon, Virginia. Virginia, you are on the line with Nick.

Lori: Hi Nick, this is Lori.

Nick: Hi Lori, how are you?

Lori: I am doing well. I got so involved with the call with Heather. That was really good.

Nick: Isn't it great how sometimes it's issues that we don't even know we have and then someone else just brings them up for us.

Lori: Yeah. It's not one that I ever even really thought about, but it resonated.

Nick: That's the real power in group work. I love group work. Whenever we do live events there will be a couple hundred people in the room and it's like only one person gets to go on stage but I hear the rest of the weekend, "I didn't even have to go on stage and work with you because what happened from hearing other peoples' stories was just incredible." It's powerful stuff.

Lori: Yeah.

Nick: What's going on for you tonight?

Lori: For me, I work in corporate and I like my job but it's not my passion. It keeps meals on the table, but I don't feel like I have enough. I'm actually working with a coach. What you said just now about always listening to something or reading something. I've got a set of cassettes. I have several books. If you don't keep reading and keep filling yourself with this information you really backslide is what I've noticed.

Nick: It's very easy to. Do you want to know a couple of the reasons why, and then I'll let you keep going.

Lori: Yeah.

Nick: I'm sure you know, but other people might want to know. I started young with this information. I listened to a couple Tony Robbins tapes in high school and stuff before I really started paying attention. I was probably 23, 24. I had 23 years of my life not thinking this way at all, not having any conditioning and having all this other conditioning that makes you think a different way. That is training your brain to act and react differently.

On top of that we turn on the TV, we talk to our neighbors, we talk to our friends, we talk to our family members. I'm very fortunate that half my family is The Tapping Solution business so we can keep each other on track, but for the most part most people don't have that experience. So all this outside stimulus is the opposite of what we're getting from these cassettes or these iPods or things like that.

Lori: It's really negative.

Nick: It is.

Lori: It is very negative, yeah. That's why I don't have cable.

Nick: Good choice.

Lori: I don't need any of that in my house.

Nick: No, I get it. Absolutely. I'm sorry, continue with your question.

Lori: What I am looking at, and I'm working with a coach who is amazing. When I'm on the phone with her I just feel uplifted. I'm working on setting up my own business, and she helped me really figure out what is my passion, what is it I want to do, what is it I want to share with the world, what am I good at. I have a lot of stuff that I like doing, but I was talking to her and in 20 minutes she was able to pinpoint this is what gets you really excited. I'm like yeah, it is.

So I'm slowly on track with that, but the money is, I grew up with you have a job and you make money with a job. What I'm going to be doing is not "a job". It's going to be different things. It's starting out with getting myself out there, getting myself out in the open, doing things on a volunteer basis just so I get a following and then going from there.

I guess I'm worried about something that's not an issue yet. So it's like how do I turn that into money, and I guess I shouldn't be worrying about the how at this point. It's getting ahead of myself. How do I not do that? What do I tap on?

Nick: We're going to talk on what to tap on, but I'm going to give you a page in the book. Have you had a chance to read through the book yet?

Lori: Yes, I've already read through the whole book. I just haven't studied it intensely yet.

Nick: I'm going to refer you to page 151. It says the next step and the next step and the next step. I won't read this all to you now. I'll just tell you the story and you can look at it more later.

I'm so glad you brought this up because this is such a big issue for someone who has a new project or a passion or a dream, whatever it may be, anything that's new, anything that's a creative idea. It's the idea that you have to find the balance between having that big vision and thinking forward.

When I thought of making the movie, that's a crazy big idea. There it is. It's out there in the world in a big way. But as soon as I had that big vision I had to go right back to step one and I had to ignore all the steps in between, because if you don't, if you don't focus on just what's in front of you, what is that next step and what's the next step after that, you find yourself exactly where you are right now which is too many questions, too many doubts, too much fear.

You can certainly tap on that and you can say, there's nothing wrong with saying, "Even though I can't stop thinking about everything that I have to do and I'm totally overwhelmed and I don't know how it's going to happen and I'm feeling this fear about moving forward." You can do that general tapping on what you're feeling. Then what that should do is bring you back to the present moment and then you ask yourself, "What's the next thing I do? What's the one thing in front of me that I can move forward?"

Again, I share this in the book, but after I told this story at a live weekend seminar a lady came up to me when I was taking questions and she said, "I see that you made a DVD, and I want to do the same thing but with a CD, with an audio CD. I'd like to know from you how you got it produced. Where did you actually get the thing made? I don't know how to get it made. I'm really stressed out. How do I get it made?"

I said I can point you in the right direction. I'm happy to. I said to her, "So you have the CD made, it's recorded, it's all done?" "Oh no, no, no. I haven't done it yet. I just want to figure out how to get it produced." I said, "Okay, so you have it written down, the audio script." "No, no, no. No, I haven't done that yet."

I kept purposely taking her back step by step, and she had just had the idea. The second she had that idea her mind raced forward to the biggest obstacle she could find, which was I don't know how to get this produced.

Especially in this day and age, the answer to how to get it produced is to Google it. We have all the resources at our fingertips in terms of the specifics of getting it done. We need to come back into the present moment, present body. Do the tapping to clear out the fears and the anxiety, and then just take the next step.

Lori: Okay.

Nick: Do you buy it or do you not buy it?

Lori: Yeah, because I've got to stay where I am. If I try and leapfrog that's where I get into trouble.

Nick: Absolutely. You can even tap on that. You can even say, "Even though I keep trying to jump forward, I'm getting ahead of myself and I'm having a hard time..." We have a tendency, I absolutely obviously believe in thinking things through. It doesn't mean you don't come up with a project plan or you don't think through an idea. You don't want to just have the big vision and then ignore everything else. Put blinders on. But you've got to do that in a balanced approach.

There's so many creative ways you can do the tapping. You can write out the next 20 steps of what you want to do. You mentioned a couple things, volunteering, offering this, that and the other. Write them all out on a piece of paper as a project plan, and when you look at each individual one feel it in your body. Where are you stuck? Where is there emotion? Where is there a point that says number 12 on this plan there's no way, not ready for it. Maybe you can tap on that individually.

Lori: I like that. Yeah, that's excellent.

Nick: Beautiful.

Lori: Then I have it written down. I have it on paper. I can look at it and then evaluate.

Nick: Exactly. Then you know where you are. That's what I love about the tapping tree. Writing down serves us so well to be able to, like you said, evaluate. Where am I? I can tell that you're a logical person and you like to think things through, and that's really important. But you're probably thinking yourself into some sort of messy hole, where do I get out of this?

Lori: Yeah, I need to slow down a little bit.

Nick: That's it. Then you said on the emotions you change. I would write the project plan and then you can also, beyond just writing what you have to do you might find that step number 12 part of you goes, "Well, my friend isn't going to like that." You go wait, where did that come from? She's going to be jealous if I do this part of things because she always wanted to do it. There's the tappable issue.

We tend to think that our projects are one-dimensional, just the things that we have to do. But they're multi-dimensional with how we feel about them, how the world feels about them, how we're going to present ourselves in the world with this project. So writing it down, tapping along I think you'll see great results.

Lori: Okay, cool. Thank you.

Nick: You're welcome. Thanks so much for calling in. Kris, are you with us still?

Kris: I am here.

Nick: Alright. We are on our last ten minutes, so we are going to make them rock. These last three callers have been great. I hope people like that idea about writing down your project plan and tapping it along. Lori seemed to really resonate with that.

Kris: Oh, I think it's a great suggestion. There's something that happens when we write things down that triggers us to follow through on them.

Nick: Absolutely. Let's take a couple more calls, there are more hands up, and we'll wrap up the evening with some more questions.

Kris: Okay. Our next caller is from Plainfield, New Jersey. You are on the line with Nick.

Nick: Are you there?

Kris: Plainfield, are you there?

Female: I'm here, can you hear me?

Nick: I can hear you. How are you?

Female: Hi, I'm good. I think because I've been listening my questions have been answered too.

Nick: Oh good.

Female: I also had a question. It was about the tapping tree. I have to say, that was a grueling experience. I'm crying through this thing, and I got to the point where I want to just cut off the root instead of working on symptoms.

I wanted to know, even though I have these symptoms and sometimes I think they've been going on for so long it seems like it's part of my normal life, but I just kind of knew that something was wrong. I immediately wanted to just go to the root, but I can't just bring myself to say, oh am I worthy or that whole thing. I was just wondering, what's your take on that and how should I approach that, because I don't want to go through all of those symptoms. I'm trying to be positive.

Nick: No, absolutely. It's such a great question. I actually think that the symptoms are probably what you should tap on the least in terms of they're easy to recognize but you're not going to get the depth of results that you'll get if you tap on the roots, the events and the emotions.

I also certainly get that the limiting beliefs, the roots, can be really powerful and painful. The belief I'm not worthy enough can be tough to go there right away. That's where you might want to go, to an event for example. Find a time in your life where you learned I'm not worthy. Can you think of that now? Sometime where you learned, even just a little part of you, I'm not good enough, I'm not worthy.

Female: Yeah, when my parents were killed and I had to go stay with different relatives.

Nick: I'm sorry to hear that. How old were you?

Female: I was nine.

Nick: When you think of that experience now how do you feel in your body?

Female: My chest kind of tightens a bit. It's kind of like something's sitting on top of it

Nick: An event like that is obviously a powerful life changing event that can have dramatic implications for the rest of your life. Even if we had the whole hour here it wouldn't necessarily be the time to work on it together, and we don't have that much time together.

So what I recommend is if there are parts of it that feel safe, safety is a big word, does it feel safe to do some tapping on some of those memories by yourself you

can go ahead and do that. Doing it with a friend probably would be even better. Then reaching out to a tapping practitioner is probably the best.

That stuff is heavy, and getting that professional guidance to clear out some of those things could be – and what's great about reaching out for a tapping practitioner, and I know there's expenses associated, but it doesn't have to be you have to do a session a week for the rest of the year. You might find that working once or twice with someone on these deeper issues you can have a really big breakthrough.

Female: Okay. I did look at your website for the tapping practitioners in New Jersey. I found one that was really close to me, so I'm thinking of reaching out to her.

Nick: Wonderful, wonderful. If it works out with her great. If they're not close, a lot of people do sessions on – I mean I do sessions on video Skype when I work with people now, which is great because you get to see each other. Certainly in person is really special, but if you don't connect with that person it's always good to have a great connection. Reach out for another practitioner that you just connect with.

Female: Okay, I will try that.

Nick: Alright, thank you so much for calling in.

Female: Thank you too. Your book was great by the way, very helpful.

Nick: Thank you, I really appreciate that. Have a great night.

Female: You too, bye-bye.

Nick: Bye-bye. We'll take one more caller. I just want to mention there, just to reiterate. Tapping is very safe and you can do a lot of work by yourself on it, but there are times when it's deep trauma or when there's a mental condition, there's bipolar disorder, schizophrenia or someone's experiencing PTSD where it's best to reach out to a practitioner, to reach out to someone who's certified or reach out to a psychologist or psychiatrist who uses EFT, and have them help you and guide you through the process.

The mantra is really don't go where you don't belong, and that's the case for practitioners as well as individuals. If you don't feel like it's safe to go there, then reach out for some help. I mentioned the practitioners listing on our website. If you go to thetappingsolution.com on the right side it says "Find an EFT practitioner in your area", so take a look at that.

Kris, why don't we have one more call and then we will wrap up this wonderful evening.

Kris: Okay. We've got a caller from Decorah, Iowa. Decorah, you are on the line with Nick.

Diane: Hi, Nick.

Nick: Hi, who's there? What's your name?

Diane: Diane.

Nick: Hi Diane, how are you?

Diane: I am great, thank you. This has been a very interesting call.

Nick: Well, thank you. Tell me what you've experienced throughout the call. Did some of the other callers strike some notes within you?

Diane: They did, definitely. We all have a lot of similarities.

Nick: Absolutely. What's going on for you tonight?

Diane: One of the callers, when you were talking about limiting beliefs and all that, made me think about the money tree and limiting belief symptoms. It just feels like I've been so stuck through so many years. I've been a single mother since '97. I'm sure there's a lot of things involved here, but not only has it been challenging to get above the financial issues but also the relationship. This last one too, I'm not worthy, I'm not good enough. I think I've felt that to bring on a new relationship.

But with the money I've been able to with a little bit of help, support, from friends and people coaching me support, get my kids all through high school and now I've got my third one in college. But I'm still the one that's back here financially, and my kids are actually making more money than I am.

It's like I just can't seem to get over that hump. I've worked really hard. I'm always busy and always working. I remember things when this came up for me, you better work hard for your money, money doesn't grow on trees, hard to make it on your own, it's never enough. It just seems like that's the case for me. I get so stuck and not being able to move forward to do the things I really want to do and have the things I really want to have and feel more secure for my future, that kind of thing.

Nick: How does it feel when you tune into the idea that your kids are making more money than you now and money doesn't grow on trees and all this stuff going on, what do you feel in your body?

Diane: I know I have a lot of talents, but I don't feel – what's the word I want to say – it makes me feel smaller than a lot of people. I see people having so much more and I feel maybe not good enough or maybe not – it's just really difficult for me. I don't want them to feel like they have to help me ever. They're concerned about that, I know they are. But I don't know. It just brings up a lot of stress.

Nick: How long have you been feeling smaller than other people?

Diane: Probably a long, long time, especially since my divorce and that was in '97.

Nick: '97, okay. Do you feel that a lot of things changed for you with your divorce?

Diane: They did. Living in a smaller community you don't get invited to things as much and you're not as involved, especially back then, not as accepted to be single. I always said my kids were going to not hurt because what I went through, so I've worked really hard so that they could go to college and they could have nice things and all of that. So I've been giving all those years. A lot of people respect me for what I've done, but I still feel you're still not at the same level as a lot of people that I know. At least I feel that way. They may not look at me that way.

Nick: There are a lot of thoughts in this story, huh?

Diane: Yes.

Nick: You tell me all the amazing things that you've done, which is all I'm hearing, but they're all followed with a "but".

Diane: Yet I'm saying "but". I'm not seeing it myself and that's in the value of who I am. I'm not feeling as worthy as I should be probably.

Nick: Did you feel more worthy before your divorce?

Diane: Definitely. We had a business, you know, all of that kind of thing.

Nick: I want to point you in the right direction, because we're wrapping up the call and I want to respect everybody expecting it to be 90 minutes. I'm sure some people would like extra time, but I know a lot of other people have to get on to other things.

This is just my intuition. I think that tapping on the divorce, tapping on the stress of it, the trauma of it, the things that started happening, especially right off the bat when you might have been embarrassed. Like you said, it was 16 years ago, so maybe not as accepted as it might be today, not as common, small community, all those feelings. Tap on clearing those out.

You used the word “feeling small” a couple times. See if you can think back to your divorce and everything that happened then, and just visualize how you shrunk a little bit and see if people around you – here’s another way to do the tapping too.

You can literally just close your eyes and visualize the events as they’re happening, tapping through the points. You can see where you started getting smaller, playing smaller, losing some of that self-worth. Doing the tapping, doing the tapping, focusing on specific issues as they come up, writing them down if there are a lot of them.

See what happens when you clear out the trauma of that divorce and how much things changed since then and the stress of the last 16 years. I think you’ll be surprised if you get to the root of that how much things can change for you. Does that make sense?

Diane: It does, definitely. Thank you very much.

Nick: Alright, keep tapping. I wish you the best of luck with it.

Diane: Thank you, Nick, very much. Have a good night.

Nick: Have a great night.

Diane: Thanks, you too.

Nick: Thank you, everybody, for a wonderful, wonderful evening. It’s been such a pleasure to be on with you. Next Tuesday we jump to another topic, weight loss. It might be for you or not, but you know what, even if you’re not trying to lose weight jump on the call because you’re going to be surprised with how much you learn. All these things are interrelated and all the sessions, even the pain relief one later on, you might say I’m not in pain. You’ll be surprised with what comes up, what you learn. Hey, you’re also making that commitment to spend that extra time tapping.

Keep reading the book. If you finish the book and you want to jump on Amazon and write me a review I would really appreciate it. You don’t have to. I’m just

saying, all those five star reviews help and it helps convince other people that the book and the technique itself helps them out. So if you've got a couple extra minutes I would love that. That would be great.

Let me know how you found this call. Let me know about the successes you had during this call. Just pop them into the question box right there. I'd love to hear some of the breakthroughs that you had. Share them with me. They make my day. They make all this work really worthwhile.

It is such a pleasure. As I said at the start of the call if you weren't with me, it is such a pleasure. It's an honor. It's truly an honor that you've taken an hour-and-a-half of your life to play with me and tap with me and listen along. Together we are helping heal ourselves, our world, our lives and everything around us. So thank you, thank you, thank you. I will see you next week. I hope everyone has a great night. Take care.