

Nick: Hello everybody, good evening. Happy, happy Tuesday. It is 8:00 Eastern here in lovely Connecticut. I hope everything is well wherever in the world you are right now. It's been a beautiful day here, hot. If you're on the east coast, northeast, you might have had the same experience of a hot, hot day. It almost felt like a summer day.

I had a lovely day full of interviews and all sorts of fun stuff, combined with some gardening and planting these great little plants that we've been growing inside in our garden. So it's been a great day, and such a pleasure to spend my evening with you for our second live Q&A.

We had a great time last week. I'm sure many of you that are here tonight were with us last week. We had a lot of fun tapping on finances. If you missed that call you can get the replay in the email we sent to you today. There's a link in there. You can listen to that whole call.

I hope everyone is doing well. We're going to talk about weight loss today. The actual title is "How to Use Tapping to Overcome the Unconscious Emotional Blocks, Beliefs and Traumas That Keep You From Creating Lasting Weight Loss".

We have some questions that have come in already. Just like last week, we're going to play this by ear and make this a combination of the questions that you've asked already. So I'll read out loud some of the questions and give you my insights and my answers, and then we'll also do some live tapping where you can call in and we can tap together. It's always a really fun experience, exciting to see the transformation happen right there on the spot. I think it's one of my favorite things about these calls, that we can work together and create that change together.

I know a lot of you are listening on the Web. If you want to dial in, if you want to ask a question you want to do it by calling on your phone. Let me give you that number. I had that number pulled up and then I moved it. Kris, are you on the line with us? She's going to be here in just a second as she unmutes herself, I know. Kris, anybody? No, not yet. Kris is going to be joining us tonight.

Kris: Yes, I'm here.

Nick: Oh, there she is. There she is.

Kris: I have the host code, so I'm looking for the code for our guests.



Nick: Here it is. The number to call in is 206-402-0100. Then the conference ID is 206899#. Again, you can call in 206-402-0100 206899#. That also will be in the email we sent out earlier.

Kris, good evening. Thank you for joining us and helping us out this evening.

Kris: Good evening. I'm happy to be here.

Nick: If someone wants to raise their hand to ask a question how do they do that?

Kris: It's very simple. All the callers are muted. You're going to simply hit *2 on your phone. What that's going to do is it's going to raise your hand, and we'll know that you want to speak live with Nick. Then one at a time I'll unmute the callers so that you can speak with Nick.

Nick: Wonderful, so *2 to raise your hand. We can tap together on whatever's going on, whatever issues you have.

Tonight is about weight loss. It's sort of like, the same with finances, okay, we're tapping to lose weight, how does that happen exactly? Of course, this isn't a process where the physical act of tapping is causing weight loss. You could say you burn a few calories, but it's going to be on the low end. You probably burn more calories from walking than just sitting there and tapping.

The reason why tapping has been so effective with weight loss is on a couple of levels. I want to break down the options of how you can use tapping for weight loss. The primary component that underlies the deepest work with tapping and weight loss, and the deepest physical mechanism as to how it helps you lose weight, is in addressing the stress in the body.

What's interesting, we're going to focus tonight on tapping for weight loss, tapping for physical cravings, talking about safety issues, talking about feeling safe in the body, talking about feeling safe with the weight that you want to have. All those are really important, but at the end of the day the physical thing that's happening is that we are lowering the stress in the body.

That means that if you lower the stress in your body around other issues, let's say you have relationship stress and challenges or financial stress and challenges you could in theory, and in practice really, I've seen it happen, you could tap on financial issues and work stress and find that you are losing weight.

Why is that happening? It's because stress is one of the biggest components to weight gain. When we're stressed it's beyond just this idea that we have when we go, oh, we're stressed, life is stressful, it's difficult. It goes further than that.

From the physical perspective when you're stressed, when your amygdala is firing, that fight or flight response center in the brain, when the amygdala fires stress hormones are released through the body. Stress hormones like cortisol, stress hormones like – what are the other stress hormones – cortisol is the one that is the big one that I know. Blood sugar is raised in the body. Blood pressure is raised in the body. Enzyme production in the gut is decreased by a massive amount. Probiotic bacteria, that beneficial bacteria in the gut, also suffers.

All of this because of stress. All of this because of that little experience of saying something doesn't feel safe, something feels dangerous, I'm stressed out, there's something going on, my body feels the stress.

The other component that happens too, again from the physical perspective, is that when we are stressed, when our body feels like it's in danger it has a tendency to hold onto weight. This is for very obvious reasons.

In times past when we were in stressful situations, whether we were living in a cave or the last thousand or hundreds of years when we were stressed out, our body would say, well, there might not be food so let's do our best to hold onto fat in the body. All these things add up from the physical perspective to making it difficult for you to lose that weight. If that stress keeps up it's going to be hard to lose the weight.

The other thing that's going on from the mental or emotional perspective is really big. If we think about these underlying beliefs, these old traumas. I mentioned safety, safety in the body. I've seen it happen so many times where someone says to me I lose weight, I lose 10, 15, 20 pounds and I'm really rigid with this and following that and I'm feeling great, and then I get to the point where I get really uncomfortable in my body.

People say that part of them feels great. They're proud of their bodies, but part of them doesn't feel safe and doesn't feel comfortable, and what's that all about? It's different for every person. But some of the things I've heard is now I'm actually getting all this attention. I've heard this from women a lot, I'm getting attention from men and I didn't like it before and I don't like it now. It doesn't feel comfortable.

These aren't conscious decisions. Someone doesn't sit there and go, "Well, I'm getting this attention and it doesn't feel comfortable. I'm going to go and eat

now.” More often than not they’re unconscious or subconscious decisions where we recognize, again, that issue of safety. Something doesn’t feel safe in my body so I’m going to sabotage myself, so I’m going to make different decisions, so I’m going to stop exercising the way I’ve been doing or I’m going to start eating food that I haven’t been eating and I’m going to justify it to myself.

We do a good job of making ourselves believe that we’re doing the right thing or that there’s a reason for it, but underneath it all it’s these hurts, it’s these traumas, it’s this pain that we’re holding onto. It’s within the context of lowering the stress in the body from a physical perspective and then lowering the emotional stress, the emotional traumas, the things that are keeping us stuck where we can have the most lasting weight loss.

I hope you’ve been reading the book and enjoying it. One of the things that I keep hearing from people again and again on the book is that they really appreciate the tapping tree, my great friend Lindsay Kenny who shared that concept with me and I talked about it a lot in the book.

What the tapping tree does is it helps you identify the whole picture. It helps you look at this tapping process as not just okay, I want to lose weight so I’m going to say, “Even though I want to lose weight, I deeply and completely accept myself.” You can do that maybe to release a little stress in the body, but that’s not the root of this process.

This process is not about magic words that we use to tap. It’s about looking at that whole tree. It’s about saying what am I feeling about this, what is the emotions that I’m feeling on a daily basis around these issues? What are the events that have come up? What happened to me in the past that might be keeping me stuck? What did she say to me? What did he say to me?

What are the events that you were 15 years old and had a sister who was heavier than you were and you never had any weight problems and she said to you, “You think you’re so great because you look so good and because I’m fat.” She said it out of her own pain and out of her own fear, but for some reason it hit you and you said, again, that safety issue, I guess it doesn’t feel safe to be holding onto this weight in my body.

The safety issue is really one that is prevalent in really all this work, whether we’re talking about finances or relationships or pain relief. So it’s especially prevalent here. It’s a good concept to start thinking about in this call.

You can ask yourself questions like, “If I lost this weight,” if you identify that idea weight loss, who would you be without weight loss? Part of you would

probably be really excited about that picture. Then maybe you can identify another part of you that says, “Hmm, that doesn’t feel safe.”

Sometimes people hold onto weight as a barrier. This helps keep me safe from having intimate relationships. There was some trauma in intimate relationships. There was a traumatic experience, whether it be a rape or something of that nature, and the body, mind and spirit decided this isn’t safe.

If you are faced with those kinds of situations, if there’s a rape that you feel is still very difficult to deal with and process, if there’s PTSD, if there’s other serious trauma, these kinds of interactions as great as they are when we’re connecting with a group are not the place to go there.

So I highly recommend you reach out to a tapping practitioner, ideally someone who’s certified, even better someone who’s got a clinical background. Someone with a clinical background with experience in trauma can help navigate you through that process. If you’re looking for a practitioner we have a list at thetappingsolution.com.

That’s what we’re looking at this evening. We’re looking at relieving the physical stress in the body, relieving the emotional, psychological, spiritual, mental, trauma that we’re holding onto to lose the weight.

Then we’ll also look at the practical aspect. Certainly the deeper work is the more long lasting work, but where tapping is very effective with weight loss is with regards to cravings. That late night craving for ice cream, I’ve just got to have it, I’ve got to have ice cream, I’ve got to have chocolate. Sitting there and recognizing that feeling and simply saying, “Even though I’m really craving this, I deeply and completely love and accept myself,” and going through the tapping process.

Oftentimes if I’m leading a weekend workshop and we’re covering different topics one of the things that I’ll do is bring up, I’ll go shopping at the local hotel store or nearby 7-Eleven and just buy all the junk food that I can find, all the Kit Kats and Snickers and potato chips and ice cream. Then bring it up on stage and open it up, open the wrappers and have people pass it out.

We obviously get a bunch of laughs and some good times laughing at these amazing things. I tell people to smell them and see how you feel about them and the craving goes shooting right up, “Can I eat this? I’ve got to have this. I need it.” We’re laughing.

Then I pick a couple people to tap with, and sure enough the tapping just on the physical craving brings down the craving significantly. But what it also does is it uncovers the emotional craving. It uncovers what's really going on underneath. What is this food trying to mask? What pain is the body feeling, the mind and spirit feeling that is being masked by this food? Food serves obviously a beautiful purpose in our life and an important purpose, and it can be such a source of joy and comfort.

I think one of the challenges that we've had in the last decade or two decades where people have been putting on a lot of weight, the nation and the world as a whole is getting bigger and bigger and heavier and heavier, unfortunately beyond the physical side effects of that there's been so much discussion and debate about what food to eat and not eat and how to lose weight that we've lost the pleasure of eating, period.

So now not only are you not eating what you want, don't want or struggling using the weight or having it be a constant battle, but the pleasure of food is just gone, the ability to sit down and enjoy a meal, the ability to be able to say to yourself, "Oh, I can eat this." Maybe one meal I eat more than another, or maybe one meal I do have ice cream, if that's the conscious choice that I make and feel good in my body.

The opportunity here too with doing the emotional work is if you're going to make choices of foods that – I even hesitate to say foods that aren't healthy for you, and I'm a big food guy.

You ask me, I'll give you a ton of recommendations from my deep research on what I think is the healthiest food, what I personally choose to eat, the nutrition choices I make on a daily basis. I've gone deep here, but that doesn't mean I'm right first of all because this information seems to change all the time. I think I've got a pretty good grip, at least based on my results recently and what I found has really worked for my body.

But I hesitate to call food good or bad, because oftentimes what we need to do here is take away those labels and just be able to relax around food. The idea to have a meal without the constant tension of is this good for me, is this bad for me. These are choices that we haven't had to make in our past.

Part of the challenge, what's really changed in the last 50 years, the reason we didn't have to make these choices before and we do now, is because of processed food. This call is not about nutritional advice, I'm not going to get into diets, but if there's one thing that I can say qualitatively, no doubt about it, is that the less

processed your food is the better shape you're in end of story. There's not a nutritionist on the planet who's going to argue with you.

I mentioned today I was working in my garden planting these young beautiful plants, tomatoes and cucumbers and peas. I picked some lettuce that I had with a salad tonight, and all this amazing stuff. No one's going to argue with me or with anybody on the planet that this is not the best stuff on earth.

Why? Because it's growing out of the ground, it's organic, clean, untouched growing from seed. You can feel the life force and the energy and the power of this. So that's my nutritional advice for the evening, less processed. If it's in a box think about it twice.

But that's not what tonight's about. Tonight is about uncovering what are the emotions here. What are you most frustrated with? Where are you getting stuck? Where are you getting stuck?

We can talk live if you want to call in. You can also ask a question in the question box there. You'll see, it's right underneath this, you'll see a little question box there. You can ask your question. Someone just wrote in "Good evening from India" Good evening to you. How cool is it that you're in India? So you can ask a question in the question box below and I will do my best to answer them this evening.

Charlie just asked, "Is it advisable to tap while we're listening to this whole call, not just while you're taking us through an exercise?" That's a great question, Charlie. You can. There's certainly no downside for sitting calmly for an hour doing the tapping. It's certainly going to relax your body. You'll burn a few extra calories. But you can certainly tap away. Charlie also said, "Could we do lots of group tapping on these calls?" Absolutely, we'll do lots of group tapping.

Elaine said, "My audio isn't working. Is this a problem at your end or is it my computer?" Elaine, I think it's your computer, but you probably can't hear me if your audio isn't working. So hopefully you got it fixed by then. I'm going to send your email to customer service and maybe they can help you out right now. Cassy, if you can maybe send her an email. No, all done, Elaine, problem solved. This is the beauty of live calls. I hope you are ready for the actual tapping.

Let's get right into it. I've got some great questions here. We'll answer them, and then raise those hands and let's tap live. Do not be shy. Nobody knows who you are. You can say a fake name if you want even. No one's going to recognize your voice.

This is an opportunity. I don't do private sessions anymore. I do very few of them, so tapping live is not an opportunity that comes often and this is an opportunity for you to make a big breakthrough. But let's start with questions.

Susan from Rancho Santa Margarita, she has a long question but I'm going to read it all because I think that you guys are going to get a lot out of this. I think you're going to appreciate what Susan has to say.

She says, "Hi. I've been doing a ton of tapping on weight loss. I started with the World Tapping Summit classes. It really helped me clear my anger and resentment about eating healthy," oh that's huge there, the resentment about eating healthy, tune into that, does any part of you have anger or resentment about eating healthy, "and feelings of deprivation about eliminating unhealthy foods from my diet." There's another issue, feelings of deprivation about eliminating unhealthy food.

"That tapping led me to realize that I was using food as my primary source of comfort so I worked on that and one, got to the bottom of a lot of feelings about not being comforted as a small person; and two worked on self-care, teaching myself that I have a lot of resources to care for and nurture myself that don't involve food.

I also tapped on the classes from the bonus gifts from the telesummit and worked on all the safety issues surrounding losing weight, but I still wasn't losing much weight. So I listened to the bonuses about sabotage," great, talk about persistence here, this is amazing, "and realized that I'm running my life in the core belief that life is hard, so it makes sense that weight loss is hard too.

I also realized that I believe that if I release that belief then I can't be part of my family any longer, because that's what binds us. We work like slaves and suffer together and life is hard but we have each other. So I tapped on all of that, and that seemed like the bottom of it to me. That's my core belief that seems to drive all my challenges, but I still feel stuck. It seems like there's no deeper tapping I can do and I don't know where to go now.

I did the tapping tree to see if there's anything I'm missing, but I've been through it all now. A lot has changed mentally. I feel great about my healthy diet. I love to exercise and make time for it. I tap daily for stress. I feel safe. I actually like myself when I look in the mirror and enjoy shopping for myself now, but the weight remains on. Any advice?"

Susan, you are amazing. If everybody could follow the degree of sticking with it, of going issue after issue after issue. This is huge. I'm going to answer your

question in a second, but I'm so impressed and I want everyone else to recognize that this is the tapping process. It doesn't have to be hard work. I'm sure you had a blast healing this and a blast going through this. I'm sure you had a lot of fun recognizing and feeling better and better every single day, and you kept going.

Now you say, "But the weight remains on." There are two things. One, when you said, "I realized that I believe that if I release that belief then I can't be part of my family any longer because that's what binds us. We work like slaves and suffer together and life is hard but we have each other." I know you cleared the belief of life is hard. I just want to make sure that you also cleared the belief that you cannot be part of your family.

I believe that you cannot have a belief that life is hard and your family can have that belief and you can still interact with them and have fun with them. Maybe make different choices as to when you spend time with them and how much, but you can be a guiding light to them and this is just the way things are for you now.

Here's the other thing. I know without us talking it's difficult for me to say you also have this issue, but this is what's most important about this email, "A lot has changed mentally. I feel great about my healthy diet. I love to exercise and make time for it. I tap daily for stress. I feel safe. I actually like myself when I look in the mirror and I enjoy shopping for myself now."

So just stick with it. I know it's hard to hear sometimes, but this is where patience comes in. Even beyond patience, Susan, I think it's time for you to give yourself a huge pat on the back and to say I'm in a great place right now and I'm going to be okay exactly where I am.

If the timing of this is right, you tell me you started this in the Tapping World Summit which was only a couple of months ago. That's not a long time. Let your body reset. Your body has been running these patterns for years. Your body has been trained for years to hold onto this weight, that it's not safe to release this weight.

So let your body make that change and be okay with it. If you feel that resistance come up you can tap, "Even though I've done everything and I'm not losing the weight and I'm frustrated, I deeply and completely love and accept myself."

You can tap on, "Even though maybe my body's taking a long time to reprocess, maybe my body's taking a long time to heal and to change and drop this weight, I deeply and love and accept myself." Take the time to be with this amazing accomplishment. Take the time to be with this incredible energy of what you've done, and just be patient with yourself.

Let's look at another question. Give me one second. Thank you, thank you Susan. If you enjoyed Susan's question write in the box below so I can tell her how amazing she is going through step-by-step, and if you resonated with some of the other issues that she mentioned initially.

Debbie asks, "It seems no matter how much I eat I always want more. I can follow any eating plan for a period of time, sometimes weeks, sometimes months, and then it is as if the floodgates open and I don't have the power over my appetite. Can tapping help me get to the root cause of this self-sabotage?"

Absolutely, Debbie. This is so common. You're saying you can follow an eating plan for a period of time, sometimes weeks, sometimes months, and then the floodgates open. I want you to start asking yourself when the floodgates open. What's happening there? If it's happening now, if you went for a couple months doing a great job and following that plan and then all of a sudden something changed, you know right now, what's that feeling? If it happened six months ago I want you to tune into that.

When was the last time, and let's all do this together, this is not just for Debbie, so tune in and think about the last time that you were doing great on a plan. Whatever that plan is, you were exercising, you were eating well, whatever was going on. Then all of a sudden you hit a little bit of a wall. You hit a plateau. Tune into that when it happened, and just see if you can identify what was going on then. What happened?

You're going to have to pay close attention, because again, these are often not things that happened consciously. But tune into your body, maybe imagining it happening again. You lose a couple of pounds, you're looking good, everything's working and then what? What do you feel in your body? Why is it not safe to continue in this direction? What's the downside of doing this?

Were you saying to yourself, "Well, I'm losing the weight, I'm doing all this stuff, but I'm not happy," or, "I just want my ice cream and I want everyone to leave me alone," or, "I'm feeling great, part of my body, but I'm getting too much attention." What happened when you hit that plateau?

Identifying what happened is how you get to the root cause of that self-sabotaging. Debbie, I can't say what it is for you right now but I can say that that is the key, just to feel into that place. Oftentimes the intuition that is necessary with this process is the most important part of it because we have to stop and just stay quiet for a moment and say, "What do I feeling my body? What's really going on?"

Let's take another question. Lisa from the Bay Area, where I'll be going in July to spend some time with friends, looking forward to that, she writes, "As a hypnotist for over 20 years I work with weight clients all the time and there are layers of myriad issues that affect many weight loss clients. Do you recommend tapping through the many leaves and branches of their tree," we talked about it earlier, "in one or more concentrated sessions, or more of an as you go basis, teaching them to tap in the moment of a craving, before a meal, etc.?"

Lisa, great question. I share this because I think it's great not just for your clients, but for everybody. How do we approach this? Do you do the tree? Do you do in the moments of the cravings?

Here's the reality, and I know it's not the best answer but it's the best answer I have for you. Everybody is different. Everybody is going to approach these things in a different way. Everyone's going to have a different experience of what works for them.

If you get a client that seems a little reluctant to do this process maybe you need to convince them with an early victory. Maybe you need to just say I'm going to tap on cravings, and make that the thing that gets health.

Again, this isn't just for clients. You can do this for yourself. If you're listening to this call and you're a little skeptical and you're not sure if you can commit to all this time tapping on these issues you can just say to yourself, why don't I have a little victory?

Why don't I pick one craving that I have as it comes up, and just commit to myself that, you know what, I'm going to use this tapping for just this craving. I'm going to work on it. If this craving comes up I'm going to bring it down from an 8 to a 5 to a 4 to a 3 to a 2 to a 1, and then recognize that I have the power within myself to clear this craving.

Certainly the tapping tree is fantastic to go deep on the issues, fantastic to identify all the different things that are going on, but I don't want the tapping tree to serve as a big obstacle in front of you. I don't want it to be a huge tree in front of you. I don't want you to look at this thing and go, "Oh my gosh, there's too much to do. I give up."

Whatever's right for you, Lisa, whatever's right for your clients, go step by step. Some clients will be ready to do more. Some you'll be able to teach, hey, here's how you can do this at home. You can work on these issues by yourself and you

can really make very quick progress that way. Thank you, Lisa, for that great question.

Elizabeth says, “I am 50 and I’m only 12 pounds overweight. As soon as I start to lose a little weight I immediately start overeating and put it back on.” A common story, Elizabeth. Again, the same things we talked about tonight. Why? Why is that happening? Why is that happening, and how do you start feeling when that happens for you, when that weight starts coming off?

I want to share some comments from people who wrote in about Susan. Clare said, “Wow Susan, this hit home in some ways, but more specifically in a non-weight related situation, i.e. childhood sexual abuse by parents and family members. Have been apart from my family siblings and I’m working on that with EMDR and tapping, and they cannot relate. Thank you for reading this email.”

Clare, that’s great. Again, make sure when there’s childhood sexual trauma abuse, when there’s some really deep stuff there, reach out to a clinician. Go to a psychologist or psychiatrist who use this tapping. There are many of them out there and they are amazing at helping guide you through that process.

Marie said, “Woo-hoo, Susan.” She says she’s very happy. I hope Susan’s on the call tonight and didn’t just send in the question and didn’t make the call. If she couldn’t make it when she listens in later she’s going to be very excited about all the love she got.

Someone else wrote, “This was a great question and a great example of how one works through the layers and what to tap on. You’re right. She’s got herself on to a good eating and exercising self-esteem track and it will naturally start to pay off.” I agree.

Roxanne said, “I loved Susan’s letter and commend her for insight and persistence.” Susan, you have a lot of fans who are sending you lots of good weight loss energy, your insights, your persistence. You’re on a good track.

Let’s go onto another question. Let me just see here. Erin from Boston says, “I’m currently taking steroids which make me hungry on a continual basis. It’s constant. Even though I’m on my off the steroids I was wondering if I can tap through my continual cravings for food while on them.”

Great question. In a case like this everybody’s different. I’ve absolutely seen people get really great results from I’ll call this a weird physical issue. Not that it’s weird, but not everyone is hungry all the time from taking steroids. This is a particular instance in time, something you’re facing for a short period of time.

Here's what I would do. Just play with it. When you feel that hunger you can just try tapping on, "Even though I feel so much hunger in my body, it feels like these steroids are making me crave food, I can't seem to do anything about it," blah, blah, blah, blah, blah, blah.

Blah, blah, blah being all good things. Sharing what it is you're feeling, what's going on and doing some tapping rounds. Spend five or ten minutes. Don't just do one round and give up on it. Spend five or ten minutes on that craving, on that continual desire to eat, and see what happens. Play with it.

You can even say, "Even though I believe this about the steroids and that about what I was told would happen." You can play with the language any way you want. Give that a shot and I'm curious to see how that works out for you.

Charlie from Waterloo said, "How come I'm not getting the breakthroughs I've heard are possible?" Charlie, I don't know what it is that your challenges are and what you're working on exactly, but here's what I can say. Usually when I see that people have been doing the tapping and they're not getting the breakthroughs they want there's two things going on. One, they're just not putting the time in.

Yes, tapping can be a one-minute miracle. I've seen five-minute miracles. I've seen amazing things happen. In a round or two of tapping we can see that things are shifting, that things are moving, but the idea that it's five minutes and everything is done and dusted is usually not accurate. So put the time in. Think about what Susan did. Think about the layers of tapping that Susan went through.

The other mistake that I see being done often is that people aren't being specific enough. They're not clearly identifying what the issue is. What's the emotion? What's the event? What's the limiting belief? Where do I feel it in my body? Really tuning in and getting very specific on the issue. Those are just two tips. Not just if you're not getting the breakthroughs you want, but just to improve your tapping.

Judy from Australia, from Brisbane – I've been to Brisbane before, great place – asks, "I've been overweight from age six. If I don't know the trigger for this how can I tap on the unknown? I am 51." Judy, that is such a great question. This comes up a lot when we talk about childhood issues and saying identify the childhood issues. We say I was six years old, I don't remember.

There's a couple ways you can approach this. You can say, "Even though I don't remember what happened and what issues there might be that started me feeling this way or making these decisions, or whatever's going on, I deeply and

completely accept myself.” Sometimes that can just start to uncover some of those things.

The other choice too is, and I don’t know if your parents are still alive, you’ve got a relationship with them right now, it’s always great to turn to them and ask them. You say that you were overweight when you were six so I’m guessing that maybe when you were four or five you weren’t, or something happened there. Ask them, what was going on?

They’re unlikely to identify you had a traumatic event because I yelled at you and you started putting weight on to feel safe. But you might ask what was life back then, and they might share with you when you were six we moved from here to here and it was really stressful. You can tap on these stories that they tell you.

Your unconscious mind, your subconscious mind will help you. Do your best to connect with the stories. You can say, “Even though when I was six years old things might have been stressful and there might have been something going on, my parents told me this,” do your best to connect with it. Again, do your best.

The other thing too is you can tap from current state and you can say things like, “Even though I’ve been overweight since I was six years old and I don’t know why and I don’t know what’s going on, I ask my body to release this weight and give me more insights on what’s happening.” Language is so free flowing. You can just allow it to be whatever you have going on. I hope that is helpful, some childhood stuff.

Charlie, we’re hearing a lot from Charlie from Waterloo tonight. Thanks from chiming in, Charlie. He writes, “Bravo, Susan. What a wonderful case study you chronicled about yourself. Very impressive what you are doing with EFT and how you’ve written it up. Hang in and give your inner self permission to change.”

Mike chimes in – I’m happy that the guys are chiming in, this is awesome because us men are rare in these fields of personal development and personal growth. We’re growing, we’re doing more, we’re going to more yoga classes but we still have our work cut out for us.

Mike writes in, he just came up with this belief, “I’m not important enough to stick with a healthy eating plan when work is crazy and demands my attention and energy. Work is more important and gets 100% from me so there’s nothing left to choose a healthy meal.” Wow, what an insight, the belief that he’s not important enough and the recognition and the idea that you don’t have the energy to make those choices. So that is great.

Austin also asks, “Hi. I graze a lot. I don’t know if that’s a good thing or a bad thing.” I don’t either, Austin. That’s what you have to decide for yourself. Is this a good thing or a bad thing? Do you feel good doing this? Is it working for you? Austin also asks, “When I do graze I tend to eat a log. How to stop grazing?”

Again, at the most simplest level, “Even though I’m using to grazing, even though I feel like I need food all the time,” just feeling the emotion, and then trying to tune into yourself and say, “When do I graze? What’s going on? What am I feeling in my body? What is this grazing all about?”

We’re going to take a couple more of these calls and then I would love to talk to some callers. So remember, all you need to do is *2 to raise your hand. I see a lot of you who called in on the phone line, and you’re being shy. You don’t want me to just call on you. I will.

I won’t. People are scared. They’re like, “Hang up.” They’re hanging up, “He’s going to call on me.” I won’t call on you. I will let you raise your hand. But we have hundreds of people on the call tonight, so somebody is going to be brave enough to do some tapping together. Again, *2 to raise your hand. You can raise your hand now. We’ll get through a couple more questions.

Diane from Virginia Beach writes, “I so relate.” Again, I’m reading some of these other things with other people because I know that when you hear other stories and peoples’ insights you can help heal. You can get that understanding.

Diane writes, “I so relate to self-sabotage. Tapping since 2012 Summit had amazing results in chronic pain, self-acceptance, self-care and immense spiritual growth, unbelievable healing of histories and true assessments of situations. I’m very happy and giving back greatly to my community, yet even with intense work on my personal tree and talking to my amygdala and hippocampus,” I love that, talk to the amygdala, “I find that the weight doesn’t budge.”

“Because I essentially lost over 100 pounds and kept it off for eight years, I’m very frightened by ten pounds that won’t leave and has been present for over ten months. I’m even taking at the moment a week retreat in Virginia Beach to focus on tapping, prayer, yoga and healthy eating. Let’s tap on finding this deepest root on this type of self-sabotage.”

Thanks for your great insights and amazing work, Diane. One of the things that I’m going to point you to is the fear that you write, “I’m very frightened by ten pounds that won’t leave.” So that is the fear that will keep those ten pounds in place. Even though I’m so scared that these ten pounds won’t leave, I feel stuck,

what's going to happen, how am I ever going to lose these ten pounds, why am I stuck here, I deeply and completely accept myself.

Diane asked to do some tapping together on the deepest root of self-sabotage, so let's do it. We already have some callers up, so well done, brave people. I'm going to call on you in a second, but let's do some group tapping right now. We're going to focus on this fear. What if the weight doesn't drop off? I've tried so many things, the frustration, the stuff that's sitting there right at the top.

There's actually a tapping script in *The Tapping Solution* book on this overwhelming frustration. Let me find the book and I'll tell you what page it's on going forward, but we'll do something new and fresh here.

Let's all go tapping together and tapping on the side of the hand, the karate chop point. I know everyone knows the points already and is reading at least the first two chapters of the book. If not, you can get the tapping points chart on page 21 of the book. So tapping on the side of the hand:

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

Even though I have so much stress and anxiety around food and weight loss,
And losing this weight,
And what if I don't lose it,
And it's so hard to do,
And all this self-talk,
I deeply and completely accept myself.

Nick: Don't worry if you don't get the words exact. I know I'm throwing a lot out there for you. One more time:

SH: Even though I have so much stress and anxiety about weight loss,
I deeply and completely love and accept myself.

Now tapping through the points:

EB: All this stress around weight loss,
SE: All this stress and anxiety,
UE: I feel so much stress and anxiety around weight loss.
UN: So much anxiety about weight loss.
CH: What if I don't lose these pounds?
CB: What am I supposed to do exactly?
UA: It feels like such a stressful issue,

TH: And I often feel so lost.

EB: I wonder what I can do differently.
SE: I wonder what's really going on here.
UE: I wonder what's at the root of these issues.
UN: I wonder why I'm scared to lose weight.
CH: This fear of losing weight,
CB: This sabotage.
UA: I wonder what's really going on in my body,
TH: And I wonder what I can do to lose weight.

EB: I wonder what my next step is.
SE: What should I tap on?
UE: What should I release?
UN: What could I release?
CH: What could I release regarding my body?
CB: What could I release regarding the stress in my body?
UA: What could I release around weight loss?
TH: It's safe to let go of this weight.

EB: It's safe to feel safe in my body.
SE: I choose to feel safe in my body.
UE: I choose to feel safe in my body right now.
UN: Feeling safe and confident in my body.
CH: Feeling safe and confident in my body right now.
CB: All is well.
UA: My body is safe,
TH: And I choose to make great choices around losing weight.

Take a deep breath, and let it go. I hope that was helpful. Maybe some things came up for you there. Tapping with a pen and paper to make some notes is always a great process. When you ask yourself these questions, what could I let go of, you can stop and make a note right then and there. If that was helpful for you make a note in the little question and answer box below, or let me know what came up for you. I'm curious to see from that tapping what came up.

Let's get on the phone lines and do some tapping together. Actually right before I do that – I know Kris is going to set up to bring some people on the line – I want to make sure to let you know that in about a week to two weeks, I don't know the dates exactly, we're going to be sharing a webinar with Jessica all on weight loss. It's some of what we cover tonight and going even deeper.

The webinar is an introduction to a seven-week coaching program that she's run two times before. I think about 2,000 people have gone through the program so far with really amazing results. Jessica's an incredible coach. It's a ton of content, a weekly webinar, there's a meditation that you get every week so you can use it on a daily basis to tap along, there's live Q&A's the way we're going tonight, all sorts of other resources.

That's going to be running in the next couple weeks. I don't know the dates exactly, but I want you to keep your eye out for it. If you're on our regular email list, which you will be from being on this call, you'll know when that webinar is coming and when the program is starting. It might be something you want to check out to go even deeper than tonight's work, so just keep an eye out for that.

Kris, I know we have some callers with their hands raised, ready to tap, some brave people, so why don't we get some of them on the line?

Kris: Okay. First up we've got someone from Spokane, Washington. Spokane, you are on the line. Just say hello, Spokane.

Dana: Hello?

Nick: Hello.

Kris: There you are.

Dana: How are you?

Nick: I'm good. What's your name?

Dana: Dana.

Nick: Hi Dana, how are you tonight?

Dana: I'm alright.

Nick: So what's that laugh about?

Dana: I'm nervous. I just shooed my husband out of the room.

Nick: Yeah, get him out of there. Get him out of there. He doesn't want to tap with us?

Dana: He doesn't know anything about it.

Nick: I am with you. Don't be nervous. It's just you and me chatting. Nobody listening. Tell me what's going on, what's going on with weight loss, what's come up for you tonight and we'll see what we can work on together.

Dana: Oh, just a ton, more deeper than weight loss stuff but I just happened to catch this one tonight. But extreme weight gain in the last few years, probably about 40 pounds which is for me huge. I didn't even realize until tonight listening to hear your talk that I constantly sabotage myself. I just don't believe in myself anymore that I can do it the right way.

Nick: I'm sorry to hear that, Dana. What's been going on in the last couple of years where things have changed?

Dana: Just a whole life change, with everything in our life. We've lost everything from an accident. It's deeper than just – a lot.

Nick: It's always deeper than just the weight. The same way the pain is in our physical body, the weight is a side effect of other things that are going on. It's never really about the weight. Dana, why don't you just start tapping through the points as we continue talking? Just tap through at your own pace. What has your experience with tapping been? Have you had a chance to read the book? Have you done a lot of tapping before?

Dana: No, I'm totally new to this. I just purchased your book a month or so ago, two months ago, and reading it off and on, putting it down, coming back to it. So I'm pretty new, but I'm determined.

Nick: I can tell, I can tell. Does it feel safe right now to talk a little bit about the accident and what happened there?

Dana: Sure.

Nick: Okay. Just keep tapping through the points. It sounds like the accident was a real turning point in the last couple of years.

Dana: Actually, it happened about six years ago and it was definitely life changing.

Nick: What happened and what are the aftereffects of the accident? Just keep tapping through the points as you share this story with me. Part of what we're doing here, just so you know and so everyone else listening knows that they can do this for themselves, is that it's simply retelling the story. I'm not asking you to bring it up out of curiosity or for other people to hear.

We are bringing up the story and doing the tapping in order to help heal and clear some of those memories and determine what else is going on. Do you feel stress in your body just as you think about the accident, talk about it?

Dana: Oh yeah, very definitely.

Nick: Where do you feel that in your body?

Dana: Pretty much everywhere, basically my core.

Nick: Your core, okay. What is it you feel? Is there an emotion there?

Dana: A lot of anger, and disillusionment.

Nick: Okay, so anger and disillusionment. How strong is that on a 0 to 10 scale right now?

Dana: About a 9.

Nick: Okay, wonderful. Just keep tapping through the points and tell me a little bit about the accident, about what happened. Everyone listening please tap along with us. The beauty of all these calls is that it's never about the one person and their one story. We're all in this together. So you might want to identify something that happened to you, whether it be an accident or an illness or sometime when you found I'm putting on more weight, I'm putting on more pounds, there's something changing. You can tap on that as we tap together. So Dana, tell me about the accident.

Dana: It was my husband who was in a snowmobiling accident. In my mind the accident didn't need to happen. He was just being stupid with friends. Anyway, to make a long story short he went off a cliff, had a nice conversation with God. We found him a few hours later in the middle of the night. He was broken up from the waist down. We're self-employed and had three kids in college and it changed our world. He didn't work for two-and-a-half years almost. We just built our big dream house.

We're in construction up here in Spokane. Always in control, I guess as far as you can be in control, of our money and stuff. I still can't forgive myself because I feel like I've been – we're a breadwinner team together, and through his accident I thought I made the best choices financially for us and tried to hold everything together. We had several jobs on our books.

Over the years when he wasn't healing physically enough to go back to work I took on the role of trying to do it all, and I failed. We had filed bankruptcy two years ago, well it's been a year this summer, and lost everything that we've worked 30 years for. As hard as that is, I just feel like it was my role to keep it all together. I tried and I didn't.

Nick: Say out loud, "I can't forgive myself."

Dana: Basically, yeah.

Nick: Let's do some tapping. Tapping on the side of the hand, the karate chop point:

SH: Even though I can't forgive myself,
For what happened,
The last couple of years,
I deeply and completely accept myself.

Even though part of me just can't forgive myself,
We've lost everything,
I deeply and completely accept myself.

Even though part of me just can't forgive myself,
We've lost everything,
I deeply and completely accept myself.

Tapping through the points:

EB: I can't forgive myself.
SE: I just can't forgive myself.
UE: I can't forgive myself for what happened.
UN: I just can't forgive myself.
CH: I should have done better.
CB: I should have made different choices.
UA: All this anger at myself.
TH: All this anger at that accident.

EB: All this anger stored in my body.
SE: I can't let it go.
UE: I refuse to let it go.
UN: I deserve this anger.
CH: No I don't.
CB: Yes I do.
UA: All the pain from this accident,

TH: And everything that's happened since.

EB: All the anger at my husband,
SE: For this stupid accident.
UE: This accident keeps haunting us.
UN: It's so hard to let it go,
CH: But it's time to let it go.
CB: This accident is over,
UA: And it's time to let it go.
TH: I choose to release the trauma of this accident.

EB: It's safe to release the trauma of this accident.
SE: It's safe to forgive myself.
UE: It's safe to forgive my husband.
UN: Releasing this from every cell in my body.
CH: It's time to move on.
CB: It's time to build back up.
UA: It's time to start fresh,
TH: And I know I can do it.

EB: I believe in myself.
SE: I believe in my husband.
UE: I believe in our abilities to heal,
UN: Right now.
CH: Feeling safe in my body,
CB: Right now.
UA: It's safe to relax.
TH: It's safe to feel safe.

Take a deep breath, and let it go. Tell me a little bit about what you're feeling right now. What rang true for you there? What didn't ring true for you there?

Dana: Bits and pieces of all of it rang true. I have been moving forward, but then I get little pickups I call them.

Nick: Tune into the anger in your core. It was at a 9 before. Where is it at now?

Dana: I'd say a 6.

Nick: What's the anger at the most?

Dana: The overall loss.

Nick: What's the loss exactly?

Dana: Of a life we created.

Nick: So that life is gone?

Dana: Oh, it's gone.

Nick: And there's no rebuilding it?

Dana: There's always rebuilding it. That's what I'm determined to do. Then I'll get something that will just set me off to where it's like here I thought I was over that.

Nick: So the anger at the life that was lost, is the anger directed at anybody? Is it directed at yourself, at your husband, both of you?

Dana: I'd say both of us, yeah.

Nick: Any one more than the other?

Dana: It used to be mainly him, but I'd say lately me because I think it's long enough time. It's like alright, come on. I work hard, I work three jobs and I'm still not getting anywhere into rebuilding anything. So how smart am I working?

Nick: You're angry at yourself why?

Dana: We should have gotten more brought back to our world right now.

Nick: And why is that? Why should you have? Where did you go wrong? Where do you believe you failed? Just keep tapping through the points as we talk.

Dana: I feel like I failed because I've failed to run our construction company for 34 years and I've decided I'm done, to walk away from it and said all right, you can go sink or swim. I'm in a different field right now, and he's still struggling with it. We still have to pay the price.

Nick: So why is that a failure? Keep tapping through the points. Tune into the anger at yourself. Specifically what is it, what decision did you make that you are angry about, the fact that you walked away?

Dana: I didn't walk away from our marriage or anything like that, but I walked away from our business.

Nick: Are you angry at yourself for doing that?

Dana: At times. At times no, it's very freeing. I don't want to go back there.

Nick: Tapping the side of the hand, karate chop:

SH: Even though I'm angry at myself,
And I'm not angry at myself,
And I'm just so confused,
As to how to feel,
I deeply and completely accept myself.

Even though I have all this anger in the core of my body,
I deeply and completely love and accept myself.

Even though I have all this rage in the core of my body,
And I refuse to let it go,
I deeply and completely love and accept myself.

Nick: Keep tapping on the side of the hand. I want you to really tune into that anger. I want you to feel it in your body. I want you to see the accident happening and feel all the anger you felt towards your husband about it. How could he do this? How could he be so silly, so stupid? The stupid accident ruined our lives. Just feel that in the core of your body.

Then see the last six years running like a movie, every decision you made, all the heartache, all the hurt, all the anger, all piled up, stacked on top of each other. Just see that stored in your body, and just feel it because it's there every day and it's time to let it go.

Keep feeling, tap on the side of the hand:

SH: Even though I have this huge pile of stuff in me,
Six years of crap,
I deeply and completely accept myself.

Even though I have all this anger stored in my body,
Six years worth,
I choose to release it now.

Feel it even more, go even deeper:

Even though I have all this anger in my body,

I'm so mad,
I can't believe this all happened,
It's just not fair.
What did I do to deserve this?
I deeply and completely love and accept myself.

Even though it's just not fair,
I deeply and completely love and accept myself.

EB: It's not fair.
SE: Why did this happen to me?
UE: Why?
UN: Why did this happen to me?
CH: Why did my life fall apart?
CB: That stupid accident.
UA: One night and everything changed.
TH: It's just not fair.

EB: All this anger.
SE: All this anger in my body.
UE: It's not fair,
UN: And I'm so angry.
CH: This old rage in my body,
CB: Letting it go.
UA: Letting go of all this rage,
TH: Right now.

EB: It's not fair,
SE: But it is what it is.
UE: I am where I am,
UN: And I wonder if there are any blessings from this terrible situation,
CH: Any light from this darkness,
CB: Even just a little bit.
UA: I wonder if I'm stronger,
TH: I wonder if I'm wiser,

EB: And I'll come out even better.
SE: Releasing all this pain from my body.
UE: Letting it go,
UN: Right now.
CH: Letting it go,
CB: Right now.
UA: Letting it all go,

TH: Right now.

Nick: Take a deep breath, and let it go. Tune into that anger in your core, and just tell me what you're feeling.

Dana: I feel just a little bit of hope.

Nick: There we go.

Dana: I do. I've been working hard for the last two years, but...

Nick: Just a little bit of hope, okay. Where do you feel that little bit of hope in your body?

Dana: Right in my heart.

Nick: Just feel that little bit of hope. Tapping on the eyebrow point:

EB: I'm feeling a little bit of hope,
SE: And that's a huge step.
UE: I'm letting that hope grow,
UN: Step by step.
CH: It's going to be one step at a time,
CB: And I'm doing it with hope.
UA: Letting that hope grow,
TH: Feeling strong and confident.

Nick: I want to get some help from everyone else listening, hundreds of people. Do you want a little help from them, Dana?

Dana: Absolutely.

Nick: All right, so here's what we're going to do. You've got this little flame of a little bit of hope and a little bit of healing. They're all going to just send you all the hope they have. Everyone tapping together, sending all the hope you have for Dana:

SE: Feeling that hope grow.
UE: Feeling all the energy of these amazing people,
UN: Sending me their hope,
CH: Sending me their confidence,
CB: Because there's plenty to go around.
UA: I'm feeling hope and confidence in my body.

TH: All is well.

Nick: Taka a deep breath, and let it go. How's that hope?

Dana: It feels pretty darn good.

Nick: Beautiful. This is a huge step. Here's the thing. Now you know that you can create hope for yourself, that you can move forward in releasing this event. If tomorrow or next week something comes up and you go, "Oh, there's a twinge, there's something that my husband said that I instantly thought about the accident and got mad at him," there's an opportunity to heal, to keep going through the layers.

I don't need to tell you that it all started with that accident, and it's the last six years of a lot of pain and a lot of hurt. But the way forward is healing that, it's cleaning that up. That's when your life can change completely. That's when magic and miracles can start happening. That's when you can get back on your feet, when you forgive yourself, when you forgive your husband, when you heal from this terrible accident.

Dana: That's absolutely true. I've been thinking and thinking that that's why I stumbled upon tapping.

Nick: You have a powerful tool. You are so brave for raising your hand and sharing your story. I know people are really moved. Let me know if you are moved by this. Also let me know, I want to be able to tell Dana, I want to be able to tell you how you helped other people. So if Dana helped you write in there and let me know. That way I can share that with Dana.

Dana, would you do me a favor and send an email to Cassy@thetappingsolution.com, it's C-A-S-S-Y, and just send her an email with your info. I just want to send you a little gift for being so brave tonight.

Dana: Oh, I will. Thank you.

Nick: All right. Have a great night, Dana. Take care.

Dana: Thank you so much.

Nick: You're welcome. All right, that was powerful. Krissie from Ottawa writes, "You can do this, Dana. It changed my life and it will change yours too. Have faith." Craig from Haliburton – all these guys, go men – "Hope and confidence, Dana. This is so beautiful, Nick. Thank you," from Craig in Haliburton, Canada. So

write in, give Dana your support. Let her know how her sharing her story has helped you.

I actually had someone write that said that they really appreciated that we were spending a lot of time with Dana. I appreciate you saying that, and I agree because when we go deep I think is when we see the best results for everybody. I know some people have been waiting patiently. We only have 15 minutes left on our 90 minute call, but let's take some more callers and see if I can answer some more questions for you, do a little tapping together and go from there.

Kris, can you help us out with another caller?

Kris: Absolutely. Next up we've got a caller from Burbank, California. Burbank, you're on the line.

Jim: Hello?

Nick: Hello, is this Jim?

Jim: Yes, this is Jim.

Nick: Hey Jim, how are you?

Jim: I'm good, how are you?

Nick: Good. I'm so impressed that you're calling in tonight. Men are just really stepping up and we're doing our own work tonight, so thanks for calling in. What's going on with you tonight?

Jim: You're welcome. The weight loss is certainly part of this. I've bounced back and forth between heavier weights and lesser weights throughout my life. I have some technical questions about tapping because I've tried it at various points in the past.

I seem to be really good with tapping when I'm listening to, let's say for example, one of these conference calls or some of the prerecorded things that Jessica does. I'll tap along and that feels good, but they're often not specific to the issues that I'm trying to approach. Then I find I either have a blockage with creating my own scripts when I tap, or I just don't feel the motivation to do it when I'm not listening to someone else leading the tapping session.

The other technical question I have that I've found is that when I tap I don't just do it with one hand. I use both hands and I tap on both sides of the eye, both sides

of the collarbone and so on. Is that a good thing or should I knock that back to doing just with one hand?

Nick: Great questions. Let me answer the latter one first because it's really simple. I generally also do two sides of the body. The meridians run down both sides of the body, so you can do fine with just one.

Some anecdotal evidence people have shared with me is that they see better results if both sides are used by a factor of 10%. I don't know how you really quantify that. I don't know when we're going to be able to tell if that's accurate or not. Maybe when the research gets a little better we can do some brain scan to doing one side and both sides of the body. If you have both hands available certainly tap on both sides and that's fine. Most importantly, do what's comfortable for you.

As to your first question, which is such a good one and it's a challenge that I know a lot of other people listening are nodding their heads. This isn't just your challenge, and the challenge I face. One of the reasons we make an effort to put out the tapping meditations and other scripts and things like that is because they help people actually do it. It's like, all right I'm going to sit down for 15 minutes and I'm going to actually do it. That's better than not doing it.

The downside of them is that the more specific you are, the more you tune into your own issue the better results that you're going to have, which is exactly what you shared that you know that.

A couple of things that I do as a little tip and trick on it is I will often set a timer and say to myself, you know what, this issue came up and I'm going to grab my iPhone and I'm going to set a timer for 15 minutes. I will not stop tapping until the 15 minutes are up. What that helps to do. I'm sure you've had the experience where you tap for a couple minutes, you feel a little better and then you're like I've got to get on with my day. I'm busy.

So setting that intention for that time is helpful. If you set that intention, tapping is certainly something you could do on the run, you could do it in the car, you can do it in the shower if you're feeling stressed. It's a very active process, but I do find that if you set the 15 minutes, if you get a pen and paper, if you really get yourself centered and grounded, if you do a short breathing or meditation beforehand, then you're setting that whole space to go deeper. That's where the most lasting results can come. Does that make sense?

Jim: Yes it does. I think that will help a lot.

Nick: Wonderful.

Jim: The other question I have is where do I find the specific words? Do I just say whatever comes to mind, or should I try and script it out beforehand?

Nick: You say whatever comes to mind, as long as you are focused on your issue. The more you study. You'll see in the book that there are a lot of different questions. For example, in the chapter about pain relief as you're working on pain there's a bunch of questions you can ask yourself.

Funny, I just picked up the book and I opened it to page 53, "Ask Yourself: Struggling with Change." Here it says, "Not sure if you struggle with change? Ask yourself these questions." You can find things in the book and ask yourself that question, and perhaps write it down.

So if you're feeling pain you might say what's the upside of holding onto this pain, and you can make a few notes from it and then do the tapping form there. Or you can just do it as a verbal exercise out loud. The writing helps to clarify things. It also helps if there are a lot of things that come forward at once. Sometimes we bring up an issue and oh my gosh there's ten issues here. So writing can help get clear on it.

But the language itself is only a way to access those emotions. So as long as you make it your goal, you know what, I'm going to access these emotions, I'm going to feel it in my body, I'm going to get as clear as I possibly can about how I'm feeling and what's going on, etc.

Jim: Good.

Nick: Yeah?

Jim: That helps a lot.

Nick: All right, thanks so much for calling in.

Jim: Thank you for doing all these.

Nick: Have a good night. You're welcome.

Jim: You too. Great questions from Jim. I know a lot of people are probably going, "Yeah, I have those same exact challenges and problems."

Some more comments about Dana, “Dana helped me and I know she will prevail. Dana, you are hope. Keep up the tapping,” from Debbie. What amazing support. Suzanne says, “Dana helped me enormously and I thank her for her bravery. Have faith, you can do it Dana, you were led here,” from Suzanne. Harry says, “Bless you, Dana. Thank you, Nick, for showing the power of intention.”

Sam from Winnipeg said, “Thank you, Dana. I have huge issues with trusting my husband, a recovering addict, and it’s rocky for sure. Bless you for being so brave and thank you to Nick.” You are welcome. Thanks, Sam.

Priscilla from Pittsburgh says, “You are amazing, Dana. Stay with the tapping. Know we are sending hope and more hope.” Mike says, “Thank you, Dana. I realize tapping along with you and Nick how much anger I’m holding in my body. Thank you for being so brave and helping not only me but everyone who was listening.”

This is what’s so powerful about these calls. Dana talked about anger in her body and Mike tunes in and goes, man, I’m holding anger in my body. Margaret from Canada says, “Go, Dana, go. It does ring true for all of us. It might not have been an accident, but we all have huge issues that have put us in a tailspin and we have to struggle to come back from.”

Absolutely. Whether it’s an accident or big issue, like she said a tailspin, we have to come back from them and we can and we do. Roxanne says, “Dana, your growing hope has given me hope from my very difficult situation. Thank you for calling in.”

L.P. from Chicago says – oh, this is cool. I’m going to share this cool story. It’s a little longer, but you guys are going to like this. L.P. says, “This is amazing. I had emergency oral surgery, root canal today and ending up spending the day doing that, but rushed home to get the painkillers and antibiotics so that I could take them and listen to the tapping program with you tonight. I have a mouthful of stitches right now after a very painful procedure, but didn’t take the meds yet.” What a trooper.

“When I was tapping along with you and Dana just now at the end I not only made progress and had many insights on causes from my recent weight gain, but MY PAIN IN MY MOUTH IS COMPLETELY GONE. The only reason I even remembered I had pain is because I had set an alarm to remind me to take the first pain pill. Wow, wow, I mean it is zero pain.”

L.P. says, “Thank you so much, Nick, for doing these seminars and for the wonderful in depth book.” You are most welcome, L.P. It is my honor. He says, “It is truly amazing what just occurred here.” So cool, right?

This is what happens with the tapping folks when you work together and when you call in on these calls, when you do the work yourself, when you listen, when you see other peoples’ issues this is the magic that happens. We recognize other challenges and we heal other parts of our lives.

Miranda says, “Thank you, you helped me to release anger and rage that I had in my body due to an out of the blue need to suddenly close my practice due to illness. Also in the same year, 2001, my husband had to have his aorta removed and he too was,” I don’t think it was removed, but aorta something, “and he too was forced to retire. Both events changed our lives emotionally, mentally, physically and financially.” So there we go. What amazing work that we are all doing together.

We have five minutes left and someone has been waiting patiently with their hand raised. We’re not going to get to tap together, but maybe I can answer a question or just point you in the right direction. Kris?

Kris: Okay, we’ve got a caller from Sanford, Florida. Sanford, Florida, you’ve got your hand up.

Lola: Hello.

Nick: Hello, how are you?

Lola: I am good.

Nick: What’s your name?

Lola: My name is Lola.

Nick: Hi Lola, how has this evening been for you?

Lola: It’s been really amazing. I’m really good.

Nick: Have you had some breakthroughs from all this other stuff going on?

Lola: Yeah, it’s been very good. The first tapping you did was really good as well, just the whole group tapping. I actually had written in a question, which was I am an

EFT practitioner and I don't, like everyone, have everything together. I don't really do weight stuff. I do more anxiety.

But looking for a coach I would end up finding somebody that was great, but that definitely outwardly had a weight problem. It was really hard for me, or has been really hard for me, to let that bias go. I just wanted your opinion on that, because it's so difficult.

Nick: Are you saying that you're struggling with weight, so as an EFT practitioner you don't feel confident there?

Lola: I don't do it in my office. I don't work on weight issues. No, and I don't feel confident until I figure it out. Many coaching programs, they all tell you you don't have everything figured out to be an awesome coach.

Nick: I agree completely, absolutely.

Lola: Which you want to agree with that. But I guess the weight one, since it's so visible is really a tough one.

Nick: Here's the reality of the situation. You don't have to have everything together. Certainly I think that – I don't have everything together. I can tell you that for sure. But the challenge that you're saying is weight is something that people know and see it. Will people judge you for that? Yes. I don't know how to say otherwise, because that's just what's going to happen.

Lola: I'm not saying for myself, because I'm not going to do it personally until I have figured it out. But I guess I'm saying I myself haven't been able to let go of the bias as well towards other people that might be amazing coaches. I don't know. It still feels like a walk your talk thing, but then somebody says somebody could be doing drugs and they could be a drug addict but I just don't know it. You know what I mean? I don't know. It's just a tough thing.

Nick: Sure. I think that one's tough. If someone was a drug counselor and they were a drug addict that would be taking it a little too far. But we all have our challenges and I think we're all in the midst of seeing where can we shine in the world and how's the world going to judge us and see us.

In terms of your own bias you can certainly tap on that, "Even though I don't want to work with this person because they don't seem like they have their stuff together." You also might want to play with you do a half an hour session with them and then recognize that they're an amazing coach and make that validate for yourself that you can be an amazing coach and still be struggling with issues.

Lori: Yeah, and I did do that actually. I did do that actually with one coach in particular, but then I had an intuition that I would work – she was great – I would work with that person and then I would sabotage myself in the future and say, “Oh, well I didn’t succeed because she didn’t really have it figured out.” That’s actually why I did it. That’s why I didn’t end up working with her.

Nick: Got it, got it. Here’s what I have to say for you. You’re being very honest with yourself on all levels.

Lola: Yes, and it’s really tough. I feel horrible about it also, but I’m really trying to tune in and be really clear about it.

Nick: That honesty, and just make that part of the – maybe you can find someone that you can be really honest with and say, “I really want to work with you because I think you’re great here, but I’m judging myself for this issue and I’m judging you for this issue, you have some weight challenges, can you tell me about what you’ve done and what you’re doing?” Maybe it’s an opportunity to have an honest conversation about the whole thing.

Lola: I appreciate that.

Nick: I hope that was helpful. Thank you so much for joining us tonight and call again.

Lola: Thank you.

Nick: Have a great night.

Lola: You too.

Nick: Alright everybody, I hope you had a wonderful, wonderful Tuesday evening. It was very special for me. I had to certainly hold it together a little bit with the beauty and power of what happened with Dana and all the other amazing callers, and you out there doing your work, tapping along, making things happen together. It’s a pleasure.

It’s an honor that you’ve picked up my book. Keep reading it. Share it with friends and family, please. It’s such a great opportunity to share these messages, healing with friends and family. If you finished the book write a review on Amazon. I love my Amazon reviews just to keep sharing the positive message of this.



I will see you next Tuesday, same place, same time for our third of four calls. I hope everyone has a wonderful week. If you want to hear me tapping some more, Hay House Radio on Wednesday afternoons at 3:00 Eastern. Tomorrow is actually going to be a recorded show from one I did earlier because I'm traveling tomorrow, But if you like this tapping experience you can listen to Hay House Radio 3:00 Eastern on Wednesday afternoons.

Have a wonderful evening, everybody. Thank you to Kris and Cassy who have been behind the scenes making this call happen. Thanks everyone for calling in and have a great night. Take care.