

Nick: It is Tuesday evening. This is our third live call, focused on relationships this evening. I know a bunch of people are jumping on the line right now, so I'm just going to chat with you for a minute or two until everyone jumps on. Then we will get into the thick of it.

I hope you had a wonderful Memorial Day. I had a great day. It was rainy all weekend here in Connecticut, and then it cleared up on Monday and I got to spend some time with my wife on her parents' boat. My in-laws were wonderful. Got to cruise around the lake and get some sun, so I was very grateful for that nice afternoon off relaxing.

It's been a busy time here at The Tapping Solution the last couple of months, as you can imagine with everything that's been going on with the book and all the great fun and success there. We've been busy, so it was nice to have a little time off.

We continue to be busy this week with a meeting in New York City for our top partners, the people who helped promote The Tapping Solution work around the world, and who we often promote back with what they're doing. So we're going to be meeting in New York City in the next couple of days getting together and talking about all sorts of fun stuff.

I'll also be meeting with the rest of my virtual team, The Tapping Solution team which is all over the country. On the line with us tonight are Kris and Cassy who are helping and supporting this. Very grateful to them. I'll be seeing them in the next couple days, and it will be a fun couple of days to be able to connect with people in person. This virtual world is very exciting and it gives a lot of freedom for a lot of reasons, but it's also nice to be able to get together in person and say hello and give each other a hug and check in.

Speaking of relationships, because that's what that is, those in-person relationships, that's the topic of tonight's call, relationships. There's two ways to look at relationships within the context of tapping. One is how to improve and heal existing relationships. If you're currently in a committed relationship or you start to date someone and you're looking to improve and heal that and make it better and better.

Then also if you're single and looking for a relationship, how to use the tapping to clean up some energy, some vibration, some thought patterns, some issues from the past that might be holding you back.

I hope you've had a chance to read the chapter in the book on relationships. I shared my very personal story of how I met my wife, Brenna, and used tapping in

the context of that relationship. If you've heard the story already I hope you don't mind that I tell it again really briefly because it's a fun one, and to me illustrated in such a profound manner the way that doing the strange tapping process can literally change your destiny because it changed mine.

There were two components of the things that had to come together for Brenna and I to get together. One was initially me doing my work. Before meeting up with her I had gotten out of a long-term relationship and found myself single and struggling. It's a tough time. I was in my early thirties and things were going great with the business and amazing friends and family, but I was single.

It was like uh-oh, what do I do now, what's next. Do I go on Match.com if it really comes to that? I don't think there's anything wrong with Match.com. I think it's amazing in a lot of ways, but certainly there's stigma around it and you start asking yourself, "What's next?"

So I did my work. I sat down and cleared those beliefs, cleared the pain out of the relationship that I'd just gotten out of. How do we look at a six-year relationship and not carry things forward from that that hold us back and keep us stuck, or keeps us repeating the same patterns again and again. In relationships, as is much of life, whether we're looking at weight loss or finances or physical issues in our body it is about patterns and we know them. We know we're doing it again. Here we go again.

The good news is that we're starting to gain consciousness of these patterns and that's the first step. The second step is to use a technique. Tapping is the best one I've ever found to actually clear that consciousness and those patterns, and then we can manifest a new reality.

I found myself single, doing my work, doing the tapping, and doors started opening up. I met Brenna. As you read in the book, Brenna's actually an old friend of mine. She's actually my sister Jessica, who a lot of you know, her best friend growing up. We had been in each other's lives, but nothing ever romantic. She was younger than me and nothing had ever come up there.

We met at an event where I was speaking and there was a little chemistry there. I remember thinking so clearly to myself, "She is such an amazing person, but something just doesn't feel right. I just don't feel it." I even shared with my friend Carol Look who was running the event that I was speaking at, it was her event, "Brenna's amazing, but her heart just doesn't feel open enough." That's all I knew how to say. I said, "I don't know, maybe I'm just being picky or weird but her heart just doesn't seem open enough."

That was my experience of that the first day or two at the event. At the end of the second day Brenna came up to me and said, “We’ve been talking about all these things today and it’s really triggered me on a couple of issues, one in particular and I’d love your help on it if we could work together using EFT on it.”

So of course I put aside any sort of inclination for a romantic relationship with Brenna or that role, and I put on my coach hat and my helping hand hat. We sat down and we talked about a lot of pain that she was experiencing and had experienced from a previous relationship, where a guy hadn’t been faithful and hadn’t been honest. She certainly was very hurt by it and very scared to trust and love again.

We worked together 45 minutes, maybe an hour, making huge progress, huge strides, lots of tears, lots of tapping. She felt much better, thanked me for it and we said we’d meet back up in an hour or two. We met back up for dinner.

It was such a profound experience for me when we sat down at dinner, because within the first five minutes of sitting down and chatting I knew something was different. I knew something had changed in her. Then what was really surprising was in the way I felt about her. All that self-talk about her not being open enough just went away because it wasn’t there.

That was one of the strongest experiences I’ve ever had of what we might call the Law of Attraction, what we might call cleaning up your energy or vibration at work. I saw right then and there that when one person heals a trauma or an issue another one can react differently. Then everything can change. The context over a relationship can change.

That’s what we’re going to be talking about this evening, how to clear up past traumas, how to heal things that haven’t been healed in order to create a new feature in relationships. Relationships can be the source of a tremendous amount of pain or a tremendous amount of pleasure. That’s up to you to see how deep am I going to go, what am I going to heal, what am I going to clear out.

As usual, we will start with a couple questions that have been submitted. Then we’re going to go right to live callers because we’ve had such a great time with them. If you were with us last week, Dana and all the great work we did there together. It was really exciting, so I want to get that live feel going right away.

Let’s get to some questions. Darlene in New York City just wrote in, “Is there a New York City meeting? Where and when?” No, there’s not right now. I’m sorry I wasn’t more clear. This is just a meeting for basically our business partners, the

people we work together with throughout the year. It's a very small private meeting, but we will let you know if there's a bigger meeting.

Alright, let's get to some questions. Another quick one, "Any update on the air date for the Dr. Oz Show? I know it's not exactly on topic tonight, but I'm sure everyone wants to know," Lisa in San Francisco. No problem, Lisa. That's actually set to air on July 15th. That's the air date that they've given us.

One more quick housekeeping question from Harry. He says, "Nick, glad you had a great holiday." Hope you had one too, Harry. "Any update on my gift yet?" Harry's referring to the bonus course at the end of the book. I don't want to give it away if you haven't gotten to the end of the book. Do not skip to the end, that's cheating.

There's a special bonus course there that I've been working on and I will have it pretty sure within 30 days. I apologize for a delay on it. It's just things got so busy with the launch of the book that I fell behind there. That's my fault and I apologize for that, but it's coming out soon. It's going to be a simple course just helping you take the book to the next level.

Here's the other thing about relationships. I've sort of framed this as focused on romantic relationships, but it doesn't have to be that. Relationships can be at work or with your children. We can certainly talk about that tonight, the context of how to deal with relationships at work or with your children. That is all up for grabs. The topic is human beings one-on-one.

Speaking to that, Cassie from Huntersville asked, "I've been going through training with a woman who is very manipulative and critical of me. Will be with her for the next week. Would like to stand in my power, as I cannot avoid working with here. Perhaps tapping would help. Please advise."

Absolutely tapping can help. If we're not talking together I can't go too deep into what you might be able to do, but here are some tips. This is for anyone who is struggling with a work relationship or a romantic relationship and you're feeling something like this, someone that's manipulative or critical and it is uncomfortable.

The opportunity here is to tap. First of all focus on the feeling. Sometimes when we face situations like this you're at work and someone's being critical and manipulative it's easy to not focus on the feeling, because who wants to feel it? Someone's being mean. You don't want to sit there and go, okay, let me feel in my heart what it feels like when they're being mean.

I totally get that. It's easier to suppress it and move on and think about something else, or just to be angry at that person. That's an understandable response and often the easier one, but if you want to change the pattern, if you want to heal the relationship or at least if you want to alleviate some of that stress, it's important to feel the feeling.

What you might want to do. It's unlikely, Cassie, you want to tap when you're in the presence of this woman and she's being critical. But what you can do is later on at night, maybe you're sitting at home, you can just imagine the event that happened. You just sit there and imagine her being critical or think of what she said, and just do the tapping.

Focus on what do I feel. When she said, "Oh, you did that wrong," what did I feel in my body? Then you can tap, "Even though I felt ashamed, even though I felt hurt, even though I felt stupid."

The other thing in a situation like this is you might want to ask yourself, "What does this remind me of? Who else has treated me this way in my life?" It might be that this is the only instance, but more often than not you might see that there's some patterns, that it was a relative, mother or father or sibling, that treated you this way.

Again, ask yourself, "How did I feel when that happened?" You can go and tap on that original event. Tap on whatever it reminded you of. Focusing on the feeling is step one, acknowledging the hurt, tapping to clear it.

Cassie says, "I would like to stand in my power." Absolutely you can stand in your power, but I think the deepest most authentic standing in your power comes from the place where you acknowledge here is how I feel, this is the hurt that I'm experiencing, this is what it reminded me of, this is the part of me that needs to be healed. Letting it go. Doing the tapping. Seeing her criticize you and have it just bounce off you or roll off you, and then from that place stand in your power.

This is the easier reaction, I totally get it, but what most of us usually try to do when someone comes at us like this and we say we want to stand in our power is we get angry back. Sometimes that's okay, and sometimes if that's the best you can do it's better to be angry and have that energy moving forward that says, "No, I will not stand for being treated this way," than it is to collapse into a ball of sadness or depression or unhappiness about the situation.

The deeper level of this healing is to stand in the power within the context of feeling the feeling, of ideally forgiving the person, of having an understanding of where they're coming from. What hurt must they have experienced for them to be

acting out this way? Who must have criticized and manipulated them for them to have learned these behaviors and be passing it on to them?

It's from that place of compassion, love and forgiveness, hard as it might be to get to. Cassie's like, "No, she's such a..." It's from that place of compassion, love and forgiveness that we can stand in authentic power. Cassie, I hope that was helpful.

Let's see what else we have. This is a great question from Debbie in Massachusetts. I hear it so often with relationships. Debbie says, "I have a question that is somewhat general in nature but is at the heart of tapping as well as living life using the Law of Attraction.

The question is what if you and the person you are with, or want to be with, have different goals such as committed relationship, a particular lifestyle, a particular home, etc. If I tap about what I want and my partner prefers something different, doesn't this cause conflict? How can this conflict be resolved?"

Great question. Let me say this before I answer this question. I don't know the answer to this question. I know part of the answer to the question. I know my experience with this question. But I think anybody who pretends to say that we know the exact answer to this question, this is right and this is wrong, these are complicated situations.

What I'm going to give to you is my advice on the situation, my inclination as to what I think might be the answer. But I want you to take it, and take everything I say with a grain of salt. Just check in with yourself, what feels right to me? Then also test it, because it's one thing having a theoretical discussion about this. It's another one having Debbie go and take some of this advice, put it into practice and see if it works.

So the question again, what if people have different goals? It is my belief that as long as you focus on your vibration, your experience, what you want in life and let go of the attachments. The idea, Debbie, that you have that your partner wants something different and that there is conflict that is likely to come is a belief. You are already projecting into the future, hey, if I get what I want there's going to be conflict.

I would have you question even those beliefs. Start creating a reality that says I can have everything I want and everything can be effortless and the other person can have everything they want too. Or it goes into a different direction. Or somehow you get this and they also get that. We tend to have an either or, it's got to be this or it's got to be that, and I don't know if it always has to be that way.

Again, when you keep your energy focused on what you want, what you want your experience to be and let go of these beliefs that there's going to be conflict, I think you'd be surprised with what happens and how things resolve themselves.

You can even tap and say, "Even though this other person is so different than I am and I just can't see any possible resolution to this, I deeply and completely accept myself. Even though this is going to be a conflict and if I get what I want he's not going to get what he wants, I deeply and completely accept myself."

Remember, if you want to write in questions or you have comments along the way you can write them in the box right below the little play button.

Let's do one or two more questions. I see we already have a hand up. Charlie from Waterloo, Canada said, "Lots of tapping this evening, please." You got it, Charlie. We are going to tap away.

Remember too, if you want to raise your hand, in order for us to talk you've got to be on the phone first, so you can't do it online, and you've got to press *2 to raise your hand. Let's go and just do a couple more questions.

Darlene from New York says, "All my relationships never work out. I'm not sure why. At this point it is just a pattern, but I cannot imagine that I had a belief that contributed to this at such a young age. Yes my parents divorced when in junior high, but I thought I handled it well??"

This question ends with, "...but I thought I handled it well??" Darlene, I hope I'm saying your name right, I apologize, I don't know if you handled it well or not. What I do know is that the best thing you can focus on right now is that statement, all my relationships never work out.

I know that it's your belief because that's what the experience has taught you. It's within the clearing of these past relationships, within tapping on, "Even though all my relationships never work out and there must be something wrong with me and this is just the way my life goes, I deeply and completely love and accept myself." Clearing those belief patterns to start with opens the door for other possibilities.

We have two callers now. I know people are excited to jump on and chat, and let's just get right to it. First of all let's welcome Kris on the line, who is as always our lovely moderator and host and is helping us out tonight. Kris, are you there?

Kris: Yes, I'm here. Good evening everybody.

Nick: Thanks, Kris, for all your help tonight. Why don't we get started with the first caller?

Kris: Okay, great. We've got a caller from Colorado Springs, Colorado. You are on the line. You've been unmuted.

Mary: Hi, my name is Mary.

Nick: Hi, what's your name? I'm sorry. I lost you there for a second.

Mary: Mary.

Nick: Is it Mary?

Mary: Yes.

Nick: Hi Mary, how are you tonight?

Mary: I'm doing okay.

Nick: Good. What's going on?

Mary: My relationship that I wanted to talk to you about is my relationship with my son.

Nick: Okay, so tell me what's going on there.

Mary: He has a learning disability, so there were a lot of problems when he was in school. He's in his thirties now. But he was an alcoholic. I had him living with me for a while and he was stealing from me. I ended up kicking him out, actually several times before I finally did it. Now he's doing better, but I know there's a lot of residual feelings.

Nick: Tell me what those feelings are.

Mary: Part of them is guilt, like maybe I blamed myself. I feel like there was more that I could have done or I feel guilty that I wasn't a better parent or somehow the disability was my fault.

Nick: Tune into that guilt, and tell me where you feel it in your body.

Mary: In my chest.

- Nick: How strong is it 0 to 10?
- Mary: Probably about a 10.
- Nick: Everyone listening, guilt is a common emotion, especially in the context of relationships, things that we wish we could have done or things we wish we hadn't said or done. Tune into your own memory where you might feel a little guilty for something you wish had changed.
- Mary: There are a lot of them, but pick one, right?
- Nick: Yeah. Mary, pick one and then just feel that feeling in your chest, and let's tap on the side of the hand. Tapping on the side of the hand:
- SH: Even though I have all this guilt in my body,
I deeply and completely love and accept myself.
- Even though I've been carrying around all this guilt,
I deeply and completely love and accept myself.
- Even though I have so much guilt in my body,
I deeply and completely love and accept myself.
- EB: All this guilt,
SE: All these what ifs,
UE: I should have been a better parent.
UN: Part of me believes that,
CH: And I carry that in every cell of my body.
CB: All this guilt in my chest,
UA: So much guilt about what happened,
TH: So much guilt.
- Nick: Keep tapping and then just tap through the points. Everyone just keep tapping through the points on your own. Just tell me a little bit about the one thing that stood out that you felt really guilty about.
- Mary: Probably I feel a little guilty about kicking him out. I just really yelled at him. The last time I kicked him out after – actually the day after his birthday.
- Nick: Just think of that and tell me why you feel guilty.
- Mary: Why? Maybe because it was in the middle of winter and he was out there when it was cold. I don't know why I feel guilty. I guess I feel like there was something

else I should have been able to do to help the situation. Maybe because I felt like I was rejecting him.

Nick: You feel that in your chest, that guilt?

Mary: Yes.

Nick: Tapping on the side of the hand:

SH: Even though I feel all this guilt in my body,
I deeply and completely love and accept myself.

Mary: I think part of it is that shame.

Nick: Tell me about that shame.

Mary: It's hard to talk to people about my son sometimes because to tell people what I've done and what he's done it seems like – people tell about their kids and they're so proud of them and everything, and then I have a different story to tell that, gee, my son's even been in jail, several times in and out. I don't even have pictures at work with my kids.

Nick: Where do you feel that shame?

Mary: In my face, I guess.

Nick: Tapping on the side of the hand:

SH: Even though I feel so much shame,
About my son,
About what kind of parent I've been,
I deeply and completely love and accept myself.

Even though I feel so much shame,
I deeply and completely love and accept myself.

Even though I've been carrying all this shame in my body,
I deeply and completely love and accept myself.

EB: All this shame,
SE: This shame in my body.
UE: This old, old shame,
UN: I wonder if I can let it go.

CH: I wonder if it's safe to let it go.
CB: I choose to release this shame.
UA: Letting go of this shame.
TH: It's safe to let it go.

EB: It's safe to release this shame.
SE: It's safe to release this shame from my body.
UE: Letting it go.
UN: Releasing these old feelings of shame and guilt.
CH: Letting it go.
CB: Letting it all go,
UA: Right now.
TH: Right now.

Nick: Take a deep breath, and let it go. Just tune back into that feeling of shame in your chest and see how it feels.

Mary: It's gone down a little.

Nick: 0 to 10?

Mary: It's gone down a little.

Nick: Where would you say it is 0 to 10?

Mary: About an 8.

Nick: You're getting a little breathing room from it. Mary, this is what I suggest that you do. You mentioned a lot of different feelings of guilt and shame and a lot of different events, right?

Mary: Right.

Nick: Take some time, after this call, tomorrow, and spend 15 or 20 minutes and just write down all the events that you're feeling guilt around. Step by step, so this happened and that happened. Write them all down and then give them a number on a 0 to 10 scale in terms of how guilty you feel and how shameful you feel.

Once you've written them all down go step by step and tap through them. You'll find you might be overwhelmed by how many there is, but don't worry, you won't necessarily have to tap on every single one of them.

Once you clear some you'll find that others are cleared. Sometimes one issue handles another issue. But it's within that focus with event after event and really being specific that I think you're going to find the longest lasting relief. Does that make sense?

Mary: Yes.

Nick: Alright, wonderful. Thank you for calling in, Mary, and keep tapping.

Mary: Thank you.

Nick: Alright, take care. I see we have another hand up. Kris, can you bring them on for us?

Kris: Yep. We've got a caller from Albany, New York. Albany, you are on the line with Nick. Albany, New York? If you think it may be you just say hi.

Nick: Are they still muted? They look like they're still muted. There we go. Is Albany, New York there?

Kris: Are you there?

Sydney: Yep. Can you hear me?

Nick: Hello, how are you?

Kris: There we go, we got you.

Sydney: Hi. We're all playing with all the buttons.

Nick: What's your name?

Sydney: Sydney, like Australia.

Nick: Like Australia. I'll be going there in August.

Sydney: Oh, lucky you.

Nick: Have you been?

Sydney: No, but it is on my list.

Nick: It has to be, right? If your name is Sydney it's a lifelong –

Sydney: I've always wanted to see Sydney.

Nick: Thanks for calling in, Sydney. What's going on tonight?

Sydney: I was curious if the tapping and relationships, ongoing relationships, how it can work if only one part of the relationship is doing the tapping.

Nick: Great question. I have seen really incredible things happen when only one part of the relationship does the work. Whether it be tapping work, whether it be other spiritual work, meditation, changing belief patterns, changing life things, I have seen things really dramatically change.

I know that can be frustrating. You're like, alright, I'm doing my work. What about the other person too? Even ask yourself, does this make it harder for me because they're not willing to do the work? Just focus on yourself for now. That's the best you can do.

Also, as you focus on yourself to focus on your expectations of them. Just the belief that they're not doing their work, that maybe they should be doing something more, that they're not pulling their weight in this relationship or looking to heal it can be exactly what's keeping you stuck. Does that make sense?

Sydney: It does. I was asking because I don't think that's quite the issue. It's just not the kind of thing that she's necessarily aligned with. It's not so much the feeling of me doing all the work. It's that we do most things very differently. We've been at this most of our lives.

Nick: I love how you phrased it, we've been at it most of our lives.

Sydney: Yeah. When we hit our seventies we think we're going to have this knocked. We've been together, apart, living together, not living together, living together, not living together again. In another 20 years we should be good.

Nick: Work on that belief too, that it's going to be difficult, that there's no way –

Sydney: I have no doubt in the world. I don't think it has to be hard at all. It was more the looking at it as not trying to drag everything from the last 34 years into the future.

Nick: How is it that you're working on that, because that's huge right there.

Sydney: I am working on letting it be okay for everybody to be who they are and prefer what they prefer.

Nick: Yeah, beautiful. Have you been reading the book?

Sydney: I have been reading the book. I have not gotten terribly far in the book, but I am enjoying it and I am going to keep reading the book.

Nick: Good.

Sydney: That was part of my question about the impact of tapping as if I'm the only one doing it. Am I creating an energetic field of more resistance?

Nick: That I know you're not. That's for sure. So your concern there, just to be clear on it, would be if I'm clearing this stuff and I'm changing more it's going to make it even more difficult for us to see eye-to-eye or face-to-face because I'm doing the work and she's not. Or I'm just going off in another direction that she doesn't believe in.

Sydney: I'm going off in another direction, yeah. Most of it for me is about holding this space of me. It's sort of like how we're this family. What we have in common, this feeling that somehow breaking that – what do you call it? I guess it is a form of other peoples' approval, but seeing things the same way. I've always said that I knew I had a great idea as soon as I could convince somebody else it was a great idea.

Nick: I'd like to do this. Let's do a little tapping together. Tune into this relationship, and what you see as things that are in the way. Do you have a sense for how that feels, or even the frustration of all the times when things have not worked out the way you wanted them to work out?

Sydney: Yes.

Nick: Where do you feel that in your body?

Sydney: At the bottom of my right ribcage.

Nick: What's the emotion there?

Sydney: What's enough, what would be that emotion? I guess it's sadness, disappointment. It's like trying to get to a place, and you sort of keep running in place.

Nick: Tune into that sadness. How strong is that 0 to 10?

Sydney: Like a 9.

Nick: Tapping on the side of the hand:

SH: Even though I'm feeling so much sadness in my body,
I deeply and completely love and accept myself.

Even though I'm feeling so much sadness about this relationship,
I deeply and completely love and accept myself.

Even though I feel so much sadness in my body,
About this relationship,
I deeply and completely love and accept myself.

EB: All this sadness,
SE: This sadness in my body,
UE: All this sadness in my body,
UN: I'm feeling so much sadness,
CH: I've been feeling it for so long,
CB: And I'm not sure how to let it go.
UA: I wonder if I can release this sadness in my body.
TH: I wonder if I can release all this frustration,

EB: From every cell in my body.
SE: I wonder what it's really all about.
UE: I wonder what is really keeping me stuck,
UN: And keeping this relationship stuck.
CH: All this sadness in my body,
CB: All this stress and sadness in my body.
UA: I'm feeling so much stress and sadness,
TH: And I wonder if I can let it go.

EB: It's safe to let it go.
SE: It's safe to release this stress and sadness.
UE: It's safe to let it go now.
UN: Releasing it from every cell in my body,
CH: Right now.
CB: Letting go of all these old patterns of stress and sadness,
UA: Right now.
TH: I wonder how long I've been carrying this around,

EB: And how much longer I'm going to carry it around.
SE: Unless I release it right now.
UE: Letting it go,

UN: Letting it all go,
CH: Right now.
CB: Letting it all go,
UA: Right now.

Nick: Take a deep breath. Just tune back in, especially to the feeling in your lower right ribcage I think it was. Tell me how that feels.

Sydney: There's space.

Nick: Tell me about that space.

Sydney: That tension is gone. There's a teeny little sliver way at the back. It's like a door that was locked being opened.

Nick: Nice, I like that. Think about this relationship again, and just see how that looks different.

Sydney: That most of it is my own fear.

Nick: Say that again.

Sydney: That most of it is my own – what came to me was there's no harmful intent. She means you no harm, danger. I realize that it was like I'm afraid she won't think well of me.

Nick: Tell me about that.

Sydney: That's when I said it's all my own fear. My lack of aspirations to traditional stability, professional ladder climbing. Wanting what I want is just being irresponsible. That's part of the dragging through, that I don't want to keep dragging through.

I don't know. It may have already changed. I know there were times that this was just huge beyond huge, so much so that money is something we don't talk about. We just don't talk about it. There was a period of time when that worked, and I think now it's more hiding than working. Somewhere I'm processing that, that she's not –

Nick: You can see what's starting to open up here.

Sydney: Yeah.

Nick: I would just advise to keep going with it. Maybe start making some notes right now as this stuff is fresh.

Sydney: Wow, I didn't expect so much to come at once.

Nick: Yeah. Well, that's it. A lot comes at once, so just start writing it down. Then you can work through things as they come. This is a great tip for everybody, because sometimes a door opens and a relationship shifts and we have all this new awareness. It's like oh my gosh, there's a lot going on. So write it down, and follow that. Follow that energy. There's a profound change happening here.

Sydney: Wow, thank you.

Nick: You're welcome. Thank you so much for calling in.

Sydney: You're welcome.

Nick: Alright, have a great night.

Sydney: Thanks, you too. Are there recordings of these available?

Nick: There are. Everything is recorded and we'll email you with a recording of it.

Sydney: Okay, cool. Thank you.

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

Sydney: Thanks, you too.

Nick: Okay, take care. What a nice and gentle opening up to a new space of energy. Let me know if you had a shift happening there, if there was something that was going on in your relationship and something happened for you during that.

I'm going to take some other questions that have been coming in online right now. Then always remember that you can just press *2 and we can talk together. The only way we can talk and tap together is if you raise your hand.

I know there's a lot of people who are like, yeah, everyone else raise their hands and be the brave ones and talk and then I can tap along quietly. But this is an opportunity. I don't do these calls, so this is an opportunity for us to work together and take it. Raise that hand. If not I'm just going to be answering questions and talking to myself all night, and I do that enough all day.

Let's go back to some questions until people raise their hands, because it's just me for now. Priscilla in Pittsburgh says, "When one person changes the other changes by default." I agree with that. I like that a lot. Thanks for that comment.

Siti in Singapore says, "I have a ten-year-old daughter who has a lot of anger issues. She's overweight and due to that some of her school friends are making fun of her overweight situation. As such she has a lot of anger in her and cannot converse without getting angry easily. I'm trying to get her to tap, but she's not accepting the fact that she has a problem. How can I start with her?"

Great question. This process is so powerful with kids, so powerful with all different ages and with every age there's a different approach. Ten years old, and I'm just guessing here because every person is different, but ten years old you're starting to get a little rebellious maybe, pushing on the teens. Maybe she doesn't want to hear it from mom.

Your language right there, she's not accepting the fact that she has a problem, that might be part of the problem. The projection of your fear and anger for her could be part of the issue as well.

There are a couple things here. One, you can tap for her. Do the surrogate tapping. Let me find a link for you guys, because this thing is really cool and this is great to open up energy in relationships. If you go, here's the easy way, thetappingsolution.com/blog/surrogate.

Take a look at the surrogate tapping video there, video and audio. It's the audio that you're going to want to do. It's extremely powerful. We just updated the blog so we lost a lot of the comments we had, but we had thousands of comments on this thing. Actually, there are still 545, we just lost the Facebook comments, 545 comments of people having great results with this.

Anyone struggling with relationships, this is a fantastic audio. It's 100% free and use that. Use that to clear out your beliefs about how other people should be acting. Use that to heal. It's a powerful audio. Try that and then see what happens. That's great for kids too.

The other thing for kids is maybe the approach isn't necessarily to say, hey, I know you're angry and you need to deal with this anger. But it's to say, hey, if there's ever anything bothering you or you want to relax more or whatever. Take another approach. You can try this little tapping thing.

Being pushy rarely works. We know, as adults if somebody's pushy to us that we can easily try to push them back. Like, "Back off." Kids are no different. We

think kids are different, but kids are no different, so taking that passive approach, doing your own work to open up the space for them being open to it. That's the way to go with it.

I just had a great comment come in from Dana. I'm going to read the whole thing because I know everyone who was with us last week wants to hear from Dana. What an amazing powerful session we had together. If you missed it last week make sure to catch the replay because it is amazing.

Dana writes in, "Hey Nick, just letting you know that tapping hasn't left my daily life since last Tuesday. Well done. As hard as that was it was such a relief as well. I am a seeker and determined to find success in all aspects of my life again. Since *The Secret* I've invested into a multitude of self-help books to move forward and change my life, my perspective, beliefs, etc.

Digesting all this fantastic information is how I stumbled upon tapping. Tapping is a pathway for my life change, I have no doubt. My one-year goal is to be able to have tapping groups held in my home or office to help others. Will definitely be learning a ton.

Relationships are built with a foundation of trust from both sides. To rekindle that deep trust with my husband of nearly 33 years after turmoil such as we had is definitely a challenge, but one worth fighting for. We'll be tapping on this topic this week."

Well done, Dana. Amazing. Thank you so much for writing in that comment. I know people wanted to hear from you. It was such a powerful experience last week, and clearly it worked because your energy is obviously rocking and rolling. So well done, Dana.

Some more questions are coming in. Lisa says, "Speaking of recordings, do you recommend recording live sessions like the one you just did so that the client can replay and retap on the issue? What is your opinion of making tapping audios for the clients to work with as homework or additional support?"

I will answer this question even though it's slightly off topic. I hope everyone else is okay with it. Yes, it's a great idea. Anything you can do to support clients is fantastic. You can also make that for yourself too. So people listening who aren't practitioners and maybe you say, "I'm struggling to continue to do the tapping." You can do a recording for yourself. You can have the ten minutes where you sit down and tap and you do it once and you say from now on I'm going to just follow this.

Obviously, the more you do your own language. There's some controversy about tapping scripts versus not tapping scripts. Here's the reality. If you're using your own specific language that is better because you're tuning into your emotions, how you feel in your body, your specific event, your language.

All that being said, that can be a challenge for some people. I would rather see you do a tapping script, use a tapping script, give one to clients, help them out and have them do some tapping than not do it at all. I hope that helps.

Suzanne in Toronto says, "Nick, I ended a six year on and off again highly charged romantic relationship with a man who has been labeled narcissistic, having narcissistic personality disorder. I've been told that I attract this type of man, the third one in a row, because I have displayed co-dependency tendencies. But I would like to release these patterns from myself as I'm feeling very sad about emotional crumbs in relationships with oober busy workaholics and I want to attract a healthy wonderfully loving relationship."

The good news is that you have some awareness of the fact that this is a pattern, that you are attracting or having these relationships again and again. I don't know enough from this. You say you display co-dependent tendencies. I don't know what that means. It can mean a lot of different things. You also say, "I'm feeling very sad about emotional crumbs in relationships."

Here's what I would do, and this is for everybody. When I only have a paragraph of here a challenge and we're not talking or tapping together, hint, hint, raise your hand, dial in, dial the number there so we can tap together. If not I can only give you some general ideas.

The general ideas in this case are several, for Suzanne. One, clean up the old relationships. That means the three relationships, the highly charged on and off again, all these things that were going on, use what we were doing before, the idea of writing down, pen and paper, making a list. What happened in these relationships? What are the things that stuck out? Where were the pain points? Where was the frustration, and how do you feel about them now?

Part of the challenge with patterns, wherever they exist in our lives, is that we see them happening again and again and then we judge ourselves for them. Now we get an awareness of it, which is great, but then we feel even more guilty because we feel like we should have done better. It's a recurring cycle spiraling downward.

What you're looking to do is to spiral upwards. How do you release step-by-step these relationships? How do you release the self-doubt? How do you release the

anger about what's happened in the past? How do you heal these things that have been holding you back?

In the context of relationships, truly in the context of anything we're working on but especially in relationships, you need to take a long-term approach, which means if you had three relationships in a row where you attracted this kind of man you're not going to spend five minutes tapping tonight and wake up tomorrow and everything's going to be all rosy.

You can spend five minutes tapping, or an hour tapping, or 90 minutes tapping, and wake up tomorrow and know you're moving in the right direction and see things shift. But it's within the context of that persistence of saying I'm going to attack one event at a time for the next 90 days. I'm going to go deeper. I'm going to continue on this journey that the most profound change happens.

I know I talked about this before, but it's really important to hammer it home. In the same way that if you wanted to get in great shape you wouldn't say, "I went to the gym once. I found the best workout. It was great. Now I'm in the best shape of my life." Obviously that's not going to happen.

Tapping is the same thing. It doesn't mean you can't have instant dramatic change. It doesn't mean that when you go to the gym you are having instant dramatic change. Muscles are getting stronger. You are stronger one day than you were the day before. But it's within that process of committing to the work, of going. Guess what? It gets easier and easier and it gets more and more fun.

I think part of the challenge, when we look at it as a long-term vision of having to do all this work to clear out all this stuff is we go, "This isn't fun. I'll just ignore it and I'll just go back to my usual crap, go back to my way of being. That's what's safe. That's what's comfortable. That's what I know."

Not to overuse the gym analogy, but the gym is the same thing. If you haven't worked out in awhile the first couple of times you go to work out it is tough. It's like, oh my gosh, I can't do this.

I've seen it for myself. I have periods when I'm more active and less active. When I'm less active and I go to exercise it's so hard to get going. Then if I've gone to the gym four or five times, if I've been active, then it's like something kicks in. A vibration kicks in, a thought process, a way of being that just makes it easier to the point where you're actually looking forward to going to the gym. I can't wait to exercise. My body needs to exercise. It needs to move.

I want you to start saying, “My body needs to tap. My body needs to let go and release and heal.” Step by step find ways to improve these relationships. To no longer stand for relationships that are just average. No longer believe that this is just the way things are.

Oh, my husband is this way. My wife is this way. My boss, my son, my daughter, my friend, they are just this way and there’s nothing I can do. I am just this way. This is the way I am in relationships. I get stuck. I get scared. I run away. I have trust issues. I get frustrated. It doesn’t have to be that way.

I want you to start building that muscle that says I’m making a different choice every single day. I’m letting go. Even if it’s five minutes a day. Even if your goal for the day is what can I let go during the day. What can I wake up with in the morning, recognize at some point in the day and let go so I can go to bed just a little bit lighter?

If you make that your goal, if you make that the purpose of all this work that we’re doing here, reading *The Tapping Solution* book, of spending the time to attend these live calls or listening later to the recording, that is amazing. Bravo, well done. That’s a huge step.

Now take the next step and just say, “I’m just committing as a life practice that this is just what I do. I brush my teeth in the morning and I shower and I do these daily routine things. One of the things that I do is find a way to let go every single day, to find a way to forgive, to find a way to heal something that isn’t healed.”

That is the magic here. That is creating that incredible body that is in great shape. That is creating the incredible spirit and the incredible soul that is helping others heal, touching lives, following their passions, thriving in relationships, losing weight, being healthy, attracting abundance, releasing pain from the body and healing the body. Just like Dana did last week.

This is the key about what Dana did last week. She not only showed up last Tuesday. She was brave. She tapped. She went to it. She was honest. She let go. That was amazing. Then she spent the last week continuing that. You heard from her today. I could just read it, the power of where she was.

We have three hands up. Everyone is finally getting going with 27 minutes left and three hands up, so let’s see what we can do. Kris, who do we have on the line?

Kris: Next up we’ve got Phoenix, Arizona. Phoenix, Arizona, you are on the line with Nick.

Claire: Hi Nick, this is Claire.

Nick: Hi Claire, how are you?

Claire: Good, how are you?

Nick: Good.

Claire: Thank you for your book and for this opportunity.

Nick: You're welcome. Thanks for dialing in. What's going on tonight?

Claire: I'm just dealing with some feelings of grief and loss and betrayal from the ending of a friendship. I would just like to move through that.

Nick: Tell me a little bit about what happened and what you're feeling.

Claire: I'm kind of surprised that it ended. I had just spoken up to this friend about some things that she had done that really felt purposefully and intentionally hurtful. I wrote her an email hoping to address it, and then never heard from her. Then she did some further things that were purposefully hurtful to indicate that the friendship was over.

I think a part of me is mad at myself because I think I saw earlier on in the friendship that she had this capacity to be petty or insecure, and she would do that to other people. So I think I'm mad at myself too for not listening to my intuition and just setting better boundaries or just keeping it as more of an acquaintanceship.

I think I feel really hurt too because I was really there for her when she had a lot of losses in her family when other people weren't. I kind of feeling like this isn't right, this isn't fair, I shouldn't be treated this way.

Nick: There's a lot of stuff. What's most present for you right now?

Claire: I guess feeling hurt and betrayed and some resentment.

Nick: Where do you feel that hurt and betrayal in your body?

Claire: In my chest area.

Nick: How strong is it 0 to 10?

Claire: A 9.

Nick: Tapping on the side of the hand:

SH: Even though part of me feels so hurt and betrayed,
I deeply and completely love and accept myself.

Even though part of me feels so hurt and betrayed,
I deeply and completely love and accept myself.

Even though part of me feels so hurt and betrayed,
I deeply and completely love and accept myself.

EB: I feel so hurt,

SE: So betrayed,

UE: I feel this betrayal.

UN: I feel it so deep,

CH: And I wonder if I can let it go.

CB: It's not safe to let it go.

UA: I need to hold onto this betrayal.

TH: I need to hold onto all this anger.

EB: I deserve to be angry.

SE: I have a right to be angry,

UE: And I have a right to hold on to this.

UN: But I choose to let it go.

CH: I choose to let this go.

CB: Releasing it from every cell in my body,

UA: All this hurt and betrayal,

TH: Right now.

Nick: Take a deep breath. Just tune back into that original feeling, and then let me know what else came up for you there.

Claire: It did go down. I hate to say this, but there is a part of me that wants revenge.

Nick: Absolutely. Thanks for being honest.

Claire: Maybe I just haven't given myself permission to be – maybe I've been suppressing my anger. It did go down to about a 5, but that's what came up.

Nick: Good. This is a process of tapping that I find so beautiful. We start with one emotion and then it changes. Then it allows us to be honest with ourselves. I'm so glad that you said that part of you wants revenge. That is an honest statement. If we're going this in the context of the tapping and then letting go of that desire for revenge, then we don't have to carry it around and judge ourselves for it and make a bigger deal out of it.

But the problem is, especially within the positive affirmation, positive thinking world, which I believe in and I think is fantastic and important, but not at the expense of feeling our feelings when we feel them. Not at the expense of judging ourselves for wanting revenge. You're pissed. You want revenge. Great, feel the feeling, tap on it, acknowledge it and then let it go. Not ignore it, never feel it and find that five years later, oh wow, you thought you let it go but you are still pissed off at her.

Tapping through the points, and just tap as we talk, tell me about that part of you that wants revenge.

Claire: I guess I just want her to feel the pain that she caused me. I just can't believe that she couldn't apologize or own up to what she did. Then to do something purposefully spiteful, so it just seems like adding insult to injury.

Nick: Tune into all those things. Where do you feel those in your body? Is there an emotion there? Revenge is sort of an emotion, but not really.

Claire: Anger in my gut.

Nick: How strong is that anger 0 to 10?

Claire: An 8.

Nick: Tapping on the side of the hand:

SH: Even though I'm so angry at her,
I deeply and completely love and accept myself.

Even though I feel so much anger,
I deeply and completely love and accept myself.

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

EB: All this anger.

SE: Feeling so much anger in my body.
UE: I want revenge.
UN: I deserve revenge.
CH: All this anger in my body.
CB: I'm feeling so much anger in my body,
UA: Right now.
TH: All this anger in my body,

EB: Right now.
SE: It's safe to feel it,
UE: And it's safe to let it go.
UN: It's safe to feel all this anger in my body,
CH: And it's safe to let it go.
CB: I chose to release all this anger,
UA: From every cell in my body.
TH: I choose to release all this anger,

EB: From every cell in my body.
SE: I want revenge.
UE: No I don't.
UN: Yes I do.
CH: I just want her to know,
CB: How much I suffered,
UA: How much pain she caused me,
TH: I just want her to know.

EB: All this pain and anger,
SE: It's safe to let it go.
UE: It's safe to let go of all this pain and anger,
UN: Right now.
CH: I choose to let go of all this pain and anger,
CB: Right now.
UA: Letting it go,
TH: Letting it all go,
Right now.

Nick: Take a deep breath, and let it go. What came up for you there?

Claire: I'm at a 2 now. Probably the thing that struck me the most that it was safe to feel anger. I think that's typically an emotion I want to say avoid, but it's probably one that I'm probably the least comfortable with. Even just saying that probably brought it down by half.

Nick: That's huge right there.

Claire: It is.

Nick: A lot of us that are uncomfortable with anger, we don't even acknowledge it. So good.

Claire: Thank you so much.

Nick: You are welcome. Thank you for calling in.

Claire: Alright, have a good evening.

Nick: Alright, have a great night. That was powerful. Anyway, that was special. We've got 15 minutes left. We are wrapping up. There are a couple other callers. Kris, why don't we get someone else on the line?

Kris: We have got Spokane, Washington on the line.

Nick: Spokane, are you there?

Dana: I'm here.

Nick: Who's this?

Dana: This is Dana.

Nick: Dana, Dana's called back. I thought it might be you. How are you?

Dana: Nobody was calling so I figured, okay, I'll just get on the phone.

Nick: Well done. I know you wrote in, but everyone wants to hear, because not only did they get to tap along with you and have huge breakthroughs but I think as they hear your commitment to doing the tapping and the changes you are experiencing they're going to get even more excited. Tell me how you felt after the session last week and tell me what the last week has been like.

Dana: I always try to stay pretty positive and then have my little moments, like last week. But through all the self-seeking that I've done for the last several years I honestly finally feel deep within my core that tapping is probably the best solution. Like I said, I'm a seeker and never stop gaining knowledge and information. I feel like this is it. So I am determined to learn what I can to change

and to move forward. I don't want to just help myself, but I want to do others. You've got to give back in order to receive. I firmly believe that.

Nick: I love your ideas about the tapping groups. A lot of people have done them very successfully. I highly recommend them. It's a great way to connect with community and friends and family. You will be shocked at how much you learn and just the growth and healing that can happen when you're in that group setting.

If you guys just invite four or five people over, a little potluck and share the tapping process and do it together. It can be really, really powerful so that's a great idea. Keep us updated as to how that goes. I'd really love to hear more about it.

Dana: Absolutely. It's exciting.

Nick: Your voice, I can hear the strength and energy in your voice this week that wasn't there last week. So that is just wonderful to hear.

Dana: I guess it was just meant to happen last week, wasn't it?

Nick: That was it. It's time to change and it happened.

Dana: Thank you.

Nick: Thank you, Dana. Thanks for calling in and stay in touch.

Dana: I am.

Nick: Alright, take care. We have one more caller, I think, that is available. Kris, can we bring them on the line?

Kris: Yep. We've got Sanford, Florida on the line with Nick.

Leslie: Hello.

Nick: Hi, Florida. Who is this?

Leslie: This is Leslie.

Nick: I'm sorry, what was your name?

Leslie: Leslie.

Nick: Leslie, how are you?

Leslie: There's a little bit of an echo I think.

Nick: Yeah, I hear it. Do you have a headset on or anything like that?

Leslie: No, I'm just holding my phone.

Nick: Okay. I think it went away. Cassy, tell me if you keep hearing it. Do you still hear it, Leslie?

Leslie: No, I don't.

Nick: What's going on tonight?

Leslie: Mine's going to be a little different.

Nick: Different is good.

Leslie: It's definitely a relationship, and it's with my dog.

Nick: Okay, tell me. This is interesting.

Leslie: Just throwing it out there. It's kind of interesting. I'm sitting here in this room right now with my dog. I have four dogs, but she's the oldest. Basically she has some sort of dementia. She's walking circles around me, and she will for about the next hour until I can try to get her to calm down.

What makes that most interesting is that my mom had dementia, and I took care of her for 17 years. She passed away in 2009. I'm discovering as this goes along that it's just really triggering me deeply. It definitely makes me very emotional, and also just completely exhausted because of sleep deprivation. I've been tapping. I try to ask what am I supposed to learn and what didn't I learn. Basically it's still really a big challenge.

Nick: As you talk about it right now tell me what emotions you're feeling.

Leslie: Definitely sadness. I don't know what the word is, but just beaten down. I guess overwhelm.

Nick: Where do you feel that sadness in your body?

Leslie: I kind of feel it in my throat into my chest.

Nick: How strong is it 0 to 10?

Leslie: Definitely a 9.

Nick: What is the sadness about specifically? I know there are a lot of things going on. Is it your dog now –?

Leslie: It's just sadness, period, just to see her agitated. It's sad because I don't really see an end in sight. There will be eventually. It's just a tough position to be in because there's not a really good solution.

Nick: Tap on the side of the hand:

SH: Even though I'm feeling so much sadness in my body,
I deeply and completely love and accept myself.

Even though I'm feeling so much sadness,
I deeply and completely love and accept myself.

Even though I'm feeling so much sadness in my body,
About my dog,
About my mom,
About this horrible dementia,
I deeply and completely love and accept myself.

Even though I'm feeling so much pain and sadness,
And I feel like there's no end in sight,
I deeply and completely love and accept myself.

EB: All this sadness.

SE: All this pain and sadness.

UE: So much pain and sadness,

UN: About my dog,

CH: About my mother,

CB: About this horrible thing,

UA: Called dementia,

TH: Dementia,

EB: It hurts so much,

SE: And I don't know what to do about it,

UE: And I don't know what to feel.

UN: I feel so guilty, just like I did with my mom.

CH: All this guilt.
CB: Tell me about the guilt.

Leslie: You want me to tell you about the guilt?

Nick: Yeah, just keep tapping on the collarbone.

Leslie: The guilt is I guess really not being perfect and getting frustrated. Sometimes just grabbing her and sitting her in a dog bed and saying, "Just stop for a second. Just stay here." She just keeps me up and then she cries. It's so weird because my mom cried. It's just really weird. It's unbelievably ironic. I didn't even know there was such a thing in dogs.

Nick:

UA: All this sadness,
TH: All this pain,

EB: All this hurt,
SE: And all this frustration,
UE: So frustrating,
UN: So, so frustrating.
CH: I just don't know what to do.
CB: I don't know what to think.
UA: I don't know what the lesson is here.
TH: Does there always have to be a stinking lesson?

EB: All this sadness in my body.
SE: It's safe to release all this sadness.
UE: It's safe to release all this frustration.
UN: It's safe to release all this frustration,
CH: From every cell in my body.
CB: Letting it go.
UA: Letting all this guilt go,
TH: Right now.

EB: Letting all this guilt go,
SE: Right now.
UE: Letting it go,
UN: Letting it all go,
CH: Right now.

Nick: Take a deep breath. Tune back in to see how you feel and what else is coming up.

Leslie: I feel better. I feel kind of lightheaded, just from crying and breathing. I feel tingly. I guess it's even hard to say the words that it's safe to let it go, but it does feel lighter.

Nick: We're nearing the end of the call, but I know you can continue to tap on this and to release that frustration. I don't have any good answers for you as to what's going on.

Leslie: Yeah, it's a tough one.

Nick: Yeah, you've manifested quite an interesting situation here. I don't know what it means, but I do know that step one is likely to release the guilt about your mother. Release that pain. Go back through those days and how frustrating that was, and the things that you think you should have done, and letting that go. That's step one. That's step one, to be present in the moment. I think you know that.

Leslie: Yeah. That definitely feels good and I honestly hadn't been doing that. I've just been focusing on the present, so that's probably a really good thing. I appreciate it. I'm glad I was third because I actually felt guilty about even talking about my dog.

Nick: I know you helped other people. If this call helps you write it in right now in the last minute, because I want to share how much it helped other people. They always do. That was powerful.

Leslie: Can I just ask you super quick – Albany, New York, I have a sister there. Is that a public thing or are you just going there?

Nick: When I'm in New York in the next couple days?

Leslie: You said you're going to be in Albany, New York in August.

Nick: It's actually in the city. Albany, oh yeah. I'm going to be in Albany in July, but it's actually for taping a little part of a PBS special. It's not mine, so that's not public unfortunately.

Leslie: Alright.

Nick: Before you go let me just ready you something from Michelle, "I just want to send my positive thoughts to this caller. I'm a health worker who frequently works with individuals with dementia. Just returned from my parents in DeLand and I'm sure my father has early dementia. My dogs are an integral part of my

family. Someone who loves your dog as much as you do is more than most any person or any pet has the opportunity to experience. You are a beautiful person, blessings to you.”

Leslie: That’s really nice, thank you.

Nick: You’re welcome. Leslie, thank you for calling in. Keep in touch. Let us know how you’re doing.

Leslie: Thank you very much.

Nick: Take care. Michelle in Longmont, thank you for that great comment. I know that meant a lot, a lot, a lot to Leslie, a lot, a lot, a lot. On that note, we always get a couple of tears. It wouldn’t be a Tuesday night if we didn’t cry a little bit and let go and heal.

Thank you everybody for this great call, the third of four. Next week we have our last call, so make sure to tune into that. You’ll get an email with the replay of this and details about that call.

Thank you, thank you everyone for calling in, being part of this. Thanks for everyone who was brave and called in. Keep reading the book. Keep sharing it with others. This is the opportunity here to share this amazing information with other people that need it. I will see you next week.

Thanks everybody. Thanks, Kris and Cassy, for your help tonight. Everyone have a great night. Bye-bye.