

Nick: Good evening everybody, happy Tuesday, 8:00 Eastern. It is gorgeous weather here in Newtown, Connecticut after a very warm weekend in the city. We were in New York City this past weekend with the whole Tapping Solution team and partners from around the country and around the world working on all sorts of really fun stuff. All is good.

I hope you're having a wonderful start to the summer, wherever you may be in the world tonight. This is the fourth, and sadly, final Q&A bonus for being so kind as to purchase a copy of *The Tapping Solution* book.

I hope you've been reading the book. I've got some great emails from people who have been enjoying it and have found real change happening through reading chapter after chapter. At the end of the day that's what this is all about, a technique that can help create profound change in our lives.

One of the places where I've seen maybe the most incredible results is what we're talking about tonight, which is pain relief. From some of my very first experiences with tapping until this very day I keep seeing incredible, incredible results with pain relief.

I covered a bunch of them in the book, stories like Jody with fibromyalgia for 15 years doing the tapping for no more than a day and getting incredible results, being completely pain-free the second day of the tapping event. John with 30 years of chronic back pain, same thing, addressing the emotional issues behind it, doing the tapping on the physical pain and getting amazing results.

It's possible. It's there. I've seen it again and again and I hope if you're tuning in tonight it's because it's you're looking for some relief for your pain. We're going to do our best to make that happen tonight.

The thing with pain relief. Here's what's interesting about pain relief and tapping, is that some people get incredible results literally in a matter of minutes doing the tapping. They do the tapping for a few minutes on pain they've had for a short time or a long time, and everything shifts very quickly. That's obviously very exciting.

Then other people it takes some time. It takes some work to work through the issues, unlock what's really going on in the body, release the longstanding patterns of pain in the body, and then they get the relief.

I'm sharing this story, as I do with every topic that we're talking about, to really get you excited about how quickly things can change and also get you excited about going deeper. If it takes more than five minutes of tapping, having a deeper

understanding of what's going on, connecting to yourself, to your emotional state, to the consciousness that might be behind this pain.

Pain sucks. I don't need to tell you that. It is miserable. It can really affect the quality of our lives on so many levels, but it can also be a wonderful teacher. It can show us where we can change, it can show us what's going on and through this process of tapping we can really heal.

As always, I'm going to take a couple of questions that came in. We're pretty light on the questions this evening. I have a feeling that a nice evening in June maybe some people are hanging out and sitting outside, so hopefully they'll listen to the replay. For pain relief sitting outside on the porch is a good thing as well, so I totally get that.

Let's answer some questions. First I want to read you a comment from Leslie from Winter Park who you might remember at the end of the call last week, she just wrote in and said, "I wanted to thank you and the participants last week for the call about my dog. I was deeply touched by people caring about my issue. I continued to cry and tap for about an hour afterwards. I realized I hadn't cried about this issue. I just felt frustrated and overwhelmed. Even though the situation is the same, my reaction to it is much better. Thanks again."

That's amazing. That is a lot of what this work is. Her situation hadn't changed in the past week, but her reaction is better. She's finding a new perspective and you all helped make that happen last week.

What else? We have a wonderful testimonial but it's very long, somebody having a huge release with relationships so thank you for sharing that. Helen in Canada says, "I've been having discomfort, achy, throbbing pain in my upper right jaw on and off for the past five days. I've tried tapping but it persists, not as severe as the first few days. What can I do? I have trouble with wording and I grind and clench my teeth." Those questions are tough for me to answer right now, so the best thing is for you to call in because then we can really zone in on what's happening.

Great question from Joanne. A question that she doesn't see addressed in the book, and actually wasn't addressed, she said, "What do you do if physical pain or limitations of the body due to illness or disability keep you from tapping on all the designated spots? Can you just do some of them or are there alternative spots that may be easier to reach? I know someone else can help you tap, but we don't always want to be limited by someone else's schedule when we need to tap. Thank you, Joanne."

Great question, Joanne. I don't know if there's a right answer to this. Here's my answer. It's if you skip some spots because you can't reach them, because there's some pain, it's better that you hit the other spots. What you can do sometimes is just press on the point if you feel it's really tender, it really hurts.

For example, if you have a headache. If you're in the middle of a headache doing tapping on your head sometimes isn't what you want to do, so just pressing on the points. There's a method called Touch and Breathe. Just press on the points, take a deep breath, press on the next point, take a deep breath. That can be a way.

The other thing to do, and this goes out in more of the woo-woo side of the world is you can actually imagine hitting those points. I don't know exactly what happens here, but I know people have had a lot of success with it. That we just think about the points and maybe some sort of mechanism in the body, especially if you've done tapping before, helps to release it. So give that a shot, and thanks for that great question.

Not a question, it just says, "Good evening from India." Steven also wrote in, "I keep tapping on my hip pain yet it keeps coming back." Here's what's great about that. If you are tapping on your hip pain and it keeps coming back I imagine that it's going away for a short period of time. It keeps coming back likely because you haven't gotten to the root issue.

You're relaxing the body at some point. You're doing the tapping in the hip pain, you're relaxing the body, the pain is going away and then something else is aggravating it. What is the emotional reason behind it? What is going on exactly? What is the pattern that you're running that is causing the hip pain? It's when we get to those deeper questions that we get the long lasting pain relief.

That's all we have for questions tonight. A light evening on questions, which is fine, because we already have some hands up. I know we have Kris on the line once again helping us make all this happen this evening. Kris, are you there?

Kris: Yes I am. Good evening, everyone.

Nick: How are you doing tonight? Hello, hello.

Kris: I'm doing great after spending some time with my Tapping Solution peeps last weekend.

Nick: Yeah, we had a great time this weekend, a wonderful time.

Kris: Yeah, it was incredible. So I'm feeling good.

Nick: We have two callers ready to go, and one seems to be not far from me in Newtown, Connecticut. Should we bring them on the line?

Kris: Yep. Newtown, you are in Nick's backyard and now you are on the line with him.

Deb: Hi. Hi, Nick.

Nick: Hi, who is this?

Deb: This is Deb.

Nick: Hi Deb, how are you?

Deb: I'm good. I'm good, how are you?

Nick: I'm good. It's funny as we talk all over the world to have you maybe a couple miles from me.

Deb: I know. It's a funny story about that too. When I found out you lived in Newtown I was like holy cow, it's a sign.

Nick: As you know, it's a wonderful 70-degree evening here in Newtown. It's been a beautiful day all day. What's going on tonight?

Deb: I have some issues, health issues that I was hoping maybe you could give me some clearer direction on that I've been trying to work on with the tapping. Last year my left knee blew out on me for no reason. I didn't have an accident or an injury or anything like that. It was major for me because I teach dance. It was like my whole world totally flipped upside down.

At the time I wasn't tapping, but subsequently my right knee started bothering me quite a bit. I ended up having surgery on the left knee. I've been working since last year on trying to rehabilitate. The left knee actually feels worse after the surgery. The right knee is coming and going. I've been working with healers, in addition to the tapping, and doing a lot of work.

About a month or two ago my right hip went out too. I'm in this place now of fear where I feel like my entire body, I know it's trying to tell me something. I've been trying to work with that. But I'm in a place of fear where I just feel like, oh my gosh, my entire body is going to break down if I don't figure out what this is about.

I've done tapping also on beliefs that things don't always work for me. They work for other people, they don't work for me. I find myself getting to a point where I ask, "Okay, do you really believe you're going to heal?" It's hard for me to get there. It's hard for me to get to a place, especially as I continue to have more problems.

Nick: Sure, sure. You say the first knee blew out. What happened exactly?

Deb: Physically what happened, you mean? It just got very swollen.

Nick: I want sort of a definition for when a knee blows out.

Deb: It got swollen and I noticed I was having trouble bending. I would kneel down and I'd have trouble getting up. I'd be like, "Hmm, what's this about?" Then I was actually taking a dance class one day, and I did a move and that was it. It just was really painful. That's when I said, "Oh my gosh, I've got to go to a doctor," at that point and had it x-rayed and MRI'd and all that good stuff.

Nick: What was the diagnosis there?

Deb: Initially it was inconclusive. They said it could have been a torn meniscus. They couldn't really see anything for sure. But I rested it, I stopped teaching for awhile and it did not get better. They did another MRI, and subsequently they saw that there was indeed a tear. They recommended that I have it repaired or taken care of, which I jumped on the bandwagon for that at the time.

The work that they did on my knee actually made it feel worse, because they actually went in and said we've got to clean under your kneecap as well and then we saw a piece of floating cartilage on the other side. So areas where I was not having pain in my knee now hurt because they messed around in there.

I want to get rid of this belief that – because of course everybody gives you their two cents, right, so there's a lot of people who come in and say a year, two years it's going to take before you even start to feel normal. I don't want to absorb that, but I find I do. Once I hear it it's like I'm a little sponge. I don't want to absorb that. It's like I want to see myself as healed and believe it.

Nick: How do the knees feel right now? Tell me a little bit about current pain in the left and right.

Deb: At the moment I'm sitting down I don't feel any pain at the moment. I didn't dance today, I didn't teach today, so I'm okay. But last night I taught and I was in pain afterwards. So I notice with the movement there's a lot of – that's what

aggravates it the most. Usually I don't dance, I don't full out dance, but I did on Friday night. I couldn't resist, and I was in a lot of fun afterwards. Then my brain goes, "Oh see, you shouldn't have done that. You shouldn't have done that."

Nick: If you flex it, it doesn't hurt at all right now?

Deb: Oh yeah, if I flex it there's pain. I still can't kneel.

Nick: If you flex it how strong is that pain 0 to 10?

Deb: In the left side, right now it's probably a 6 in the left side. The right side feels probably a 5.

Nick: When you first blew out the knee what was going on in your life at the time?

Deb: Basically at the time I was getting – spring was here and I was making a list of all these things I wanted to morph my dance business into. I had all these ideas for I'm going to create a workout program, I'm going to start marketing myself over here, I'm going to get my website going. I really kind of envisioned myself as this is the path you're going to take and let's get moving and let's really grow your business. You love to dance. You know that's your passion. It's all I wanted to do.

I just had all these ideas. I actually had my little list and I was like this is what I'm going to do this month, that month and I'm going to get all these things going and just put myself out there in the world. Now is the time. That was a big part of what was going on career-wise, which totally knocked me on my butt when my knee went out.

The other issue I've been dealing with is my marriage. That's another thing. That's been an issue for a number of years. I guess that and trying to get everything going with the dance was the big thing.

Nick: Was this a new surge of energy to have change happen with the dance? It sounds like it was a lot of creative energy.

Deb: Yeah. I guess I've always been – I had been creating little by little, but all of a sudden I was like okay, now's the time. We're going to get you out there and we're going to pull out all the stops and just go for it. I had a tone of ideas, a ton of ideas. Yeah, it was a lot compared to what I normally would have tried to accomplish in a summer or whatever.

Nick: How has this new pain, blowout, whatever it is that happened, served you?

Deb: It served me in that I take better care of myself. I started seeing a really good naturopath. I started seeing more holistic doctors. I'm trying to do a better diet. It's helping me to ask for more things when I need help, because I just wasn't physically able either to run up or down the stairs or do things so I asked for more help.

I was in resistance to it for a very, very long time. It's probably only in the last couple of weeks that I'm actually making peace and saying, okay, maybe the universe is trying to tell you something. Maybe there's another plan out there for you, because if you can't dance maybe that's not what you're supposed to be doing. Not now anyway.

But I had a lot of resistance because I was really angry, really angry and jealous every time I saw someone else on the dance floor. It was pretty painful for quite awhile.

Nick: We have a lot of great information now. Everyone else listening, I've asked a lot of questions because this is the inquiry process to figuring out what's going on behind the pain and how to have a whole body healing.

I think it's easier to try to dismiss pain and say I just want to tap it away. Let's just do the tapping and make it go away. But what we just spend a few minutes talking about is that deeper process, that if the knee pain is meant to go away and we can heal it then let's do it with a lesson, let's do it with the awareness where we don't bring this back on ourselves.

Are you ready to do some tapping?

Deb: Absolutely.

Nick: It's at 5 and 6 in each knee, the pain right now when you flex it?

Deb: Yeah.

Nick: Everyone else, just pick your pain. If you're dialing in tonight you're probably in some sort of physical pain or want to learn more about it. Just focus on that pain and let's tap together. Tapping on the side of the hand:

SH: Even though I have all this pain in my knees,  
I deeply and completely accept myself.

Even though I'm feeling so much pain in my knees,

And it's so frustrating,  
I deeply and completely love and accept myself.

Even though I'm so frustrated with the pain in my knees,  
I deeply and completely love and accept myself.

Tapping through the points:

EB: So much pain in my knees,  
SE: So frustrated,  
UE: There's so much emotion.  
UN: I was doing so many big things,  
CH: And then this happened,  
CB: And it's so frustrating.  
UA: All this frustration in my knees.  
TH: All this stress and frustration in my knees.

EB: I'm holding onto so much in my knees,  
SE: And it's hard to let it go.  
UE: Releasing all this frustration,  
UN: Releasing all this stress,  
CH: In my knees.  
CB: So much frustration and stress,  
UA: And I choose to let it go.  
TH: It's safe to let it go.

EB: It's safe to let it go,  
SE: Right now.  
UE: Releasing all this frustration.  
UN: I am where I am,  
CH: And that's okay.  
CB: Releasing it all from my knees,  
UA: All this inflammation,  
TH: All this stress.

Nick: Take a deep breath. As always tuning back into two things, one see if the pain shifted so if you want to stretch out the knee at all.

Deb: Yeah, I did.

Nick: 0 to 10?



Deb: The left was at a 6. I say the left is at a 4 now. The right didn't move as much. I would say it's at a 4 too. It went down a little bit though, yeah.

Nick: Good. We're always looking for a shift. That's it. Even from a 6 to a 5, something is shifting here. What else came up for you there? What are you feeling now? What really resonated for you?

Deb: What really resonated was you hit a nerve. You struck a nerve when you said all those plans I had. That caught my breath when you said that, like that was such a disappointment that I couldn't go out and do what I wanted to do.

Nick: Tune into that feeling. What's the emotion there?

Deb: Anger and sadness. Just having a little pity party for myself.

Nick: How strong is that anger and sadness 0 to 10?

Deb: It's probably at a 6.

Nick: Can you feel that anger and sadness in your knees?

Deb: Yeah.

Nick: Tapping the side of the hand. Everyone listening, tune into – ask yourself if there was an emotion in this pain what would it be. Tune into the back pain, the knee pain, the shoulder pain. People are writing in with all different questions with their pain. It's really all the same, the same process, what's the emotion there? Feel that emotion, and then tapping on the side of the hand:

SH: Even though I have all this anger in my knees,  
I deeply and completely accept myself.

Even though I have so much anger in my knees,  
I deeply and completely love and accept myself.

Even though I have so much stress and anger in my knees,  
I deeply and completely love and accept myself.

EB: All this stress and anger,  
SE: Why did this happen?  
UE: Things were going so well.  
UN: I had so many ideas,  
CH: So much creative energy,

CB: And then all this happened.  
UA: It's really frustrating,  
TH: And I'm really angry.

EB: All this anger in my knees,  
SE: All this stress and anger in my knees,  
UE: I'm so angry.  
UN: It's not fair.  
CH: It's not fair.  
CB: It's just not fair.  
UA: All this anger in my knees.  
TH: It's safe to let it go.

EB: It's safe to let this anger go.  
SE: It's safe to let it go.  
UE: Releasing all this anger from my knees,  
UN: Right now.  
CH: Letting it all go.  
CB: I am where I am.  
UA: What happened happened,  
TH: And I release all this anger and frustration from my knees.

EB: Letting it go,  
SE: Letting it all go,  
UE: Right now.

Nick: Take a deep breath. Just tune back in and flex the knee and see if anything's changed for you there.

Deb: The pain level feels a little less. But I'll tell you, emotionally I feel better. I do feel better. I don't know that the knees feel too much different yet, but I feel a little better. I feel the relief emotionally.

Nick: That's okay. Obviously we're using pain as a gauge here of the ultimate end goal. But the reality is if your anger, and we didn't check in on how strong the anger was, but if it's anger at an 8 or 9 or 10, you bring it down or release it completely that is stress that's gone from the body. That is another thing the body had to deal with that now it doesn't, so it can heal better.

The body sometimes can't take the time to heal to reduce the inflammation to heal the knee completely. But why is it, and I'm sure you've asked yourself this question, that some people have a surgery and then they heal and they are up and

running and other people don't. There are obviously a lot of factors, but one of them might be the stress, the emotional experience, the journey.

Deb: Exactly, exactly. The work is good, the tapping work, because it really makes you look deep. You really have to challenge your belief system. I really had to come face to face with, you know what, do you really believe you're going to heal? You have to really believe you're going to heal.

Nick: You do, you do. What's next for you? Give me your plan for the coming days and weeks to continue. You had the pain reduced. You shifted some emotions. Tell me what's next.

Deb: I think the big one for me to keep tapping on is the belief that I'm going to heal. I have to see myself as healed and I have to know it. I just have to know I'm healed or I am healing. I have to know that. I think that's huge for me. I don't have that faith. It really scares me. So I think that's what I have to focus on.

Nick: Beautiful, beautiful. Is this a good point to stop for right now?

Deb: Thank you, yes. Thank you so much. I appreciate you taking my call.

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

Deb: Okay, thanks Nick.

Nick: Alright, take care.

Deb: You too.

Nick: Charlie wrote in, "Intersection of frustration of marriage and stepping out creatively, worth exploring." Great insight, Charlie. Absolutely.

Kris, I know we have some more callers waiting to go so let's get someone else on the line.

Kris: Okay, our next one is from Whalley, British Columbia. British Columbia, you're on the line.

Gojik: Hi Nick, can you hear me?

Nick: Yes. Who's this?

Gojik: My name is Gojik. The concern I have is this pain in the legs. I know we just covered the knees, but it's below the knees and throughout to the ankles that the pain exists.

Nick: Tell me when it started, what you're experiencing, exactly what's going on.

Gojik: It started I would say maybe three or four months ago and it became really worse. I just can't think of what was happening in my legs at that time. It was pretty much straightforward, nothing special that I can think of.

Nick: Just random?

Gojik: Yes. There's a lot of stress in my legs, of course, but it's nothing that stands out.

Nick: Tell me exactly what you're feeling physically right now.

Gojik: Just frustration is what comes up.

Nick: What's the pain like, 0 to 10 how strong is it?

Gojik: I would say about a 6.

Nick: A 6. Describe it to me. Is it muscular pain? Are your muscles tense?

Gojik: Yes. I think it's muscular pain because it's all in the muscles of my legs.

Nick: Let's do some tapping just on that and see what comes up. Tapping on the side of the hand:

SH: Even though I have all this pain in my legs,  
I deeply and completely love and accept myself.

Even though I have all this muscular pain in my legs,  
I deeply and completely love and accept myself.

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

EB: All this muscular pain,  
SE: This muscular pain in my legs,  
UE: All this pain in my legs,  
UN: All this frustration,  
CH: And all this pain,

CB: All this pain in my legs,  
UA: And all this stress in my life,  
TH: All this stress and tension in my life,

EB: I wonder if it's affecting my legs.  
SE: I wonder what's really going on in my legs.  
UE: I wonder what all this tension is about,  
UN: And I wonder if I can relax my legs now.  
CH: Releasing all the tension from my legs.  
CB: Letting it go.  
UA: Letting it all go,  
TH: Right now.

Nick: Take a deep breath, and let it go. Just tune back in and see if anything shifted in the pain.

Gojik: Nick, I would say it's about a 4 now.

Nick: What came up for you there? What really hit home?

Gojik: I just started now feeling some anger and feeling I was all alone and not supported, and left alone to do everything by myself with no appreciation from anyone.

Nick: How strong is that anger?

Gojik: 8.

Nick: Tapping the side of the hand:

SH: Even though I feel all this anger in my body,  
I've got to do everything,  
Nobody's supporting me,  
And that's so frustrating,  
I deeply and completely love and accept myself.

Even though I'm feeling so much anger in my legs,  
Feeling so unsupported,  
I deeply and completely love and accept myself.

Even though I'm feeling so much stress and anger,  
Nobody's supporting me,  
I've got to do it all myself,

I deeply and completely love and accept myself.

EB: All this anger,  
SE: I'm so angry,  
UE: And I'm so frustrated.  
UN: All this anger,  
CH: So much anger in my legs.  
CB: Nobody's supporting me,  
UA: And I have to do it all myself,  
TH: And that's so frustrating.

EB: All this stress and anger,  
SE: In my legs.  
UE: So much stress and anger,  
UN: In my life.  
CH: It's safe to let it go.  
CB: It's safe to release this stress and anger,  
UA: Right now.  
TH: Letting it go.

EB: Letting it all go,  
SE: Right now.

Nick: Take a deep breath. Just tune back in, first to the pain in your legs and see if anything shifted there.

Gojik: Yes. I think about a 2 now.

Nick: Oh good, okay. Tune back into the anger.

Gojik: Anger is about a 4.

Nick: Just start tapping on the eyebrow point and then move through the points at your own pace, and just tell me a little bit about what you're angry about specifically.

Gojik: I'm really angry about all the expectations that are made from me, like doing each and every thing. People seem to think that I'm a machine or a robot, just doing everything. I don't need time to rest. I don't need time for myself. I just need to keep going. It's like the others need to relax while I have to work. Why is it so? It really makes me angry. I need time for myself and I need time to relax too.

Nick: Tune into the anger as you talk about that. How strong is it?

Gojik: A 5.

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

Gojik: I would say in the chest.

Nick: Tapping the side of the hand:

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

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

Even though I have so much anger in my chest,  
At all the people who aren't supporting me,  
I deeply and completely love and accept myself.

EB: All this anger in my chest,  
SE: So much anger,  
UE: So much anger in my chest,  
UN: People aren't supporting me,  
CH: And I'm so frustrated.  
CB: All this stress and anger,  
UA: So much stress and anger,  
TH: It's safe to let it go.

EB: It's safe to release this stress and anger,  
SE: Right now.  
UE: It's safe to release this stress and anger,  
UN: Right now.  
CH: Letting it go from every cell in my body,  
CB: Right now.  
UA: Releasing all this old stress and anger.  
TH: It's safe to let it go.

EB: Letting it all go,  
SE: Right now.  
UE: Letting go of all this stress and anger,  
UN: Right now.

Nick: Take a deep breath, and let it go. Tune back in first to the anger that you were feeling.

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Gojik: I would say it's gone down dramatically, maybe a 2 or a 3.

Nick: And the pain in your legs?

Gojik: My legs are very light, I think about a 1 maybe.

Nick: So a 1 in your legs right now.

Gojik: Yes.

Nick: That's huge. What's really going on with the pain in your legs and what's your plan going forward?

Gojik: The plan going forward is – there is something that I would like to start, a business on the side and to promote it actively. That's my plan, to go forward with that.

Nick: How is that related to the pain in your legs?

Gojik: When I think about it, maybe if my legs hurt then I won't get up and do anything. I feel that with the pain gone, yes, maybe it's the right time now to get up and start taking action.

Nick: Beautiful. I think you'll find oftentimes when the pain goes down to a 1 it can take 15 or 20 minutes, and then the rest of the muscular tension releases and you could likely be pain-free in just a few minutes. So just keep an eye out for that.

Gojik: Thank you so much, Nick.

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

Gojik: My pleasure.

Nick: Alright, take care. I'm shocked every time, but it keeps working. Kris, are you as surprised as I am when the pain goes down that quickly?

Kris: Absolutely. That sense of awe and how can this be happening. It's common.

Nick: It's common and it's amazing. Let's keep at it. We've got a couple more callers. Remember, if you want to call in press \*2 to raise your hand and then we'll tap with you live. Kris, who do we have next?



Kris: Next up we have got Tucson, Arizona on the line.

Nick: Tucson, are you there?

Gail: Yes, can you hear me?

Nick: Yeah, I can hear you. Who's this?

Gail: This is Gail from a small town outside of Tucson.

Nick: Okay. It doesn't always give us the exact right place. How are you doing tonight, Gail?

Gail: I'm doing well.

Nick: Tell me what's going on.

Gail: Pain in the back and my neck area. I got your book and I started doing the tapping, just trying to work through some issues. The first time I did it I was kind of like, okay, I'm feeling a little better.

The second time I did it I woke up in the morning and I was determined I was going to say anything that came to my mind, and before long I was in tears and going on and just ranting and raving. I was so much lighter, it was amazing. I couldn't even believe it. Then I kind of freaked out and was scared to do it again because I thought, oh my gosh, I don't know, it was like fear of the unknown.

But anyway, the last couple of days I've had some pain in my back and my neck and getting some headaches and stress I'm sure.

Nick: Tell me what you're feeling right now.

Gail: I'm feeling a lot more relaxed because I've been –

Nick: This is the challenge with these pain relief calls is that by the end of the hour everybody's pain is gone. That's the amazing thing about borrowing benefits and tapping together. It's very exciting.

Gail: Yeah, because I've just been going through it. Anyway, I'm just going to keep on doing what I've been doing. I forgot I had raised my hand and I was feeling better.

Nick: Are you pain-free right now? Is the pain gone?

Gail: Yeah. Yeah, I am. I'll just keep working through my other issues, but it's working. I'm just going to keep tapping on whatever's eating at me.

Nick: Wonderful. You make my job easy, so thanks for calling in and enjoy the rest of the evening.

Gail: Thank you.

Nick: Alright, take care.

Gail: You too.

Nick: Bye-bye. Alright Kris, I think we set ourselves up for it to be really easy.

Kris: For sure.

Nick: This is what happens, though. This is what's great about tapping together and borrowing benefits, that tapping together for a few minutes you can just get incredible relief. Very exciting. There are a couple more callers with their hands up, so let's take the next person.

Kris: We've got Toronto, Ontario on the line. Toronto?

Nick: Toronto, who's in Toronto? I think Toronto's pain went away as well. They're back. Are they there?

Kris: There they are.

Suzanne: Hello?

Kris: Hi, you're here.

Nick: Yeah, we can hear you.

Suzanne: Oh. I'm sitting here waiting to hear something. I'm sorry. I muted it by mistake. It's Suzanne.

Nick: Hi Suzanne, how are you?

Suzanne: I'm well, thank you. How are you?

Nick: I'm very well, thank you.

Suzanne: Before I ask my question I just wanted to say how incredibly indebted I am to you, Emotional Freedom Technique and tapping and I'm so inspired by the work you do. I just want to tell you how much I've benefited from all the calls and the books, because I've been following you.

Nick: That's very kind, thank you.

Suzanne: Keep up the great, great work.

Nick: Thank you, I really appreciate that.

Suzanne: I hope to follow in your footsteps once I get a handle on this.

Nick: It sounds good. What's going on tonight?

Suzanne: A couple of pain related issues are I get migraines occasionally. I wondered other than taking a codeine, I don't have them really, really badly, if I could tap them away. Earlier today I woke up feeling dizzy, did a workout and had this headache for the rest of the day. I'm wondering if you can help me with that.

Nick: Sure, absolutely. You're feeling the headache right now?

Suzanne: It's been going down a little bit I have to admit, because I've been tapping with everybody else, but it's still in my neck area. I'm sort of known for being triple A, Type A, and I need to learn to relax more.

Nick: How strong is it in your neck 0 to 10?

Suzanne: The tightness in my neck, I would say 5.

Nick: Any pain in your head or is it just all in your neck?

Suzanne: It's down to a 2 in my head. It was more a 7 when I started the call.

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

SH: Even though I have all this tension in my neck,  
Because I'm a triple A,  
And I can't relax,  
I deeply and completely love and accept myself.

Even though I have all this stress and tension in my neck,

Because I'm a triple A,  
And I don't know how to relax,  
I choose to relax now.

Even though my body has these old habits,  
Of feeling stress and tension,  
I choose to relax now.

EB: All this stress and tension,  
SE: All these old habits,  
UE: I can't relax.  
UN: It's not safe to relax.  
CH: All these old habits,  
CB: That stop me from relaxing,  
UA: It's safe to relax now.  
TH: I choose to relax now,

EB: And release all this stress and tension,  
SE: From every cell in my body.  
UE: Releasing this old pattern,  
UN: Of stress and tension.  
CH: Letting it go,  
CB: Letting this old pattern go,  
UA: From my neck,  
TH: Right now.

Nick: Take a deep breath. Tune back into the neck and see if anything shifted.

Suzanne: It feels better. It feels like it's tingling, and it's less stiff. It's still a bit stiff, but it's gone down.

Nick: 0 to 10?

Suzanne: 2.

Nick: And the headache?

Suzanne: Almost gone.

Nick: Tell me why you're a triple A.

Suzanne: I'm a perfectionist. I like to do things well. I had a mom who was like Rose Kennedy. She wanted to raise these high performing kids. We are, but there's a bit of a price to pay. The real me is Tigger.

Nick: I love Tigger.

Suzanne: Yeah, I love Tigger too. But Tigger loves to play. My programming says I have to perform for love, so there's a little conflict in me. The real me wants to just be playful and loving and the other side of me wants to build a huge business.

Nick: Tapping the side of the hand:

SH: Even though I have this old program,  
That I learned from my mom,  
About who I should be,  
And what I should do,  
I choose to release this pattern now.

Even though I carry all this tension in my body,  
About being perfect,  
I choose to release this old pattern now.

Even though I have all this tension in my neck,  
About being perfect,  
I choose to release this old pattern now.

EB: I need to be perfect,  
SE: And I'm carrying that belief in my body.  
UE: All this tension in my neck,  
UN: All this stress in my body,  
CH: About being perfect,  
CB: All this tension in my body,  
UA: About being perfect,  
TH: It's safe to let this go,

EB: And be Tigger.  
SE: It's safe to be Tigger.  
UE: It's safe to be me.  
UN: It's safe to be Tigger.  
CH: It's safe to be me.  
CB: It's safe to be Tigger.  
UA: It's safe to be me.

[Plays Tigger song]

Nick: There you go.

Suzanne: Oh man, Nick, that was great.

Nick: I don't know if you could hear that okay. I just put my headphone up to the computer.

Suzanne: That was adorable. Thank you so much. I just want to tell you something funny. I named my son – my son is Christopher because I loved Christopher Robin. So he's the Christopher Robin and I'm the Tigger.

Nick: Beautiful.

Suzanne: Thank you so much for that. That was really awesome.

Nick: You're welcome. YouTube, The Wonderful Thing About Tiggers, listen to it once a day.

Suzanne: Okay, I will.

Nick: Tell me about the neck pain. I want to see if it released.

Suzanne: It's pretty close to gone. It's sort of a residual stiffness, but it's not anything painful. You said it perfectly with your perfectionism thing. I'd really like to get rid of that because it's a huge burden to try to be perfect.

Nick: We don't have the time tonight to look at that because it's a bigger thing, but you address it by thinking about the times where you learned to be perfect. What are your memories of your mother telling you of doing things a certain way? Go back to the past, and then go to the future.

One great thing to do is imagine doing things not perfectly and have your mother walk in the room. Just feel that judgment, whatever she would say. Do the tapping as it happens so you can release that emotional connection. You can do something not perfectly, whatever that means, and your mother can make whatever comment she would make and you're okay.

Suzanne: Wow, that would be really a release. Lovely. That is just brilliant. I obviously have to work a little bit more on this, but I'm certainly willing to do it because it's very liberating and it's exciting.

Nick: Wonderful. Thank you so much for calling.

Suzanne: Thank you for having me.

Nick: Alright, take care.

Suzanne: You too, bye-bye.

Nick: Bye-bye. Alright, Tigger. I love Tigger. If you liked Tigger send me a comment. If you have another favorite song, send me a comment. Maybe I'll find it. Since this is our fourth call we can get a little crazy. Kris, did you like the Tigger song?

Kris: Yeah. I was kind of amazed at how quickly you pulled that up. Fast fingers over here. It's all that tapping.

Nick: Exactly, exactly. We've got a comment from Therese in Burlington, "Thank you, Nick, for writing your book. I was just listening to the call from B.C. and I could totally relate to her situation. I was in her shoes a few weeks ago. Having read the book and started tapping has really helped me to move forward. I am now taking time for myself more regularly and standing up for myself, and speaking up for myself as well. Thanks again." Wonderful. Love to hear that.

Lisa says, "Tigger was awesome." I thought Tigger was awesome. What a great song. I haven't heard that in a while. There's more to it. I only played the first 30 seconds so people stayed with us. It's a great little video of Tigger eating honey and having all sorts of fun.

Kris, I know we have one more person who has raised their hand, so why don't we get to them?

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

Leslie: Hello.

Nick: Hello, how are you?

Leslie: I'm good. This is Leslie.

Nick: Hi Leslie, how are you? Good to hear from you again.

Leslie: I'm good. I'm in here with my dog walking around.

Nick: How is she doing? Is it a she or a he?

Leslie: It's a she. She's almost 15, and she's doing her loops around the room and stepping over me every couple of minutes. But already after the first night it just knocked it down a lot of pegs, so pretty awesome.

Nick: Good. Good, good, good. Tell me what's going on tonight.

Leslie: I just wanted to really more comment. A couple of things. I'm a massage therapist and I use EFT in my office. I'm doing it separately, but one day I was working on a guy and I was working on his shoulder and I said what emotion's in that shoulder. He's 70, and he was ten years old and he remembered being in a fight. Then I had him do the tapping on his fingers. I don't know if you've done that, but the end meridian points on your fingers.

Nick: Yeah.

Leslie: I was thinking about that when that person said about an illness and trying to tap. But anyway, I had him tap and we worked through this issue when he was ten. He was lying down and I was working on his shoulder and it was pretty cool. Since then I've been incorporating it more.

I wanted to say another thing, and then I also wanted to ask you, do you look into or encounter reversals ever?

Nick: Reversals, meaning when someone is not willing to get better.

Leslie: Yeah. I was wondering what maybe some of the people – it's not logical. They don't even know they're doing it, but it's possible.

Nick: Absolutely, absolutely. One of the things I think I mentioned in the book was talking about – instead of reversals I like to call them the downsides of an issue, which are basically if you got better what would happen?

Leslie: What are you getting out of it, yeah.

Nick: What's the downside of this happening? Even the language of what are you getting out of it, I like to be really careful that we don't assign blame to people on it. There's difficult situations where let's say someone is on disability and they're in a tremendous amount of pain and they had an accident. It's easy to go you're getting disability payments from it. If you got better you would be back at work and have to work, so you don't want to work. That's a little harsh.

Leslie: So you say if you got better, yeah.



Nick: Yeah. But I think it's a contributing factor. It's not all about that. What might be the downside of this going away? I would have to go back to work, and the last time I worked it was miserable there. I had such a terrible experience at work and it was just horrible. Then you can tap on the terrible experience at work, the expectation that work is going to be difficult or painful.

The downside question when you get people to go deep is really powerful. That's the reversal, the secondary gain, meaning what else do you gain from this happening. It's absolutely a great place to go, but to go with tender loving care.

Leslie: Yeah, I like the way you put that. That's good. I just was wanting to tell people that I learned very clearly about 15 years ago that stress can deeply affect your body and make you really, really sick. I had that years ago when I was taking care of my mom. I just basically thought I had stomach cancer or something, and had all the tests and the endoscopies and everything. The guy just looks at me straight in the eye and he goes, "You're stressed."

Nick: Wow. Good for him.

Leslie: Isn't that awesome? Yeah. Basically I had to heal myself from that, and I used hypnosis. It was very helpful, but it took me a couple of years to not have constant panic attacks and be able to eat again and stuff like that. I was thinking, gosh, if I would have had this I believe it would have gone more quickly. I just could have cleared things more quickly. But it's amazing what stress does to your body. I was thinking the lady with the lower legs, it could go anywhere. It's kind of amazing. So keep at it and clear it all.

Nick: Thank you for making that point, because it's so huge and it's good to hear from different people, not just me, that yes it is all about stress.

Leslie: It's amazing. Thank you so much. I've enjoyed these calls immensely and I'm just very into what you and Jessica do. It's great.

Nick: Thank you so much, and have a great evening.

Leslie: Thank you.

Nick: Take care. Let me read some comments about Tigger, because it's a big theme for this evening. "Love Tigger and sang along," from Dineen in Stanford. "I'm going through a very bumpy time. Every time I feel super anxious I begin to tap and my breathing becomes deeper and I can move forward. Love tapping. Thank you so very much." You are welcome.

“I love the Tigger song, a great way to end on a light note.” Absolutely. We’ve been working hard for these four weeks, so I’m glad we were able to have a fun time to wrap it up. “Thank you so much, Nick. You’re awesome.” You are awesome. “The Tigger song was perfect.” That’s great. I’m glad we all had so much fun with Tigger.

We have no one else on the phone right now, which is okay. We had a great time tonight. I’m going to answer a couple of questions and then I’m going to wrap up, and then I’m also going to – we have some more hands, okay. We didn’t have hands. Now we have hands. Let’s just take the hands. Kris, we have some more people who are ready to chat.

Kris: We do. We’ve got Lori in Virginia. Lori, you’re on the line.

Lori: Hi Nick.

Nick: Hi Lori, how are you?

Lori: I’m doing well. How about yourself?

Nick: I’m very well, thank you.

Lori: I just want to thank you so much for these calls. There’s so much great stuff, and tapping along with other people helps me. Sometimes it brings up things you didn’t even know were there.

Nick: I know. Isn’t it amazing? I love the group work. I work one-on-one with people sometimes, but the group work is special because we can be just tapping along listening to somebody, and people who aren’t even on a live call listen two days later and have huge benefits from it. So it’s very exciting.

Lori: My issue is that I have arthritis in my big toes. I’ve had it for, what year is this, probably eight or nine years, something like that. I can walk and everything, but I love to hike and I love to backpack and if I walk for any length of time or something my toes just really, really hurt. They don’t bend very well, so trying to walk normally hurts and I have to walk a little bit carefully. I know that there’s got to be some cause behind it, and I know when I figure that out that it’s going to go away.

Nick: But until you get there it’s like come on.

Lori: Yeah. I have not been able to figure it out.

Nick: Is there pain in there right now?

Lori: Yeah. If I flex my toes they hurt.

Nick: 0 to 10?

Lori: About a 6. That's the number for tonight I guess.

Nick: Yeah, exactly. What's the emotion in there right now?

Lori: Disappointment, anger, rage.

Nick: About what?

Lori: I don't know. I'm not sure.

Nick: It's okay. Sometimes we can just connect to it, feel it and then we'll see what comes up. Tapping the side of the hand:

SH: Even though I have all this anger and rage in my toes,  
As silly as that may feel,  
I deeply and completely love and accept myself.

Even though I have all this disappointment in my toes,  
They're so stiff,  
So arthritic,  
And they just won't heal,  
And that's so frustrating,  
It makes me even more angry,  
I deeply and completely love and accept myself.

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

EB: All this stress and anger,  
SE: In my toes.  
UE: So much stress and anger,  
UN: In my toes.  
CH: All this stress and anger in my toes,  
CB: All this frustration in my toes,  
UA: All this disappointment,

TH: All this disappointment in my toes,

EB: I wonder what it's all about.

SE: I wonder what all this rage is about.

UE: All this rage,

UN: All this rage in my toes,

CH: All this rage in my toes,

CB: It's safe to let it go,

UA: It's safe to release it right now.

TH: Letting it go,

EB: Right now.

SE: It's safe to let it go,

UE: Right now.

UN: Releasing all this old rage,

CH: Right now.

CB: Releasing all this old rage,

UA: Right now.

Nick: Take a deep breath. Just move the toes around. See if anything changed and then let me know what came up for you there.

Lori: I don't know if I noticed much difference. It's almost like the pain has moved back a little bit from my toes just into the joint.

Nick: Yeah, and that will happen. Absolutely.

Lori: I got two pictures. One of them was walking to work, it was cold and I was wearing boots and they didn't fit all that well. I hated having to wear dress shoes anyway. Where I was working we had a dress code where it was business casual. You had to wear slacks. You had to wear dress shoes. I am a jeans and t-shirts and tennies kind of person, and I hated the dress code. Most of us did. Wearing the shoes, I really didn't like it.

The other picture I get is walking around on the floor here at home. I've got a hardwood floor. The installers didn't do it right, and I've had some problems with the floor and was not able to get them to fix it. I think there's residual frustration with that too.

Nick: Which is bigger of the two?

Lori: It's kind of interesting, because the one that seems bigger at the moment is the one with the dress code, which no longer exists. So okay, whatever.

Nick: That's okay, yeah. Good. It is what it is, that's what matters. It's great that you're judging it beyond just okay, whatever. Sometimes we dismiss things. We go, "Oh, that's silly."

Lori: Yeah. It doesn't make sense, but okay. It was really frustrating to have to get dressed. I didn't like getting dressed.

Nick: Tap through the points and take me back to one of those times when you were getting dressed and you just were so frustrated.

Lori: I'm getting dressed and I'm putting on these slacks that I hate. They don't fit quite right. The blouse isn't comfortable. It's not like a t-shirt, it doesn't move with me. The sleeves are too long. It's too short in the waist, because I'm long-waisted and it's hard to find women's clothes that are long-waisted. Then I have to put on these shoes and they're not comfortable. I have wide feet, but they don't make dress shoes for women with wide feet so they pinch on the sides and it's uncomfortable to walk in them.

I get to work and I'm walking into work. By the time I get to work my feet hurt already, and I hate it. I like the job, I like the people, but I hate getting dressed and I hate walking to work. Everything about the clothing, it's so not me. It's so not me. It's like I have to be somebody else to wear this clothing and I really don't like it.

Nick: Tune into that rage.

Lori: It's like I'm being forced to be somebody else. This is not who I am. This is not how I dress. I spend my time on the phone. The people I'm talking to couldn't care less what I'm wearing, so why do I have to get dressed up to suit somebody else when it has nothing to do with my job?

Nick: How is that still showing up today?

Lori: Today I wear jeans and t-shirts and tennis shoes.

Nick: So not in your clothes, but where else in your life?

Lori: It's not in the clothing, no. Where is it showing up now? I have to get up earlier than I'd like to, but I have to do that because my son has to get up early too for school. There are things that have been added to my job. We have some managers that tell us how to do things instead of just telling us this is what we need. They're

trying to tell us how to do stuff, and their how is annoying and unnatural and we all think unnecessary.

So there are some functions where we have to remember to do things that we all think are pretty nonsensical. We know it came because somebody somewhere messed up and now everybody has to pay for it. I never thought they were that important, but somewhere something is still getting to me I guess.

Nick: How is this showing up in your toes?

Lori: It's a job that doesn't fit exactly.

Nick: Tell me about that.

Lori: I enjoy the job. It's one of those things you have a steady income, it's comfortable and I enjoy what I do. It is definitely not my passion. Right now I am working at starting up my own business. I'm not there yet, but I want to be able to walk away from my job. Maybe I'm resenting the time and energy that I have to put into work when I would rather be putting more time and energy into the business that I want to build.

Nick: Is this something to tap on?

Lori: What do you mean?

Nick: Going forward.

Lori: My business is very slowly going forward. I only have a certain amount of time to dedicate to it. But yeah, I do resent the time that I have to put into work. So how does that affect my toes? It's kind of like those shoes that don't fit that pinch my feet.

Nick: Tune into that very profound insight. Tune into that for yourself. How do you feel when you think about that?

Lori: It's like my feet vibrate a little bit. Energetically it's not a match for me anymore really. I've known that for a while, but it's one thing to know something and it's another to take action. My toes have gotten worse in the past year, maybe since I really recognized that and have started working towards getting out of there.

Nick: They've gotten worse as that happens.

Lori: I think because the realization that I really have to do something and that I have to get moving. It's like they're my gauge for you really need to do something.

Nick: Tap on the side of the hand:

SH: Even though my toes are trying to tell me a few things,  
And it's hard to listen,  
I choose to listen now.

Even though my toes are trying to tell me a few things,  
And it's hard to listen,  
I choose to listen now.

Even though I'm getting these messages from my toes,  
Of all places,  
I deeply and completely love and accept myself.

EB: These messages from my toes,  
SE: I wonder what it's really all about,  
UE: And I wonder if I can listen.  
UN: I wonder if I can listen.  
CH: What's it going to take for me to heal,  
CB: And listen to my toes,  
UA: And move forward.  
TH: It's time to move forward,

EB: Right now.  
SE: It's time to move forward,  
UE: Right now.  
UN: It's safe to move forward,  
CH: Right now.  
CB: I choose to move forward,  
UA: Right now.  
TH: Moving forward,

EB: In my life,  
SE: And in my body.  
UE: Moving forward,  
UN: Right now.  
CH: It's safe to move forward,  
CB: Right now.  
UA: It's safe to move forward,  
TH: Right now.

Nick: Take a deep breath, and just tune into what you're feeling and see if anything's shifted on your toes.

Lori: Yeah. It's like it's moved a little bit further back. When you talked about moving forward, that's really interesting. I got goose bumps with that one because it's like it's hard to walk forward and move forward very fast when your toes hurt.

Nick: It sure is. It sure is. Now the pain is moving. There are things happening. It's shifting.

Lori: Yeah, so I'm going to keep on this one.

Nick: Wonderful.

Lori: Thank you so much, Nick.

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

Lori: You too.

Nick: Alright, take care.

Lori: Thanks.

Nick: This is the process of exploring what's really going on. What's behind these emotional issues? What's behind these lessons from our body? Leslie writes in, "I wanted to tell you I'm starting a tapping group for caregivers starting this month." Very exciting.

Someone else wrote, oh Leslie again, "I'm working with a Parkinson's patient tomorrow and just realized he won't be able to tap. Should I just tap on him?" Absolutely, you can tap on him and that will work really well.

We are wrapping up our four-part series. Very exciting. I had such a wonderful time with everyone these last couple of weeks. It was really special. We had great calls, really amazing, amazing breakthroughs at so many levels.

Go back and listen to these calls, whether it be now or in a week or in a month or in a year. You have them now. You have the replays. They're yours to own forever. Sometimes when you feel stuck it can be great to have something to tap along with. Then continue to read the book. Not for my sake. You already have the book. For your sake. Keep going deeper.



This is a process that can transform your life in really incredible ways. It has transformed mine. It is such a pleasure, such an honor to have been on this journey with you through these four weeks.

I want to thank Kris and Cassy. Kris, are you there?

Kris: Yes I am.

Nick: Thanks so much for all your help these four weeks. I know everyone else is very grateful for you shepherding along. Cassy we don't hear from. Very grateful for both of your help in making these four weeks happen.

Kris: You're so welcome. It's been honestly a pleasure to be on every call and to witness all of this great healing happening.

Nick: Absolutely. I think that all we can do in this last minute is end with the rest of the Tigger song. How does that sound?

Kris: That sounds good to me.

Nick: Alright, let's do it. I hope you guys can hear it okay. Enjoy the rest of your evening. Enjoy the Tigger song. Tap along, Tigger's great. Be happy. Experience the joy in your life. Release these things that are holding you back to feel this joy. We're only focusing on it for a short time in order to release and then feel joy like this.

[Plays remainder of Tigger song]

Nick: Thanks everybody if you stayed on to the end of that. You're the only one, go live like Tigger. Have fun and I'll see you soon. Take care.