

**Q: Does it really rid you of emotional and physical problems i.e. what physical problems?**

A: Although modern Western medicine doesn't typically place much emphasis on the role emotions play in your health, EFT is truly a holistic form of treatment in that it addresses the disruptive negative emotional patterns which can often cause or intensify almost any physical hurdle you're faced with, be it back pain or difficulty losing weight.

**Q: What are energy meridians?**

A: According to Traditional Chinese Medicine, energy meridians are channels in your body through which your life force, or "ch'i" flows. When they are impaired through some form of trauma or illness, the flow can become disrupted, often leading to a whole host of physical and emotional problems. These are the energy field lines that are manipulated during acupuncture and acupressure, and also EFT.

**Q: What example of physical sensations do you focus on when tapping?**

A: You can use EFT to address any form of pain or discomfort you experience in your body, whether it's caused by illness or injury. Rather than simply masking this pain or discomfort with medication, EFT prompts you to deeply acknowledge what you are feeling and address the emotional energy at its core so it can be released and the problem soothed or even completely alleviated.

**Q: What chapter can we name that helps a physical problem – can cure a physical ill?**

A: In Chapter 7 of the book, I examine how tapping can help with one of the most common ailments people face – back pain. Not only do I offer a tapping routine to help you address your back pain, but I also share the story of an amazing woman named Patricia who used EFT to eliminate the terrible, menacing back pain that haunted her after an operation for a fractured vertebrae. Over the course of one weekend of dedicated tapping, Patricia was able to replace her daily cocktail of pain meds with her long abandoned yoga routine. It's a perfect story through which to share the wonders of tapping.

**Q: How would you explain tapping to someone in the most simplest terms?**

A: I like to describe it as a combination of ancient Chinese acupressure and modern psychology. You'll literally tap gently on specific points on your face and body (Meridian Points) while focusing on the issue (stress, fear, pain, etc.) that you are trying to collapse.

**Q: How does tapping work? And what's the scientific explanation behind it?**

A: What the latest research has found is that when we're thinking of a stressful situation or memory, or having a stressful experience, the "amygdala" in our brain starts firing. This is an almond-shaped part of the brain that acts like the body's stress response center; when triggered, it activates a variety of changes in the body, including the release of cortisol and several other "stress hormones", an increase in blood pressure, a reduction in the efficacy of the body's immune system, and other physical effects. It's believed to be an ancestral

reaction to danger – the ubiquitous “fight or flight” reaction – but in today’s world the amygdala is constantly triggered by daily stressful situations or memories of past events, real or imagined. The amygdala doesn’t distinguish between the stress of opening your mail and seeing the bills pile up, or a bear chasing you in the forest. It just senses your stress and starts acting up. When we “tap” on the meridian endpoints while focusing mentally and emotionally on the experiences in case, we send a calming signal to the amygdala, in essence telling the body, mind and spirit that it is safe. Thus, the stress is reduced, or the pain attached to the memory is healed, and so forth.

**Q: Where did EFT originate from and what makes it so effective?**

Tapping as a physical practice was discovered by Dr. Roger Callahan, a psychologist in California, in the 1980s. Callahan had been studying Chinese medicine and the effects of stimulating the body’s meridian points, when almost by accident he found that tapping just below the eye instantly eliminated a patient’s long-standing phobia of bodies of water. He went on to develop a very effective but quite complicated series of tests and treatments, which he called Thought Field Therapy (T.F.T.) A decade later, an engineer by the name of Gary Craig, who was a student of Callahan’s, determined that many of the issues treated using T.F.T. could be treated just as well by using a single tapping protocol. His method was to tap on 8 to 12 points on the body, instead of spending time and effort trying to determine exactly which point needed to be tapped on. Craig developed and taught this technique, which he called Emotional Freedom Techniques (E.F.T.), and it became instantly popular due to its effectiveness and simplicity. It was so much easier to just tap quickly on several points than to spend the effort trying to determine the cause of the affliction and the point that needed to be tapped on.

**Q: It's clear from the articles that are on your website that you believe that EFT can help with many of life's ills, from quitting smoking to enjoying work outs. Why is it possible to cure both physical and emotional ailments through tapping?**

There is a growing body of recognition in the medical field of the effects of stress and emotions on our bodies. Even the CDC (the USA’s Center for Disease Control) admits that about 85% of diseases have a strong emotional component. So it only stands to reason that if we are able to reduce stress and calm our emotions, we would reduce the incidence of diseases and afflictions. And this is precisely what Tapping does. As described above, tapping reduces the stress and trauma attached to real or imagined situations, and this allows the body to do what it does naturally: heal itself and return to its natural state of health. The same applies to emotional issues: when we eliminate the stress attached to a situation, it takes away the emotional charge and we are able to face the particular situation with more calm and confidence.

**Q: In one of your articles you explain how tapping can help relationships - why is this the case?**

Once again, it all boils down to stress. Most relationship issues are caused by one of several situations: financial problems, which cause stress; health issues, which cause stress; parenting issues, which cause stress... Notice a pattern? :) So again, as we reduce the stress we calm the mind and allow it to focus on the resolution of a situation, to see other options, to see the other person's point of view.

**Q: What advice would you give someone who wants to try tapping but isn't sure where to start?**

Our website offers a free e-book that explains the basics of Tapping. My suggestion would be to download that e-book, learn the tapping routines (it'll take all of 10 minutes) and then pick a simple issue to work on. One of the easiest places to start is with a fear (of heights, of airplanes, of spiders, etc) or a pain (many people have back pain, headaches or stomach aches) caused or intensified by stress. Follow the instructions to tap on that, and see if you get any positive results. You don't even need to believe in the technique, just do it! If you are interested in furthering your understanding of the technique, there is a whole body of literature available, including my brand new book, *The Tapping Solution – A Revolutionary System For Stress-Free Living*, the *Tapping Solution* documentary film on DVD, and many more.

**Q: Do you also recommend tapping as something that can be used to prevent ailments/psychological distress as well as cure them?**

YES! Any time you feel stressed out, it's good to tap. Reducing that stress will preempt it from causing other issues. Remember that stress can lead to headaches, pains in multiple places in the body, even immune disorders and heart conditions. So keeping that stress down is vital to securing a long and healthy life :)

**Below are the questions and answers from  
Mastin Kipp interviewing Nick Ortner:**

**Q: OK, so this Tapping thing. When I first heard about it, I thought it was totally woo-woo and weird, but now I know it's not. Can you explain in simple terms – what the heck is tapping?**

A: I also thought it was weird! But soon enough, the results I experienced and saw others experience convinced me something really special was going on here. In a nutshell, "tapping" or "EFT" (Emotional Freedom Techniques) is a combination of Ancient Chinese Acupressure and modern psychology. We call it tapping because we are literally tapping on endpoints of

meridians on our body, while focusing on what's stressing you out, what your challenge is, whatever is in your way.

**Q: How has tapping changed your life, specifically?**

A: In a myriad of ways! From the simple aches and pains that I can now tap away, to relieving daily stress, to perhaps most importantly, handling the deeper rooted beliefs and patterns that were keeping me stuck. My journey of the past six years, which includes making a documentary film (with no film-making experience) that has gone on to sell over 90,000 copies, writing a best-selling book, and living my dreams is directly related to the work I did, step by step, tap by tap, to clear out the old limiting beliefs, trauma, baggage and more that was keeping me stuck.

**Q: Does tapping work long term or is it something that you have to do every day?**

A: When you get to core issues, or handle something fully, it absolutely works long term. I've seen people who had 30 years of back pain, or fibromyalgia, using tapping to clear it from their bodies, and it never returns. Personally, I still use tapping daily to handle any new stress or challenges that come up, as happens in life!

**Q: You can tap for all kinds of things, including money. Does tapping guarantee you will get rich? How does that work?**

A: Three taps and you're rich! 😊 We don't do the tapping for "money" per say; we do the tapping to address the limiting beliefs, old patterns, ways of thinking about yourself and the world that need to be cleared and released. Once we get to the root of these problems, the way we act and react to the world changes, and thus our experience of money, finances, work, etc. can change dramatically.

**Q: You can also tap for weight loss; can you guarantee that just by tapping – you can lose weight?**

A: You can lose weight if, as per above with finances, you address the underlying limiting beliefs that are keeping you from working out, eating right, and taking care of your body. We all KNOW what to do to lose weight, or at least have a good idea, but putting it into action and sticking with it is a different story. When we ask ourselves those deep questions about why we're not losing weight, what the downside would be of losing the weight (for example, some women say, "It wouldn't feel safe because I'd get too much attention from men, and that's not comfortable), then the pounds can drop. EFT Tapping is also extraordinarily helpful with food cravings- try it and see for yourself!

**Q: In your experience with tapping, what is the most profound transformation that you've seen and how long did it take?**

A: Boy, this list is a mile long... I'll give you just one for now. John, a Vietnam veteran with 30 years of chronic back pain, came to our tapping retreat (when we filmed the documentary), tapped for several hours one day, relieved a lot of pain, then woke up the next morning pain free for the first time in 30 years and has remained that way for the past 5 years!

**Q: What got you started tapping?**

A: I found it online, like most things these days, and as weird as it seemed at first, I kept reading about it so often that I had to give it a shot. Right away, I could tell something was working, it was helping me shift, and I haven't stopped tapping since then!

**Q: I meet a lot of people who try to be "spiritual leaders" and you are one of the most giving, open-hearted people I've ever met. Were you always this way, or is tapping a part of it? How do you keep such an open heart?**

A: You are too kind. :) I certainly think I came into the tapping world with an open heart BUT, I absolutely know that it's that inner work I've done, through the tapping and other work, that has helped keep my heart open and continuous to do so. An open heart means no fear, and you can't have an open heart if you're stressed, anxious, overwhelmed and so forth. Using the tapping to change those experiences has helped me keep my heart open and grow.

**Q: Can you tell us about the work you are doing in Newtown, CT?**

A: I live in Newtown, CT. So on that fateful day of December 14th, 2012, I, along with the rest of the world, was shocked about the tragedy of the school shooting. Right away I knew that I had to play my part in helping people heal. So my brother, sister and I started The Tapping Solution for Newtown: Stress and Trauma Relief project. With the help of Dr. Lori Leyden, and over 40 dedicated volunteers, we've been working on the ground in Newtown, helping people heal. We've focused primarily on the trauma aspect of this event, and the accompanying stress. It's certainly the most profound work I've ever experienced, and I'm happy to say that while there's still a ton of work to do, and we'll likely be working on this for a long time, people are healing, and from this dark, dark place, increased light, love and forgiveness is shining forth.

**Q: How can people support your efforts in Newtown?**

A: If they choose to pick up a copy of my new book, I'm donating 100% of my royalties on the first 10,000 copies to the work being done in Newtown. They can also read more about the work being done, and contribute any way they can [here](#).

**Q: Why did you write your new book, The Tapping Solution?**

A: At the depth of my being, I know that this strange looking, but incredible powerful technique has the power to be one of those important pieces in changing the world. It's changed my life, the lives of those I love and I just wanted to share it with more people.

**Q: If someone never read your book and only read this article – what is one thing you would want them to know?**

A: That change is possible! And it can happen much faster and be more lasting than we previously thought.

**Q: What do you know for sure?**

A: That all is well... that within our tragedies lies the seed for rebirth, for hope, for healing... and that the best way to change our world, is to change ourselves, to do the work, to dig deep, to clear out these old limiting beliefs, traumas, memories and patterns that are no longer serving us. Now is the time! 😊