

Jessica Ortner: Welcome to the Tapping World Summit 2016. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located at TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you.

If diets have simply left you feeling frustrated and disappointed, then it is time to try a new way. You do have the power to eliminate bingeing, food cravings, and other forms of emotional eating. And to lead the way today, we are speaking to Britney Watkins from BritneyWatkins.com. Britney's widely popular teleclasses and online programs are based on 15 years of research on weight loss, self-sabotage, and leading-edge science. These programs teach people how to apply specific techniques to quickly and effortlessly eliminate all forms of emotional eating. As you may know, this is a topic that is very close to my heart, so I am thrilled to introduce you to another voice that's helping others lose weight and feel confident. Welcome, Brittany.

Brittany Watkins: Hi, Jessica.

Jessica: Thank you so much for being with us.

Brittany: Yeah, absolutely. Thanks, I am happy to be here.

Jessica: Well, I have experienced your work before and it is great. I would love to start by hearing from you what you believe are some of the biggest weight loss blockers. Why this this a topic that people struggle with for so long?

Brittany: Well, you know, it was a problem that I struggled with for a really long time. I think so many people have this experience of being super confident. You want to go on a diet, you start a new exercise plan, you're really motivated and then something happens and you stop going, you start eating foods that you told yourself you weren't going to eat, and it's just a really frustrating roller coaster. Some people can stay on it longer than others, but what I find is that most people start to see some success and then they immediately put weight back on. And I know in my case, that was always my case. And I just was really obsessed with this question, why do we do that? Why do we keep sabotaging ourselves? Why is it so hard to stick to a diet?

What I found is that there are seven psychological weight loss blockers that will cause you to either keep the weight that you currently have on, or gain weight. And if you have even one of them you will basically never – it will be really, really hard of your to lose weight. And so I started, after working with myself for what feels like a lifetime, and then starting to work with people I identified that there are seven major blockers. All the people that I worked with had all these. Most people had all seven, some people had five or four. But most people had between six

and seven of these weight loss blockers. What I found after working with people is that once we identified what those weight loss blockers were and removed them, they were able to lose weight.

So I developed this system in working with the weight loss blockers, rather than prescribing specific diets or exercise plans, I just found it so – I found that people were able to stick to diets and they were able to stick to their exercise plan once they removed their blockers. So I just thought, you know what? We've got to focus on these weight loss blockers first to set them up for success.

Jessica: Right. So when people would let go of these blocks, they did the work. I just want to get a picture of what the other side looks like because I don't think that many people have experienced it, because a lot of people have struggled with their weight for so long. When you get to a place where you're taking care of yourself and you're exercising, where are they? How do they feel about those actions compared to how they used to? Because a lot of people still believe well, in order for me to be successful I have to continuously push and punish myself.

Brittany: No, it's actually completely the opposite. So what I found is that people will fall into two categories. So once they remove their weight loss blockers they will either lose weight without even thinking about it, because their body just has no use for the extra weight anymore, or they'll feel really motivated and excited about starting a healthy eating plan and exercise routine. And actually it was – I discovered this part of it after about a year of running these big group classes, that I worked through a six-month program where we worked really, really intensely on the weight loss blockers for those six months and about half the people lost weight, which is really good for weight loss programs. There is this other half of people that were kind of stuck.

Well, when I followed up with them six months after that I found that they were – the other half of the people – they were compelled to start a diet and an exercise plan. And actually, they thought that it was the diet and the exercise plan that caused them to lose weight. But they had never been able to stick to a diet and exercise plan their whole life, so they just removed their weight loss blockers and all of a sudden they wake up in the morning like, 'You know what? I want to research this new diet.' Or, 'I want to research this exercise plan.' Or, 'I want to start going to the gym.' So it actually comes from a very natural place and a desire for health rather than this punishing, forceful, 'I've got to do this, I've got to stick to my diet, I can't eat this, I can't eat that.' So it just makes weight loss so much easier and it's definitely not effortless but it doesn't feel like efforting, because you want to do it.

Jessica: Yes, I absolutely have seen that myself. And I always remind myself and others that if it's not pleasurable, it's not sustainable. So there is only so much punishment we can give

ourselves. If we don't find pleasure in the healthy lifestyle then it's so hard. And I am imagining it's hard to find the pleasure when we have these weight loss blockers. So how do we know if we are suffering from one of these blocks and which one we have?

Brittany: Well, I have a really cool quiz on the home page of my website that you can visit and you can take this quiz and it will tell you what your number one top weight loss blocker is if you don't already know. So that's one way, but let's just talk about a couple of them and I will – people will usually be able to identify right away if they have that or if they don't have that.

So the first weight loss blocker that's probably the most common one, almost everybody on the planet has this one, is something that I call your feelings are stuck in the food. And basically what this is, we all have those foods that if it's in the house we have to eat it. Especially people that are trying to lose weight. They are called trigger foods or craving foods, but most people have several of them – pizza, pasta, chocolate, ice cream, those kind of staple foods. People typically think with diets just keep those things out of the house because when you're around them you can't eat them like a normal person, you kind of go crazy on them. So what I have found is that those foods are actually, if you think about those foods and you think about your earliest memories of eating them.

So think about your food, and we can just do this for the people listening, but think about your trigger food and then I want you to think about the first time you ate that or some of your first experiences eating that food. Now, nine times out of ten people will immediately go back to a memory of eating that food with someone they loved or during a time that was really positive for them. Like every Sunday I would go for ice cream with Dad, or I would back cookies with Grandma, or we would have big family dinners and there was pasta and pizza, and the whole family was around. And so what I found was that when we have experiences like this with food, our feelings actually get stuck in the food. So what happens is the food, these foods, they taste so much better to us because what happens is when we eat them, we're immediately transported back to that time and we feel all those really positive feelings of love, of comfort, of relaxation, of whatever we were experiencing at the time. And that's why we can't get enough of those foods, because you can never get enough of mom's love, right? You can never get enough of comfort, you can never get enough security or fun or happiness, right? And so that's why we'll have these certain foods where we start eating it and all of a sudden we look down and it's completely gone or we keep eating it until our stomach says, 'No, don't put anything more in me.' It's because we're trying to actually fill ourselves with this emotion rather than the food.

It's actually really simple to take the feelings out of the food. I have this technique called the ball of light technique where we literally take the feelings out of the food and we give them back to the person that they came from. And what that does is it rewires and tells your brain that these feelings came from that person rather than the food. So this is a really, really – I've seen just

amazing things happen with just one simple – a couple of rounds on tapping on this. One visualization on this, people will go from craving chocolate every single day to not even thinking about it for months. My dad, actually, when I was first starting to get into this I was of course working with all my family members like we all do when we first start. My dad had a problem with Baby Ruths so I was doing this technique with him and it wasn't until maybe just like a year later or something that he looked to me and was like, 'You know what? I have not had a Baby Ruth since we did that tapping session. And it's been like six years later and he still hasn't had a Baby Ruth.

I hear that often when we do this technique. It's so interesting that your brain just has the wrong information. It just thinks that this food, in our mind, when we eat the food it triggers all of these good feelings. But we don't have to eat those foods in order to feel the good feelings. We can just tell our brain, 'No, the good feelings came from this person.' And just with that one requiring process while you do the tapping, your brain automatically requires those good feelings to that person rather than the food. So you can have the food in the house and not touch it, which is really amazing.

Jessica: So there is one of the most common blocks, which is associating a feeling with the food. What's another one that shows up a lot?

Brittany: Well the other most common one is something that is a little bit of a touchy subject and I think most people don't like talking about it. But I really felt that as I have worked with women more people need to talk about this because it's one of the most common weight loss blockers. I find that about 80% to 85% of women have experienced some form of feeling uncomfortable sexually in their body. So this one is called the 'I'm too sexy' blocker. And a lot of women - and men, this definitely happens for men too – but a lot of people when they visualize themselves at their ideal weight, they will actually feel fear. The fear will typically come from feeling like they're going to be violated in some way or nervous about getting more attention from men. So it's actually a really, really interesting weight loss blocker. And it's probably the biggest one. It's the most powerful one.

So if you think about it, we know that we are animals and we know that men are attracted to these curvy kind of figures. Well, if you have had something traumatic happen to you or if you felt unsafe in your body, what's the best way to protect yourself? To not have that curvy figure, right? Or to put more weight on, or to have this extra padding. So it's super, super common I find with women, especially, that have had some sort of traumatic thing happen to them. They will add weight on and it can be anything from 10 pounds to 200 pounds, but it is a form of protection from this unwanted attention. And it's really, really important. What I find is that some women don't really feel comfortable addressing this or they're not ready to and I find that if you don't address that, you can address all of the other weight loss blockers, but if you don't

address that one you won't get results. And actually when I work with people that's one of the first things that if they're comfortable I would like to work on because it's the most powerful one. And it makes sense, right? It's a way of them and us protecting ourselves from danger, really.

Jessica: Yes, absolutely. And we protect ourselves in those areas, we protect ourselves from having a reason to stand up and be seen, even in other areas of our lives. So many people say, 'Well, if I lost weight then I would have to get on that stage.' Or even apply for a job, and you think, 'But your weight has nothing to do with applying for a job,' yet we make it about that. It's amazing how when you struggle with your weight that you make it the reason for not doing many things.

Brittany: Absolutely. That commonly comes up and actually that reminds me of another weight loss blocker that is really common, it is called the 'I don't want to make them feel bad' weight loss blocker. So what I typically do with this is I have people visualize being their ideal weight. And then being surrounded, standing in a circle with all their closest friends and their family and all the people that are closest to them standing around and saying, 'Wow, you really lost weight,' or, 'Wow, you look really good.' And making the comment and noticing how they feel about it or how they look. And what I have them do is I just have them go around the circle and take stock of who is upset, who feels what, and not that that means those people feel that way, but that is our perception of how they feel, right? So I can't even tell you how many married couples will say, 'Oh, well if I lost weight then I might feel like dating again and I might leave my husband.' I mean, what better reason would you have to keep your weight on than to keep your marriage? So it makes perfect sense. Or another really common response that I hear is that some people that grow up in a family where everybody is dieting or everybody is always talking about their weight or they are complaining a lot or sometimes you will have girlfriends where you are always trying the latest diet together and you are connecting about how bad you feel or how bad you messed up on your diet. And when you look around in that circle you will notice that they feel upset or they feel jealous or you don't feel as connected to them anymore.

So now all of a sudden you lost the weight but in your mind you also lost your tribe. So again, that's a weight loss blocker. Isn't that a good reason that you would have to keep the weight on? So that you don't have to make the people that you love feel uncomfortable?

Jessica: Yes, it's so important to do that soul searching, to look at beyond just thinking that we were born with less willpower than other people. We act in certain ways out of self-love, out of protection, not because we're wrong or broken but we're trying to keep ourselves safe. So Brittany, I think a lot of people can resonate with the blockers, even just the few that you've brought up, and I would love to go into some of the strategies on what we can do to start making a shift. This wasn't planned but I think we have time for it, and I hope it's okay. I am kind of

putting you on the spot here but you did mention the technique, the easy visualization about separating the food and the emotion. Could we start with that?

Brittany: Sure, and I want to talk about this first. I want to differentiate because the way – so for me, what I found when I was working with tapping and I was trying to get ahold of my weight issues, was that I couldn't figure out what the problem was a lot of the time. So these weight loss blockers will cause us to eat when we're not really hungry. So I'm sure if you're listening to this and if you've struggled with your weight you have probably been conscious enough or you have had a few experiences where you know that you are going to the refrigerator and you are eating some food and you know that you're totally overeating. You know that you don't need food, you know that you're actually not hungry, but you're eating anyway. And this was a really frustrating piece for me. And this is actually the weight loss blockers at play. So how do you know which weight loss blocker you have? How do you know what memory it is or what's trigger this event.

That was always the struggle for me, so what I found was I found actually in the middle of one of my own binges when I was just so frustrated, I had actually already started teaching weight loss and I was still was eating when I wasn't very hungry and I was just so frustrated with myself and I just felt like such a fraud and such a failure and all these things. And in that moment the words of one of my mentors came to my mind. And he said, 'If you want to know what's behind something, stop the behavior and notice what comes up.' So in that moment I just – there was a chocolate bar in front of me – and instead of eating the chocolate I pushed it away. I sat back and I started tapping on my karate chop point and I just started asking myself this series of questions and after about ten minutes I looked down at the chocolate bar and I didn't want it. That had never happened to me before with emotional eating when I didn't know why I was triggered.

So the reason that I'm telling you this is that the way that I deal with food issues is that I used different techniques for different problems. So one of the things that I teach in my class is how to identify what you're experiencing right now. Is it a food craving? Is it emotional eating? Is it self-sabotage? Right, so there are these three main techniques that I use for these three things that happen to us when we're struggling with food or when we're trying to get into better shape. And so craving technique is one thing. The emotional eating technique, which I am super passionate about just because I feel like it solves this problem that I struggled with for a long time and I know that a lot of people do. It is so simple and it is just a quick, simple visualization. But if you use that technique on a food craving like chocolate or one of your trigger foods you might not have as good of results. So it is important to notice if it is emotional eating or food cravings. And just the way to notice is if it is a food that you might feel like you're eating out of control or do you feel like you're eating – well, you can eat trigger foods out of control. Are you eating when you know you're not really hungry? Are you eating like as an away from feeling? Do you feel like you're trying to escape something? Is there something going on in your life that you're

trying to get away from? Or do you feel like you're trying to move towards something? IS there a good feeling that you're craving that you're desiring? So usually when it's a good feeling that you're craving or desiring, that's going to be a craving for when it's a bad feeling and when it's something that you're trying to get away from it will be emotional eating. Sometimes you just have to use both techniques and see what happens.

So you can't do it wrong, this is a really forgiving process. It works best – I know we have a lot of very conscious people in this community so a lot of people are what I call unconsciously competent, where you know that you're eating emotionally and you don't know how to stop it. So that is what this technique works really well for. You can use it for anything. You can use it for alcohol, cigarettes, shopping, anything kind of addictive tendency you can use this technique for. So I'm very passionate about it, it's very powerful.

Jessica: Perfect. So thank you, can you walk us through it?

Brittany: Yeah, so the first thing that you do is it is kind of like the emergency technique, right? So it's the technique that you use when you're triggered and then you've got the chocolate sundae in front of you and you know that you're going to go to town on this thing. You don't want to eat it but it's really calling you. So if you're not feeling that right now I want you to think about the last time that you ate emotionally. Put yourself there. Were you at your house? Were you at work? What were you doing? Who was around you? What just happened? Just see if you can feel that kind of trigger feeling inside of you.

Then look down at the food in front of you or just visualize what you'd like to eat right now and notice your draw, notice the attraction. So when you're triggered emotionally, this is all going on very, very quickly, right? You just don't think like, 'Oh, how am I feeling right now? Am I triggered? What's going on?' You just think, 'I need to eat food.' So most of you when you're triggered, you are just going to go right for the food. So you are going to feel the draw, you are going to feel the attraction for the food. Now what I want you to do is take both hands and push the food arm's length distance out in front of you. Sit back, start tapping on the karate chop point. Now, this is going to feel really bad. This is probably one of the hardest parts for people.

What's happening right now is we're actually able to access the trauma or the wounding, so what I'm going to do is I'm going to ask you a question and I want you to tell me the very first answer that comes to your mind. Don't overthink it, just go with the very first thing that comes up. So as you tap on the karate chop point, feel this negative feeling and I want you to follow that feeling back in time and tell me how old you are. Just go with the very first thing that comes up. You might hear a number, you might see a number, you might just have a knowing sense of how old you were.

Now what I want you to do is see yourself at that age. See yourself tapping through the points and take a few steps closer to her. Get closer and closer and closer until you are a step inside her body, open your eyes, take a look around, and tell me what's going on, even if you think you're making it up. Now you can say words out loud if that feels good for you. Some people don't want to say anything out loud and that's totally fine. So just notice what's happening around you and notice how you're feeling about it. Keep tapping through the points and just really allow yourself to feel whatever the strongest emotion is that's up for you right now. It might be anger, it might be sadness, it might be fear. And if there are any words that go along with it you can say those out loud or you can think them in your mind, like why me? How could you? Or, how dare you? Or whatever is coming to your mind. Just keep tapping through the points.

Keep focusing on that emotion. And what I want you to do here is I want you to really allow yourself to step into this emotion. It might be fear, it might be sadness, it might be anger. What I want you to do is boldly step into it, knowing that as soon as you step into this feeling it will dissipate in half a second. Just keep tapping through the points and you just want to keep tapping until you notice your body relax or take a little breath. Some people will yawn, some people will have different ways of knowing that they cleared something, but all I am looking for is just a release. It doesn't have to be major, just a little bit of a release.

Now, some people might need to stay here for longer but what I find is that you really don't have to stay here very long, just maybe 30 seconds to a minute, max. And then take a nice, deep breath and come out of your body, come out of the young body, and now be here in your adult body. Now what we're going to do is you're going to look at the little you at that age and you're going to step inside this picture with her and you're going to tell her whatever it is that she needs to know right now. So you're going to be her angel, her mentor, her mother, her confidant, her best friend, whatever it is that she needs right now. You have a special message for her.

Most people will do this naturally, but I want to make sure that it's a very positive message, very uplifting. So there's something that only you know that she needs to know or that he needs to know in this situation. And so I want you to say that to her and you can take as much time as you want here but I am just going to be quiet and let you do that, but keep tapping through the points as you do this.

Now, there might be a lot of tears here at this point and this is usually when we do another big release. So just keep tapping here and you can pick your little self up, put her or him in her arms and just hold them and let them know how much you love them. Let them know they're safe and that they're perfect.

And some people like to stay here for a while for sometimes your little self needs to be spoken to a lot and needs to know a lot of things. So you can stay here for as long as you want but now the

next part is calling in the higher energy. So some people like angels, some people like light. I'm just going to use white light but I have also used angels and I love working with angels but some people don't like angels. So what we're going to do here is we're going to call in the white lights and we're just going to imagine now this big column of white light comes down from the sky and just wraps you in your younger self. Wrapping you in this white light, just feel how comforted and how powerful this white light is. Feel how protected and safe you are.

And now what I want you to do is stop tapping, and what we're going to do is we're going to imagine that there's a huge shower head that just came down from the sky and it's sitting over you and your young self. And we're going to turn this shower head all the way on to the right and all this white light is going to be coming down all through you, inside of you, clearing up anything that's no longer serving you and collecting all the negative thoughts, beliefs, emotions, anything that we weren't able to clear with tapping. Just allow that white light to gather up all of that stuck energy. See it washing through your little self and feel it washing through you. I almost like to hear a little, where I almost like to hear little sounds like bloop, bloop, bloop. As it goes through every single part of your body, every single cell, just gathering up whatever is not serving you anymore, bloop, bloop, bloop.

Then the ground is like this huge vacuum cleaner and it just sucks all that yucky stuff into the ground. So I like to do that a few times and it feels so good. So just feel it suck that into the ground. And just take a nice, deep breath and feel how clean you feel and how relaxed you are. And now what we're going to do is we're going to turn the showerhead on even higher, so it's going to be even stronger this time. Now the white light is going to be filling you up. So all those little parts and pieces and little spaces in you that we just cleared out, we want to back fill those parts and back fill every single ounce of you and every single part of your body. So just feel as that white light comes running down through your head, filling up your entire head and your neck. White light running through your shoulders, filling up your arms, filling up your chest, and this is the highest vibration that could ever possibly exist in the universe. You are filling up every single little part of your body, filling up your stomach and your hips, your legs, your calves, and your feet.

So just stand here for a minute and just feel your entire body filled with this white light. Just feel how good it feels to have this white light pulsing through every single part of your body and it's actually filling you up so much that it shoots out of your fingertips, it shoots out of your toe tips, and it spills out over your heart and shoots up the top of your head. So just feel yourself here like a human fountain, fountaining this white light. And look down at your younger self and see them fountaining this white light also and just look at the expression on their face and notice how happy they are, how safe they feel. Take a nice deep breath. Some people love to stay here for a while and I sure do, so if you want to stay here for longer then by all means go ahead and do that.

The very last part and the way that we close this up is that we want to make sure that we integrate this healing. So what I like to do is I like to look down at that younger part of me and I'll shrink her down into little teeny, tiny bite size so I can place her in my heart. And when I put her in my heart, I immediately feel her getting bigger and bigger and bigger and older and older and older, until she becomes me, as the adult that I am, with this new understanding and this new way of seeing that situation.

Jessica: That's a beautiful process. Thank you so much for sharing it with us.

Brittany: You're so welcome.

Jessica: And I just want to ask some questions about it because now that we are able to close our eyes and tap and have that full experience, I want to break it down for a moment and just to be clear, as we are visualizing all of this, we are tapping at the same time, is that right?

Brittany: Yeah, the only time I stop tapping is when we do the light visualization because I find that for me that distracts me. Some people might like to do that so I just say that is optional. I just say whatever works best for you but sometimes I find that the light thing doesn't work as well for me. And that's a key piece because it changes your vibration and it lifts you kind of out of the way that you were feeling. So just play with that. You can keep tapping if that feels good but I usually stop tapping.

Jessica: Right, and could you break down some of the major chunks and major steps that you just brought us through, so we can take some notes and give ourselves that experience again in the future?

Brittany: Yeah, totally. Well there is an audio that we're including with this that actually has me talking you through that process three times. So what I find is that some people will go from like a ten to a two in just one round, and then other people will from like an eight to a five or they will just drop a few points. So sometimes what I find is that you have to do that two or three times to really, depending on how strongly you want the food, to really get yourself down to a zero. So sometimes you have to repeat that process. So I have an audio that you guys will have that you will be able to give to everybody that is walking them through. It is about a 15-minute audio and it is walking them through three rounds of that. So they will have that.

But let's talk through it because I know that we have got a lot of practitioners and people and I would love for people to start using this in their work with other people and it's just so powerful. So the very first thing that we did is we identified the feeling. So most of the time if you're using it when you're triggered, you're already going to be triggered. But the best time to use it is when you're triggered. So I have had people try to use this when they're not really triggered and just

think about – it’s good for a demonstration but it’s much better if you use it when you’re actually triggered. But if you’re in a session with somebody, you want to have them think about the last time that they felt triggered and put them back in that scenario. They will start to feel triggered or if you’re working on yourself you will start to feel triggered when you think about the thing that happened or that situation that you were in.

Then you want to feel that desire. So a big part of this is feeling the attraction or noticing that you want to eat food right now. Then the next part is pushing it away so now what we’re doing is we’re doing the opposite of what we actually want to do. So I have to push like with both hands an arm’s length distance in front of me. Sometimes I have to tell myself, ‘No, I can’t have that.’ Or, ‘I’m not going to have that,’ or, ‘I’m not going to eat that.’ Or something, right? You’re telling yourself that you’re not going to eat the food by pushing it away. Sit back, start tapping on the karate chop point. As you sit back, you’re going to feel really bad. That feeling, eating the food, is covering up the bad feeling. So when you push it away now you’re going to have to sit in that bad feeling. That is when you just ask yourself the question, ‘How old am I right now?’ Just allow your subconscious mind to answer for you. So most people – I mean, I have worked with doctors and scientists and people who are very analytical and have never done any personal development work at all and every single time they will tell me a number.

So some people get kind of stuck there. So I just say even if you think you’re making it up, just guess. If you’re one of those people that has a little bit of a hard time coming up with that, I always say, ‘Just guess. Just go with whatever comes up.’ So then once you have your number you start tapping through the points and you see yourself, you see that person, at that age, in front of you. Now, depending on what happened it might be hard or easy for you to get into your body. That’s why you start tapping through the points. Because as you get closer to your body, so I then instruct you to take a few steps closer to her and get closer and closer and closer – as you get closer to your body the emotions about whatever happened are going to get stronger and stronger. So if this is a really traumatic thing, which obviously I always recommend working with a practitioner to work through anything that’s really traumatic. And most of the time when you’re doing this nothing will come up. If it’s something that’s too traumatic for you to deal with what I find is that if it is something that is really big that you need to work with somebody else and sometimes you just won’t feel anything or you won’t get anything or it will be a blank, and that’s usually a sign that it’s something really big and you actually have to work with somebody one-on-one. It’s going to be safer to work with somebody on that. But most of the time it’s just going to feel really scary as you take a few steps closer to her. So as you are walking to your body sometimes if you need to tap for longer you need to release the anxiety about getting in your body, and that’s okay. You can take your time to get there.

Then once you do really get into your body, look through your own eyes and then just kind of notice and feel around what’s going on. And you’ll feel it because you’re going to be in your

body and so I always like to identify the top emotion at that point. So what is going on right now? I always give myself permission to just make it up. Sometimes people will come up and they will remember things that they could never remember consciously. But if I didn't give them that permission to just make it up they wouldn't be able to access it and they wouldn't clear it. So even if you think you're making it up, what's going on right now. So just notice what is going on and then notice how you're feeling about it.

Then as you tap through the points, just by identifying how you feel you are going to start to release the anxiety. I gave you kind of the cue at the end, like feel this emotion, knowing that this is the very last time you will ever have to feel this way. So once you really step into this emotion it goes away in just like literally a second. So I really give people the courage to really feel whatever is going on. After about 10, 20, 30 seconds you'll notice that you kind of take a sigh or you take a breath. And I don't do any of the zero to ten scale or anything like that. I just keep tapping the whole time. So you don't have to know what your number is or anything like that, just notice when you just kind of sigh and you take a breath. That's when you know that you're done. Step out of your body and become the adult again. Then as the adult, having whatever perspective you have now as the adult, step inside this picture and talk to your little self and give her or him whatever it is that she really needed in that moment. So maybe she just really needed to be told that everything was going to be okay or that she is safe or that if she is in a bad situation, maybe you take her out of it and you go take her to a park and play with her. Or you go do something fun together. Or you just give her a perspective shift about what happens. Actually your whole life changes and it is so much better, or whatever it is. You will know the perfect words. So that's why I don't really feed you those words. You will know exactly what to say to your younger self. You will know exactly what he was needing or what she was needing in that moment.

Then that's really it. So then you just talk to her and this is usually when people will cry a lot and they will have like a big perspective shift here. Then we bring in either the angels or the light and we just do the healing work and the clearing, often because we don't do the zero to ten and we're not doing all the different emotions we will have some stuck energy and we might still have some funky stuff that we're still feeling. So I just find that the light and the vacuum will just kind of clear all of that out. Then filling up every single part of my body with high vibration, with white light, golden light, whatever it is that you want to fill yourself up with, and becoming this human fountain of really high vibration light will just take you to this place where you will come back to the food and either you will want it much less, so you will be able to do another round of this, if you still have a three desire for it I would say to do it again. But you will go from a very high number to a very low number just by doing that, just by doing this one process. So is the enough?

Jessica: Yes, it's definitely clear and the great thing about this audio is that people can come to it again and again, and you're also providing us with the experience and the other audio as well. So between your explanation and then taking us through it three times, we are getting a lot out of this. So I'm really grateful for this process. As people move forward and they begin to look at their relationship with food and their body different what is one thing that you hope that they remember on this journey of exploration and letting go?

Brittany: You know, people always say that you have to love yourself in order to lose weight. And that really frustrated me for a long time. And what I found at the end of that was that it is actually true and the way to get there is by removing your weight loss blockers. The more you do this – if you think about what we did tonight, most of the time we are going to heal some sort of traumatic thing that happened. And since we're in the Tapping Summit we're learning about specific events and how traumatic events and things that have happened in the past shape our lives and shape our self-worth and our self-confidence. And so by healing the past and by using this technique over and over again you are going to be healing all these little mini wounds and these traumas that are shaping your reality and that are shaping your self-confidence. So while it is so simple to say, 'Just love yourself,' it is not that simple but it can be when you start to heal the wound. So I say look at your emotional eating or look at your food cravings as a gift, as a blessing. They are giving you a window of opportunity to heal some aspect of yourself that will make you feel so much better, so much happier, and so much more grounded with yourself once you clear them out.

We have so many women who go through my programs that the end of this six months transformational tapping will do a lot of this stuff. They will look around and go, 'Oh my gosh, I have such a better relationship with my partner.' Or, 'I feel like I want to date again.' Or, 'I'm going to ask for that raise because I'm not being paid enough.' Their self-confidence has shot through the roof. And I cannot think of a better gift to give yourself than more self-confidence. And this technique is just one of the most powerful ways that I have found to get there.

Jessica: Well thank you so much for being so generous with all of this information. And we really appreciate it.

Brittany: You are so welcome. I am really happy to be here.