

Jessica Ortner: Welcome to the Tapping World Summit. In this first audio, we will go over the basics of Meridian Tapping with practitioner Carol Look. Carol is the author of the popular tapping book, *Attracting Abundance with EFT*, and a star of the documentary film, *Try It On Everything*.

We will go step by step through the basic tapping sequence and she will answer all your most common questions. Our goal with this audio is that you grasp the basics and feel comfortable to start your journey. And for those tapping veterans, we hope to provide you with new distinctions that bring your practice to the next level. So let's get to it.

Welcome Carol.

Carol Look: Hi Jess.

Jessica Ortner: Carol, what is Meridian Tapping?

Carol Look: Meridian Tapping is basically acupuncture without the needles. We combine that with the basics of modern psychology. So Meridian Tapping is based on the ancient art of Chinese Medicine and the acupuncture from thousands of years ago.

We use the circuits of energy in the body that are called meridians. They carry energy through all the organs and through the entire body. We tap on separate points on the meridians, instead of putting needles into them, while we are focused on, let's say, a particular emotional block or a particular feeling. The tapping and the focus relieves stress and blockages of energy that are in our bodies and our minds.

So basically, there are three pieces of it.

We tap on these acupuncture points.

We focus, we have to be very focused, we have to know what we're working on. What's the problem? What's the issue that someone is working on?

And we express our emotions. We get to the bottom line. We get to the feeling that the person needs to work on whether it's anger or hurt or guilt or fear, anxiety. That's what we focus on while we tap.

Jessica Ortner: Carol, I know a lot of people will be curious. What is the history behind tapping?

Carol Look: Well, it goes back a long way. Certainly the entire system is based on Chinese Acupuncture, which is thousands of years old, but as far as the modern version of using tapping with psychology, it started in the 1960s with George Goodhart who was a chiropractor. He learned about acupuncture and he started tapping on meridian points with his fingers. And he is the father of what we call “applied kinesiology.” Many people know that as muscle testing. So he started it out for all of us.

Then in the 1970s, one of Goodhart’s students was a psychiatrist named John Diamond. He started using muscle testing as part of his practice and integrated aspects of psychiatry while he stimulated these meridian acupoints. So you can see it start to grow.

Then in the 1980s, along comes Roger Calahan, who was a psychologist. He had studied applied kinesiology with the first two, with Goodhart and with John Diamond, and he was a pioneer in the cognitive and behavior therapies and had been doing psychotherapy for decades. Then he started using tapping for phobias. His technique is called “Thought Field Therapy.” Many people know about Thought Field Therapy. He combined psychology with the tapping on the meridian points.

Then there were several students of Calahan’s, Pat Carrington, many people know Dr. Patricia Carrington – wonderful practitioner, psychologist. She came up with what we call a single algorithm where you just tap the points in sequence, and you don’t change the method depending on the problem. Calahan believed that for anxiety you used one sequence. For pain you used a different sequence of tapping on the points. Dr. Carrington came up with a single algorithm that she called “Acutap” in the 80s. Everyone knows her for her Choices Method.

And then, of course, along comes Gary Craig who started Emotional Freedom Techniques or EFT. He also developed a single algorithm and added all sorts of pieces to the tapping and made it very available to the layperson. He added many aspects that... anyone familiar with NLP, Neurolinguistic

Programming, will recognize much of what Gary has added to the tapping.

So that's sort of a very brief history over the last few decades.

Jessica Ortner: Carol, in this summit we often mention EFT. Why is it so widely used?

Carol Look: Well I think... Gary Craig starting EFT. It really is the simplest version. A single algorithm so you just tap the same sequence of points. Gary made it available to everyone by being able to download a free manual and he really taught it to so many people. And some of the other methods, you're only allowed to use it if you're a trained psychologist or in the mental health profession. So that opened it up to many, many people.

But there are many versions of the tapping or meridian tapping that people use. And of course, everyone that comes along can't help but add their own angle, their own style, their own flavor. But the basics of all the tapping is the same for everybody. You need a focus, you need to have a problem that you're working on. And you need to stimulate the acupuncture points by tapping on them.

Jessica Ortner: Great!

Carol, what are the theories behind tapping?

Carol Look: Well, there are many theories behind all the tapping. Again, we have Thought Field Therapy, Emotional Freedom Techniques, Touch and Breathe. VSFF. I've been trained in four or five of them. And the theories are the same. The main one being that if you tap on the acupuncture points, you actually access the meridian circuits in your body. That's where all energetic information is stored.

So basically you're gaining entry into the system. In our culture, we have ignored the energetic system. It's just not how we were trained. The typical medical professionals go for blood and bones and cells, and we have ignored our electricity and our energy. The theory behind all the tapping techniques, whichever ones you use, is that we gain access to the system, and in that system is where conflict is stored. In that system is where congestion is.

The first time I went to an acupuncturist, I had to fill out forms and talk to them about it, and they kept talking about congestion. They believe there are blockages in the meridian system causing congestion which then blocks your emotional and physical health and thriving.

That's one of the main theories, that if you can do this tapping, you can relieve the energy blocks. That's the whole point, relief. Right? We relieve what thoughts or feelings or conflict you've got that are going on in your body and mind. Of course the main piece of this theory is about the body-mind – that we are utterly connected. So whether you use VSFF or EFT or TFT or TAT all these letters that are connected to these meridian therapies, it's the same theory about body-mind. You can no longer separate your thoughts and feelings from your body. So that's a wonderful piece of the theory behind all the tapping energies and all the tapping techniques.

Another piece of the theory is that conflicts and stored emotions get trapped in our cells and therefore they influence our behavior. More importantly, they influence our reaction to current life circumstances. Let's say you had something happen to you in high school and then you react when you're 25 to a similar situation. It's because it's trapped inside of you. We all know that from basic psychology, from what happens in our lives. We overreact to something later because of something that happened earlier in our lives.

So this idea of releasing the trapped conflict... that's what happens. That's the focus of using any of these techniques on someone. Release the anxiety, release the fear, release the addiction. You do that by entering and accessing the energy system by tapping.

Certainly as a basic therapist, I know from my years of clinical work as a talk therapist that all unresolved emotions are major contributors to physical pains and diseases. I know that from my own body and my own life.

Those are some of the theories behind it, that once you clear out the emotional conflict, then you make available energy for healing.

Jessica Ortner: Can you talk about all the different things tapping is used for?

Carol Look: Sure. Anything to do with body-mind medicine.

Emotional conflicts and stress - anything that falls under that category: anxiety; fears; phobias, distinct phobias – of a bridge, of animals, of snakes; addictions, anything that people are addicted to; certainly weight loss is a wonderful thing to work on with the tapping; quit smoking; childhood traumas - I worked last week on someone who had an accident 10 years ago, a car accident; adult trauma. Anything that's gone on that really overwhelms your system – we have a problem processing it.

Basic thought therapy can be very helpful, but if you've had a trauma that's affected your body, talking about it won't relieve it. You need to go back into the body to relieve it; blocks to success and abundance, you know I do all of that work with helping people with limiting beliefs. So really, anything goes.

You can try it on anything. And if you are very specific and you know what you're doing, you will make progress. The tapping works. That we know. It works on human beings because all humans have an energy system, and that's what we're doing.

Physiological challenges, any limits in the body, range of motion, pain, medically diagnosed ailments – now because I'm not a doctor, I can't approach a diagnosis from the medical perspective so I go through the emotional channels. So we certainly take care of lots of pain and lots of ailments and illnesses by working on the emotions that have contributed to those issues.

Jessica Ortner: Carol, I can just imagine someone listening to this long list and thinking, "How can one technique work on such a variety of things?"

Can you explain this a little bit?

Carol Look: Well it's a great question. I get it all the time. I used to get it from my family when I first started working with this.

What we're doing with meridian tapping is, remember, we're accessing the core of human beings in our life. We're accessing the electrical system and the energy system. So we're getting

to the bottom line. The bottom line is our energy. If we no longer have energy, we're dead. If we don't have the electrical system pulsing in our bodies, we're not here anymore.

So we're getting to the bottom line, getting to our energy system and getting to core emotional issues. The core emotions are usually the same. So whether you're overeating, oversmoking, or you have social anxiety, or you have fear of finances, underlying that is the same sense of worthiness, lack, feelings of unworthiness, not thinking your lovable, anxiety, insecurity from childhood. So we go to the bottom line, what's the real issue in the person that's making them come out and manifest with a problem in adulthood. Again, it doesn't matter if it's smoking or social problems or chasing dramatic relationships, we really can trace it all back to disruptions in our electricity, in our energy. That's what the tapping heals is these disruptions.

Jessica Ortner: So does tapping actually heal a physical problem?

Carol Look: Well, all emotions, beliefs, thoughts, they all carry energy. So when we can release that energy, we free up energy for healing in the body. I wouldn't say that the meridian tapping heals the physical problems, because I can't go at it from a medical point of view. But what it does is it heals the emotional conflicts that stress our bodies out. And if you've been stressed out for two decades, you probably are going to pop some symptoms. That's what happens when we are exhausted, when we've been under huge amounts of stress... That's what happens, we end up getting a diagnosis. So we use the tapping to help release all the emotional conflicts that have been draining your immune system. You know how that works. If you're not sleeping well and you're stressed out, that's when I'll tend to get a cold or the flu. I don't get it when I'm healthy and happy and strong and sleeping well.

Jessica Ortner: Right

Carol Look: So that's what we really do. We're releasing the limiting beliefs that contribute to having pains and illnesses and diagnoses. And again, unless you're a medical doctor, I would not recommend that you deal with the symptoms. You need to go at it from the emotional, psychological perspective.

Jessica Ortner: So what are some of the beliefs that can contribute to the problems that we have?

Carol Look: If someone has a medical issue, we always go for stress. When did it happen? When did it start? Who else in your family has had that diagnosis? But an example of a limiting belief is: If your family has told you, for decades they've said, "Oh everybody in our family has heart disease. We believe everybody else is going to get heart disease, and you're the next generation." That carries an enormous weight and so much energy for the person that that can be more important – some people in the tapping community, the energy community believe that, of course, is more important than DNA. Because that belief has energy and we hold on to it for decades, and sure enough, we pop the symptoms of heart disease, whatever you've been told in your family.

We use the tapping for any limiting beliefs, any emotions that drain the immune system and any childhood conflicts that may have been contributing to exhausting our physiology.

Jessica Ortner: Should we be cautious in any way when starting tapping?

Carol Look: I always say to people, "You've better make sure you have enough training. And if you're working on yourself, you better know what you're doing. So we like people to get plenty, plenty of training. Of course, be gentle with yourself. Take it step by step. Know what to do next. It's a very, very simple technique, right? I could give it to my nephew and he could manage to get someplace with it. But what makes it more artful is being able to know what to do psychologically. What do you do next? What do you say next?"

Learn the basics of meridian tapping. It's like a sport. Every sport has certain rules that will help you be stronger and help you not get hurt or injured and help you get more out of the positions you use. The same with a self-help technique like meridian tapping. So study it, study the experts. There are hundreds of people who are really, really, really good at the tapping techniques. I've trained with many of them. That really helped me. So I've been trained in Thought Field Therapy and Emotional Freedom Techniques, and Touch and Breathe, and Be Set Free fast. It's really helped me to see all these other teachers and how they do it and I add my own pieces.

We just recommend that you get as much training... And then of course, don't go where you don't belong psychologically. Some people are starting out and then they go work on trauma. I don't support that. You should not be working on trauma unless you have a very strong background yourself in psychology and are highly trained in the meridian tapping.

Jessica Ortner: Carol, let's talk about how we start with tapping because I know in Thought Field Therapy and in EFT they refer to the beginning of tapping – they use the setup statement. What is this and why is it important?

Carol Look: Apparently, Roger Calahan from Thought Field Therapy started using the karate chop point on the side of the hand. He would tap there and that would relieve what he termed psychological reversal. And psychological reversal is the conscious or unconscious resistance to letting go of a problem. So everybody who does the tapping starts with tapping on the karate chop point on their hand, either side, and they say, "Even though I have [this problem, whatever it is, fill in the blank,] I deeply and completely accept myself." Apparently that loosens up any of our resistance to letting go of the problem. So that's how we start is on the karate chop point either side of the hand and we say a statement that includes the problem, "I have [this issue – this anxiety, this fear,] and I'm okay with myself. I deeply and completely accept myself anyway."

Jessica Ortner: With your background, what do you think about the setup statement? And, why do you feel like it's an important thing to do?

Carol Look: I think it's critical because so many people don't have rapport and I like getting rapport with my clients and using it because I'll practice with the words, I'll use different sentences until I really feel like I've heard the client very deeply. I really get what the issue is. Sometimes it takes lots of questions and lots of exploring and identifying what's the real issue?

People walk into my office and what they present with is often not the real underlying issue. So I love the thought of accepting yourself and we owe a debt of gratitude to Roger Calahan for understanding this "PR," psychological reversal which means we all have limits. We all have resistance. Even though we

come into a clinician's office and we say, "I want to get rid of this problem," we have some yes, buts. So you say, "Even though I have this fear," or "Even though I have this anxiety, I deeply and completely accept myself anyway." And it's a lovely way to just get started to tap on the system, soothe the system and really name the truth – really say what's going on.

What's really going on is, "I have this fear but I'm choosing to accept myself anyway."

Jessica Ortner: A lot of people who are listening to this want to learn tapping. In order to do it themselves; what's so empowering about tapping is that you can sit down and do it yourself. So in that case, is the setup statement still as effective? How do we approach it when working by ourselves?

Carol Look: I love it when people are doing it by themselves. I tell them: Don't skip the setup statement. Because it will help them listen to their mind, "Is that accurate?" If they've said, "Even though I'm afraid of the business meeting next week, " are they really tuned in to the problem? Are they really in the energy and in the emotion? So I think it's a great beginning step to take... "Even though I have this problem," because they can change it. They can tweak it as they go along, and that's a wonderful piece of it. So I say, whether you're working with other people or whether you're working on yourself, please don't skip the setup statement. And it's certainly been revised and changed along in the last couple of decades. Some people use statements like "I choose to get over this." "I choose to accept myself." I like the word "anyway." "I deeply and completely accept myself anyway."

So do what fits. Some people don't like those words. They say, "I choose to respect myself," instead of accept. Whatever works for you. The point is that statement has two pieces. Naming the problem and saying I'm okay anyway, some version of that.

Jessica Ortner: You were just mentioning the importance of really tuning in. Now when people start tapping, I find that it's very tempting to just tap and say what you want to feel. A lot of people love positive affirmations. So why is it really so important to first repeat how we feel and to repeat the problem even though it's negative?

Carol Look: Well the meridian tapping, Thought Field Therapy, Emotional Freedom Techniques, the purpose is to take an issue and collapse the underpinnings – collapse the emotional charge and release it.

So you want to name the truth of your problem. You don't want to just come in and say, "Oh, I say positive affirmations." People do that, and guess what. The problem doesn't go away. So if you have a phobia; if you have an addiction; if you have a fear; if you've got social issues; you want to say the truth. Your mind needs to hear the truth. You can't hide from it. So a lot of people are doing positive thinking and trying to be positive with their affirmations, but they're not doing anything. They're not scratching the surface of the real problem which is some kind of phobic response; some kind of fear; some kind of anxiety or belief from long ago that is basically limiting their life.

Say it like it is. Say that you accept yourself anyway, then if you would like to tap for positive affirmations later, that's fine. That's not the traditional TFT or EFT. You can certainly add that and enjoy it and feel good from it. But we want to collapse the specific problem or symptom that the person has brought into our office.

Jessica Ortner: So just to break it down a little bit, in the beginning we say the setup statement, and then afterward we tap while saying how we feel while focusing on the problem.

One of the things that a lot of people struggle with when they start, is they have trouble figuring out whether they're saying the right thing. What advice do you have?

Carol Look: I would say to people, "Imagine that you're telling your closest friend what you feel." So how would you describe your problem?

You're calling up your close friend Jess and you're saying, "Well, [this is what happened and this is how I feel], and when I think about it I feel anxious and hurt." Use those words. We want to get the emotion. A lot of people tell a story that's descriptive. They tell a narrative, but it's not really very emotional, which means they're a bit disconnected from their feelings. We want to be tuned in very clear about what we're focused on.

Some of this just takes practice. A whole lot of practice of devising, coming up with the right setup statement, “Even though the truth is I’m worried about my boss...” So practice, practice, practice, but listen to yourself and you’ll know what to say. Go for the emotion. Go for exactly how you feel. Even if it’s embarrassing to say it out loud, even if you don’t like how you feel, say the truth. Really say the truth. But one way to get there is to say, “If I was telling my best friend this, how would I describe it, what would I say? You want to use your own words that you use in your head. So don’t come up with anything formal or perhaps what a psychiatrist or a doctor would say about the issue. Come up with your words to describe it.

Jessica Ortner: So, it’s okay if we swear?

Carol Look: Oh absolutely! I highly recommend swearing sometimes. Words are important, but they have to match the person’s feeling.

If craving is your word, use craving. If it doesn’t feel like a craving, it feels like a desire, use desire. If you feel a burning rush in your throat and if you don’t get a cigarette you’re going to feel like your going to pass out, then that’s the language you use.

I encourage everybody to really pay attention to their own thoughts and feelings and don’t think what might be right. There’s no right or wrong unless it’s matching you.

Jessica Ortner: Carol, what are some questions we can ask ourselves to find what’s blocking us from what we really want?

Carol Look: Well my favorite is always, “What’s the downside of getting what I want?” Some people say, “There’s no downside, of course I want to reach my goal weight. Of course I want to double my salary.” But if you ask that question, you’ll find out that there’s a yes-but. There’s some question in your mind about whether it’s really okay for you to reach your goals and get successful in whatever part of your life.

So, “What’s the downside of getting what I want?” is a really important question.

Jessica Ortner: Can you give us some examples of when you're working with people, what you find to be some common downsides?

Carol Look: Sure. They're always very, very interesting. I was working with a man about doubling his salary and being promoted, and he really wanted it. Well, what's the downside to getting this much success?

And he said, "Oh, no. There's no downside." And I was gentle and I just kept with it and I kept asking him, "What might be a downside to it?" And finally he said, "Oh, my brother has never been successful and if I double my income and become even more successful, the tension in the family is going to be awful. So he finally identified a reason why he was blocking himself.

I always give the example of a guy who was in my workshop who couldn't seem to get his resume done. I said, "What is the downside? You've got all of the training. It looks great on the resume. You're wonderfully smart and intelligent and trained." And when I kept asking him about the downside of getting what he wanted which was a new job, he said, "Oh, if I put my resume out there and I get chosen, then I can get criticized."

So he was actually feeling more safe when he wasn't putting himself out there. But he hadn't gotten to that until we did the tapping and worked on the downside. So there's an example.

Jessica Ortner: Can you give us an example of a physical problem that someone has and the downside to getting healthy again.

Carol Look: Well, I'll tell you about a client I had with weight loss. So I said, "What's the downside of getting what you want?" Then I said to her, "How does it serve you to stay stuck or to keep the extra 40 pounds on?" And she said that if she changed, if she actually lost the weight and she was still unhappy, she wouldn't know what to do with herself. Now, though, she blamed her mental and emotional unhappiness on being overweight, but she knew that it may not be all connected to that. So that's one example.

Another woman said to me that if she lost all the weight, she couldn't bear the pressure of staying there. It was almost like the maintenance... She had gained it back several times. So she was afraid to reach the goal even though she kept coming to people to get help to lose the weight and kept going on new

diets. Because she said, “If I finally reach my goal, my downside is that then I’m going to have to stay there.”

Jessica Ortner: Right.

Carol Look: So that created too much pressure and real upset for her. But once we tapped on that, then that went away and she could keep going.

Jessica Ortner: Really quick, can you just show us how to take that and put that into a setup statement?

Carol Look: Sure, lets say someone is afraid to reach their goal because of other people’s reactions. Then all you do is say the truth: you don’t feel safe or you’re afraid – It always comes down to safety. So people say, “I want to double my salary.” “I want to get rewarded.” “I want to be promoted.” “I want to lose the weight.” “I want to have this many people in my workshops.” Whatever their goal is. And there’s always that little yes-but. What are you afraid of if you reach it?

So let’s say you’re afraid of people’s reactions like the business man who was afraid of his brother and family’s reactions. “Even though I’m afraid they’re not going to like it...” or “Even though I’m afraid they’re going to hurt me when I’m successful...” or “Even though I’m afraid they’re going to be mean to me...”

What are you really afraid of? Each person has to take what they think their fear is. “Even though I’m afraid I can’t stand the pressure of reaching my goal...”

Jessica Ortner: We say, “I accept myself.”

Carol Look: “I deeply and profoundly accept myself anyway.”

Jessica Ortner: Great.

Carol, if we’re doing the tapping and we’re finding that we’re not getting the results we want, what can we do?

Carol Look: Well, first of all, let’s take the physicality of it. Are you in a quiet, private place? I can’t tell you how many people come back to me and they say, “Oh, I did the tapping.” And I say, “Where did you do it?” And they say, “In front of the TV.” You don’t want to

do it with the television on. Then somebody else said they do it while they're driving. Don't do tapping while you're driving. You can't pay attention to it and it's not safe. Other people say, "Well the phone was ringing and the kids were knocking on the door, even though it was mommy's time." Get clear about when your tapping times are for yourself. Go into the room, be quiet and be focused. That's number one. Just the basics about being physically safe.

Now, what happens when you're working on yourself is that people tend to not be specific enough. Now practitioners can make that error as well, but if you say, "I have low self-esteem... Even though I have low self-esteem, I deeply and completely accept myself..." It's not specific enough.

If you say, "Even though I don't feel good enough," it's not very specific. How do you know you have low self-esteem? Who taught you that you have low self-esteem? What parent or teacher or coach or older sibling said to you something nasty that contributed to you feeling poorly about yourself.

You want to be very specific... "When I was in sixth grade, the teacher yelled at me and said that I was nothing like my older brother."

Jessica Ortner: So it would be, "Even though when I was in sixth grade I was humiliated, I deeply and completely accept myself."

Carol Look: Yes, "Even though I remember being humiliated by Mrs. \_\_\_\_\_," So very, very specific. A lot of people say self esteem. Everybody has that problem, why can't I use that?"

Because it's such a global, general term. Everybody can say they have a version of low self esteem. Why do you have it? Who said what to you?

I always say in my coaching, Who? What? And When? Who said what to you and when did they say it?

So go back to the start. That's another problem that people, both when they work on themselves, or when they work with a practitioner. Sometimes that happens. Sometimes you have to approach the problem from a different angle. Let's say that you've been trying to approach pains in your stomach and you

know that it's about stress, but you're trying to approach the pain just from the symptomatic point of view, get off of that and go to the emotion. When you think of your boss, that gives you pain in your stomach, how do you really feel? Angry? Intimidated? Resentful? So go for the emotion. I always love going for the emotion. What about the bodily feelings? Some people say, "Even though have this anxiety," but they're kind of up on their head, they're kind of intellectual, where do you feel the anxiety in your body? In your chest? In your stomach? In your back? So you just add that. "Even though I feel this anxiety about work in my stomach, I deeply and completely accept myself."

So just try to be more specific and get at it from a different angle, but technically it's all about safety. So if you're working on yourself, and you've put aside private time, and everybody knows not to bother Jess, this is your private time... if you don't feel safe because the emotional issue that you've decided to address is a little too big, a little too scary, you won't go there. You will find many ways in your mind not to tune in. You need to tune in. As I said, you can't be distracted by the television or the computer, or the phone machine. You need to be tuned in. So if you don't feel safe, that's not ideal. That's where sometimes we say, "Please go see an excellent practitioner to help you." You know, it's very hard to be doctor and patient at the same time. We're all tempted to only do it as a self-help technique, but there is great, great relief and great wisdom in going to somebody who has the objectivity to help you. They can see things you can't possibly see. I was working with someone yesterday. I could see that she was checking out. I could see it in her eyes that she wasn't paying attention, because the emotional material was very threatening. So, I could see that. If she was working by herself, she couldn't see that. She just would know, ten minutes later, "Guess what, I think I kind of went away." That's what people say, "I don't think I was tuned in."

So it's always about safety. You know, is it a good idea to address this heavy issue now? If you're about to go out to a party, or you're about to go to a meeting over the telephone, maybe it's not the right time to work on a big deal issue - fifteen minutes before. So make sure you feel safe with yourself, or with a practitioner, or wherever you are, when you are doing your tapping session on yourself or with someone else.

Jessica Ortner: But, we can work on issues that, in our mind, we find to be either small or big, as long as we find the appropriate time?

Carol Look: Appropriate time. Don't go where you don't belong. If you've had a significant trauma and you think it's back there hidden somewhere, I would go to a professional. Now another thing that happens is that many people are afraid of taking away their protection. So they work on weight loss, but it doesn't work, because they don't want to give up their protection. They work on addictions, they work on their victimhood, and they are afraid of letting go of their protection. That's another issue that can be helped by asking the right questions. What's the down side of reaching your goal? If you don't have the protection of the twenty pounds anymore, what's it going to be like? If you're not the failure in the siblings anymore, will you stand out too much, will you be visible too much, and is that scary for you? Really I always say, "What's scary about changing? What's scary about reaching your goal?" Then people can come up with it.

Jessica Ortner: And I think what's so amazing about this summit, is that we're giving people the opportunity, by hearing this content, to start asking themselves questions, which maybe they wouldn't have asked by themselves.

Carol Look: And that's the wonderful peace about the Tapping, the Meridian Tapping, any kind of technique around the tapping is that it's this combination of using ancient chinese acupuncture theories, plus the psychology.

Jessica Ortner: Great. Well then let's dive in to it. Let's talk about how people can get started with tapping.

Carol Look: Very simply. Choose an emotion that's bothering you. So, maybe you're frustrated because your little kid wouldn't get dressed you were late for school and you couldn't get them out the door. Okay, so I'm frustrated. Maybe you feel resentful because you got a phone call last night from someone in your family, and they seemed kind of mean or demanding, and they asked too much of you. Maybe, you just feel irritable in your body today. Maybe you're mad at your boss. What is the feeling? Or you could go back into the past and choose something that's deeper and a long time ago. A guilt about something that happened twenty years ago. But, be very

specific. "I feel hurt, frustrated, guilty, sad about this situation." So first, identify your target. The tapping is much more successful when you have a specific target. Okay, so choose a target, and then find it in your body. So that might be really helpful, for example, if your knee pain had a message, what would it be. So if you're saying, "Well I don't really have any emotions, but I have this tightness in my back, and I would like to work on that." So let's say, someone is starting with a physical symptom, then I say, "Well, what is the tightness from? If the tightness had a message, if your shoulder cramp had a message, what would it be? What emotion do you think is coming out in your back?"

Okay, so always get to the emotion. So if some people say, "Oh, I have no emotions in my life." Yes, you do. We all do. You can't not. So start with the physical symptom and say what's the emotion. Or choose an event, a specific event that happened in your life, a year ago, a week ago, ten years ago, or a person, that when you think of them, you get really upset, even now. So you think of that person, you think of that teacher, of the friend that hurt you. Think of that now and that becomes your target for the tapping. Is that clear? So a feeling, an event, a person, or a bodily symptom.

Jessica Ortner: And it's all about being specific?

Carol Look: I think so, yes.

Jessica Ortner: Great. So now let's talk about the tapping points, and break it down. I would just like to say, for you tapping veterans out there, you can go ahead and fast forward while we discuss the points. But, make sure you come back to us, because we're going to be doing some really great tapping at the end of this audio. So Carol, how do we start? What's the first point?

Carol Look: So we've started with the setup statement already, we've plugged in our target. "Even though I have this anxiety, I deeply and completely accept myself." So we do that three times. Then we take the fingers that...

Jessica Ortner: Sorry, on the karate chop point.

Carol Look: On the karate chop point, right.

Jessica Ortner: How do we find that?

Carol Look: The karate chop point is between the bottom of your pinkie and the top of your wrist on the side of your hand. That fleshy part right there. So you tap there and say the statement three times. “Even though I have this problem, I accept myself anyways.” Do that three times. Then, I’m right handed so I use my right hand. You take two fingers of your hand and you start and the first point is...

Now, some people do this in a different sequence. The point is that they hit every point. Some people start at the top of the head. Some people start at the eyebrow. That doesn’t matter so much as that you’re tapping each of these separate points.

Jessica Ortner: Okay.

Carol Look: So I start on the eyebrow. So you tap... It’s right above the nose at the beginning of either eyebrow where the hair of your eyebrow starts. So it’s right there. And you tap there and the speed on tapping is tap, tap, tap (slightly less than a second per tap), not very hard, just making contact. And while you’re tapping, you’re saying the reminder phrase.

And this is something that Roger Calahan didn’t have in Thought Field Therapy, but Gary Craig added with EFT, which is wonderful. It’s just to help you tune right back in. Tap there and say, “This anxiety,” or whatever your problem is.

Jessica Ortner: So we just state the problem.

Carol Look: It could be “this craving for a cigarette.” It could be this fear of the business meeting tomorrow. So you tap there.

Jessica Ortner: Is there a specific number of times we’re supposed to tap?

Carol Look: Long enough to say the phrase. Long enough to name your problem.

Jessica Ortner: Great, what’s the next point?

Carol Look: The next point is on the side of the eye and it’s really – you can feel the little bone there, it’s the corner. It’s not as far back as your temple, it’s right on the side of the eye, the corner there.

So same thing you might say, “I’m worried about tomorrow’s business meeting.”

Jessica Ortner: And people listening, please follow along and tap. Carol and I are sitting here tapping.

Carol Look: Yes.

The next point is under the eye, and again, on either side of the face. Do you feel that little bone, the bony orbit there under the eye? You just tap very lightly there. Okay?

The next point is under nose on the upper lip.

Jessica Ortner: Okay.

Carol Look: Very important acupuncture point there. Just tap there. And again, we’re repeating the phrase, whatever we have chosen. Let’s say it’s, “this craving for chocolate.” That’s what we would say at each of these points. “I’m really craving chocolate. I have this deep craving for chocolate.”

The next point is what we call the chin point. It’s below the lower lip and above the chin. When I do this over the telephone, I can people are there when they go and they *shound like thish*, because they’ve done that with their lip. Right there. Tap, tap, tap. Okay?

The next point is called the collarbone point. For those of you acupuncturists listening, it’s K27 on the kidney meridian. The easy way to do it is to take your fist and tap where the knot of a man’s tie would be, and then you’re really covering both sides of K27. Both sides of what we call the collarbone point.

Otherwise you can stick your finger in that little “U” right below your throat. Go down about an inch and over an inch or two and you can feel it. It’s below the knobs of your collarbone. Can you feel that? So if that sounds difficult or hard to get to, just take your fist and tap right there where the knot of a tie would be.

The next point is under the arm. Imagine that your body has a seam going up and down both sides. It’s right in that seam on the side, in your ribs. It’s about 4 inches below your armpit.

Then I end on the top of the head. It's a wonderful acupuncture point called "Bai wei" and I think its translation is "The meeting point of 100 different points." Very important up there. Tap around. Right now when I'm tapping, I can feel a lot of tingling. Doesn't always happen, but I can really feel that on the top of the head.

That's the basic sequence. Some people add some other points. I've never added any other points, and it works wonderfully. Some people add the hand points. Some people add under the breast point. Some people add another point on the leg. I don't. That's the basic sequence that I use. People add and take away points here and there. As long as you're getting results, it doesn't matter.

There are some people who never learn the top of the head point. If you get results and you don't use that, great! That's fine. We are all about results – getting on the right target, and getting results.

Jessica Ortner: Carol, does it matter what hand we use or what side of the body we tap on?

Carol Look: No, I'm right handed so I use my right hand on the right side of the body, but I think it's important to mix it up. They've done some tests with acupuncture needles and looking into electricity and what gets stimulated, and they've seen that both sides are stimulated. So even though you're only tapping on the right side of the eyebrow, both sides of the meridians in the body – this is what I've heard from many acupuncturists – are getting stimulated. So technically it doesn't matter.

Again, results. I use the right hand 90% of the time when I'm doing workshops, I use my right hand and my right side of the body. If I get stuck and people aren't going anywhere, then I'll start to change or have them change. But I've never found that to be material as far as results.

Jessica Ortner: Right. Sometimes I like to use both of them.

Carol Look: Yes. Both hands are fine. Some people say, "It's only right to do it this way." That's not true. If you're focused, tuned in, have a specific emotion and you're making contact with the meridians

through the acupuncture points, you can cross your hands over. You can use your left hand. You can swap. You can do anything you want. But those features need to be there.

Accessing the energy system through the meridians.

Focusing on the conflict or the emotion.

and Expressing it.

Jessica Ortner: Great. So Carol, why don't we go through a typical tapping sequence and everyone who's listening can tap on the points and tap along with us.

Carol Look: What should we do? Anxiety about something? Let's do a basic anxiety. How about what's going on a lot now... Everyone's anxious about paying their bills.

Here's another addition that I love doing. You get a prop and it really helps you. I do that with the weight loss. I have someone come in with a craving of sugar or chocolate and they bring in their donuts and I have them look at them and sure enough, the craving goes up.

So let's do an anxiety about paying bills, the stress about that and paying money that's going on.

What I would recommend people listening is that you go get a bill or go get your checkbook. Go get something, a prop, that makes them feel a little bit anxious. Most people will be able to just think about paying their bills and they'll feel uptight. And you'll feel it in your body. Okay? Have something in front of you or just think about paying your bills, and on a scale of 0 to 10, try to measure how high the anxiety is. So you're looking at your bills on your desk in front of you right now. Do you feel anxious? How high is it 0 to 10 and see if you can scale it?

Jessica Ortner: Why is it important to give it a number before we start?

Carol Look: It's important to have a pre and post measurement. You need to know if the tapping is working. And if it's not working, it means your not being specific enough, or you're not tuning in, or it's not the real issue.

So it's really fun to say, well it's an 8 and then go back and check it later after the tapping and say, "Wow, it's only a 4 now." And that's why I love using props. They're really helpful.

Jessica Ortner: And it also encourages you to keep tapping. Because if you were at an 8 and you go to a 4, you have more encouragement to go all the way down to a 0.

Carol Look: Absolutely. So, see if you can measure 0 to 10, how high is your anxiety? And see if you can locate it in your body because that always adds another dimension that's very, very successful. Okay?

So, do you have a number when you think of that, or a place in your body? Maybe just make one up?

Jessica Ortner: Sure, let's say an 8.

Carol Look: An 8 when you think of paying your bills?

Jessica Ortner: Paying bills I'd say an 8, and I pay my bills online so I can just imagine myself paying them online. It's not that much fun. I'd like to make it more enjoyable.

Carol Look: So an 8 of anxiety. And can you locate it anywhere in your body, that type of anxiety?

Jessica Ortner: It'd be in my stomach.

Carol Look: In your stomach, good. So that just helps bring a little bit more depth and texture to this. Okay, so everybody. Even if this isn't your issue, we have two options. If this isn't your issue, you can just tap along with the words with us anyway or plug in your own words and see how that works for you.

So start on the karate chop point, as usual, and we're tapping like this... tap, tap, tap, tap, (a little faster than 1 second each). Okay?

Even though I feel anxious about paying my bills,

Jessica Ortner: Even though I anxious about paying my bills,

Carol Look: It really stresses me out.

Jessica Ortner: It really stresses me out.

Carol Look: I deeply and profoundly accept myself anyway.

Jessica Ortner: I deeply and profoundly accept myself anyway.

Carol Look: Even though I have all this anxiety in my stomach about paying my bills,

Jessica Ortner: Even though I have all this anxiety in my stomach about paying my bills,

Carol Look: I accept who I am anyway.

Jessica Ortner: I accept who I am anyway.

Carol Look: Even though I have this anxiety in my stomach when I think of paying my bills,

Jessica Ortner: Even though I have this anxiety in my stomach when I think of paying my bills,

Carol Look: I feel so much stress about money.

Jessica Ortner: I feel so much stress about money.

Carol Look: I deeply and profoundly accept myself anyway.

Jessica Ortner: I deeply and profoundly accept myself anyway.

Carol Look: Good. So we did that three times. So then go to the eyebrow point. So we're just naming the problem.

I feel anxiety in my stomach when I think of paying my bills.

Jessica Ortner: I feel anxiety in my stomach when I think of paying these bills.

Carol Look: Side of the eye – All this anxiety in my stomach.

Jessica Ortner: All this anxiety in my stomach.

Carol Look: Under the eye - This stress and anxiety about paying my bills.

Jessica Ortner: This stress and anxiety about paying my bills.

Carol Look: Under the nose – This stress and anxiety about paying my bills.

Jessica Ortner: This stress and anxiety about paying my bills.

Carol Look: Chin – I can feel the anxiety in my stomach.

Jessica Ortner: I can feel the anxiety in my stomach.

Carol Look: Collarbone – All I have to do is look at my bills.

Jessica Ortner: All I have to do is look at my bills

Carol Look: And I get that feeling of anxiety.

Jessica Ortner: And I get that feeling of anxiety.

Carol Look: Under the arm - All this anxiety about paying my bills.

Jessica Ortner: All this anxiety about paying my bills.

Carol Look: Top of the head - All this anxiety about paying my bills.

Jessica Ortner: All this anxiety about paying my bills.

Carol Look: Good. Take a deep breath. [deep breathing]

So that would be Round 1 and then we'd go back in and check.

The 8 wasn't real for you, right?

Jessica Ortner: No.

Carol Look: So we'd go back to the person and check, look at the bills again. Think about paying them again, and is it any different? Did it go up, down, or stay the same.

And then we keep tapping and sometimes we fine tune it and have to tweak it, and the words are a little bit different so that the person really feels strongly, "No. This is the issue. It's not about paying my bills, the fear is about my bank account." If that's what the person says to you, that's where you go.

Jessica Ortner: And how often does it take? How many rounds do we expect?

Carol Look: Oh, it's hard to tell. Some people in one round can go from an 8 to a 0.

Other people take rounds and rounds and hours and weeks. Because it's very complicated. In this instance, money, finances, paying bills... That's a very complicated story, and some people get over issues and conflicts very quickly. For other people, there's a lot of history there. What their family taught them about money.

With cravings, often somebody will have a craving for a food or a cigarette, and the craving goes down, but sure enough, the emotion comes up that they were smoking over. So the craving goes down for the cigarette, but then they say, "Oh my gosh, I can't believe I'm dealing with all this grief. Why is this grief coming up? Why is this fear coming up?" Because you were smoking and you started smoking at age 12 or age 15 to stop feeling feelings. So whether you eat, drink, smoke; whatever you do – get into dramatic relationships, it's a distraction. So it's important to do a few rounds and make sure with yourself or with someone else that you're fine tuning and saying, "Is that really accurate? Does it really still feel accurate: I feel anxious in my stomach when I'm paying my bills?"

Jessica Ortner: Mm-hmm

Carol Look: So be very clear and very specific.

Jessica Ortner: The other thing I just love about tapping is when we start tapping on these things... how resourceful we get. Once we clear it - I found with tapping with abundance, how I was able to think of so many more ways to bring more abundance. Or when it comes to health... But how it really opens up to more possibilities and we find so many more solutions.

Carol Look: We are totally brilliant. We block ourselves with stress, anxiety, and being too busy. But we have the solutions. You're right. We have the solutions available to us, but when you're really stressed out and you can't pay the bills, you're not thinking clearly. When you're in a relationship, and you're afraid it's going to end, you're not thinking clearly. So you yell or you blame or you do something else. When you're with your kids

and you're not thinking clearly, you say things you wish you didn't say.

So it doesn't matter if it's working on health issues, emotional issues, physical issues, money issues, weight issues. It doesn't matter. What you need to know is that we distract ourselves. And when you use the tapping, you get clear, clear, clear; and you find out what you need to work on and you relieve enormous amounts of stress and that of course helps your body, which helps your mind, which helps your relationships. So it's an exciting spiral to get going.

Jessica Ortner: Carol, any other piece of advice before people start tapping and start this experience with the World Summit.

Carol Look: I would say: Be very, very clear. Know what you're going into it for. Know what your goals are. If you don't know what your goals are, listen to the interviews so you can find out, "Hey, I think that's mine. I didn't realize I had social anxiety. I thought it was just basic shyness." "Hey, I didn't realize I had a phobia of doing internet marketing." "Hey, I didn't realize that I had this little tiny addiction with chocolate."

You might find things out so if you can't be clear in the beginning, keep listening. There is so much wisdom with all these interviews. They're just... They're fantastic.

Jessica Ortner: Carol, thank you for starting it off for us.

Carol Look: Thank you, Jess. Enjoy it everyone.