

Welcome to the Tapping World Summit 2010. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located at <http://tappingworldsummit.com/disclaimer>. I hope this interview helps you become a healthier and a happier you. Enjoy.

When you are in physical pain, it's hard to focus on anything else, and with that, the pain begins to impact every part of your life from your relationships to your work. In this interview, you will learn to address the physical symptoms as well as the emotional ones to get you on a speedy road of recovery. So get ready to do a lot of tapping in this interview to help you recover from that injury.

We will be speaking to Stacey Vornbrock. Stacy has her masters in counseling and worked as a psychotherapist from 1977 until 2003 when she began working with athletes. She is now recognized as a leading expert in the use of Meridian Tapping with sports performance. She is the author of 9 sports performance manuals and 4 books including *Injury Recovery*, *The Ultimate Injury and Trauma Recovery Program* as well as the book, *Coming Back to Balance*, which she generously offers as a free bonus to this program. It's a real joy to have her. Welcome Stacy.

Stacey Vornbrock: Thank you Jessica. I'm so pleased to be part of this Tapping World Summit.

Jessica Ortner: Stacy, when people begin to listen to this, one of the questions they might think is, "If I have knee pain or if I have back pain, does the tapping really differ?"

Stacey Vornbrock: Between different parts of the body, you're asking?

Jessica Ortner: Exactly.

Stacey Vornbrock: Yes. From back pain to knee pain to elbow pain to whatever part of their body? The answer is no. The process that I'm going to take you through today is going to work for any part of your body. That's the beauty of it. It's that it doesn't matter whether it's your knee, your shoulder, your back, your foot, a surgery you've had... Whatever it is, any part of your body, what we're going to use today is going to work for that part of the body.

Jessica Ortner: Great. Great. So let's start with how do our emotions affect our healing process?

Stacey Vornbrock: Well, I think they play a pivotal – probably the pivotal role in our healing process. And you know, Jessica, when I talk about tapping, I talk about it from a biochemical standpoint. So I'd like to take a few minutes to describe how I talk about tapping and how I believe the process works.

We have 50 to 100 trillion cells in our body, and every cell has up to 1 million cell receptors. And it's the job of these cell receptors to take in nutrients, protein, vitamins, and minerals to nourish each cell and keep it in balance. So when we have an event that happens, and that event can be a trauma of some kind, an injury, something that happens to us and thoughts that we have, just in our day to day life. The hypothalamus which is a tiny little gland, the size of an almond, in the middle of our brain releases a cascade of chemicals that we experience as emotions.

So let's take fear for example. Something happens. That fear releases from our hypothalamus. It floods our body and it docks onto cell receptors that are just made for fear. And if that fear isn't

processed out of our body in a normal, natural way, it will literally remain there until the cell receptors shrink up and die. And when the cells divide, the body makes more cell receptors for fear and less cell receptors for nutrients, proteins, vitamins and minerals.

So literally, the things that happen to us happen on a physiological level. They bypass our conscious mind and boom they just happen. But we're left trying to deal with them and usually the way we try to deal with them is mentally. And I say it's like taking a hammer when you need a Phillips screwdriver to do the job.

Tapping to me is the tool that speaks directly to the body. It bypasses the conscious mind, and that's why you don't have to believe it will work in order for it to work. Because when you tap, we're literally speaking directly to the body, bypassing our conscious mind. And as we do the tapping, it allows the cell receptors to release those chemicals, those emotional chemicals, dump them into our waste system, and boom! Now your body's returned – the cells themselves, the cell receptors themselves have returned back to a state of normal and balance.

So when we're injured, all of the emotions connected with the injury and the rehab process – and every time I say the word injury, that includes a surgery of any kind that anyone's ever had. Because the same things happen with a surgery. So all of the emotions that are experienced during the actual injury or surgery, during the rehab process, during the healing, they're all simply chemicals that end up in our cell receptors. And when they're taking up those cell receptors, now, less nutrients, protein, vitamins, and minerals can get in to aid in the healing process.

So in fact, our emotional chemicals sitting in there can slow the healing process down. Tapping allows us to finish the processing of those chemicals out of the cell receptors and allows – that's what allows the nutrients we need to get in there, all the good things we're doing to heal. That's what allows those to get back into those cell receptors and we heal faster.

Jessica Ortner: Great. Stacy, before we dive right into this tapping, what, do you find with your experience, do most people experience when they tap on an injury?

Stacey Vornbrock: There's something a body does. It's so remarkable. I'm always so fascinated by this. The will do something called unwinding or retracing as we tap for past injuries or past surgeries. And it's like a very mini version of what happened originally. So it's not uncommon at all for people to experience sharp pains or aches or nausea or some kind of a mini version of what happened. And it might not even be in the same part of the body where the injury was. Sometimes I've seen people have odd reactions in other parts of their body. But it's the body retracing what happened as it releases that.

So if – As we're tapping, if you experience that, don't be alarmed. Don't stop tapping. Whatever you do, don't stop tapping. It will pass very quickly. I promise. It's like a mini version of what happened.

Jessica Ortner: Great. I know the first thing we're going to tap on is trauma. Before we do this, can you tell us a little bit about how you define a trauma and whether everyone who has a physical pain has experienced a trauma?

Stacey Vornbrock: Yes. I actually looked up the definition of trauma and one of the definitions says, "A body wound or shock produced by sudden physical injury." In fact, there are three major things that happen whenever we're injured or we have surgery. And the first one is that it's a trauma on the cellular level.

So let's say I break my wrist. Around the area where the break is, on the cellular level, that trauma settles in. And that literally stays there throughout the healing process and even after. From outward appearances we're healed, but that trauma is sitting on the cellular level.

The second thing that happens is connected with all the emotional chemicals that are released regarding the injury or surgery. So anger, fear, frustration, fear of death, sadness, embarrassment, all of the negative emotions that you can imagine connected with any injury or surgery. Remember, they're just chemicals. They're going to be sitting in those cells around my wrist where that break is.

Finally, the third thing that happens is the body creates a memory of protection on a cellular level wherever we're injured. Every part of my body is now shifted to protect my wrist. And again, that's going to remain in place unless we signal the body that it's safe and okay to release that.

So even people, Jessica, who have been injured – Maybe you had a car accident 20 years ago, and you think to yourself, "Well, I'm completely healed from that." I guarantee on the cellular level, the trauma, the emotions and the memory of protections are still sitting there.

So in fact, everyone experiences a physical trauma. Again, what we're talking on the cellular level. You know, I might even fall, have a fall in my kitchen, and it's not traumatic to me emotionally or mentally, but it's a trauma to my to the cells in my body.

Jessica Ortner: Stacy, What about someone who's had chronic back pain for 30 years and they can't even remember when it started?

Stacey Vornbrock: Well, that I believe is almost always related to emotional issues that haven't been processed. That, to me, is a clear emotional set of issues. I always say, "If you're lucky. You're always going to have one place in your body that's your barometer, where you're going to know when your emotional stuff hasn't been processed out." And back is a really common one, Jessica.

A lot of people have back problems or back pain. And you're right. That's what happens. It starts and then over the years, it's like, "Oh my back." And some days it's better than others.

So one of the things that I teach my athletes to ask themselves, and this applies to everyone. "What has happened in the last 24 to 48 hours that I'm upset about?" "Who or what's happened that I'm upset about?" And your mind will do a search, pop it up, and that's what you need to tap on.

Someone with chronic back pain over 30 years, I would say to them, my best guess is that you're stress, everything you've ever been upset about settles into your back. It's like your repository of upset. So I probably would sit down and make a list of the top 10 things that have happened over the last 30 years, that when they think about it really sets them off. That they have a lot of intensity

and they're still upset about it. It might be a particular person or an experience they had and those are the – that's where I'd have them start tapping, very specifically on those incidents that happened or those people they're upset with. And I almost can guarantee that by the time they're done with their list, they're going to feel significant shifts in their back.

Jessica Ortner: Great. Great. Well, Stacy, let's get right in to this tapping. Let's start with the tapping on the trauma.

Stacey Vornbrock: Absolutely. So let me just say to you, again, if you experience any unwinding or retracing and you start to feel these funny aches and pains or sharp things or whatever it is as you're tapping, don't be alarmed. Just keep tapping and I promise you that it will pass.

It's also very important after we tap these protocols to drink a lot of water because when we release these chemicals from the cell receptors into our body, they're going to process through our waste system. So think of it like you've had a deep body massage and you'd go home and you'd drink a lot of water to flush out the toxins.

There's another thing I want to say, it's that this does not replace any medical treatment or rehab. In my opinion, the tapping is always designed to be in addition to everything that you're doing. So we're not dispensing medical advice. We're just simply giving people another tool to add to whatever they're using for their injury recovery or surgery recovery.

And again, if you've had a past injury, you can tap for it. If you have a current injury, you can tap for it. The same with surgery - past surgery or current - that you're healing from, this will really help your body.

Jessica Ortner: Okay. Wonderful. And also you mentioned before the start of the interview that as we tap, you're not going to name the body part, you're just going to leave a blank so that everyone who's listening can replace that with where they're feeling the physical pain.

Stacey Vornbrock: Yes. Exactly. So wherever you've had the injury, past or current, or the surgery, you're going to fill in that pause that we're going to leave you with that, you want to specifically name the body part. So you would say, "Right elbow." "Left shoulder" "Left index finger." You want to be very specific to name it for your body. That's important.

Also, what I'd like everybody to do right now is if you currently have an injury is I want you to focus on that injury and specifically tap on that. So fill in these blanks, these pauses, with the place that's currently injured. And if you are not currently injured, pick a past injury or a past surgery and focus on that. Remember that, think about that and focus on that while we're tapping these protocols and fill in the pauses with the place where you had that past injury.

Jessica Ortner: Brilliant. So let's get to it.

Stacey Vornbrock: Okay. Perfect. I'm very excited. All Right. Oh, the other thing, Jessica, I just want to share with people the tapping points that I use. I vary a little bit from – you know everybody has kind of a particular pattern that they love, but I always start with the karate chop point. Eyebrows (EB) Side Eye (SE) Under Eye (UE) Under Nose (UN) Chin (CP) Collar Bone

(CB) Under Arm (UA) and I tap the inside of the wrist of the wrists together, wrist to wrist (WW), just like where you would have your watch or your pulse points are, the insides of the wrists together.

Jessica Ortner: Okay, great.

Stacey Vornbrock: I'll name each point as we go through. Alright, we're going to start on our karate chop point,

KARATE CHOP POINT:

Even though I'm holding this trauma in every cell of my _____
I deeply and completely love and accept myself.

Even though I'm holding this trauma in every cell of my _____
I deeply and completely love and accept myself.

EB: I'm holding this trauma in all of the muscles of my _____

SE: I'm holding this trauma in all the ligaments of my _____

UE: I'm holding this trauma in all of the tendons of my _____

UN: I'm holding this trauma in all the bones of my _____

CP: I'm holding this trauma in all of the joints of my _____

CB: I'm holding this trauma in all of the cartilage of my _____

UA: I'm holding this trauma in all of the tissues of my _____

WW: I'm holding this trauma in all of the nerves of my _____

EB: I'm holding this trauma in all of the fascia of my _____

SE: I'm holding this trauma in all of the membranes of my _____

UE: I'm holding this trauma in all of the skin of my _____

UN: I'm holding this trauma in all of the fluids of my _____

CP: I'm holding this trauma in all of the fibers of my _____

CB: I give my _____ permission to release this trauma from every cell.

UA: My _____ no longer needs to hold on to this trauma.
And can choose to relax and let it go.

WW: I give my _____ permission to release this trauma
From every cell membrane and cell receptor site.

Excellent. And then just take a deep breath. [Breathing in and out]

Jessica Ortner: Wonderful.

Stacey Vornbrock: Excellent.

Jessica Ortner: Stacey, what do you recommend if someone is tapping on the trauma and the actual event keeps popping into their mind?

Stacey Vornbrock: That's a really good thing. That always signals to me that the body's doing its job. If you see scenes of what happened or you're feeling the feelings, your body is releasing those chemicals. That's a really good thing. Your body is just processing the event out of there.

Jessica Ortner: Mm Hmm. Wonderful.

Stacey Vornbrock: Right on track if that's happening.

Jessica Ortner: Okay. Great. Stacey, another thing I've heard you speak about many times is when you have an injury or this trauma, you have this fear of death. Can you talk a little bit about this?

Stacey Vornbrock: I can. This is something really significant that I discovered, Jessica, that, you know, sometimes the injury or the surgery or if, I can guarantee that whenever you've had surgery, your body will experience a fear of death. But oftentimes, people have injuries that are serious enough... again, the body takes on a fear of death.

Now I want to make this distinction. It doesn't – I'm not saying that you are afraid of death. You personally may have no fear of death, but your body can take on a fear of death. Your body's totally hard-wired to survive. That's its only goal and job. So whenever that's threatened in any way, that fear of death can develop.

And I'm telling you. Sometimes it's like, "Wow." What people experience after we clear that fear of death up is just amazing. It's like such a relief to their body. Their body is not holding back like it was. It can be pretty powerful.

Jessica Ortner: Great. So let's experience it.

Stacey Vornbrock: Perfect. Alright. So in this case, we're not going to name a body part because this is, the fear of death is held in every cell of our body. Alright?

So we'll start on the karate chop point.

KARATE CHOP POINT:

Even though I'm holding this fear of death in every cell of my body,
I deeply and completely love and accept myself.

Even though my body has taken on this fear of death,
I deeply and completely love and accept myself.

Even though I'm holding this fear of death in every cell of my body,
I deeply and completely love and accept myself.

EB: I'm holding this fear of death in all the muscles of my body.
SE: I'm holding this fear of death in all the ligaments of my body.
UE: I'm holding this fear of death in all the tendons of my body.
UN: I'm holding this fear of death in all the bones of my body.

CP: I'm holding this fear of death in all the joints of my body.
CB: I'm holding this fear of death in all the cartilage of my body.
UA: I'm holding this fear of death in all the tissues of my body.
WW: I'm holding this fear of death in all the nerves of my body.

EB: I'm holding this fear of death in all the fascia of my body.
SE: I'm holding this fear of death in all the membranes of my body.
UE: I'm holding this fear of death in every cell of my skin.
UN: I'm holding this fear of death in every cell of my spine.
CP: I'm holding this fear of death in all the fluids of my body.
CB: I'm holding this fear of death in all the fibers of my body.
UA: I'm holding this fear of death in all the organs of my body.
WW: I'm holding this fear of death in every cell of my heart.

EB: I'm holding this fear of death in all the neuropathways of my brain.
SE: I'm holding this fear of death in every cell of my eyes.
UE: I'm holding this fear of death in every cell of my ears.
UN: I'm holding this fear of death in every cell of my mouth and taste buds.
CP: I'm holding this fear of death in every cell of my touch.
CB: I'm holding this fear of death in every cell of my nose and smell.
UA: I'm holding this fear of death in every cell of my aura.
WW: I'm holding this fear of death in every cell of my energy body.

KCP: I give my body permission to release this fear of death from every cell.
My body is perfectly safe.
And no longer needs to hold on to this fear of death.
I give my body permission to release this fear of death.
From every cell membrane and cell receptor site.

And then just take a deep breath [breathing in and out]

Jessica Ortner: Wow!!

Stacey Vornbrock: And see how your body feels. A lot of people will experience a very big shift tapping out that protocol.

Jessica Ortner: Wow, that personally for me was just mind blowing!! I feel it through my whole body.

Stacey Vornbrock: Interesting.

Jessica Ortner: And as I was tapping, I was imagining all the past injuries that I've had with sports and...
Wow. Thank you very much Stacey for that.

Stacey Vornbrock: Oh, you're so welcome. Yeah. I tell you, that one has been just a blessing to tap that with people and to see the result from that. I just think that there are so many situations that we experience over a lifetime where our body takes on that fear of death and wow, to let that go. Whoo! [Mm Hmm.] It's huge.

Jessica Ortner: Huge. Well, the next thing I'd like to talk about is the emotion of anger. How does that play a role in the injury and the recovery process?

Stacey Vornbrock: Well, I think anger is probably one of the universal emotions that people experience connected with an injury – for sure with injuries, and oftentimes in the healing process in general.

We're going to tap on anger and frustration, but we're going to separate them.

But Wow! I just can't think of anyone I've ever worked with on injuries who hasn't experienced anger connected with it. Anger, maybe anger with themselves, anger that it happened, just anger with the process. Just anger in general.

Jessica Ortner: Mmmm. Great. So let's tap on that.

Stacey Vornbrock: Perfect. All right. So again, we're going to leave the pause for you to fill in the body part that you're focused on while you're tapping with us. So on your karate chop point.

KARATE CHOP POINT:

Even though I'm holding this anger in every cell of my _____,
I deeply and completely love and accept myself.

Even though I'm holding this anger in every cell of my _____,
I deeply and completely love and accept myself.

Even though I'm holding anger in every cell of my _____,
I deeply and completely love and accept myself.

EB: I'm holding this anger in all the muscles of my _____.

SE: I'm holding this anger in all the ligaments of my _____.

UE: I'm holding this anger in all the tendons of my _____.

UN: I'm holding this anger in all the bones of my _____.

CP: I'm holding this anger in all the joints of my _____.

CB: I'm holding this anger in all the cartilage of my _____.

UA: I'm holding this anger in all the tissues in my _____.

WW: I'm holding this anger in all the nerves of my _____.

EB: I'm holding this anger in all the fascia of my _____.

SE: I'm holding this anger in all the membranes of my _____.

UE: I'm holding this anger in all the skin of my _____.

UN: I'm holding this anger in all the fluids of my _____.

CP: I'm holding this anger in all the fibers of my _____.

CB: I give my _____ permission to release this anger from every cell.

UA: My _____ no longer needs to hold on to this anger
And can choose to relax and let it go.

WW: I give my _____ permission to release this anger

From every cell membrane and cell receptor site.

Take a deep breath. [Breathing in and out.]

Jessica Ortner: Wonderful. Thank you Stacey. Stacey, you talked before about how anger and frustration are very common. How do you differentiate between anger and frustration and why do you choose to tap on them differently?

Stacey Vornbrock: Well, I think that eventually frustration can turn into anger if you have enough, if you experience enough frustration. But I also know in dealing with injuries and recovery that, you know, there might just be little things that are frustrating. Having your arm in a cast, you can't do the normal things you're doing. Or, you're on crutches and you just get frustrated on a regular basis. Or maybe you're going to rehab and you reach a point where it just becomes frustrating. And you might not be angry, but you're just kind of at that frustrated level with what's happening.

Jessica Ortner: It almost feels like an exhaustion.

Stacey Vornbrock: Yes. Exactly. Like, "Awe, I'm just tired of this. I don't want this any more. Why isn't this turning around faster?" All those questions you start to ask yourself, and it might not be full blown anger where you're really mad, but you're just frustrated with it.

I like to separate those two. I think it's important. I've heard enough about people's frustration in the injury process for me to believe that they're separate emotions.

Jessica Ortner: And where do you find that changes, because if someone is frustrated because the recovery process is taking very long or they've tried a lot of things and it hasn't worked, they might be saying, "Well, Stacey, I'm not going to feel better until my injury recovers." So, "My injury needs to recover for me to not feel frustrated."

Stacey Vornbrock: Right. And I say to them, "Okay, well, let's tap on the frustration and then you tell me how you feel." And usually what I see people experience or what they report to me is that the frustration leaves and all of a sudden, they just have a different look at what's happening, like, "Oh, I just feel calmer about it." "I feel better about it." "Oh yeah, I feel like I can move forward. I can give it more time." "I can be a little more patient."

So frustration, it's possible, Jessica, that you may need to tap on frustration every day while you're recovering from an injury or a surgery. It depends on the person. But, if you do it, it's worth it because you'll feel that calm. You'll have that renewed spirit and you're freeing up those cell receptors now to accept the things you are doing to heal your body.

Jessica Ortner: Great. Great. So let's do some tapping on this.

Stacey Vornbrock: Perfect. All right. So think of all the frustration you're experiencing with the injury... or if it's a past injury, think of how frustrated you were; what those feelings were like. So on your karate chop point,

KARATE CHOP POINT:

Even though I'm holding this frustration in every cell of my _____,
I deeply and completely love and accept myself.

Even though I have been so frustrated with my _____,
I deeply and completely love and accept myself.

Even though I'm holding this frustration in every cell of my _____,
I deeply and completely love and accept myself.

EB: I'm holding this frustration in all the muscles of my _____.
SE: I'm holding this frustration in all the ligaments of my _____.
UE: I'm holding this frustration in all the tendons of my _____.
UN: I'm holding this frustration in all the bones of my _____.
CP: I'm holding this frustration in all the joints of my _____.
CB: I'm holding this frustration in all the cartilage of my _____.
UA: I'm holding this frustration in all the tissues of my _____.
WW: I'm holding this frustration in all the nerves of my _____.

EB: I'm holding this frustration in all the fascia of my _____.
SE: I'm holding this frustration in all the membranes of my _____.
UE: I'm holding this frustration in all the skin of my _____.
UN: I'm holding this frustration in all the fluids of my _____.
CP: I'm holding this frustration in all the fibers of my _____.
CB: I give my _____ permission to relax and let go of this frustration.
UA: My _____ no longer needs to hold on to this frustration.
And can choose to relax and let it go.
WW: I give my _____ permission to release this frustration
From every cell membrane and cell receptor site.

And then just take a deep breath. [Breathing in and out.]

Stacey Vornbrock: Now if you're having a current injury, just check for that level of frustration. See if it's there or if it's gone. And if it's completely gone, excellent. If there's a little bit left, then you can go back and tap on specifically what you're still frustrated about. And that should take care of the rest of it.

Jessica Ortner: Thanks for that, Stacey. Now, the next thing that we're going to talk about is sadness. Now, we don't have time to do tapping on sadness, but why is this something that our listeners should really take the time and tap on?

Stacey Vornbrock: Well, I think there's always a sadness connected with an injury or surgery. You know, there's... when you're injured, it usually is so limiting in some ways or you've lost something and depending on the severity of the injury, you can really lose a lot. You might lose experiences you were looking forward to, vacation, something you were going to participate in that you have to give up. I think sadness is just a universal feeling around an injury. And for certain, it's connected with surgery. So I think it's really critical that you take the time to tap on the sadness.

And they can just take the anger or the frustration, what we've just been through and they can just pop the word sadness in there and use the same process.

Jessica Ortner: Okay. Great. So now let's talk about betrayal. Why do so many people who are injured feel this sense of being betrayed?

Stacey Vornbrock: Well, it's that thought, "My body let me down." "I can't believe this happened to me. I am fit. I'm active. I'm (this). I'm (that)." Fill in the blank. You know, whatever you feel about your body, the feeling is, "How could this happen to me?" "How could my body let me down like this?" Or, it might even be a sense of... as people age, as they get older and they have a fall or they can't do the things that they physically used to be able to do, and as a result, they're injured. It's that feeling of, "My gosh. My body has completely betrayed me. It's really let me down.

Jessica Ortner: Mm Hmm. I think a lot of people can relate to this one. For Sure.

Stacey Vornbrock: For sure. Yeah.

Jessica Ortner: So can we do some tapping on betrayal?

Stacey Vornbrock: Absolutely. This will help. So on your karate chop point.

KARATE CHOP POINT:

Even though I feel my body has betrayed me,
I deeply and completely love and accept myself.

Even though I feel like my _____ has completely let me down,
I deeply and completely love and accept myself.

Even though I feel so betrayed by my body right now,
And I don't know if I can ever trust it again,
I deeply and completely love and accept myself.

EB: I feel like my body has let me down.

SE: I never expected something like this to happen to me.

UE: I could always count on my body to come through for me.

UN: And now my _____ has really let me down.

CP: I don't know if I can ever trust my _____ again.

CB: I don't like this feeling of betrayal by my body.

UA: I'm used to my body doing what I ask it to and expect it to.

WW: This has been shocking and I feel so let down by my body.

EB: I'm holding this feeling of betrayal in all the muscles of my body.

SE: I'm holding this feeling of betrayal in all the ligaments of my body.

UE: I'm holding this feeling of betrayal in all the tendons of my body.

UN: I'm holding this feeling of betrayal in all the bones of my body.

CP: I'm holding this feeling of betrayal in all the joints of my body.

CB: I'm holding this feeling of betrayal in all the cartilage of my body.
UA: I'm holding this feeling of betrayal in all the tissues of my body.
WW: I'm holding this feeling of betrayal in all the nerves of my body.

EB: I'm holding this feeling of betrayal in all the fascia of my body.
SE: I'm holding this feeling of betrayal in all the membranes of my body.
UE: I'm holding this feeling of betrayal in every cell of my skin.
UN: I'm holding this feeling of betrayal in every cell of my spine.
CP: I'm holding this feeling of betrayal in all the fluids of my body.
CB: I'm holding this feeling of betrayal in all the fibers of my body.
UA: I'm holding this feeling of betrayal in all the organs of my body.
WW: I'm holding this feeling of betrayal in every cell of my heart and my

KCP: I give my body permission to release this feeling of betrayal from every cell.
My _____ no longer needs to hold on to this feeling of betrayal,
And can choose to relax and let it go.
I give my body permission to release this feeling of betrayal
from every cell membrane and cell receptor site.

Good, and then just take a deep breath, [breathing in and out] and it would be good to have some water if you have that right now.

Jessica Ortner: Great. Great. I'd like to jump right into the next round, the next topic at least. I know that it's very important, or you claim that it's very important to tap on the habit of pain. Can you talk about this habit and what it means?

Stacey Vornbrock: Well, if you've had pain over a number of years, the body will develop a habit of pain. It will, every habit is held in every cell membrane of our body. Remember that we have 50 to 100 trillion cells. So it's good news and bad news. It's good news, because once I learned how to pick up a pen and write, I don't ever have to remember how to do that again. Every cell membrane is holding that habit. The bad news is that all the bad habits are held in those 50 to 100 trillion cells as well.

I think that when your body has experienced pain for any length of time, that habit is stored in the cell membranes, and we get – almost conditioned – to pain, to having pain and to looking for the pain, to expecting the pain. So, I think it's really important to speak to the body about that, to release that habit of pain.

Jessica Ortner: Great. And can you very briefly tell us the kind of what the tapping sequence looks like when we're doing this by ourselves, and let me mention for everyone who's listening, if you want to take the time to tap on the habit of pain, make sure that you look at the script that's in the workbook, but if we can't open the workbook just yet, can you give us just a little bit more information on how we can tap on this habit of pain?

Stacey Vornbrock: Yes. They can, again, take one of the other protocols for anger, frustration, betrayal, and they can just fill in, instead of using, even though I'm holding this anger in every... in

all the muscles of my body, they can say, I'm holding this habit of pain in all the muscles of my body. And then they can just use habit of pain at each point. I'm holding this habit of pain in all the ligaments of my body.

Jessica Ortner: All right. So let's jump into the next one. Why is it so important to take the time to clear the energy around anesthesia, and what energy does it really have?

Stacey Vornbrock: Well, every single substance that we ever ingest, whether it's food or drugs or whatever it is leaves an energy signature in our body. Every substance has an energy frequency that it resonates at. And when we take it into our body, it permeates every part of it, and it leaves a signature there in our body.

And I think, Jessica, that's one of the reasons why it's so hard for us to stop ingesting something. Let's take sugar as an example. So we say, "Okay, I'm going to stop eating sugar." And you can will-power through it. You can muscle through it, but it's like you're fighting. You're fighting this war inside. "I really want this, but I'm not going to eat it. I really want it. I'm not going to eat it." And I believe it's because that energy signature of sugar is still in the body. And when you use this protocol to clear that out, it makes it so much easier not to go for the sugar, because that thing that was calling you, that signature that was calling you or reminding you of how good that was now is gone.

That's the case with every drug you've ever ingested. That energy signature is still there.

So I started clearing out the energy of anesthesia with people who had undergone surgeries, and I found some really amazing things. It really... they could really feel that and experience that shift in their body with that. Now I understand that anesthesia is a set of drugs. It's usually a minimum of 10 different drugs so it encompasses a lot. The good news is that we don't have to know what each and every drug is. I've discovered that if we just call it the energy of anesthesia, the body knows what you're talking about in relationship to the surgery that you've had.

And Jessica, this protocol clearing the energy of anesthesia really is called clearing the energy of a substance. This is in the workbook and it's also in the *Coming Back to Balance* Book. So that this will allow anybody to clear any kind of substance, the anesthesia, and any other drugs that they've ever taken. When you're clearing drugs, it's important. You can only do two per day. Not more than that.

Jessica Ortner: Okay. It's good to know. Great. So people can, they have two resources that they can, where they can learn this protocol. And now, we are on the final stretch here. Let's talk about integration.

Stacey Vornbrock: Well, integration is one of those things that I learned, not the hard way I would say, but I learned from people who after we would tap on the injuries or the surgeries and the people would go home and they'd tell me later, "Wow. I kind of struggled or I had a little bit of a challenge." I remember one woman told me that she had been in a very serious car accident, and we tapped for that. After she went home, she said, "I walked into walls." You know, her body was rebalancing. It was rebalancing itself. And I thought, "Oh my gosh. I need to leave the body with a little bit of instruction to integrate what we've just done." So that's what the integration protocol is.

After you've tapped on the trauma, all the emotions, and all of the pieces of the puzzle here, then we want to leave the body with a little bit of information about how to integrate this.

Jessica Ortner: Okay. All right. So let's get right into it.

Stacey Vornbrock: Okay. Perfect. So on your karate chop point.

KARATE CHOP POINT:

Even though my body has not fully integrated the changes I've just made, I deeply and completely love and accept myself.

Even though this is a big change for my body in a short period of time, I deeply and completely love and accept myself.

Even though my body is still in the process of releasing chemicals, I deeply and completely love and accept myself.

EB: This is a big change for my body in a short period of time.

SE: And my body has not yet established a new level of normal and balance.

UE: My body has not fully integrated these changes on a neurological level.

UN: My body has not fully integrated these changes on the muscular level.

CP: My body has not fully integrated these changes on the skeletal level.

CB: My body has not fully integrated these changes on the subconscious level.

UA: I give my body permission to easily and quickly
Establish a new level of normal and balance.

WW: I give my body permission to easily and comfortably
Integrate these changes
On the neurological, muscular, and skeletal levels.

Good. And take a deep breath. [Breathing in and out]

Good and then it's very important that anybody tapping along with this, after you do this process, drink a lot of water. You're going to flush that out of your body. Drink a lot of water the rest of the day or the evening, whatever time you're doing this. Think of it like a deep body massage and just push a lot of water.

Jessica Ortner: Wonderful. Well, Stacey, on behalf of myself and the audience and all of our body parts, thank you so much for this incredible interview, and for just being so generous with this information.

Stacey Vornbrock: Thank you Jessica, I really appreciate the opportunity to share this with people. Thank you so much.