

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.

You are about to embark on an incredible 10-day journey. To help start us off and make sure we get as much out of this experience as possible, we are speaking to Nick Ortner. Nick is the producer of the documentary film about Meridian tapping, *The Tapping Solution*. He is the producer of the world-wide online event, *The Tapping World Summit*, and might I add, I have the pleasure to call him my big brother.

Welcome Nick.

Nick Ortner: Thanks Jess, it's great to talk to you.

Jessica Ortner: Nick, Why did you want to put this big event together?

Nick Ortner: Well, my journey the last seven or eight years now has been a journey of discovery and with tapping and learning EFT first and Meridian tapping and all these tapping techniques, and I've been so impressed from day 1 with the results that people were getting. This is one of the latest things that I have been working on to share this information because I just think it's so vital to get it out there to as many people as possible.

The exciting thing about the Tapping World Summit is that the structure of it really shares it with people around the world. Last year was a lot of fun because I got a lot of great emails from people around the world listening to it. My favorite I think, is a group of ladies in Ecuador who would huddle around their computer - there was just one computer in the town - and they would share it. They would get together every night and listen to the two presentations and talk about it and apply it to their lives. And in fact, they actually had some people there who didn't speak English and they would translate along the way for them with the different points and distinctions. So that kind of community forming, that kind of spread of information is what's really exciting about the Tapping World Summit and I hope that this year is even bigger and better.

Jessica Ortner: I think it will be Nick. So can you talk to us a little bit about some of the results you've seen from tapping?

Nick Ortner: Absolutely. This is the exciting part because I'm personally all about results. I'm always searching for things that get me results. There's so much great information out there. There's so much information to dive through and explore, but at the end of the day, we want change in our life. That's what we're looking for. Now you can read theoretical books and that

can be interesting intellectual exercise sometimes, but most of us are way too busy to spend time with too much theory. We want something that's going to make the change in our lives. And tapping does that.

On a personal basis, I can speak to the things I've seen it change in my life. I use it all the time from the real basics like when I wake up in the morning with a crick in my neck and you get a crick in your neck, and the old way is that you're leaning to the side, sort of a little bit, all day, and people are like, "What's wrong?" And you go, "oh, I've got this crick I can't seem to get out." And whatnot. And now the new way is tap for five minutes or ten minutes in the morning and undo whatever was going on and then be pain free. Well that saves a day or two of pain. As simple as that is, it's exciting. To more serious pains like headaches and injuries and shortening the time to heal and all that fun stuff, and then personally, I think using it as a personal development tool and a tool to achieve my goals and to get past limiting beliefs and blocks, the tapping has been really, really powerful.

I am a procrastinator, as I think most of us are. I don't think I've ever met somebody who says, "I'm not a procrastinator at some level." And I find that tapping right when that moment when I'm stuck and I can't seem to work on that project or take that next step, it clears it so fast. I always kick myself when I spend three days procrastinating something and I say, "Well, I could have just tapped on it the first day and I'd be done with it and be free of the stress that procrastination brings.

That's where I've seen it personally. And then with other people the results have been miraculous. In the film, *The Tapping Solution*, one of the things that we did was brought 10 people from around the country together with a huge variety of problems, issues, and real significant challenges, and the reason I did that is because I wanted to show on film something that was concrete, that people could see the people beforehand, the people during the process, and the people after, because again, there's so much theoretical stuff out there and people say, "Oh, well use the law of attraction to heal your pain." Or, "Use the law of attraction to make more money." And it works for them. I'm not saying anything bad about the law of attraction stuff, but a lot of people don't believe it because they haven't seen it right there.

What we wanted to do with the film is show those results. I was astonished at some of the results like Jody who was a grandmother diagnosed with fibromyalgia for 15 years, a young grandmother may I say. She's young and full of energy, but she had this pain throughout her body that she wasn't able to get rid of. And she had done a lot of different therapies and work and had really explored the field. She wasn't new to the field of personal growth and healing, just had never had any real success in clearing those blocks. On that first day, she saw her pain go away and woke up the next morning pain free after 15 years of being in pain. And she remains pain free to this day.

And, along with having written two books and having become a tapping practitioner and a lot more exciting things in her life. That's an example of a dramatic turnaround, when somebody's life just turns around by using these processes and clearing out the baggage that they're carrying.

And in the film we show other people. Rene on a more emotional level who had a very tragic accident where he lost his wife who had just married him days prior to the event. Any of us who have lost somebody, which is everybody, knows that that grief can be really debilitating and tough. His grief got to the level of where it wasn't – you know grief is an expected emotion – with tapping a lot of people say, "Well are you clearing out the emotions so that you never feel it?" So when something like that happens so if your mother dies and you say, "I'm tapping and I'm fine and I don't feel anything." No. That's not what we're going for. There's good grief and there's bad grief. And in Rene's case, the grief was debilitating where he couldn't function on a daily basis. He had lost all hope, really. And we tapped with him through the trauma of the accident, through the physical trauma that he'd experienced, and obviously through the emotional trauma that kept him repeating that event over and over again in his mind. He just kept running that loop of a picture and he couldn't do anything about it. So the tapping cleared up that trauma to a point of where he was able to move on with his life. And he has a very touching moment at the end of the film, 6 months later when he says that he misses his wife, but he misses her in a different way and he knows that she's with him always.

So those are just two examples of the miraculous stories. There are thousands of them because people around the world are using this technique to clear out childhood traumas and memories and let go of the baggage both old and new. And that's one of the exciting things about tapping that we can deal with an event that happened when we were 5 years old and get great results and we can deal with an event that happened an hour ago and get great results.

Jessica Ortner: That's beautiful. I know people will be curious. Nick, how did you personally learn about tapping?

Nick Ortner: Well, I found it out online initially, I think we all seem to find a lot of stuff these days. A lot of people listening to this call probably found the Tapping World Summit online and are exploring it now and are finding a new avenue of growth and healing. I found it online. I found Gary Craig's work initially, his version of tapping, which is called EFT, which a lot of people might be familiar with. I studied his materials for several years and some of the other tapping techniques and some of the other tapping experts out there and again, like I said before, to me it was always about the results. That's what I was so amazed at when I would look at Gary's site and see, Gary's site is a treasure trove of testimonials from people and case studies from around

the world, people who got results in all different aspects of their lives. And I kept seeing it pop up in different places and I'd go to a seminar and somebody would teach tapping. And as weird and crazy as it sounds, and I mean who would think...I remember the first time I heard about it, and if you're hearing about this for the first time, you're what? You're tapping on your face and your body? It just...It doesn't make any sense. And that's because we don't have any reference points. We haven't been brought up in a society that talks about acupressure and acupuncture and the meridians. We're starting to see more of it now. Most of us have a reference of acupuncture and acupressure in the last 10 years really. I didn't know about acupuncture when I was 5 years old. This is all really new stuff that's coming forward. The real development with tapping, the meridian tapping, is the combination. It's combining the acupressure, the tapping on the points of the body with the developments in modern psychology, with our understanding about limiting beliefs and childhood traumas and it's a growing, developing field. There are people every day coming up with new ideas, testing new ideas, finding more science to back it up. People like Bruce Lipton and Dawson Church who are doing the real scientific work behind it, looking at how our cells are expressing themselves when there is trauma, how our genes express themselves when there's trauma. I'm not an expert on it, but the material is fascinating, and I know that 5 or 10 years from now, we're going to be able to say concretely, "Oh, here's what's happening. Here's the scientific data that shows that when you tap on this point on the body and here's the meridian that we've mapped out with these different instruments and whatnot.

Usually, those of us listening to this are on the cutting edge because we're interested in results. And it takes hard science and research a little while to catch up to something that works.

Jessica Ortner: Can you tell us really briefly the process of making the film, why you decided to just embark on such a challenge?

Nick Ortner: Yeah, I was a little silly. [laughter] You know you have to be a little crazy. You have to be ambitious. You have to be adventurous to embark on a process like this. And you have to be passionate. That was the bottom line. For me it started with the passion of seeing the results in my life and in the lives of my friends and family. Like you.

I remember, Jess, our first tapping session I think was tapping on a sore throat that you had. And I remember distinctly because I had just learned it a little while before and I was learning about the underlying causes of the physical issues we have and you gave me a prime example. And I'm going to recount the story and it's going to embarrass you a little bit. [laughter]

What happened is that I was tapping with Jess. We were at my house, and she wasn't living there then, but she had come over to help my other brother Alex, who's also involved in these projects, do some painting. And I forget why, but she had to do the painting. I don't know if he paid her...

Jessica Ortner: I needed to get some money.

Nick Ortner: Or he bribed her or he threatened her to do the painting, but she was supposed to paint the room. And she had this terrible sore throat. And I was like, I'll feel around if it was like a cold and all this stuff and I said, "Well, let's tap for the sore throat." And on a 0-10 scale, she said it was like an 8 or a 9. You could hear it, it was hoarse. So we did all this tapping for the throat, even though my throat is sore... Even though I can't speak well and all this stuff, and we moved it a little bit. She saw something was happening and it was like at a 5 but it got stuck at the 5 and it couldn't go any further. And like I said, I was just learning about these techniques so it was my first experience to say, "Well, what else could be behind this?" And that's always the question to ask yourself if you're not getting results on something physical like that... Maybe you've got back pain and you say, "I've been tapping all day long and nothing happens." Well, what's really behind the back pain? What's the emotional cause? What is the psychological root to this? So, we narrowed it down that what Jess was most concerned about at that point in time was having to do the painting. She said, "I don't want to paint anymore." She was really upset and miserable about having to paint. So we tapped on "even though I don't want to paint anymore..." and all the different aspects of it and her throat cleared up, and I mean completely to the point where she was telling me – Well you can say Jess, that you were saying that it didn't hurt at all, and I couldn't believe it.

Jessica Ortner: Right. Well, really what happened is after you said to me, "Okay, you don't need to paint today, let's keep tapping on this." And I actually broke into tears talking about how in that stage in my life I was feeling really stuck where I was. So it went from a sore throat to not wanting to paint to being really upset with my job and the area of my life and once I cleared that, it was amazing how I could breathe through my nose. My sinuses just cleared up. I couldn't believe it.

Nick Ortner: So that's exciting and that's what happens all the time, every day with tapping and that's one of the reasons I decided to make the film.

With that inspiration, and it really was an idea that came out of nowhere and I said, "I want to document this in a way and make a film." And I had no experience whatsoever at making a film. I mean none. People were like, "Did you go to film school and this and that and that?" No. I think Blockbuster was as close as I got to an education on filmmaking. But I was passionate about it and I made the commitment and I spent \$40,000 on

camera equipment within the first two weeks of the project. And I remember - I know Jess remembers this clearly too – unpacking the equipment in my living room and saying, “Well, what does this thing do?” and “What is that?” “Does anyone know what this goes to?” And it really just was an adventure that was at the basis of it all there was a commitment to spreading information and there was a commitment to having fun and following a passion and just going for it.

Jessica Ortner: And I have to add Nick that all that camera equipment was bought on credit. It wasn't like you had all this money to make a film, but you found a way to get the money together.

Nick Ortner: Yeah, it would have been nice if somebody had invested a million bucks in doing it, but no, in this particularly it was credit cards, credit lines, friends and family and just bringing people together with a shared vision. And that's one of the important parts, too. Besides being able to get the financing and the money together and taking the risk and saying, “Oh alright, I'm going to invest basically everything I have into making a this film because I think it's so important.” It's also... The important part was getting other people to share the vision; other people like Jessica to come on board and be the producer and work for... she worked for no money for 2 years living at home with my parents... committed, again, to the vision.

I think a lot of magical things happen when you commit to something that you feel passionate about and everything gets in alignment with it. And along the way, this isn't just a story of the dream that came true, it's really a story about tapping because I don't see how we'd do it without tapping. And it was all the tapping I did before I got that idea, cleared the way to have that idea, so if I had limiting beliefs about money before and if I had fears around having debt and not being able to pay it back, I did the tapping before so I got to the place where I could be at peace in making that decision. And then throughout the process, it clearly wasn't easy to get everybody on board and all the different steps and figuring out how to make the movie. So tapping was an integral tool that we used throughout it to grow it and I know that everybody listening can do the same thing with whatever their dreams and goals and hopes are.

Jessica Ortner: So with that, let's talk a little bit more about tapping. How do you feel that our past and past events are affecting our life today and how does tapping play a role in overcoming it?

Nick Ortner: Sure. This is one of the really, the key points, if you know it, and a lot of us do know that our past, that our history affects where we are now. Some of us don't. I didn't know ten years ago that something that had happened when I was 15, that an event that I had formed a belief around would be affecting me today. And it's affecting me on different levels, from the psychological perspective of saying, “Well, I learned this. I learned that if I

stand out, people are going to make fun of me, so I better not stand out.” If somebody does that in school. If they get an A and then they get made fun of, and now they say it’s not safe to get an A. So we have those beliefs.

Then there’s the energetic component of that belief and that trauma in the body; that it actually exists and stays in the body. Now I don’t understand completely where it stays or where it stores. Some people say it’s in the head. Some people say it’s in the heart. Some people say you can store trauma in your little toe. I don’t know and at this point I don’t care. I just know that it’s important to identify them and then use the tapping to clear them out. You can see, what’s exciting about tapping is that you can feel the difference. It’s not a theoretical, oh I wonder if that trauma’s gone? You know that the charge, that the emotion from that event, from that incident is gone. And one of the things that I like to think of and I originally heard of this concept from the great author Carolyn Myss. She talked about the idea of downloading energy through your life force every day. She didn’t speak to it with regards to tapping. She spoke to it in regards to a traumatic events and things that happened. And how we can leak energy and lose energy on a daily basis depending on what those traumas are.

So in applying this to tapping, I like to think of – and think along with me and we’ll actually pause at one point so you can have an experience of what this might look like. We’ll use a metaphor of every day downloading 100 Units of energy or \$100 or whatever measurement you want to give that to. So you think, and that’s sort of your starting energy. That’s our life force. That’s what we’re born with and given and that’s what we get to work off from. And the idea is that if you have a traumatic event that happened when you were 5 years old and say somebody made fun of you or your mom yelled at you when you were doing something. That event takes away some of that life energy. If you haven’t processed and let it go. Some events happen and we process it and let them go. We might cry when we are kids and it releases them, and for others for whatever reason, whatever that mechanism is, we hold on to it and we shut down. And that energy sort of gets stuck there. So you might think that that traumatic event when you were 5 years old was 5 units of power or \$5. And again, these are arbitrary numbers that we’re just thinking of to get an understanding of this. And the issue that most of us are facing today is not just that we’ve given up \$5 or 5 units of energy to that one event, it’s the cumulative events. It’s the year after year of events that we don’t process, that we don’t acknowledge, that we don’t accept, that we don’t forgive ourselves for, that we don’t forgive others for – and each one of those count. So if something happened when you were 20 years old, somebody broke up with you unexpectedly and you have not forgiven them, that is energy that is draining out of you. That is a connection. That is energy that is draining out of your body that you can’t use as your life force, your creative energy, your love energy, your healing energy.

And I think what happens is that for a lot of people, when you stack those events and it becomes 10 events, 20 events, 100 events, 1,000 events, ten thousand events, they all stack and they all suck out our life energy so that now this is when you get things that happen where people just feel like they have nothing left. I've talked to so many people who just say, "I just don't have any energy." And yes, there are nutritional reasons for that and there are exercise reasons for that. And it's important to look at that whole element of it, but one of the big, big reasons is that energetic component that has all those traumatic events, experiences and beliefs that are stored in the body that are draining our energy away.

So if you think of those events, we'll actually stop and take a moment to try to determine intuitively, and just use your intuition here. There's no right or wrong. Don't worry about getting it perfect. Stop reading and write the number 100 up on top and then start writing some events that come to mind. They can be big events like, "My parents divorced when I was 15." And they can be little events, "Well, I remember when I was in second grade that something happened." And give an arbitrary number as to how do you think those are. What kind of energy you think those have.

So stop for a minute and take the time. Take a minute or take an hour if you need to to list as many events as you can think of where you think that some energy might be draining out. There's some anger. There's some lack of forgiveness. There's some hurt. So just stop reading and come back when you've finished that.

Okay. So if you haven't stopped reading, which, I'm the worst at this because I listen to things and I'm like, "Oh, I'll do it later."

STOP READING!! I remember listening to Tony Robbins who is a mentor of mine and he would yell, "PAUSE IT!! DO IT NOW!!" [laughter] Do it now. And he's right. Do it now. Now is an opportunity. Now is a chance to let go of a lot of this baggage so STOP it. Do it now and if you're back already and you've done it, I'm sorry for yelling at you. Don't let it be a traumatic event.

So the idea is to look at this list and then make a decision or a commitment that you're going to clear them out. And it's really easy with tapping. In the past, it would be like people would look at their lists and go, "Wow, this is my life. This is my stuff. This is my junk. What am I supposed to do with this. How do I move past this? There are no tools. But with tapping, you can. And what you're going to learn throughout the 10 days of the Summit are the tools to clear this out, the perspectives, the ideas, the information where you can clear out this list and get all your energy back. Now that doesn't mean that other things won't happen that you need to tap, or that there won't be higher vistas to reach for, but this is a starting point. The key is to let go of this baggage. It's called baggage for a reason. It's stuff that you're carrying

around. And baggage is heavy. Imagine being at the airport. We all know when we travel that it's much nicer to travel with no bags and not have to check anything and then we travel with one bag that's a little heavier and oh boy, if we've got to travel with two bags because we're going for a long time, that's really hard to carry around. Imagine if you had to travel at the airport with ten bags. So if I said, "Jess, you're flying to Sri Lanka, and you have 10 bags to carry." That would be a challenge. You'd be pulling a couple bags and then going back for a couple more and it would be a real mess. You don't have the energy to handle 10 bags. Well, that's what we're doing on a daily basis. We are handling 10, 20 or 100 bags and our energy is going there instead of going to nurture and heal us and grow in a positive direction.

Jessica Ortner: Nick, I know last year we did a process and a lot of people, it really helped them. So can we go through it this year?

Nick Ortner: Yeah, absolutely. Last year, I'm about the basics and I'm about getting results so last year I also covered the energy, the 100 units of energy process because I have to remind myself all the time: There hasn't been enough of a reference in our society and our daily upbringing for us to be thinking, "Oh, where's my energy going now?" So I know that that's important to repeat again and again. That's why I'm repeating it again. I know people get a lot out of it and it's also really nice to check in a year later, so if you did do the energy process we just talked about or the wheel process we're going to talk about now, well, check back in. You probably haven't done it in a year. Hopefully you have. Hopefully you have checked in weekly on it, but if you haven't, check in and see how it's doing.

So the wheel process is really simple. What it helps you do is to identify the aspects of your life that maybe you want to work on a little more. Our society is really focused around, especially western society, career, job, and making money. So most of us look at everything around there and say, "Well, okay I need to make more money." We handle that stuff in the summit. We look at that and we have some great presentations on how to clear those limiting beliefs and make more money and have the law of attraction work for you. But, the reality is that our lives consist of balance and consist of other aspects that I think a lot of us lose site of.

What I want you to do is take a piece of paper out and a pen or pencil and just draw a circle and then put some lines through the circle and turn it into a pie, like a pizza pie so you have all these slices.

Jessica Ortner: How many slices should we have?

Nick Ortner: Let's go with 8 slices total. It's actually four lines. Four lines across should make you 8. Eight slices. And we're going to label each one

of these and you can pick whatever categories you want, but the most basic ones that I like to think of are:

HEALTH – you know your health and wellness and how you're doing physically –

Your WEALTH – how much money you have in your savings and what you're attracting to you

FAMILY and FRIENDS

RELATIONSHIPS – and with relationships that usually is talking about the primary relationship – so family and friends is obviously a form of relationship, but relationship would be the primary relationship.

Then we have PLAY TIME and HOBBIES and FUN and ACTIVITIES.

Then we have the CAREER or the JOB SPACE – which is different from wealth because wealth I think is more of what you're doing in terms of savings and future prospects. Career/Job is what you focus on on a daily basis.

Then you want to add a category called SPIRITUALITY – which is whatever your belief systems are.

And then the last category is CONTRIBUTION – what you are giving to the world.

And those are just some examples. If you want to add another one, you want to split things up, if for health you like to say NUTRITION and EXERCISE, it doesn't matter. The idea is to just get the categories in that you see as significant to your life.

Then what we want to do is take a look at each one of those categories and on a 0-10 scale, give a number to how successful you feel in them. So if everything is going fantastic in your career right now, you would give it a 10. If you're like, "This is the best it could be, I couldn't ask for anything more, this is great." It's a 10. Or if it's going really well, you might give it an 8. If you think there's some room for improvement. And you do the same thing for each one of the categories.

So stop now and take a second and just give an arbitrary number for each one of these categories.

Then what I want you to do is fill in the categories, so it's kind of like color them in. If you have a 2 for spirituality, you only color it in so far – from the

center – on the pie scale. And if you got a 10 for career, then that whole slice is colored in. So go ahead and do that now.

Now you can see after you color it all in, you have your wheel of life. You're balanced wheel of life. And it should be really obvious to you. It's simple, but the point is an obvious one that for most of us, I know it's the case for me when I check in with it, there are some imbalances. Where I think tapping can really help and this Summit can help is take a look at these imbalances and see where you're not putting attention to and what places do you have to grow.

So you might look at the wheel and go, "Boy, there's a gap in relationships because I have not been thinking about my husband or wife and I've not been giving enough time to it and I haven't made an effort to clear some of the anger that I feel toward them. So that's a place to look.

This is just a visual representation of a place to look, a place to give some of your energy and attention to. And that's it. That's the basis of the Wheel Process – to check in with it. Do it once a month and see how, keep this one to see how it might change in a month or a year and just use it as a reference point to achieve balance in your life.

Jessica Ortner: Nick, what do you think is really possible for people who attend this event?

Nick Ortner: Well, anything! No, I mean I've just seen so many miracles. I've seen them and I've documented them in the film, what we've talked about before. Somebody like Jody can get rid of 15 years of fibromyalgia and then go on to write two books and then become a tapping practitioner and heal a lot of what is going on in her life, then I think anything is possible. In all aspects of our lives. I've seen such incredible results.

I know there are a lot of people out there who are sick and tired of being sick and tired, and it's sad and it's what moves me every day to get this information out there. Because I know that there's a better solution.

The key is that people have to do it. And that is usually the challenge. When we're in our traumas, when we're in our patterns of self-sabotage, and our patterns of procrastination, and our patterns of anger towards ourselves, oftentimes we don't take care of ourselves. So what might happen to some people who are really stuck in those deep patterns is that they'll hear this call and they'll get excited and then they'll listen to the next call and they'll start getting results and all of a sudden they hit the brakes because it's too much. They're not ready to let go. Well, when you see that happening, just know it's an opportunity to take it further.

Really commit to going through every single one of the sessions. Commit to spending the time now, because if not now, when? And that's the reality of it. I look back and I say, "Boy, oh boy, did I waste some years of my life." There's no waste. There's always lessons in it and I appreciate that and I understand that and I know we're all right where we're supposed to be but, boy it would have been nicer to let go of some of this baggage even earlier than I did.

This is your opportunity now. The information is free. Listen to the calls. There's really nothing stopping you from listening to the calls. Make the time. I know last summit, I got letters and emails from people who said, "You know I put my kids to bed at 9:00 at night and then I settled down to listen to the Summit for 2 hours and take notes and listen again and work on it. Those people made the commitment. And maybe they were a little sleep for that 10 day period, and that's okay. Sleep is important but it's okay to miss a couple hours of sleep in order to get this information and then to do the tapping. Just do it. Do it while you're... There's a lot of tap alongs throughout the sessions, so do it. Even if you don't know what's happening, if you don't really totally get it, just follow along, do the tapping and you're going to see the results. Take notes and you're going to see the results.

That's what's exciting. Use that success. Use every little success that you have, when you have a breakthrough, the pain got a little better or the pain went away completely, you had an insight about a limiting belief and you tapped it away. Build upon those successes and just let these 10 days be life changing. And that's what, I know Jess and I are looking for. This is what – we've been working on this for 6 months, and there's a whole team of people who will be working literally around the clock while the summit is going on to bring this information to you and we're doing it because we want you to get the results. We're excited. Send me the emails and send me the letters and let me know. Because that's what drives us.

Jess just told me the other day... We have a blog where we post a lot of free stuff and Jess has some amazing audios that she gives away that people really love and I know what drives her are the blog comments.

Jessica Ortner: {laughing} It's true.

Nick Ortner: If there was a currency such as blog comments, Jess would get paid in it. [laughing] That's what makes her happy. We had over 400 comments on one particular session that she did, and I know that she goes in and reads it every day and looks for new ones, and it's not out of the place of ego or how great she is for doing it, I know she just gets a thrill out of people getting results.

You can speak for yourself Jess as to why you do this.

Jessica Ortner: I'm a sucker for comments, what can I say.. [laughing] No, really what it is that sometimes we forget the power that we have to help other people and so seeing the comments drives us to do what we're doing, because that's the reason we're doing it. So it brings us back to our core and to our beliefs of why we're on this mission and it makes the hard work so much easier and way more fun.

Nick Ortner: Absolutely and we're having a great time with this and we hope you do too. We hope you have fun during these 10 days. And again, really commit to it and my parting thought for the end of this call is to set an intention for these 10 days. Whether it's one primary goal that you say specifically, "I'm going to use these 10 days to finally break through the limiting beliefs I have around money" or "...finally let go of my food cravings." Whatever it is, set that intention. Or it can be a broad one that you just want to heal yourself and your friends and family members and heal your life during this 10 day period. Set that intention and put it somewhere big where you can see it. Remind yourself of it every day. That way you make sure to tune back in to every day's presentation. This is a big opportunity. This information works. I know it, hundreds of thousands of other people know it. Take this time to take care of yourself and heal what's going on in your life and grow to levels that you never believed were possible.

Jessica Ortner: Nick, thank you so much for all these insights.

Nick Ortner: Jess, it's always a pleasure to talk to you whether we're being recorded or not.

Jessica Ortner: {laughing} Well for all of you who are listening, we look forward to seeing you at the Tapping World Summit.