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.

According to research by the Gallup Organization, a leading research and consulting company, only 29% of employees are actively engaged. 56% are not engaged, they're basically checked out. They do their job each day without putting any passion or energy into their work. Even worse, another 15% of employees aren't just unhappy about their jobs, they're acting out their unhappiness and often undermining the work of others. You spend the major part of your day at work. If you feel stressed out, boxed in or painted into a corner at work, don't wait any longer. You can tap your way into feeling better about your job, or you can tap your way into taking action towards finding a job that's a better fit for you.

To help us learn ways to do all this, we'll be speaking to Ron Ball. Ron is the publisher and co-author of the popular EFT book, "Freedom at Your Fingertips." Through his speeches, seminars, and coaching, Ron has taught hundreds of business executives and employees from large corporations, nonprofits and small businesses how to deal with stress overload at work, feel valued about the work they do and the contribution they're making. It's a real pleasure to have him. Welcome Ron.

Ron Ball: Good to be here Jessica.

Jessica Ortner: Ron, when we are ready to improve our work life, where do we start?

Ron Ball: We start right where we're at. And usually for most of the people that I find that have blocks to getting a job they enjoy, getting a dream job, it's the belief that they can't have it.

The first place to play around, and I say play around instead of work on is with that idea that I can't have that job. It's probably one of the most predominant things. I meet so many people who say, you know, "I'd really love to, but…" "Some day when conditions are [such and such] I will." "When I have all these things in place, I will." And the wrong assumption they make is that they have all the time in the world. They have forever. They may have all the time in the world, they may not. But you want to be able to say, "Hey, you know there's something I always wanted to do and I went after it and I achieved it." Or, "I found out that it wasn't really what I wanted, but I found something else that I achieved."

You start with what you want and basically play around with the opposites, feelings of the opposites, of I can't have this dream job or I can't have a job I enjoy, and then you play with I can. You might even get a person to tap on

those two things and just do rounds on, “I can have it. I can’t have it.” And it starts to loosen up any resistance somebody might have.

Jessica Ortner: Like you just mentioned, a lot of people don’t feel that there’s even a possibility that they can have it. Why do so many people feel trapped in their work?

Ron Ball: Because I think most people, again, I’ve always been one that believed I could pretty much do what I wanted. I was fortunate enough that I was brought up in a supportive environment; family, friends and all that who said that I could and so I pretty much believed that I could and then if I wasn’t sure or I had doubts, I kind of took risks to see if that belief that I had might be true or false. So I was always willing to kind of risk going out on the edge to venturing it. And in dealing with different companies - large companies, small companies, business executives and employees - one of the most dominant things in particular if you go look at the numbers from Gallup is 56% of people are not engaged. They’re showing up. They’re kind of… I’d say almost sleep walking through their jobs. They’re doing enough to keep from getting fired, but they’re not putting the passion or the energy into it.

If I was a CEO of a company, I would be very dismayed looking at these numbers. And then you look at that there’s 15 more percent that are going, almost sabotaging the organizations. So think about it. You have almost 1 in 3 people who are really there giving there all.

Guess what! My thing is to come in and say, “Hey, let’s work with some of the people who have limiting beliefs who maybe would really like to be engaged, they just don’t know how to release these feelings that keep them from being engaged.” And that’s where tapping really comes into play. It helps people out.

Jessica Ortner: Mm Hmm. I mentioned in the introduction that you’re going to help people either change their emotions that they have currently about their job to love their job more or to change jobs.

If someone is confused, they’re not sure whether they should stay and work on their feelings and their emotions around their job or if they should leave and find something new. What advice do you have for them?

Ron Ball: I would start with the idea of, “Can I find some joy in my job?” “Am I going to a place of employment or a place of enjoyment?” And I’m not talking that you walk into your job in this La-de-dah isn’t this everything’s great and wonderful every day… but I mean getting satisfaction and joy out of the little things you do in your job.

The first place to start if you're doing tapping is you'd want to benchmark the feeling of, "I should make a change." "I should leave this job and go somewhere else." And see where that is. Is it pretty up there that I should make a change, and just kind of measure that and then I always say in most cases people don't need to leave the place where they work. They need to maybe make an adjustment in the department they're in and find ways to do things they like better in the larger companies. A lot of times you can get transferred to different departments. But the thing is that most people don't need to leave that job because most people stay in a job until they cannot stand the pain any more.

You're either motivated to go towards what you want or stay in what you're in until you can't stand it any more. Most of the people out there listening to this are motivated by staying in something until they can't stand it any more. And that's part of what they want to do now is to start to say, "Okay, wait a minute. What is something I would like to go towards?" "What is something that I love to do that uses my talents and skills that I can move toward?" That's the missing piece for a lot of people.

Jessica Ortner: Great. So just to kind of recap what you've said so far, the first thing that we do is do tapping to open ourselves up to the possibility that we can love our job. And the second one is to be clear and specific about what we want.

Ron Ball: Exactly right. As you know and everybody talks about the law of attraction and vibration and so forth. Most people are focused on what they don't want so what do they get? More of what they don't want.

I'll give an example. There's economic condition today is challenging for a lot of people. There are a lot of layoffs. Companies going out of business and so forth. But back in the 90s, there was a recession when I was living in Southern California, and I was changing jobs. And you know what Jessica, I had four job offers come up at once. So first of all, the assumption that there are no jobs out there in a recession is totally false. If it's the right job for you, there's probably one opening up for you all the time. The question is how do you link up to it or attract it or match up to it. But there were four jobs at four different companies and two of these jobs would require relocating.

Now a lot of people listening to this might think, "Wow, that's fantastic. Four jobs. That's great." Not if you don't know what you want. If you don't know what you want, it is a dilemma. It is frustrating. It is confusing. Because you have these offers that are there and you go, "Wow. What do I do?" However, I was clear on what I wanted and I had my criteria of what I wanted. So, okay, let's match it up against these different ones. So it was an easy decision to make, but I want to reiterate what you said a moment ago, you've got to be clear on what you want.

Jessica Ortner: Mm-hmm. Great. Like you said, the first step is opening up to the possibilities because there's no way you can really brainstorm and think about what you want if you don't think it's an option.

So with that, can we take a moment right here and do some tapping that can help our listeners open up to the possibilities in order to help them become more specific on what they want, whether it's moving to another job or improving their current situation?

Ron Ball: We can. Let's do it and let's make it that they can remove any blocks and go towards what they want whether it's a dream job or just a job they enjoy or finding more satisfaction out of the current job they're doing. And we'll walk through the karate chop point and end up on the top of the head. And the first place everybody start tapping on the karate chop point. At this point say:

KARATE CHOP POINT:

Even though I don't believe I can have the job or career I want.

EB: Who says so? Where did I get this belief?
SE: I'm open to changing my mind.
UE: I'm open to letting this Bah-Humbug belief go.
UN: It's possible.
CP: I'm possible.
CB: I'm open to expressing my talents and abilities.
UA: I'm open to unknown and unexpected possibilities.
TH: And I deeply and completely accept who I am right now.

This will be in the workbook and people will do further rounds on it if they'd like, but that just gives you an idea. As people are doing it, as something else comes up, go with that and say that at a point as you do it.

Jessica Ortner: Now Ron, when we're taught tapping, traditionally what people do is, you bring up the energy you want to clear so you say the negative. In the tapping that we just did, you tapped on some positive phrases. Why is that?

Ron Ball: Because that is a way to… I almost kind of… in my mind accelerate it and you bring up another point and that would be something that somebody would do after they're doing it a while.

So let's go back and do it again and just go on the one particular idea that I can't have the job I want.

Jessica Ortner: Great.

Ron Ball: So let's do that again, and let's do the traditional way of tapping like we do in EFT. We tap on the karate chop point.

KARATE CHOP POINT:

Even though I don't believe I could have the job I want,
Even though I don't believe I could have the career of my dreams,
I deeply and completely accept myself.

And we would say it two more times.

Even though I don't believe I can have the job I want,
The career of my dreams,
I deeply and completely accept myself.

Even though I don't believe it. I don't believe I can have the job I want.
I can't have the career of my dreams,
I deeply and completely accept myself anyway.

And let me interject here. Folks, as you're doing this, if you're getting a "Well, I don't quite accept myself." You'd say, "I accept myself as best I can right now." Or, "I accept myself somehow." So that's what you do if you're not getting 100% of accepting yourself.

Then after you do the karate chop three times and say that set-up phrase, you tap on the Eyebrow point and say:

EB: Don't believe I can have it.
SE: Don't believe I can have it.
UE: Don't believe I can have my dream job.
UN: Don't believe I can have my dream job.
CP: Don't believe I can have this great job.
CB: Don't believe I can have this great job.
UA: Don't believe I can have my dream job.
TH: Don't believe I can have it.

And then I would tap a little more, and this is… If I'm just going to interject it here…

Or can I?

Then you'd take a nice deep breath and you'd benchmark if there was a change in how you feel.

Some people some might feel energy in their body. Quite often a lot of people I do EFT with they yawn. That's often a huge one to indicate your energy is shifting.

Jessica Ortner: And what if we did that one round and we're feeling worse? You know, more of the worries and the reasons why we can't have that job pop up in our mind?

Ron Ball: If you're starting to feel wlse, then what specifically is coming up? Is there a fear, a worry? In other words, we did something kind of a general thing on don't believe it. But then is more of a specific thing coming up? Is that something that mom or dad or a teacher said about having a career that, "You'll never have a career in this because you're not good at this." Is one of those things coming up? Then you tap on that specific thing. That's a very good point Jessica.

Jessica Ortner: And Ron, what if someone wants to leave their job and they think, "Well, I think I could leave my job and go for my dream, but I can't in my situation because I am supporting a wife and kids and I have other people who depend on my choices and I can't take the risk?" Where do you go from there?

Ron Ball: That's a great question because that is probably the most dominant thing that comes up, it's the belief that I can't. Now I say to people, "Hey, if you save enough money and you're clear of what you want and very organized and very goal driven, that might be a possibility.

But let's go back again to the Gallup poll that says maybe 2/3 of the people aren't really jazzed about their job. They're not really giving their all. What can they do?

Let's say it's not practical or feasible to necessarily leave the job? I would never recommend to somebody to do anything that would put them in a precarious position financially or anything else. But the one thing that everybody misses… The one that amazes me is that the one thing they can't do most of the time, they either have lost the ability to know how to do it or they won't do it. Do you know what that is?

Jessica Ortner: What?

Ron Ball: Using their imagination to create what they want. If you go look at everybody who talks about manifesting, you first have to imagine that possibility then you've got to clearly get into the thinking, seeing, feeling… what it is. And that's the part that everybody listening can start to do.

If you, and again, if you're changing jobs, why are you changing jobs? Is it because you hate your job now? Not a good reason to change it. It's more important to tune into what you want to get and go towards what you want and then leverage off of you don't want to be where you're at.

But you've got to always go for what you want because that's the key driver that's going to you there. If you hate a job and that's the reason you're leaving, that's probably going to be a temporary satisfaction because you're going to probably run into the same things in the next job.

It's important to be clear on what you want and then if you go to look at Nevil Goddard who said, decades ago, "Get into the feeling of the wish fulfilled." Get into the feeling as if you already are it, and do that. And practice it every day.

What would it feel like in my new job? "Well, I'll be in my new job and I'll be doing this and I'll interface with these kind of people." What will these kind of people be like? How far away will you be from the corporate offices? What kind of boss will you have?

Get into imagining and feeling like you did when you were a kid. Why is it when we get older, we stop using the ability to positively imagine things? What we do is we negatively imagine things and worry and doubt.

Then it's a matter of tapping back into your little child that was very imaginative growing up and then at some point, somebody said, "Well, start being more realistic about it." No. Start being more into imagining possibilities that you might not even conceive of yet. That's what I'd recommend to everybody who is clear in what they want to do, because what that does is it starts to attract things so you can't even foresee the people who might come into play.

I went to dinner the other night with my family at a person's house who knew somebody else who was connected to us in a different way. I said, "What are the odds of that?" Like a billion to 1 probably. I would have never perceived that there was a connection there, and there could be some business there that I basically am going to contact some people and the Energy Psychology Association and other areas because there's a lot of research at the National Institute of Health, a lot of money for grants for doing research on tapping and EFT. Now I didn't go looking for that guy. He just showed up. Again, that's an example of imagining what I wanted to create and this person just showed up.

Jessica Ortner: Do you use this technique, the playing and the imagination with tapping?

Ron Ball: I do. I do. Here's the thing that you want to do though. When you're doing it, most of us are going where is it? Where is it? I don't see it yet. It hasn't showed up yet.

That's probably the biggest challenge. First of all it's a challenge to get into the feeling of as if you already are it, but that's just a matter of practicing and doing. Because your mind doesn't know the difference between what's out there and what's inside here.

I mean, if I say to you, "Imagine biting into a nice, cold apple, and the crunch of that cold apple and feeling it in your hand." You can start to salivate because your mind doesn't really know the difference. The words can trigger those feelings and chemicals in your body.

You use the same techniques to go create what you want. Imagine what you want and start to really get into that… Practice it maybe every morning and every evening. But again, the challenge is allowing it to show up in the way it's going to show up - not necessarily the way that you want it to show up. Because frankly, I don't know all the ways it could show up. So as soon as I demand it show up a certain way and a certain person or certain things, I'm limiting my ability to kind of create it in my life.

Jessica Ortner: Right. And I can't tell you how many times while we were creating our documentary film that I was faced with something that I had no idea how I was going to get over this barrier and how we were going to make this work, and the moment you tap on it, it's just… it's a phenomenon how you begin to get ideas and become way more resourceful and see things that were there all along but you couldn't see before.

Ron Ball: Exactly right. Exactly right. Because part of what you're doing is releasing any limitations or blocks to anything coming your way. And I also believe that the bigger the idea you take on, quite often the more obstacles and stuff start to show up. If it's an easy one, usually you don't get a lot of obstacles. But when you take on a big thing, like doing the tapping summit or doing the video, there's that initial burst of excitement in doing it, then, okay… You're working through the details of it. But the key is that as long as you persist, you'll get there.

Jessica Ortner: Right.

Ron Ball: Like drive on a road. If you get a flat tire, you get a flat tire. You run out of gas, whatever. Keep on going until you get there.

Jessica Ortner: Right. Great. So Ron, you've shared a few ways to use tapping, and we're obviously learning that there are a variety of ways to

address your challenges with tapping. Can you give us a few more ideas, a few more methods that we can incorporate?

Ron Ball: I think that a big one today, a way they can use it without getting into the specifics of doing the tapping, but everybody's dealing in companies with a lot of uncertainty, a huge amount of stress, continuous change. You can use tapping to release those feelings. Maybe there's a lack of trust in the company directions. That's a feeling that you have inside, and you can use EFT on that. Maybe you have a feeling that you don't have a clear-cut career path or you're not getting paid what you think you're worth. Those are all things that manifest as feelings that you have inside your mind and body and you can use EFT in that.

What if you have challenges with the boss you work for, that you don't see eye to eye with that person. You can use EFT to tap on that and quite often, if you not only get to a neutral place about the person you work for, you might even get to a place where there's some kind of liking or admiration. I'm not saying in every case this works this way, but quite often it does.

I do want to make something clear about tapping. You can use it on the feelings and so forth, but if you had a situation that, for example, in your company there was some issue against you that somebody was doing that was illegal or something like that, that's something you might do tapping on, but you also want to bring it up to human resources as something they need to address.

I want to let people know that there are certain things that are against company policy or things like that where yes, you use tapping to feel better, but you also bring them up to the appropriate person within your company.

There could be working with co-workers that you feel that you're doing more than… you're pulling a bigger load than the other person or you're not getting credit for something. Again, these are all feelings that you can tap on to feel better. Not being appreciated. Not feeling you're getting the great projects to work on. All these are ways you can use EFT at work to feel better.

I want to tell you a couple of things I do with people. One of them is kind of a fun thing I came up with called surfing with change. I'll tell people, it's like, okay, we've got all this change in a company and you're never going to work somewhere there's no change. There's always change. So how do you play with it? And part of my message today to everybody is start to play and imagine more at work. Start to not take everything so seriously, because when you do, you create all this tension and tightness in yourself and when you start to play with it, actually you have a better chance of coming up with great things.

Somebody said once, “Insanity is the playground of the unimaginative” And then Bill Waterson who is a cartoonist said, “Letting your mind play is the best way to solve problems. And when you’re doing creative problem solving, that is the best way to do it.

But a couple of the techniques that I use that are not specifically tapping is: I have people imagine that they’re doing surfing. And they’re out in California on the West Coast and they’re surfing, and they’re having a great time. And they’re on their surfboard and what they’re going to do is instead of getting slapped down by a wave that they didn’t know was coming - on the surfboard, what surfers do is they’ll watch 5, 6, 7 waves out that are on the way, they’re swelling up and coming and they’ll look for the one they think’s the best and they’ll ride it and they’ll have fun with it. So I’ll say, “Okay, what are some of the ways of changing your company and how might you leverage that to your advantage?” Play with it.

Another one I have them do is called, I call it Tapping for Mars. In a sense, when we’re too close to a problem, it’s really magnified and it looks insurmountable, so I’ll say, “Okay, we can make it smaller by going to Mars.” So what I want you to do is imagine that you’re going to Mars and you’re millions of miles away and you’re sitting on top of Mars in this chair of your liking, your favorite chair, and you’re taking your problem and while you’re sitting on Mars, you tap with EFT or tapping, meridian tapping techniques, or whatever method you want to tap on your problem. You’re just imagining you’re that far away and looking down at your problem. Try that, because I guarantee you’ll be amazed at what it does when you just play with the idea that you’re that far away and the problem doesn’t look so insurmountable any more.

And the third one that I use is from an idea from watching *The Wizard of Oz* when the wicked witch melts away when Dorothy accidentally throws a bucket of water on the wicked witch. So what if you could take a problem and melt it away? And then you’d say to a person, “Okay, how do you experience the problem? Is it a picture that you see? Is it a feeling that you have? Or, is it hearing certain sayings that gets you upset?” And then, “What if you take and sprinkle some water on that problem or drop a bucket of water on that problem and could you just imagine it just dissolving away like the wicked witch. It just fizzles away.

Again, I’m encouraging people to use their imagination to work away some of the problems. Those are some fun methods I use in addition to EFT just to play with people’s imagination to create what they want and to release things that bother them.

Jessica Ortner: Ron, what if the challenge that we’re having is with another person. Now it’s nothing serious, we don’t need to go to human resources,

but there's someone who we are not working well with and they are a constant source of anguish for us? How can we… if it's coming from someone else, how can tapping help us when we're tapping on our emotions and we can't really change someone else.

Ron Ball: It's interesting, because quite often, someone that we have a real strong reaction to, we're just projecting something that we don't want to acknowledge in ourselves. So by us tapping on what bothers us about the other person and doing several rounds of tapping, what happens is that feeling, that reaction to the other person, often does melt away just doing a few rounds of tapping.

Now, I've had great success doing this within companies where someone has a real issue with someone they work with and you'll do maybe, probably 2 or 3 rounds of tapping and it's gone. It's gone.

Again, the key is to get specific about what it is. If it's about my boss, Bob, everything he does that bugs me. That's not going to be very effective. If it's yesterday when I was at the meeting and Bob cut me off and that made me so angry. Great. Tap on that. Tap on that. And tap on things.

I worked with a guy years ago who would not ever give anybody the authority to go work on something to make a decision on it and he would hold all these major decisions until the very end, and then it was a big, big problem because he didn't want to let go of the control of it. I wish I had known EFT back then, because I would've used it for that and would've helped me a lot.

It's a great way to work with people in organizations who bother you. Again, it's by being specific about what bothers you about them.

Jessica Ortner: Right. Now, it's hard to have this type of conversation about the anxieties in the work place without mentioning the fear of losing a job. It seems like now, especially this year, with the economy being the way that it is, many people are living with anxiety and with fear that they could use their job. What can they do about this?

Ron Ball: Well, when people are afraid of losing their job, that's a huge one. And there are so many ways we're conditioned to have fear about that. Fear about that from personal experience with family members who might have lost their job and had financial difficulties and it took them a lot of time to get back on their feet.

The media is constantly giving data on employment statistics and so forth, so that's a common one out there. So let's do some tapping on that and we'll do it the same way we did it before. I'm going to start out by doing the traditional

way, and then we'll do a quick round of doing it where I tap on different things at different points.

So let's say I'm afraid of losing my job and my income…

Jessica Ortner: Ron, before we do the tapping, I want to ask you, why is it important to even address this?

Ron Ball: Important to address what?

Jessica Ortner: To address the fear of losing your job. If it's a reality that there's a possibility that you could use your job, feeling better about it doesn't mean you're going to keep your job. So why is it important for people to really take the time and focus on their emotions around this fear?

Ron Ball: I think if you don't you're always going to affect everybody else in addition to yourself. I've always been… when I've been through, there's a merger, a buy out, or something that's happened, I always took the attitude that I need to really crank in this situation to show my value to the company, because if they decide to downsize, I want to be one that they say, "I want to keep that person." A lot of people respond a different way. They get all insecure. They do water-cooler gossip. They come up with every scenario but the real one that actually happens and they spend all this energy negatively feeding the grapevine of fearful things.

So it's really a tax on the whole organization to do it. And ultimately, I want to go to work feeling okay. Yes, I don't know if something might happen, but I can control not having the angst that I would normally have by using tapping.

Jessica Ortner: Great. Great. So with that, let's go right into the tapping.

Ron Ball: Okay, so we'll do the traditional way of doing the tapping and that is:

KARATE CHOP POINT:
Even though I'm afraid of losing my job,
And all that might come with that.
I deeply and completely accept myself.

Even though I'm afraid of losing my job
And everything that might come with that,
I deeply and completely accept myself.

Even though I'm afraid of losing my job
And anything that might come of that,
I deeply and completely accept myself anyway.

EB: I'm afraid of losing my job.
SE: Afraid of losing my job.
UE: Afraid of losing my job.
UN: Afraid of losing my job.
CP: Afraid of losing my job.
CB: Afraid of losing my job.
UA: Afraid of losing my job.
TH: Afraid of losing my job.

Okay, then you take a deep breath.

And you'd notice. Did you get any change? If you did, good. Tap another round. Did something else come up that was more specific? Did somebody lose their job in your family and that memory comes up. Then you go tap on that one.

Jessica Ortner: And I'd like to mention before we continue tapping, for the listeners out there, if you're not scared of losing your job, or what we're tapping on right now doesn't relate to you, by tapping your mind will make associations with other things and you will benefit from the tapping. It's called borrowing benefits. So if you're not scared of losing your job, still tap along and it's going to be interesting how you feel and be aware if any other ideas or things come up.

Ron Ball: Yes. Let's say I'm not afraid of losing my job. I might be afraid of the unknown. I might be afraid of what might happen, so again, these are kind of guidelines that people can customize to what they're actually feeling or experiencing.

Jessica Ortner: Right. So Ron, why don't we tap now on the positive statements that we can use?

Ron Ball: We'll do this and this is a little bit different so we'll say different things at different points. And we'll start out with:

KARATE CHOP POINT:

Even though I'm afraid of losing my job, my income, and the negative things I believe might happen,
I choose to know that I'm always doing and giving my best.

EB: I choose to let go of the origins of these thoughts and feelings.
SE: and whenever I feel afraid, I'll hug my fears.
UE: I choose to know that all of life is a learning experience.
UN: I choose to entertain the belief that everything will be alright.

CP: I choose to know there might be a positive outcome beyond my limited awareness.
CB: I choose to let go of my need to control something that's beyond my control anyway.
(those are a little long, so a person might even cut them down a little shorter, but those are just ones that I've kind of used before)
UA: I trust what's inside of me.
TH: I trust the universe.

Somebody might say, I trust God. Whatever, you can modify it to whatever works.

That's doing a round of kind of installing some positives in it.

Jessica Ortner: Great. Great. And Ron, what can we do to make tapping a part of our daily routine, and actually with that I want to ask you, do you find that it's essential or important to make tapping part of our daily routine to help this area of our life, our job?

Ron Ball: I think it is essential to make tapping part of our daily routine and I always encourage people to do it five or ten minutes in the morning and five or ten minutes in the evening right before they might go to bed. I don't care if you're doing it for three minutes, but getting into the habit. It's just like working out. The more you do it, the more better it gets and also, when somebody is going to bed, they can do it in their imagination which is what we're talking about today anyway and just imagine tapping the points as they're laying on their pillow getting ready to go to sleep.

It is important to do it. I did want to point out one thing about tapping that I particularly liked in the corporate arena, and that is, as you know Jessica, one of the most wonderful things about tapping is that a person can have an issue that's private and they want to keep to themselves, this is particularly true in the business world where an executive might not want to admit anything like stress or too many obligations, being over-committed – a number of issues they want to keep private. The great thing about tapping is they don't really have to ever say what the issue is. The only thing they have to do is have it be very specific, a specific thing that they're going to tap on. And I've done that with a lot of people in the companies who kind of want to shield themselves from being vulnerable. It's a quick way to get rapport and trust in a business environment and then as a person goes along, as they're getting a shift and it starts to drop their SUDS level or Subjective Units of Distress Level, then you keep tapping on it. If it's not, then you might have to probe and ask a few questions to get specific. But the great thing about tapping is that a person can keep it private.

Now what I've experienced is that that's usually where somebody starts and then it changes and that builds such great trust and they're willing to bring some other things up and share them.

Jessica Ortner: Right. Now if someone wants to bring this in to the workplace, maybe they're a boss who wants to share tapping with their employees. Now I'm the first to admit that I thought that tapping was just weird when I first learned about it. So how do you take something like this and bring it into this corporate environment? What has been your experience?

Ron Ball: It's… I find that it's a challenge to go through the traditional ways of going through employee programs and so forth. A lot of times Human Resources Department, not always, can be the road block to it because they already have programs that are set up and they'll tell you that they don't have the budget.

So for example, sometimes a person can go in and say, "Well, we're going to do a brown bag lunch and we're going to teach somebody how to do EFT in an hour, the basics of it" That is sometimes a way to get in. But probably the most effective is ways through personal contacts, through networks, through a business executive who might be exposed to EFT and that person then gets enthused and tells other people. I've also had it where a person gets great results from it and just doesn't go any further than that.

I don't think there's any one specific way that works best. It's just trying different things. I've written articles on stress for business magazines and published those, and talk about stress without getting into what the tapping is. It's just such a new paradigm for people's belief systems that… for example, I was with a person the other day who's a very high-ranking person in the government and research with the Navy. And as soon as I explained tapping, he said, "Well, I've read part of your book." He comes right at it with his scientific and physics background explaining how it works and so forth. And what you have to be willing to do is say, "That's great." That's how he wants to come at it. And I accept that and you have to be very flexible because I have to find out what creates rapport and communication with the other person based on what's important to them, not me.

In a nutshell, I think most people think, "If I bring this to the corporate world, they're all going to run and jump all over it and say, 'boy I've got to have this.'" Not necessarily, because most people don't believe you can get change this quickly. And most people believe the only way you're going to get change is through prescription drugs and talk therapy. So we're still at the point in the business world of bringing it in to the business world that there are still challenges.

And it will get there for one simple reason. It's that people in business are looking for results. And tapping and EFT and other methods can produce results fairly quickly and they can produce measurable results. That is really the key to getting into the corporate world. If you can produce measurable results, they're going to listen.

Jessica Ortner: Wonderful. If we have a goal. If we've already tapped on the things that we feel are stopping us, is there a way to use tapping to not only work on the past but to move forward, to help us take steps forward in achieving our dreams.

Ron Ball: Let's do tapping on this one. And since everybody kind of knows by the two other examples I gave how to do it the traditional way, I want to play with this other way of instilling some positive things.

Jessica Ortner: Before we do that, Ron, I would just like to mention… So oftentimes people love to jump right into the positive because it's a lot easier for them and maybe they've learned with the law of attraction that you have to think positive thoughts. Although you're not going to cover it, can you just talk about why it is important to really focus on tapping on what's bothering you?

Ron Ball: The reason why it's important to tap on what's bothering you, or the reasons why it's important to tap on things that you're not reaching your goal is that because there's some resistance and resistance is the thing that keeps us from feeling better. It's the thing that keeps us from getting the jobs we want, achieving our dreams. It's the thing that blocks us from getting there. So you can have all the great positives you want, and if you haven't taken care of the negatives, the resistances, the what Gary Craig would call the "Tail-ender" then you're not likely to get where you want to go.

That's an excellent point. I recommend that people definitely work on the negatives and the resistance before you do anything else

Jessica Ortner: Well, one of the problems that a lot of people have, especially when they're starting is that they want to tap on the negative but they get so stuck on what to say and whether they're doing it right. What advice do you have?

Ron Ball: I always tell them, "Try to screw it up."

Jessica Ortner: {laughing}

Ron Ball: Try to mess it up because what happens when I'm so worked up on the right things to say, I'm not consciously, but I'm creating some tension in myself. And this will… a lot of people who are perfectionists have this thing going that you have to tap on that part. But it's like, tapping is very forgiving.

Just go and be loose about it and let's say for example that I want to make a certain change. I want a different outcome. Definitely be loose about that because the more you demand or expect the specific outcome, the more you're going to get in the way. The more you're going to get in the way of having that happen.

It's kind of like you have to be, kind of like a child-like, playing with it. And if you get some intuitive hunch on certain things to say, that's okay. Go with that. Don't worry too much about being perfect, about saying exactly the right things to say.

Jessica Ortner: You're right. Great. And also I'd like to mention that the reason that we're saying things is really to bring up the energy that we want to clear. So if you are angry in the moment or you're annoyed in that moment, you can tap without saying anything because you're focused into that emotion so you're going to be addressing it with the tapping.

Ron Ball: And if you're angry, really get into the emotion. Really get into the feeling of it. And when you say it, "Even though I'm…" Really get into the feeling of it because that's a quick way to diffuse it.

Jessica Ortner: Great. So Ron, let's go into these positive statements. I'm sorry last question before we actually do that. When do we know it's time to say these positive statements? At what point do we need to get in the process when going from the negative to the positive?

Ron Ball: You'll know. You'll know. You've got to trust your intuition. The more you do this, the more you kind of know and you make a shift and… Can I say you do it two rounds, three rounds? No. You'll do it until you feel like, "Okay, I'm ready to now go shift into it. And it's important that you do at least one time to notice that you've released any negative things. And if you benchmark it and do the SUDS level, you'll know that you've got a change and you've brought it down to a low level and then you'll know.

Jessica Ortner: Okay. I won't ask you any more questions. Let's do this tapping.

Ron Ball: Okay. So let's go with the idea of achieving your dreams, achieving something you've always wanted and how do you get into that feeling of that's a possibility for you?
We're going to tap on the different points doing this deviation from traditional tapping by tapping and saying different things at different points.

So let's start with the karate chop point.

KARATE CHOP POINT:

I choose to grow and learn from this adventure called life.

EB: There are creative powers inside of me.
I imagine what I want.
I play with what I want.
SE: I let go of any resistance.
UE: I clearly know what I want.
UN: I let go of my fears of the unknown.
CP: I let go of my need to control.
UA: I choose to focus on being grateful for what I have
TH: I surrender to the wonders and mysteries of life.

So that would be a round of doing that.

Jessica Ortner: Great. Wonderful. Well, wonderful. Ron, if you could speak to all the unhappy employees in the world and you could only give them one piece of advice, what would that be?

Ron Ball: I would say that you can either let your fears prey on you or you can prey on your fears and tap them away. And you can take back your ability to play and use your imagination and if you do that, you'll paint yourself out of the corner and you're going to draw more of what you want into your job and your life and focus on what excites you and ignites you and just be in tune with what your natural talents and abilities are. Believe that so much more is possible than you can even imagine.

Jessica Ortner: Great. And like we said in the beginning, our job is where we spend the most of our time so I'm sure this information and tapping on people's feelings around their career is going to make a huge difference in the quality of their life. So I couldn't thank you enough. Thank you very much Ron.

Ron Ball: You're welcome and as some of my friends would say, including someone who's on the phone with me right now, if you're at work, wherever you are, Try It on Everything.