

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.

In just a moment, you are going to hear from someone who has worked with literally thousands of people using meridian tapping to address health concerns. Through her vast experience she has seen consistencies between physical ailments and emotional challenges.

So what could back pain mean in the emotional sense? How about arthritis or headaches or knee pain? In this interview, you will learn how some of the most common physical challenges have direct connections to certain feelings and emotions. You'll also learn how you can begin to address these emotions to experience physical changes. You'll hear first-hand accounts of how this information has changed people's lives and we'll be tapping to really show you how to go about using this technique to create real, tangible results in your own life.

Our guest is Julie Schiffman. Julie has a Masters degree in social work and has been a meridian tapping practitioner at Dr. Mercola's natural health clinic for almost 10 years. She uses kinesiology along with tapping to resolve subconscious patterns while empowering others to live an intentional life. Julie has studied and dedicated herself to learning and practicing holistically in order to assist others on their healing journey. I'm overjoyed to have her. Welcome Julie.

Julie Schiffman: Thank you so much for having me.

Jessica Ortner: Julie, before we start breaking down what's behind many of these health challenges, can you tell us why most people enter your office in the first place? What state do you usually find them in?

Julie Schiffman: Sure. Usually people come to us after they have been everywhere else. We've been so trained through our growing up and whatnot that when there's a problem, we go to the doctor, which is a very natural response. And we go and there's medications for just about everything out there. Very often, that's where people start, which is totally understandable, and then, sometimes what happens is that it doesn't get resolved. Very often it doesn't get resolved, because we know that there are underlying emotions to every physical pain and discomfort in the body.

When our body creates symptoms, it's really our body's way of speaking to us. So if we take medication or something like that, sometimes it helps for a while, but it's really just a bandaid for that at the moment... because it doesn't really resolve the actual issue. So by the time they go and they take this medication... sometimes that doesn't work. And they maybe see another doctor and another doctor... and very often they've been to Mayo Clinic and they've been to various

different places, which have excellent experiences in treating people in some way. But very often, there are people who just don't respond to that kind of treatment because the emotions, the underlying emotions haven't been tended to.

Very oftentimes people start searching the internet or they want to go a different route. They hear about holistic methods, different ways to go about doing things. So very often, by the time they come to Dr. Mercola's office, they feel as though they're at the end of their rope because they've tried everything. They're taking 10 to 15 pills a day. They're seeing all these different doctors every day they're seeing a different doctor a few days a week. They're totally exhausted and they don't know where else to turn. So by the time they come to us, they are depressed, they're frustrated. Typically they are in pain, whether it's physical pain or emotional pain. Very often people are feeling like they have nowhere else to turn.

Jessica Ortner: Hmmm. And when people enter your office, are they usually expecting to discover an emotional challenge that's underlying the physical problem or are they often surprised?

Julie Schiffman: They're very often surprised. Very often people feel like... Okay, I have this neck pain and it's because I was in a car accident. And... I slept funny on my neck. It has nothing to do with the emotions. I'm feeling fine and everything's okay. A lot of times... sometimes people do come in and they'll say things like... I know that I have some "emotion baggage." I'm carrying some stuff with me and maybe there's something to that. But for the most part, people are expecting that it probably isn't an emotional issue. But of course, it typically... as we know as tappers... once people start tapping and they start to feel a release, their body automatically starts to feel relaxed and often emotions start to come up. They very often are surprised by that. But about as quickly as the emotion comes up, we also know that once we actually tend to it and accept it and notice it and honor it, then it very often can be taken away. It can be released from the body.

Jessica Ortner: And when it comes to meridian tapping, we often hear a lot about the importance of asking good questions to discover this underlying emotional cause to a problem. So when someone walks into your office, do the questions you ask them depend on their physical problem or do you have standard questions that you start with?

Julie Schiffman: Well, I very often will explain the tapping to them and I very often say, "Tell me in your own words what's going on." If it's physical pain we're talking about... "Tell me your symptoms. In what way is your body speaking to you? What are you feeling? What's the intensity of it?" I always start where the client is at. If they come in and say that they are having neck problems, then we'll say, "Okay, show me exactly where that is. Is it worse when you turn your

head this way or this way?” And you know I ask them what kind of work they do because very often that might have something to do with it.

Depending on what the issue is, yes, I usually have a direction that I go in. Because different parts of the body typically hold on to different types of emotions or thought processes. And what happens is that we get into holding patterns. When our neck has been bothering us for a couple years, if we've been having a hard time with this neck pain, it gets into the pattern. You don't know how to get out of that pattern.

Very often... again, I start with where the client is at. Tell me how it's feeling. Tell me specifically. And I almost always start to tap on exactly what the symptom is in the moment and then I move from there. Then I start asking questions... Tell me a little bit about your family. Do you have siblings? Do they also have these similar types of problems? What is your biggest stressor in life? What are some of the things that you're mostly stressed about? We can go from there... Are you married? Is there stress within your marriage? Are you a mother? Are you a father? If you're a child, what's going on at home? Going in those directions. Almost always there is something that kind of sticks out.

Jessica Ortner: Right. Well, Julie, you mentioned neck pain. So let's start there. Can you share with us a very typical client story of someone who found success ridding themselves of neck pain and just to give us an idea of what's common when it comes to these symptoms?

Julie Schiffman: Sure. In my experience, obviously there can be many reasons... so I'm giving a very general view of course, because every person is different.

Very often it can be difficulty being flexible with things, maybe being stubborn... but very often it will also be a lack of support... a lack of support in your life somewhere. You know the neck supports so much in our body as it holds on to the spinal cord and the central nervous system and such and it's a pretty delicate area, but it's a very strong area too, in terms of what it can hold on to.

Neck pain, shoulder pain... those are the areas, almost immediately, if someone is saying that they don't really have pain in their body... tell me... move your neck around, move your head around. Yes, I've got some tightness there. That's typically a place where people hold on to stress and tension.

Just recently, a man was in my office and he was recently... he was in a car accident a couple years ago and hurt his neck badly. He had been in a brace and such. He had difficulties moving his head to the left and to the right. He went to a chiropractor. He did acupuncture and that type of thing, but it would only help short term. And he couldn't figure out why it wasn't getting better.

So we initially tapped on... because I always start with where the client is at... we initially started tapping on the car accident and the circumstances of that. And although it helped to some degree, it wasn't moving past a 4. Couldn't get it down past a 4. So I finally asked, because I work very much in metaphors... is there someone or something that is a pain in your neck? That when you talk about it or them, who is a pain in your neck? And he immediately said, "I love my wife very dearly, but she really is a pain in my neck. She spends money like you wouldn't believe. I go to work every day. She does not work. We've got these credit card debts up the wazoo and she really is a pain in my neck. I feel like she's not listening to me. We've had conversations. I'm feeling resentful. I'm feeling frustrated." You know, all of those things.

Then we tapped on that. So what happened was that all of these emotions... yes, he did have the neck pain, it was caused by the accident, but the accident was really... it triggered all these emotions that were stored up in his neck prior to that accident and it just released it. So the pain just wasn't going away. So when we were able to release those emotions that he had been carrying about his wife, the constant feeling that she was driving them more into debt and she wasn't honoring him in some way. She wasn't helping out and supporting him in some way. Then he was able to release it and suddenly his neck... it was able to heal. His body was able to heal the way it's supposed to.

Jessica Ortner : I love hearing the story, not only so people who have neck pain can start asking themselves these questions, but you made a really good point in talking about how you started tapping on the car accident, and it only went to a 4. And then you changed approaches. It really shows the importance of when you're working on yourself or with someone else... the importance of being flexible and not stopping and saying, "Oh, well tapping doesn't work because we're tapping on the accident and it only got to a 4." You were able to find out really what the root is. That is where a lot of people get stuck. They don't take that extra step to re-evaluate and see where else the pain might be coming from.

Julie Schiffman: Absolutely.

Jessica Ortner: So with that, why don't we do some tapping just to get... just to help our listeners gain some momentum with tapping. Can we do a few rounds on this feeling of not being supported. A good round for people who have shoulder and neck pain.

Julie Schiffman: Absolutely. Okay. Starting on the... and I'll tell you where to tap at each point.

Jessica Ortner: And the listeners and I will repeat after you.

Julie Schiffman: Sounds good. Okay. So start tapping on the side of your hand, on that karate chop point. And I want you to say:

KARATE CHOP POINT:

Even though
I have this terrible neck pain
And it just won't go away
I carry a lot of stress and tension in my neck
I love and accept myself.

Even though
I feel a lot of stress and tension in my life
And I feel it in my neck
And it's hard to let it go
Because I don't really have control over it.
I love and accept myself.

Even though
I often don't feel supported
And I feel that stress and tension in my neck
It's tight.
I love and accept how I feel about this.

TH: This pain in my neck
EB: This pain in my neck
SE: All this stress and tension in my neck
UE: it's so tight
UN: feeling unsupported
CP: I often feel unsupported in my life
CB: all these emotions in my neck
UA: frustration
Fear
Anger

TH: this lack of support
EB: why isn't anybody supporting me?
SE: feeling alone in this
UE: no support
UN: this pain in my neck
CP: stress and tension in my neck
CB: stress and tension in my neck
UA: stress and tension in my neck

And take a deep breath in... and out...

And usually at this point I ask somebody how they're feeling and any thoughts that came up.

Jessica Ortner: Mm hmm.

Julie Schiffman: Of course we did a couple rounds of the negative feeling because we want to bring that up, you know that when we're tapping we're talking to the subconscious mind here which really runs everything. It really keeps track of everything we've ever seen, everything we've ever eaten, everything we've ever experienced in our life. So we're really talking to our subconscious mind here. So sometimes when the subconscious mind is ready to release it, it might bring up something. So if someone is coming up with an experience or there's something that's coming up, we'd go in that direction.

But for the purpose of what we're doing here now, we'll go through and do a positive round.

Jessica Ortner: Let's do that then.

Julie Schiffman: Okay. So tap on the side of your hand again.

KARATE CHOP POINT:

Even though
I've been experiencing stress and tension in my neck
I love and accept myself

Even though
There is still some stress and tension in my neck,
I love and accept myself
And I'm open to letting go
I recognize it's time to let go
Perhaps this pain
And discomfort
No longer serves a purpose for me

TH: I'm open to releasing this pain,
This stress,
And this discomfort.

EB: I know I am supported in some way in my life.

SE: I am grateful for this opportunity,
For this pain,
Because it's teaching me...

UE: perhaps it's a lesson.

UN: I'm open to releasing it.

CP: I'm focusing on my neck,
My shoulders.

Allowing them to release
And relax.

CB: I forgive myself
For holding on to emotions,
For blaming myself,
For blaming others.

UA: I'm releasing it.
It no longer serves a purpose for me.

And tap the insides of your wrists together (WW)

WW: My body feels calmer,
More relaxed.
I am ready,
Willing,
Able,
And safe
To let go.

Take a big, deep breath in.

Jessica Ortner: Beautiful. Thank you Julie. I'd just like to mention to the listeners that whether you have this particular challenge or not, to still do this process. I didn't have any neck or shoulder pain, but I feel incredible. So it's amazing when you do this technique, even if you can't relate to it directly, your mind will make those connections and you'll benefit from it.

So everyone who's listening, I hope you tap along whether it's your symptoms or not.

Julie Schiffman: And I just want to say one more thing with that. In doing the tapping, if you're able to really visualize where you want to be with it. Visualize, I have free mobility in my neck, I can move my neck easily. I didn't add that into the tapping, but certainly that's a good direction to go in.

Jessica Ortner: Okay. And two questions on what we just did before we move on. First, a lot of people are tempted to just go to the positive... to just do the positive affirmations. Why is it important to first tap on the feeling before moving on to the affirmations?

Julie Schiffman: It's important because the subconscious... again, talking again about the subconscious mind... it needs to know what it is that we need to work on. And so when we say... you're acknowledging it... you're acknowledging that you have the pain.

The statement is... even though I have this pain, I love and accept myself. We have some 60,000 thoughts a day and 40,000 of those are repetitive and they're typically very self-abusive- frankly. I'm not good enough. I'm worthless. I wish I did things differently. And all of that. You're able to really address it and say, "Even though I'm feeling this way..." It kind of levels the playing field. Even though I feel this way, I love and accept myself. Really acknowledge and honor how you've been feeling about it. And it's okay to acknowledge it. It doesn't mean that you're tapping in the negative, your subconscious is saying... okay. This is what it is we're working on and now we can let it go. Because otherwise it's just kind of buried there. Emotions get trapped and stored in the body. They're kind of hiding in there. We're not taught how to release emotions. So this is a way to say, "Even though I'm really feeling this, I'm really going to acknowledge it and now I'm going to let it go."

Jessica Ortner: Great. And the other... when we were doing the positive round, you had us end with... I don't remember if you had us end on it or if we did it through the process, but the wrist points... and the wrist points are points that most of our listeners don't know about because we didn't cover it in the introduction to tapping.

So where exactly are the wrist points and how do we do that?

Julie Schiffman: Sorry about that. I forget...

Jessica Ortner: No problem.

Julie Schiffman: We had a... Dietrich Klinghardt had come to talk at Dr. Mercola's clinic at some point and he talked about how that is a point where... it's kind of like where a woman would put perfume on, wrist to wrist. And it is... there are a few different meridians right there. I use it to end on to bring it all together.

So I usually do all the tapping up until the under the arm point and then I just kind of end on that point. There are a lot of meridians in that one area.

Jessica Ortner: Great. So let's go on to knee and hip pain. Now I'm asking about these two pains because when we spoke earlier, you said that knee and hip pain are similar with the emotional circumstances that could lead to the pain.

Julie Schiffman: Well, very often they could. And again, and I'm probably going to say this with every point, for every person it's different. But very often, whether it's a knee or a hip pain, it's very often... the difficulty moving forward in life. That's commonly what I will ask people. If they have a knee pain or they have a hip pain, or sometimes it's both, if it's a joint thing... Where are you at in your life? Are you a person who likes to go with the flow and just kind of move along? Or, do you have difficulty moving forward and really experiencing life to the fullest? Inflexibility or unable to bend in some way. You know, maybe a little more

stubborn and that kind of thing. That's typically what I see with knee and hip and joints in general, but those two in particular.

I recently had a woman who... she had been so unhappy in her marriage, and she had been limping. She had... I think it was right hip pain. And was very unhappy in her marriage but very scared to get out of her marriage... really nowhere to go... her kids were grown. They were out of the house. She didn't really feel like she would be able to take care of herself in any way and very afraid to leave her husband. There wasn't any abuse or anything like that, but there was just no relationship there. And she was just scared to be on her own and scared to really move forward.

This maybe wasn't a one-minute wonder, it took a few sessions, but that's really... that was really the crux of it. Being afraid to move forward.

Jessica Ortner: And what did she experience in her knee once she addressed that?

Julie Schiffman: It was her hip actually.

Jessica Ortner: Oh, I'm sorry.

Julie Schiffman: That's okay. She experienced a release. A major emotional release for one thing, once she finally hit what that was about. It was more childhood stuff that came up for her and the inability to move forward. She was being triggered by what was going on in the relationship with her husband and feeling scared to really come out of her shell and go with the flow of life and living an intentional life, which is really... always my passion in helping people is helping them to set an intention for themselves and really live their life based on it. But so often, we are held back by these emotions and the "writing on our walls" so to speak and the things that either our parents told us or teachers or various people in our life. And so we get held back. It becomes scary to move forward. What's going to happen? What will happen to me if...? That kind of thing.

So to get back to your question, she had a big release and the pain went away.

Jessica Ortner: Wow. Do you find that no matter how many people you work with that people continue to be shocked by the results they get with this technique?

Julie Schiffman: Absolutely. Absolutely. I am sometimes shocked.

Jessica Ortner: Me too.

Julie Schiffman: Frankly. And I've been doing this for about 10 years and as you said, my background... I have a Masters degree in social work and even before coming to Dr. Mercola's clinic, I worked for 10 years prior to that in all different

populations. I've worked with every population imaginable. And when I first learned about this, Dr. Mercola said, "Hey, I heard about this tapping technique and let's really learn about it. Let's really dive in there. I want to learn everything there is to know about it. I want you to learn everything there is to know about it." And even then I was still skeptical. But things come up and sometimes... you never know where it's going to go. You never know where it's going to go. And it's astounding. It really is. And it's such a huge blessing that we have this tool.

Jessica Ortner : So true. So true. So with that, why don't we go into some tapping on this feeling of not being able to move forward?

Julie Schiffman: Okay. So I would like you to tap on the side of your hand. I want you to say:

KARATE CHOP POINT:

Even though
I have this hip pain
I love and accept myself

Even though
This hip pain is talking to me
My body is speaking to me
And I haven't listened for a very long time
I love and accept myself

Even though
It is difficult for me
To move forward in my life
I'm scared
It feels safe here
Although it often doesn't
Because I'm uncomfortable
I'm scared
I love and accept myself
And how I feel about this.

TH: I'm so scared to move forward
EB: I'm so scared to move forward.
SE: the fear of the unknown
UE: what will happen?
UN: How will this turn out?
CP: I'm afraid to be alone
CB: I'm afraid
UA: I'm afraid to fail

TH: I'm afraid to move forward
EB: and this creates a lot of emotions for me
SE: there are a lot of emotions here
Trapped in my body
UE: and now my body is speaking to me
UN: I've ignored it long enough
CP: maybe it's time now
To face my life
CB: I'm too scared
UA: I can't do it
It feels paralyzing

And take a big, deep breath in...

And again, I want to express that we're not tapping for anything specific, so this is a very general way of tapping for a pain.

Jessica Ortner: And our real intention here is to help those of you who are listening to gain momentum and to get started yourself.

Julie Schiffman: Exactly.

Jessica Ortner: So... do you have positive rounds you'd like to go over?

Julie Schiffman: Absolutely.

Jessica Ortner: Great.

Julie Schiffman: Okay. So tap on the side of your hand.

KARATE CHOP POINT:

Even though
I've had this hip pain
And I do recognize
That it is symbolic of something else
I love and accept myself

Even though
I'm having difficulty moving forward in my life
I just feel stuck
I'm at a fork in the road
It doesn't feel safe
I love and accept myself
I'm letting it go

TH: My life is showing me new opportunities

EB: I am strong
Courageous
SE: I'm okay
And I'm safe
UE: I am exactly where I'm supposed to be
Right now.
UN: I honor all of my emotions
All of my fear
All of my discomfort
CP: I have the will
To move forward
CB: I have the strength
And I have people in my life
Who are here to help me
And support me
On some level
UA: and it's okay to ask for help
And it's okay to move forward
These are life lessons
And I am grateful for the opportunity
To learn along my journey.

WW: My whole body feels calmer
More relaxed.
I have free mobility in my hips
As I consider moving forward
With grace and ease

Take a big deep breath in...

Jessica Ortner: Beautiful. Julie, I've got to tell you... these tapping phrases are so powerful. I can feel the energy just pulsating through my body.

Julie Schiffman: That's great.

Jessica Ortner: So.. I'm like... I have to remember that I'm still doing an interview because I'm just like floating in heaven now.

Julie Schiffman: Oh good. I'm so glad. Okay. Excellent.

Jessica Ortner: Really powerful.

Julie Schiffman: That's what it should be. Yeah.

Jessica Ortner: Julie, another common challenge that so many people face are headaches. And I know it can be incredibly debilitating and frustrating. Can you

tell us what are some common emotions that you see and share a story with us about headaches?

Julie Schiffman: Headaches, again, can totally run the gamut, but very often, people who experience headaches, migraines, which is such a common symptom amongst people of every age. They're very often very self-critical. There's a lot of pressure. They have a lot of pressure in their life. They put a lot of pressure on themselves... a lot of self-abuse thoughts, that kind of thing... the things that go on in their head. They're not so kind to themselves. They're withholding self-love on some level. They have a hard time giving themselves a break.

A good example would be someone I saw not that long ago. A girl, she was about 16 years old and she had lived in London up until recently and her dad had a job change and they had moved here to the states. She was an elite dancer there. Her whole life revolved around dancing, ballet. And she was an excellent dancer and she had so many... she had awards and she had... her whole life revolved around it. And people just thought she was spectacular. And she had to make this move because here parents were moving here. And this was devastating to her. She had to join a new dance company and the competition was intense and plus she's 16 so she's trying to figure out her identity. She's having a hard time fitting in. She's having identity issues. She has to make new friends. A lot of the thoughts of I'm not good enough. There's a lot of pressure with school. Her parents were very... no judgment on her parents at all... but there was just a lot of pressure there to... you know, a strong drive to succeed. And she was experiencing migraines from the time, just about that she found out that she was going to have to move here.

So they actually started out before she came here. But what's interesting is that her mother had had migraines... had always experienced them, so her mother really chalked it up to... it's hereditary. That's such a big thing we hear all the time. "Well, I know it's hereditary. It runs in my family. So it's no wonder. My mother had it and her mother had it. So it's no wonder that I have it and I'm doomed. I'm doomed with that."

But the truth was that in this particular case, as very often with most cases, is that it really had nothing to do with any sort of tie to her mom. It was really the fact that there was all this pressure to succeed. We did the tapping for all of that... for fitting in and for the pressure in her head... the constant pressure. She was missing school. She was on a lot of medication and none of it was working for her. So we went through all the pressure in having to leave and the competitiveness and trying to fit in here and feeling worthy and all that. And ultimately the headaches, the migraines subsided.

Jessica Ortner: Wow. Wow. That's a beautiful story and it's amazing to hear that people so young are using this and getting such great results as well.

Julie Schiffman: Mm hmm.

Jessica Ortner: So. Why don't we go... let's dive into the tapping again.

Julie Schiffman: Okay. Tap on the side of your hand.

KARATE CHOP POINT:

Even though
I get these horrible headaches
I have a horrible headache right now
I love and accept myself.

Even though
There is so much pressure in my head
I feel like it's going to explode
I love and accept myself

Even though
There's all this pressure in my head
All this pressure in my life
I love and accept myself
I'm open to letting go
I wasn't born to be in pain
I'm releasing it.
It no longer serves a purpose for me

TH: this headache
EB: this headache
SE: all this pressure in my head
UE: it feels like it's going to explode
UN: all this pressure in my life
CP: I'm very critical on myself
CB: I put a lot of pressure on myself
UA: I wonder who else has put a lot of pressure on me

TH: where I feel like I need to beat myself up
EB: I can't let this go
SE: I'm not good enough.
UE: I don't deserve it
UN: I need this pressure
In order to drive myself
CP: it's the only way to succeed
CB: this pressure in my head
UA: this pressure in my life

Take a big deep breath in...

Jessica Ortner: Wonderful. Thank you Julie. Now can you go into the positive round right away?

Julie Schiffman: Absolutely. Tap on the side of your hand.

KARATE CHOP POINT:

Even though
I've been experiencing this pain
And my body is screaming out to me
And I haven't been listening
I love and accept myself

TH: These headaches

EB: I've had all this pressure in my head

SE: I'm open to releasing it.

UE: I forgive myself
For being so hard on myself
For putting all this pressure on myself

UN: I forgive anybody else
Who comes to mind
Who's taught me how to put pressure on myself

CP: We're all doing our best

CB: given our circumstances
Our histories
Our resources

UA: and at times our inability to understand our own needs
I'm letting it go

WW: My body feels calmer
More relaxed
My head feels light
Free
And clear

Take a big, deep breath in...

Jessica Ortner: Wow. Thank you Julie. Thank You. Now let's go into the next one. I know we're going through these really quickly and we're running short on time so for this one, I don't want to completely cut it out, but if you could only tell us what you find digestive problems usually represent? What kind of digestive problems show up in your office and what common emotions are associated with them?

Julie Schiffman: Digestive problems... very often it could be Crohn's. It could be that people are dealing with colitis. People are bloating. There's distension. A lot of

times also, I want to make it really clear that the food we eat is really important. So it's not always 100% emotions, but emotions play a huge, huge part in this.

But I want to put that in there because food, obviously, going along with every part of your body and any sort of pain you're experiencing can very often be how you're treating your body overall.

But in terms of people who are suffering from constipation, if they're suffering from diarrhea or both on and off... bowel problems in general... constipation very often is feeling stuck. Can't let go. You can't let go of something. You're holding on to a situation. Very often what happens... we say to people, you're feeling stressed. Where do you feel that in your body? You're feeling upset. You're feeling angry. Where do you feel that in your body? And almost... not always... but very, very often... It's very often... I feel it in my stomach. My stomach feels so tight.

Very often I might say to people, "Tell me how your stomach feels right now." Just as they're sitting there. Because they might say, "You know I'm feeling really calm right now." And I'll say, "Tune into your stomach, your abdomen. Focus in on that area. Tell me what it feels like." And they'll say, "God, you know, I didn't even realize it. I'm clenching it. It's so tight." That is so often where people hold emotions without even recognizing it. It is mostly the inability to let go.

Jessica Ortner : So what sort of questions can they ask themselves to help guide them on what to tap on.

Julie Schiffman: What am I feeling most stressed about in my life? What makes me angry? What makes me really angry? That kind of thing. Even just to tune into the abdomen. Tune into the stomach... if it's feeling stressed... if it's feeling bloated. Sometimes some people can resonate with this. Some people can't. But if you say... what emotion do you feel right there when you tune into that. Really take a minute and just keep yourself still and quiet for just a minute. And then an emotion will inevitably surface. What emotion is coming up for you?

Or if you are feeling constipated? What's going on in your life right now that you are having a very hard time letting go of. We usually start from there. And then on the tapping sequence, it usually involves some visualization... My digestive system is functioning normally. I'm letting go. My stomach is feeling calmer. It's relaxing... that kind of thing... releasing.

Jessica Ortner: Right.

Julie Schiffman: Releasing. Releasing. Going with the flow. That's really important. It's usually resistance and so you really want to turn that around. Say, "Even though I'm feeling really resistant to life..." or whatnot or something else that's

going on in my life... “I’m choosing to really go with the flow.” And that’s really what this is all about.

When we’re able to release a lot of the negative emotions from our past or even things that are going on now, people will see that it’s so much easier for them to just kind of move through life.

Our life is about... we have challenges. That’s all growth and learning is in all of that. Life will never be without challenges, but they don’t have to be hills and valleys. They don’t have to be the big mountains to overcome them. And when you release a lot of this stuff, it just becomes easier.

Jessica Ortner: Okay.

Julie Schiffman: Going with the flow.

Jessica Ortner: Wonderful. Thank you Julie. Now let’s move to arthritis. Correct me if I’m wrong, but this is one of your specialties?

Julie Schiffman: Correct.

Jessica Ortner: Great. So what do you find to be very common when it comes to arthritis?

Julie Schiffman: In my experience with... I’ll say rheumatoid arthritis... very often, and again this is not across the board, but this is often what I see, this is often what I look for... People who are more or less, like a Type A personality, so to speak, you know perfectionist... everything has to be perfect. If I want something done right I have to do it myself. And also putting themselves last and taking care of their kids and their family and their friends and work and have had it themselves. There is a lot of self-abuse that goes on inside the head. A lot of self-talk... I’m not good enough. No one will love me if I don’t do this right. I have to be perfect. A lot of it typically comes from childhood. It’s not often... it doesn’t always have to be coming from the parents. It sometimes it’s self-imposed. But it does come from somewhere.

Very often, sometimes they’ve been rebellious in some way, refusing to let go. They want it done their way. It has to be their way or no other way.

So that is very often what I see in working with people with rheumatoid arthritis. One of the first things I ask people who come in with it is “Are you a perfectionist? Is this something that’s important to you? Are you willing to get help from people when you need help?” Very often, Very often the answer is “No. I have to do it myself. If I want it done right, I have to do it myself.” And then of course the questions that follow, “Well, if you’re not perfect, what will

happen?" You won't be loved... or you'll fail... or... the list goes on and on... you'll be judged, you know, all those things.

Jessica Ortner: Okay. So why don't we focus on that? Can we do a few rounds of tapping?

Julie Schiffman: Mm hmm. Tap on the side of your hand.

KARATE CHOP POINT:

Even though
My body has been speaking to me
Symptoms of rheumatoid arthritis
I have pain in my joints
I'm in so much pain
And I've had this for years
And I have been ignoring my body
And moving through it
Because I have to keep going
I have to do everything right
And everything perfect
Because if I don't
There will be consequences.

TH: All this pain

EB: all this pain.

SE: All this pain I put my body through

UE: I need to be perfect.

UN: I don't listen to my body

CP: I just keep going forward.

CB: I have to take care of my friends

UA: My kids

My spouse

TH: My parents

EB: I'll do it

Just ask me

SE: I'll always say yes

Because I need everyone to love me

UN: And respect me

CP: I leave myself for last

CB: All this pain

UA: It's time I start listening to it

I'm listening.

Take a big, deep breath in....

And we'll do another round of the positive?

Jessica Ortner: Great. Actually, Julie, because of time, could you give us some examples of what we can say for a positive rounds and then people can do the positive rounds by themselves after the recording. Just so we can fit everything in.

Julie Schiffman: Absolutely. Saying things like. Forgiveness. Forgiveness of the self. That's huge. That could take a little bit of work. Again, we hear so often about these one-minute wonders. Rheumatoid arthritis... it can work through, absolutely, but it takes a little bit of time and a lot of it is self-forgiveness. Forgiving yourself... forgiving others for anything they've done to hurt you. Forgiveness is huge in terms of that. I mean, really, that's such a big thing. Letting yourself off the hook... being able to relax... making sure that you make time to relax... because you are what is most important. You have to come first. You can't take care of anybody if you can't take care of yourself first.

Jessica Ortner: So true.

Julie Schiffman: That's the bottom line.

Jessica Ortner: Great. Julie, do you find that when you're working with people and they begin to get results that they almost have this block because it seems so good to be true that they expect the problem to come back?

Julie Schiffman: Absolutely. Yeah. I was working with a woman this morning who has rheumatoid arthritis and she had terrible, terrible foot pain. And we went their some rounds of tapping and she went from about a 7 or an 8 down to a 0. And she was absolutely shocked that it went down because she's been in pain for so long. And she couldn't believe that it had gone down to a 0. And she kept saying, "I just keep thinking... when is this going to come back. I know it's going to come back. I know myself. And I know this is going to come back again." And that's very often the common thought process. They feel great in the moment, and then they say, "Well, my God, I haven't felt this good in so long, there's no way this could stay like this. This tapping can't be that good." And all that kind of thing.

Jessica Ortner: Right. The other question I have for you before you wrap up is... when someone has these common problems, they usually go and see a doctor and the doctor gives them a diagnosis. How do you... do you believe that that diagnosis has a big impact on the patient and their ability to recover?

Julie Schiffman: At times yes. Doctors serve a great purpose. Doctors are awesome. Doctors are wonderful. But sometimes we only know what we know and we don't know what we don't know. And so... for an example, a woman... a different woman who had rheumatoid arthritis... her doctor said to her, "You have

such a bad case of this that... # 1, you're going to be on medication for your entire life, and #2, you'll never be able to rea..." She had it in her shoulders very badly. And he said, "You'll never be able to raise your arms above your abdomen, your belly button area." And sure enough, when she came to see me, she said, "I can't raise my arms, but this is what my doctor said to me is that I'll never be able to do this. So I don't see how the tapping is going to help or how anything is going to help because he told me that I won't be able to raise my arms." And of course, it's not just about that. Very often doctors will say, "Well if you don't have surgery, then..." this is what will happen. Now this isn't to dismiss anything that our doctors say. I'm not suggesting that people don't listen to their doctors, because you should... to some degree. But if you know in your heart, or if you know that there might be some emotional issues there, then that is definitely an area to explore.

She did some tapping in my office for not being... her doctor telling her that she would not be able to raise her arms... for the writing on her walls... even though my doctor said I won't be able to raise my arms and I believed him and he knows what's right and what do I know? I haven't gone to school for a medical degree... That kind of thing and honest to God, before my eyes, she was able to raise her arms directly over her head.

Jessica Ortner: Wow!

Julie Schiffman: Again, that was one of those one-minute wonders. Those are the best kind of examples to use. It doesn't always happen that way, but that's just writing on your walls. I mean, that's just someone saying, you know, it's really this way. And our perception is... okay. You know better than I do... We often don't trust ourselves and so we say... okay, he's probably right. Or... she's right. That kind of thing. Not only just with doctors.

It could be family members. My mother said that she's had migraines her whole life. And I'm going to have mine my whole life too. You know, that kind of thing. And so it's really important for us to really honor ourselves, it's not always about what other people say to us.

Honor yourself. Honor your emotions. We all have them. You are never without emotions, ever. They're always there. You're always experiencing them. But live a life of intention. Live a life of experiencing the emotion in the here and now and not being triggered by emotions that happened when you were 2 or 10 or 15 or 25 or 32 or... 86. It doesn't matter. But get rid of the old stuff and you will live a life of being in the moment, being in the present and you will find that your life was so much easier and you will feel so much better.

Jessica Ortner : Julie, I have to end with one more question. You keep saying this living a life of intention. For you, what does that mean to live a life of intention.

Julie Schiffman: To set an intention for ourselves. So often we live in this... we live unconsciously. We get up and we brush our teeth and we go to work. We do the same thing every day... it's Ground Hog's day, just about. And we don't really, we don't set goals for ourselves. So many people don't set goals. Or we get stuck and we say... I can't do this. I can't. I'm scared. I'm too scared to write a book, I'm too scared to get a new job. I'm too scared to go forward in this relationship. I'm scared... I'm scared... I'm scared.... So if you're able to set an intention and say, "This is how I'm choosing to feel." Or, "This is what I'm choosing in my life." We so often get caught up in the fear or other types of emotions... again, getting triggered by past stuff. Past conversations, past experiences. Those things are gone. They're long gone. And they added to our lives in some way. All of our experiences add to our life. They make us who we are today and for that we say... Thank you. But you're not living in that time anymore. You're living here today. Today, on this particular day... this moment... you want to be able to live intentionally based on what's happening in this moment, not based on what happened in the past.

Jessica Ortner: Wonderful. Julie. Thank you for sharing all your experience and all your wisdom with us. I really appreciate you taking the time and I know a lot of people are going to learn a lot from this interview. So thank you.

Julie Schiffman: Thank you so much for this opportunity. I enjoyed it.