



Jessica Ortner: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located at TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you. One of the easiest and often fastest ways to show someone how effective tapping is, is by tapping on pain relief. The results are extraordinary, and one of the main reasons that tapping is spreading so quickly. In this interview, you'll learn exactly how to tap to find relief from physical pain, so whether you're in pain right now or not, this is an incredible tool to know so that you always have it at your disposal.

So leading the way today, is Nick Ortner. Nick is the producer of the documentary film *The Tapping Solution* and the author of The New York Times Best-Selling book, *The Tapping Solution: A Revolutionary System for Stress-Free Living*. And his second book is titled *The Tapping Solution for Pain Relief*. If you haven't guessed yet, he is my older brother, and I'm excited to get to chat with him today. Hi, Nick.

Nick Ortner: Hi, Jess. Some people do guess that we're married. So that is always a little weird, but I get it.

Jessica: That's why we always have to say, 'My brother Nick,' or, 'My sister Jessica,' or else everyone just thinks we're married.

Nick: Oh boy, Jess, thank you for having me on today's call. This is a topic that, as you know, I'm very passionate about, as evidenced by the fact that I wrote a whole book about it, because I've seen time and again the results that people get with tapping for pain relief. I think it's particular timely now, where this is the 2017 Tapping World Summit, our 9th annual. We have been spreading this information about tapping for pain relief for years and it's getting out there, and at the same time I think we need to work even harder to get it to the people who need it most. As many people know, there is an absolute epidemic of opioids right now, people who thought that they were helping themselves, doctors that I'm sure were well-intentioned in the beginning with painkillers to try to treat and manage pain, and now with people finding themselves in a very difficult situation, a very painful situation, we're seeing the overwhelming evidence that these drugs and these ways of treating pain are not sustainable.

They don't provide people lasting relief, and they have dramatic, often life-shattering and life-ending side effects. Now I know a lot of the people listening maybe have different kinds of pains and maybe not that spectrum of pain, it will be all over the place, but that's what's great about tapping for pain relief, that we can use it whether it's minor aches and pains or some serious pain from accidents and challenges.

The other thing that I want to say before we get started and get into the tapping, because I want to do a lot of tapping today so people can actually experience how that relief is, I just want to acknowledge what a challenge pain is. For a long time, part of the challenge was the opioid addictions now is that doctors began treating pain as something that needed to be handled several decades ago and that was the correct move. For a long time with pain doctors would just say, 'You're in pain, deal with it,' right? This is what it is. They would treat other things but they wouldn't treat pain as an actual challenge, as a disease of sorts. So they started treating it, I think, improperly in a lot of ways. But I want to acknowledge that we've all been in pain. I haven't been in pain for years the way some people have, but certainly I've had headaches that have lasted longer than I have wanted to and muscle pulls and aches and pains and just how difficult it is to manage life and be happy, to do the things that you most want in your life when you're in pain. I mean, all we have to do is think about having a headache for just a couple of hours and to recognize how terrible those couple of hours are. Then there are people who have been that way, in pain, for years.

When I speak on stage I often have people come up to tap for pain relief and when I ask them how long they've been in pain, they will tell me 5 years, 10 years, 20 years, and at levels of 5, 6, 7, 8, 9, and 10 - just constant pain. So I just want to take a moment to empathize and to really let people know that I acknowledge what a challenge it is, and what we're going to do today is everything in our power to help people heal.

Jessica: Yes, absolutely. So when it comes to tapping and pain relief, for someone that is new to this idea, why does it work? I can imagine that someone can be listening to the Tapping World Summit, and they're wondering how can it work on so many different things and how does it work on pain relief?

Nick: Yeah, that's such a great question. Let me say this as well, and there are a lot of caveats to this, but it's such an important and broad topic. Popping a pill is easier than tapping, it just is. The time to pop a pill, how long did that take? What did

you have to do? Nothing. Tapping can be very quick at times, but more often than not, especially for sustained pain relief, it's going to take a little bit of work, whether that's five minutes a day, ten minutes a day, or whether it's going about intensively doing something like reading my book, which is going to take hours to get through. There is a lot there, this is going to be harder work than popping a pill. I think the results are going to be much better than popping a pill. I think the side benefits, because often what happens, not only do people transform their pain, they transform other parts of their lives. The side benefits are going to be bigger. But let's acknowledge that it's going to be more work and if you're listening in, maybe just listen to that part of yourself that says, 'Okay, I'm ready to commit a little more energy to this. I'm ready to figure this out.' And I'm going to recognize the part of myself that is going to say why don't you just pop this pill, it's easy. I don't even have time for five minutes of tapping, I've got to just pop the pill. Just acknowledge that part, it's there. The pill is easier, tapping is a little bit harder, sometimes a lot harder, but the results are exponentially better. So just take that moment to sort of recognize that and maybe make that small decision, that small commitment for yourself, that you're going to do that because you want the better result. You don't want the side effects, you want the lasting pain relief and you want the breakthroughs.

On to how it works. As we have covered in the Summit, and as we continue to cover and will cover in all the calls, the underlying mechanism on tapping is that when we tap on these endpoints of meridians, we calm that stress response in the body. We calm the amygdala in the brain. If we think about that stress response and if we think about it especially connected to pain relief, we think about tension in the body, and if you imagine, Jess, if I told you right now why don't you squeeze your hand shut, your right hand, right now - I want you to do it with me. Everyone listening, just squeeze the right hand. Let's squeeze and count to 5 - 1, 2, 3, 4, 5. Keep squeezing, this is tension, this is stress. Keep squeezing. This tension is, the stress at work, this tension is, the things in your life that you haven't let go of, that you're angry about. This tension is, something that happened 20 years ago that you're still holding on to. Keep squeezing, Jess.

Jessica: I'm squeezing.

Nick: Everyone listening, you're squeezing. This tension is, these unresolved traumas and emotions. This tension is, the stress. Now, here is what is happening, Jess - are you starting to get a little stressed about squeezing?



Jessica: I am, yes.

Nick: And you're starting to get a little annoyed about the squeezing, right?

Jessica: Yes.

Nick: Okay, guess what? This stress and annoyance about the squeezing, is more squeezing. Okay? Everyone keep squeezing, I know you're getting so sick of it. Now it's starting to hurt a little bit, right? Now you're annoyed at me, imagine I'm your doctor, I'm like your doctor. I just told you, 'Jess, this is going to be like this for the rest of your life.' Imagine I'm your doctor who says, 'Oh, you have a diagnosis of X. You have fibromyalgia, you have cancer and it's going to be painful.' You have X or X, or X... I know you've been to a doctor, that's great, you've gotten a diagnosis, that diagnosis is this squeezing. Because guess what, when you hear you have fibromyalgia, what do you do with your hand? You squeeze even harder.

Jessica: Yeah, you tense up.

Nick: You tense up. Keep squeezing, I know you're so sick of me. This squeezing is the people in your life who have frustrated you, who have made a comment about your pain, 'oh how come you're still in pain? Why don't you do this? Why don't you do that?' All these things building upon themselves. Sometimes it's one big thing, often times it's all these things that are building and building. I'm squeezing with you and now it's just getting achy. Here's the thing, too - right now my hand is achy and I'm squeezing and there's all this stuff, and I'm tired. And guess what? The easiest way that we've been told to unlock this pain, is to pop a pill. So right now if I had a pill, whether it be aspirin or a powerful painkiller, on my desk and you said to me, 'The doctor said to take this pill and you can stop the squeezing,' what would you do?

Jessica: I would take that pill, so fast.

Nick: You would take that pill so fast. And if I said to you, 'Jess, you know what we have to do, please just leave that pill alone but we really have to just leave that pill alone, what we really have to do is go back and identify all the different reasons why you're squeezing.' It's going to take some time. You've got to look every day, you've got to dig deep, you've got to unfold this hand one finger at a time. Now, I can feel the reluctance, give me the pill, but here is what I want to propose to you.

We already know the pill doesn't work. Let's just take that as a given. Whatever it is, the side effects are tremendous. If you need to take one for a reason now, that's OK, I get it, but it's not a long-term solution to put these things in your body for 20, 30, or 40 years.

What I can say is, if we can start looking and we do some tapping today, now stop squeezing so hard, because we did a little tapping. Just a little bit, don't let go fully, but just let go of that fist. How does that feel, Jess?

Jessica: Much better. That's a relief.

Nick: So now you have some relief. So now the fist is still closed. There is still tension, there is still squeezing, but that relief opens the door to everything. The way the tapping is going to work for you is, if you continue to see it as a series of little victories, just a little bit of relief. Now Jess, we just did some more tapping and we went deep. We found out that there was some old anger that was buried. I want you to take your index finger and just open it up a little. Okay, now isn't that a little achy, too? It's like, oh my gosh, I opened it up, now it's achy. And then you do a lot of tapping, you go deep, and you listen to the whole Summit and all the calls. You commit to changing this, you clear out all the stuff, and go ahead, just open up that hand, open up that fist. Just let it breathe. This is the process of tapping for pain relief.

As we do the tapping today and as you go forward in your journey, you share it with other, and you talk to people who are in pain, and I want you to just keep that little exercise in mind. Every time you go to take the pill, and again, this isn't a judgment and it's not stop taking your pills now, go to your doctor, figure out what you want to do. But as you have other choices, just keep that journey in mind, that you have a locked fist, and that's your pain. Often times people see it as that. They recognize the pain in their back or their shoulders, they recognize that muscular tension that is all locked up. We're looking to just bit by bit, let go and unwind it. When you unwind it you are not just turning off the pain, but your fist is all tight. You are opening up that fist, you are getting true healing and true relief, that's the visual of what's happening. Now we go back to that amygdala and we go back to the tapping. We're calming that stress response. We're often going to that place where the pain is, and you'll see as we do the tapping today that we're asking questions about that pain, about what happened, and about what is locked in our bodies. The CDC says that 85% of illness has an emotional component - 85%.



Jessica: Wow.

Nick: Now again, the challenge, especially when we have been trained for so long to think, 'I have this diagnosis,' it's so easy to go back and go, yeah, I get that. Other people have emotional pain, but I have a diagnosis. I was in a car accident. Right? It reminds me, Jess, of a story you know very well.

Jessica: You always bring it up. Go ahead.

Nick: I always bring it up, I tell it often. I get to tease you a little bit about it. What's the story, Jess? Go ahead and tell me.

Jessica: So when we were working on the documentary film and we had all of these people applying to be part of this experience of getting to really go deep and do the tapping. We had an application from a woman who was in a really severe boating accident, and she was even sending us x-rays of her back and the metal that was in her back, and how the doctor told her, 'This is just something that you're going to have to live with.' And you wanted to choose her, and I said, 'No, I don't think this is the best example for tapping for pain relief because she had a real accident. This isn't just emotional; this is a very traumatic accident.' And you proved me wrong all those years ago. So yes, you were right. I know you love it when I say that.

Nick: Say it publically in front of hundreds of thousands of people, trying to get the story out as often as possible. Well, Patricia had rods and screws in her back. She had fractured her L1 vertebrae, she had shattered it. It was a real thing; her pain was real. She had metal in her back, she had a reason to be in pain. And after coming to that event and doing tapping she was pain-free. I checked in with her just a couple of years ago, which would have been five years after that happened, and she was still pain-free. She was doing yoga. She had gotten her life back. I think it's important to stop thinking of pain as real or not real.

Now certainly, if you're in pain and you haven't seen a doctor, go see a doctor. Rule out something dangerous. Pain can be a sign that there is something wrong, and that's why we see a doctor first and we make sure that pain in my leg isn't a cancerous tumor, that should be taken out through surgery. We check on that. It's when that chronic pain is going on, that's the pain we can address with tapping, because we allow the body to heal. It's just one component. All too often, what

happens as well, and this isn't just for pain, but for any disease, any time there is anything wrong with our body we have a tendency, and I know I have done it myself, and Jess, tell me if you feel that you have done the same, we have a tendency to look for the answer. Like oh, what's the cause for this? That's why some people will be all into nutrition, and I'm into nutrition, but they will be like, 'No, it's all about the food you eat.' And other people will be all about exercise, 'No, it's all about exercising.' Other people will be tapping and emotional stuff, 'no it's all emotional.'

Other people will so no, it's none of those things, it's genetic. 'I don't have control over this, this was genetic, my mother had the same thing, that's why I have it.' Guess what? It's all of those things, and they all play a part. We don't know what percentage they are. For your particular challenge, yeah, it might be 20% genetic. You might have a predisposition to this pain, to this condition, to this challenge. It might be 10% nutritional, it might be 40% emotional, but it's all combined together. So as you go through this journey and you look at this tapping, just recognize it's a component.

Now, here's the other thing that happens when we recognize this, and even when we do tapping, period, we calm down the stress response. We release the anger and the frustration and the overwhelm, all those states of being that keep us in this fight or flight response. What happens when we're in the fight or flight response? The blood flows away from our brain and to our arms and legs, so that we don't think clearly. Jess, you know when you've had a massive headache, if your head is pounding at 8, 9, or 10, how clearly are you thinking?

Jessica: Not at all, yeah.

Nick: Right, it's all about the pain. So even if we can get that pain down from an 8 to a 7 or a 6, we open up resources, we open up energy, and then people say, 'You know what's interesting? I've had this pain at an 8 for 5 years, and now that it's a 6, I have the energy to go see that other specialist I haven't seen.' Or go to that chiropractor that was recommended to me, or the acupuncturist, or get that massage, or go for a walk, or do a little bit of exercise, or eat the right foods. So we open up this energy and these resources to then help our body heal. That's what we're doing, we're unlocking with every finger in that frozen, locked up fist that we unlock, with every bit of tension that we release from the body, we open up energy for healing. Not only healing in the body but healing in our minds, healing to make different more positive choices.

Jessica: So as we commit to starting this process, and begin to open our fist one finger at a time, where do we start in order to really just fully jump into this process?

Nick: Great question. I think often times starting right where you are - there are two ways. One is you can just tap on the pain. And any of the tapping that we do - and a lot of people get stuck and they will say, 'Oh, I don't know what to say. How do I find things? You guys are so good at finding the thing and asking the right question.' Well first off, you get better the more you do it. So just be patient with it, and know that the more you tap and the more you listen to the audios and other resources and read books you will become better at this. But just tapping where you are, so you can just tap on the pain. 'Even though I'm in pain.' Focus on it, tap, and see what happens.

The other place to start, is on the emotions or on the pain, which often times when you've had pain for a while are frustration and anger and overwhelm, and it's like, 'I can't even think clearly.' So I'd love to do some tapping right now on that, just on, 'I'm so frustrated, I'm so sick of things not working, I've tried so many things.' If we can just calm down a little bit of that heat around the pain itself that can be really beneficial.

Jessica: Let's do it.

Nick: All right, so let's tune in first to the pain. Let's acknowledge it so we can notice any shifts in it. Take a moment now to feel the pain in your body. Take a deep breath and make sure your feet are on the ground, grounded and centered, and feel into that pain. And if there is pain in multiple places, just notice that as well. Feeling the pain and acknowledging the pain, noticing the pain. Give it a number on a scale of zero to ten, just whatever comes up. Again, if there are multiple places give them each a number. Then as you feel into the pain, I want you to tune into some of the emotions around the pain - frustration, anger, overwhelm. Think of the pain as this whole big monster, and everything that comes with it. You've tried so many things and nothing is working. It won't go away. All the thoughts that really float on the surface around the pain, feel those in your body, and give those a number on a scale of zero to ten intensity.

So we've got two numbers, and we have the intensity of the emotions and then we have the number on the pain itself. Let's just go right in and do some tapping.

Jessica: Great.

Nick: All right, tapping on the side of the hand at the karate chop point.

Side of Hand Even though I'm so frustrated about this pain
 I love, accept, and forgive myself
 Even though I'm just so frustrated about this pain
 I choose to relax and feel safe now
 Even though I'm so stressed out and frustrated about this pain
 I choose to relax and feel safe now

Eyebrow All this pain in my body

Side of Eye I am so frustrated

Under Eye Why won't it go away

Under Nose Nothing seems to work

Under Mouth Why won't my body heal?

Collarbone All the stress about my pain

Under arm All this stress in my body

Top of Head I'm so sick of this pain

EB I'm so sick of thinking about it

SE Trying to do something about it

UE And have nothing working

UN All of this stress in my body

UM All this anger about this pain

CB It's safe to feel this anger

UA It's safe to feel all this frustration

TH And it's safe to start to let it go

EB All this anger in my body

SE Feeling it

UE And starting to let it go

UN What if I could relax about this pain?

UM What if I could stress just a little bit less?

CB What if I could start imagining my body healing?

UA That feels so good

TH To open up a little bit of hope

EB That my body can heal

SE	That I am in control
UE	That I don't have to be at the whim of this pain
UN	That it doesn't have to control me
UM	Releasing this pain
CB	And all the stress around it
UA	It's safe to start to let this pain go
TH	And to let my body heal

Deep breath. So that was a couple of rounds, and now just tune in. After every time we tap we tune into two things. One is we check and look at those numbers. So tune into that frustration, and that anger, and that emotion that you were feeling and see where that number is. Then also tune into the pain itself. It was an 8, now it's a 7 or a 6, or a 5. It was in your upper back and now it's strangely moved down a little bit, hmmm. We just notice what happened. The other thing we do is pay attention to what other thoughts and ideas and memories came up.

As you were thinking about that pain, tapping through, and saying these words, what came up? Was there a memory of something a doctor said to you? Did you think about the accident where the pain started? Did you think of something totally random? Oh, you just kept thinking about work. I remember working with a client and we tapped in circles on all sorts of stuff for her sciatica pain. She was young and a runner and had terrible sciatica pain and she couldn't run. We went in circles and did all this stuff related to the pain and when it started and things that usually work. And after about half an hour I was getting a little frustrated and I just said, 'Well, what's stressing you out most in your life right now?' And she said, 'Work. I hate it, I'm a lawyer. I hate work, I hate my job, I had my job, I hate my bosses, I hate the people I work with.' She was unhappy.

I said, 'Okay, let's forget this pain, let's tap on work.' And we spent the next ten minutes focusing on all the stress around work. Lo and behold, you know the conclusion to the story, we checked back in, and the sciatica pain is completely gone and she was shocked. So we pay attention. We listen for the clues that our mind gives us. What else is going on that might be contributing to this pain? We keep chasing it down, we keep chasing the pain and uncovering it, layer by layer, to find out what's going on.

Jessica: Yes, that's wonderful. So as we continue with this work and we want to begin to gain more clarity, like you said, sometimes that clarity comes by simply asking ourselves a question after we first tap on this frustration. But if we didn't have

anything come up, are there questions that we can ask ourselves to help us get to the root, or to see another aspect of this?

Nick: Absolutely, and let's do that now. I want to do a lot of tapping, that way - because guess what? You're in pain and what helps the pain? Tapping. So let's tap and we'll talk less and tap more. So everyone listening, close your eyes, unless you're driving, and you probably shouldn't be tapping if you're driving. And take a deep breath, and let's tune back into that pain. I know it's frustrating and I know you spend most of your time not thinking about the pain, but let's just take some time to be with it, just being with the pain. Just noticing and noticing again how it might have shifted from those couple of rounds of tapping. Or if it didn't shift, notice what you feel when it doesn't shift. 'Oh my gosh, this works for everyone else and not for me' - see if frustration comes up about it. Notice your thinking around this pain. Just be with it, and I'm going to ask you some questions, about the pain. Just pay attention to what comes up.

So one great question to ask ourselves is, if there was an emotion in this pain, what would it be? Just feel into that pain. If there was an emotion in this pain, what would it be? If you have pain in multiple parts of your body - you can just focus on one now, and ask yourself that question again now. If there is an emotion in this pain, what would it be? Just see what comes up, anger, sadness, grief, frustration? Give that emotion a number on a zero to ten scale. And feeling into that pain, noticing that emotion, and we're going to go through a series of questions and tap on every question and every answer.

So let's go right now into tapping on that emotion. So tapping the side of the hand.

Side of Hand Even though this emotion is stuck in my pain
I choose to relax and feel safe now
Even though I feel this emotion
It's in my body
And it feels hard to let it go
I choose to relax and feel safe now
Even though I have to hold onto this anger
Or this sadness
Or this grief
Or this frustration
Or this disappointment
I have got to hold onto it because it keeps me safe

Because it's real
And I don't know how to let it go
But I choose to acknowledge it
And to love, accept, and forgive myself
With this emotion

Eyebrow	This emotion in my pain
Side of Eye	It's safe to feel it
Under Eye	I've been scared of feeling this emotion
Under Nose	Because it was too overwhelming
Under Mouth	But it's safe to feel it now
Collarbone	It's safe to unlock this door
Under arm	And to feel this emotion
Top of Head	All this anger in my pain

EB	All this sadness in my pain
SE	All of this grief in my pain
UE	All this frustration in my pain
UN	All this stress in my pain
UM	It's safe to feel it
CB	And it's safe to relax
UA	It's safe to release this pain from my body
TH	And all this emotion that goes with it

EB	I've been holding on to this for so long
SE	That I'm just used to feeling it
UE	I know how to feel this emotion
UN	And I know how to feel this pain
UM	I expect this emotion in my life
CB	And I expect this pain in my life
UA	But what if I start to change this
TH	To expect something else

EB	Feeling this emotion
SE	And letting it go
UE	Expecting peace in my body
UN	It's time to train my body
UM	That it's safe to relax
CB	That it's safe to let go



UA That I am safe
TH Feeling safe now

Deep breath in. I want you to just tune in, tune into that emotion, tune into that pain. Give it a number, where is the emotion right now, where is the pain right now? How has it shifted? What else came up? What struck a note? What struck a chord as we were doing that tapping? What words, ideas, and memories? Just tune into them, just notice them. If you have a pen and paper handy or if you have a computer, maybe write a few notes about what came up. Often times, a lot of different things come up to tap on and we can get overwhelmed by them, so it's great to just write them down. You don't have to handle everything right now. You can go one at a time, unlocking that finger, unlocking that fist, one at a time.

Jessica: Thank you for that. And as we continue on this journey, I know people can refer back to this interview, they can go to the workbook and tap on those tapping scripts, but what advice do you have for someone who feels like when they tap on their own, maybe they feel a little bit intimidated, like they're not sure if they're doing it right or saying the right thing? What are your encouraging words to support people in doing this themselves?

Nick: Absolutely, I totally get that and I felt that same when I started tapping. It's like, how do you do this exactly? One of the best things to do, and we actually have a lot of resources available for this because I have often spoken on stage about pain relief and brought people up to tap with me, is to look at some of those videos. You can just go on YouTube or on TheTappingSolution.com or our Facebook page and look for those videos of me tapping on stage with people, and just tap along. Watch what happens and tap with us. You'll find that often times other people's stories bring up things that you haven't thought of and you'll find that other ideas and memories come up just as you witness that.

The other thing that I would suggest is to really commit to the practice of this. Right now you're going deep for an hour, which is amazing and so important. It's that daily practice that really counts. So whether it be one of the daily meditations that come with the Summit package, using those and just saying, 'I'm going to use this meditation every day, I'm going to commit to the 10, 15 minutes of doing it.' And just watching how the results build up, step by step.

And having that awareness, just like I talked about in the beginning, that this is a process. It's my hope that you get amazing results. Jess, you've seen it. It's like the

one-minute miracles or even the five-minute or ten-minute ones, where people are in pain for years and they tapped and the pain released. We see them all the time. But I want to make sure that we don't set people up to go, 'Oh, it didn't get better in ten minutes, that means it must have failed,' right? That happens all too often and we build up disappointment after disappointment about the things that didn't work for our bodies.

So recognizing this is a process, recognizing that as you open up this energy, as you release - even just releasing the stress about the pain and saying, 'You know what? I'm just not going to freak out about the pain for today.' You talk a lot about the pattern of peace or panic, it's a big theme for both of us. It's like, well, if I panic about this pain then I will find a solution. I am going to panic to go to the doctor and panic to go to the chiropractor, and panic to go to eat this, take this supplement, do this or do that, I'm going to panic my way out of this pain. And guess what? It doesn't work. It increases the stress in your body and the cortisol in your body and it makes you more susceptible to pain.

That's really the underlying component here to be aware of as well, you want to reduce the pain in your body, reduce the stress in your life. End of story. The two are closely linked. Reduce the stress in your life, you reduce or eliminate the pain in your body. That's why some people will listen and we hear it time and again every Summit, they will say, 'You know, I listened to this call about relationships. And my pain went away.' And, 'I didn't even know I had a problem with my relationship, I thought I was happy.' Or, 'I didn't recognize that I was still holding on to this.' That's why it's so important to listen to as many of these calls as possible and to listen again and again because often times that door is unlocked in these other places that we didn't even know to look.

Jessica: Yes, it's so true, and as we continue to look, what else can we begin to look closely at when it comes to getting clear on what's contributing to this pain?

Nick: Well, I want to look at this overall theme, and we just did some tapping on it, as we move from the emotions in the body. We did some tapping on this concept of feeling safe in your body. And it's an interesting phrase, right? I know that for me, until I stumbled across that phrase and that concept, it's not something that we walk around and ask ourselves, like, 'Hey, do you feel safe today? Do you feel safe in your body?' but so many people I have worked with and talked with, as we tap together, I don't know if this is the case for you, Jess, but it's the case for me,

you ask yourself that question, like, 'Do I feel safe in my body?' and stuff comes up, right?

Jessica: Yes.

Nick: It's like, 'Oh, I didn't know to ask this question, but it's very real for me.' So I want to take a moment to ask ourselves this question. Ask yourself this question now - do I feel safe in my body? And just see what comes up. Feet on the ground, deep breath, feeling grounded and safe. Because often times when we ask ourselves this question, the feelings of not being safe come up. You're in a safe space now, we're going to help your body heal, and we're going to help release some of these feelings of not feeling safe. So just tune into that, in your body. When you don't feel safe, what does that mean for you? What ideas and memories, thoughts, and feelings come up? Do some old events come up? Does some childhood stuff come up? You might be saying, you know what? I've never felt safe. My alarm system is always turned on. Tune into that. Tune into the concept of an alarm system in your body. Is it dialed up to ten? Is that alarm blaring that says something isn't safe, the world is not safe, I'm not safe, I'm not enough, I'm not good enough. Listen to that alarm, notice those feelings of not feeling safe. Tapping the side of the hand.

Side of Hand Even though I just don't feel safe in my body

I choose to relax now
Even though I can't relax
I don't know how to relax
My body is on high alert all the time
And it's been this way for so long
I choose to relax and feel safe now
Even though I can't relax
I don't know how to relax
I don't know what it feels like to relax
Because it isn't safe to relax
I choose to feel safe now
Even though part of me is so confused
Am I relaxed?
What does it even mean to be relaxed?
Am I safe?
What does it even mean to be safe?
With all these thoughts

And all the memories and emotions that are coming up
I feel grounded, strong, and safe right now

Eyebrow There is so much coming up
Side of Eye All the times where I didn't feel safe
Under Eye I feel them in my body now
Under Nose And they're scary
Under Mouth But I am safe
Collarbone I feel grounded in space and time
Under arm I bring my consciousness to the present moment
Top of Head Where I am safe

EB And from this place of safety
SE I can start to let go of the past
UE From this place of safety
UN I can recognize all the times I didn't feel safe
UM Where my body was on high alert
CB When the alarms were blaring
UA The alarms that said I'm not safe
TH And I recognize this pattern in my body

EB This pattern of not feeling safe
SE What if I could turn off that alarm
UE What if I could start to feel safe?
UN What would that even feel like?
UM What would that even look like?
CB How would my body feel, if I felt safe?
UA How would my body feel, if I felt safe?
TH Feeling safe in my body now

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EB Tapping on the eyebrow, I want you to tune into two parts of your body. Keep tapping on the eyebrow, there's one part of your body or many parts of your body that don't feel safe. See if you can notice those. Maybe it's right where the pain is, boom. There it is, pain in the back. It's on high alert. It's on high alarm, it doesn't feel safe. Just tapping the eyebrow, feeling into that part of your body. Really notice, what does it feel like, to not feel safe? Notice that part of your body, notice

any feelings, emotions, memories, sounds, sights, whatever is there, what is turning that alarm on? How long has it been turned on? What turned it on in the first place? We want to tap on the side of the eye.

- SE Just feel that part of your body, that alarm blaring. Just notice as you tap that it starts to turn down a little bit.
- UE That alarm is just quieting down, you're seeing that picture, you're seeing that event, you're seeing the car crash, what they said to you, what happened, what they did, you're seeing the doctor giving you a diagnosis, all these things stuck in that pain. But we're just turning down that alarm, just a little bit, under the eye. Noticing with every tap that you feel more and more safe, more and more grounded, more and more secure, as that charge starts to lessen.
- UN Notice that as that alarm turns down, it maybe was at a 10 and now it's gone to a 9, and 8, a 7 and a 6, still tapping under the nose. That alarm has turned down a bit and now you're finding a little room to breathe.
- UM That alarm may be still on but there's just a little space, a little space of safety. Tapping under the mouth. As you find that space of safety, I want you to tune in to a part of your body, a different part, where you know there is some strength. Tune into a part of your body where you know there is some hope. Maybe it's a tiny part, maybe it's your right pinky toenail, or maybe it's in your heart or your gut. Maybe you tune into your heart and you can feel your heart energy expand and you know that there is hope.
- CB Just feel that heart energy expand or wherever else you picked in your body, just feel, has that alarm turned down? That the feeling is replaced with love. That the feeling is replaced with peace.
- UA Just notice how that expands.
- TH That as you think about your pain and all of the challenges and everything you've gone through with it, that heart energy expands and you start to feel a little gratitude. I have learned so much through this journey, I have become so much stronger. Everything I've learned, all the gifts that have come with this pain, the gifts of empathy and compassion. Everything I've learned about myself in this quest to heal this pain, everything I'm learning about myself now, in this quest to reduce and eliminate this pain. Tapping on the top of the head, just noticing that.

- EB And as that hope expands, as that love expands, as that gratitude expands, just notice how it turns town that alarm even more.
- SE It swallows up that pain, it envelopes it.
- UE That love and that hope and that gratitude tells your whole body you are safe. You are loved, you are enough.
- UN And just feel that permeating through your body. Notice that pain, if there's any left. Notice that place, and just feel in that pain, I am enough. Tapping under the nose, I am enough, even with this pain, even with these challenges, even with this alarm that's been blaring for so long. I am enough, and it's time to feel safe.
- UM Letting that feeling fill your body up. Letting that truth enter every cell in your body, you are enough, you are loved, see that written in every cell in your body, see that written in every nerve in your body, every fiber, every bone, every piece of muscle and skin. You are enough, you are loved, all is well.
- CB Tapping on the collarbone and just feeling that and seeing that written in every cell in your body. Notice the clarity and the strength that comes with that.
- UA And from this place, the place where every cell in your body says and knows and feels that you are enough, that you are loved, that you are safe. This is the place that you create your future from. This is the place that you shed your pain, and shed these old patterns and unlock that fist. And as you unlock that fist of pain, you put your hand out. You put your hand out to receive and to create.
- TH From this place of openness, and clarity, hope and peace, from this place, anything is possible for you.
- EB Tune into that feeling. Pain is constricting and it slows you down and it holds you back, and this is the opposite of that energy, that open hand of creation. This is the place where all your dreams can come true. Notice as you release the pain, as you feel safe in your body, as you feel hope and clarity and love in your body, notice how your dreams start coming to life. See how your relationships heal, see how your finances heal and your body heals. See how your creativity expands and your energy comes back, energy in every cell in your body, the energy to create the life that you want.

SE And feel how good it feels to create again, to feel hopeful again, to have that energy, to know that you are in charge, that you are in control of your destiny. You are no longer at the whim of this pain, you are no longer at the whim of this body, you are in control. Feel that power rushing into every cell in your body, that certainty, that certainty that knows, you can transform your life. Oh and it feels so good.

UE Feel that strength.

UN Feel that hope, feel that power at your fingertips, with this tapping, with these resources, you are in control.

UM Know that, know that in every cell in your body.

CB Feeling strong and confident, and hopeful and loving, and excited, passionate, knowing you've got this. You've got this.

And gently, stop tapping. Deep breath in. Locking in that energy, locking in that state, the state where anything is possible. This is the place your body heals. This is the place you transform your life from. Are you still with us, Jess? Or are you out in La La Land?

Jessica: I am feeling amazing. I was tapping along and it was amazing, thank you for that. That was such a gift. I really encourage those who are listening to come back to this again and again, that is a process that you can do again and again. I will make sure to include that in the workbook. Nick, this has been fantastic. Any parting words? You've shared so much that was so powerful, but any last words for us?

Nick: You know, I don't want to confuse everyone with any more thoughts beyond that state where you are right now, where you were ten seconds ago. Hold on to that state, keep coming back to that state. You're going to have to come back to it, look, something is going to come up tomorrow, someone is going to drive you crazy, someone is going to say something, you will get thrown off center, it's just about going back to center again and again and again and again. That's what healing this pain is, that's what living your greatest life is. Get back to that place of hope, of love, of compassion, of power, of peace. That's the place that you create from and that's the place where you live the life that I know you most want, the life you most deserve, the life you most desire.



Jessica: Thank you so much for leaving us there.

Nick: Jess, it's been a pleasure. Thank you everyone.