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### **Dawson Church**

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](http://TheTappingSolution.com/disclaimer). We hope this interview helps you become a healthier and a happier you.

We all know that we would like to move away from certain emotions like overwhelm, anxiety, and stress, but do you know what you want to move towards? How about more joy, more happiness? Tapping has been shown to help reduce stress, but did you know it can also help you move towards greater feelings of joy? Today we are going to explore the science and how we can improve our mental health with a boost of happiness through tapping. To lead the way, we are speaking to Dr. Dawson Church from [MindToMatter.com](http://MindToMatter.com). Dr. Dawson Church is an award-winning author of the best-selling book, *The Genie in your Genes*. His follow-up book is *Mind To Matter*, which reviews the science of peak mental states. He founded the National Institute for Integrative Healthcare and he shares how to apply the breakthroughs of energy psychology to health and athletic performance through [EFTUniverse.com](http://EFTUniverse.com), one of the largest alternative medicine sites on the web.

It's always such a joy, and so much fun to speak with him. Welcome, Dawson.

Dr. Dawson Church: Jessica, it's a joy to be here. Thank you.

Jessica: I love speaking to you because you perfectly blend in practical information as well as the science. I'd love to start with a bit about the science. Can you tell us about some of the latest research around what happens to our brain when we tap?

Dr. Church: I'd love to. The early research on EFT wasn't about that. The early research on EFT was about mood. We looked at things like anxiety, depression, phobias, and PTSD, and what we saw happening there was massive change. Jessica, in one meta-analysis of clinical trials of EFT for post-traumatic stress disorder, or PTSD, the effect of EFT treatment was so enormous that it was out of the box, out of the scale of most regular analyses. On the scale used to evaluate the effectiveness of a treatment in a meta-analysis, there's a scale from two, to five, to eight. So two means an effective treatment, five is a moderately effective treatment, eight is a very effective treatment. On the scale of two, five, and eight, the number for EFT was 29. We were seeing these effects that were absolutely astonishing in terms of people's shifts in



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mood. What I then said to myself is, if this is happening in their subjective experience, they're feeling much happier, if all these stress symptoms are going away, it has to show up in terms of objective biology. We should be able to measure this using tools like gene chips and cortisol and assays that are looking at the neurotransmitters and hormones. It's going to be showing up that way.

I then began to try and raise money and raise interest and raise awareness of doing this objective biological research. It's great if somebody tells you they feel better and they score much happier on a scale, but if their genes are changing, and if their brainwaves are changing, and if their hormones and neurotransmitters and the biology of their internal cell signaling is changing, that's an objective marker, that they're getting better. We can now begin to do these really sophisticated trials with EEGs, with gene chips, with hormone assays, and what they're showing us, Jessica, is that as we expected, there are also massive biological changes. You can tweak your biology with all kinds of things. If you change your diet, it will change your biology. If you change your exercise routine, it will change your biology a little bit.

So improve your exercise routine, improve your diet, and you're going to see improvements in things like the serotonin and dopamine balance in the neurotransmitters in your brain. You'll see things like hormones, like stress hormones, will go down. Inflammation will go down. But it will go down by maybe 3%, 5%, 9%, at the outside. Do EFT and we are seeing massive changes. In one study I published recently, we found that in a week of tapping and meditating that people's levels of baseline cortisol, their baseline for that stress hormone, cortisol, their baseline dropped by 37%, which is a massive change in only one week. We're seeing these shifts and when you liberate your body from the impacts of stress, all the other things improve as well.

All the good things go up, so we found that their levels of immune function measured by a marker called immunoglobulins... we found their immunoglobulins more than doubled! They went up by 113%, so that's the exciting field of research now, using these very sophisticated tools to look deep under the surface and see these objective biological changes happening. When those happen, Jessica, they can add years to your life.

Jessica: It's so exciting, and I find it personally motivational. I obviously know tapping works. I have had my own experience, but then when you remind me about what's actually going on in my body when I tap, I feel so much more motivated and excited to actually do the tapping. Even just imaging these things happening is exciting, but now you have the proof and the research, and I think it's fantastic. With that,



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Dawson, we see how tapping can impact us. It impacts our body, it impacts our gene expressions, but I want to talk about happiness for a second. You did just mention that by lowering stress you also can begin to move towards greater feelings. But when it comes to happiness, tell us a little bit about how we experience happiness and our happiness set point.

Dr. Church: Yeah, now this is really interesting to me because psychology, for a long time, was doing something useful but very incomplete. That was the psychology, and if you look at all the older psychological tests like the Beck Anxiety Inventory, the Beck Depression Inventory, the PTSD checklist, what they were looking at was bringing people back to normal. So if you've scored zero on the anxiety or depression inventory, that means you have zero depression and zero anxiety, which is kind of nice. But what I ask myself is we don't want to be at zero, we want to be at 100. We want to be feeling fabulous, we want to be really happy.

So, in that same study where people's immunoglobulins rose by 113%, we saw their happiness levels rose by over 30%. The goal isn't just to reach a plateau, where you don't have all these diseases, you want to get a point to where you are feeling absolutely, vibrantly, fantastic and happy. I've been working on a book since I finished *Mind To Matter*, and I found some really interesting avenues in *Mind To Matter* I couldn't explore fully. One of those was the effect of both EFT and meditation on the brain. So I am working on a new project now called *Bliss Brain*, and it's called *Bliss Brain* because what happens in these elevated states is you feel better, but it turns out that there are seven neurotransmitters and hormones you get when you're in these elevated emotional states. You can again measure these. These are measurable neurotransmitters and hormones. You can measure them in the body. They are intensely pleasurable.

So those people who are feeling over 30% happier after a week of meditation and tapping, when we measure their internal biochemistry, we're finding that all kinds of pleasurable neurotransmitters and hormones are changing. Many of them people know. They are household words, dopamine and serotonin. We know that these are pleasure hormones and we know that dopamine is your reward hormone. Dopamine is your go-get-it hormone. Serotonin is your "Ah, I've got it!" hormone. We've got these two wonderful hormones, pleasurable hormones, in concert, and when they're balanced in our brains we feel really, really good.

But besides those two hormones, we also have others. We have an upsurge of the hormone oxytocin, and oxytocin is the bonding hormone and bonding hormones are so useful, like in birth we have bonding hormones and we rely on bonding hormones



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like oxytocin to create intimacy and love. Even childbirth is based on a surge of oxytocin. When we're in these elevated states though, we have this bonding hormone flooding our brains and our bodies. We then unlock two neurotransmitters. One of them is nitric oxide, which makes all of the blood vessels in our prefrontal cortex, which is our alert center, our awake center, our self-center, that part of the brain, all the capillaries of that part of the brain expand if they have a burst of nitric oxide.

But the other neurotransmitter we make a lot of is anandamide. Anandamide is the Sanskrit word for bliss. They actually named the molecule after the word bliss, because it feels so good when you have lots of anandamide sloshing around in your brain. The anandamide molecule docks with the same receptors in the brain as THC, which is the active ingredient in marijuana. In fact, serotonin docks with the same receptors as psilocybin, which is the active ingredient in magic mushrooms, psilocybin mushrooms. So basically, you're getting all of these highly pleasurable neurotransmitters, which have the same effect as drugs. Alcohol and cocaine produce an upsurge in the dopamine reward system. You're literally flooding your brain with the same happy drugs people are trying to use to achieve those states exogenously.

People have used cocaine and alcohol and smoking and all these illicit drugs, as well as legal drugs, because they want to feel better. What they don't realize is you can feel way better, you can feel absolutely wonderful, you can go to bliss brain, just intoxicated with your own internal neurotransmitters and hormones. They feel so good.

Jessica: Sign me up.

Dr. Church: Yeah, so you're literally, you are feeling good, and it's a subjective feeling. You feel wonderful, but it's an objective feeling because you have all this exciting neurochemistry happening right there in your body. When we do the tapping script and the tapping exercise as part of this interview, we're going to actually do a tapping script and tapping exercise to evoke those states in your brain.

Jessica: Yes, I cannot wait. Before we jump into that, I do have a quick question. You were talking about the importance of tapping to release stress, but not wanting to land on zero, really wanting to move towards an emotion. When we're doing the tapping ourselves around our happiness, do we first need to focus on the resistance we have to feeling good? Do we first start with the anxiety? And then, how do we get it so that we don't land on a zero, but we move towards something?



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Dr. Church: Yeah, and the truth of the matter is, research shows you have to go and tap on your old stress first. You can't get happiness through your trauma without tapping on your trauma. You have to first tap on your childhood trauma, adult trauma, and you have to solve the trauma problem. So EFT is great for solving the trauma problem. We have people, we have so much research with veterans, with people who have been in warzones and natural disasters, and when they tap, they release all of that stress. I worked with a young lady at a workshop recently who was an actress, and I can share this about her because she was willing to have us video tape her and make it public. She was abused sexually from the age of two, when her mother found blood in her diaper, until the age of 17. She had multiple instances of sexual abuse, and it just really had an effect on her life later on when she was in her mid-20s and 30s, and even though she became an actress, she still had a huge amount of trauma and no real idea how to deal with it.

So she looked pretty functional from the outside. As we sat, and as we tapped, in front of this big group of people, layer after layer after layer just fell away. Tears rolled down her cheeks as she just shared her story. In fact, tears were rolling down my cheeks and because how do you deal, in your head? How do you even think about someone abusing a 2-year-old? I mean, as I say that right now, Jessica, I'm tapping because I don't know where to put that in my head. I don't know how to even think about that. Who could do that to a child? It's so hard to imagine, and some of the stories that people tell me when we're tapping of abuse and trauma are just unimaginably horrible. But again, we tapped on all the stuff, and so she released all that trauma.

She stood up in front of the room afterwards and said to everyone, on video, on camera to this big room of people, she said, 'I am strong. I am happy. I have released all this. I am me. I am powerful. I have a great life.' And she just affirmed the magic of her being, and that's healing! You have to do that first. If you leave all that trauma buried and try and jump over it to happiness, if you go into a monastery or go away into the desert and try and go on the spiritual path, and you have all this buried stuff, it becomes a shadow. You have to deal with your shadow before you move into the light.

So EFT is an absolutely essential first step. This isn't just my opinion, there's a lot of research in this field called memory reconsolidation, which we won't go into now. But in memory reconsolidation you have to face those fears, face those events, and tap on them to reach them first. But then, when you get to zero and you do score zero on the PTSD inventory, and you score a zero on the anxiety and depression



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inventories, then you can move ahead to happiness.

Jessica: I want to break this down a little bit and I think there's a few important things to address. First off, there are many amazing professional therapists who have started to incorporate tapping into their practice. I think when we're dealing with this type of trauma, it's important to know that this isn't something that you're just sitting home alone doing yourself. It can be very overwhelming, and getting that professional help is very important.

The other side of this is yes, many of us have experienced this trauma. Then there's also just those "small t" traumas, those things that have happened over time, that disappointment, that overwhelm. Sometimes it's not a big event, but it's a lot of events that have begun to pile on your shoulders and really create a weight on your heart. So the challenge I find, the thing I'd love to get more clarity and get your input, Dawson, is that's also something to address. But I feel like, as human beings, we're so complex. You definitely see a huge shift when you do the tapping, but sometimes we get triggered by other things and I feel like healing often comes with phases and layers. It doesn't mean we have to be perfectly healed and not feel anything before we can reach a level of happiness. Do you get what I'm saying?

It's kind of a tricky thing and I just want to have this become part of the conversation because I hear people say, "Well, I can't be happy unless I have zero insecurity or doubts about myself in my life."

Dr. Church: That's funny. I was just chuckling as you were saying that because last week, I had a session myself, as a client, with an EFT practitioner. The month before I was working on a project and I realized I have a big blind spot here. I'm going to go see an EFT practitioner. And I did. I wrote the last edition of the EFT manual. I know a lot about EFT. I've been teaching EFT for 20 years. Have I solved all my problems? No. Do I need a practitioner? Absolutely. I tap every day myself, and you can tap on your minor issues and your annoyances and things that upset you, things that disturb your inner peace, but I need a therapist. I need a practitioner. I still need it, even after all of these years. So you absolutely do need support from the outside. Then you are able to shift it. You don't have to be perfect, but what you have to deal with is that residue of trauma. As you're saying, it may not be as severe as being molested from the age of two onwards.

It might be things like my friend Rick Hansen, who wrote the book *Buddhist Brain*, and other books. He says he had a white picket fence childhood. Everything seemed pretty good. There were a few little squabbles in the home, but nothing major. He





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said, “How'd I wind up so screwed up as an adult? I became a therapist myself and I still had all these challenges and I was still anxious and insecure.” There are often a series of little things, and they accumulate after a while and it will cause people to just have their light shine less brightly. So no, you do not have to solve every one of your problems, and I can give you an assurance that you actually probably never will. These things that come up, after a while some of your friends start dying when you get older, your body is aging, there are always things going on in the world.

My wife was catastrophizing recently about things in politics, and I was saying, “Darling, think back ten years.” I mentioned a big scandal ten years ago. Then ten years before that, a big scandal. I went all the way back to the 1930s. There is always stuff to worry you and bother you. But you've got to carve out a space for yourself where you feel good and secure and loved. That's up to you to build that space for yourself. You don't have to solve every problem in your life to have that beautiful internal space.

Jessica: Right, but we do know that if we're going to be doing the tapping on our own, like we're doing now, obviously people will be following along with us. A great place to start is just that current stress, and that weight from the day, from the news, from our family and friends, whatever that might be. What I would love to do, Dawson, is to have an experience where we can begin just to let go of the weight of the stress that we hold on to so we can start to move towards these joyous feelings and feel happier.

Dr. Church: Absolutely, and just giving ourselves a taste of that then gives us a goal to move towards. We want to be releasing all the old stuff and affirming our happiness as well. If that research shows that people who hop from one to the other do better than people who really take a deep dive and stay in the bad stuff for a long time. It's really worthwhile reminding yourself while you're dealing with the bad stuff, while you're tapping away trauma, that you have resources, you are an adult, you are powerful, and you do have the ability to deal with this stuff now that you're an adult.

Jessica: Right. It almost seems like sometimes we need to give ourselves permission to be happy, because we set these rules of, “I'll be happy when I lose weight, I get the job, I make more money,” all these things. There is something really powerful of just releasing the tension and stress that we're holding in the moment and saying, “Even though my life isn't perfect, I still deserve to feel good. I can still feel these feelings of happiness.”

Dr. Church: Yeah, that's why the EFT setup statement is not an affirmation of things getting



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better. EFT setup statement is put the problem in a box, it's this little box of the problem. Before the problem, you add the words "even though." At the other end of the problem box, you add the words, "I deeply and completely accept myself." That is a magic formula, "even though," the problem, "I deeply and completely accept myself." That is the magic formula because you are affirming that you are okay with the problem in place. You aren't saying, "I will accept myself after I solve this problem or when I meet that goal." You are saying, "I accept myself right now, and I might never meet that goal, and I am lovable and acceptable, and I give myself internal space for me right where I am, whether or not I solve this problem."

That's the real power of the EFT setup statement, is not requiring us to be better, or perfect, or change. It's loving yourself where you are. Now, the legendary client-centered therapist of the 20<sup>th</sup> century, Carl Rogers, called this the paradox of personal growth. He said the paradox of personal growth, this was in 1955, he said this, he said the paradox of personal growth is that it only begins when you accept yourself where you are. It's a paradox because you would think that you would be more acceptable if you did lose ten pounds or if you did have a promotion or did go live in Boulder, Colorado, or wherever it is you want to go live.

The paradox is that you learn to accept yourself right where you are. What that does is it breaks the struggle in the psyche between you wanting things without having things. Once that struggle in the psyche is broken, it liberates all that energy for change. So now I accept myself where I am, and paradoxically when all that pressure to change is gone, then I organically and naturally start to flow into transformation.

Jessica: Yes, I love that. That's such a great way to put it and an important reminder. So Dawson, with that, I would love to have a tapping experience.

Dr. Church: I am always up for one of those, Jessica. Yes, let's tap. Let's just tap, first of all, on letting go of anything that obstructs happiness, and also on what we said earlier, deserving happiness. Many people feel they don't deserve it or they don't deserve very much of it, or they give themselves little bits of it, like those set points you referred to earlier. People have a set point, and how loud do you laugh? That's a set point. I happen to laugh really loudly, and really often, but I was married to somebody for ten years who laughed maybe three times. I mean, deep belly laugh, in ten years she didn't allow herself to laugh, and she really... she had a set point. She was a wonderful person, but she'd allow herself this much joy, and no more.

So we have set points in our brain for, again, serotonin, dopamine, oxytocin, nitric





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oxide, anandamide, all of these things. It can feel quite uncomfortable to start to let go of those set points. If you want to get past them, we want to make sure we give ourselves the permission to let go of them and release them. We do deserve to laugh loud, live big, live our full potential. We can tap on that idea of deserving to really inhabit an incredibly happy life. Then the third thing we can tap on is... we can tap on finding ways to nurture that. It's really important to define at least one way, practical way, which you will commit to, like what will you do in the next 24 hours? What will you do in the next hour to make yourself happier? Will you listen to the next interview of the Tapping World Summit? Will you get a copy of the Summit to have with you all the time? Will you commit to going outside and being in nature, and nurturing yourself that way? What will you do to move the needle and to make yourself happier? The final thing to focus on is some definite action you'll take in your behavior to implement this in your life and reinforce that and start to shift your set point.

Jessica: I love that. When it comes to measuring, what we're measuring here is how much we feel we deserve happiness, is that right?

Dr. Church: I think the first thing I would measure is... I would measure, when you tune into your body, let's all do this right now. Close your eyes, do a quick body scan head to toe, and just through your body; feel any areas of resistance before you tap. Now, in your mind's eye, place yourself in an imaginary future in which absolutely everything in your life is perfect and you are 100% happy. Now when you place yourself in that imaginary future and you visualize yourself there, and we aren't tapping yet, when you do that what comes up in your body? The chances are that there is resistance somewhere. You might feel a tenderness in your heart. You might feel a stone in your gut. You might feel tension in your lower back. You might feel a band of energy across your shoulders. Your neck might get tense. Something might happen in your body. That's the resistance to being in that state.

So imagine yourself there, and then imagine the gap between there and here. Then as you do this body scan, what is your body telling you about where your set points are and where your resistance lies? I'm going to call that resistance. In this tapping round we'll call it resistance, and I invite you to amplify that word if you'd like to yourself. If you're having, for example, that pressure in your chest, that is the resistance, go ahead and say, "Resistance in the form of pressure on my chest." Or if you feel an iron bar across your shoulders, where I say, "Resistance," you can say, "This iron bar across my shoulders." Make it vivid, make it real, and pretend this is your last chance ever to tap all this away. Put that much energy into it. Put that much effort, put that much focus, really be here and let's see how much we can shift



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that resistance.

Jessica: Perfect, I'm ready.

Dr. Church: Okay, so I want to first score the resistance on a scale of zero to ten, where zero is no resistance. You imagine yourself in the happy future, and you are 100% congruent behind that future. You are full in on that future. That is zero resistance. Then if you think of the future and you have excuses come up in your mind as to why you can't attain that, if you feel resistance in your body, if you feel little eddies in your energy field. If you feel physical signals that say, "No, I can't do that," then score those on that scale of zero to ten. That might be a nine, it might be an eight, it might be a ten, might be a seven. But give it a number. Give it a number with EFT because often we change so fast with tapping that we need the numbers to remind us of how much we've transformed. I want you to give it a number and also, if you can write this down now, write down your number and write down where in your body you feel that resistance. Just two or three words, throat, chest, iron bar, weak knees, whatever it might be.

So write those two things down if you can because I want to make sure you remember where you started. You can compare that to where you are if we tap. Let's start by tapping on the side of hand point. We used to call this the karate chop point, but in the fourth edition of the new EFT manual, we call it the side of hand point. So tap on that point, and as you tap, tuning into that resistance, say these words with me out loud.

Side of Hand Even though I have this resistance  
I deeply and completely accept myself  
I accept myself with this resistance  
I accept myself without this resistance  
I accept myself fully and completely  
However I am  
This resistance might always be there  
This resistance might someday be gone  
And whether it's there  
Or whether it's gone  
I deeply and completely accept myself

So tune into the resistance again and tap on the top of your head. Vividly tuning into your resistance, tap your eyebrow point. Tap on the side of your eye, again tuning into resistance. As you tap on the stomach meridian, which is below your pupil of



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your eye, say the word 'resistance' loudly.

All of this resistance  
My resistance  
To happiness  
To what I deserve  
To changing my set point

Under Nose I can feel this resistance  
Under Mouth It may never change  
Collarbone It might get stronger  
Under Arm It might get weaker

Side of Hand And whether it gets stronger or weaker  
I deeply and completely accept me  
I am acceptable  
I am lovable  
With this resistance  
Without this resistance  
However I am

Top of Head Tuning into the resistance  
Eyebrow

Side of Eye Now let's stay for a while on the side of eye point.  
As you tap that point, say "all my resistance", never changing  
Getting stronger  
Getting weaker  
All this resistance

Under Eye I might always have this resistance  
I might release all this resistance

Under Nose Resistance

Under Mouth Resistance

Now let's stay for a while on the collarbone point, on the kidney meridian. Tap both sides, if you have both hands free this time around. Really tune in, again, to that resistance. That part of your body where you felt the resistance, it may have shifted, it may have not shifted. It may have increased, it may have decreased, but retune into that part of your body again as you tap your collarbone point. And say with me:

Collarbone I have this resistance  
I have this set point



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And my happiness cannot go above it  
I have this resistance to happiness  
It stops me from being happy  
Under Arm This resistance  
Side of Hand And whether or not I release this resistance  
I deeply and completely accept me

Now we'll finish out this round, Jessica, with an abbreviated form of nine gamut. If you want to look at the full nine gamut, you can find it here on The Tapping Solution, but we'll do a little quite version of it.

So you find the groove on the back of your hand between the bones that anchor your little finger and the bones that anchor your ring finger. There is a groove over there, and it's our triple warmer meridian. You tap there, and while you're doing there, you keep your head steady. Close your eyes, and open them. Look down hard to the left, look down hard to the right. Keeping your head steady, imagine there's a huge clock in front of you, an old-style clock with hands. Look up at 12, keeping your head steady. Your eyes should be straining to the very edge of your vision, as you keep your head steady.

Now, keep tapping on the back of your hand, look at 1. Look at 2. Look at 3. Look at 4. Look at 5. Look at 6, keep your head steady. Look at 7. Look at 8. Look at 9. Look at 10. Look at 11. Look at 12, keep your eyes straining, at the very edge of your business. Take a deep breath, keep tapping. Look at 11, look at 10, look at 9, look at 8, look at 7, look at 6, look at 5, look at 4, look at 3, look at 2, look at 1. Look at 12 again, and take a breath, stop tapping, and relax.

Now, tune back into your body and do another body scan. Look at that same area of your body and give it a new score, zero through ten. What is your new score on your resistance to happiness now, after just one round of tapping?

Jessica: Thank you, Dawson. So everyone who is listening, yes, check in with your number. Inside of the workbook, you're going to find where the gamut point is. We have a diagram in there. Dawson, before we continue tapping, because I know we're not done yet, but I know people are curious. Can you tell us quickly what happens when we tap on this point and move our eyes in that circle?

Dr. Church: Amazing things, Jessica. We didn't know this when Roger Callahan was first developing tapping and actually developed the nine-gamut procedure. This famous clinical psychologist who really gave us tapping, his name was Roger Callahan, and



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he was just a genius of human development. So he designed this in the 70s and early 80s, and it worked, but what we're now finding is that we know why it works. Why it works is that it echoes how we process things in dreams. When we're dreaming, most of the night we're in deep sleep and we're in this state where not much is happening in our dream world, but every 90 minutes or so we go to light sleep and we have what's called rapid eye movement, or REM sleep. In that REM sleep cycle, which only lasts a few minutes, before you drop back into delta deep sleep for about another hour, hour and a half, but during those rapid eye movement phases our eyes are moving around in our head like crazy. And our brain is wiring and firing and making new connections. It's an intense memory, learning, and problem-solving phase of sleep.

What we found is that when we do the nine-gamut procedure, we're re-enacting that part of sleep. When we move our eyes around in this way, while we're thinking about a problem, like our resistance, what we found is that it tends to shift the way our brain perceives the problem. Our dreams are our brain's attempts to solve our problems. Our eyes are moving around during that phase of sleep.

The nine-gamut procedure is recruiting the way our brain naturally solves problems during dreaming, and then as it solves those problems it then reconsolidates those memories and we experience relief, release, and healing.

Jessica: Dawson, we just had a great experience where we really focused on the resistance. My guess is that some people have felt a shift in their number. That number has lowered. So now that we're feeling better, whether it's a zero or a two, when is it time to move towards tapping and focusing on the positive?

Dr. Church: If you're a low number, the chances are you're far enough along to then focus on the positive. Let's again picture that ideal future where everything is perfect and we're 100% happy.

Jessica: Dawson, can I add something in here?

Dr. Church: Sure!

Jessica: I find it tricky to imagine everything being perfect, because I can't control everybody on this planet. I can imagine and visualize being happy, being internally content and feeling joy.

Dr. Church: Yeah, so everything might not be perfect outside of you, but inside of you,



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everything is perfect. So you feel content with your body, you feel content with your marriage, you feel content with your kids. You feel content with your living situation, with your money.

Jessica: It doesn't mean your kids are always behaving, but you have a feeling of being content. I think it's important to make that distinction because there is only so much that we can control. So OK, that makes sense. We're just imagining really feeling happy and content. Even if crazy things are happening around us, we feel centered and happy and we're really enjoying our life.

Dr. Church: Right, exactly. So picture that state, and then there might be voices saying, "Well, I don't really deserve that." Or, "I could never really attain that." There might be voices of self-doubt. In the EFT manual, I call these things "tail-enders." You have to tap on them, because it's a "tail wagging the dog." It's that voice of doubt that's really running the show. You have to tap and release those impediments to your wellbeing. We'll do that now, start with the side of hand.

Let's first of all, Jess, just tune in to anything in our psyche, any story in our belief system, anything in our energy field that doesn't agree with that vision. We've got the vision; we've got where we are now. We notice the gap and we score that gap. How big is that number for you, when you think about that gap between that perfect future and today? What is your body telling you? Are you feeling a lump in your throat? Are you feeling pressure in your knees? Are you feeling a sharp pain in your lower back? Tune into your body, tune into your psyche, and then really focus on that and score it. Give it a number, zero through ten. If possible, write down where it is, so we make sure we're not shifting to a different part of the body.

Often, I'll tap with somebody and they'll have a sharp pain in their right shoulder. They'll be a nine, and then I'll tap with them and I'll say, "What's your number now?" They'll say it's gone up to a ten, and I'll say, "Oh, the sharp pain in your right shoulder was a nine and it's now a ten?" They'll say, "Oh no, the pain in my shoulder is gone. It's the pain in my hip that is a ten!"

Jessica: Right, one thing at a time.

Dr. Church: One thing at a time, so focus on the same area and that's why writing it down helps.

Jessica: Great.

Dr. Church: So you've got your body location, that doubt that you deserve, and you've got your





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number. You'll now tap on the side of hand point. And say out loud:

Side of Hand Even though I might not deserve this happiness  
Even though I may never attain this  
I accept myself as I am now  
I accept all the parts of me  
The parts that agree with happiness  
And the parts that disagree with happiness  
The parts that believe I deserve happiness  
And the parts that believe I don't deserve happiness  
I focus now on the parts that believe I don't deserve

Even though I don't deserve happiness  
I love and accept myself

Even though I may not deserve happiness  
I am lovable and acceptable  
I am lovable and acceptable  
With or without happiness  
Deserving or not deserving happiness  
Either way  
I deeply and completely accept myself

Top of Head Deserving happiness  
Eyebrow Deserving happiness  
Side of Eye Deeply deserving happiness  
Under Eye Blocks to deserving happiness  
Under Nose Deserving happiness  
Under Mouth This part of me that deserves  
Collarbone This part of me that doesn't deserve  
Under Arm All parts of me that don't deserve  
Side of Hand And whether or not I deserve  
I love and accept myself  
Maybe I do deserve  
Maybe I don't deserve  
I might deserve in the future  
I might not deserve in the future  
However I am  
I let myself be



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Tapping again on the gamut point, on the back of the hand. Take a breath, keep your head steady, eyes closed, eyes open. Keep your head steady, keep tapping, eyes hard out to the left. Keeping your head steady, eyes hard out to the right. Look all the way up, like you're looking at a giant clock, straining your eyes, keeping your head pointing straight ahead, but moving your eyes only all the way up like there's this enormous clock face in front of you. So 12, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, and 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, and 12. Take a deep breath, stop tapping, tune into your body and find that same place in your body. Score it again, this whole idea of deserving happiness. If it was a six before, let's hope you've gone down, maybe to one or a two.

One final exercise, Jessica, it's in the EFT manual in full, but I'll do a short version of it, and this is for when you're at the stage of a session when your numbers are down to a low amount like one or two, but they aren't zero. This is a very quick technique, to wrap it up, but before we do this together, look at your old score. Tune into your body and write down your new score. Please go ahead and post in the Facebook page what your scores are and how they're changing. I'm going on there every day; I'm looking at them. I will respond and I would love to hear what your scores were before and after the exercise. Please do share those with me. I love chatting with you. I want to hear from you on the Facebook page and go ahead and write it down now and look at the difference between your two scores.

Jessica: Great, Dawson, so now that we have our number, if we notice that we have a low number, some residue, those twos or the ones, what can we do?

Dr. Church: This is called the floor to ceiling eye roll and there are 48 clinical EFT techniques. What we normally think of as tapping is the first 6 of them. There's a lot more to EFT than just tapping those 7 or 12 acupuncture points. This is called the floor to ceiling eye roll, and it's really worth knowing all of the 48 techniques because they are for special situations. This is a situation where your number is down to a low number, like 1 or 2, and you can't get it below that. Here is when you use the floor to ceiling eye roll.

You simply tap on the gamut point and then you keep your head steady, look straight ahead. Now look down at the floor, moving your eyes as far down as possible while keeping your head steady, and slowly over the course of about ten seconds, move your eyes in an arc, up to the ceiling, that same 12 position that you were at before. Now slowly move them back down again, over the course of about 10 seconds. Now at the end of the movement they are back down at the 6 position, and then slowly back up, while tapping, while breathing, to the 12 position. Stop



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tapping and relax. The chances are you will have felt a noticeable sense of relaxation and your numbers may have gone down another point or two.

Jessica: Perfect, that's a great technique that we can use. Now Dawson, we only have a few minutes left, but I would love to do some tapping where we're really moving towards that emotion. So we now are low, maybe we're at a zero, but we want that boost of happiness. Can we do some tapping?

Dr. Church: I'd love to, so let's start with the side of hand point again. Visualize yourself in that perfect future, that "you 2.0", this happy version of you, the bliss brain version of you. Picture that version of you clearly, and holding that clearly in mind, say, "I am that."

Jessica: So, for example, "I am happy"?

Dr. Church: Yeah, or "I am that person, I am in that state," whatever words are resonant for you while tapping in the side of hand. The side of hand is pretty important, because the side of hand is the correction for psychological reversal, and we have to correct for it often. We're just correcting everything that stands in the way. Tap on the side of hand point a lot and that will correct for that. We then picture that ideal future scenario, "I am that." "I am that person." Tap on the top of your head, visualize that person strongly.

Top of Head	I walk as that person
Eyebrow	I talk as that person
Side of Eye	I think as that person
Under Eye	I see the world as that person
Under Nose	I am now that person
Under Mouth	Seeing the world through their eyes
Collarbone	Walking as they walk
Under Arm	Talking as they talk

Top of Head	Thinking as they think
Eyebrow	Perceiving as they perceive
Side of Eye	Believing as they believe
Under Eye	Having the experiences they experience
Under Nose	Seeing the world through their eyes
Under Mouth	Having their beliefs
Collarbone	Having their perceptions
Under Arm	Having their thoughts



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Side of Hand This is me  
And I now integrate  
My current self  
With that reality

Top of Head Integrate  
Eyebrow Integrate  
Side of Eye Integrate  
Under Eye Integrate  
Under Nose Integrate  
Under Mouth Integrate  
Collarbone Integrate  
Under Arm Integrate

Side of Hand That person and this person  
This person and that person  
All these versions of me  
Are fully integrated now  
Fully integrated now  
And I deeply and completely accept myself  
Just the way I am

Okay, take a deep breath. Tune into yourself now, and what you can do, too, is as you tap on this in the future, imagine scoring your happiness set point and then see about raising a little bit, maybe 10%, maybe 20%. Then see if you can embrace that and then gradually you can raise it again, and I tell you Jessica, research shows that there is no limit to happiness. I asked myself the question as I writing Bliss Brain, how far can we take this process? What does research show us that we can go? How far can we go and where does it end? Where does the ability to feel bliss and be in these elevated states end? Do you get to a plateau where you can't go any further? Does that monk who has been in the Himalayas for 40 years meditating in a cave and doing acupressure and energy work, they're just I this wonderful state. Are they static? The answer is, amazingly, no. The research shows their brains keep changing. They keep getting even happier.

That could be you. You don't have to go to the Himalayas, you don't have to go to a cave, you can just tap and meditate, and it will work.

Jessica: Wonderful, Dawson. Thank you for showing us the way. This is something that you



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can always go back to this audio and tap along with us, but you also showed us how easy it is. We can grab some of these key phrases, and the tapping is also in the workbook. It's something so easy that we can incorporate into our daily lives, so we can have this boost of happiness which we deserve. Again, Dawson, thank you for showing us the way.

Dr. Church: I just so love being part of this wonderful community, Jessica. I'm so glad we have this huge party celebration with close to a million people every year, the Tapping World Summit, and it's just a real privilege to share. Thank you for giving me the opportunity.