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**Nick Ortner**

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.

Do you ever feel like you're just not good enough? Maybe it's a feeling of not being smart enough, happy enough, or tough enough. This self-doubt can be crippling, and it leads us to hold ourselves back and play small. And as much as we'd love to release all this self-doubt, it often feels impossible when these insecurities just feel so real. That is where the tapping comes in.

Today we'll take you through a process to release self-doubt and build your confidence. To lead the way, we are speaking to Nick Ortner. Nick is the author of The New York Times Bestseller, *The Tapping Solution: A Revolutionary Guide to Stress-Free Living*. He's also the author of *The Tapping Solution For Pain Relief* and *The Tapping Solution to Manifest Your Greatest Self*. He is the producer of this event, The Tapping World Summit, and most importantly, he is lucky enough to have me as a sister. I should have led with that, welcome Nick.

Nick Ortner: My greatest accomplishment, right, Jess? Having you as my little sister, it's true. Jess, thank you for having me. I can't believe you invited me back.

Jessica: I know, I know, I had to think about it but I thought eh, I might as well. I have to see you over every holiday, so I can't not invite you and then have to face you in person. No, I'm obviously just kidding. This has been so fun, working together on this event.

Nick: Twelve years running. I started out with a dream, just getting this content out in people's hands and making it available for free and having it be widespread. Since then, as many people know, we have reached millions of people with this Summit. I am just so excited about this year, all the brand new experts that we have, the new lineup, the new content, and it really feels like tapping itself is breaking through, that people are recognizing. Some of the people listening have been with us for literally 12 years, from the beginning. But there are so many people jumping on board who are recognizing that they need a tool to take that power back for themselves, that they need something to reduce the anxiety, the stress, the



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overwhelm, all the things that are holding them back. They need a tool to address that little voice that says they're not enough.

That's what we're going to talk about today. That's what we're going to dive deep into. And most importantly, as you know, my favorite part about tapping isn't that we talk about these things and acknowledge and say, 'Oh well, yes, that voice is there.' That is a big first step to recognize, where the places are that I feel like I'm falling short, where am I criticizing myself. But for a lot of the people listening, they are aware of those things and they've done some of that work. The challenge is always how do I change this? How do I move from this place of not feeling like I'm enough to a place of feeling comfortable in my own skin? To a place of feeling confidence? I think the technologies that have been out there for the last couple of decades have really been very mind-focused. So saying well, part of you thinks that you're not enough so you have to just say the opposite, will yourself towards it, push, push, push, push, and that's how you'll get to achieve what you want.

But the downside of that, it works for some people externally, so they might be able to achieve the things that they want, but it doesn't work internally. They don't change their own experience. And frankly, it becomes a miserable experience. So what we are suggesting in this presentation today, in all the presentations of the Summit, is that there's an easier way. There's a way that when we bring our bodies into the process, when we recognize hey, this isn't who I am, I'm not somebody that isn't enough or doesn't feel like enough. This is a series of programming. These are things that happened to me in my past, that have built up step by step, to have these beliefs. We're just conditioned beings. With tapping, we can decondition ourselves. We can reprogram ourselves in dramatic ways.

Jessica: What would you say to someone who has this belief that they're not good enough and they hear what you're saying but there's another side of them that's like, 'Well, Nick, you don't know my experience. I have a lot of proof that I'm not smart enough. I have these experiences that taught me that I just can't make it.' What do we do with that?

Nick: It's just those words that you said, I have experiences, I have documentation, you have programming, right? We have been programmed to think a certain way and it's important to recognize that these experiences, they often come from childhood events. They often come from little things that happened to us that built up day after day. They sort of snowballed. As an example, we can imagine, and I've heard these stories time and again, this is just sort of making one up. We can imagine being in fifth grade, and maybe take a moment now to think about those times in your life.



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So if you have any memories of second, third, fourth, fifth grade, maybe middle school, these really formative years when we're beginning to establish our identity, who we are in the world. We're beginning to look around and say, 'On wow, I am me. I am different. I have strengths and I have weaknesses, and this is who I am.'

So you're in fifth grade and the teacher asks you to get up in front of the class to read from a book. Everyone else does it, you're reading and you're talking out loud and telling a story, and you get up in front of the class and you read a couple of paragraphs and all of a sudden you stumble or you mess up a word and you turn it into some other wrong, funny word, or something silly, and the whole class laughs at you, and you freeze. And in that moment, you look around, what's happening to your body? Your brain is saying, 'Well, that was a big failure and everyone is laughing at you.'

So you go into fight or flight or freeze mode. It is a dangerous situation. It is an experience, it is proof that you are not enough. So what do you decide in that moment? Everybody decides different things, but one person might decide well, speaking in public is scary. I'm never doing that again, right? I spoke in public, they laughed at me, I'm not doing it again. Another person might decide the fact that I tripped on this word means that I'm dumb. So we come up with all these explanations. Again, all designed to keep us safe. An explanation that says, 'Well, if it's scary to speak in public and I don't like it and I'm bad at it, I'm never going to do it again.'

The challenge is that these experiences tend to pile up on top of each other, so you start with this little belief that says speaking in public is scary, and you're nervous and anxious about it, and next year in sixth grade or seventh grade, you're asked to give another presentation. And you stress about it for months beforehand. Again, that stress, the amygdala running again and again, the anxiety, everything firing, everything being nerve-wracking. Oh my gosh, I can't believe I have to do this again, and I'm not good at it. It builds and it builds and it builds, and then sure enough, you go give the presentation and then you're so stressed and overwhelmed and anxious that you do a poor job. So there you go, you have more experiences that tell you that you are not enough.

So this is just one little example, but I want you to think about the places in your life where you might potentially see a path for that happening, places where you go, 'Well, last time I was X, this happened, last time I did this, that happened, and I have decided about myself that I am not good enough, smart enough, tough enough.' Whatever happens, whatever is the case for you, I know, Jess, because



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we've talked a lot about all of these different things. You have some stories around school, math comes to mind, if I'm not mistaken?

Jessica: Oh please, yes. You know math, for me, has always been very scary and it came from earlier experiences, having a lot of shame and not even trying. That's the challenge, when you don't feel like you're smart enough, you don't even give yourself an opportunity to try. Because we don't want to be disappointed. So yeah, for me, the struggles in school was something that tapping helped me so much with, because it was a very physical experience. It was a very physical experience of anxiety. The other day we were having a talk and you said to me, I can't believe how much you remember from school. I said to you, I think I had so much anxiety in school that it cemented those memories.

Sometimes for me they have cemented. Other times, you begin to tap and then it begins to reveal itself. You're like oh, I never thought of it that way. Just to build upon your examples, every single time, now I haven't worked with everyone in the world, but I will tell you every single time I've had someone come to me and they say, 'I hate exercising and I have such a hard time staying consistent,' it has always come down to gym class, to PE.

Nick: Oh boy, gym class.

Jessica: Yeah, those examples of gym class where you were embarrassed, you were the slowest person, you were the last to be picked, and now you're an adult and you're 45 years old and you can't be consistent with exercise and you don't know why. Then suddenly you realize this started when I was 7.

Nick: Yeah, and so this applies to literally everything in our lives. You know, often times we get asked, 'Well, you say tapping works on finances and weight loss and pain relief and anxiety, like how does it work on all these things?' It's because the underlying component to literally every problem in our lives, I don't know a problem that doesn't have this as the underlying component, is stress, is anxiety, is that fight, flight, or freeze response. Whatever it is, if you're scared of speaking in public, well clearly there's that component there. If you have a hard time in a relationship, and you are unable to speak your truth, there are likely past experiences that said it's not safe to be vulnerable, it's not safe to ask for what I want, it's not safe to do X. If you're not following your dreams and passions, if you procrastinate all the time and you are full of self-doubt, it's because things have happened in your past that are keeping you stuck, that you built this identity.



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The opportunity not just in today's call, but the Summit is specifically designed to take you through a process over the ten days to reconstruct those parts of your life that you want to change, to look around and say this doesn't have to be who I am. You know, we are so stuck in these identities, I am this, I am that, and it's my belief that we can create who we want to be when we let go of the past.

I see it time and again, I love it especially when I hear stories like, 'I'm 85 years old and I am rewriting my past. It is not too late, I am making changes now for the next 10 or 20 years.' So wherever you are in your life, whoever you think you are, you have an opportunity to let go of these feelings and to rewrite who you want to be.

Jessica: Absolutely. We're going to jump into a process. Before we do that, I do have another question, something that I think is important to bring up. That's the common misconception that if we achieve a certain level of success, then those feelings will go away. So I experienced it with myself, with being an overachiever or trying really hard in school later on, was my way to hide that I didn't feel like I was smart enough. So even though I was trying hard and say, getting better grades, it was to hide this fact. So sometimes it shows up in a different way with overachieving, with pushing ourselves, because we think if we reach some level of success those voices will eventually go away, and they don't.

Nick: And they don't, and I can tell you I've personally worked with movie stars and celebrities. I mean, I'm thinking of one that comes to mind that I worked on while they were filming a movie. This was somebody that you would know, that you've seen in a bunch of movies, that he is as successful as can be, and confident and everything. He was stressed out about this particular scene and whether he was going to please the director, like whether the director was going to be happy with his performance. He was bringing so much anxiety, it was a tough scene to shoot. He was bringing all these emotions and all this anxiety to it. So even the most successful around us, that you say well they've got it all figured out, he was bringing that anxiety to the scene.

Now what's interesting is that a lot of people, especially high achievers and high performers, think that they need this anxiety to drive them that if they don't, if they relax, if they come into it without that anxiety or that stress, they're not going to bring out their best. What I've seen time and again, I saw it in this one experience, is that he realized that when he relaxed into the process, when he let go of these expectations and the pressure and everything, he was putting on himself, he delivered a better performance. That is how we bring out the best of us. The same thing is happening in Silicon Valley, where there's a lot of executives and leaders



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who are taking up meditation and there was a discussion at one point like, ‘Hey, if I meditate and I chill out, will I lose that drive?’ It shows time and again that it’s not that the drive is gone, but it comes from a deeper, more concrete place. The less stressed you are, the better you’re going to be able to perform, period.

Jessica: Yes, and we’ve had that experience. I mean, all of us have had the experience of just feeling off edge, and then saying something stupid or silly or just not being our best because we let anxiety get the best of us. Or what you said, the other side of it is freezing, procrastinating. So now we’re beginning to see the different ways that this shows up in our own life. Now that brings us to the tapping, having a real experience. Is there anything that we should know before we start?

Nick: Yeah, so we’re going to go through a couple layers of this process to give you a little bit of a roadmap, so you know what to expect. First off, we’re going to check in on the belief that I’m not enough or I am enough. We’re going to test both sides of that, just to see what comes up there. Already in our discussion, you’re probably thinking about a few things and places where you feel that pressure and that self-doubt. So we’re going to begin by testing that, feeling that into our bodies. Then we’re going to do some tapping to allow the unconscious and subconscious mind to sort of get free. When we relax, we bring up memories, ideas, thoughts, connections that we hadn’t had before. And once that happens, it’s going to churn up a little bit of stuff.

So from there, we’re going to look to establish a feeling of safety. And don’t worry, I’m just taking you through the process so you know what’s coming. I’m going to take you through every step of the way nice and easy, and then we’ll recap it at the end so you can do this time and again on different parts of your life.

So moving to that place of safety, of just relaxing, of breathing, of saying you are enough, of feeling that sense of safety in your body, it’s so important. Then from there we can begin sort of the counterprogramming, so the idea that I am enough, the idea that I could be confident, that I could release self-doubt, that I could create the things that I want in our lives.

I think these three steps are vitally important, and they’re really different from some of the other sort of positive thinking work, where we tend to go okay, if I’ve established that parts of me feel that I’m not enough, what I have to do is just believe that I’m enough and just say that I’m enough. Or I have to just force myself with massive willpower and confidence to do that hard thing. And yes, of course, it’s great to do hard things. It’s great to push yourself a little bit. But just outside





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your comfort zone, just a little bit of pushing, that's good. What's not good is when the push is so dramatic, so far, so overwhelming, that we just can't muster it. That's when we procrastinate, that's when we sabotage ourselves unconsciously. We move gently through this process to develop that sense of safety, to understand what's going on in our bodies, and from that confident, strong place, from there we can create what we want in our lives.

Jessica: Nick, if someone is doing the tapping and they suddenly feel triggered by something, their emotions actually begin to intensify, what does that mean?

Nick: That means we're just bringing something up and obviously go where it feels safe to you. If you're dealing with really overwhelming emotions, if you're dealing with PTSD or another clinical diagnosis, you want to work with a practitioner or somebody who is trained in your particular challenge. But for most of us, this is safe, this is gentle, we're going to do it together. We're going to guide you through it and we're going to unlock that greatness within you. That's what this is about. That's really the end goal that I want everyone to have for today's presentation and this Summit. How do I unlock that greatness within me? How do I wake up that whisper that says I can be at peace and I can create great things in my life? I can be productive and bold and passionate, and I can do it from a place of joy, not anxiety.

Jessica: I love that. Well, let's get to the tapping.

Nick: All right, so we're going to start with some very general tapping. If you can close your eyes safely, right now, go ahead and do so. If not, eyes open is just fine. Just go ahead and take a gentle breath in, and let it go. Now we're just going to tune into our bodies, see how we feel, and notice any tension that you're carrying around. You can roll around your shoulders or your neck. It's always great to check in with the body beforehand, because even if we're not working on it, we'll find that afterwards we released so much tension from our bodies. And as you tune in, I want you to say, either out loud or in your mind, 'I am enough.' Just see what comes up when you say that. We are testing this belief, I am enough. If you want to get a little more specific, if you're being triggered in some way about something, you might want to say, 'I'm smart enough,' or, 'I'm productive enough,' or, 'I'm happy enough,' or, 'I'm tough enough,' whatever the place that is being brought up for you.

And again, we are looking to trigger our brain and our nervous system to find out what's in the way of this belief. We can also test the opposite belief. We can say, 'I'm not enough.' And just see how that feels, 'I'm not enough.' How strong is that



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belief on a scale of zero to ten? Ten would be like yup, I'm not enough, I'm falling down, I'm failing, I'm mad at myself, I'm beating myself up. Zero is hey, you're chill and confident and just listening to this for fun. Give it a number on a scale of zero to ten, and we'll do some tapping. Repeat after me, either in your mind or out loud, and Jessica will be my lovely echo. So tapping on the side of the hand, the karate chop point.

Side of Hand Even though part of me feels like I'm not enough  
I choose to relax and feel safe now  
Even though parts of me feel like I'm not enough  
I choose to relax and feel safe now  
Even though I never feel like I'm enough  
I choose to relax and feel safe now

Eyebrow I am not enough  
Side of Eye This old belief  
Under Eye Always beating myself up  
Under Nose Always trying to be perfect  
Under Mouth I'm not enough  
Collarbone I'm not smart enough  
Under arm I'm not happy enough  
Top of Head I'm not successful enough

EB I'm not thin enough  
SE All these old beliefs  
UE All these times I beat myself up  
UN It's exhausting  
UM It's exhausting to be in my body  
CB Beating myself up  
UA Trying so hard  
TH And failing so often

Then we'll move back to the eyebrow, and just keep tapping gently. Don't worry about repeating anything out loud here, we're just going to guide you through the points as you tap gently. So tapping on the eyebrow, breathing gently, tapping gently, thinking about this idea of not being enough, thinking about the places in your life where you doubt yourself.

Side of the eye, what are the thoughts that you think to yourself on a daily basis?





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Under the eye, tapping gently, breathing gently. What are the thoughts that you think on a daily basis? Where do you beat yourself up?

Under the nose, why do you beat yourself up? Why do you think these thoughts? Is it because you think they'll drive you forward, or can you just not control the thoughts, they just come up?

Under the mouth, being present in your body, strong and safe, allowing yourself to think these thoughts of self-doubt, of I'm not enough.

Collarbone, feeling strong and safe in your body. We think these thoughts in order to trigger that amygdala, to trigger the fight or flight response, to bring these thoughts forward and to send that calming signal to the brain, to let it know that it's safe to let your body know that it's safe.

Staying on the collarbone, we think these thoughts in order to let them go. As our dear friend, Louise Hay, said to me about tapping and why we look at the negative, why we bring up I'm not enough. She said, 'If you want to clean a house you have to see the dirt.' See the dirt in your life now. What have you put away in your closet? What have you been afraid to admit to yourself? How many times have you beat yourself up?

Under the arm, feeling strong, safe, and confident in your body. Allowing these thoughts to come forward.

Top of the head, feeling all this self-doubt, feeling all these feelings of I'm not enough, and beginning to let them go.

Back to the eyebrow and repeat after me in your mind or out loud.

EB	What if I am enough?
SE	What if I could release these beliefs?
UE	I have thought them for so long
UN	They feel like part of who I am
UM	But I know that's not true
CB	All these old beliefs
UA	All this pressure I've put on myself
TH	It's safe to feel it
EB	And it's safe to begin to let it go



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SE	I am enough
UE	In this moment
UN	I choose to be enough
UM	In this moment
CB	I choose to be enough
UA	To let go of the past
TH	To let go of the future
EB	And to move into my body
SE	Feeling strong, safe, and confident
UE	I am enough
UN	Right now
UM	I choose to be enough
CB	Step by step
UA	I choose to be enough
TH	Right now

You can gently stop tapping, and take a breath in, and let it go. So now we tune back in and first off, check in on that tension that we checked in your body. How does it feel now? Your neck, your shoulders, what else has shifted just in your general state? Then we check in on that belief, I'm not enough. So we said it out loud before, I'm not enough, and now we give it a new number. We see what has shifted.

So Jessica, as you know, this belief that I am enough or I am not enough is a big one, right? So the idea is that in these 15 minutes of tapping we went from not feeling good enough at a ten to now feeling strong, confident, and perfect, and life is amazing, right? We want to begin moving in that direction.

I think some of the things to call out from the tapping we did there is the idea of choosing to be enough, in that moment, for right now. Not saying, okay, my life is fixed and I've cleared out this belief and I'm good to go, choosing again and again and again to be enough, beginning to reprogram that brain. You know, when we think about those past experiences that I brought up earlier, speaking in front of the class and then stumbling over a word and then a presentation and then math class, and this, that, and the other, we have had tens, hundreds, potentially thousands of experiences that have shown us, that have taught us, that we have decided that we're not enough. This is the counter programming; this is beginning to say, 'I'm making a different choice in this moment. I'm building strength from there.'

I'm building that strength to hey, try out this feeling. What does it feel like? As I



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said earlier, this is where the tapping is so powerful, because we have brought our bodies into it. We are not just trying to think our way through it. So for most of us listening, you're probably a little more relaxed, a little more open. Maybe you're a little more triggered. Maybe you've had some memories come up, but this is the place that we begin to heal and reconstruct our lives from.

Jessica: Yes, absolutely. I find that when I tap on the topic like this, it leaves me with a sense of more openness, which is why I think it's so powerful, what you're doing. It's then also letting those other beliefs come in.

Nick: Yeah, it's a process, letting them come in, feeling open to it, being curious about hey, who am I? Why am I this way? Do I choose to be this way? Do I want to be this way? Or do I want to make another choice? That feeling of openness, of freedom, this is what it feels like to be relaxed. For a lot of people, especially if you've been in that fight or flight response for so long, the tapping just opens up a feeling of relaxation that is unlike any. I have just heard so many people say, 'Oh, I'm just at peace in my brain and body for the first time. When there was so much noise before, now there is a sense of peace.' And it is from that place that we can create what we want in our lives.

Jessica: So Nick, that experience definitely has left us feeling more open, more clear. I can also imagine that when we begin to do this work, we begin to gain clarity as to what has been holding us back. If that's the case, if someone is doing this tapping and suddenly they realize you know, there was this one event that I can't stop thinking about, that has really led me to feel this insecurity, how do you begin to tap on a specific event?

Nick: Yeah, let's do it and let's actually have an experience, because it's those events, and now they can be big things, so if when you're doing this tapping you're not enough, you think about your childhood and something that happened in fifth grade, like we discussed, we can do those. And they can also be, often times people go, I don't have these big breakthroughs and these memories, and how do I find the originating thing that caused me to be who I am? It's okay if you don't find it. It doesn't always happen for everybody, so you can tap on something that you said to someone last week, that you felt silly about, or something someone said to you that triggered you. Certainly finding those big old events can be great, but if not, just our daily lives. Tapping can be so powerful, like hey, I had this response and I want a different response. Or I went on Instagram and I felt this way and I want to feel differently right now.



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So we can look at those events, we can release the charge from them, and that way we can change our future experience.

Jessica: Yes, and again, someone might have an event, but for those who don't, still tap along and have an experience. I find time and time again that our mind still makes that connection, and our body knows. We feel better after the experience.

Nick: 100%, and look, the reality is there is something that you have said, done, or someone has said or done to you in the past week, month, or year, or ten years, that you're holding on to something in some way. We all have it. So even if it's a little thing, even if it's like I was driving and someone cut me off, and I'm still mad about it, like if road rage- I always laugh. People say, 'I'm calm all the time, but road rage is my thing,' right? So we all have the places in our lives where we get triggered, where we get annoyed, where we get frustrated, so look at one of those things if something huge doesn't come up.

Jessica: Let's do it.

Nick: All right, so let's start with that. Let's pick a thing to tap on.

Jessica: An event?

Nick: Yes, this can be a thing from the past. This can be a thing from last week. I want you to just bring it to mind and just think about what happened, something someone said or did. Just think about it, and as you think about it notice how your body feels, and notice what emotion is dominant in that event. So you might feel angry, anxious, sad, overwhelmed, frustrated.

Tune in to the emotion around that event and give it a number on a scale of zero to ten. See if you can localize where in your body this emotion is. That often times helps us connect even further to the emotional experience, if you can say, you know, I feel all this anger in my stomach. Bringing that event to mind, feeling that emotion, giving it a number, and we'll do some tapping. So tapping on the side of the hand.

Side of Hand Even though I'm holding on to this event  
I just can't let it go  
I choose to relax and feel safe now  
Even though I'm holding on so tightly  
I can't let this go



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I choose to relax and feel safe now  
Even though I'm holding on to this event  
I love and accept myself

Now tapping through the points, and don't worry about saying anything out loud here. I'll guide you through the points. Tapping gently, I want you to play the movie of this event. If it doesn't come up as a movie, just think about it. Some people can visualize and see a movie. Me personally, I just think about things. I just see black when people always say visualize. I'm like, I don't see anything, but I can think about it. So just think about what happened.

Side of the eye, who said what? What are the characters in this movie? What did they say to you? How did you respond? Be there now.

Under the eye, tapping gently, breathing gently. Run that movie and notice how your body feels when you think about this event, when you think about what they said or did, when you think about what you said or did.

Under the nose, notice how angry you got or how anxious you got or how sad it made you. Feel the emotions as if you were there.

Under the mouth, be there now. This is an opportunity to rewrite this event, to release the charge from it. Feeling safe in your body, running this movie. Be present to the anxiety, the anger, the sadness, the pain that this caused you, the ways that you beat yourself up about it.

Collarbone, run that movie again. Are there parts of it that are coming to mind now? Are there things that you remembered happened? Are there emotions? Sometimes we start with anger about something and we move to sadness. Feeling present and safe in your body, running that movie.

Under the arm, what did you decide about yourself or the world from this experience? People can't be trusted, I'm not good enough, I'm not smart enough, I'm not tough enough. Run that movie, feel the feelings. What did you learn about the world and about yourself? What did you decide from this? If you said something silly that you regret, maybe you think, 'I'm stupid, I can't believe what I say.'

Top of the head, run the movie. Feel the feelings. Do you feel any shame around what happened? Often times when you think about not being good enough, underneath it all is a deep sense of shame. Be present to that feeling now, feeling



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safe in your body. All is well.

Going back to the eyebrow, tapping gently, breathing gently. See if you can go even deeper. Run that movie. What happened, why? What did you do? What did they do? What did you decide? Can you begin to let it go?

Side of the eye, what would happened if you released this event?

Under the eye, what would happen if you let it go fully from every cell in your body?

Under the nose, how good would that feel, to know that you are in charge of your destiny? That the past does not have to define you? That these old beliefs are not who you are?

Under the mouth, letting go even more, running that movie, seeing what happened.

Collarbone, notice all the good things about this event. Notice how potentially it made you stronger. What good can you pull out of what happened? What learning can you draw from it now?

Under the arm, feeling strong, feeling safe in your body.

Top of the head, letting go now.

We'll do one more round. Back to the eyebrow. Repeat after me, in your mind or out loud.

Eyebrow	It's safe to let this go
Side of Eye	It's time to let this go
Under Eye	Step by step
Under Nose	I release the past
Under Mouth	And from this place
Collarbone	I create my future
Under arm	Letting go
Top of Head	Right now

Go ahead and take a gentle breath in, and let it go. So now we tune back in, and we tune back into that event, that emotion, what we were feeling, and we give it a new number. So you can run that movie again. you can see what happened, and you



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might say, you know, I was angry at a ten, but now it's a seven or a six or a five. Or as I said, as we did the tapping, that anger has shifted to sadness. What is so powerful about this, and really, Jess, as you well know, this is what is underlying everything we do in tapping. The idea, the ability to go back in the past to let go of the things that have defined us in the past, and from there create our new future.

Jessica: Absolutely. And it's a process that is easy and gentle, and this is something that people can come back to again and again, but my question for you is if someone wants to do this on their own, they want to tap on an event, do you have any tips and insights that can help them?

Nick: Yeah, I think a great thing to do is to write down what you're working on and especially to have a pen and paper handy as you're doing the tapping because what will often happen is you'll start tapping on something from fifth grade or something that happened last week, and all these other ideas come up, these other events come up. It can be overwhelming for people when they go, oh my goodness, I have to clear out all these things from my past. Write them down, take a note of them, give them a number right then if they're present and they're strong, and then get back to them when time allows. That is another, I think, important point in this tapping process.

A place where I see people getting stuck often, especially when they realize sort of the thinking around tapping, saying okay, so I'm going to recognize the things in my life where I have left energy, where I'm still angry, where I am still overwhelmed, where I have created limiting beliefs about myself. So I'm going to find these things and then for a lot of us, we find a hundred of them or 200 of them, or 300 of them. And all these things, and people can easily get overwhelmed and go, oh my goodness, I have to spend the rest of my life just cleaning up the decades of junk that we have.

What I would say to you in that situation is hey, one step at a time. First off, sometimes dealing with one thing knocks down a whole bunch of other things. So you might find that you do this tapping and you have these other things, but they just don't feel as strong or they don't have that ownership of you anymore. And if they still do, baby steps. So you know, it's 2020, so I've been doing this for 17 years now or something like that. But I have been actually tapping and it kind of blows my mind a little bit. I can tell you from experience, and Jess, you can say what the case is for you, but initially I did a lot of tapping. I looked around and I said, 'Oh boy, this is not who I want to be, and the way I'm acting or reacting is not the way I want to act or react.' This is a tool that can change that experience.





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Then as the years went by and I started building better habits and reprogramming my brain, letting go of the past, building these healthier ways of thinking and being, I did less tapping. And now I do a different tapping. My tapping on a daily basis will often be about focus and productivity, so I'll do stuff about letting go of distractions and it's not necessarily tapping on what happened 20 years ago because I've let go of a lot of that. So this is a process, and 17 years later I'm still doing it and my life is still changing for the better, every single day.

Jessica: Right, so I mentioned earlier that when we finish doing the tapping, sometimes we have this openness, this sense of peace. But what if we want to feel more, we want to move towards an emotion? So we've lowered the intensity on these negative emotions. How can we begin to boost those positive emotions?

Nick: Oh, I love that because it is such an underrated part of tapping I think, and people often ask, 'Hey, if I wake up in the morning and I feel great, can I just tap on feeling great?' And yes, absolutely. We can amplify these emotions of happiness, of confidence, of joy. I think something to keep in mind around these positive emotions, many of us think that they just sort of happen to us, that happiness happens and joy just happens, and it certainly can. You know, laughter can happen to us when we see something funny. I mean, that's obviously very passive, but in some ways it isn't that passive, because in order to laugh we usually put on a funny show, right? We make this choice, hey, I want to laugh now.

The same is the case for happiness, for gratitude. We need to cultivate these emotions. We need to practice these emotions. For a lot of us, if we haven't felt happiness, if we haven't felt joy in a long time, if we haven't felt peace in a long time, it can feel a little uncomfortable. People don't even know how to do it. The same is the case with just physical relaxation. I was thinking a couple weeks ago about potentially doing a little mini-course on how to relax, which seems so silly, right? What do you mean, how to relax? But for so many of us, just our wiring is all messed up now and we don't know how to relax and how to experience these positive emotions. So why don't we wrap our time together up with some tapping on confidence, on joy, on happiness, on practicing feeling these emotions, to amplify them and take our experience to the next level?

Jessica: Let's do it.

Nick: All right, so we don't need to rate anything here. We can just get right into the tapping. You will feel the difference, and you'll know when we're done that you'll



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feel happier and more confident than before. So tapping on the side of the hand, repeat after me in your mind or out loud.

Side of Hand Even though I don't feel fully confident  
Part of me is holding back  
I choose to feel confidence now  
Even though I'm not as happy as I want to be  
What does it even feel like to be happy?  
I choose to imagine happiness now  
Even though part of me is closed to positive emotions  
It just doesn't feel safe  
I choose to feel good now

Eyebrow What would it feel like to feel confident?  
Side of Eye What would it feel like to be confident?  
Under Eye What would it feel like to erase all of the self-doubt?  
Under Nose What would it feel like to feel good enough?  
Under Mouth What if I felt like I was enough?  
Collarbone It's safe to feel good enough  
Under arm It's safe to feel happy  
Top of Head It's safe to feel confident

Moving to the eyebrow, just tapping gently. I'm just going to ask you some questions, give you some prompts. I want you to really go deep in your body. So if right now, in this moment, as you tap on your eyebrow, you felt confident, what would that feel like? How would you have to breathe? How would you have to sit or stand, if you felt confident? Not crazy confidence, just strong, secure, grounded confidence. Find a place in your body that feels confident, now.

Side of the eye, what if you could take that confidence and layer in a sprinkle of joy? What would it feel like to feel joy in your body now? Feel that feeling, make it up, create it.

Under the eye, feeling confident, with a sprinkle of joy and now add some happiness to that equation. What would that feel like in your body, to be happy? To know all is well?

Under the nose, what would it feel like to feel safe in your body? To be relaxed? What would it feel like to feel safe in your body? Feel that now, breathing gently, feeling safe.



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Under the mouth, feel that confidence, feel that joy, feel that happiness. Feeling safe, all these positive emotions. Feeling safe to feel them, this is who you are at your core. Feel these positive feelings now, washing throughout every cell of your body. Create this experience.

Collarbone, in this moment, from this place, you are creating your future self. You are making a choice that you are someone who is confident, that you are someone that is full of joy and happiness. That you feel safe in your body, that you can create what you want in your life. Feel that now.

Under the arm, begin to imagine what you could do from this place, the things that you could create in your life, the actions that you could take, the experiences that you could have, the decisions that you could make from this place of confidence, of joy, of happiness, of peace and safety, all bundled together at your core. This is who you are.

Top of the head, you banish self-doubt. You release all these limiting beliefs about being good enough. You let go of the past. You move your body, mind, spirit, into present time, right now. Moving back to the eyebrow, repeat after me in your mind or out loud.

EB	It's safe to feel these feelings
SE	I choose to be confident now
UE	I choose to feel joy right now
UN	From this place
UM	Anything is possible
CB	I can create the life I want
UA	Step by step
TH	Choosing to believe in myself

Go ahead and take a gentle breath in, and let it go. This is the place. This is the place where you begin to open up the possibilities in your life. And look, here's the bottom line. Just the fact that you showed up for this presentation, the fact that you stuck to it through the end, the fact that you did the tapping, means that you're in the top 1% of the 1% of the people in the world that are making different choices for their lives. The fact that you've stumbled upon this technology, and I call it a technology because I think it is an advanced technology of tapping, of bringing our body, mind, and spirit together, to let go of the past, to free ourselves from its grip, to release anxieties about the future, to move into that place of power in the present



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moment. The fact that you're here, that you're doing this work, means that all doors are open for you.

Listen to every single call of this Summit. Read along with the workbook and the bonuses and go and dive as deep as you can during these ten days and going forward. I can promise you that the investment that you're making in yourself, right now in this moment, will pay off a hundred-fold. So imagine that. Imagine what that future is like for you. When you've done this work, when you've listened to all ten days of the Summit, when you've let go of burden after burden after burden. You felt more at peace, more comfortable, more confident, more safe than ever before. I'm not speaking hypothetically because I have seen time and again, for the millions of people that have attended the Summit, that have used EFT tapping to transform their lives, it's your turn. You're next.

Jessica: Nick, thank you so much.

Nick: Jessica, it is a pleasure to be with you, to be on this journey together, to be on this journey with all of our listeners. As I always say, I know it's the case for you, when we do this work, we benefit so greatly from it. I think one of the powerful things about this Summit, this millions of people coming together, is that we are not only changing our lives, but we're changing the world.