



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.

Did you know there is an invisible force impacting your behaviors? This force is called your beliefs. Like Henry Ford famously said, whether you think you can or can't, you're right. Our beliefs impact every decision we make, every action we take, but we are rarely consciously aware of our own beliefs. That all changes today. Today you'll be able to look within to uncover your own beliefs and clear those beliefs that are holding you back from living a happy and healthy life.

To lead the way, we are speaking to Brad Yates from TapWithBrad.com. Brad is known internationally for his creative and often humorous use of EFT tapping. Brad is the author of the best-selling children's book, *The Wizard's Wish*, the co-author of the best-seller *Freedom at Your Fingertips*, and featured expert in the film, *The Tapping Solution*. A film I personally know very well. Brad also has well over 850 videos on YouTube that have been viewed over 25 million times. Brad, thanks for being with us.

Brad Yates: My pleasure, Jessica. I'm always happy to talk to you.

Jessica: I love talking to you, and I'm excited we're covering this topic. And I think the best place to start is really going to the basics. How do you define a belief, and what are their purpose? Why do we have beliefs?

Brad: Beliefs are defined in a number of ways. One person says it's just a thought that you have over and over and over again. The actual definition is it's something we accept without necessarily having facts. So as opposed to something that's factual, that we have the scientific evidence or whatever, and we say well, we know this. When we say we believe this, it's I know it's true without having any kind of scientific evidence, or something like that. And that's the thing, that so many of these beliefs, we formed them and we don't have the facts but we seem to think that we do. We tell ourselves that we do and then we start trying to create facts to support these beliefs. And they just give us a guideline for going through life.

We have to know certain things so we're not making up the rules over and over again. Like getting up in the morning, we need to know that our feet are going to



touch the ground. We need to know how to get across the room, and things like this. We can't just keep coming up with how to do things. So, having things that we know that we can grab on to is necessary for functioning. It gives us a sense of safety. That's the unfortunate things, that so many of these beliefs are all about trying to keep ourselves safe, but they don't serve us and often do not actually make us safer. But it gives us that false sense of security.

Jessica: Right, you said something interesting, that when we have a belief, we try to find evidence. Even though we might not have facts to support it, we look for them. It's like when you believe something, you will look at the world and find any evidence to support your own belief. Which makes it very tricky to understand the difference between a belief and what you think is fact without really stopping and having the self-reflection.

Brad: Absolutely. It's called confirmation bias. We look for those things and we listen to those people who believe what we believe. And so, if all the people around us believe the same thing and they all say it, well then it's fact because now everybody says it, and we ignore anyone else who says differently. We will create, we will manifest situations to prove it. If I have this belief that I'm clumsy, I will somehow find a way to trip over things and then say ah, there it is again, see? We'd rather be right than happy. Oh look, I was right about myself.

Jessica: This manifesting thing is interesting because I've seen it in my own life when I've really struggled with my self-image and my body confidence and I felt like I was too fat. I really manifested people making comments about my body. It was crazy. When I looked at those beliefs about myself and my worth I just didn't attract them anymore. It's one of those really difficult things to explain, right, because it's not tangible to say this is why it started and this is why it stopped, but I do feel like life will support your beliefs.

Brad: Right, it's that Henry Ford quote, whether you think you can, or you think you can't, you're right. We get stuck in these beliefs and as I said, we'd rather be right than happy. If we can find a way to prove a limiting belief true by creating that evidence, then part of us says yay, see, I've proven that I'm right. I'm such a genius. I'm miserable, but I'm brilliant.

Jessica: Yes, and I know that a big belief that so many people have is just the simple belief of 'I'm not good enough.' And within that belief we begin to pick up evidence throughout our life to try to prove that belief.



Brad: Yep, we will find ways to fail at different things because even though it really stinks to fail at things, there's a part that says well, at least I can rest secure in this belief that I'm not good enough. Which may have been formed from someone saying you're not good enough. There are unfortunate incidents where people actually tell people this over and over again. And sometimes it's just from a misconception about an event. We're trying to give a speech in third grade, and we mess up and everyone laughs at us. It's like well, I guess I'm not good enough. Then once we've latched on to that belief, we walk into situations with that and then it becomes a self-fulfilling prophecy over and over again.

Jessica: Yes, and that answers the question I was going to ask you, where do we pick these up? We pick a lot of these beliefs up as children when we might not have known better.

Brad: Absolutely, in those early years where we don't have the critical factor in our brain that's saying 'is this right?', 'is this wrong?', we are believing and taking things at face value that we're told. Some of it, again, is things that are directly said to us. Someone tells us that there's this tooth fairy that's going to come and take your tooth and put money under your pillow, it's like okay. For the younger audience, that's absolutely true if you believe in it. Again, the unfortunate things that someone says of you're not good enough, you'll never amount to anything, whether they say it with those exact words or they just imply it, again a lot of it is interpretation. At a young age, we can misunderstand a lot of things.

We might walk in and hear a part of a conversation and totally misunderstand, but we don't have that critical factor yet that says well, let me look at this. Is this really true? Then after a certain point, around age 8 or 9, 10, we start to develop that critical factor and we say okay, we have enough rules here to base our life on and this is how it is now. It's like they said about smoking, smokers have pretty much decided to smoke by age 7 because enough beliefs around the benefits or whatever it is to draw someone to do that are there by that time. Then after that, because we can't go through the rest of our life questioning everything. Is it good to drink water, I don't know, let me go research that. No, we have to have these to be able to get through our day. We have to have basic things we know/believe in order to not have to spend all day trying to figure things out.

Jessica: Right, so we have these beliefs and often times we don't even know we've had them. We've had them for so long it just becomes our world. Are there questions that we can ask ourselves to become aware of our own beliefs, especially those beliefs that are really limiting?



Brad: Yes, certainly. When we want to know if there's a limiting belief, it's a matter of looking at what part of my life would I like to change? Would I like to have a healthier body? Would I like to have a healthier bank account? Would I like to have healthier relationships? If those are not as healthy as I would like them to be, chances are good that I have some beliefs going on that are not supporting that. Beliefs about why I couldn't or shouldn't have those things, why I couldn't or shouldn't do the things that get me there.

A lot of people have a belief like being able to get up in the morning. Oh, I'm a night owl, I'm not a morning person. I know that is not necessarily a fact a lot of people say oh, there's science about this. As somebody who years ago couldn't get up before 10 o'clock in the morning and now regularly gets up at 5, I can say yeah, there's some wiggle room about these beliefs. But we get stuck in those.

So, being able to look at in order to create the change that I want in my life, what do I need to do? If I'm not able to do that, then I want to look at where are my beliefs about that? Like, I'm not a morning person, I just don't like exercising, people don't like me.

Jessica: I'm just not good with money.

Brad: Yeah, I'm not good with money, no one in my family was ever good with money. Some of these beliefs are heirlooms that have been in the family for years. It's like the motto on our coat of arms, we're just bad with money.

Jessica: It starts with first getting clear on the area of our life that we want to change and begin to notice as we have that conversation with ourselves what is stopping us, and that begins to reveal these beliefs. Now I'm curious though, we start to have this self-reflection, which my hope is that as people are listening they're already becoming aware of some of these negative beliefs, but why isn't simply being aware of it not enough?

Brad: Our brain needs to have these things, like I was saying earlier. We need to have this operating manual by which we go. It would be very hard to function if we were changing our mind about things all the time. Today I believe that I'm liberal, tomorrow maybe I'll be conservative. Today I like wearing jeans, tomorrow I think that I want to wear sweatpants all the time. It would be very difficult to have to keep changing our mind about things.



And so, when we look at changing something, we have a stress response. Part of us says what are you thinking? No, don't veer off the plan. Stick to the plan.

Jessica: Right, it's uncertain and unfamiliar when you're doing something that's totally different.

Brad: Which the amygdala sees as a threat and so we go into a little bit of fight or flight. It may be just a very tiny, minute amount that we're not even consciously aware of, because most of the time we're not, we're just going through our days and we're doing things. We're not questioning it and we're not aware oh, I had a stress response when I tried to make this change. When we start to look at some of these beliefs that may have become very fundamental core beliefs for us, then the amygdala is going to say that is a threatening thought to try to change things now. How can you at 30, 40, 50, 60 years old decide now suddenly you are a morning person?

That's going to mess up everything. So, there's a little bit of a stress response and we course correct. I talk about the eyesight thing that some cars have, where when you start to veer over the line on the freeway a little bell rings to let you know oh, you're crossing a line. Well, that's what's going on inside of us where when we try to challenge these beliefs then something, that little alarm goes off and we course correct generally without even being aware of it. That's why having a tool that negates that, that calms that stress system down, allows us to start looking at it and saying okay, this belief that I have that I'm not a morning person, that I'm no good with money, that I'm just not good enough in general, let me look at that and why I believe that. Where does that come from?

Doing the tapping while we confront those beliefs calms down that stress system so we can look at it and say it's okay, we're just looking. It gives us that room to move forward and really take a look.

Jessica: Right, well following the path that you have laid out for us, we start by looking at an area of our life. I'd love to have an actual experience, so let's say that we're struggling with money. We're looking specifically at our finances, and I imagine certain negative beliefs come up. Let's start by just getting a few examples of some common negative beliefs around money. Then how about we pick one and we have a tapping experience?

Brad: Excellent, so some of the common beliefs that come up are money is the root of all evil, rich people are bad. This idea that the more money you have, the more bad



things you must be doing. So, we protect ourselves from being a bad person by limiting our money. We may just be afraid of what other people are going to think and how my friends will all be jealous, my family will feel that I've betrayed them because our family motto is, we're not good with money. That's threatening, so we look at how having more money would be threatening to our wellbeing, and that's how we mess up with money or with anything. Because, as I like to say, self-sabotage is simply misguided self-love so when we see that money is a threat, it's a protective measure to block ourselves.

The idea that money is bad or people with money are bad or my friends will be jealous and upset with me if I have more money, or as you said earlier, I'm just not good with money, I'm just going to lose it all anyway.

Jessica: Right, so what's the point? Then we don't spend time looking at our finances, our bills, our goals. Sometimes we just ignore the topic all together because we have these beliefs and then it makes us feel uncomfortable when we start to look more closely and do the work that's needed to make more money. It's interesting because there's two sides here, right? There's when we change our beliefs, we can take action, but I have also found that when we change our beliefs, it seems like either our mind opens up and we see more opportunities, or more opportunities present themselves. It almost feels like the world engages with you differently when you're looking at the world differently.

Brad: Absolutely, because all the resources and opportunities are there. We stop ourselves from seeing them, we walk around with blinders. As we change our beliefs, we can take those blinders off and see things like wait, that was there all this time?

Jessica: So, let's do some tapping on a belief. What I think would be interesting to do is to really target on this uncomfortable feeling that comes with focusing on money. Maybe we can pick one particular belief or a few that are common. What do you think?

Brad: I think that's awesome. I invite folks to close your eyes for a moment, take a deep breath in, and hold it, and let it go. Now just breathing comfortably with your eyes closed, go ahead and feel what's going on inside. Notice what you're feeling physically and what you're feeling emotionally. Just get an idea of how you're doing right in this moment. Now think about money. Maybe thinking about the amount of money that you'd like to have, or thinking about the money that you have right now and imagine doing a budget or paying bills, asking your clients to pay you, whatever it might be, how you manage money. Allow yourself now to follow your breath to



your body and see how the feeling inside may have changed. Notice where you might be feeling some discomfort just thinking about money. Notice on a scale of zero to ten how uncomfortable you feel. Notice where in your body you might be feeling that. Notice what thoughts, beliefs, and memories might be coming up as to why the subject of money is uncomfortable.

Take another deep breath and open your eyes if you like. So, Jess, if you will be my echo voice.

Jessica: Yes, the audience and I will be tapping along with you.

Brad: Yes, excellent. So, tapping on the side of your hand.

Side of Hand Even though I'm not totally comfortable with money
I choose to love and accept myself anyway
Even though I'm not as comfortable as I'd like to be with money
I choose to love and honor myself anyway
Even though I'm not as comfortable as I could be with money
And sometimes I'm not comfortable at all
And the subject of money just makes me cringe
Which makes it very difficult to manage it
Which is why my finances are the way they are
And even though I'm so uncomfortable with money sometimes
I choose to deeply and completely
Love, honor, and accept myself
And maybe anyone else that has contributed to this discomfort

Eyebrow All this discomfort with money
Side of Eye Money makes me so uncomfortable
Under Eye Sometimes I'm uncomfortable thinking about it
Under Nose Uncomfortable talking about it
Under Mouth Uncomfortable dealing with it
Collarbone So I avoid dealing with it
Under arm And there are consequences to that
Top of Head I'm really sick of these consequences

EB I'd like to have a better handle on my money
SE I'd like to have more money to handle
UE But it makes me so uncomfortable
UN Why am I so uncomfortable with it?



UM	What are my beliefs about money?
CB	Because there are other people out there
UA	Who apparently have more positive beliefs about money
TH	And they're very comfortable having lots of it
EB	What's in the way for me?
SE	Why do I believe that money is bad?
UE	What have I been told about money?
UN	And the people who told me things
UM	Were they experts on money?
CB	Did they have Nobel prizes in finance?
UA	Probably not
TH	I'm uncomfortable with money
EB	Because I've got beliefs about money
SE	From other people who are uncomfortable with money
UE	And I still have people around me
UN	Who are uncomfortable with money
UM	And they might be upset if I allow more money
CB	And I have this belief about not upsetting people
UA	I believe it's better to limit my finances
TH	Than challenge somebody else's comfort zone
EB	That's not doing them any favors either
SE	I'm clearing this discomfort about money
UE	I choose to have new beliefs about money
UN	It's a useful tool
UM	For me to do good things in the world
CB	I choose to have new beliefs about myself
UA	I can handle money
TH	I am smart enough
EB	I do have what it takes
SE	I can learn to be smart with money
UE	As long as I allow myself to be comfortable with it
UN	So I'm clearing this discomfort
UM	Clearing all these reasons
CB	Why I couldn't or shouldn't be comfortable with money
UA	Clearing these at a cellular level
TH	Clearing them all the way back through my past



EB Back through all the times in my life
SE Where I got some belief about money
UE And how it's bad
UN How people that have it are bad
UM Or where I got these beliefs
CB That I just couldn't handle money
UA And it was wrong for me to have it
TH Clearing all of these old beliefs

EB Allowing myself to know
SE I have what it takes to handle it
UE I can be totally comfortable with it
UN I can even learn to enjoy handling it
UM And I'm clearing any doubts about that
CB There are lots of things I do today
UA That would have been uncomfortable in the past
TH I can learn to be comfortable with money
In body, mind, and spirit

Take a deep breath, and again, go ahead and close your eyes and think again about money, whatever images you were thinking of earlier. Imagine handling it and just check again in your body and how comfortable you might feel, especially if there is a particular part of your body where you are experiencing discomfort. Allow yourself to see what's going on there, and hopefully that's come down and it feels more comfortable and there's an opening to have some new beliefs about money. Maybe you were aware because when we're tapping it's like peeling layers to the onion. You may have gotten clear on some old beliefs or some past events where you formed beliefs that you can then apply tapping to more specifically.

Jessica: It's one of the things I love about what you just did and about tapping, it's always important to be specific but sometimes before we tap when we're inside of the overwhelm, it's hard to know exactly what to tap on or what that belief is, but just by starting and asking ourselves those questions while we tap, it's so much easier to gain that clarity and then we can be more specific. So Brad, my next question for you is if someone just tapped with you and they're thinking oh my goodness, I finally get it. I have this specific belief around money. How do they take that belief and do the tapping on their own? Do you have any tips on how they can guide themselves, what to say as they tap and become more specific?



Brad: Yeah, the easiest thing to do is whatever words are coming up, it's interesting, I've done this with a lot of people who write an email and say, 'Here's the issue that I'm having, how can you do a tapping round on that?' I'll just say, 'Just put the words even though in front of what you just said, and you have the beginning of a tapping round.' So whatever thoughts or beliefs or events may have come up, simply start tapping on the side of your hands saying, 'Even though I have this thought,' and don't worry too much about trying to come up with something perfect, start with whatever word or thoughts are coming up. You can do the very basic version of EFT where you repeat the same phrase over and over. Even though Dad said I'm terrible with money, because that may be a belief that someone may have thought of. Oh yeah, I remember when I was 5 years old and I lost my allowance and my dad said, 'Well, you're obviously bad with money.'

So, you can say, 'Even though Dad said I was bad with money, I choose to love and accept myself.' You can tap each point saying, 'Dad said I was bad with money.' And as you go through and clear it, it's like okay, yes, I made a mistake with money. That doesn't mean I'm bad with money. I'm really good at walking, but sometimes I trip. Tripping once does not mean I'm bad at walking. So we're able to pull that away and recognize that that's a false belief. So you can just say the same phrase over and over again, or as you tap through, just give yourself permission to say whatever words or thoughts are coming up.

Jessica: Right, and what's interesting is with the tapping we get to the point where say we're saying something over and over again, we're still saying that statement but now when we say, 'I'm bad with money,' or, 'My dad said I'm bad with money,' we still have the memory, we know that he said that, but it doesn't feel true. That's the difference, is the feeling that we have around the thought.

Brad: It's no longer a belief, it's now a statement that was made that just as in everyday life, if someone were to say something to you, this is how it is, and it's not something that you believe, it's like okay, there's just no weight to it. It's like wow, I'm sorry you believe that, but it doesn't have any resonance with us.

Jessica: Right, that makes sense. We focused on money, and I'd love to choose another area of our life that we can investigate a bit and see what limiting beliefs we have there. What about health? What are some beliefs that impact our own health?

Brad: Yeah, it's really interesting with health, because most of us would say, well, I believe that good health is good. Which would make us wonder why so few of us are as healthy as we could be. So it's an interesting one, where as we tap through



and clear away the layers of the onion, we find what are those beliefs that stop me from taking better care of my health. We may have, for instance, there's one I've seen a lot where folks will overeat because they believe they need to eat everything on their plate. Whether it's because they've been told about starving children in other parts of the world or that hey, good money was spent on that food. So, you need to eat all of that food in order to justify the money that was spent on it.

Jessica: Or just be a good boy or girl, right? That's what we're taught at the table, be good, finish everything on your plate.

Brad: Yeah, and most of us want to be a good person, which is why we limit money if money is bad. We eat all the food because we're a good boy or girl for eating all of that. So, we can look at it and go okay, it's more important to me to be a good boy than to stop when my body says okay, I've had enough. It's like imagining filling your gas tank in your car, and then as soon as the gas tank is full going and opening the trunk and filling the trunk because that's what you're supposed to do, is keep filling. So, we have these conflicting beliefs and we can see well, the belief about being a good boy if I eat all my food or if I don't waste money by throwing food away is more important than believing that it's good to trust my body.

Jessica: Yes.

Brad: So that's one area where these beliefs get in our way. I've seen all kinds of things with the fears of what will happen if we're healthier. I met a woman once who after we were tapping and she peeled away some layers of the onion she had a thought she'd never realized. She goes, 'Oh my goodness, I'm afraid that if I were thinner, other men would be attracted to me. I'm afraid that would ruin my marriage.' I said, 'Wow, okay, now that you see that, you can see that you can have a healthier body and not have it affect your marriage in a negative way.'

Jessica: Before we do some tapping, I think it's interesting just to touch upon the placebo effect, because the placebo effect is literally your belief. So, in a study, they give you a sugar pill and they tell you, 'This is going to help your back pain.' Then, it does because you believe that pill is helping your back pain. A lot of people look at the placebo effect like a bad thing. Oh, that was just the placebo effect. Hello, that is proof, the placebo effect works. People are benefitting from it, so that shows that the beliefs we have around our body and how we take care of our body impact our body.

Brad: Yes, and then there's the flip side which is the no-cebo, if we have a negative belief.



That's why so many interventions don't work for people because they have a nocebo about it.

Jessica: Right, so one that I've heard come up, whether it's having an autoimmune disease or struggling with weight or any physical ailment really is this idea of my body is betraying me. My body is not good, it's not on my side. That's really fascinating because when you feel like you were, and I know this feeling personally, when you have a belief that you were born into the wrong body, that you were born into a body that just wasn't as good as everybody else's, you begin to manifest the different ailments and you begin to have those experiences that also prove that belief. It also goes back and forth, you have the belief and then you have the experience, and then the experience goes right back to saying well, of course that's true because I'm having this experience.

Brad: Right, and certainly all of this in epigenetics and Bruce Lipton's Biology of Belief, and we see how powerful the beliefs are on our genes and how the genes are expressed. So those different physical issues may be there latent, but it's our beliefs that can activate that gene expression or negate it or leave it dormant.

Jessica: Yes, and it's hard sometimes to hear this, because it makes us have to take responsibility, and it's tricky with health, right, Brad? I want to be sensitive about this because I think there is a difference between taking responsibility and seeing the way that we might be contributing to something and self-blame, which doesn't help.

Brad: Absolutely. This came up yesterday. I have a video on depression, and someone wrote a very angry note on YouTube saying, 'This video is making me feel like it's my fault, and it's not my fault.' I wrote and said, 'I'm sorry you feel that way, that's certainly not the intention. It's not about blame, it's about creating an opening where we can empower ourselves to see that we can make a change, because we're so afraid of saying it's my fault that we will stay stuck. We will say well, if it's not my fault, it's something I have no control over, and I just have to keep dealing with it over and over and over again. In the process of that, we get stuck in beliefs that will then manifest it more and more. Not saying that everything that is happening to you is your fault. But we do tend to make things worse by insisting that it's something outside of our control. It's not about blaming ourselves for what is here right now, it's about taking responsibility for where we're going from here. It's like okay, this is where I'm at right now, how it got here I may never know. But what can I do to make it better either physically or at least emotionally and allow myself to feel better and to make better choices?'



Jessica: Yes, definitely. Well, I would love to do some tapping. Maybe we can do something around a belief that we just got stuck with a bad body?

Brad: Yeah, so listen, everyone go ahead and close your eyes. Take a deep breath and let it go. Just allow yourself to follow your breath through your body and allow yourself to be aware of those parts of your body that you may not be particularly happy with, those things where you feel like you were dealt a bad hand. Allow yourself to be aware of maybe things that you know sound ridiculous. Like...why can't I just eat potato chips and ice cream all day long and stay and my best fit weight. Some of the beliefs may sound that strange, but there may be other things that you may have a legitimate challenge.

Just allow yourself to be aware of that feeling of my body doesn't support me. Or my body betrays me, whatever words might come up for you. Notice on a scale of zero to ten as to how strong that feels and how upsetting that might be. Notice what physical sensations might be there. Take a deep breath and open your eyes.

Side of Hand Even though there are things I'm unhappy with about my body
I choose to love and accept myself anyway
Even though there are things about my body that don't make me happy
I choose to love and honor myself anyway
Even though there are things about my body that upset me
Sometimes it feels my body betrays me
It's not doing everything I want it to do
And it's doing some things I really don't want it to do
And it's very frustrating
And even though I'm upset with my body
I choose to deeply and completely
Love, honor, and accept myself
And maybe anyone else who has thought the same way

Eyebrow All this upset with my body
Side of Eye All this anger at my body
Under Eye Sometimes there are things about my body
Under Nose That really upset me
Under Mouth I'm upset with how it looks
Collarbone I'm upset with how it feels
Under arm All these things I don't like about my body
Top of Head All these ways it feels like my body is betraying me



EB	All this discomfort that I feel
SE	And that leads to anger at my body
UE	Which tends to create more upset
UN	And more discomfort
UM	I choose to move through this
CB	I choose to give myself permission
UA	To feel better
TH	I might not solve everything in my body
EB	There may be some things that can't be solved
SE	And some of those may just be limiting beliefs
UE	Because remarkable things have happened for people
UN	I'm open to the possibility
UM	That remarkable things can happen for my body
CB	In the meantime
UA	I choose to clear this anger
TH	I cannot get angry enough at my body
EB	To make it feel better
SE	The anger just makes it worse
UE	If I'm feeling some pain
UN	And then I get angry about that
UM	Now I'm dealing with pain and anger
CB	I choose to clear as much of both as possible
UA	And I'm open to the possibility
TH	That there are some things about my body
EB	That I could learn to appreciate
SE	Even when it's uncomfortable
UE	It's doing remarkable things for me
UN	Right now
UM	My lungs are drawing in oxygen
CB	My heart is circulating that oxygen through my body
UA	I'm doing all kinds of amazing things
TH	Even when my body is not doing everything I want
EB	It's doing some amazing things for me
SE	So at least for this moment
UE	I'm giving myself permission
UN	To feel some appreciation for my body



UM To feel some love for my body
CB And as I allow myself to love my body more
UA I might take better care of it
TH I get upset sometimes

EB About what my body is doing
SE But do I look at what I'm doing to my body?
UE Do I give it proper nutrition?
UN Do I give it proper exercise?
UM It's a two-way street
CB I might be expecting things for my body
UA But I'm not giving it what it needs
TH And not because I'm bad or stupid

EB But because I have some beliefs that get in the way
SE And I choose to change my mind about some things
UE Whatever beliefs that I might have
UN About why I couldn't or shouldn't be healthier
UM About why I couldn't or shouldn't take better care of my body
CB I choose to clear those up
UA Instead of waiting for my body to feel better
TH Before I feel better about my body

EB I choose to start loving my body right now
SE Feeling more appreciation for what it does do
UE Taking better care of it
UN And I'm open to the possibility
UM That it might take better care of me
CB I'm allowing myself to feel better about my body
UA Because I deserve that
TH In body, mind, and spirit

Now take a deep breath. Just allow yourself to be aware of what's going on there. You can close your eyes and follow your breath through your body. Just see what feelings might be going on in there, what thoughts might be coming up.

Jessica: Beautiful. Thank you for that, Brad. I'm sure that so many people have had a-ha moments and I hope that they take a moment to write them down. There's so much in there, this idea that it's not that our body needs to earn our love, it's we value it first. It's easy to take care of what we value. That was so powerful and so important.



This tapping script and a lot more tapping scripts are going to be in the workbook, for those who want to go back to it and do it again and again and again.

Brad: And again, allowing yourself to be aware of what thoughts and beliefs may have come up during the tapping round. You may have been aware of oh, I have been told all my life that my body is bad, or something like that. So you have this belief that your body is something bad, and allowing yourself to tap through that, take those specific phrases that might have come up, or as Jess said to write them down. Then tap on those specific thoughts because again, it's one of those beliefs that you've heard over and over and then taken on as true and it's just not a fact. It's not the truth. It's just a belief.

Jessica: Moving forward, as we continue to have more awareness of our beliefs, because they are sneaky, right? We start to get awareness and then we think we tapped away something and then another aspect kind of sneaks in and we go oh, there's another one. I think once we start to have this conversation with ourselves and this self-awareness, as we go through life, we become more aware of things. So, my question for you is for someone who does the tapping and then say another aspect of that belief comes up, or another belief comes up, what's your advice to them? It can kind of seem a bit overwhelming, or this idea of oh my goodness, I need to completely get rid of this belief within the 45 minutes that I've been here. I'm just curious, with this knowledge, how do we move forward with it to continue to evolve and grow without feeling so stressed about clearing every single negative belief?

Brad: Well that's a belief to clear, I have to get it fixed in the next 45 minutes. Even though I have to have this cleared yesterday - we're all works in progress. In preparation for this interview, we had talked about the idea of this belief that I should be happy 24/7. Those are the people that say, 'I want to be happy every single day, every minute.' It's like well, you picked the wrong planet. We come here to experience the spectrum of the human experience. Preferably more on the enjoyable, pleasant side.

Jessica: Yes, we're helping you lean towards that side and stay there more often.

Brad: Exactly, and that's the thing. Sometimes it's the uncomfortable stuff, as Abraham Hicks talks about, the contrast that helps us see, this is how I could make it better. Sometimes we experience some of that discomfort to allow us to see...oh, well I have been settling for things being less fantastic than they could actually be. I've manifested some discomfort in order to find out how much better it can get.



Jessica: Yes.

Brad: So, allow yourself to say okay, even though I still have some limiting beliefs, I can still choose to love and accept myself and feel wonderful. It doesn't have to be done in a day. It's like wow, I'll be encouraging folks to actually tapping at their collarbone or tapping through different points while we're talking here. You can allow yourself to get excited about it so that as another belief comes up, it's like oh, I thought I'd cleared that. Allow yourself to say wow, I'd thought I had cleared it. But if there's still something there that means that however good I've been feeling since I did that tapping, that's only partially there.

Jessica: Yeah, I can feel better.

Brad: Yeah, I didn't even know it could get better than this. It's just allowing yourself to see there's even more room to grow and things could get better and better.

Jessica: Yes, and I don't know about you, but I find it becomes fun. Now sometimes I'll be chatting with a friend and I'll catch myself saying something about myself and then I'll go wait, is that true? Or oh, that's a belief coming out in my conversations. I think when we start to have this conversation with ourselves, we can make it interesting and fun and a way to support ourselves instead of feeling the pressure to be perfect and never have another negative belief again. I think the reason we wanted to say this, because Brad, we talked about this before the call, is how much pressure that we sometimes feel when it comes to personal development. I love this field and I love taking time to look at our beliefs and to improve our lives, but if we're always judging ourselves every time we have a setback, that's not the life, we're on the wrong planet, like you said. That's how we're going to be approaching it, because we have to be really honest and real about life and the curveballs that sometimes happen and the twists and turns and how to navigate that in a smoother way.

Brad: Yeah, actually we want to be loving towards ourselves, and again, the self-sabotage is misguided self-love, so allowing ourselves to recognize okay, whatever I've been doing, I've been trying to take care of myself. Even doing some tapping on even though I'm afraid to be wrong, because that's one of the things about the beliefs, is we feel like we have to keep proving them, that we're not allowed to let go of our beliefs. If we change our mind, that means that we've been wrong all this time, and especially with certain beliefs that we have. We hate the idea of finding out that we're wrong, so allowing ourselves to say okay, it's okay if I find out that the beliefs that I have are not correct. Especially when it allows us to then have a better life.



Jessica: Yes, I want to go back to something you said quickly, as if we all know this. I think we have to say it slowly and pause for a second. This is something you said to me years ago and it really impacted my work, and that is self-sabotage is misguided self-love. Kind of break that down for us, for a moment.

Brad: Yeah, so when you look at the behaviors that you might have in terms of with health, not exercising or overeating, with money, not taking care of your finances. With all these different things we can look at those behaviors and say okay, that's self-sabotage. But I truly believe that everything we do has a reason that is designed to take care of us based on our beliefs. So if we have a belief that it's not safe to have more money, then anything that we do to sabotage having more money is a self-protective measure. It's an act of self-love based on misinformation. If we have a belief that being healthier, slimmer, more active is going to be harmful to us, like if I'm healthier people will have higher expectations of me. When I'm feeling short of breath people say, 'Oh, slow down, don't work so hard.' They'll expect more from me if I seem more vibrant.

So, I need to find ways to protect myself and stay in my comfort zone. So we can do that and then we can have compassion for ourselves as opposed to beating ourselves up for those behaviors that look like sabotage. We say, 'Oh, I'm so stupid for doing this.' No, it's not stupid, there's just misinformation. There's a belief in there that is ill-formed about why you couldn't or shouldn't have better finances, better health, better relationships, whatever it might be. So, when we can say okay, I'm being compassionate with myself, I see that I am trying to take care of myself based on an ill-formed belief, I can change that now without just getting angry. Because the more angry I get, the more the prefrontal cortex goes offline and I don't think rationally or clearly and I go back into old behaviors that just make things worse.

Jessica: Yup, self-sabotage is simply misguided self-love. I think we'll end with that. Brad, thank you so much for being with us. This has been a fascinating conversation and I just loved the tapping.

Brad: Thank you, Jess. It's always a pleasure talking to you and I appreciate the opportunity to share this.