



Julie Schiffman

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.

Anyone who has struggled with a health challenge knows that the pain isn't just physical. We often deal with emotions like sadness, frustration, and overall stress around our health challenges. That stress has been proven to impact our body's ability to heal. Tapping has spread so quickly, in part, because of the way it helps people with physical pain. But how does tapping actually support your body in healing? What is really going on, and how can you begin to experience results for yourself? These answers, and so much more, will be revealed today. To lead the way, we are speaking to Julie Schiffman from JulieSchiffman.com.

Julie is an EFT tapping expert who has been practicing for over 20 years. She received her master's degree in social work and went on to practice at Dr. Mercola Center for Natural Health for 15 years. In the 20 years that she has been doing this, she has counseled thousands of clients, helping them break through physical and emotional barriers. Her life-changing YouTube videos have been viewed over 4 million times. It's always a joy and a pleasure to speak with her. Welcome, Julie.

Julie Schiffman: Hi, thank you for having me.

Jessica: There is no better person to speak to about the topic than you, and I am thrilled that we're doing this. First off, Julie, for someone who is new to tapping, it can sound a bit far-fetched, this idea that you're tapping on meridian points and suddenly you're seeing a drastic difference in your health and in pain relief. Can you tell us why tapping works for this so well?

Julie: It's amazing, really. I mean, tapping does work so well for so many things, but I am so passionate about using it for pain, pain relief and other physical symptoms, as you know. It's all about energy, and it's about aligning our body's energy system. It does seem really strange, and I often say it's almost archaic to think that you can just use your fingertips and tap on particular points on your head and your chest and think that this will reduce pain significantly. It's almost too simple, but it really does work. We've seen this over and over again. It can be as simple as focusing on a



particular pain and just tapping.

The physical act of tapping on the body is stimulating these particular meridians of energy pathways in the body. Meridians are energy pathways throughout the body that run through it, as you know. Our physical body and our emotional body are directly and completely connected. You can't have a physical pain or discomfort without feeling an emotion about it, just as you can't have a thought or an emotion about something, anything, without feeling that in your body. If I were to ask you about something that is stressful in your life, right now - and this could be anything, anything going on in your life. You will feel a sensation in your body about that particular stressor. You might feel your chest tighten up or a pit in your stomach, or a lump in your throat. That can be fear, it can be resentment, it can be anticipation, whatever it is.

Thoughts create energy in the body, period. The bottom line is that tapping helps you to process the emotions you're feeling due to stress in your life and the stress in your body, so that you can begin to heal. It's an amazing process.

Jessica: Even simplifying it, even if you don't understand the energy component of it, it just comes down to your emotions and your stress impacting your ability to heal and recover.

Julie: Absolutely.

Jessica: It's interesting because we live in an interesting time where that is becoming so clear. Even mainstream people are looking at when you deal with emotional challenges, you have a higher risk of heart disease and cancer and different ailments like that. I think it's so interesting to remember, or just so important to remind ourselves that hey, we've got to look at the emotional stuff, not just the physical symptoms.

Julie: I just want to say that on the heels of that, what we have found is that it's not only the actual stressor itself that's wreaking havoc in our lives, it's the way that we're choosing to process the stress and the emotions around it. If we can learn how to do this, if you can learn how to process what's going on in your life on a regular basis then you can handle just about anything that comes your way and maintain good health.

Jessica: Yes, and in this day and age, we need this, right? We are just bombarded with news and with responsibilities and commitments and so this is a lifestyle tool that we



incorporate into our lives. So, Julie, someone is brand new, they're like "Okay, how do I get started? Where do I start?"

Julie: Absolutely, so I always say the best place to start is with what you know, because you're the only one who knows, right? We know a lot, and you will never... we will have more success relieving the pain that we have in our body if we can be as specific as possible. I typically like to start with a physical pain or a discomfort, because that is a portal. A portal is a gateway or an entrance that really allows us to feel and hear what's underlying beneath the pain. This is where the gifts and the clues are. The first thing that we always want to do is identify the actual problem. We want to ask ourselves some questions, which we're going to do here. We'll do this together.

It might be a good idea to have a piece of paper and a pen handy so people can write it down. They can always pause this and come back to it. First, what I tell people to do is to identify where the pain or discomfort is in your body. You want to be as specific as possible around this, so you want to do some investigative work here. Is it on the right side of your body or is it on the left side? Where specifically is it? An example would be like, "I have this pain in my head over my left eye." Or, "I have a pain in the lower middle part of my back." You want to be as specific as possible. That is always the best place to start, just to identify the truth of what's going on.

The next question you want to ask is, what does the pain feel like? Is it a sharp pain, is it a stabbing pain, is it throbbing? How would you describe it? Is it bloating? Is it inflamed? Is it hot? This is your body and your experience, so there is really no wrong answer here, right? The next question that you want to ask is how big is the pain? The reason why we do this is because we want to just get the location as specific as possible. It's easy to say, "My right arm hurts," but if it's really this throbbing pain in your shoulder, up in the upper right back side of it, then you want to be specific about that. Is the pain the size of a quarter? Is it the size of a grapefruit, a watermelon? Whatever it is for you, be more specific, and the more specific you are, the better the results will be.

Another question you want to ask is, how intense is the pain for you, 0 to 10? You want to rate the pain, and 0 would be obviously no pain at all, and if there's no pain you probably wouldn't be listening to this. And a 10 is completely unbearable. So you want to rate the pain on this scale. And the last question that I urge people to ask, which is tricky for some people, but it's a good place to start. It's a good place to start in terms of connecting with your body and communicating with your body this way. That is, "If there were an emotion here, what would it be?"



Now, I recently just had a woman contact me actually a few days ago, telling me that she was tapping along to one of my videos on shoulder pain, and as she was tapping she felt an incredible amount of anger and rage come up for her, like an emotion that she didn't even know that was there. This is what she wrote to me, she started crying and tapping on the anger and then she literally got up and threw up. She vomited it out. She reported that her pain was gone after that, all the shoulder pain was gone after she tapped on that particular emotion. Now, not everybody of course is going to have this response. I mean, this is unusual, really, truly. If you haven't done this before, you're not going to get up and throw up.

Jessica: Don't be scared about vomiting during this interview.

Julie: Absolutely, I just thought it was such an interesting comment. But when we can identify the emotion around the pain, it can be so profound, and the release can be transformative. So once you've answered these questions, you can start tapping. Because you have all the information you need to get started.

Jessica: So we're going to put these questions in the workbook, and Julie, what I find interesting is I have had the experience personally where I might not know what the emotion is, and as I just start tapping, being specific on the emotion, that begins to reveal itself. Which you've just shown us with this example that sometimes in order to gain clarity, you just have to get started. So this is my other question, when you're tapping, like she's tapping and all of a sudden she's feeling worse. So she's tapping and now she's really experiencing this rage that she didn't know that she had before. What's your advice for someone who begins to tap and all of a sudden in the middle of their tapping, they're feeling emotionally worse, or physically worse?

Julie: Yeah, really good question. So when that happens, because sometimes it does – very often people report that they just start feeling better and more relaxed – but it does happen that people start to feel worse initially. What that really means is that you're on to something. It actually means that you are on your way to getting to the other side of that, and I want to make that clear because people might say, “Oh, this made me feel really bad, so now I'm going to stop.” No, you don't want to stop there. You want to keep at it, and if it's really intense, you might want to reach out to someone for help. But if you're doing this at home, you're tapping along with your tapping meditation or you're tapping along with whatever, or even just using your own words, you want to... you can stop the tapping round that you're doing, or just do continuous tapping on that particular emotion. For this person, it happened to be anger and rage. I wasn't working specifically with her, but you would want to tap



through it, this anger, this intense amount of anger and rage, where is this coming from?

Maybe it's about a memory. Maybe it's a memory that came up for her. You want to look at that and say what does this remind me of? When was the last time I felt this angry? What is this anger about? What is this rage about? Recently I was working with a woman who - this is another good example of this. I was working with a woman who came in with a brace on her wrist. She said that she thought she had carpal tunnel and she was really frustrated because she works a lot with her hands. She's a teacher and she wasn't able to do a lot of things. She was feeling really frustrated with it. She was going to go to see a doctor and get tests done, but she figured she should tap on it first. I said, "Good idea, let's dive in."

I was asking her initially about the pain, so we did a round of tapping just on the pain. There was no movement at all on it, so okay, we need to dig a little deeper, right? I asked her to show me what she actually does with her hand or her wrist that makes it hurt without aggravating it too much. You never want to hurt yourself. She starts moving her wrist in a way that's like you're scrolling through a phone, your thumb is twisting up, rolling or scrolling up like that. She is doing it over and over and she says, "It really hurts when I do that." I said, "Okay, great, let's do some tapping on that." We started tapping on, "Even though my wrist really hurts when I start doing this, or when I'm scrolling through my phone."

So we started tapping on that, and she stops in the middle and she says, "Oh my God, I'm starting to get really angry and frustrated because this is when I'm scrolling through social media, like Facebook, Instagram." What you have to know about this person is that she is an activist. She cares very, very deeply about all people and all the things. She goes to rallies and all these things. She has found that when she is scrolling through Facebook and whatnot that she is seeing particular political figures and things going on in the world and in the government that is really, really upsetting to her.

So she realizes that this is a huge trigger for her. We start tapping, literally, for about an hour on all of the things. All the anger, the frustration, the rage, the feeling powerless, all of that. By the end of the session, her pain went away, and it never came back. In fact, I saw her a couple of weeks ago and I asked her about it. She said she doesn't wear the brace anymore. Once she was able to resolve those particular issues, knowing that she can't save the world and she only has so much power to do the things she's doing, she realized that she could release it and let it go.



Jessica: That's amazing! I'd like to add a few things. Earlier, you talked about how you begin to tap, and you can begin to uncover these emotions that can feel intense. I do think it's important to note that when we're tapping, I think the reason we can feel these feelings is because there is a sense of safety and ease. It's the reason we might not have been feeling those emotions before. I want to add that, because I wonder if there's someone who is listening to this who might go, "Oh, I don't even want to open this can of worms. I don't know if I want to go there." There is something really safe and comforting about tapping, and intuitive as well. But what would you say to someone who is a little nervous to do this because they're scared of what they'll uncover?

Julie: Absolutely, I say take baby steps. You don't have to dive in to your deepest, darkest place. If you do have deep, dark places that you know exist, but you don't want to go there, absolutely reach out to someone for help. There are so many tapping practitioners now that can really be helpful to people. But a lot of people want to try doing this on their own, and that's okay, too. I would say take it really slowly. Start with what you know. Start with what you do feel comfortable with. Start with tapping on "Even though I feel scared to take this path, or to go down this road..." Start with whatever your emotions are of where you are, right now. No one is expecting anyone, I certainly don't expect anyone to jump into the deep end. I wouldn't do it myself.

You can take a little bit every day. You don't have to jump in right now, you can tap for five minutes a day or tap for five minutes three times a day just on maybe feeling ambivalent about what this is, or what you can do or how this can help, or the things that might be buried there that you're unsure of. Take baby steps with this.

Jessica: What I find so often is when you're dealing with a health challenge, there's so many options. It's so hard to navigate what to do when it comes to going to the doctor, who to see, and what to try. When you do the tapping and you are calm and you're feeling better, it's so much easier to know, "You know what? I do need to go to this doctor," or, "I do need to try this." It's like suddenly the path of wellness, navigating that path, becomes so much easier. I think that's important to note, because it's not, "Go to the doctor or do tapping." It's "Do tapping and go to the doctor," "Do tapping and then navigate that healing journey."

Julie: Absolutely, there is no reason to have it be one way or the other. That's what's so great, there are so many things at our fingertips that we can integrate, why not try everything? The great thing about tapping, as you know, and I know, is that you can actually do it, at home, on your own. You can do it in your car, you can do it in the



bathroom, you can do it at work, you can do it wherever you are, at any moment and find relief within moments. It's just such an amazing self-help tool that we can use to help reduce stress in our lives. When we reduce the frustration, and we can do tapping around this if you want, but when we reduce some of that frustration and some of those emotions around it, it really does open up a space for us to be able to make decisions. Those decisions we couldn't make before because we were feeling anxious or fearful or frustrated about what's going on in our body, once we're able to clear the emotions we start to see things more clearly. It becomes easier for us to make decisions about what path we want to take.

Jessica: Yes, and with that I would love to have a tapping experience. I think you made a great point, that it's very common to feel frustrated. When you're dealing with physical pain, it feels so isolating and it's just a lonely experience, because nobody has the experience that you have and it's hard to articulate. Sometimes it's hard to get help and oftentimes you've been struggling with it for a long time and you've tried different things. So here you are now, with all these layers of emotions this and this hopelessness. It seems to me that that's a really powerful place to start, with that emotion of frustration and hopelessness.

Julie: Let's do it! So what I'm going to ask everybody to do first is to take a deep breath in, and let it out. I want you to tune in to the frustration you're having about whatever's going on. Maybe it's a pain in your body right now, or maybe it's just frustration about a particular health-related thing you have happening. Just rate it first, so zero to ten, how frustrated or hopeless are you feeling about this particular pain or situation? Again, zero is you feel totally great, and ten is like it's just through the roof, it's really, really high and you're at your wits end around it. Just write it down or make a mental note to yourself. When you're ready, I'm going to have you tap on the side of the hand. Jess, I'll have you repeat after me.

Side of Hand Even though I'm feeling so frustrated with my body
And all this pain
I honor all of my feelings about this

Even though I'm so frustrated
I've been struggling for a long time
I'm tired of feeling this way
I accept myself and I'm open to healing now

Even though I have frustration around the pain and symptoms
And it's hard to accept myself when I feel this way



I am honoring where I am right now
And I'm having compassion for myself as I begin to heal

Eyebrow All this frustration
Side of Eye I'm so tired of this pain
Under Eye I just don't know what to do
Under Nose Nothing has helped
Under Mouth I have tried so many things
Collarbone And yet the pain is still here
Under arm I thought it would have gone away by now
Top of Head But it's lingering

EB And it's impacting my life
SE I can't do all the things I used to be able to
UE I may have to modify my life
UN I'm just so frustrated
UM And I'm feeling hopeless about it
CB I need to make some decisions
UA And if I do nothing it may get worse
TH The things I'm doing aren't working

EB I'm not sure what to do
SE Or who to listen to
UE I'm taking a moment to take a step back
UN Breathing through it
UM Maybe it's time to look at this differently
CB I've been in a tailspin of frustration
UA What I choose to focus on, grows
TH I'm now choosing to take my power back

EB Focusing on strength and healing
SE I'm creating a space to make decisions
UE I'm choosing my words wisely when talking about my body
UN I'm gaining clarity on what needs to happen next
UM I'm listening to the pain
CB And expressing it
UA I'm shifting my thinking
TH I can empower myself with my thoughts

EB Releasing the frustration



SE	I have hope that there is a solution
UE	And it might be closer than I think
UN	I'm empowering myself with knowledge
UM	Self-care
CB	Compassion
UA	It's time to heal
TH	Letting go

Take a big deep breath in. Good job!

Jessica: Thank you for that, Julie.

Julie: Some people just want to take a look and say, "How am I feeling about this now?" Chances are, people are feeling a little bit more relaxed after doing a long tapping round like that. You just want to rate it; how does the frustration feel right now? If it has reduced even two, three, four, five points, then you've reduced it by 20%, 30%, 40%, 50%. The more and more you can become clear in your mind, the more and more it's easier to make decisions for yourself, your health, your body, and all of that.

Jessica: I don't always do this, but I want to share my personal experience with that tapping because it came at such a perfect time. Last night I was getting into bed, and I was telling my husband, I was like, "You know, I just have not felt the same as pre-baby." Post-partum has taken so much more out of me than I thought it would. I just kind of thought that after three months, you bounce back, and that after a year it's like nothing happened. I was saying to him, "I just am realizing I don't feel right and I just feel like things are off. I just feel off balance and I don't really know; I have these weird symptoms, but nothing is concrete. I just don't feel like myself. I want to feel strong and powerful again." What I was frustrated about last night was just the lack of clarity, and it leaves you feeling restricted, because now you're just frustrated, and you're confused.

What was great about the tapping experience that we just did, I didn't have this big A-ha moment of "Oh, this is what I have to do." But I have this openness, and this curiosity, and this willingness to begin to go "Okay, how can I better support my body with tapping and with different things so I can feel stronger?" Instead of the feeling of "Ugh, I'm so annoyed that I have to spend time and energy on this." There is an openness and a willingness to experiment, and a lightness that just makes navigating the path so much easier.



Julie: I love that story, and I love that you were able to really just express yourself in that way and be able to see that. The cool thing is, one of the most amazing things I think about tapping, is that... you know, we only know what we know. We get caught in our heads. I think it's like 70,000 thoughts a day, and 40,000 of those are repetitive. We just loop, right? We loop around with the same thoughts over and over and over again. So it would be easy for you to just keep saying, "I don't feel like myself. My body feels like this. I'm just feeling tired or exhausted," or whatever that thought process is, and keep saying that over and over and over again. That becomes your reality.

So when we are able to – because I do it for myself all the time, too – when I notice I'm looping those thoughts and I'm caught up in that, when I actually take a step back and tap on it, you're right, it creates an openness you're right, there's other options here. There are other options here for me to think differently and to do differently and to make different choices. I might not have an answer right now, as you said, exactly, you put it so perfectly. You might not have an answer, but at least it opens up to something else. It's so boring and mundane and depressing to repeat the same thing over and over and over again to ourselves, right?

Jessica: Right, and also when you struggle so much with your body and you feel resentful towards your body, it's hard to spend time with your body. It's hard to say "Okay, here are the self-care things that I can do for myself." Because, why would you want to spend time with something that you have a difficult relationship with? You'd rather ignore – it's like if you think about your body as a separate person, sometimes it's easier to ignore somebody than to face them and to see that conflict and to address how they're feeling and to work through that. But when you're able to work through that and to spend time, then all of a sudden spending time with that person and nurturing that relationship is actually pleasurable, and when it's pleasurable, it's sustainable.

Our body is a relationship that we have for our whole lives. We don't just arrive to a healthy spot and never have to take care of our body again. It's about finding a way to make that a nicer relationship so we can take care of ourselves.

Julie: Absolutely, and one thing that I really want people to hear in this talk today, in our conversation today, if they hear nothing else, is that it is imperative based on what you're saying, it is absolutely imperative to allow your body to express itself, to allow your body to speak up and to really communicate with it. I know it seems so strange and so weird to say, "You should have a communication, you should have some communication or some dialogue with your body," but it is really so important



because, as you said, we think of our body and our mind as two separate things. I hear it all the time, multiple times a day from all of the people I work with. I'm frustrated with my body; I feel like my body has taken over. I feel like anything I do, my body won't respond to it, whether it's losing weight or whether it's pain or whatever it is.

Once your body feels like it's being heard and it's being seen and you're paying attention to it, you would be amazed at how it responds to you. Your body loves you. Your body is one of the most miraculous, amazing things on this planet. It keeps your heart beating and your lungs breathing, and it keeps you alive. It's willing to do all these things for you, every single day, even while you're sleeping. It works so hard to do these things for you. I realize there's a lot of people with a lot of disease and inflammation and pain and all of that. I realize there's a lot of emotions around this, but sometimes it really is just about listening to it, having communication, even keeping a journal. I have done this for myself, where I will keep a journal if I have some pain around something and really try to take even five minutes. This doesn't have to be hours a day, to take a few minutes to say, "What are you trying to tell me. What do you want me to know here?" Sometimes people will come up with some pretty crazy, amazing things that once they listen to it, it can create a transformation.

Jessica: Yes, so Julie, knowing that it's imperative that we communicate with our body and listen to our body, do you have a tapping process that we can do to help facilitate that?

Julie: Absolutely, so I'm going to have everybody just connect with a pain, a discomfort, something you're not liking so much about your body right now, and rate it zero to ten. What does that feel like for you? We're going to help you connect with your body a little bit here. When you're ready, tapping on the side of your hand.

Side of Hand Even though my body is speaking to me
With symptoms of (whatever it is for you)
I'm learning to love and accept myself anyway

Even though I'm in pain or fatigued
Uncomfortable
Whatever these symptoms are for me
I'm open to new discoveries and healing now

Even though it's hard to accept myself with this pain and discomfort in my body



I'm open to all the possibilities of healing

Eye brow	These symptoms
Side of Eye	My body is speaking to me with these symptoms
Under Eye	I'm so uncomfortable
Under Nose	Or in pain
Under Mouth	I don't feel like myself anymore
Collarbone	I'm frustrated with my body
Under arm	I'm tired of feeling tired
Top of Head	And in pain

EB	Nothing seems to help right now
SE	It feels like my body isn't listening
UE	I'm doing whatever I can
UN	I'm open to accepting where I am right now
UM	Because I'm open to healing
CB	I'm releasing this stabbing pain
UA	The sharp pain or the dull ache
TH	What is my body trying to tell me?

EB	Is there something I need to learn from this?
SE	My body certainly has my attention now
UE	I'm listening
UN	Thank you, body
UM	I love you, body
CB	How can I support you?
UA	What do you need from me? How can I help?
TH	I wonder if it's possible

EB	To change my story about this pain
SE	Or health challenge
UE	What if I can heal from this?
UN	What if my body and I can work together?
UM	We're a team
CB	I'm giving my body permission to heal
UA	I'm talking to my body differently
TH	Allowing my body to heal

EB	I'm open to letting go of the beliefs
SE	That I have about this pain



UE	I'm remembering who I am without this pain
UN	I'm open to letting go
UM	Relaxing my mind and body
CB	Relaxing my nervous system
UA	Working with my body as a team
TH	I'm healing right now

Good, and take a big deep breath in, and let it out. Really start becoming a team with your body. That is one of the best pieces of advice, you said it before, it's one of the best pieces of advice that we can give to people, is to really think of it as though you're a team. You have your team of people; you might have your team of doctors, or practitioners, or books that you read. You might have a support group, whatever it is. Those are all part of your team, but your body, your mind, that connection, is going to be your number one team, all the way.

Jessica: Yes, it reminds me of how when I was on my journey with weight loss and body confidence, one of my big a-ha moments was that my body didn't need to earn my love. Because I had this belief of, "I will love my body when I'm 25 pounds lighter." So we say, "I will love, I will show my body kindness and love when this pain is gone, when I feel like myself again." It's actually those moments when we're struggling the most that we need our kindness the most. That's when it really is magic and is necessary, so learning, through the tapping and through what you guided us, you're showing us, you're giving permission to show that kindness and that acceptance before anything changes. That's when things shift, that's the irony of it all!

Julie: Right, and you're exactly right. What I said before is, "Don't stop because it feels hard." Now, I know that's when people really want to stop, when, "I can't do this, I can't talk to my body this way, it doesn't feel right, it feels foreign to me, it makes me uncomfortable." That is when you are coming to the light at the end of the tunnel. It really is, and I know that people get discouraged and they feel like, "No, you don't understand my situation. My situation is different, and you don't understand my circumstances and what has happened to me." Everybody has circumstances, everybody has experiences. They're all different, but it is so important to... don't give up on that! That's why, again, I'm going to keep coming back to this. It's why it's so important that tapping is so great, because you can take baby steps with this.

If you're feeling uncomfortable, then tap on the uncomfortable feelings, and then take a step back. Then go back to it again and tap on a different aspect of it. You



guys have so many great meditations in your new app that came out. It's unbelievable! There are so many great ways for people to just jump in there. You are also, your voices and the tones of voices and the things that you're saying are so calm and so comforting and they just make people feel good. Hopefully I do that with the videos I have as well, so you don't have to do this alone, but you do have to do it. It doesn't work if you don't do it.

Jessica: I do want to mention that you've created an incredible workbook that really holds your hand through this process. There's going to be more tapping meditations. The tapplings that we already have done are in the workbook, as well as some extra. Julie, throughout this interview, you have mentioned the story, the story we tell ourselves around our situation. I also know that looking at the diagnosis we have is really important. Can you tell us a little bit about how a diagnosis impacts us and why you think looking at the story we have around the pain is so important?

Julie: Yeah, so if you've been given a diagnosis, any diagnosis, it can be pretty scary. When a doctor says, "You have this," what often happens is that people start to create stories in their minds regarding what they think will happen from here. What you begin to think can really create a trajectory of where you're going with this particular challenge that you're having. It's natural to want to gain all the information possible about a particular diagnosis, but remember that every person is very different with very different experiences. If you've already started Googling images and the prognoses and all of that, in addition to all sorts of questions around it, I also urge you to really pay attention to what your emotions are, around what you're experiencing and what you're feeling, and what you're thinking, because this is really... your emotions around it are going to be what lead you in the direction that you're going.

I'm not suggesting that people don't collect information because information is always power, right? You want to talk to as many people as possible. But if you ask ten different people about a particular diagnosis, or three different doctors, you may get ten different answers based on different people's realities and their experiences of what is going on. You want to take it for what it is, and information is not necessarily fact for your particular situation, and so if you were going to do some tapping around a diagnosis, I just want to bring up some questions here that I think are important for people to look at, because it really does help people to sort of clarify where they should go with it.

Number one is do you believe that this particular pain or problem can actually get better? Or do you believe that you can't heal from this? What are the things that you



have been told about it? What are the things that you've read about it? What are the pictures that you have seen on the internet about it? Do you know someone who has had the same diagnosis and it's been a real struggle for them? Do you believe your body is capable of healing? That's a really, really important question. Do you think your body is capable of healing? Some people might say, "Yes, I think my body is capable of healing, but I'm not sure I deserve to heal." There are sometimes, some questions, that we need to ask around that.

Another question that I think is super important when it comes to a diagnosis is, is this something that runs in your family? And have others felt hopeless about this? What are your feelings about it as well? These are all important questions and your answer can lead to some really good tapping rounds to help you release limiting beliefs which might be contributing to the fear and the anxiety and hopelessness, but this last question I ask about, is this something that runs in your family, is it something you've been told is hereditary? If this is the case for you, please answer this honestly and remember that even though someone else has had this, and you have been told it's hereditary, it doesn't mean you will have the same experience. You're a completely different human being with a very different human experience, so be sure to tap on that if you have beliefs around that.

Just a real quick personal story about me, that I know I have shared before, is that my father died of colon cancer. Many years ago, I also was diagnosed with it and my father passed from it, but I am not my father. I made sure to really dive in deep to what was going on in my life around that time and all the things that I really needed to seriously address because I was not going to go down the same path. That wasn't a judgment on his part. He did the best he could do, and he certainly didn't have the tools that I have today about how to create a healthy body and a healthy mind and what to do with stress and all of that. He didn't have those tools. I was able to really turn that around and I have been free of it for 15 years, or maybe even over that. It's an important question to ask as well.

Jessica: Again, these questions are in the workbook and if people who are listening, they might be jotting down their answers already; when they have those answers and you say, "Tap on it," how do they do that? I know a lot of people get stuck where they say, "Okay, I'm just not quite sure what to say or if I'm doing it right."

Julie: Well you can't really do it wrong, and you want to always start with what the problem is. You might want to just start with, "Even though I've been given this diagnosis and I am feeling _____ about it, I am feeling overwhelmed by it, I am feeling frustrated, I am feeling angry, I am feeling super scared about it..." right?



And if you don't want to say, "I love and accept myself anyway," say something like, "I honor myself," or, "I honor these emotions," that sort of thing. You really want to address how you are feeling about it. Again, I think journaling is so powerful, I know not everybody likes to do it, not everybody likes to take the time to sit down and take a journal and that sort of thing. But I think it's one of the best ways because then you'll actually have it written down or type it in your computer or whatever. Write down how you're feeling about it. You want to tell the truth about it.

As we always say, when we start tapping we always start with the negative, the truth telling. So how do you really feel about it? You can tap around all those feelings and then we create a shift. Do you want to tap on this? Is this something you want to tap on?

Jessica: Let's do it, yes.

Julie: Okay, so again, I would take a deep breath in, and just get still in your body for a moment. If you've been given a diagnosis of some sort, whether it's a disease or a disorder, a challenge, a pain, whatever it is, try not to get too tied to it as an identity. But we're going to go ahead and we're going to tap on it. You can even rate your feelings around this right now. When you're ready, tapping on the side of your hand.

Side of Hand Even though I've been given this diagnosis
And I'm really overwhelmed by it
I honor myself and all of my feelings

Even though my body is speaking to me
With this diagnosis
Based on symptoms I'm having
I am listening to my body and honoring my emotions

Even though I may be scared and upset about this diagnosis
Or challenge
I'm feeling hopeless and confused
Powerless
I'm validating how I feel and taking my power back

Eyebrow My body is speaking to me with this diagnosis
Side of Eye I feel scared
Under Eye I feel powerless



Under Nose	Frustrated and angry about it
Under Mouth	I have been given this diagnosis
Collarbone	I am confused
Under arm	Why is this happening?
Top of Head	I might have heard some things about this diagnosis
EB	I might have been told I need surgery
SE	I might have been told the prognosis is difficult to determine
UE	I might have been told I have to adapt differently in my life
UN	I may have been told this is the new normal
UM	I may have heard stories about this diagnosis
CB	It scares me
UA	I'm frustrated
TH	What if I can't get better?
EB	Some days it's hard to have hope and faith
SE	But maybe there is room for me to heal anyway
UE	I have to make some decisions about my health
UN	I worry I'll make the wrong decision
UM	I'm having a hard time trusting the process
CB	But I'm taking a moment to step back
UA	Seeing it from a different perspective
TH	There are options
EB	I'm focusing on gaining strength
SE	I'm focusing on healing
UE	The diagnosis is just a diagnosis
UN	It might be what doctors have told me
UM	But there is always a possibility
CB	That I can heal
UA	I'm taking my power back
TH	I'm taking ownership of my body
EB	Of my life
SE	I'm paying attention to what my body is telling me
UE	This doesn't have to be my identity
UN	I'm empowering myself with thoughts and actions
UM	I'm empowering myself with knowledge
CB	I'm getting ready to heal
UA	I'm creating a place of peace in my body



TH In my mind and in my life

Go ahead and take a big deep breath in; and let it out. Good job!

Jessica: Thank you so much for that, Julie, that was so powerful and I'm excited for everyone that's listening, because I feel like this is the beginning of something new for so many people. There is hope and there is relief and there is so many possibilities. I want to ask you quickly as we're wrapping up, we just focused on having a diagnosis, but I know that there are a lot of people out there who are very frustrated because they don't have a diagnosis. Their symptoms seem like mystery symptoms, and they're not getting the answers that they're looking for. How can we support them?

Julie: I hear this so often. It's so unfortunate because I have people come to me all the time and they say, "I've seen every doctor. I've had every test done. I've spoken to so many professionals and experts and no one can figure out what's wrong with me. I just feel like a huge mystery." It's so frustrating for people. I know that some people might feel really alone, and they feel like no one really understands because people really aren't understanding it! I actually have a quick story about this. I was recently working with a client who literally one day just woke up with all this pain in her body, and confusion and brain fog and balance issues and all these other symptoms. She is 30 years old, and she was so frustrated, she had just gotten married six months earlier and she literally woke up like this one day.

She was baffled, her doctors were baffled, her new husband, her family, everyone was confused. No one could figure out what was going on. Every test she was taking was coming up as normal. She was completely frustrated, everyone was frustrated, and she was really upset about it. We started working together and what I have found, I'll come back to her in a second. What I have found in working with so many people over the years is that if you have tried everything and the doctors are just throwing their hands up in the air and saying, "I just don't know," you can be certain that there are unresolved issues, challenges, maybe traumas, unpleasant memories, unresolved emotions from the past which are speaking up big time because it needs to be healed.

Over and over again, we have seen that once we allow ourselves to express ourselves and express the unexpressed, our body can create a space for us to heal on such a miraculous and deep, deep level. Going back to the story, after this woman got married, she was getting triggered in so many ways, in the relationship with her new husband. Now, they had a great marriage. She reported having a great marriage.



But she had so much unresolved stuff that was going on that was playing out in her marriage, from her childhood, that it was just over and over again. She was feeling so overwhelmed and anxious in her marriage and anxious in her life and all of that built up until it blew out all of her systems, basically.

Once she began to let go of the past and heal from emotions from her past, her body started to get better, and better, and better. Within a few months, literally, she was definitely feeling more like herself again. She needed to take a look at her diet and lifestyle and things like that, but addressing the emotional aspect was so transformational for her. Some people are just astounded by this, and it takes work. The result is so often amazing, once we start to address the things that have been sitting there. The stuff that we just didn't even know that was there, and suddenly it starts to open up and that's why I think I always say symptoms are a gift.

These symptoms are always a gift because had she not had the symptoms, she wouldn't have resolved that. She would have had anxiety and she would have maybe had depression and other things that were going on for her. But I always think working on the physical stuff is win-win because you're not only winning at resolving unresolved stuff that's happened in the past, but you are also resolving the pain, subsequently. It's really just amazing what can happen with all of it.

Jessica: Absolutely. Well, Julie, thank you so much for all the tapping that you did, for just the wisdom and the hope that you shared. Like I said before, I just hope that this feels like a new beginning for many of the listeners. Once again, thank you.

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