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**Kelsey J. Patel**

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

Burnout is a word we hear often because it's become so prevalent in our society. Excessive and prolonged stress leaves a big mark, not just on your mental health but also your physical health. And too often people believe that experiencing burnout is just part of having a successful career or just part of being a parent. We are going to bust that myth today and teach you how you can go from burnout to burning bright.

To lead the way, we are speaking to Kelsey J. Patel from [KelseyJPatel.com](https://KelseyJPatel.com). She is an LA-based certified Reiki master, motivational speaker, and meditation teacher specializing in EFT tapping. She is also the author of *Burning Bright: Rituals, Reiki, and Self-Care to Heal from Burnout, Anxiety, and Stress*. I'm thrilled that she is with us, welcome Kelsey.

Kelsey J. Patel: Thank you so much. I'm so excited to be here.

Jessica: I'm excited that you're with us. You know, this concept of burnout is not something that our grandparents were talking about. It seems like something that's very new, it's very recent, and I want to hear from you. How do you define burnout, and why is it something that we're seeing more and more?

Kelsey: Yeah, so I think, first of all, thank you for allowing the conversation to be had because there are a lot of people that I feel, myself included, that have struggled with burnout and not known what it was and not been able to have tools and resources like EFT to be able to give themselves these - I hate the word hats, but I'm going to use it in this sentence - to give themselves these abilities and these hats to combat and to nurture themselves and really to give themselves permission to say huh, I actually might not need to be living in this way. I might not need to keep going in this way. And to me, burnout is really to me, there's sort of the scientifics and then there's the energetics, in my opinion. And the scientifics, we know things like Hashimoto's, autoimmune disease, things like the Epstein-Barr, are all things like exposure to metals and heavy toxins. So we know, and technology of course as you and I both know is a big one.



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So all of these elements that we have in our physical environment and our foods, all of those play a factor into something like burnout. So it is not just a oh, your mind is going so fast and you're so busy, and you're super successful in your business but you don't have enough time, that is part of the conversation. But we also want to look at the energetics and how these different things that are in our environment are impacting our state of mental wellbeing and our state of our spiritual wellbeing, really. So that is the conversation that I try to have with as many people as possible, is to let them really do a check-in with the state of their mind, the state of their physical body, and the state of their spiritual body.

Jessica: Right, so we have to check-in with those three things. But I have a question for you. What would you say to someone who is like, Kelsey, this is all great, but you don't understand my job. There is a lot of pressure, and I have to perform, and I'm scared that if I don't have this stress and this pushing and this anxiety that I just won't be able to perform at a high level.

Kelsey: Yeah, I get that so often, and it's a great question. I would say first of all, I hear you, and I completely understand. My career started on Capitol Hill in the United States Senate, which is very, very much a high-pressure job. And it transitioned from living in Washington D.C. to living in Los Angeles, working as a communications director. I was in charge of crisis PR, of all things, for a Fortune 500 healthcare company. So traveling every week, a lot of physical stress on the body, and a lot of mental stress because of deadlines and because we were working with CEO and the C-suite, and I have stepsons that I have been raising. So I really understand, and I really sympathize with the, we'll call it the energetics behind that conversation. What I would say to people is, are you tired of it? Are you ready for a change?

Because really, that's what it comes down to, Jessica, is if people are really done with the patterns and the behaviors that has been causing them these feelings of anxiety and these feelings of stress that lead to the feeling of burnout, and if they're really ready to make some of these changes, they will see that it's not about changing how much you get done in a day. In fact, you'll get more done in a day. It's about changing the way that you approach everything that is on your plate, does that make sense?

Jessica: It does, and something that I often remind myself is that you can't stress your way to a solution and in order to be creative and innovative and resourceful, this stress relief is essential because we're not our smart, logical selves when we're in that panic mode. We're just not.



- Kelsey: Absolutely, and you know, we're not, we don't need to suffer. You know, the thing with burnout is, and people may not like this term but it's one that I use because I really want to give people permission to sit with it and see where it lands. I call it needless suffering, is you can go into that meeting and you can go into your day. You can go home and know that you have to prepare dinner for your family or whatever it may be, or go to that function for work. You can go and you can have the mental space of not wanting to go and not wanting to be there and being annoyed and being upset and being fatigued and being angry about it. Or you can do five minutes of self-care and choose to switch your mental energy about it. You know, it's really this idea of what kind of, a teacher of mine once said to me, "What kind of glasses are you wearing? Are you wearing the glasses of woe is me, and this is happening to me? Or are you wearing the glasses of what opportunities could be here for me?"
- Jessica: Yes. Earlier you said that there's three things to look at, looking at the physical side of things, foods, how we're living in our lives, what we're consuming, what we are surrounding ourselves with, the emotional and then the spiritual. When it comes to tapping, which one of those three are we addressing?
- Kelsey: So I find that in tapping, and you and I had spoken about this earlier, I found with tapping that it is all. Because if you're having a physical pain, we're going to tap and help move the energetics of the body. So I always equate tapping to sort of this idea of it's like self-acupuncture, to move the chi of the body. And so in normal sessions with people, and we'll do it together today, I like to close that with Reiki so that you're moving the mental energy while you're doing the physical tapping. Then we bring in the energetics by allowing time to integrate the shifts that have just happened in your mental space, and also in your physical body, by allowing the sort of spiritual body to come in and release those energies that are no longer serving. And really, bring in a new awareness, a new consciousness, a new vibration, if you will, to the energetics of the body so that things can start to harmonize and balance can start to be made.
- Jessica: Yes, well I would love to have an experience doing some tapping, and then experiencing how you begin to incorporate Reiki. I want to know more about Reiki, but I want to have an experience first, does that make sense?
- Kelsey: That would be great, yes. I love that, let's dive in.
- Jessica: So when it comes to feeling stressed, a lot of times it is that moment when we wake up and we think about our day, and before anything happens we are already feeling



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stressed and overwhelmed. So I would love to do a tapping experience for that. I want to say, a side note, someone could be listening to this at 8 o'clock at night, or another time in their day. Still tap along, still have an experience with the intention that you're clearing the way for the next morning. So Kelsey, do you have anything you want to share before we go into an experience about tapping in the morning?

Kelsey: No, the only thing I would share is notice where your resistance lies. There have been many mornings where I have woken up with that same exact feeling, and this is stuff that I do for my profession and teach in the world, is I've woken up with that same feeling of almost like a sense of doom or overwhelm. The to-do list starts to scatter itself around in my brain, and that dissolves down into the body with a sense of like ah, I've got to get up, I've got to get going. Where is my coffee? Yeah, and every time that I choose to do a morning practice for five minutes even, things shift. So I would say to those that have one of those get up and go mornings, and even if you have kids and your schedule gets started on their clock, find that time of in-between, when you can go those five minutes.

On your way to work, if you're sitting in the parking lot, five minutes before you step into work, just any time that you can reset your vibrations so that you can receive the day, and I really mean that word, receive. Often people, the sense of overwhelm comes from this idea of what I have to do and how I have to give and perform and outwardly express and share myself to the world. And I want to teach people this opportunity to shift that vibration a little bit, where you are in also a vibration of receiving. Does that make sense?

Jessica: That makes a lot of sense. So what I would love to do is do some of this tapping, and let's measure the before and after.

Kelsey: I love that. Numbers in tapping is always a great way to see the impact of tapping. And I'll say this as well to people, even if your number doesn't shift at all, let yourself also sit a little bit with that, of your desire to really shift it or not, as we talked about earlier.

Jessica: Perfect.

Kelsey: All right, so I'm going to just begin and we're going to, I'm going to speak to you, Jessica, because I think that it's an easy translation for people. So you have a busy career, you are a mom, so give me a few words to accentuate what we're going to be tapping on today.



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Jessica: Sure, so when I think about overwhelm in the morning, and this experience of burnout, it's the sense of being tired before you even got started, a bit of nervousness about the day as to whether it's going to go as planned, and feeling like you don't have control. So if I think the opposite, it would be to feel centered and empowered, instead of feeling like the day just happens to me.

Kelsey: A-ha, okay, great. So everyone just follow along, and I'll cue you as to where we're going to go and where the tapping will take place. So we'll start with our four fingers on the right hand, everything but the thumb, you're going to start tapping the karate chop on the side of the left hand and just underneath the pinky on the left hand, and begin that tapping, making sure that you are really making contact, not hurting yourself, but just a little bit of that contact so you really feel the impact of the connection.

When you're ready, let's take a nice deep breath into the belly, big, filling up. Open your mouth, big exhale, sigh it out, beautiful. Take three more, just like that, on your own. Feel the rhythm of your own breath, and then really allow your shoulders and your body to empty out as you exhale. Again, inhale, bring it all into the belly as you fill up, shoulders relaxed, and open your mouth, exhale. Even let your jaw relax, one more time. One more time, hold the breath at the top, fill up air into the whole body, let everything receive this breath, and empty it out. Find the rhythm of your own breath. Let it be calm, let it have balance, very minimal effort here. When you're ready, please repeat after me.

Side of Hand Even though I wake up and feel stressed  
And I get overwhelmed thinking about my day  
I deeply and profoundly  
Choose to love and trust myself  
Even though I get overwhelmed  
And I have so many things to do  
And it makes me exhausted thinking about it  
I deeply and profoundly  
Choose to receive this day  
And all it has to offer me  
Even though I wake up feeling tired  
And my body wants more rest  
I deeply and profoundly  
Accept that this day  
Will recharge me  
And I will give myself space to care for my body



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eyebrow	I get overwhelmed when I wake up
Side of Eye	I feel burned out before I've began
Under Eye	It has been too long feeling this way
Under Nose	So I'm here to make some changes today
Under Mouth	I choose to trust my body
Collarbone	I choose to trust its signals and its needs
Under arm	I choose to give myself space and time today
Top of Head	I choose to receive this day

EB	I choose to make some new choices today
SE	I choose things that serve me and my wellbeing
UE	I have no idea what this day has in store
UN	I choose to see the excitement and opportunities of this day
UM	I choose to receive my beating heart and my breathing breath
CB	I am here to make new choices
UA	No more needless suffering
TH	That's so silly anyways

EB	So I choose to see with new eyes
SE	All of the things that are here for me today
UE	And I choose to give myself space and time
UN	To make new choices
UM	And to have new opportunities today
CB	Because there is no need for me to suffer
UA	I just have to see with new eyes
TH	So I choose to see me
	I choose to see me with new eyes
	I choose to see this day in a new way
	And I have everything I need
	To make this a great day

Release your hand and take a deep breath in. Open your mouth, big exhale, let it go. Two more breaths, just close your eyes and place your hands on your heart. Allow the energy that has shifted here to just dissolve and release, easy, easy with your exhale breath. Begin to feel an energy of light coming from the backs of your hands, and through your palms, into your heart space. Let yourself fill up with this light. Let it beam into your heart, and then travel out into every cell, muscle, bone, fiber, thought, inside of your body.



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Your mind is inside of your physical body. Shifting the mental space, it begins to open up new opportunity and space for the body, space to see and feel and experience the world and your day differently. Just feel and receive and open to this light. Commit to one act, one act of self-love, just for you, today. Take a deep breath in. Seal it into the body, exhale, allow yourself to open your eyes whenever you're ready.

Jessica: Thank you for that, that was beautiful.

Kelsey: How do you feel? I was going to ask you your number beforehand.

Jessica: Well, I was thinking. I was trying to almost bring up those feelings, and I didn't give myself a number, to be honest. I hope everybody else is a better listener than I am, and that they got a number before and after. Again, like I said before, sometimes we're doing this in the middle of the day, but even imagining it and putting yourself in that place and feeling better, you can begin to see a shift and notice how incorporating this at the time, at the right time, is going to help. And I definitely feel so relaxed. I want to rewind in this moment and do it again, but this time write down some of the sayings you said because they were so moving and I really felt my shoulders relax and my jaw relax. So that was beautiful.

I also love that you gave a space at the end, and this is something that in my personal tapping practice I always do, because I feel like after I tap it's when I get the best ideas and I feel the energy. Having that space is so powerful. You were having us imagine this light and this energy. Can you tell us a bit about that and about Reiki?

Kelsey: Of course, yes. So Reiki is a Japanese healing modality and it is something where when you really look at the idea again, so often times when I explain Reiki, I'll use again, Chinese acupuncture as a really good connection point for people, because most people know what acupuncture is even if they've never tried it. They're aware of what it is. And the same way with Reiki, the KI of Reiki is talking about the chi of Chinese medicine. So the 'ki' of Reiki is the same as the chi in Chinese energy. So that Chinese metaphysics of the life force energy within us. Then the Rei is really talking about sort of the universal consciousness. So the harmony of those two words together is about bringing in that light force energy and that universal consciousness, that spiritual energy, God's energy, whatever you want to call it, and bringing those two together into whoever is the recipient.

So the idea with Reiki is we don't use needles, we use our palm chakras, and a Reiki





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practitioner, and everyone has Reiki inside of them, just like we all have life force energy inside of us. We all have connections to things like nature, or to things like whatever our spiritual practices are that make us feel more of ourselves. So from that perspective, we're using the hands to channel and connect to this universal consciousness, this divine energy, and allow it to come in to bring balance and harmony to the life force energy that is inside of us or inside of the recipient that's receiving Reiki.

Jessica: Yes, and the reason that I wanted to have the experience first is that so many of these things you can try to logically understand, but it really is an experience.

Kelsey: It really is, and I wouldn't, I don't know how other Reiki practitioners out there, I'm sure some of the people listening are as well, you know, for a long time there was this essence where it was kind of a secret society and people were spending thousands and thousands of dollars and meeting under a bridge to get Reiki certified. We are very lucky in this century that a lot of those entries and a lot of those portals have shifted, so it's a much more commonplace experience and many people can go out and get certified.

I also like to tell people though that you don't have to get certified in order to start doing Reiki on yourself, meaning you can tap into this essence right here and now. There is no teacher out there that "gives you" the Reiki, you have it inside of you already. So when I go out and teach workshops around the world, I teach people in an experience how to do the Reiki on themselves right away so that they don't give themselves the ego's excuse that they don't have anything to heal and to help themselves.

Jessica: Yes, I imagine that there's a lot of people who do Reiki, who spend the time giving themselves this positive energy without ever calling it Reiki?

Kelsey: Yes, exactly. That's exactly it, and the same thing with tapping. There's a lot of different techniques out there that have the same benefits, right? So it's kind of the same as doing a yoga practice. There's so many varieties of it, right? And each person will find the tool and the modality that speaks to them. Really you're looking for the thing that feels the most empowering, the most healing, the most helpful for you at this time in your journey.

Jessica: Yes, perfect. I have another question about the tapping that we just did. If someone is replicating this for themselves, they're tapping in the morning, I know it's helpful to write down some of the phrases that you've shared. If we're trying to have a





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unique experience, how long do we spend on honoring how we're feeling? And then when do we switch to the positive? Do you have any advice around that?

Kelsey: Yes, so most of what I do is really intuitive. I don't write things down before I do tapping, even when I'm doing group workshops and everything. So my biggest advice for people is to really tune into yourself. If you're somebody who does really well seeing words written down, then I would say connecting with yourself for 60 seconds to 2 minutes prior to tapping, and really writing out what's coming up for you, what you're feeling, so that you know you can tap and speak it through. And if you're somebody who is more kinetic and you feel things more, then I would say just allow yourself to take some pauses and some breaths where you can just tap for a while on the side of your hand, to really connect to any other feelings that are coming up. Then if you're a visual person, just look for some of those images to see if there's anything else that needs tapping before you start to move into the positive.

Jessica: Wonderful, thank you.

Kelsey: Of course.

Jessica: So let's talk about the middle of the day. Sometimes for people it's right after lunch, or at 4 o'clock, we have this slump where we just are tired, maybe we feel a bit burnt out. Can you tell us about that time? Because last time we chatted, you were telling me that there are some other ways people try to find comfort during that time, which isn't that helpful.

Kelsey: Right, we talked about that mid-afternoon coffee, we talked about the sugar. And really, what we also talked about is sometimes it's as simple as changing your environment and changing the frequency of your surroundings. So if it's winter time for some of you, it can be a bit harder to step outside and take a walk, but if you have the opportunity in the middle of the day, there have been so many times where I have been just crunching away on emails and I might still be in my, because I work from home many days, I might still be in my pajamas at 2 o'clock in the afternoon. And my assistant or my husband will be like, let's take you outside and go get a coffee or go get something to eat, or whatever it may be.

So it's really, again, sort of as I said before, it's really about knowing yourself. I know that I can get into something, but I also know that it's not healthy for me. So first you have to know yourself. If walking outside you know is good for you, but you just don't make the time for it, then it's time to schedule it in your calendar. If you don't have five, ten minutes for that, then yeah, a couple of minutes of tapping



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or even I've told people before, go into the bathroom stall at work if you're in a cubicle and sit there and play some music in your ear buds. Put your hands on your heart and maybe do a couple rounds of tapping. And also do a couple minutes of just sending yourself this deep amount of love and amount of spaciousness to almost clear out what the day has been so far.

Jessica: Yes, you know, I don't know why no one told me to do this. I don't know if it helps other people, but I love to lie on the floor. Like it will be the middle of the day, I'll feel a slump, and I'll just have to get out my chair, completely lie on the floor, and do some tapping and some deep breath. Obviously if you work in a cubicle, you can't do that, or someone could trip over you or look at you like you're crazy. But I find that sometimes tapping and just lying on the ground, it helps me feel grounded.

Kelsey: Yeah, and look, a lot of people drive to work. You could also go out, and I mean, I did this when I used to work in one of my corporate jobs is I would sometimes go out to my car and before I would come back to the office I would lay in my car and I would put my seat back. I would put sunglasses on so nobody could see my face, and I would put music on and I would just lay there for maybe ten minutes. It was a complete reset.

Jessica: Yes, so I love this idea, just to have this in your mind. It's the middle of the day, you're allowed to take a break. You can take five, ten minutes for yourself. It doesn't take a lot to begin to feel better. And with that, if we want to do some tapping, obviously, it's an amazing strategy. When I think about an afternoon slump, for me it's this idea of, ah man, the day is not over yet. Oh man, I still have a few hours of work. It's not dinner time yet, it's not Netflix time. So there is that kind of looking at the rest of the day with this ugh, I'm tired. So I'd love to do some tapping on just the emotions that come up around okay, I still have a lot to do and I just don't have the energy. I'm curious for you, Kelsey, as I know you do the tapping, you follow your intuition so it's helpful to get clearer on what are those feelings that come up. Do you have any thoughts as well that come up when you have that afternoon slump?

Kelsey: I mean, really to me, the word burnout comes up. It's just that you've used a lot of, and by the way, let's also just take a moment to acknowledge that we output far more than we probably even realize because we've just become so accustomed to this level of working. And we're not including our physical bodies. So that is also part of why tapping is so effective, because you're almost tapping your way back into your physical body in that afternoon slump, right? Because we typically, we're very much in our mental space. Even if you might have a job that's maybe a little bit



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more laborious and you're doing some things with your physical body, you're often still being asked to be stimulating your mind. So we're not getting to have that afternoon siesta to reset ourselves from the morning into the evening. All right, so I think it's important the people recognize you're not a machine and you're not here to be a machine, so giving yourself these really sacred spaces throughout the day are going to be part of that energy we talked about all the way back in the beginning of this, of really resetting and not needing to have that needless suffering, to just slam yourself, almost steamroll yourself to get through the day. You don't have to do that, that's not a requirement. You don't sign the dotted line and say I choose to give up my adrenals and steamroll myself at this job. And especially if you're an entrepreneur, you really need to look at resetting some of those boundaries with yourself, like why did I do this anyways? If I'm needlessly suffering, then it's up to me to change some of this.

Jessica: Yup, that makes sense. So let's do some tapping.

Kelsey: All right, we're familiar now, so let's take the right hand and start tapping at the outside of the left palm. We'll make this one a little bit quicker so that people can really use this, and you guys can take this for yourselves for any afternoon break and just see if it gives you a shift. So let's identify a number, and identify a number of the feeling of fatigue or burnout or maybe even a sense of sluggishness or resistance to getting through the rest of the day. And continuing to tap, let's take three deep breaths, going up the belly, open the mouth, and exhale. Again, two more times. Maybe a sigh.

Side of Hand Even though I'm burnt out  
I'm freaking tired  
I don't want to keep going  
I deeply and profoundly  
Trust I am safe to release this now  
Even though I am so tired  
I have done so much already today  
I don't have it in me to keep going  
I deeply and profoundly  
Accept I am safe to release  
And let go of what no longer serves me  
Even though I have already had a whole day  
And I have so much more to do  
I deeply and profoundly  
Choose to love and trust myself



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Even though I am overwhelmed  
There is so much on my plate right now  
And no one understands what I'm going through  
I deeply and profoundly  
Trust myself to release this now

Eyebrow I am so overwhelmed  
Side of Eye I am overwhelmed and it doesn't feel good  
Under Eye I am overwhelmed  
Under Nose I feel overworked  
Under Mouth I am overworked  
Collarbone I am trying to do so much  
Under arm I am trying to do so many things at once  
Top of Head I haven't even taken a moment to myself

EB But here I am now  
SE I am fully committed to me  
UE I am here to show up for me  
UN I choose to see and love and accept me  
UM I am so capable  
CB And I can do this all with ease and grace  
UA I have made everything so important  
TH I let it all be more important than me

EB I let it all be more important than me  
SE So I choose to shift this now  
UE I choose to show up for me  
UN I choose to see what is really a priority  
UM It's not as much as I thought it to be  
CB I know I am capable and strong  
UA And I choose to release what no longer serves me  
TH It will all get done

EB It will all get done  
SE And I do not need to suffer  
UE So I choose to enjoy this day  
UN I choose to take a moment for myself  
UM I choose to reprioritize the rest of my day  
CB Because I am capable  
UA Because I trust myself



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TH And I know exactly what I need to get done

EB I choose to release everything else  
SE I create so much new space for myself and my mind  
UE To see with clarity what I need to do  
UN And just choose to do it  
UM I choose that it will be easy  
CB I choose that it will go by quickly  
UA And that I will have a beautiful evening  
TH I choose to have a beautiful evening

EB So let me go finish what needs to get done  
SE I knew exactly what I need to do  
UE And I'm just going to do it  
UN So I can enjoy the rest of my night  
UM Thank God for me

Take a deep breath in, exhale. One more time, and just take a moment to acknowledge what actually really needs to get done. Maybe nothing, maybe two or three things, maybe sending a couple of notes so that you can shift around the priorities and the things. Because there is no reason, and no need, for you to needlessly suffer.

Jessica: That was so good, I needed that so much.

Kelsey: Yay, and I hope that those listening also can see that so often it is just our minds commanding and controlling things, and we're not even aware of it until we take just a few minutes to really release this spin cycle that the mind has us on.

Jessica: Yes, that was personally so powerful. Last night, I think Enzo is teething, because he was up at three, and then he was up at five, so I am a tired mama right now.

Kelsey: Oh, I bet you are.

Jessica: And doing the tapping, the biggest a-ha moment for me was first being gentle with myself. There was something powerful about recognizing, I'm tired. Just saying that and accepting it instead of fighting against it is so powerful, and the other thing is through that tapping I became really clear on what I need to do for the rest of the day. Because before it was like this list, while I was tapping and repeating after you it's like my mind was able to prioritize okay, just these two things and that's it. So



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it's not about tapping and being super productive and pushing more, it's about calming your mind so that you can gain clarity as to what really needs to get done, what you can shift, how to prioritize so you can better take care of yourself.

Kelsey: It's so true, Jessica, and I'm so glad you had that awareness because often what happens is people in their minds, keyword, they put all these priorities up. The truth is, those really aren't all of your priorities. If you really wake up and I'll do this with myself, and I encourage anyone who feels that this resonates for them to do the same. When I wake up in the morning, I really take some time, and it's not long, it's maybe ten minutes, where I'll do a meditation with some Reiki on myself. I'll sort of energetically connect to myself and the day. Then I'll get really clear on what are the three things. Maybe if it doesn't happen in that moment, it will happen when I'm having coffee and I'm just sort of sitting for a couple of minutes.

What are the three things that I really, really want to do today? Do for myself, for my business, whatever it may be. One might be movement, one might be sending off that email that I've been avoiding, or finishing up that paperwork, or whatever. Then so long as I know that I gave myself the space for those things that I have decided were the priority, everything else is not going – it can be on the list tomorrow. It's really giving my mind almost this regulation so that it cannot spin out of control to tell me that I have 45 things to do today. Because there will always be more.

Jessica: Yes, it's so true. Well Kelsey, I'd love to sneak one more thing in. We don't have much time, but we talked about the morning and the afternoon. I want to talk about the evening because sometimes it is hard to shut off. You know, we've finished working and how do we really have that separation between the go mode or that working to being able to really disconnect and relax and not let our mind go crazy. I know for a lot of people their mind seems to race late at night.

Kelsey: Yes, very much.

Jessica: Can we actually just jump into an experience? I'd love to do just something around being able to let go of the day and quieting the racing mind and really set ourselves up to have a relaxing evening based on self-care.

Kelsey: You bet, let's get into it. So right hand, all four fingers, tapping on the outside of the left palm. A couple of nice, deep breaths in. You guys are pros at this breathing at this point, so really receive the nourishing breath. I find that in the evening time, one of the most important things is the breath, so really taking just a few conscious big



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inhales and big, open mouth sighs, grunts, movements of breath, is so important because often times our breath is restricted. So the flow of oxygen to the brain and its thinking and its critical thinking and its overthinking can really start to be alleviated just with some deep breaths. Once you have taken those, and you're still tapping, you're consciously connecting, repeat after me please.

Side of Hand Even though my mind is racing  
And I want to do so many more things in this day  
I deeply and profoundly  
Trust I am safe to let go now  
Even though my mind is racing and I want to keep going  
There are so many things to still do and I have so many tasks around the house  
I deeply and profoundly  
Trust that I am safe to just be now  
Even though my to-do list is infinite  
I deeply and profoundly accept I am right on time  
And there is nothing left for me to do  
Because I have done enough today  
And because I am enough just as I am

Eyebrow I have wanted to keep going all day  
Side of Eye I don't want to stop because my mind is still racing  
Under Eye It's too hard to turn off  
Under Nose My mind wants me to keep going  
Under Mouth There are so many more things to do  
Collarbone And thank goodness for me and so many things to do  
Under arm Because it means my life is full  
Top of Head It means I am full of experiences and people and so much love

EB And in order to show up for all of these things  
SE I have to take breaks and take rest  
UE And I also get to enjoy this entire life  
UN It's not about me slaving away all day  
UM I work so I can also relax and rest  
CB I take care of so many things and so many people  
UA And it's a beautiful gift to also take care of me  
TH So I choose to release the day

EB And I choose to connect to the here and now  
SE And I choose to enjoy and relax into this evening





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UE I choose to put away my phone and my technology and my emails  
UN And I choose to light up into this evening  
UM I choose to see all the beauty and the peace that surrounds me now  
CB I choose to see the fullness and the joy of my life  
UA And I get to receive it and relax into it now, too  
TH I choose to receive and replenish during this evening

EB Because I am so worthy to relax and rest  
SE I am so worthy to be here and to just feel peace  
UE I am so worthy to just rest and bask in this evening  
UN I choose to receive  
UM I am done working now  
CB It is time for me to rest and receive  
UA Whatever that looks like  
TH I choose to receive it

Take a deep breath in.

Jessica: I choose to receive it, wonderful.

Kelsey: Exactly, and just really for people to take that moment to transition. It's not abnormal at all to need that transition time. It's the same way we don't expect a baby to go from playing to sleeping. There's a transition period, so we need to treat ourselves with that same love and nurturing and that same grace.

Jessica: Absolutely, well Kelsey, thank you so much for leading the way, for leaving us feeling so peaceful and empowered. I truly appreciate it.

Kelsey: It is my pleasure and there is lots and lots of other techniques and tools for people to receive, as you and I both know, through The Tapping Solution. I have lots of resources on my website. My book, *Burning Bright*, has tons and tons of practices. And I just want everyone to know that you are not alone, you are human having all of the human experiences. Just really treat yourself with that love and that grace.

Jessica: Thank you so much.