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Jessica Ortner: Welcome to this bonus day for the Tapping World Summit. This is Jessica Ortner, and every year we get requests for this powerful process, which has already helped thousands of people to take the next step forward, and we are so excited to share that with you again this year!

What I personally love about this event, the Tapping World Summit, is really what happens when it is over, and we all continue to tap, and we begin to see how different parts of our life begin to transform. This isn't the end; I truly believe that this is just the beginning. So in the next audio you will be led through a process to help you take an honest look at all areas of your life, and this will give you clarity and allow you to know where you can begin tapping.

This bonus day is all about integration and getting clear on what your next steps will be. Taking this kind of review of your life is often called the Personal Peace Procedure. You write down any memory that gives you emotional discomfort. What you don't face consciously you suffer unconsciously. These feelings and events are lightly grabbing your attention during this process, because they are ready to be cleared. But you are very detached from it. This is the key. You are simply a distant observer. You may observe events or feelings that you label "big" or "small". It's important not to judge.

Even a memory you haven't thought of for years, like a time that you read something out loud in school and you stumbled over a word, and one of your classmates made a mean comment, and you can still remember that comment. It doesn't matter when it happened, or what happened. If a memory creates any kind of emotional discomfort, take note of it.

When something comes up, give it a title and write it down. You will have the ability to rate the intensity and tap on it later. A title can be one word or a few words – something short that when you look at it later you know exactly what event that is. It is very important to write the title down. And again, it can be very simple like, 'The time I was teased in school.' Or, 'When Sam said this,' and just state the statement. Whatever it is, any word or short phrase that helps you remember that memory.

I really encourage you to find a quiet place where you can do this process. Turn off the phone, disconnect, and really give yourself the time to go into this process. If you have the gold or platinum package, open to the back of the workbook



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where you can follow the guidelines there. Just relax and let your thoughts flow in and out of your mind like the ocean waves. If you choose, you can tap on the points while you go through the process.

One very important note – if you know there is a very emotionally-intense event in your past that you have not addressed, and you are uncomfortable doing so on your own, finding professional help is very important. This process is meant to be a life review, but intense emotions can come up. So please use your common sense and seek outside help if you believe that you need it.

We are so thrilled that you could join us for the Tapping World Summit, and we hope that this is just the beginning. Please stay in touch. You can connect with us on Facebook and also in the comments below. From everyone here at The Tapping Solution, we are wishing you the very, very best.