



When the Past Hurts: Using Tapping to Understand, Overcome and Heal Trauma From Our Past

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Your intuitive understanding of your body is as important as a doctor's assessment. Anyone who has dealt with a health challenge is often bombarded with opinions and options, and/or a lot of uncertainty and unanswered questions. It can feel overwhelming trying to navigate your own healing journey, but your body is constantly trying to communicate with you through your intuition.

What you're going to learn here is how to begin to understand and communicate with your body and discover what it really needs to heal.

Physical pain is a way in which your body communicates with you, as are hunches, dreams, intuition, and others, but oftentimes we don't pay attention until it's too late.

Eckhart Tolle talks about the "pain body", which is created by the unfelt, unprocessed emotions of fear, dread, anger, overwhelm that usually start in childhood when we are overwhelmed by the pain bodies of our parents, or by our culture, our heritage... In other words, we inherit the pain bodies of our ancestors, and it is our job to be present with these and to transform them. I believe that that's one of the things the soul asks us to do.

Modern medicine would lead you to believe that every symptom is simply a deficiency of a drug, so you lose all the magic. Then there's also the fact that what we focus on expands. If you watch television, probably 80% to 90% of the programming is supported by the pharmaceutical industry. The ads that you see actually create a post-hypnotic suggestion that you will get this, you will get that, it's only a matter of time.

There are also the cultural portals. Dr. Mario Martinez points out that it is our culture that tells us what to expect, and so the degree to which we remain healthy depends on the degree to which we can get our power out of the outside, the doctors, the drugs, your mother-in-law, whoever it is, and back, as Caroline Myss says, "behind our eyes."



That starts with you disbelieving that a symptom came out of nowhere and landed on you, or that it happened because you turned 30, or 40, or 50; or you've read that you have to get your first colonoscopy by 50, or your first mammogram, or that it's all downhill after menopause. In other words, you need to own what's going on with your body, and then you need to step out of the portal. We must stop being hypnotized into this cause-and-effect thing. There is room for that, of course, but it shouldn't be 99.9% of the conversation.

Your power is understanding that your body is fueled by your spirit, by a part of you that you can't see or touch, but which is always in communication with you. And very, very often, it comes through the pain body. Your job is to just be present, and not feed the pain body. Eckhart Tolle says, "The pain body is a semi-autonomous being, and it kind of lives on its own, and it keeps itself alive by needing to feed." It needs to feed regularly. What does it feed on? Negativity, fear, and anger.

One of the things that I love about tapping is that it acknowledges all the pain, right from the start. Then invariably, it starts to bring in the messages of the spirit and it ends on a much higher note, a higher vibration: hope, joy, humor, laughter. Those have very high vibrations; those emotions, those energies are incapable of feeding a pain body. So one of the first things you have to do is step outside of the notion that you are your pain body. It's not you, it's something that you've created, or you've inherited, and you have the power to dissolve it by first noticing what it is. It's not you.

Your mind often catastrophizes situations, it awfulizes, and let me say, as a board-certified medical doctor, the entire medical system is based on this. We're always taught that we'd better get our shots for this, for that, for something. We're not taught that in the vast majority of people the immune system will protect you. We're not taught that the vast majority of people who are bitten by a tick will not get Lyme Disease. We don't study that part. I want to fan the flames of that part of us. That's our innate intelligence, that is our inner wisdom, that is our spirit, that is divine love. It is far more powerful than we ever give it credit for.

When we are thinking about health and worrying about what might happen in the future, those thoughts and beliefs are beating the poor adrenals into producing more cortisol, more epinephrine, which in turn causes blood pressure to go up, heartbeat to get higher and/or irregular, and ultimately they are producing insulin levels and blood sugar that are too high. They're wreaking havoc with steroid hormones, (estrogen, progesterone, testosterone,) and they're sending those sex steroids down a path of creating more stress hormones called cuticle estrogens. This is what menopause is about with many, many women, because midlife is a turning point. Men too, by the way, but women just happen to have this period



that begins to get irregular and then stops.

But what happens under this condition of awfulizing, catastrophizing, having anxiety, worrying about the future, worrying about your health, have you had your this, have you had your that? You are constantly making yourself an object to be observed and worrying about the worst-case scenario. Here's a current one that's amusing to me, and that is, after re-assessing all the women's health initiative data, the "powers-that-be" have decided that every woman better start taking estrogen within ten years after menopause, menopause being the last menstrual period, because that's her window. And if she doesn't start taking estrogen in that ten-year window, she's at greatly increased risk for Alzheimer's disease and decrepitude and all the rest of it. If you hear this, and believe it, it leads to more worrying, and then that leads to more stress hormones, more unstable blood sugar, more lack of cardiac coherence. It's the beginning of chronic degenerative disease, which begins with your thoughts, because it is your thoughts and beliefs that drive your behavior!

So, with all this in mind, let's do some tapping focused on the anxiety we feel about the future.

Let's get ready by taking a nice, deep breath in, and exhale. And think about your future. Do you notice yourself having this pattern of worrying, of thinking, "If I'm experiencing this pain now, what's going to happen in the future? Are things going to get worse?" Notice all of that worry, and give it a number from zero to ten, ten being very intense, zero feeling calm ____

Also notice where you feel it in your body, because we don't think thoughts and just have them live in our head. We experience them with our body. When you worry about the future, is it a tightness in your stomach or pressure in your chest? Do you feel your jaw being tight? Notice how it shows up and write it out here:

Measure that on a zero to ten scale: ____



And start tapping on the side of the hand:

Side of Hand Even though I have been struggling with my health
And now the future scares me
I honor how hard this has been
And I'm open to a new way

Even though I've really been struggling
And it feels like a lonely journey
I honor how hard this has been
And I give my body permission to relax

Even though I've been through a lot
And I'm scared of what's to come
I accept how I feel
And I give my body permission to relax

Eyebrow I have been struggling
Side of Eye It's been a long journey
Under Eye It's been a lonely journey
Under Nose It's been a confusing journey
Under Mouth I've been feeling stuck
Collarbone All of this pain
Under arm All of this discomfort
Top of Head Things are tough

EB I honor how hard this has been
SE I honor how brave I've had to be
UE And I begin to notice this pattern
UN I notice the worry
UM What if things get worse?
CB What if things get worse?
UA What if I can't get better?
TH All of these unanswered questions

EB Has left me believing the worst
SE And I'm losing my power
UE By worrying about the future
UN I acknowledge this pattern



UM I acknowledge how hard this has been
CB And I'm open to a new way of thinking
UA Because right now and right here
TH I am okay

EB Right now and right here
SE I am making progress
UE Right now and right here
UN I am safe
UM I am safe
CB And I give my body permission to relax
UA Relaxing more and more
TH It's safe to let go

EB It's safe to stop thinking
SE And just to be with my body
UE I notice my breath
UN I fill my lungs with precious air
UM And I exhale what I no longer need
CB I'm further along than I realize
UA I am so proud of myself
TH This is just the beginning

Take a nice, deep breath in, and exhale. Notice how you feel, notice your body, if it feels lighter, more open. Notice the worry that you had before. Has anything changed?

Notice how that number has shifted: _____



Sometimes when we tap, we get ideas or inspiration. That is our intuition speaking to us, so if anything came up while we were tapping, take note of it.

What that tapping script does, is it literally takes those thoughts, it honors them, and acknowledges them, because every feeling just wants to be felt. That's all it is, it just wants to be acknowledged. So the spirit part of you says, "Nice job, you're here, thank you, I hear you."

In this culture we seem to have the idea that worrying buys us something. (I heard that the writer Stephen King says his fear keeps the plane in the air when he's flying!) There's this idea that if we worry enough, it will somehow help us get what we want. This could be true in other arenas, but the absolutely opposite is true in the physical body. The thoughts of anxiety about the future take hold, they're ironing in the states of fight, flight, or freeze, none of which is a state that one should be in overly long. Those thoughts work really well, and can save our lives, or the lives of others, in a situation where we perceive that "Yes, this is going to kill me in the next two minutes, jump out of the way now!" That's what that biochemistry is for, to save your life. But it's going to kill you if you live there all the time.

Have you ever looked back at a situation and thought, "I am so happy I worried so much about that? It was totally worth it!" Highly unlikely, isn't it?! So why worry now?!

You can still care deeply, and you can still search for answers and talk to doctors or do your research, but if you're doing it from a place of fear instead of a place of power, the results will be negative for your health, and you won't be making the best decisions.

So how do we listen to our intuition? We're not taught about intuition in school. When you're a child, no one tells you about your intuition. For many, it can feel like a new concept.

John Holland, the wonderful psychic medium, says, "Intuition is the compass of the soul." It's where you know something with no data, and it is our first language.

Collette Baron Reid says, "We call it the sixth sense; it's actually our first sense." Little children have it. But our entire culture undermines that soul voice; we teach them to ignore it.



But what's really exciting is that people are waking up to knowing that we can no longer trust the institutions that we've been taught to trust. The medical profession, the banking system, our political system, the educational system. People are taking back their power. I think what's happening is people are waking up to their intuition, to their true consciousness. I see it happening all over the place, and that's a wonderful thing, but it's up to you...

The way to do this, the way to navigate this, is to remain curious, but I want to empower everybody to stop the train of whatever it is. Stop the train! If you have a bad feeling about a medical treatment, about a drug you're on, about anything of that nature, then stop the train and become curious, and say, "This doesn't feel so good for me right now. Let me gather more information, let me see what this is about, and I'll get back to you." You don't want to work with anybody, with any medical professional, who doesn't honor that. That has to be honored, because what happens now is, we've put the doctor in the place of the parent.

Our own authority has to be honored, and we need to learn how to honor it and not think that someone outside ourselves knows better.

When you're tapping, you could use a phrase like, "Where are you comfortable? Do you trust yourself? On a scale from one to ten, where is your self-trust that you will be able to have the agency to do what you need to do for your health? Where are you comfortable?"

Part of navigating this journey, of "stopping the parade", stopping that momentum if it feels wrong, is the ability to say no, or to say, "Let me get back to you. I'm going to check with another doctor. This doctor doesn't really feel good, so let me find another one." So many of us are people pleasers. So when you have someone in front of you who is an authority, and you don't want to hurt their feelings, you don't want to question them in case they get offended, you end up going towards something that doesn't feel right to you, in order to protect someone else's feelings. This happens all the time, so something we can tap on is the ability to listen to our intuition and say, "No, I want to go to another doctor, I want to try something different," to advocate for ourselves.

Cheryl Richardson's book, *The Art of Extreme Self-Care*, has a whole chapter about "let me disappoint you." There's no way that you are ever going to remain healthy and happy, and have sovereignty over your life and inner authority, if you can't deal with disappointing somebody, at some point, because your yes to yourself will invariably disappoint someone else. It's important to tell other people when you need to rest and take care of yourself.

Many of us are trained, especially people like first responders, and in many businesses too, that your worth is determined by how little rest you need. So we praise those people who



only need three hours of sleep a night. They exist, but they're few and far between.

So when you identify a need that you have never allowed yourself to meet, and if you've been in a family who've made it their business to make sure that you never meet that need, because you're there to meet the needs of the family, then when you notice it and you begin fulfilling the need, despite the guilt which will be there, begin to celebrate the fact that you noticed and that you got a need met, because at the end of the day you're the only person who can meet that need.

We live in a culture where we don't look at rest as a good thing. Often, we look at it as a weakness, but our body really needs that rest to heal. It's up to us to stand up for our body and to listen to what it needs and to take action. So we're going to tap on how to communicate with our body and to make a promise that we're going to listen and we're going to speak for our body, that we want to defend our body. Then your body will relax because finally someone is taking care of it. You're being the mother you never had.

Let's start by taking a nice, deep breath in, and see if, while doing this program, any emotions began to arise. Maybe you were reading or listening and there was a part of you that was thinking, "Oh, well it's easy for them to say!" Notice that part of you that's resistant. Notice what feelings come up when you think about taking time to rest and speaking up for yourself. Make a note of that:

Notice that resistance, and on a zero to ten scale, with ten being the most intense, note that resistance: _____

We're going to start by tapping on the side of the hand:

Side of Hand Even though I've been struggling
And it's been a lonely journey
I love and accept myself



Even though it seems easier for everyone else
I was stuck with a bad body
And I struggle to speak up for myself
I honor how hard this has been
And I'm open to making it easier

Even though this has been a big challenge for me
And making a change feels overwhelming
I honor how hard this has been
And I'm open to more ease

Eyebrow	My body has been struggling
Side of Eye	And I'm struggling to take care of my body
Under Eye	Because I feel all of these emotions
Under Nose	Frustration
Under Mouth	Anxiety
Collarbone	Disappointment
Under arm	It feels unfair
Top of Head	It seems easier for everyone else

EB	And I'm on this lonely journey
SE	Fighting against my body
UE	Stuck in these circumstances
UN	I acknowledge how hard this has been
UM	And I'm open to a new way
CB	And that starts right now, and right here
UA	By listening to my body
TH	And speaking to my body

EB	Hello body
SE	I know you've been struggling
UE	And I've been mad at you
UN	I've been criticizing you
UM	And I know it's hard to feel better
CB	When someone's constantly criticizing you
UA	It's hard to feel good
TH	When someone is constantly ignoring you



EB It's hard to feel empowered
SE When someone is constantly pointing out your flaws
UE I'm so sorry, body
UN I'm so sorry, body
UM Under these hard circumstances
CB You've been doing pretty well
UA I'm ready to make it easier on you
TH By listening to you

EB By having patience with you
SE By having compassion
UE I'm ready to make it easier on you
UN By noticing what you need
UM And putting your needs first
CB And part of me is nervous
UA Because I haven't been good at this
TH But I'm willing to practice

EB I'm willing to try
SE I'm willing to speak up
UE Because you deserve it
UN I promise to be kinder to you
UM I promise to listen to you
CB I promise to have patience
UA We are working together
TH I love you, body

Take a nice, deep breath in, and notice how you feel. Think about standing up for your body, saying no to someone else, taking more time for yourself. How does that feel?

Notice also if that number has shifted. What is it now? ____



What I want you all to know – as a physician – is that each of us has the ability to remain healthy and well. We really, really do. You don't need constant monitoring.

I know that when we're struggling with a physical ailment it can feel very isolating. You can feel lonely, and even when speaking with doctors, it can feel confusing. But we have to take a proactive approach to our health and to our wellness.

The first thing to remember is that the doctor, nurse practitioner, whomever, is working for you, not you for them. They don't have control authority over you, so don't give it to them. Do not think you owe them anything, because you don't. Be aware. When you go in, does the place feel healing? Does the person feel like a healer? And take someone with you, especially if you're a people pleaser. Some people will often not even tell the doctor what's been going on, because they want to appear that they're doing well... No, you're there because you need help! So feel the atmosphere, is this a healing place? If not, move on.

Remember also to evaluate your feelings about a drug regimen, a nutritional regimen; they may be totally different from the feelings that your spouse or a family member has about it. You literally have to trust your gut when you go in. Do you like the way you're treated? Do you like the way the thing feels? Do you have a good feeling about it? If you don't, if there is a shred of doubt, then give yourself a break. Delay, just like when someone asks you to do something and you have to say no to them, you just say, "Let me think about it for a minute. Let me get back to you." Stop the train right there. And as you work on it, you'll get better and better at just stopping the train.

(Additional Tapping Scripts #1: General Pain)

Pain is often a way that our body communicates with us, but the fear and panic we may feel about how long it will last, and if it will get worse, can get in the way of us being able to really listen to our bodies. This is an opportunity to show your body more love and kindness. Let's tap now to release the panic about the pain, so that you can connect with your intuition more, and share love and kindness with your body. Whatever your next step may be, taking this time to slow down, and listen to your inner wisdom, will help you. Take note of any thoughts or feelings that this brings up:



Let's start by identifying how much pain you are experiencing on a scale of zero to ten, with ten being extreme pain and zero being no pain at all. Identify that now and make a note of that number here ____

Take one gentle deep breath in, and out. Start by tapping on the karate chop point, on the side of the hand.

Side of Hand Even though I am feeling all of this pain,
I accept myself and honor how I feel.

Even though I'm in so much pain,
I accept myself and I give myself permission to relax.

Even though I'm so frustrated with this pain,
I accept myself and how I feel.

Eyebrow All this pain.
Side of Eye It's so hard to relax.
Under Eye All this tension in my body.
Under Nose This pain in my body.
Under Mouth It is so frustrating.
Collarbone I don't feel like myself.
Under Arm I'm worried it will never stop.
Top of head I'm worried it could get worse.

EB All my fear about this pain.
SE Sometimes I feel panicked.
UE Sometimes I feel numb.
UN This pain in my body
UM I don't want to feel it all the way
CB It's just too much.
UA I don't know why I am in such pain.
TH Sometimes I feel really powerless.



EB It's safe to feel these feelings.
SE It's safe to relax.
UE Maybe I can be kinder to myself.
UN I choose to acknowledge this pain,
UM and begin to let it go.
CB I am open to releasing the pain,
UA the negative emotions,
TH and all of the tension from my body.

EB I wonder what this pain is all about?
SE Maybe it connects to a memory or incident.
UE Maybe I don't know why I feel this pain.
UN Whatever is going on in my body right now.
UM I choose to breathe and relax.
CB I choose to know that I am safe.
UA I choose to open up to the possibility of feeling better.
TH All I need to do is slow down and relax a little more.

EB Maybe I can listen to my body.
SE Maybe it is possible to feel better.
UE I choose to know that I am safe.
UN Right here, right now, it's safe to feel this pain,
UM and it's safe to let it go.
CB I choose to breathe and relax.
UA My body deserves more love, not less.
TH I choose to be kind to my body now.

EB As I let go of the panic about my pain,
SE I can feel things shifting.
UE Beneath the panic, there's just a body that craves kindness and loving attention.
UN I choose to share kindness with my body now.
UM It's safe for me to acknowledge how I feel and what I need.
CB I choose to meet my pain with curiosity and kindness.
UA From this place, my body can heal even more.
TH I choose to honor my feelings and my body.



Take a nice, deep breath in, and notice how you feel. Check in on the pain you were experiencing, and see if you notice any changes or shifts. How do you feel now?

Notice also if that number has shifted. What is it now? ____

In just these few minutes of tapping, you reduced your stress and allowed your body to relax. From this place, you can connect more with your intuition, and your body can begin to heal! Your body deserves love and kindness every step of your healing journey, and you are giving it that now.

(Additional Tapping Script #2: Trusting Your Intuition)

The intuition speaks through feelings; it is deeper than the logical mind. Often fear and doubt get in the way of being able to listen to and follow the intuition. This tapping will help you shift out of being frozen by “what-ifs” and help you get out of your head and into your body, where your intuition lives.

Sometimes it’s hard for us to listen to our intuition, because we are afraid of disappointing or upsetting others. Cultivating the ability to be ok when we disappoint others, gives us more freedom to follow intuition. This is about feeling agency to do what you need to do for your health. As we cultivate confidence and trust in our intuition, it becomes easier to hear. By developing a deeper trust in our intuition, we can listen to the feelings that are here trying to guide us.

Take a moment to tune into your intuition. How confident do you feel about your intuition? Notice any fears or doubts that pop up when you think about being able to trust your intuition.



Take note here of any thoughts or memories that this brings up for you:

Tune into any resistance you feel to your intuition, maybe you feel it as doubt and fear. How strong does this feel on a scale of zero to ten? ____

We'll begin by acknowledging any resistance you feel, any fears, any blocks that there may be to feeling connected to your intuition. By naming this we release it, and then we can shift to the positive and the beliefs, thoughts, and feelings we are looking to cultivate.

Start by tapping on the side of the hand, the karate chop point.

Side of hand Even though I don't feel connected to my intuition,
I choose to breathe and relax;
I accept myself and honor how I feel.

Even though I don't always trust my intuition,
I give myself permission to relax,
and I choose to remember that I'm safe.

Even though I sometimes doubt my intuition,
I choose to love and accept myself,
and open up to a new way.

Eyebrow I don't feel connected to my intuition.
Side of Eye It's hard to feel confident in my intuition.
Under Eye Part of me is afraid of getting it wrong.
Under Nose Part of me is afraid I'll disappoint others.
Under Mouth Part of me thinks I can't trust my intuition.
Collarbone All this fear and doubt.
Under Arm This lack of confidence in my intuition,
Top of Head It's safe for me to feel this now.



EB Somehow, somewhere, I learned that it's not safe to listen to my intuition.
SE It's not ok to say no, if I don't have a good reason.
UE It's not ok to say yes, if I don't have a good reason.
UN Whatever happened in the past,
UM It's safe for me to keep the wisdom, and let go of the pain.
CB I am safe, right here right now.
UA I choose to breathe and relax here.
TH It's safe to let these old stories dissolve.

EB This connection with my intuition,
SE I'm just so worried I'll get it wrong.
UE I'm so used to doubting myself,
UN But what if it could be different?
UM What if I could relax and feel confident?
CB What if I could trust my intuition?
UA I'm open to feeling connected to my intuition.
TH It's safe for me to be open to this.

EB I'm open to feeling my intuition in my body
SE Beneath all the "shoulds", and worries, and plans, there is a deeper knowing.
UE I choose to relax into this knowing now.
UM I know when something feels right; I feel it in my body.
CB It's safe for me to relax into this connection with my intuition.
UA I can rest in this quiet space and listen.
TH I can trust myself; I always have my back.

EB My intuition is growing stronger and stronger.
SE I can simply try it out, and see how it goes.
UE As I relax into this quiet space,
UN My intuition is ready to guide me,
UM And I choose to open up to this guidance.
CB It feels so good to be confident in myself!
TH I love feeling connected to my intuition.



Take a nice deep breath in... and out. Take a moment to tune in again. How connected do you feel to your intuition now? Do you still feel any fear or doubt? Make note of any shifts or insights you experienced:

Rate the intensity of any fear and doubt that's left on a scale of zero to ten again: ____

No matter if your number went down a little or a lot, you just sent a calming signal to your brain and body, and that will help you as you cultivate trust in your intuition. Come back to this quiet space and notice how your intuition is communicating with you all throughout the day.



DR. CHRISTIANE NORTHRUP, visionary pioneer in women's health, is a board-certified ob/gyn, former assistant clinical professor of ob/gyn at the University of Vermont College of Medicine, and three-time New York Times bestselling author of *Women's Bodies, Women's Wisdom*, *The Wisdom of Menopause* and *Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-being*. In 2013, Reader's Digest named Dr. Northrup one of the "100 Most Trusted People in America." And in 2018, Dr. Northrup received the first Mind/Body Healing award, a special category within the New Thought Walden Awards, honoring

those who use empowering spiritual ideas and philosophies to change lives and make the planet a better place.

Internationally known for her empowering approach, Dr. Northrup embraces medicine that acknowledges the unity of mind, body, emotions, and spirit, and teaches women to create health by tuning into their inner wisdom. After decades spent transforming women's understanding of their sacred bodies and processes, Dr. Northrup now teaches women to thrive at every stage of life. Her book, *Making Life Easy: A Simple Guide to A Divinely Inspired Life* (Hay House, 2016) was an immediate success. Her newest book, *Dodging Energy Vampires* (Hay House, April 2018) offers radical "upstream" preventive medicine.

As a business owner, physician, former surgeon, mother, writer, speaker, and, according to Miriam Ava Ph.D., a "rebel, rockstar and authority on what can go right with the female body," Dr. Northrup acknowledges our individual and collective capacity for growth, freedom, joy, and balance.

When she's not traveling, Dr. Northrup loves dancing Argentine tango, going to the movies, playing the harp, getting together with friends and family, boating, and reading.

Don't miss Dr. Northrup's cutting-edge information. Join her worldwide community on www.drnorthrup.com, Facebook, Twitter, and her Internet radio show Flourish!