



Kickstarting the Healing Journey: How to Use Tapping to Overcome Even the Most Frustrating Health Challenges and Physical Pain

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Congratulations to YOU! Not only did you participate in the Tapping World Summit this year, but you have also clearly made the commitment to do the work if you are reading this right now! I commend you for that!

Let's talk about pain, shall we?

The pain you are experiencing may be chronic, acute, brutal, life-altering or somewhat manageable because you have learned to live with it. You may have tried different medications, supplements, doctors, therapies, massages, acupuncture, nutrition, etc. But you are STILL suffering with pain in one form or another.

Did you know that you get another chance at this? Even if you believe you have tried EVERYTHING and you are still challenged with pain, you have come to the right place to try something new and different to help you let go once and for all.

Pain can show up for people in all different shapes and sizes, and it does not discriminate amongst gender, color, religion, sexual orientation, or political affiliation.

Plain and simple: pain is painful! Physically, mentally, emotionally and even spiritually. Anyone suffering with pain knows it can be crippling, debilitating, annoying and frustrating when you can't figure out why it's here AND how to get rid of it (and perhaps you can't help to wonder if you did something to bring it on).

Instead of looking at pain as the enemy in your body, let's look at it differently.

What if pain is a portal? A portal is a gateway, an opening, an invitation to come on in and see what is behind the expression of pain. Pain is the way your body is speaking to you, and you can choose to hear it or ignore it. The choice is yours, but you may find that if you ignore it or don't hear the real message, it will get louder, stronger and more painful until you do.



Tapping is one of the best ways I know of to release pain and ongoing tension in the body. If you have tried everything else, you have nothing to lose.

Let's take a look at a protocol which I think works so well when trying to unleash the power of tapping to release pain.

I call it the 4 L's:

1. Look: Look for the pain. This probably won't be very hard to do if you are in pain at the moment. However sometimes we need to move around a little bit to see exactly where it is.

You always want to be as specific as possible when tapping, so you may need to do some investigative work here.

For example, where is the pain specifically? Is it on the right side of your body or your left? Front or back? If you have back pain, you may say "I have this pain in my lower back on the right side."

Where is your pain right now?

Next you want to identify what this pain feels like:

Is it a sharp pain?

A dull ache?

Is it throbbing or stabbing you?

Or perhaps you have a different way of describing it.

How would you describe this pain to someone if they were asking you? There is no wrong answer here!

Next, you want to determine how big the pain is in your body. Is the pain throughout your entire body? If you are being honest about it, is it in one small area but reverberates into other areas of your body?



Is it the size of your hand? The size of a quarter? Again, just be as specific as possible because as you will see, you will have better results when you really take the time to pay attention to what your body is trying to tell you (and your body is begging for this, I promise).

How big is the pain?

2. Listen:

When you connect with the pain, really listen to it.

I mean REALLY listen to it. Pay attention to what it is saying to you. I know, I know this seems like an awkward thing to do. But I promise you that your body just wants to be heard. This is why it is speaking to you with pain. It needs to get your attention.

Your body has a message for you, and we are here to try and figure out what that is!

If there were an emotion here, what would it be?

I was working with a gentleman recently who had pain in his leg. He tried everything, but nothing was releasing the discomfort he was experiencing. We did some tapping, and he mentioned that he was feeling resentment and anger towards his father for not being present in his adult life. We continued to work through all of his emotions around this and he was finally able to let go of the pain. For good.

When you pay attention to the pain in your own body, what do you think it is trying to tell you? It's ok if you don't have an answer right now, but be aware of it and it may show up as you are tapping.



Lastly, rate your pain 0-10. Zero is no pain at all and 10 is completely unbearable. Rate the pain on this scale.

Now you have all the information you need to get started!

3. Love

As you probably know already, the default statement with tapping is something like “Even though I have this pain or problem...I love and accept myself”.

There are different variations of what this may look or sound like if you are not ready to say “I love and accept myself,” but the reason we incorporate love and acceptance of ourselves is because we have to accept where we are right now, in order to move forward or let go.

The goal of course is to get to a place where you can love and appreciate yourself because this is where deep healing can happen, but if you are not comfortable saying this you can use phrases such as:

- “I am open to seeing this differently”
- “I accept that I have this problem”
- “I am open to changing this story”
- “I am open to accepting myself anyway”
- “I am getting ready to let this go”
- “I am open to moving on”
- “I am open to forgiving myself about this”
- “I am still a good person”
- “I give myself permission to relax about this”
- “I can still be kind and compassionate towards myself”

You get the point! There are so many options. Choose one of these or use one of your own.



Feel free to make a list of affirmations here that might work for you. It is a good idea to have this written out in front of you when you first start out with tapping to make it easy for you. The easier it is, the more likely you will do it every day!

4. Let it go!

That's right, let it go! Whether you are suffering from physical pain, old memories that make you sad or angry, or if you are holding onto hardships from life...let it go.

It may feel impossible AND it may feel like you need to hold on to old grievances and pictures in your mind from the past, but I promise you, the best gift you can give yourself is to let yourself off the hook. This isn't about anyone else but you.

I know that you may have been hurt by others in the past, but this isn't about them. I had a client recently who came to see me about a multitude of physical symptoms. Too many to count. She kept going back to memories of her brother, who was very cruel to her growing up, and her parents were not available to protect her from him. We did many sessions around her pain from the past AND tapped to help her not only forgive herself, but her brother and her parents too. This took some time, but she reported that she was so much better after setting herself free from these memories.

If she can do it, so can you!

That is the ultimate goal here, isn't it? You are here because you want to feel better, be better and show up as the best version of yourself. The only way to do this is to let go of the past. Forgive the unforgiveable and set yourself free.

Now for some tapping! You have the protocol to start tapping around the pain you are experiencing, so let's put it into practice.



Hopefully you have answered the questions above. Remember the 4 L's. Look, Listen, Love and Let go.

Tapping round one:

Even though my body is speaking to me with symptoms of _____, I am learning to love and accept myself anyway.

Even though I have this pain in my _____ (be specific) I am open to new discoveries and healing now.

Even though it is hard for me to accept myself with all this pain and discomfort in my body, I am open to all of the possibilities as I begin to let go and relax.

This pain in my _____

This pain in body

I am so uncomfortable

I am in pain

I don't feel like myself

It may be hard to do the things I love to do

I am so frustrated

I am tired of being in pain

I can barely remember what it feels like to feel good

Nothing is helping right now

I might be feeling sorry for myself

I am open to accepting where I am right now

I am open to moving forward

Letting go

I am releasing

That stabbing pain

The sharp pain

The dull ache

The cramped feeling

The bloated feeling

What is my body trying to tell me?



My body certainly has my attention now
I am listening
And I am feeling stressed about it
I wonder if it is possible
To change my story about this pain
Or health challenge
What if I CAN heal from this?
What if I CAN allow my body to heal?

I give my body permission to heal
I am learning how to talk to my body differently
Address the stress in my body
When I reduce the stress in my body
My body can begin to heal
What if I can let go of the fears
And the beliefs I have about this pain
This doesn't have to become my identity.

I am remembering who I am without this pain
I am open to letting go
Relaxing my body
Relaxing my mind
Relaxing my nervous system
Allowing my body to flow
Let go
And heal

Take a big deep breath in... and let it out. How did it feel to say those things? Go back and check the intensity of the pain. Did it drop down at all? Even if it came down a little, congratulations! Don't stop now... keep tapping on anything that came up for you.

If you have seen all the doctors and taken all sorts of tests and listened to all the advice given to you, and you still have no answers (but all the same symptoms), you are no doubt feeling frustrated.

It may or may not be helpful to hear, but there are many people just like you who have tried everything, and not only does it seem nothing works, you still don't know why you are having these symptoms!



In my experience, when nothing else works...it is typically underlying emotions or past traumas that are making it difficult for the body to let go.

Let's tap on all of these emotions which might be coming up for you:

Tapping round 2

Even though I have these symptoms, but I don't know what it is or what is causing it, I accept myself and my body.

Even though my body is really speaking to me... loud and clear... I just wish I knew what it was saying to me, I accept myself and I am open to discovering what is going on.

Even though my body is expressing itself because it has been hard for ME to express myself, I am open to the process with self-compassion and patience. I am ready to heal NOW.

My body is really speaking to me
I have no idea what it's saying
The doctors can't figure it out
I have done every test
Taken lots of medications
I have followed through with suggestions
Yet, everyone is still baffled

I am a mystery
With all my mystery symptoms
They all shake their heads
Throw up their hands
"We don't know what it is"
That is not comforting at all
It is scary and frustrating
Am I really such a mystery?

I am so different from everyone else?
There is no answer for me?
I am sooo frustrated
Confused
Why can't they figure me out?
I can't be that different, can I?



But since I have tried everything else
I guess it's time to take a look

At how I feel about this
This is the best place to start
With self-love
Compassion
Patience
I wonder if there are things
I have left unresolved
Perhaps I have swallowed my emotions long enough

I thought I was doing fine
Until I wasn't
It might be time to let someone help me
Or journal
Or tap
So I can finally start expressing
What has gone unresolved

My body is speaking to me
Because it wants my attention
Thank you, body
You have it now
I am listening
I have no idea what could be behind this
But I am willing to pay attention

I am releasing anger and resentment
I am releasing fear and anxiety
I am releasing powerlessness
I am releasing hopelessness and helplessness
I am releasing sadness and grief
Letting it all go from my body
I am safe to let this all go

This may take some time
But I am grateful to my body
For getting my attention



It is a gift
And I am learning how to heal
Thank you, body; I love you, body
I am now releasing the past from my cells

My organs and glands
My fascia and ligaments
I am releasing from my energy centers
And the systems in my body
It is time to let go
With patience and peace
And compassion
It is time for me to heal.

Take a deep breath in and out. See how that feels for you. Go back and tap on this as many times as needed to help you move past the barriers with self-love.

Lastly, let's do some tapping around frustration. Frustration is probably the number one emotion people experience when dealing with some sort of pain. Obviously, there can be many emotions when challenged with discomfort you feel on a daily basis, but I have found that frustration covers so much territory.

If you experience frustration about the pain, frustration that it is not going away, frustration that you are limited as to what you can do and frustrated because you don't know what this means for your future, let's tap on it!

Tapping round 3

Even though I am feeling so frustrated with my body... and all this pain, I honor all of my feelings about this.

Even though I am so frustrated. I have been struggling for so long... I am so tired of feeling this way, I accept myself and I am open to healing now.

Even though I have all this frustration around the pain and symptoms. It is hard to accept myself when I feel this way. I am honoring where I am at and I am having some compassion for myself as I begin to heal.



All this frustration
I am so tired of this pain
I just don't know what to do
Nothing has helped
I have tried so many things
And yet the pain is still here
I thought it would be gone by now

But it is lingering
And really impacting my life
I can't do all the things I want to do
I may have to modify activities
I am just so frustrated
And feeling hopeless about where this is headed
I need to make some decisions

If I do nothing it may get worse
And the things I am doing are not working
I am not sure what to do
Or who to listen to
I am taking a moment to step back
Breathe
Maybe it's time to look at this differently
I have been in a tailspin of frustration

What I focus on, grows
I am now choosing to take my power back
I am focusing on strength and healing
When I live in fear, it is hard to make decisions
I am open to living with intention
I am choosing my words wisely when talking about my body
I am gaining clarity on what needs to happen next

And I am learning to listen to the pain
Shifting my thinking
I am empowering myself with my thoughts
Releasing the frustration
I have hope that there is a solution
And it may be closer than I think



I am empowering myself with knowledge
Self-care and compassion
It is time for me to heal.

Take a big deep breath in and let it go...

Keep tapping!!! Don't stop here... you have work to do. We all have work to do and it doesn't stop after one or two rounds (usually!). Sometimes it can be helpful to reach out for help because we do try to protect ourselves and can't always see our own "stuff" and there are many fantastic practitioners out there who can help you.

Most of all have faith, confidence and above all else, be supportive of yourself on this amazing journey you are on!! It is quite a ride, and this is your chance to break through and move on.



JULIE SCHIFFMAN, MSW, is an internationally recognized Expert EFT Practitioner. For more than 20 years, she has counseled thousands of clients, helping them break through physical and emotional barriers. Her life-changing YouTube videos have been viewed more than 4 million times.

Julie is trained in various healing modalities but is best known for her expertise in Emotional Freedom Techniques (EFT/Tapping) to help others heal from pain, disease, weight issues, phobias and other emotional and physical stressors.

In her private practice, Julie uses meridian tapping to address physical and emotional challenges with her clients all over the globe. She is certified in Emotion Code and is a Body Code practitioner as well. She was formerly the chief EFT practitioner for Dr. Mercola's Center for Natural Health for over 15 years.

Julie has been a featured presenter for "The Annual Tapping World Summit" every year since its inception in 2008. She has presented for many other health related summits such as "Better Beyond 50," and "Not Another Diet, Women's Health Expo."

For more on Julie, visit her website: www.julieschiffman.com or join millions of others who tap along with her videos on YouTube (search: Julie Schiffman).