



The Tapping Solution For Financial Success & Personal Fulfillment 7-Week Program

-Bonus Class 2 Transcript-

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Jessica: Welcome to the special bonus. This is Jessica Ortner, and we'll be speaking with my brother, Nick Ortner, about how to achieve maximum energy for success with tapping. Welcome, Nick.

Nick: Jess, it's always a pleasure, and I'm so excited to be talking about this topic, because it's something that's so important to people these days—well, at all times—which is energy. How do we have the energy to do the things that we want to do, and certainly with regards to finances and personal fulfillment? It's a huge topic, because we can't be active in doing all the things we want to do if we don't have that basic energy to move forward.

Jessica: Then how could tapping possibly help us gain more energy?

Nick: Well, there are a couple of different approaches that we're going to cover in today's call. The first one, which is really nice, isn't even an approach. It's a side effect of all the other work that we've been doing, all the other tapping within the last couple of weeks.

There are some people who probably already noticed that when you do your work on the other stuff, when you tap on these limiting beliefs, these childhood issues, these traumas, these events, these emotions, all this stuff, your energy naturally increases. Now, you might have a period where, right after you tap, you might be exhausted for a couple hours or a couple days as your body processes that energy.

Some of the stuff can be deep, so you might find an initial exhaustion from it. But after that, and for the most part, people feel a natural energy come back. I think there are a couple of reasons for that. I like the great author Caroline Myss. She talks about this concept of energy, and she discusses it coming into our body on a daily basis.

She says, "Imagine that every day you get 100 units of energy, or \$100, that are downloaded into your body." When you wake up in the morning, that's what you've got. These things that happen to us in our lives, these traumatic events, these limiting beliefs, these ideas, these negative thoughts, they all cost us \$1, or a unit of energy.

Maybe when you were 10 years old you had this traumatic event, and someone told you something about money, and that might cost you \$5 of energy. The problem is that it isn't just costing you the energy once. It's costing you the energy every single day. That \$5, that five units, might be okay, but it's when we stack these events on top of each other, when we stack this negative thinking, these beliefs, that we end up either with no energy, or for some people even in debt. You might be \$30 under.

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This is just a metaphor just to get a picture of what this might look like, but I think it's a good thing to think about. Where is my energy going? Then being able to pull that back and recognizing that with every tapping round that you do, with everything you do to pull that energy back into yourself, to empower yourself at the deepest levels, you'll find that natural physical energy, the energy to move forward to get things done, to just get up early and stay up late if that's what you need, will come back naturally.

Jessica: Absolutely. Nick, you made a really good point before you mentioned that. When people tap, a lot of times they do feel a bit tired in the beginning, and then they get more energy. I think that's important for people to point out. It's important for people to recognize, because it is very common that when energy begins to move through the body that we have a reaction of yawning, and we can even feel tired.

It doesn't mean that it's not working for energy. It means we're really getting that shift, and then we take a moment to relax. Then you're saying we'll feel more energized, because we have less of that weight.

Nick: Well, absolutely. It's a deeper energy we're looking for. This isn't a caffeine fix that we're interested in here. We're looking for that deep healthy energy. The other thing that's happening when we're releasing these other things, remember, if we go back to what we've been talking a lot about, which is the fight or flight response, really the fight or flight response, stress levels in the body, pushing the adrenals to the edge, when we finally stop that response and we relax and we tap and we take these deep breaths, the body then takes that opportunity to heal.

If your adrenals are maxed to the hilt, and if you're just worn out, you do the tapping to clear it. You might find yourself even more tired while your body heals. Then when your body heals, you can come back with that deep sustained energy. I think everyone can tune in to the difference between the energy which is sugar-fueled, caffeine-fueled, "I've got go get it done" fueled, mentally just powering through, and it's not a very comfortable energy.

It very much feels like a surfer's energy. You can feel a little jittery. Then we can tune into the difference when you wake up refreshed and grounded and present and you have that energy that comes more from the core. I've been talking a lot throughout this series about where we think and where our energy comes from, and we've talked a lot about things coming out of our head.

The critical voice was in the head, and then the intuitive voice was more in the body. It's the same thing for this energy. We're trying to move the energy away from that surface head, skin, caffeine, sugar-fueled, jittery energy that is just go,

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go, go, to that deeper reservoir of energy where we can move forward with energy from that peaceful place. That's a very different experience.

I know we've all had it at some point, and maybe you forget what it's like, because you've been running on caffeine for the last five or 10 years. But when you start reconditioning your body, stopping that fight or flight response, you'll find that natural well of energy start building back up.

Jessica: That makes sense. That's a key, something that we should remember. It's something that we're naturally doing now by going through the course. If someone wants to actively do some tapping around energy, how do they begin to do that?

Nick: Yes, that's a great question. We can actually literally just tap on low energy. Why don't we do a little tapping right now and see if we can raise all of our energy levels?

Jessica: Okay.

Nick: Tune in and just ask yourself, "On a scale of 0-10 how much energy do I have?" You can describe energy as however you want. It's an intuitive question to ask yourself. Just give it a number on a 0-10 scale. If you are full of energy, you're at a 10, and if you are just dragging your feet, you're a 1 or 2.

You can also tune into the energy and go, "Yes, I'm full of energy, but it's caffeine-fueled energy, and I don't feel good." Tune into that. That way you can see the change in your body as we do the tapping. Tapping on the side of the hand.

SH: Even though I'm tired,
I deeply and completely accept myself.
Even though my energy is so low,
I'm running on empty,
I deeply and completely accept myself.
Even though I'm feeling really tired and fatigued,
I deeply and completely accept myself.

EB: All this low energy.

SE: This low energy.

UE: I'm feeling fatigued.

UN: I'm run down.

UM: Maybe I've been doing too much.

CB: And not taking care of myself.

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- UA: All this low energy.
TH: All this fatigue.
- EB: My blood is clumping together.
SE: My red blood cells are all stuck together.
UE: Maybe I'm dehydrated.
UN: All this low energy.
UM: All this lack of oxygen in my body.
CB: This low energy.
UA: Raising my energy.
TH: Raising the oxygen levels in my blood.
- EB: Releasing this fatigue.
SE: Raising this energy.
UE: Raising the energy in my body.
UN: I'm feeling better and better.
UM: I'm feeling stronger and stronger.
CB: I have all this energy in my body.
UA: I have all this energy in my body.
TH: I'm increasing it now.
- Nick: Take a deep breath, and let it go. I'm feeling a little more energized. How about you?
- Jessica: Yes. I really am.
- Nick: The other thing that we can do, too, breath is a big part of energy on a daily basis when we're just walking around moving and at the computer. We have a tendency to constrict our breath, to collapse our posture, and that can really reduce the flows of energy. You can do some tapping on opening up your breath, and it's actually a pretty neat thing to experience, so let's do a little bit of that right now.
- Jessica: Okay.
- Nick: What I want you to do is close your eyes and take a deep breath. Let it go. Now do one more, and I want you to notice as you take this breath how constricted the breath is. What I mean by that is, if the breath wasn't constricted when you would take a breath in, then make sure you make it a belly breath, and then a chest breath. You would find that it's as expansive. Every part of your lungs seems to fill.

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You'll find that if it's constricted, it will probably be a little higher up in the chest, and you feel like you just can't take a deep breath. You know those times when you're like just, "Oh, I can't get a deep breath."

Jessica: Yes.

Nick: That's constricted. Go ahead and test that again and see how constricted is it on a 0-10 scale. In this case, we can make 10 as—well, no, let's make it free at the 10, so a 10 is a totally free breath, and a 0 is totally constricted. If the breath isn't where you want it to be, it might be a 3 or a 4. Go ahead and try that again. Deep breath. Now that you have a number, let's do some tapping on that. Tapping on the side of the hand.

SH: Even though my breath is constricted,
I deeply and completely accept myself.
Even though I just can't take a deep breath,
I deeply and completely accept myself.
Even though my breath is totally constricted,
I choose to open it up now.

EB: This constricted breath.
SE: I'm having trouble breathing.
UE: I can't take a deep breath.
UN: I just can't take a deep breath.
UM: All this constriction in my chest.
CB: All this constriction in my lungs.
UA: All this tightness in my chest.
TH: All these stuck emotions in my lungs.

EB: Whatever is causing the constriction.
SE: I choose to release now.
UE: Whatever emotions are stuck here.
UN: I choose to release now.
UM: Releasing this constriction now.
CB: Letting it go.
UA: Releasing all this constriction.
TH: Opening up my breath.

EB: Opening up my breath.
SE: Increasing the oxygen in my lungs.
UE: Increasing the oxygen in my body.
UN: Opening up my breath.
UM: Releasing any stuck emotions.

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CB: Releasing any traumas.

UA: Releasing any traumas in my breath.

TH: Letting it all go.

Nick: Go ahead and take a deep breath.

Jessica: Wow. I really feel a difference.

Nick: Right?

Jessica: Yes.

Nick: I mean, it blows me away every time. I often forget to do it, but it's very powerful.

Jessica: Really our breath is our life force. We can go some time without water. We can go some time without food. But we can only last a few minutes without oxygen. If we want to have more energy, it's essential to be breathing correctly.

Nick: It is. It's essential, and it's taken for granted. It's basically the easiest thing you can possibly do to feel better and to increase the energy in your body, besides tapping, is to take these deep breaths and to open up the lungs. Concentrating on that, just a couple rounds of tapping and opening that up, can make a big difference.

Then if you find yourself constricting again or something comes up and you find yourself constricted, you can just tap on it again. But it's a good thing to be aware of, to be aware of, "How deeply am I breathing?" Not only when you're taking deep breaths, which is one time to check in, but on a daily basis when you're sitting at the computer. What's your posture like and how are you breathing? That's going to make a big difference in your energy.

Jessica: Right. Nick, let's create a scenario here, because I think this will help people. We are sitting at our computer. We're looking at a project we need to start, and we're feeling exhausted. Where do we start tapping in that moment? Is the best thing to go right to the breath and begin there, to go to emotions? Can you give us kind of an idea, a picture, of what it would look like for someone to tap right before having to start a project?

Nick: Yes, that's a great question. There are a couple of approaches you can take, and there is no right or wrong on it, so I'm going to give you a couple of options, and then you decide what's best for you. I think it's good to have different tools,

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because sometimes you might want to tap on one thing, and other times on another.

So you're exhausted looking at your computer. The simplest tapping is always: "Even though I'm exhausted, I don't want to work on this project, I don't have the mental energy, my brain feels foggy, I'm jittery, I'm tired, I'm this, I'm that," just speak it out loud and do the tapping. All right.

You might also go: "Okay, well, I don't want to do this. Let me work on my breath right now," and do what we just did with the breath. You might want to go deeper and say, "Well, why don't I want to work on this project? Is this procrastination? Is this self sabotage?" What does it mean if you actually do this project? That's obviously the deeper level.

The easiest thing is always to just start tapping on whatever it is that you're feeling, and that's great. Then if you want to go deeper, you might find other reasons why you don't want to work on the project. Sometimes it's as simple as you're tired. We don't always have to psychoanalyze everything to the level of, "Well, this must be a childhood trauma as to why I don't have to work on this project."

It can be, but sometimes maybe it's just you're tired. You didn't sleep well the night before. You can tap on, "Even though I didn't sleep well the night before, my body is exhausted." Remember, we're always looking to do the tapping to gain clarity, to get to a place of peace, to make a better decision. It doesn't mean that just because you do the tapping—you could do the tapping and feel great and then look at the project and say, "I don't want to do this right now."

That might not be self-sabotage. It might not be procrastination. It might be nothing wrong with you. It might be the perfect decision for you. We've got to recognize that. We have a tendency to think if we're not doing anything, any time we're not doing something we're supposed to do, then we're procrastinating or being bad or it's somehow a negative, whereas if you get clarity and you do the tapping, you might find, "You know what, I actually need a break."

That's okay. We're not trying to become super human with this tapping or any other work that we do so we never have a break. Not only is that silly, remember, that takes out the personal fulfillment side of the equation. If you're so busy that you're not enjoying what you're doing, the answer is not to power through. It's not to do the tapping for more energy so you can drive yourself even further.

There's a point when the tapping won't work. If you're trying to tell me that you're sleeping four hours a night and working 14-hour days and running around

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with your kids and this, that, and the other, and you want tapping as a solution to make all that better, that's not going to happen. What I'm going to suggest to you is that you reevaluate what you're doing in your life and get realistic as to what your body can and can't manage.

We use the tapping as an aid to create energy. It's not a fix. It's not a drug. It's not a cover up. It's not a pill. It's not coffee. It helps us gain clarity on what's the best, healthiest thing for ourselves. We might do a whole lot of tapping on lack of energy and this, that, and the other, and then find, "You know what, I need a nap," and that's okay.

Getting that clarity, you go, "Yes, I didn't sleep enough last night." Sure, we can increase oxygen. We can sort of have some of these Band-Aids on these things. But if there are deep problems that need to be addressed, they need to be addressed.

Jessica: Right. We might not be able to take a nap in the middle of an office, but we can gain that awareness to what we need to take steps in the future to create habits that can support us. Nick, you mentioned checking in with our body, seeing what we need, seeing if we need to take a nap, seeing if we're dehydrated. Can you go into some of the other tips that you have about having more energy?

You are someone that is doing a lot, and it's really important for you personally to keep your energy really high. What are some other things that you do that really help you do that?

Nick: That's great. Well, I'm going to cover a few sort of ideas in the nutritional/exercise/health realm, and I'm going to stay very general, and I'm going to only give you the stuff that works. We can do a whole other call about the stress of figuring out what to eat and what not to eat and that whole thing. I've been studying this subject deeply for the last 10 years.

As Jessica knows, I always have some crazy concoction of Chinese herbs brewing in a pot.

Jessica: It's true.

Nick: When people are sick, I not only tell them to tap, but I say, "All right, take this, this, that, and the other." I put together a usually disgusting tasting drink, but that people feel better in a couple of hours. I've looked at this material and ways to support ourselves nutritionally in a deep way. I want to cover just a few things. I want to cover, most importantly, how to use the tapping in conjunction with these things.

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Let me give you an example of what I mean for that. Exercise is obvious. I don't have to tell everyone—well, I do have to tell everyone, because we still don't exercise as much as we used to, and I am just as guilty. I've gotten into much better habits the last couple of years in terms of exercise, but I had a lot of resistance around it, and I definitely had to do my work to recognize just how crucial it is.

Now, we all know a couple of things about exercise. It increases blood flow. It increases oxygen in the body. It reduces inflammation in the body. You feel so good afterwards, and you feel so good, period, in your body, but you also feel good about yourself. There's that double victory. Not only are you helping your body, you're helping your self confidence, and you're proving to yourself that you are active, mobile, healthy, and can do things that make it happen.

Unfortunately, one of the things that happens with exercise is that we know we should do it, and then we don't. Not only do we have the negative effect of not exercising, we have the negative thinking of thinking about ourselves. We don't exercise, and we beat ourselves up for doing that. When you don't exercise, especially when you said you would, it's kind of that double trouble.

I'd almost rather say that you're not going to exercise than say you are and not do it. When you make that commitment to yourself, it's so important to follow through with it, to keep that energy positive and to keep that commitment to yourself. We know we should exercise. We don't want to. What do we do? It's very simple. Even though I don't want to exercise—let's do some tapping right now.

Jessica: Okay.

Nick: Side of the hand. Say out loud, "I don't want to exercise."

Jessica: I don't want to exercise.

Nick: Tune in to how true that feels, 10 being totally true, 0 being not true, you're ready to go. Obviously it might not be in this moment. Let's just talk about exercise generally. Let's do the tapping, some tapping.

SH: Even though I don't want to exercise,
I deeply and completely accept myself.
Even though I really don't want to exercise,
It's too hard,
I don't want to get sweaty,

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It's too much work,
I've got too much to do,
I deeply and completely accept myself.
Even though I really don't want to exercise,
You can't make me exercise,
I hate exercising,
I deeply and completely accept myself.

EB: I don't want to exercise.
SE: I just don't want to exercise.
UE: You can't make me exercise.
UN: I don't want to exercise.
UM: I hate exercising.
CB: It's too much work.
UA: I don't have enough time.
TH: I don't have enough time to do this.

EB: This resistance to exercise.
SE: All this resistance.
UE: All the reasons why.
UN: I don't want to exercise.
UM: You can't make me exercise.
CB: All this resistance.
UA: All this resistance in my body.
TH: Letting it all go.

Nick: Take a deep breath. When you know you want to exercise—there are no shoulds. When you know you want to or you choose to exercise and you feel that resistance coming up, you can do the tapping right then. I've done it often. Even just one round like that can shift the energy enough to go, "Okay, let's just do this. Let's get it done."

Jessica: Yes. That's so true. I feel so energized just from those few rounds. We know that exercise is essential to having more energy. Any other tips?

Nick: Yes. At the most basic level, reducing sugar intake in the body as much as possible is going to make a big difference.

Jessica: That's like sodas and candy bars.

Nick: That's sodas, candy bars. Sodas are absolutely a hidden amount of sugar in it, a huge, huge amount of sugar in it. Sodas, candy bars, and then a lot of processed carbs. Processed carbs turn into sugar in the body. Unfortunately, the challenge

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with cutting sugars out is that sugars give us energy, so we get that burst, then we get that crash.

There can obviously be a lot of emotional issues around sugar and addictions around it, and that's a deeper subject. But if you're trying to cut sugar out of your diet, you can do the tapping on, "Even though I'm craving this sugar, I've got to have it, I want it, I need it for energy." If you do the other tapping, do energy alongside it, you might find the withdrawal of it isn't as bad, because you're not desperate for it, and you're finding other ways to create energy in your body.

Jessica: Right. That makes a lot of sense. Exercise, reduce sugar. Anything else?

Nick: Well, this is so basic it's funny, but it's important, and it's sunlight and fresh air. Vitamin D has been shown to play a crucial part in the body, a dramatic reduction in cancer with the right levels of vitamin D. We've been given a lot of information about the sun and about skin cancer, which I believe at some level is incorrect.

Certainly the sun can be dangerous if you burn, and that's not what you want to do. But healthy amounts of sunlight, limited amounts of sunlight—it all depends on where you live and your skin pigmentation—is really, really important. To me, the easiest answer to this, because it's so convoluted, and you'll find so many different things online, so many opinions about stuff, is when we go outside and we put our face in the sun for 15 minutes, we feel so good. Right?

Jessica: Yes.

Nick: When we take a deep breath of fresh air, we feel amazing. Our energy calms, balances, and centers. At some level, just trust your intuition to know, "I've got to some fresh air," or, "I've got to get some sun on my face," and preferably on your whole body. Also trust your intuition to know, "I'm burning up out here. I should not be here for three hours. I shouldn't be lying on the beach getting burnt for three hours." That's going to be extremely unhealthy.

There's a happy medium in there, and find it for yourself. It's so crucial to get the vitamin D levels up. If you can't get enough sunlight for whatever reason, depending on where you live, or it's the winter and you're at work all day, then I'd consider vitamin D supplementation. It's important to talk to your doctor, a medical doctor or a naturopath.

Get your levels tested, blood levels tested, so you know exactly what your vitamin D levels are, and then supplement accordingly. But I've known a lot of people

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who increased their vitamin D levels and their energy went through the roof when they got that balanced.

Jessica: Yes. Well, Nick, thank you for all those tips. I want to say again, and you've said this already, but so many of these things that really make a huge difference in our energy are things that we often overlook. We think that the solution has to be complicated, but you are living proof, since I personally know you and I see how much you're doing and how much energy you have.

These simple things when you do them consistently are what make the biggest difference. Tapping and focusing on breath and these simple, little lifestyle tools are really essential if people want to have the energy to do everything that they want to do.

Nick: Yes. No doubt about it. I have felt the difference in my own life. A couple of little quick ones, too. Hydration is crucial. Also, when you're tapping, hydration is really big, so make sure you're getting really good quality water and drinking the right amounts for yourself. And clean food. Organic whenever possible, whenever affordable. Local, even better, local and fresh, even better. Picked out of your garden, even better.

Think about what happens when you pick some lettuce out of your garden. My garden is in full bloom right now, so it's an exciting time. Not only are you going outside getting sunlight, hopefully having your bare feet on the earth, picking something you grew, which is an accomplishment in and of itself, and then eating this live, fresh food. That's energy.

That's energy, and that's deep personal fulfillment, and that's also financial success, because you're saving money on the lettuce. We don't have to just make money. We can also save money, and that increases our financial abundance. My garden is abundant right now. It's a source for food for myself and my family, and that's a really exciting thing.

Increase the hydration, local foods, live foods. Raw foods are fantastic for energy. Fermented foods are fantastic for energy. What I mean by that is sauerkrauts, kimchi, those kinds of foods. Hopefully you can find someone locally making them. You can make them yourself, which is even cheaper. Fermented foods are some of the best foods on the planet.

Maybe we'll do a PDF with some links and some extra tips, because I know people are going to e-mail everywhere, e-mail me asking, "Wait, where do I get the fermented foods? What's this? What's that?" To me, Chinese, Indian, and South American herbs, and even American herbs, are a big part of my diet. I

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consider herbs a part of my diet in terms of increased energy and clearing out pathogens in the body and just having more clarity.

I'll give you some links for that as well. If you're still totally lost and need help, I'll give you more links and resources in that PDF so you can take it further.

Jessica: Wonderful. Well, Nick, thank you so much for all these tips. I'm excited. I feel energized. I'm excited to continue with my day and doing more from this energy-centered place. Nick, once again, thank you very much.

Nick: Thank you, Jess. Have a great energetic day.