

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

Tapping in Action Transcript - Module 1

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Nick: Hello and welcome to today's Tapping in Action presentation. This is a powerful part of the course where you can listen in as I work with people on a variety of issues regarding finances, abundance, personal fulfillment, and more. I encourage you to have a pen and paper handy as you listen in and make note of any ideas, events, memories, or other insights that come up for you as you hear me working with people.

Also, be sure to tap along when we tap. Even if the issue isn't exactly your issue, there is a powerful process called borrowing benefits where your issue can be cleared just by tapping along with someone else. Let's go listen in and tap.

We'll start with Fiona in Hollis Hills. Fiona asked a question that I get a lot. She says, "I am still struggling with negative statements for tapping. I find myself denying the sayings, but can still feel release. Would you briefly re-explain the logic of stating negatives? In all my practices, hypnosis, NLP coaching, etc., I've always taken pains to use only positive suggestions and reinforcements. I can feel the tapping working. I guess I just need reassurance, and thought others may as well. Thanks."

You're welcome, Fiona. Great question. I love that you comment that you feel the tapping working. So there's something happening here. I understand where people get stuck sometimes. We've learned so much information about positive thinking. If you've seen the movie *The Secret*, if you've studied the Law of Attraction, it says think positive, think positive.

The philosophy within EFT, we're not saying not to think positive. Not at all. In fact, I think there's tremendous power in taking in the good in life and having positive thoughts. But what we're saying is that let's use this tapping for a short period of time to accept how we actually feel, to address how we feel, to address the emotions in our body, and then feel the positive.

If someone comes up and slaps you in the face, your first emotion is likely going to be anger. That's okay to feel. That's a human emotion. We're really accepting ourselves as humans with this process. We're understanding the mechanisms. I talked a lot in the original webinar about the fight or flight response, that stress response in the body. We're acknowledging that it is real, that it happens. We get stressed. We think negative thoughts. We have this negative bias. We're doing the tapping to calm that amygdala, to tell it that it's safe, to tell it that it's okay, to rewire the brain and the way it works.

As you can see, Fiona, it's working. I think that's really the most powerful part, that you can feel release. That you're not just saying negatives for the rest of your life. You are focusing on it, feeling the release and then moving forward. Thanks for that great question.

Kelly says, “Sometimes I wake up with anxiety about all I need to do for the day. Some of the anxiety is even blown way out of proportion. What about those days I wake up feeling great? Should I still do the tapping on those days? If so, what do I tap about?”

Great question. In the same vein of the first question, if you’re feeling great you can do the tapping to tap in the positive. You can do the tapping to feel the good in your body. That actually can be a really powerful process to take advantage of those moments when you’re feeling good, to notice them. When you tap on them, when you notice them, when you ground yourself with them, when you feel those positive feelings in your body, you are in effect retraining your brain to work that way. We’ve been thinking very differently for a long time.

One of the things that I see with a lot of people is that we tend to have this white pill mentality, that okay, the tapping is great and it works fast and we know this and we feel a shift and release, but we expect that everything will be fixed tomorrow, that all the things that we’ve been thinking for 50 years are just going to stop tomorrow. And they’re not. We need to retrain our brains.

All right, let’s see. Maki says, “I enrolled to the seminar more for the personal fulfillment, since I don’t stress about my bills. I always have more than enough money to pay them. I kind of felt like I didn’t relate much in the first module because when I get a bill I just see it as a task to take care of. Will I be able to relate more in the future sessions for my own purpose? Thank you so much, I love hearing you guys.”

Thank you, Maki. That is a great question. The reason I brought this up to answer is that it’s a good preparation for the whole course. Here’s what’s going to happen in the course.

There’s going to be one week that it is just going to smack you around. Oh my gosh, this week, these are your issues. It’s so evident and strong and it’s going to give you awareness and you’re going to tap and you’re going to feel better and you’re going to have insights, and you’re going to have all these breakthroughs. There’s going to be the next week where you feel good and it’s like, okay, that was interesting, but it’s not as powerful as the week before. It’s going to ebb and flow. We have seven weeks. Everyone is different.

What you’ll also find too is some people get to the fourth week and realize that things they learned in the fourth week affected some of the things they were thinking about on the first week. As much as I tried to make this process sequential in a way as we worked through different ideas through the seven weeks, it’s not perfect because it’s impossible to make it perfect for everyone. So be okay with the ebbs and flows. Be okay with what resonates and what doesn’t resonate.

If there's a week that doesn't resonate as much, you listen to it, you get some insights and you go, okay, I'm pretty good in that area, maybe you go back to a previous week where there's still some work to do. Again, just because this is set

up as a seven-week structure, it doesn't mean it's seven days every week, the topic is done and it's fixed forever. There's a lot of ebb and flow to it.

April says, "What do I do when I do the tapping and end up sobbing through it? It makes me not want to do the tapping because I end up so emotional."

I totally understand that, April. I think there's a lot of power in being emotional. What I would say is be patient. Do this for a couple more days. You might find that this is a big release that's happening. You might find that this is the first time in quite a while when you've allowed yourself to feel these feelings, to be honest about them. Your body's letting go. Your body's releasing them. Pay attention to how they're doing and I think you're going to find that a shift starts happening.

Frank says, "I've experienced much yawning during about half my tapping. Is there any significance to the yawning?"

Great question. The yawning, the burping, the sneezing, the body reactions, which a lot of people get, and yawning is very coming, is just a way for the body to release energy. It means that you've been running this fight or flight response for a long time and now your body's relaxing and now your body's saying, "I can take a deep breath." That's the yawning. It's a wonderful thing. I'm probably one of the only public speakers in the world who's happy when his audience is yawning, because it means that we are releasing this tension.

Tracy asks about the tapping, "Do we swap sides halfway through, tap on both sides at once, etc.?" You can tap with just one hand. You can tap with both hands. It really doesn't matter. There's some anecdotal evidence that says tapping on both sides can be a little more effective. So if you have two hands, go for it.

I apologize if I'm going fast on these. It's just that I really want to get to the live calls. I'm just trying to give as much initial stuff for you here, and that way we can get to the live calls because that's where the real magic happens.

John says, "Sometimes when I choose an issue to tap on, the charge is initially nothing while chopping the karate chop point. Often as I tap a few rounds of points it seems out of nowhere the floodgates open and it quickly becomes eight or ten, often opening up other issues. Is this normal? Thanks so much."

It is normal. It's especially normal, John, with a guy, where we tend to not be as good in feeling these emotional issues and being grounded in our bodies, and

really sensing how we feel. I think it's fantastic that this is happening and it is absolutely normal.

Along the same lines, Kieron from Mumbai says, "I stream tears uncontrollably as soon as the tapping starts. I trust this is a way that my body is able to release a buildup of stress." Kieron also has frequent burps for several hours. "Could these two symptoms indicate that I'm on my way to de-stressing? I believe that they do." You can feel it in your body. Notice how you feel after those couple of hours. The yawning, the burping, I wish it was just yawning. The burping is never so nice, but it's energy releasing from the body. It's the body relaxing.

Allison says, "What if I have many triggers about money? How do you know which to work on first? Should I work on each individually?"

We all have money triggers about money. This isn't just a one-sided issue. This is what we're going to explore in the seven weeks. We're going to clear as many as possible. Three months from now you're going to find another one that you hadn't thought of. In terms of what to work on first, just use your intuition. A lot of these questions can be answered with you know best. Use your intuition. This is such an intuitive process.

If you've seen me tap live on stage, people often come up to me afterwards and say, how did you know how to go there and ask that question, do that? You might experience that when we tap live. The only answer I have is intuition. I know that's not the most scientific answer, but it's the one that works for me, when I relax, when I trust myself, when I trust the process, know that everything's going to be well, that I'm going to find the right outcome, that intuition takes me to a good place.

As you're doing the tapping, use your intuition. Where do you want to go next? What feels right? There isn't a right or wrong way to do this. I'm going to give you insights. I'm going to give you little tips and tricks. But don't get caught up in the language and the wording. Don't get caught up in it being right or wrong. Don't get caught up in saying, oh my gosh, I don't feel like I'm doing this perfectly.

A lot of people here might have learned about tapping a week ago. This is a new process. I've been studying it now for over a decade and I'm learning things every day about how to approach it, what works best, what works for me, what works for clients. This is an ongoing process, and just be okay with that.

I see a bunch of hands going up. Why don't we go right to the lines? Let's talk to Sally who's in, I'm going to say it right, McMinnville. Is that McMinnville, Sally?

Sally: My phone says that. I'm actually in Portland, Oregon.

Nick: Ah, there we go. Portland would be a lot easier to say than McMinnville.

Sally: McMinnville is perfectly right, though.

Nick: Good. Thank you. How are you doing tonight, Sally?

Sally: I am doing fantastic. I love the call. Thank you. How are you?

Nick: I'm very well. I'm very well. Excited. It's been a long day, as I'm sure it has for a lot of people listening. We're doing this at 8:00 at night. About half an hour before the call I was feeling a little fatigued, and I said I need to do some tapping and get going. So I did a little tapping, built up some energy. Then once the call starts and I'm with all of you I feel fantastic and energized. That's how I am.

Sally: Awesome.

Nick: What's going on tonight? How can I help you?

Sally: I have had a lot of optimism in my life, a lot of feeling that personal magic, getting what I want, doing what I want, having a great life. The last couple of years have totally knocked me around and I've lost my self-confidence regarding getting things done, regarding what I can do and any of it. The tapping has been fantastic, but there is something that is still a barrier and I don't know what it is. I want to feel like I did when I was on top of the world, which has been most of my life.

Nick: When did this all start?

Sally: It was about two years ago.

Nick: What happened then?

Sally: A really, really horrendous set of – a really bad breakup. I was lied to, etc., etc. I lost my money. I love everything. I have been really struggling to get it back and get back on top of it. Plus I had a bad concussion last year. It's been one thing after another.

Nick: Here's what I'd like to do. For everyone listening, little pointers, because we're going to be talking about different things. In this case we're talking about what is going on with Sally. You might say I had a different issue come up, how does this relate to me? Pay attention to things, and where there's synergies between them.

Also just tap along with us, just tapping through the process through the night. You can do this great thing called borrowing benefits. You can set an intention for something in the evening that you want to clear.

Let's do that now, Sally. We can lead the energy with this. Let's all just take a deep breath together, and let it go, just feeling really grounded and centered in your body. Everyone listening, hundreds of you out there, just pick one thing that is troubling you right now, one unanswered question, one specific thing that happened, an event. Whenever we can get more specific with tapping. We don't want to just say life is tough or I'm stressed. What are you stressed about? What's the specific thing that's getting in your way? What's the thing that happened that you just can't stop thinking about, that you can't let go of?

Just pick one thing and choose that, and then feel that in your body. Where is that event, emotion, memory, idea, belief in your body? Then ask yourself, how strong is it on a 0 to 10 scale, 10 being the strongest. You've picked your thing. You felt it in your body. You've given it a number. You can write it down if you want. That can be helpful. Then just set it aside and just tap with us, and we'll check in along the way to see how that's clearing for you.

Sally, you're familiar with the tapping? Have you been doing it for awhile?

Sally: Yes.

Nick: Okay. What I'd love for you to do is just start tapping through the points. You can either start at the karate chop point or just the eyebrow, and just go through the points at your own pace. Everyone else listening, let's just tap along together, again, going at your own pace. Don't worry if you miss a point. You don't have to get it perfect.

Sally, I want you to think back to two years ago and the breakup. Would you say that's what started this slide?

Sally: Yes.

Nick: When you think of the breakup, what comes to mind?

Sally: That my financial troubles now are a result of that.

Nick: Why do you think that is?

Sally: Because what I had is gone. It feels like because there was a long period of time that I was in that relationship, I wasn't taking care of my own financial resources.

Nick: Is there a moment when you think of the breakup – when you think about what happened is there a moment in time that really stands out to you?

Sally: Yes. When I learned I was betrayed.

Nick: Where were you?

Sally: In my living room.

Nick: How do you feel in your body as you bring that memory up?

Sally: My gut hurts. My heart hurts. My back is tense.

Nick: Zero to 10?

Sally: Nine, and I've done a lot of work on it.

Nick: You're in your living room, and just keep tapping through the points. Feel the tension in your stomach and your back and your heart. Describe the scene to me.

Sally: It's 4 a.m. I hadn't been sleeping for a couple of weeks. My then partner came in and explained what was going on.

Nick: Why is it 4 a.m.? Tell me what you're doing before this happened.

Sally: I wasn't able to sleep. I just had been sleeping on the sofa for a couple of weeks. Actually, not sleeping on the sofa. Being on the sofa at nighttime. I was exhausted pretty much.

Nick: He walked in the room?

Sally: Yeah. He knew I wasn't sleeping, and explained I had been having the feelings I had been having.

Nick: What did he say?

Sally: He said that he had been with many, many, many, many women in the time we had been together.

Nick: How do you feel when you hear him say that?

Sally: Everything froze. Time stood still and it pretty much disassociated.

Nick: Go to that moment. Feel grounded in your body. Do you feel yourself

disassociating a little bit right now?

Sally: Yeah.

Nick: Take a deep breath and just feel strong and grounded and safe in your body. See this picture as a movie that's happening in front of you. You're lying on the couch. Do you sit up on the couch?

Sally: Yes.

Nick: Do you remember the first words he said?

Sally: No, I don't.

Nick: Keep tapping through the points, and just see it as a movie and see him telling you that he had been with many women. Just watch yourself. Can you see yourself freezing?

Sally: Yes.

Nick: Can you feel every muscle in your body tensing?

Sally: Actually, right now I'm feeling pretty cold kind of reliving it. I think I was getting cold when I heard that.

Nick: Tapping through the points. What's the emotion you feel right now?

Sally: I'm sort of blanking out on emotions right now. I think it goes away, blocked sort of.

Nick: Tapping on the side of the hand:

SH: Even though it's not safe to feel these emotions,
I can't believe this happened,
I can't believe he said those things,
I can't believe how he betrayed me,
I love, accept and forgive myself.

Even though I'm stuck,
I'm frozen,
I'm feeling so much betrayal,
And I feel it in every cell of my body,
And I have no idea how to let it go,
And I love, accept and forgive myself.

Even though I'm in shock,

I can see myself in shock,
When I see him talking to me,
And telling me all these things,
I can see this picture,
I can see myself disassociating,
And I love, accept and forgive myself.

EB: This shock,
SE: This shock of what he said,
UE: All this shock,
UN: All this shock from what he said,
CH: How could he say this?
CB: How could he do these things?
UA: This shock in my body,
TH: It's safe to feel these feelings.

EB: It's safe to feel these feelings,
SE: How do I really feel,
UE: About what he did?
UN: How do I really feel,
CH: About what he did?
CB: All these feelings,
UA: All these stuck feelings in my body,
TH: Feeling them now.

Nick: Deep breath. What came up for you there?

Sally: Hate, anger, bitterness.

Nick: Good. It's better than not feeling anything. So now you're feeling the feelings?

Sally: Yes.

Nick: Tap through the points. Tell me about the anger. Where is the anger in your body?

Sally: Chest and back and solar plexus.

Nick: Feel that anger. I just want to make a note and comment for everyone else because this is a common experience where we are not feeling things, because guess what, it's not safe to feel them. Sally, maybe part of you thought in that moment, well, if I really feel these feelings I might just kill him. I might not be the way I want to be, I might not react in the way I want to react, and this is so much that I just can't

feel them, freeze, disassociate.

The first question about being negative, we're not feeling this anger in order to feel it forever. We're feeling this anger because it is right, deserved, honest, fair. Then we'll see where it takes us. Feel that anger in your body. How strong is it 0 to 10?

Sally: Ten.

Nick: Tapping the side of the hand:

SH: Even though I have all this anger in my body,
All this rage,
I love, accept and forgive myself.

Even though I have all this rage in my body,
All this hate,
I love, accept and forgive myself.

Even though I have all this rage in my body,
I choose to feel it,
I choose to express it,
And I love, accept and forgive myself.

EB: This rage in my body,
SE: All this rage,
UE: All this anger,
UN: I'm so angry,
CH: And I have a right to be angry.
CB: How could he do this?
UA: How could he do this?
TH: All this anger and rage,

EB: It's safe to feel it,
SE: It's safe to let it go,
UE: It's safe to feel this anger,
UN: And it's safe to let it go.
CH: I choose to feel this anger,
CB: And I choose to let it go,
UA: I choose to feel this anger,
TH: And I choose to let it go.

Nick: Deep breath. What came up for you there?

Sally: That it was okay to feel this. It felt right. It was okay to let it go, after acknowledging that it was okay to feel it. I'm still feeling it, but I'm feeling like there's something that's broken loose in it.

Nick: Zero to 10, how strong is the anger?

Sally: I think it had shifted to self-anger.

Nick: There we go. There's the shift that happens. A beautiful magical turn.

Sally: Shift happens.

Nick: Yeah, shift happens. Tapping through the points, tell me about the self-anger.

Sally: I should have known this was happening and I did not. For whatever reason I didn't see it, and I don't know why I didn't see it. It pretty much put me at ground zero for really my entire life. I had to start completely over. Yeah, I'm pretty mad.

Nick: Why are you angry at yourself about that?

Sally: I can't get beyond I should have seen it. I don't know what other anger point there might be.

Nick: Say out loud, "I should have seen it."

Sally: I should have seen it.

Nick: How does it feel when you say that?

Sally: Damn right you should have seen it.

Nick: Tapping the side of the hand:

SH: Even though I should have seen it,
And I'm so angry at myself,
Because I didn't see it, I love,
accept and forgive myself.

Even though I should have seen it,
How did I miss it,
It was so obvious,
And I'm really angry at myself,
I love, accept and forgive myself.

Even though I'm so angry at myself,
I can't forgive myself,
I should have seen it,
I love, accept and forgive myself.

EB: All this anger,
SE: I should have seen it,
UE: How could I not see it,
UN: I should have seen it,
CH: It was so obvious,
CB: So many clues,
UA: So many clues to what was happening,
TH: So many clues to what he was doing,

EB: And I missed it,
SE: And I can't believe I missed it.
UE: All these clues,
UN: And all this anger,
CH: It's safe to feel it,
CB: And it's safe to start forgiving myself,
UA: It's safe to start forgiving myself,
TH: It's certainly time to start forgiving myself,

EB: To start getting back on track,
SE: Because if I don't forgive myself,
UE: I'm going to be running the same pattern,
UN: That I've been running for two years,
CH: And it's time to stop now.

Nick: Deep breath. How did that feel?

Sally: Like the truth.

Nick: Tune into that self-anger. How does it feel?

Sally: It feels like something that I think protects me, and I know I don't **[inaudible 35:34]** this. If I'm angry about it, it won't happen again because I'll be on the alert.

Nick: Tapping the side of the hand:

SH: Even though I have to stay on high alert,
So this never happens again,
I love, accept and forgive myself.

Even though I have to stay on high alert,
So this never happens again,
I can't relax about relationships,
And I can't relax about finances,
And I have to stay on high alert,
And I love, accept and forgive myself.

EB: I have to stay on high alert,
SE: So this doesn't happen again,
UE: I can't relax,
UN: Because I can't let this happen again,
CH: I just can't let this happen again,
I've got to stay on high alert,
CB: I've got to stay on high alert,
UA: It's not safe to relax,
TH: I just can't relax.

EB: What if I could relax,
SE: What if I could let go,
UE: Just a little bit,
UN: What if I could release all this stress,
CH: All this anxiety,
CB: This pattern,
UA: Of always being on high alert,
TH: It's safe to relax now.

Nick: Deep breath. How does that feel?

Sally: Very different. I'm actually feeling in kind of a very meditative place that knows that this is a place that I can go to get this solved.

Nick: Tell me, because I know there's some people listening who are going what are we doing tapping on a breakup, this is a financial course. Tell me why this is so important to your finances.

Sally: There is something that has happened that has not allowed me to move forward financially and with my work that I'm doing. I believe it's all tied together because I've done such deep work with tapping and other things that I know it's all related, just as everything in the universe to me is related. The things that happen in our life are all related, and so I truly believe that this is something that until I get this solved I'm not going to be able to move forward. So I've just been bumping up this brick wall. I'm at a thick wall trying to get through.

Nick: I think you're right. I think these events where we don't feel safe. We think that

it's just about relationships or we think that it's just about this aspect of our lives.

But when you don't feel safe in your body, when you have a shock like this that turns your world upside down and it colors everything you do. It colors how you interact with every person in the world, not just relationship, but also people that might have to do with your finances. Potential jobs and partners and business relationships are all colored by this idea that it's not safe to trust.

If you go into every business meeting, and I'm not saying you're doing this, but as an example of what could happen, if I were to go into every potential partnership meeting with some part of me saying, people are going to betray you, it's not safe to trust, that's going to color the way I'm going to show up and the way the relationship is going to develop.

For everyone else listening, not just Sally, look for those places in your life. We went to a specific event here, something that happened two years ago. It's often from these specific moments where traumatic changes happen. Sally, you know it really clearly. You say that your life has been very different the last two years than it was before.

Sally: Really different, yes.

Nick: It's in healing that event and everything that surrounded it. The more specific we can be on an event the better. Let's play with it a little bit. Let's go back to the event and run that memory in your mind's eye again and feel it in your body. You're lying on the couch. You sit up, and he tells you that he's been with many women. Just tell me if that image, the memory, has changed at all. Tell me what comes up when you see that.

Sally: It's still high, but it's not as high. It's a tolerable piece of information.

Nick: Tell me what you can do from here. From what we've done, what's next for you?

Sally: I'm going to work on the self-anger aspect and the aspect of moving forward with my own stuff, not old memories.

Nick: Beautiful. The same thing we did today, and you can even go back and listen to this recording and tap along with yourself again, going through this process multiple times. Running the event in your mind's eye.

The more specific you can get on it, the more you notice the different aspects that come up. We're always looking for aspects with any issue. We start with the memory. First you feel nothing in your body. Then you start feeling anger in your body. Then you feel anger, first towards him, then to yourself. These are all

different aspects of the issue. The more you can tap through the different aspects, find out how it is you feel, what's going on exactly, the more the memory can clear.

The eventual goal here is for you to think back on the memory and say, it happened. It happened. It's over. I wouldn't be surprised if what is happening now, or will in the future, you find some good that comes out of it. You find some strength. You find some new awareness. You find meaning to the events that took place. That's the place that we want to get to. Does that make sense?

Sally: It makes absolute sense.

Nick: Is this a good place to stop?

Sally: Yes it is. It's a wonderful place. Thank you. This feels like a good path.

Nick: Good. You're welcome. Thanks so much for calling in, Sally. Keep us updated on Facebook and let me know how you're doing.

Sally: Thank you.

Nick: All right. Take care.

Sally: You too.

Nick: Bye-bye.

Sally: Bye.

Nick: All right. Thank you, Sally, for your honesty and bravery and courage in sharing. I hope you found that helpful.

We're definitely going to be doing lots of tapping in the next seven weeks about money-specific issues. I'm sort of glad we started on non money-specific issues because I think it is important to make that point, to open up to the awareness that this is about healing our lives. As we heal our lives, our finances improve right with them.

Let's go back to the lines. Dorothy is in California. Let's see if I unmuted her. Dorothy, can you hear me?

Dorothy: Yes.

Nick: How are you?

Dorothy: I'm good. How are you? I'm awake now. I dozed off for awhile while Sally was talking. It's like, oh my, what was going on there.

Nick: Tell me what's going on tonight, Dorothy, for you.

Dorothy: I'm just thinking of old, old memories. My challenge this year – I retired two years ago from nursing. Now I'm living on social security. It's not enough money. I'm taking the course to clear a lot of my money stuff because I've had a lifelong dream to have a private practice as a healer. I've got a lot of stuff done, but I'm not putting myself out there.

I was just thinking while we were doing the work with Sally that – I flashed on a time, I think I was seven, and new in the neighborhood. All the big kids, they must have been nine or ten, or even eleven, they were playing tetherball or something up the street. I wanted to play with them, but I was playing horses with somebody and I couldn't untie the dish towel from the back of my pants.

I was so embarrassed. I thought, oh God, I look like a little kid. I don't want to be seen. How do I run away and have them see my dish towel tied to my pants? It's like, well, gee, Dottie, here's an example of why you might not want to be seen. Just a little kid being embarrassed.

Nick: How do you feel when you think of that memory?

Dorothy: A little shaky inside, a little scared.

Nick: Where exactly in your body?

Dorothy: In my gut, solar plexus area and my left foot's tapping. I sat up straighter in the chair. It's uncomfortable. It's just uncomfortable. I don't like being this uncomfortable.

Nick: What's the emotion?

Dorothy: I just want to run away. Anxiety I think, just uncomfortable.

Nick: Tapping on the side of the hand:

SH: Even though I just want to run away,
And I feel all this anxiety in my body,
I love, accept and forgive myself.

Even though I just want to run away and hide,

I feel all this anxiety,
I love, accept and forgive myself.

Even though when I think of what happened,
When I think of this old memory,
It makes me want to run away and hide,
I hate being teased,
And it's keeping me stuck today,
It's keeping me from being out there,
From doing my good work in the world,
Because I want to run away,
Because I want to hide,
And I love, accept and forgive myself.

EB: I just want to run away,
SE: I want to hide,
UE: I want to run away,
UN: This old memory,
CH: This old memory,
CB: I can see myself as a seven-year-old,
UA: Being so embarrassed,
TH: I can see myself being so embarrassed,

EB: And I've held onto this embarrassment,
SE: And all this anxiety,
UE: For way too long,
UN: And I wonder if I can let it go now,
CH: I wonder if I can release this memory,
CB: From every cell in my body,
UA: It's safe to release this memory,
TH: From every cell in my body,
And I choose to release this memory,
From every cell in my body,
Right now.

Nick: Deep breath. A few, one or two yawns there.

Dorothy: Just a few. Wow!

Nick: Tune into the anxiety and tell me how you're feeling.

Dorothy: Much calmer. Much calmer. I think back to that time and it's like, oh dear, she's in such a quandary here. I'm disconnected from a lot of the emotions.

- Nick: Run that memory in your mind's eye again. We always want to test the work that we're doing. We clear it and then we go back and go, okay, is it all gone? Is there anything else to address?
- Dorothy: I've always run from being confronted and teased. I've never stood up for myself and looked somebody in the eye and say, hey, cut it out. It's like my inclination now is to just say, well, okay, so I'm little and I've got a towel stuck to my pants. Somebody take it off so I can play ball with you. It's like something definitely shifted.
- Nick: I want you to start thinking about present day. You talked about getting your healing work out in the world. Just start envisioning some of that happening and see how that feels.
- Dorothy: It feels better, but there's still a fear, because I weigh 350 pounds and I wear a lot of something to be criticized about. I can just hear a heckler saying, wait just a minute here, how could you be a healer when you weigh so much? I'm not going to believe a word you say.
- Nick: I didn't know there were hecklers around in these parts.
- Dorothy: See, it feels like a heckler rather than just a question, a challenge.
- Nick: Yeah, okay.
- Dorothy: A little defensive I am, I think.
- Nick: There's some more to work on. We have a whole week on standing out in the world.
- Dorothy: Oh good. Good, good.
- Nick: You can certainly tap on it before then. One of the things that you can do is – one of my favorite ways of tapping, especially on financial stuff and things we want to do in the world, is to just imagine ourselves doing it, in the same way that you just did. What happened when you imagined it for a few seconds? A heckler came up., right?
- Dorothy: Yes.
- Nick: Just tapping through, seeing that and actually bringing it to life. It's not like we're visualizing and we're going to manifest a heckler coming at us. See yourself

working with someone. Whatever situation, whatever that heckler is, hear what they say, tapping through the points, feeling what they say, releasing that expectation and that tension and anger, and you'll find that the picture starts changing. It starts changing where you can now – the idea is to comfortably see yourself being out in the world. If you can't visualize it, you can't do it. Would you say that's fair?

Dorothy: Yes.

Nick: But if you see a heckler, if you see fear, if you see anxiety just when you sit at home thinking about it, you're going to find a way for it not to happen. It sounds like you've been pretty good at finding ways for it not to happen.

Dorothy: Oh, absolutely.

Nick: Even though I'm sure none of it is related to the quality of your healing, to the love, to the care, to the difference that you can make in the world if you cleared these blocks. Would you say that's fair?

Dorothy: Yes. Thank you.

Nick: Is this a good place to stop?

Dorothy: Yes.

Nick: Wonderful.

Dorothy: Thanks.

Nick: Thank you for calling in, Dorothy, and keep us updated on how you're doing.

Dorothy: You bet.

Nick: All right. Have a great night.

Dorothy: You too.

Nick: Bye-bye.

Dorothy: Bye.

Nick: Let's go to the Twin Cities. It looks like Brooke is in the Twin Cities. Brooke, can you hear me? Is it Brooke?

Belle: Hello?

Nick: Hi, Brooke. Can you hear me?

Belle: I'm not sure why it said Brooke. My name is Belle and I'm actually in Michigan now. I'm glad I checked.

Nick: I'm glad you started talking. All right. Sometimes there's a mix up in the system. Here we are. What did you say your name was again?

Belle: I go by Belle.

Nick: By Belle. It's kind of funny that it's Brooke and Belle. It's pretty close together.

Belle: Yeah. I don't even know who Brooke is.

Nick: Brooke's phone line is somehow mixed up with yours. Are you a 612 area code?

Belle: I am a 612 area code, but I'm now living in Michigan.

Nick: Okay. It doesn't matter. Here we are. We're talking. Belle, what's going on tonight? How can I help?

Belle: For me the thing that really strikes me is where my big issues comes in with money is I struggle with it. There are times it does feel really, really hard to make it. I work in an industry where I actually make less than the average person who does the same thing as I do.

What I discovered was one night last week I had a super day, just a really great day. I remember before the day was even over, boy, wouldn't that be cool if I could do that again tomorrow or even all the time? For the first time I actually caught myself going, you can't do that. It's never happened before. That's not even possible.

I realized that I'm creating all kinds of sabotage there. For me that's really the thing. It's the point of even if I make it I'm not going to be able to keep it. I'm not going to be able to continue with that. The momentum won't stick.

Nick: How does it feel when you talk about this?

Belle: Kind of scary. I'm not sure how to put it – there's frustration. There's – excuse my language, what the hell is really what comes to mind. Why is this?

Nick: Why is it? Where does this belief come from that you're not going to be able to make it stick, make it happen? How long have you felt this way?

Belle: Honestly, probably most of my life when I think about it. There is a memory that pops up and I'm not sure how it relates, but I've learned not to question that too much.

Nick: Yeah, absolutely. What's the memory?

Belle: What that is, is – this is going to date me very badly – during my marriage in my twenties I was married to a very abusive, very controlling man. I was working three jobs to actually pay the bills while he worked one semi part-time job and didn't do much else. He would meet me at the end of each week with his hand open to take my check.

ATM cards had just become one of those things that were available. Like I said, I'm dating myself. I had one of these cards and I stopped at the bank and took \$10 out, which at that time they charged us – even directly from your own bank they would charge you \$5 or something, or \$2.50. I don't remember. It was a lot of money compared to the \$10 that I took out of the bank.

I remember my now ex-husband lost his mind. He just went crazy, screaming at me. How stupid are you? What do you think you're doing going into my bank account? It was actually a joint account, and I provided the majority of the money in it.

There's something about that. Gosh, I haven't thought about that in forever, but that's what came to mind was that incident with the ATM machine, actually taking money out that I had earned. By the time I was done I was really kind of afraid because he had quite a violent temper. That's what came to mind. It's kind of a strange one.

Nick: How does it feel when you think of that memory?

Belle: Now I get angry.

Nick: Who are you angry at?

Belle: Him, I think. I'm sorry.

Nick: It's Okay. Where do you feel the anger in your body?

Belle: That's like right there in my gut.

Nick: Sometimes we also – what I love about the question of where do you feel the anger of your body is that we don't always have to know exactly where it's at and what it is. We can just go, I don't know. I have this memory and I deal with anger, and I don't know what's going on here and how it's related. But like you said, it's related in some way. So let's tap on it. How strong is the anger 0 to 10?

Belle: It's about an 8.

Nick: Tapping the side of the hand:

SH: Even though I feel all this anger in my gut,
I love, accept and forgive myself.

Even though I'm so angry at him,
I'm angry at money,
I'm angry at ATM machines,
I'm angry at myself,
And I love, accept and forgive myself.

Even though I have all this anger in my body,
I love, accept and forgive myself.

Even though I have all this anger in my gut,
I love, accept and forgive myself.

EB: This anger in my body,

SE: This anger in my gut,

UE: This anger at him,

UN: This anger at money,

CH: This anger at ATM machines,

CB: This anger at myself,

UA: All this anger in my body,

TH: All this anger in my gut,

EB: I wonder what it's really all about,

SE: I wonder why this memory came up,

UE: And I wonder how this is affecting me today,

UN: I wonder what this is all about,

CH: And I wonder if I can let it go,

CB: I wonder what this is all about,

- UA: And I wonder if I can let it go.
- Nick: Deep breath. What came up for you there?
- Belle: It's interesting. Anger actually spiked, which is not uncommon for me. Then it came down. I think it's really more anger directed at myself now that I look at it. There's that place I'm **[inaudible 01:01:58]** as well, but the stuff that came up was, how could I be so stupid to tolerate that, to live like that, to remain in that? That's really the big thing. I'm actually probably more at peace than I've been all week. So it definitely has had – but yeah, it was different.
- Nick: Tell me about the anger towards yourself.
- Belle: The relationship was incredibly abusive, to the point that it's not something I want to repeat in a public forum because everyone's going to be tapping. But I stayed and I stayed and I kept trying to get it right. I'm not even sure why. Looking back now, of course it's 20 some years later and I have a different perspective. I would be horrified if my child was in that. I'm looking and saying how was I so stupid? Why would I stay in that? Why would I have stuck with that? Really it's that point of feeling really, really stupid.
- Nick: Tell me how this is affecting what's going on today for you, what you brought up in the first place.
- Belle: For me it was that point of no matter what I earned, I didn't get to keep it. It wasn't mine. It didn't belong to me. Of course it would make sense now that in one way or another I would sabotage it, even if it's just that thought of you can't keep doing that. I'm not sure that it feels safe to keep doing that. If I keep making money, who's going to come and take it, or use it against me even?
- Nick: Hone in on that belief, if you keep making money – and actually imagine that. Imagine whatever the next steps are in your financial ladder, climbing up a couple rungs, whatever that looks like. What happens when you do that?
- Belle: Wow! Panic. Panic. My heart is actually racing, and it's like my whole body just went tense.
- Nick: Tapping through the points, tell me about the panic.
- Belle: Of course, having been in an abusive marriage it's probably not surprising that I had an incredibly abusive childhood with a very manipulative mother who two of her four children are still contributing to her finances because she chooses not to handle her own. There's a lot there. I don't want to give her any money, to be

very, very – she didn't take care of me. Why should I take care of her now? I don't want to give it to her.

There's that thought. It's like if I make this she's going to expect me to give it to her. If I don't, is that fair to my other siblings? Is it going to cause problems between us, which rationally I know it won't. Then of course there's always that issue of going toe-to-toe with mom. I don't want to give her my money.

Nick: So making money isn't just about you making money. It's pretty complicated.

Belle: Yeah, it's very – wow! Way more complicated than I thought it was.

Nick: Tapping on the side of the hand:

SH: Even though I feel all this panic in my body,
When I think about making more money,
I love, accept and forgive myself.

Nick: Everyone else listening, do that same little visualization. See yourself climbing up the next couple rungs of the financial ladder. See how it feels.

SH: Even though I feel all this panic in my body,
When I think about making more money,
I love, accept and forgive myself.

Even though I feel all this stress and panic in my body,
When I think about making more money,
What will my mom think,
What will she say,
What will my siblings think,
What will they say,
If I make more money.

EB: All this panic,
SE: This panic in my body,
UE: All this panic in my body,
UN: All this panic in my body,
CH: It's safe to feel this panic,
CB: It's safe to acknowledge what's going on,
UA: That this is a complicated situation,
TH: That's keeping me stuck.

EB: I can see so clearly,

SE: Everything that's keeping me stuck,
UE: All these things around money,
UN: All this panic and anxiety,
CH: I can see it clearly,
CB: And I can heal it,
UA: It's safe to relax around money,
TH: It's safe to relax around making more money,
And to release all this panic from my body.

Nick: Deep breath. What came up for you there?

Belle: It's interesting. The statement "it's safe to release it" actually felt a little bit scary. It started to go down, but that first moment, "it's safe to let it go", it's like no it's not.

Nick: Absolutely.

Belle: It's like I don't have to do anything that I don't want to do with it. If I want to give her money, that's my business. If I don't, that's my business too. The truth is my siblings are not going to judge me, period. We've had many conversations on this topic.

Nick: This is a little different than what you were saying five minutes ago.

Belle: Exactly, exactly. They're not going to hold it against me. They're not going to criticize me. They're not going to judge me. They get it. There was a definite shift there.

Nick: Wonderful. It's important to note these cognitive shifts, because otherwise it's like you're just kind of like, oh no, I feel great about things. It's like, wait a second.

Belle: Yes.

Nick: This was a big shift. Let's go back and test it, and see yourself climbing up the rungs of the financial ladder.

Belle: It's a little better. It's a little better.

Nick: How's the panic?

Belle: Not so much panic as a level of anxiousness. My body's actually still pretty relaxed and my heart is not racing. That was a big shift, actually, now that we

look at that piece.

Nick: Tell me what's left.

Belle: What's left? For me what I'll do is obviously go back and relisten to this and tap some more, because there's definitely plenty there. To start looking at it from, you know what, if I don't want to give my mom my money. Maybe I need to tap on saying no and being okay with the no in there. Probably going back and feeling the anger and whatever that was, just feeling really stupid, and choices. Maybe seeing that from a little different perspective as well.

Nick: That sounds like quite a good plan.

Belle: I hope so. It feels like a good one.

Nick: Good, good. Is this a good place to stop?

Belle: This is a great place to stop. Thank you so much, Nick.

Nick: You are so welcome. Thanks for calling in. Keep us updated with how you're doing.

Belle: I will. Thank you.

Nick: All right. Have a great night.

Belle: You too.

Nick: Bye-bye.

Belle: Bye.

Nick: I want to wrap up with doing a group tapping together. Let's wrap up all the great things that have happened this evening, consolidate them, do some tapping and leave you on this first week of the seven-week program feeling great.

Go ahead, and wherever you are just take a deep breath in. Feel yourself really grounded in time and space, feeling into the feet, rooted in the body, feeling gratitude towards yourself for making it here tonight, for taking the time to listen in, for taking the time to make this commitment to change your life.

We're going to do some general tapping on this first week, everything that has been going on, all these breakthroughs, insights, the things to tap on, clearing

them, feeling strong and grounded.

Tapping on the side of the hand, the karate chop point:

SH: Even though I'm finding all these financial things,
All these limiting beliefs,
All this emotion,
All these memories,
All these events,
And sometimes it feels a little overwhelming,
To think of all the work that I have to do,
I choose to know I can do this,

I choose to be grateful towards myself,
Toward this powerful tool,
That can help me change my financial destiny.

Even though there's so much going on in my life right now,
I choose to feel safe, calm and centered.

Even though there are so many things to work on,
To break through,
So many changes that I want to make,
I choose to know I'm on the right track,
I'm in the right place at the right time,
I choose to believe in myself again,
And my ability to manifest magic and miracles,
And my ability to find more deeper personal fulfillment,
And make a real difference in this world.

EB: Feeling safe and grounded in my body,
SE: Knowing I'm in the right place at the right time,
UE: Knowing that I can clear all these challenges,
UN: Heal all these memories,
CH: And rewrite my financial future,
CB: It's time to feel safe in my body again,
UA: It's time to feel strong in my body again,
TH: It's time to feel safe with my finances,

EB: And create a new destiny,
SE: Releasing any stress,
UE: Any overwhelm,
UN: And feeling strong and confident in my body,

CH: Choosing to know,
CB: That I have all I need within me,
UA: To rewrite my financial destiny,
TH: Right now.

Nick: Deep breath in. Let it go. Just take a moment to feel that strength in your body, feel that gratitude, feel that confidence in yourself in this process in what you're here to do and the difference you're here to make in your own life, the lives of the people you love and in the world. Feel that strength. Feel that gratitude.