

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

Tapping in Action Transcript Module 2

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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.

A couple of quick questions to get you started. Mark asks, "How do I formulate the statements and affirmations used during the tapping sequence? I find this hard to do."

Great question, Mark, and I know it's something that a lot of people struggle with. They go, I hear you on the live and you say even though this and that and tapping through all the points and I can't do it. So what to do? Step one is to not get caught up in it. Don't get stuck here. Don't let this be the place where you get stuck.

Here's the bottom line with the tapping. We are focusing on how we feel, on our emotional experience, on the feelings in our body, on the memories that come up. The language is a way to access that. Yeah, language is helpful to figure out what am I feeling, what am I thinking, what's going on for me, but it's not everything. What is most important is what you're feeling.

That's why you'll see I'll often give you tips like how to tap with The Movie Technique, where you just imagine a movie in your mind's eye. So if there's a memory, something that happened that you can't let go of, just imagining it in your mind's eye is a great way to tap without worrying about getting the language perfect.

So there's many different ways. Pay attention. As I tap with people you'll see that there's different ways I do it. Sometimes I'll ask questions like, what makes you angry about that? Someone will just answer it makes me feel this way. I'll have them tap on that point over and over again, tap on that statement saying, I'm angry, I'm this, I'm that. Whatever it is I'm feeling.

An easy way to tap is to call a friend, share with them the thing that you're stressed out about from that day, and tap as you talk. That's a very easy way to tap, where you're not worried about the language.

So don't get too hung up on the right phrases. Remember too, you're new to this.

This is a new process. Or many of you are new to this. So it takes some time to get comfortable with it, get used to it. Don't stress out about getting it perfect.

Mandy from the Gold Coast in Australia, I love the Gold Coast, says, "Hi, Nick. I have trouble getting the feeling in my body when a negative thought pops into my head. I know some of these thoughts have a charge to them as they pop into my head all the time, like when I am about to run a promotion for my photography business the thought of nobody will book me or nobody will even see my promotion. How can I tap on these thoughts and clear them when I can't feel them in my body?"

Great question, Mandy. You might be referencing the fact that I often ask people to feel things in their body. I often say, where do you feel that, what's going on, because for many people it helps to ground them. It helps to feel what is going on exactly. It gives them more information about what is happening in their body with the emotion.

But everybody's different. Some people don't feel things in their body. Some things people are a lot more head focused and it's just they have the thought but they can't feel it. Other people hear thoughts. Other people have different approaches to these emotions, what they feel their experiencing.

So don't think just because you don't feel a certain way you're doing something wrong. Use your intuition. Just thinking the thought is perfect. If you don't feel it in your body, that's fine. Use your intuition and just follow your guidance as you tap through. I picked these couple questions because they're sort of the same theme, as we get started this evening.

Nancy says, "I don't feel anything negative. Maybe that means I'm in denial or alignment. Not sure. The tapping seems to be making me stronger and the good feelings are coming up a lot. I've had realistic goals for years, but never seem to get there. I think it has something to do with lack of action toward the goal, but I can't pin down where the resistance is in order to focus on it. Is it okay to just tap for removing general resistance or does it need to be specific?"

Great question. Specific is always better because we can really hone in on what's happening, what we're feeling, what's going on. But again, that doesn't mean you're doing anything wrong if you're tapping for general stuff. I'd rather see you tapping on the general stuff because that's what's coming up, then not doing tapping at all.

Nancy, you also mention that your good feelings are coming up a lot. To me that's a sign that you're doing something right, so stick with that. Stick with whatever you're doing. If you're having good feelings come up, that is a positive

thing.

On the first three questions, and really on this whole course, I think one of the big things that I would love for you to take away from this course is to really increase and grow your trust in your intuition, and your beliefs in yourself and what you feel in your body and what you're intuiting about what's working for you and what's not working for you.

Oftentimes when we're learning new material, when we're trying to change we're looking for so many right or wrong answers. Am I doing this right? Am I doing this wrong? I can give you my opinion, I can give you my potential answers, but I trust your intuition a lot more.

One of the things that tapping does in a really powerful way if it helps you really open up that intuition, to gain clarity. When we have thoughts swirling around all over the place, when we're anxious, when we're overwhelmed, when we're angry it's hard to feel, to hear that intuition. So just doing the tapping in and of itself can help with that intuition.

A couple of questions – the last one here, from Veronica in Stockholm, and she asks about saying the sentences out loud or does it work if you think the sentences. It absolutely works if you think the sentences. Often when I'm tapping by myself in my office or something, I find that it's mostly saying it in my head.

When we verbalize it there's certainly some advantages to that, in that we can put more power and energy into them. Sometimes verbalizing it can give it even more energy and can make something really feel in the body, really come alive in the body. But if you say it in your mind, if you whisper it quietly, that will work great.

Let's go to – we're going to go to sunny Santa Monica. It says Jordan Marks on here. I don't know if that's Jordan I'm talking to or someone else. Can you hear me?

Jordan: Yes, it's me. Yes. Hi.

Nick: Hey, Jordan. How are you?

Jordan: Feeling really nervous.

Nick: Ah, nothing to be nervous about. Just me and you on a phone call. Why don't you do some tapping right now? Tapping on the side of the hand, the karate chop point:

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SH: Even though I feel really nervous,
I choose to relax now,

Even though I'm feeling all this anxiety in my body,
I choose to relax now.

Even though I'm feeling all this nervous anxiety,
In every cell in my body,
I choose to relax now.

EB: This anxiety,

SE: This nervousness,

UE: It's safe to relax,

UN: In my body,

CH: Feeling grounded in my body,

CB: Feeling safe and grounded,

UA: In every cell in my body,

TH: Right now.

Nick: Deep breath. Feel a little better?

Jordan: Yeah.

Nick: Good. So what's going on?

Jordan: I wrote down a couple things. I wanted to share a few of my triggers that I identified. I also wanted to talk about an experience I had when I was a kid that I think was a pivotal moment in affecting my belief or relationship with money and spending.

The triggers that I came up with were – one of them has to do with whenever I need to make a very small purchase, \$2, \$5, \$10, whether it's paying for parking or bottled water from a cart at the mall or something like that, these little tiny purchases, I get really spun out. I've gone to extreme lengths to avoid paying these tiny amounts. I've put myself through a lot of stress and unnecessary things. So that's one of them.

Nick: Do you know when that started? Do you know what that's about?

Jordan: Well, I think it's tied to that experience that I want to share.

Nick: Yeah. Absolutely, go ahead.

Jordan: The other thing is I get triggered around throwing things away that are not fully



eaten or used up. Similarly, like if my wife made brownies in a few days and they're not really edible anymore I avoid throwing them out. Or an iced tea from Starbucks, if she didn't finish hers and it's on the counter I literally put it in my office. I told myself I was going to drink it. It sat there for two days and then she was like, what is that doing in there?

I have a hard time letting go, like leftovers, sometimes to the point of eating things that really are bad, that I can't let go, can't just throw it away because it has this monetary value or something.

Then last week – ever since I was very little, and I still do it, whenever I'm ordering food at a restaurant I've always looked at the prices. That's always been a deciding factor, and it's been limiting. It's not just a reasonable – like even as a kid, when my parents were paying for food I still was obsessed, or just very hyper aware of the prices and I made my decision accordingly. I think I didn't want to order something too expensive.

It's been too that I wouldn't allow myself, even as an adult when I'm paying for myself I wouldn't allow myself to do extras. If there's an extra \$1.50 charge for guacamole or something on a burrito, whatever it is, those little extras, I still – I couldn't – I can't – today I've made a lot of progress in just contrary action with these different things, but it still is something that I get triggered when considering those kinds of things.

Those are three triggers that I became aware of and I jotted them down, because they really interfere with just daily living and feeling free. That's my goal, actually. That was my goal is I want to be free and at peace with circulating money and knowing that I'm part of the infinite flow of abundance. That's my goal.

Nick: Wonderful goal.

Jordan: Thank you. For the experience that I feel like has contributed to my everything with money is I was about eight, I think. I was with a friend and his mom, and one of his friends and another mom. My parents weren't there. We were out for the day doing, I don't know what, playing and stuff.

Then we went to an ice cream store and I ordered an ice cream. I had some money. But when it came time to pay they prepared the ice cream – the parents, the friends weren't paying for it. I was paying for myself with the money that my parents had given me. I didn't have enough money to pay for the ice cream and it already had been prepared, and it was sitting there. I felt humiliated and ashamed that I didn't have enough to pay for it.

My friend's mom offered some money for me to pay, but she was offering a 50-



cent piece, the coin, and at that age I valued and collected uncommon coins, silver dollars that I had gotten from my parents or 50-cent pieces, anything like that. A 50-cent piece actually was more valuable to me than the 50 cents itself. It was even more valuable to me than the ice cream. I would have wanted to keep the 50-cent piece, but I accepted it from the friend's mom and then used it to pay for the ice cream.

It was such a – I don't know. But I feel like that tied into this holding onto things and not wanting to buy the thing. Somehow money became more valuable to me than the things that it can be used to buy. So I haven't wanted to spend or release or circulate because the money is of value, not the thing.

Nick: Yeah, absolutely. And a lot of confusing information and messages for you in that moment about money, from what you wanted, the embarrassment of not having it, the collectible part. There are a lot of tugs from different places about money. I'm so glad you've identified it. Let's do some work on it.

Everyone listening, I'm so glad Jordan brought up such a unique event, but let's find some of these unique events in our past. Think back of an experience maybe like this where something happened with money that was a little uncomfortable. Something happened that didn't sit right with you, where there were some negative experiences from it.

Jordan, as you just told me that story, what did you feel? What came up for you?

Jordan: I feel some constriction in my chest. I feel like crying. I don't know what the emotion –

Nick: Okay. That's fine. That's all I need, constriction and – how strong is that 0 to 10?

Jordan: Eight.

Nick: Okay. Tapping through the points. Let's just ease that up a bit, and then we're going to go look at that event specifically. Tapping on the side of the hand:

SH: Even though I have all this constriction in my chest,
All this emotion,
I don't even know what it is,
But I feel it,
And I love, accept and forgive myself.

Even though I have all this stress in my body,
All this negative emotion,
Around this event,



I choose to relax and feel safe.

Even though I feel all this negative emotion,
Around this event,
I choose to relax and feel safe now.

EB: This constriction in my chest,
SE: All this emotion,
UE: All this emotion,
UN: I feel it in my body,
CH: When I think about this event,
CB: All this emotion in my body,
UA: It's safe to feel it,
TH: And it's safe to let it go.
It's safe to feel it,
And it's safe to let it go.

Nick: Deep breath. Just tune back in and see if that shifted for you at all.

Jordan: Yeah. There's still some tightness there, but I do feel more safe.

Nick: Great. Let's go back to the event. Everyone else listening, tune into that event that you want to focus on today where something came up, something happened, something swirly around money. Jordan, just start tapping through the points and tap through them at your own pace. I want you to take me back to that event. How old were you?

Jordan: I think I was seven or eight.

Nick: Okay. Where were you living at the time?

Jordan: Tucson, Arizona.

Nick: Okay. So it's kind of hot and the ice cream man comes by, or are you at the ice cream store?

Jordan: It was actually a store.

Nick: Can you see it?

Jordan: Yeah.

Nick: Tell me what it looks like.

Jordan: It's bright inside. There's a white counter and a small lobby sort of area. There's the machines, the ice cream machines. There's a little rack where they put the ice cream cones.

Nick: See yourself walking into the store and you're with your friend.

Jordan: Should I close my eyes?

Nick: Whatever feels good for you. If closing your eyes helps you and you can still tap through the points, absolutely. So you're there with a friend. Do you remember your friend's name?

Jordan: Yeah, Alex, and his mom and another friend and his mom.

Nick: You walk up to the counter, and what happens next?

Jordan: I ordered last. I ordered an ice cream cone that was chocolate dipped. Then they accepted my order and went off to make it, the person.

Nick: So they're making your cone and you're just waiting patiently for it. What's next?

Jordan: Then she called me up to pay and told me how much it was, and I handed her what money I had. She said that it wasn't enough or that I needed some more.

Nick: Pause right there. Do you remember what she said, it wasn't enough or – and even if you make up a little bit that's okay. So she said that it's not enough or.

Jordan: I think it was probably something like you still need 28 more cents. I don't know the exact amount, but I think she **[inaudible 23:04]** a certain amount more.

Nick: Hear her saying that. Do you remember how you felt when you heard her say that?

Jordan: Yeah. I felt like an emptiness inside, deep, painful emptiness inside.

Nick: Just pause there for a moment. Can you feel that in your body right now?

Jordan: Yeah. Yes.

Nick: Where do you feel it in your body?

Jordan: I think it's in my heart. It feels like my ribcage is emptied out. I would say it's in my heart.

Nick: What's the emotion?

Jordan: Pain. I would say pain and abandonment or alone. I'm alone. I'm not safe.

Nick: How strong is that feeling 0 to 10?

Jordan: Six.

Nick: Keep tapping and feeling that feeling, and take me through the rest of the story.

Jordan: Then I turned around. Alex's mom, I looked at her. Then she took out the 50-cent piece and offered it to me. I took it from her and noticed that it was a 50-cent piece and that I liked it and didn't want to pay with it and didn't want to be there and didn't want the ice cream. But then I felt like I had to because it had already been ordered and made, so I had to pay. So I gave the coin to the cashier.

Nick: Tune into that moment of confusion. You're looking at the 50-cent piece. Just tapping through the points. What do you feel when you look at that 50-cent piece?

Jordan: Dread.

Nick: Tune into that dread. How strong is it 0 to 10?

Jordan: Six, maybe 7.

Nick: Tapping on the side of the hand:

SH: Even though I feel all these emotions in my body,
Around this painful event,
I love, accept and forgive myself.

Even though I feel all these emotions in my body,
All this dread,
Around these painful events,
Around money,
Around ice cream,
Around this 50-cent piece,
Around everything that happened that day,
That's kept me so stuck,
For so long,
I love, accept and forgive myself.

Even though I've been holding onto this pain,
From this event,

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For so long,
I love, accept and forgive myself.

EB: The day I got ice cream,
SE: And everything changed,
UE: I felt so all alone,
UN: I felt so scared,
CH: So confused around money,
CB: So embarrassed and ashamed,
UA: And I've held this in every cell in my body,
TH: For so long,

EB: And maybe it's time to let it go,
SE: I was just a kid,
UE: What did I know,
UN: It was a simple mistake,
CH: And it's become such a big deal,
CB: And it's become so stuck in my body,
UA: And what if I could let it go,
TH: What if I could release this old event,

EB: From every cell in my body,
SE: Right now,
UE: What if I could release this old event,
UN: From every cell in my body,
CH: Right now.

Nick: Deep breath. How do you feel right now, and what came up for you during that tapping?

Jordan: I still feel some pressure in my heart, although it's not as intense.

Nick: Great.

Jordan: I was allowing myself to be distracted by my dog barking and I was getting angry that that was going on. I was trying to stay focused, but I was getting angry. That's what was coming up for me.

Nick: Then it's perfect. You can just tap on the anger as it's coming.

Jordan: Yeah. I don't know. I agree. I feel like I'm ready to let this go. It's time for me to let go, be unstuck. As I said, I still feel tightness in my chest, but...

Nick: Okay, wonderful. Why do you think you've held onto this for so long? How has it

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served you?

Jordan: It's kept me being a victim, thinking I'm a victim and that I'm powerless. That I'm alone and abandoned and unloved and that there's nothing I can do about that.

Nick: So this event plays into a larger story.

Jordan: Yeah.

Nick: Tapping the side of the hand:

SH: Even though I've been holding onto this old story,
About who I am,
That I'm a victim,
About how the world treats me,
I love, accept and forgive myself.

Even though I've been holding onto this old story,
About the world,
About how it treats me,
About what happened that day in the ice cream parlor,
And I've been holding onto this story,
In my consciousness,
In my body,
And I've been letting it dictate who I am,
I love, accept and forgive myself.

EB: This old story,
SE: About who I am,
UE: About why my dog barks,
UN: About being a victim,
CH: This anger,
CB: This stress,
UA: This anxiety,
TH: What if I could let it go,

EB: What if I could write a new story,
SE: A new destiny,
UE: What if I could release everything that happened that day,
UN: In the ice cream store,
CH: All that fear I felt,
CB: All that anxiety,
UA: What if I could let it all go,
TH: And what if I could start feeling,

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EB: Strong and powerful,
SE: In every cell in my body,
UE: I see the ice cream lady asking for more money,
UN: And I relax in my body,
CH: The seven-year-old me relaxes,
CB: And says, oh, I guess I need more money,
UA: And laughs about it,
TH: And asks for some help,

EB: And gets a great 50-cent piece,
SE: And thinks for a moment, I wish I could keep this,
UE: But knows another great piece is right around the corner,
UN: So I hand her my money,
CH: Feeling strong and confident in my body,
CB: And I enjoy that damn ice cream,
UA: All this stress over ice cream,
TH: Years of stress over ice cream,

EB: I finally let it go,
SE: I let this event go,
UE: And everything it taught me about the world,
UN: From every cell in my body.

Nick: Deep breath. How does that feel?

Jordan: I feel light. There's still a tiny hint of pressure in my chest, but I feel light and tingly and confident and safe. I feel like everything is okay.

Nick: Nice. I want you to imagine one of these micro transactions that take place in your days now. You're buying a bottle of water. When might be the next time that you're faced with this?

Jordan: It could be tomorrow, or next time we're out and we're at the mall and I didn't bring bottles with me.

Nick: Imagine that happening, and as you go up to the counter to buy a bottle of water tell me what you feel.

Jordan: I feel anxiety in my chest, solar plexus. My heart is beating faster.

Nick: Tapping through the points:

EB: Even though I have all this anxiety in my body,

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SE: I'm running this pattern again,
UE: I'm seeing this trigger,
UN: And I know where it's from,
CH: And I know I've run this pattern so many times,
CB: And I choose to retrain my brain,
UA: Right now,
TH: To have a different experience,

EB: To release all the stress and anxiety.
SE: To feel safe around money,
UE: Right now.
UN: Even though I've been running these old patterns around money,
CH: And I'm tired of them,
CB: I'm ready to move on,
UA: But my brain is trained,
TH: To think this way,

EB: And to act this way,
SE: So it might take a few days,
UE: Or a few weeks,
UN: To retrain my brain,
CH: But I commit to doing that now,
CB: I'm in charge,
UA: I'm in charge of how I feel,
TH: I can recognize this anxiety,

EB: And I can do the tapping to release it,
SE: And with every tap,
UE: Every time I change this experience,
UN: I rewire my brain,
CH: I let go just a little bit more,
CB: Every single time,
UA: And as I release these small triggers around money,
TH: I feel more calm and confident,
In every cell in my body.

Nick: Deep breath. How does that feel?

Jordan: I feel powerful.

Nick: There we go.

Jordan: I feel different.

Nick: You're in control of this. What I would love for you to do, this is an easy thing to test, tomorrow morning maybe leave some water behind, or even just make yourself go and have a little micro purchase. But don't just throw yourself in there. Sit in the car. Make the decision. Maybe you feel a little anxiety coming up. You tap right then and there. You bring it down. You listen to the recording of this call.

Then when you walk up there, maybe you're feeling some more anxiety because it's getting closer. Tap right then and there. Who cares what they think of you. You can even tap on your collarbone point. No one will notice. Or walk up and then move to the side and do some tapping. Just keep doing this.

I'm so glad you raised your hand today and shared, because while I'm sure there aren't a lot of people out there that are having experiences like this, we all have experiences like this around money that are general triggers. You have a very specific one, but many of us have experiences when we open the bills and we get the mortgage and we're faced with a new challenge.

This shows how we can retrain our brain. How we can go back in the past and then tap now to really change your experience of it. After doing it once or twice, or for a week or two, I think you're going to find that those experiences change.

What for me is most exciting is that I think when you get a hold of these little triggers, these things that you have going on, you're going to see your whole experience surrounding money changing because this is obviously affecting everything else that you might want to change around money. Does that make sense?

Jordan: Yes.

Nick: All right, Jordan. Is this a good place to stop for tonight?

Jordan: Yeah, this is good. Thank you so much, Nick.

Nick: You're welcome. Thanks for calling in.

Jordan: Okay, bye.

Nick: Take care. All right. Thanks, Jordan, for calling in. I hope that was useful for everyone. Sometimes I'll go deeper. I know we went about 35, 40 minutes there, but I think it was useful to see the different approaches we can take for issues and how we can tap in the past, things that have happened in the past, and be specific, and we can use it for the future for current experiences.

Also note how we got specific there on the different things that we were feeling, on the different things that Jordan was feeling, and telling the story through that specific event. That is all things that can be really helpful as you're tapping to clear out stuff that is in your way.

Let's get back to the lines. Let's go to Mary, who is in Pennsylvania. It looks like she's in Philly, if this is right. Mary, can you hear me?

Mary: Yes I can. Can you hear me?

Nick: I can hear you loud and clear, Mary. How are you doing tonight?

Mary: I don't know. I'm having some mixed emotions, but I'm happy to be talking to you.

Nick: Okay, great. We'll handle those mixed emotions. What's going on?

Mary: Well, it's like this, Nick. When I reach for the telephone receiver to make a sales call, I literally freeze. I am afraid of the word no. In order to avoid taking action, I do that whole fight or flight response. By that I mean I waste a lot of time on non-essential busy work. I must say that I have read and taken a lot – a multitude of classes on sales and marketing, but nothing seems to work.

I hear you and Jessica stress awareness. I have come to realize that my problem goes back more than 60 years ago growing up in a poor inner city community. Though we were all blessed in many ways, there was never enough money. When I asked my parents or grownup relatives for a few coins, everyone always seemed to say no. So I vowed when I grew up that I would never ask anyone for anything.

Consequently, I've done well in my career. However, I am now retired and I am attempting to follow my passion. Making sales calls and presentation are important for my business success. However, I've come to realize that deep down within I equate sales calls with begging, as was the case during my childhood. I just can't attain my travel agent commission goals if I'm afraid to ask for the business.

Nick: Tell me what you're feeling right now as you're sharing.

Mary: First of all, I'm embarrassed that I'm admitting to the world that this is a problem. Secondly, I feel rejection. I feel that I'm not good enough. I've had feelings of unworthiness. I feel like I just want to break down and cry because I am so ashamed of myself.

Nick: Let's do some tapping right now. Let's lighten that load a little bit. Tapping on the side of the hand:



SH: Even though I'm feeling all this emotion in my body,
So ashamed,
So embarrassed,
I love, accept and forgive myself.

Even though I'm feeling all this emotion in my body,
All this shame,
All this fear,
I love, accept and forgive myself.

Even though I'm feeling all this negative emotion in my body,
It's safe to relax,
And feel safe now.

EB: All this emotion in my body,
SE: All this negative emotion,
UE: In every cell in my body,
UN: All this negative emotion,
CH: All these feelings around sales,
CB: All these negative feelings about sales,
UA: In every cell in my body,
TH: All these negative emotions,

EB: In every cell in my body,
SE: All this negative emotion,
UE: In every cell in my body,
UN: It's safe to feel it,
CH: And it's safe to let it go.

Nick: Deep breath. How did that feel?

Mary: It feels a lot better.

Nick: Okay, good. Just tapping through the points, and I want you to describe to me when was the last time you made, or you tried to make one of these sales calls.

Mary: I tried to make one about – it's been now at least four weeks or so. I make up my prospect list and I say I'm going to call, but I always get real scared and don't do it.

Nick: Imagine yourself as if you're doing it tomorrow.

Mary: Okay.



Nick: Just tapping through the points, how do you feel as you start imagining it?

Mary: Still a bit apprehensive.

Nick: Where do you feel that in your body?

Mary: It feels like it's just going through my solar plexus. It's just going through to my heart almost. It's just so scary.

Nick: Tell me what's scary about it.

Mary: Scared to hear the word no, even though I haven't tried. It just brings up memories. I don't know. I'm just afraid.

Nick: Where do you feel that fear in your body?

Mary: I don't know. It's just a nerve – I feel nervous.

Nick: All right. So imagine making that phone call. Tapping the side of the hand:

SH: Even though I'm so scared they're going to say no,
I love, accept and forgive myself.

Even though I'm so scared they're going to say no,
I love, accept and forgive myself.

Even though I'm so scared they're going to say no,
I love, accept and forgive myself.

Even though I have all this fear in my body,
About them saying no,
So much anxiety,
About making that phone call,
I love, accept and forgive myself.

EB: What if they say no,
SE: I'm so scared they're going to say no,
UE: What if they say no,
UN: All this fear in my body,
CH: That they're going to say no,
CB: All this fear in my body,
UA: That they're going to say no,
TH: All this fear in my body,

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EB: That I feel,
SE: When I think about making that phone call,
UE: When I think about putting myself out there,
UN: And them saying no,
CH: So much fear and anxiety,
CB: In every cell of my body,
UA: So much fear and anxiety,
It's safe to feel it,
And it's safe to let it go.

Nick: Deep breath. What came up for you there? How did that feel?

Mary: I feel a lot calmer, a lot calmer.

Nick: I want you to imagine yourself making that phone call tomorrow. Tell me what comes up.

Mary: Actually, a positive response.

Nick: It's kind of magical. I think you surprised yourself with that, huh?

Mary: Yeah. I didn't expect I would say that.

Nick: Okay. What's the positive response? What came up?

Mary: Yes I'm interested. Tell me more about it. I actually feel better. I don't feel as scared now.

Nick: Wonderful. Let's do one more round. Just imagine yourself tomorrow picking up the phone. Tapping the side of the hand:

SH: Even though I might have some hidden resistance around picking up this phone,
It's time to move past it,
It's time to let it go,
And it's time to pick up the phone.

Even though I've had all this stress in my body,
Around picking up the phone,
I choose to let it all go,
And love myself now.

Even though I have all this stress in my body,
Around picking up the phone,
I choose to release it,

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Let it go completely,
Right now.

EB: It's time to let this go,
SE: It's time to pick up the phone,
UE: And start changing my life,
UN: It's time to feel strong and confident again,
CH: It's time to let go of all this anxiety,
CB: All this fear,
UA: From every cell in my body,
TH: Right now,
Letting it go,
Letting it all go,
Right now.

Nick: Deep breath. How does that feel?

Mary: It feels good.

Nick: This is what you can do. You can just imagine yourself picking up the phone, release that resistance. When we do these visualizations and we see what's in our way, we tap through them, then the magic happens. Just like you felt, it goes away and you start having positive thoughts. Right?

Mary: Yes.

Nick: All right. So tomorrow are you going to pick up that phone?

Mary: Yes.

Nick: Wonderful. If you go to pick up the phone and you feel any resistance, just tap right then there. All right?

Mary: Okay. Thank you very much.

Nick: You are welcome. Thank you for calling in. Have a great night.

Mary: Thank you.

Nick: Take care. Bye-bye.

Mary: Bye-bye.

Nick: All right. These little decisions. I know sometimes picking up the phone, the

anxiety that comes with it can be such a small moment in time but it can change our destiny.

Even if you don't do cold calls or you don't have to pick up the phone and are scared of someone saying no, we still have to put ourselves out there. We still have to propose things to people and ask them and ask for things. There's always the potential that someone's going to say no, that we're going to be rejected in some way. When we're carrying that fear around it's going to keep us stuck. It's going to keep us from being our most passionate, living our biggest dreams.

You've got to put yourself out there. If you want big things to happen you've got to ask for them. You've got to give, you've got to receive and you've got to be open to the possibility of rejection or failure.

Rejection or failure really doesn't sting unless it stings. What I mean by that is if we have negative experiences from our past, if we're conditioned to fear this rejection of failure, then it hurts. But if we tap, if we get clarity. I can call someone up now and they tell me no to whatever, and I could care less because I just know it's just one more step to another yes.

But we only get to that place when we find that inner clarity, when we find that inner peace, when we find that inner confidence. Through that inner peace, through that inner confidence, that's how our financial situation, how our dreams, how our destiny changes.

Let's see if we can get another caller. I've got some cell phones here. I'm going to unmute a cell phone from New Mexico. If you're in New Mexico, say hello.

Paige: Hello.

Nick: That's you. How are you? Who am I talking to?

Paige: This is Paige.

Nick: Hi, Paige. How are you doing tonight?

Paige: I'm doing fine. Just doing a little tapping with you.

Nick: Good. Good, good, good. Have you had a good experience so far tapping along with everyone?

Paige: Yes, yes.

Nick: Good. I'm glad to hear it. How can I help you?

Paige: I just have this feeling of unworthiness and lack of self-esteem in a way that goes back to childhood, just of feeling not important or like I'm a zero to the left. Not all the time, but yes. When it comes to achieving and just getting what I want done or my goals, it seems like I don't easily get there because I lack something inside that doesn't allow me to go forward.

Nick: I understand. The good news is we have a whole week on childhood. As we've seen already in the first two weeks, a lot of things come up from childhood. This is a common pattern and that's okay.

Let's get specific here. Where do you – because oftentimes we talk about things like low self-esteem and lack of confidence. It's important to acknowledge these things because then we can work on them, but we want to get specific. We want to say where in life do we show up this way, where in life do we lack confidence? Give me an example of where in life you feel that you lack confidence or that there are things that are holding you back?

Paige: I think I tend to be, how you say, shy. I have gotten over that a lot and I talk more easily to people. I'm a teacher and I have taught prenatal yoga and Reiki and many other things. One-on-one I am not that shy, but sometimes if I have to perform or if I have to give a talk or something like that, I don't know that – I get nervous and it doesn't come out that easy. It's like doubt, or maybe nervous more than anything.

Nick: Let's play with that. I think this is a theme that you'll see in a lot of the tapping that I do with people, is that one of the best ways to break through blocks is to get specific and then to imagine it. Let's make believe we were there. The most ideal thing is if you were about to make a presentation and I could tap with you five minutes beforehand, because you're in that moment. Let's try to recreate that. Give me an idea of the next presentation you might make, or situation like that.

Paige: Just something popped in my mind right now. As I was a child, from age six I started studying piano along with my sister. At a family gathering, I was maybe eight years old, or ten, my dad wanted me to play, to perform. I just didn't want to, but he pushed me to do it. I couldn't get through the piece, and I was so embarrassed and so ashamed, and I just left the room running and I was crying.

My dad was just feeling really bad, but at the same time he put me on the spot. That was really something I remember that made me feel so bad and so ashamed, and probably embarrassed.

Nick: How do you feel when you talk about this now?

Paige: I feel a little anxiety, and just wanting to run away and hide from everybody.

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- Nick: Where do you feel it in your body?
- Paige: In my chest.
- Nick: Tapping the side of the hand:
- SH: Even though I feel all this anxiety in my chest,
I love, accept and forgive myself.
- Even though I feel all this stress and anxiety in my chest,
Especially when I think about what happened,
I love, accept and forgive myself.
- Even though I don't want to be in front of people,
I don't want to perform,
Because I feel all this anxiety,
In every cell of my body,
I love, accept and forgive myself.
- EB: This anxiety in my chest,
SE: When I think about what happened,
UE: When I think about getting up in front of people,
UN: All this anxiety in my chest,
CH: All this anxiety in my body,
CB: It's safe to feel it,
UA: And it's safe to let it go,
TH: It's safe to feel all this anxiety,
- EB: Especially around this memory,
SE: About performing,
UE: And it's safe to let it go.
- Nick: Deep breath. Tune back into the anxiety in your chest and see how it feels.
- Paige: It's much better.
- Nick: Let's imagine that you have something coming up that you're giving a presentation. Tell me how you feel.
- Paige: I feel that anxiety.
- Nick: Great, perfect. This is why we imagine it. Tapping through the points. Do you feel that anxiety in your chest again?



Paige: Yes.

Nick: Okay.

EB: All this anxiety in my chest,
SE: All this anxiety in my body,
UE: So much anxiety in my chest,
UN: So much anxiety in my body,
CH: When I think about making a presentation,
CB: All this anxiety in my chest,
UA: All this anxiety in my body,
TH: It's safe to feel it,

EB: And it's safe to let it go,
SE: It's safe to feel this anxiety,
UE: It's safe to acknowledge that something is making me nervous,
UN: And it's safe to let it go.

Nick: Deep breath. How does that feel?

Paige: Much, much better.

Nick: This is what I want you to play with doing for the next couple of days. Just imagining yourself giving this presentation. So you're being specific on what you're doing. Just tapping through the points as you imagine it, tapping through the points as you imagine it.

If you have some more time, spend some time thinking about the memory of what happened when you were younger. Again, just tapping along, bringing down that anxiety. You want to get to the point where you can imagine it happening and there's no anxiety.

Nick: All right? Does that sound good?

Paige: Yes. Thank you so much.

Nick: You're welcome. Thanks for calling in.

Paige: Bye.

Nick: Take care. Bye-bye.

Paige: Thank you.



Nick: All right. A little theme this evening as to how we approach things, which is the power in just doing, just visualizing and imagining and doing the tapping. I think it's a great response to the first question, which was, what are the statements, what are the affirmations, what are the right words? It's not about the right words. It's about these experiences. What we're doing in these weeks is we are retraining the way our mind, our body, our spirits work, the way we react to these situations. We're really taking control back and it's an incredible power.

One of the things I love most about tapping, that I hope you're most excited about, is that it takes us from being powerless, from being at a place where, oh, I just get anxious when I give presentations, I'm not good at this, I'm scared of saying no, I can't make these calls, I have problems with this and that. It takes us from that place of being a victim, like Jordan talked about, to a place of power, to a place where we have the conscious choice.

Step one is having that conscious decision, making that conscious decision that says I'm going to do something different here. I'm tired of the fear, the stress, the anxiety, the things that are blocking me from living my greatest dreams, and I'm going to do something to clear them. We have this funny looking and incredibly powerful tool that blows these blocks away, that retrains our brain, the way it acts, the way it reacts, to have a different experience.

This course is obviously focused on increasing your financial prosperity and your personal fulfillment, but part and parcel of that is not just making that dollar value go up, making your bank account go up. A big part of that, and that's the personal fulfillment part, a big part of that is changing your experience around money, changing your experience around work, around what you're contributing to the world on a daily basis, about how you feel when you wake up in the morning and how you feel when you go to bed at night.

We are looking to establish patterns that let us sleep deeply and peacefully with great flying dreams, or whatever kind of positive dreams you like to have. Sleeping through the night, waking up in the morning refreshed, eager, creative, ready to make your mark on the world, ready to give the world its greatest gifts in whatever you're doing. That's what we're working towards with these seven weeks and that's what we're just, just getting started on.