

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

## Tapping in Action Transcript – Module 3

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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.

Let's get to a couple of these questions.

Gabriella asks, "Last week I started to feel overwhelmed by my debts and payments. I felt like I haven't cleared yet those feelings that I addressed in week one, so I had to go back. Is it okay, because now I feel like I want to start all over again until those feelings are truly overcome, but I probably won't be able to catch up with the rest of the classes. Or is it better to go on and return to these issues after the seven weeks have passed?"

Great question. What Gabriella is saying is she had some triggers, some feelings of overwhelm, other things coming up that we focused on in the first week, so she went back to address them. Smart move if you're led in that direction. But now she's saying, okay, what do I do? Where do I stay? How do I jump? Where do I go to? It is completely up to you. There is no right or wrong way to approach this program.

Here's the thing, Gabriella. What you might do is say, yeah, you want to spend three weeks on week one. Just because we've set things up week one this is what we're covering, it does not mean it's going to get fully resolved in one week. It might. It might not.

The same thing with the critical voice this week. You might find, you know what, I'm going to do this critical voice thing because that webinar just resonated with me so much. The meditation has resonated with me so much. I just love this thing. I'm going to do it for two weeks. I'm going to do it for three weeks. Or I'm going to make a note for myself and say when I'm done with the seven weeks I'm going to go back to week three because I want to keep working on it.

Here's the thing. You own these things forever. I hope that you listen to each of them ten times. That is when amazing results happen. That's when a lot of the magic happens, when you go deeper and deeper and deeper. With each listen you'll find that you have other insights, ideas.



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There are some audios that are my go to audios to listen to, and I listen to again and again and again. The amount of times I've listened to the Wayne Dyer audio collection, it's a seven-hour program, I've listened to it ten times. It doesn't mean that I'm not getting it the first time. It means I'm getting deeper insights, more reminders that life is changing, that there are new awarenesses. Be flexible, use it however you want to and it will be perfect.

Chalice, I'm sorry if I don't say your name right, from Sydney, I love Sydney, I miss Sydney from my time there this summer, writes in and says, "Nick and Jessica, thanks so much for yet another great webinar with lots of good material for us to work with. Towards the end of the week three tapping Nick said, "I believe in my ability to help others and I believe in my ability to change the world.""

Then she asks, "During my training in a couple of alternative therapies we were taught you should not go out and seek, preach or solicit business but you should wait until the client comes to you. Nick, can you please talk about how to source clients and business. How do we attract those to us? I am really bad at networking, tap, tap, tap, and don't have good social skills, tap, tap, tap. Is selling myself something I need to be able to do, or do I just let clients and business opportunities come to me? Thank you."

I have a lot to say on this issue. I'm not going to spend too long on it. I'll give you some insights and ideas, but it's a big deal. First of all, training in a couple of alternative therapies you're taught that we should not go out to seek, preach or solicit business.

I understand maybe the word preach or solicit have negative connotations. But the idea that you shouldn't be out in the world actively looking for clients, actively sharing your message, actively saying, hey, I have something great to offer, do you want to try it, is crazy. It's crazy.

The thought that I'm going to attract clients, meaning I'm going to meditate in my room and not tell anybody, because this is how we have to take that logical conclusion of saying only attract clients and don't do anything. I'm going to sit in my room. I'm going to meditate. I'm going to imagine them.

That means if you're going to go all the way it means you're not going to print a business card, you're not going to build a website, you're not going to advertise in any way, shape or form. You're not going to tell your friends and family what you're doing. You're not going to share your enthusiasm with somebody you meet on the street. You're not going to do anything, because that's what your attraction is if we look at it that way. That's crazy.

If you are great at what you do, which I'm sure you are, when you build that self-confidence about what you're doing, when you're excited and when you're passionate, when you know in the deepest core of your being that what you do helps people, you're going to go out there and naturally, without forcing it, naturally help people, naturally connect with them, naturally attract people to you.

But that attraction 100% has to include you being active with it and being passionate about it. It doesn't have to be yucky or it doesn't have to feel uncomfortable. But go out there. Share your message. Share the power of what you can do to help people. I hope that was helpful.

Let's go right to the lines. Let's find a state that I don't think we visited yet on our journey around the country and the world. I see Nancy Fuller from Vermont it looks like. Nancy, can you hear me?

Nancy: Oh my gosh, I can. Can you hear me?

Nick: I can hear you. How are you?

Nancy: Pretty good. Glad to be talking with you.

Nick: Glad to be talking to you. Have you enjoyed our extra sound effects this evening?

Nancy: I have. I like the music. In fact, I was wondering what that classical piece was. I was about to go grab my phone and put on my Sound Pound to see if it could identify it.

Nick: There we go. What's going on tonight? How can I help you?

Nancy: I have been trying to figure out how to put my whole life into a question. My therapist says I have financial PTSD due to my many financial debacles, which usually include \$4,000, \$6,000 or \$8,000 mistakes that I make.

I've been a chiropractor for 31 years. I've been involved in several other side businesses that have all frittered away. I have a lot of guilt about using one of my son's college accounts to pay some bills and having huge debt, and lots of financial triggers and bills and things like that. While I think it's helping me to be here, I still have a little skepticism that I'm too old to change or I'm too lazy to change or it's too late for me.

Nick: How old are you, if I may?

Nancy: I'm 61.

- Nick: Did you hear the story? I think it was my first week when I shared the story of Louise Hay.
- Nancy: Yes, I loved that.
- Nick: Do you know when she started Hay House?
- Nancy: Yes.
- Nick: She was 60. I know 61, that's probably too old, but 60 wasn't, right?
- Nancy: I'm 61-and-a-half.
- Nick: Oh, you just missed it by a year. If only you'd started a year ago. It's one thing to hear these stories and they can inspire us and open us up. But it's another, what we're going to do together is see if we can clear up some of the old stuff that's keeping us in place.
- Nancy: I think the other part of my question is do I really need to know where it started and keep going back to childhood, or can I just deal with the things that I have?
- Nick: That's a great question, because sometimes we do get stuck and we go, "I don't really know where this came from. Yeah I can think of this event, but is this really it?" Certainly when you say you have financial PTSD, which is great phrasing. I think there are a lot of people with financial PTSD. Do you want to take a look at that for a few minutes?
- Nancy: Yeah, sure.
- Nick: Let's look at that financial PTSD, especially in terms of the theme of this week, the critical voice. What are the things that really stand out for you of those events? Which ones do you go, "I just can't believe I did this."
- Nancy: I had a bankruptcy. I had a Practice Management Group that I joined for \$8,000, which didn't work out at all and I ended up with a big debt from that. I have a person I hired that turned out to be a thief and borrowed a lot of money from me. Just financial decisions in a big way that have affected my family and caused me a lot of guilt and put a lot of pressure on my husband, because he takes over most of the financial issues and our son's college and things like that.
- Nick: When you think about all these things and when you speak of them, what do you feel in your body? What's the emotion?

Nancy: I have a lot of turmoil going on in my head. I have sadness, frustration, guilt, panic, fear. I have rapid heartbeat, sometimes like a butterfly feeling in my chest.

Nick: How strong is that 0 to 10 right now?

Nancy: Right now I can work myself up to about an 8.

Nick: Here's what we're going to do. What I want you to do is in your mind's eye, and everyone listening this is something you can do as well, is look at those events. Instead of doing them, it's always great to be specific and sometimes we go one at a time looking at them, the most intense ones, but in this case we're going to play with looking at the bankruptcy, the Practice Management Group that you joined where you ended up losing money and the person who stole money from you. Am I correct in saying those are three really big events?

Nancy: Yes, definitely.

Nick: Put those together and try to localize those events in your body. Where are you holding onto those events in your body?

Nancy: I would say my chest and my lungs.

Nick: Can you feel them there now?

Nancy: Yes.

Nick: Tapping on the side of the hand:

SH: Even though I'm holding onto all these events in my body,  
I deeply and completely love and accept myself.

Even though I'm holding onto all these events in my body,  
I deeply and completely love and accept myself.

Even though I have all these events stored in my body,  
I have this financial PTSD,  
I deeply and completely love and accept myself.

Nick: Pause there for a second. Tell me what you're feeling right now.

Nancy: I just got a deep breath for a lot of flutter and congestion in my chest just eased a little bit.

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- Nick: Let's do one more round still on the karate chop point:
- SH: Even though I have all these events in my body,  
All this financial PTSD,  
I deeply and completely love and accept myself.
- EB: All these events in my body,  
SE: All these events,  
UE: This financial PTSD,  
UN: The bankruptcy,  
CH: The Practice Management Group,  
CB: The thief.  
UA: All these events that don't let me breathe.  
TH: All these events stuck in my chest.
- EB: All this financial PTSD,  
SE: All this guilt,  
UE: All this turmoil,  
UN: All this sadness,  
CH: All this frustration,  
CB: All this guilt,  
UA: All this panic,  
TH: All this fear,
- EB: That's stored in my chest,  
SE: All these emotions stored in my chest,  
UE: All these emotions stored in my chest,  
UN: It's safe to let them go.  
CH: It's safe to release all these emotions.  
CB: It's safe to release all these emotions.  
UA: It's safe to release all the trauma from the bankruptcy,  
TH: And the Practice Management Group,  
And the thief.
- Nick: Take a deep breath, and just tune back into the feeling in your chest and see what shifted.
- Nancy: It's cleared. It's gone out. I usually have a slight wheeze, even when I'm feeling good. Right now I don't, and that's unbelievable.
- Nick: Tell me about the events again.
- Nancy: There was a bankruptcy many years ago. There was a Practice Management



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Group that I joined and paid \$8,000 for, and it turned out to be not right for me and it was non-refundable. There was a woman that I hired that ended up borrowing \$4,000 from me and then she started stealing from me. It took my practice behind a lot. As a result of that I ended up borrowing money from my son that was supposed to be for his college fund.

Nick: How does it feel when you talk about all that?

Nancy: It didn't feel bad this time. It felt like it was the past. That's weird.

Nick: You're obviously having the experience. We're all just listening. We don't know it's different for you. Tell me why this is different for you.

Nancy: I'm just not feeling that panic and guilt right now. I'm kind of relaxed and in a good mood, and that's odd for me. I tend to have a lot of anxiety and panic, and also just being able to breathe clearly.

Nick: Do you feel a difference in your breath?

Nancy: Yes, definitely. I'm starting to lose a little bit of my skepticism I think. I just want to laugh.

Nick: Tonight's a funny call. We're laughing tonight. Maybe that should be the outcome. We keep tapping until we laugh at these things. Look, the reality is these things are in the past. Correct?

Nancy: Right.

Nick: They're over. Can you feel the difference now between the energy that you were investing in the past and what it feels like to let it go?

Nancy: Yes. I'm wondering. Do I need to keep doing that?

Nick: Maybe you might need to tap again on other things, or maybe tomorrow morning you wake up and before you'd have an anxiety of an 8 waking up now it's a 3. You say, okay, I'm going to bring that 3 down. Or another event comes up. We focused on three today. You say, you know what, this came up and I'm still feeling kind of bad about that. Then you can tap on that specific event.

It's been my experience, and it's a weird one. I still tap on stuff every day and I go, I don't care anymore. It's like five minutes ago the bankruptcy and the trauma, this whole story was your reality. Your energy system was stuck there, the amygdala was firing. It said this isn't safe. It hadn't processed. Now you're

letting it go and saying, all right, what's next now?

What I'd love for you to start playing with, and we'll talk more about this in the coming weeks, is what can you do with this new energy? I truly believe that the energy that you were investing in the past was literal energy. It was your life force going into the past. In order for us to move forward in profound ways we've got to claim that power back so you wake up in the morning with inspirations and ideas and hope and joy and laughter. That's when you make things happen.

Nancy: How beautiful. It sounds absolutely wonderful. That's what I've been searching for is to wake up not in a panic.

Nick: You are on the right track. You are on your way.

Nancy: Yeah, thank you. Thank you so much.

Nick: You're welcome. Is this a good place to stop?

Nancy: I think so. I thank you so much for talking with me tonight. I appreciate it very much.

Nick: Would you like a sound effect for your great breakthrough?

Nancy: Yes, definitely.

Nick: Okay, because you laughed let's change it up and let's go with Hallelujah.

[Hallelujah sound effect]

Nick: There you go, dealing with the breakthroughs that we have.

Nancy: That's wonderful. Amen. Can I have an Amen?

Nick: Have a great night.

Nancy: Do I have to mute myself or something, or do you take care of that?

Nick: No, I'll mute you right out.

Nancy: Okay, thank you.

Nick: Thanks, Nancy.

Nancy: My husband wishes he could do that. He's always looking for the mute button.

Nick: Too funny.

Nancy: Okay, thank you.

Nick: Thanks, Nancy. All right, bye-bye. We're having fun tonight tapping and changing. Let's keep going. Let's go to Julia O'Connor. It says Western Cape. Where's the Western Cape?

Julia: Hello?

Nick: Hi Julia, can you hear me?

Julia: Ni Nick, can you hear me.

Nick: Yes, I can hear you.

Julia: Oh, wow. The Western Cape in South Africa.

Nick: Are you calling us from South Africa?

Julia: I'm calling at 2:00 in the morning from South Africa, yes.

Nick: Wow! Have you been enjoying our sound effects?

Julia: Oh yes, very much. I think for the first time, with the music you play, you have woken up my neighbors.

Nick: I know, it played really loud. I don't know how to change the volume. Let me just tell you what I think about you being up at 2:00 in the morning calling from South Africa. Ready?

[Applause sound effect]

Nick: That was impressive.

Julia: Thank you very much.

Nick: It's Julia, right? Did I get that right?

Julia: Yes, that's right.

Nick: Tell me what's going on. What can we tap on tonight?

Julia: I had a talk today about tapping with a group of ten people for the first time. Everything that went wrong that could go wrong, and I managed. I posted about it on Facebook as well. Afterwards, there are basically two things that I struggle with. The one is, I wrote on the Facebook I'm proud and I got so heartburn after that. For half an hour I was tapping on not being able to be proud of myself. It's better now.

The other one is that I feel like a fake. Whenever I do something like that I feel successful. Everybody is happy. Then afterwards when I walk away I feel I'm a fake. I'm sorry. I'm close to crying now.

Nick: Just start tapping on the eyebrow point. What are the thoughts that come up that make you feel like a fake? What do you say to yourself?

Julia: That's not me.

Nick: What's not you?

Julia: The person that did what I did. I don't understand this.

Nick: Tap through the points. Just keep tapping at your own pace. I want you to tell me about the presentation. What we're going to do, we can all use this, we can use it for past events that have happened. It's great that it's this recent. If you have a struggle with something break it down and we'll see what was really going on. Tapping through the points, tell me about the first mistake that you made that evening.

Julia: This was afternoon. I used a DVD to help with showing tapping points and that type of thing. It's not really mistakes I did. It is things that went wrong. The DVD player broke.

Nick: Stop there for a second. The DVD player broke. Tell me when it happened. I want you to put yourself back in the moment when it happened. Describe to me what happened. You put the DVD in. Did it break right away?

Julia: The DVD was playing and I stopped it when they get to the tapping points. They show a tapping point, and then I would help everybody get to the right place to tap on. With the pause of the DVD it didn't want to start again.

Nick: It doesn't want to start again. How do you feel on the tapping?

Julia: That was fine. It was, okay, this is not working. Just go and show the tapping points yourself and give the DVD player time to rest or something like that. Then we'll carry on after that. We did the tapping points. I did it with a demonstration on somebody else. It worked quite well. I had to adjust all the time to whatever went wrong, and that was fine. I didn't have problems. I didn't stress. It was okay.

Then it still didn't want to play. One of the other guys went and fixed the DVD player, fixed it for me. So I made a tea break a bit earlier than what was planned.

He fixed the DVD player and that was sorted out.

Nick: How do you feel as you're pulling up these memories right now?

Julia: I handled it quite well. I was in the moment all the time. Still afterwards I felt like a fake. It's walking away from something like that –

Nick: Let's go to that moment then. Right now you're okay with what happened during the presentation.

Julia: I'm really okay with how I handled everything, because after the tea break there were two people saying they had to leave early so I moved the demonstration of tapping earlier and finished the DVD later. I just handled everything very well. I don't know why I feel like a fake.

Nick: You walk away. Give me the exact moment. When it happened today, when was it and what did you say to yourself?

Julia: Get in the car driving away and thinking, yes, I'm such a fake.

Nick: Is that what you say to yourself in your head?

Julia: What's coming up now is I'm teaching people to do these things and I don't do them myself, or don't do them all the time myself.

Nick: You have to do them all the time in order to teach them.

Julia: Oh, wow. Okay. No, I don't.

Nick: Let's tap on the side of the hand. I'm sure there are plenty of people that can join us in this. Tapping on the side of the hand:

SH: Even though I have to be perfect to teach anything,  
I deeply and completely love and accept myself.

Even though I'm a fake,  
Because I'm not perfect,  
And I told them during my presentation that I was,  
I clearly said that, I said I do this perfectly all the time.

Julia: No, I didn't.

Nick: Wait, wait. So you didn't say that to them?

Julia: No, I didn't say I'm doing this perfect all the time.

Nick: Did you say anything during your presentation that would have given people the impression that you were perfect?

Julia: I did say that I'm doing the tapping and that it does work. I did say that I'm handling the situation very well because of tapping.

Nick: Is that true?

Julia: Yes.

Nick: What part of what you presented was fake?

Julia: Nothing.

Nick: Why do you think you were a fake?

Julia: I don't know.

Nick: It's this perfectionism. We'll tap more on perfectionism. Tapping on the side of the hand:

SH: Even though I have to be perfect in order to teach others,  
I deeply and completely love and accept myself.

EB: Even though I'm not perfect,  
SE: And I'm telling myself I'm a fake,  
UE: And I'm pretty tired of that critical voice,  
UN: Because it's so ridiculous,  
CH: And it's time to let it go,  
CB: And I choose to let it go,  
UA: Right now.  
TH: I'm a fake.



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- EB: No I'm not.  
SE: I'm a fake.  
UE: No I'm not.  
UN: I have to be perfect.  
CH: I have to be perfect in order to help others.  
CB: I can't be who I want to be in the world,  
UA: Until I'm perfect.  
TH: I'm going to hide until I'm perfect.
- Julia: Oh yes, I've got something else coming up here.
- Nick: Tell me.
- Julia: I have to do what other people want. I have to be the way other people want me to be. I have to do it the way other people –
- Nick: How does that relate to being perfect? Were they expecting something else from that presentation?
- Julia: My parents are very involved with this. They started with tapping and actually introduced me to tapping. They do a lot of marketing for me. Usually my parents will be there as well. I usually get a lot of inadvertent comments, situations from my father of how I can be better. Actually, I didn't get that today.
- Nick: Tapping the side of the hand:
- SH: Even though I have to be perfect to please my parents,  
Otherwise I'm a fake,  
I deeply and completely love and accept myself.
- Even though I have to be perfect in order to please my parents,  
I have to be the perfect child,  
I deeply and completely love and accept myself.
- Even though I have to be the perfect child,  
And I'm not,  
Because that's impossible,  
I deeply and completely love and accept myself.
- EB: I have to be perfect.  
SE: I have to be perfect to please my parents.  
UE: I have to be perfect to please my parents.  
UN: I wonder when this started,

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CH: And I wonder how long I'm going to keep it up.  
CB: I wonder when this started,  
UA: And I wonder how long I'm going to keep it up.  
TH: I've got to be perfect.

EB: No I don't.  
SE: Yes I do.  
UE: No I don't.  
UN: Yes I do.  
CH: It's time to release these patterns of perfectionism.  
CB: It's time to let them go.  
UA: It's safe to let them go,  
TH: Right now.

Nick: Deep breath. How does that feel?

Julia: I didn't start with that right in the beginning. I've got a lot of anxiety in my stomach at the moment. It's not fair to live disparity, instead of to –

Nick: How high is the anxiety 0 to 10?

Julia: Quite at an 8.

Nick: What happens if you let this perfectionism go?

Julia: I don't think I know who I'm going to be.

Nick: Who will I be without it?

Julia: Who will I be without it, because I don't think I've ever been without it.

Nick: How did it serve you? What do you think it does for you?

Julia: I think it gives me the love of my parents.

Nick: Do your parents only love you when you're perfect?

Julia: When I'm doing what they're saying, yes. When I am the way they want me to be. This is in my chest now.

Nick: What's the feeling in your chest?

Julia: Okay, now I've got an Afrikaans word and I don't think you're going to totally



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understand that.

Nick: Okay.

Julia: I'll translate it as sadness. It's much more than that. I'm going to be lost without this. Okay, yes.

Nick: I'm going to be lost without it.

Julia: Yes, I'm going to be lost without it.

Nick: What's the word in Afrikaans?

Julia: Hartseer.

Nick: Hartseer?

Julia: Yes.

Nick: Hartseer.

Julia: It's sort of a heartache.

Nick: Okay.

SH: Even though I have all this hartseer inside of me,  
I deeply and completely love and accept myself.

Nick: As you know, and maybe the people listening know, we're using this word because this is what you're connecting with. This is the power of language.

Julia: Thank you, yes.

Nick: When your native language comes up, go right for it.

SH: Even though I have all this hartseer inside of me,  
And I just can't let it go,  
I need it to stay safe,  
I deeply and completely love and accept myself.

Even though I have all this hartseer inside of me,  
I don't want to let go of this perfectionism,  
I need my parents to love me,



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I deeply and completely love and accept myself.

EB: All this hartseer,  
SE: All this hartseer,  
UE: I need to be perfect,  
UN: To please my parents.  
CH: I need to be perfect,  
CB: To please my parents.  
UA: I have to please my parents,  
TH: So I need to be perfect.

Nick: Deep breath. How does that feel?

Julia: It's better. It's a 5 now.

Nick: How's the anxiety in the stomach too?

Julia: That is totally gone. It's just moved to the chest with the love. I think I get the relationship with the fake as well now. Because I'm always doing what I feel they want, I am sort of a fake even though I feel good at doing what I'm doing. I might be doing what I'm supposed to be doing. I'll carry on tapping on this. I think I got the link. Yes.

Nick: Let's do one more round and bring that 5 down a little further. Is it still that feeling of hartseer?

Julia: Yes, it's still in the chest.

Nick: Tapping the side of the hand:

SH: Even though I have all these feelings in my chest,  
So much pain,  
So much hartseer,  
I deeply and completely love and accept myself.

Even though I have all this pain about perfectionism,  
It's stuck in my chest,  
I deeply and completely love and accept myself.

Julia: It just moved to my shoulders, up my head and out of my head.

Nick: It really moved?

Julia: Yes. I just felt it go away. Whew!

EB: It's safe to let these feelings go.  
SE: It's safe to relax about these feelings.  
UE: I can feel my parents' love,  
UN: Even when I'm not perfect.  
CH: I can feel my parents' love.

Julia: I was blocking my parents' love. Yes, I can feel it now.

CB: I was blocking my parents' love.  
UA: I was blocking my own love.  
TH: I was blocking my parents' love.

EB: I was blocking my own love.

Julia: Sorry, I'm interrupting you.

Nick: Please interrupt, I appreciate it. Go ahead, what were you just saying?

Julia: It's so, so great to feel what I'm feeling now.

Nick: Keep tapping through the points. Describe to me exactly what you're feeling.

Julia: I'm feeling expanded. I'm feeling open. Expanded in a sense I can feel receiving as well. If I opened up for receiving more by not trying to be what the other people want me to be. That does make sense. This is so nice.

Nick: Let's go back to the beginning. It's always good to check back in. Tell me about the presentation that you gave today. Run that memory again when you go out in the car and start saying you're a fake.

Julia: That is so silly. It is so not true anymore. I am who I am.

Nick: Let's run it again. When is the next time you're going to do something like this?

Julia: There's nothing planned. There were a few people that asked me to do another one. I think it will be within the next two weeks, because they want to bring friends of theirs.

Nick: Imagine that happening two weeks from now.

Julia: Okay, two weeks from now having another talk and then walking out facing the

car.

Nick: I can already feel you with your shoulders back, head raised up high. The image just popped into my head. I know I'm supposed to ask for your image. Am I right? Is this what I'm seeing?

Julia: That horse, that proud horse. Yeah. Yes.

Nick: Beautiful.

Julia: Feeling good and allowing myself to feel good about it.

Nick: Wonderful. A lot of other people working on that, feeling like a fake and perfectionism. You're not the only one. Julia, I want you to post next time that you do a presentation and tell us all about it.

Julia: I'll do that. Okay, Nick. Thank you.

Nick: Thank you for staying up so late. You are amazing.

Julia: Actually, I went to sleep earlier and woke up at 1:00.

Nick: Whatever it is, it's amazing. That is dedication.

Julia: Thank you.

Nick: Thank you and we'll talk soon.

Julia: Thanks to everyone with you today there and helping you with your whole group. You're amazing as well.

Nick: Thank you, Julia. Have a great night. Get some rest.

Julia: Yes I will.

Nick: Okay, bye-bye.

Julia: Bye-bye.

Nick: How great was that? My gosh, on so many levels. Just amazing. Should we do another applause? I think we have to. I feel like I'm letting people down if we don't do it.

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[Applause sound effect]

Nick: That's how I feel too. I agree with the crowd, with Julia's great work. Let's get back to the lines. Let's keep going. We went to South Africa. How amazing is that? Let's go out to the West Coast and see if we can talk to Bonnie who's in California. Bonnie, can you hear me?

Bonnie: Yes I can. I'm amazed you picked me.

Nick: I think everybody's always a little shocked.

Bonnie: Oh my god. I have this issue. I'm very jealous, and I get very jealous when I see other people working. It's like, hey, I should have booked that job. I'm just as good as them, if not better. I get very jealous. Then I feel like I'm too old, I'm too ugly, I'm too not talented enough, I'm not good enough. It's the same thing even when I go do all the workbooks. I really love that needy one that you have. That's really great. It always comes to the same thing. It comes to getting over that.

Nick: Are you jealous right now towards someone? Is that active?

Bonnie: Not someone. It could be anybody. No, not someone in particular.

Nick: When someone else gets a job it's just whoever else got it you're jealous of them.

Bonnie: Yeah. It's like, damn it, why didn't I book it? I should get it. I'm good enough. I'm just as good. I've had a lot of successes. I do get a lot. People would say, "You get a lot. What are you complaining about?" But wait a minute, I should be getting all of that work. I should be getting it. Wait a minute. I'm fantastic. I'm entertaining. As you can tell, I'm in the entertainment industry. The thing is it is based on other people's opinion whether you're going to get a job or not.

Nick: Of course. Just go ahead and take a deep breath and get really grounded and centered. As you talk about this, from that deep knowing place, what do you feel? What's the emotion?

Bonnie: Anxiety and thrill and anxiousness.

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

Bonnie: A little below my chest.

Nick: How strong is it 0 to 10?

Bonnie: An 8.

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Nick: What's that anxiety really about?

Bonnie: About not being good enough.

Nick: Tapping on the side of the hand:

SH: Even though I have all this anxiety in my body,  
About not being good enough,  
I deeply and completely love and accept myself.

Even though I have so much anxiety in my body,  
I just don't feel good enough,  
I deeply and completely love and accept myself.

Even though I have all this anxiety in my body,  
I deeply and completely love and accept myself.

EB: All this anxiety in my body,  
SE: So much anxiety,  
UE: So much rejection,  
UN: I live with rejection.  
CH: It's part of this business,  
CB: But it's still so painful.  
UA: All the times I didn't get the job,  
TH: All the times I didn't get the gig,

EB: And all this anger about it,  
SE: So much anger,  
UE: It's safe to let it go.  
UN: I choose to release this anger.  
CH: I don't need this anger,  
CB: To be successful.  
UA: I don't need this anger,  
TH: To be successful.

EB: I can let this anger go.  
SE: I can feel safe in my body.  
UE: I can relax.  
UN: It's time to relax.  
CH: It's time to release all this anxiety,  
CB: From every cell in my body.  
UA: It's time to release all this anxiety,  
TH: From every cell in my body.

Nick: Deep breath. How does that feel? Go back to that anxiety.

Bonnie: It's definitely a lot less. I would say it's down about a 2, or maybe a 3. The critical voice, it's a very big critical voice, because then you think – you know the whole story. You can imagine what goes on in your head, the this and that and the other thing and how you weren't good enough.

Nick: Tapping on the side of the hand:

SH: Even though I have this strong critical voice,  
And it's made louder by the people who reject me,  
And that's part of this business,  
That's show business,  
But do I really have to make it louder,  
And do I have to take it so personally,  
And feel so much pain?

EB: Do I have to feel so much pain?  
SE: Do I have to take it so personally?  
UE: What if I could quiet that critical voice?  
UN: What might that do for my career?  
CH: And what might that do for my spirit?  
CB: It's time to relax.  
UA: It's time to start loving myself.  
TH: It's time to be proud of what I've done.

Nick: Deep breath.

Bonnie: That released a lot.

Nick: What's the role you're most proud of in the last ten years?

Bonnie: Oh my god, there's so many. There's a lot. There are a lot of movies.

Nick: Give me one that you just loved the job and you loved what you did and you loved seeing yourself in it.

Bonnie: The one where I made the most money, or the one where it was like –

Nick: No, the one you loved most.

Bonnie: Probably it was in *The Fighter*. The one I worked right next to won an Oscar. A lot of people have said, "You couldn't have pulled it off. You were right next to

him the entire time making a whole crack house. Thanks, Nick. Now everybody will know. Whoever looks it up will figure out who the heck I am. Thanks, Nick. Thanks a lot, dude. Thanks.

Nick: It was a great movie, so let's just recognize your accomplishments.

Bonnie: I was in a magazine this month. I'm in a magazine this month. I'm in *Maxim* magazine as one of the ten most freakiest stuff in horror movie history for **[inaudible 01:05:23]**. A picture of me and everything. It's like why can't I be happy of that? Why do I have to be carrying on about all the things I didn't get?

EB: I'm proud of what I've done.

SE: I'm doing the best I can,

UE: In a tough business.

UN: I'm proud of who I am.

CH: I feel that in my heart.

CB: I feel that pride in my heart.

UA: I feel that love for myself,

TH: In every cell in my body.

Nick: Deep breath. How does that feel?

Bonnie: That's really great. That feels a lot better. Do I have to walk around tapping all day?

Nick: No. But what starts happening is the more you do it and the more you go back to this place, the more you find that center place. It's just going to become part of who you are. Throughout the next couple of weeks as we do more things you keep exploring and uncovering, and just establishing a new set point for who you are and how you feel and what your experience in the world is.

Bonnie: Thank you so much. I'm glad I got to you. Thank you very much.

Nick: You are welcome.

Bonnie: Your tapping is fantastic. It's really helped me a lot in so many ways. You've got no idea. Wait, I'm sure you've got every idea.

Nick: We went to California. Let's go back to New York City close to me. It looks like Karen with a 917 number. They're all 917 in New York. Karen, can you hear me?

Karen: Yes. Hi, Nick.

Nick: How are you?

Karen: I'm good. I'm actually in California. I just have a New York number.

Nick: I'm trying to go across the coast, and you fooled me.

Karen: I tricked you.

Nick: Where in California are you?

Karen: I'm in West Hollywood.

Nick: Very nice, very nice. What's going on tonight?

Karen: I have a very loud critical voice. I recently moved to California from New York, and my critical voice tells me that I've made a huge mistake. It's been very difficult for me to really settle in here and start to create a life for myself. My critical voice is telling me that I'm just going to move back to New York anyway, so why bother settling in and investing and really starting a life here?

Actually, I tried to move here last summer after a very tumultuous few years. I was hit and run over by a car in 2008 and spent the better half of four-and-a-half years healing from that. Then I moved here as part of the continuation of my healing journey. A couple of weeks after I moved here my dad got really sick. Sorry, I'm a little bit nervous.

Nick: It's okay. As you talk tap through the points.

Karen: Okay. My dad got really sick, and I wound up having to go back to New Jersey for what I thought would be three or four days. It wound up being four months. My dad went through this horrible thing and he almost died. He's doing great now.

But I wound up coming back here while he was sick last fall, and moving out of the place I had just moved into. I wound up paying rent on a place that I never ever lived in really for four months.

I got myself into a financial pickle, which felt really unfair based on what I had gotten through and gotten through in the past four-and-a-half years and a lot of hard fighting, physically, emotionally, financially. Now I'm just having a hard time really digging my toes into living a full and wonderful life here.

Nick: You talk about all this. What's the feeling in your body?

Karen: I think it's sadness and anxiety and fear.

Nick: Where do you feel it in your body?

Karen: In my chest.

Nick: How strong is it 0 to 10?

Karen: It's probably a 10 right now.

Nick: You mentioned a lot of things happening. What's the anxiety really about?

Karen: It's about me not feeling like I can handle life, and something bad is always going to happen no matter how hard I try. I'm just not going to be able to make it work.

Nick: Where did you learn all these beliefs?

Karen: I'm not sure.

Nick: When did this start? When did life get tough?

Karen: It got tough when I was hit by the car. It got really tough. It was so unexpected. I thought I'd be okay in three or four days, and four-and-a-half years later I was still going through it. It was a lot of physical pain, emotional pain. I was involved in a lawsuit for almost five years. It's been really difficult.

Nick: Is there still effects from that? Are you in physical pain now?

Karen: Yeah. I deal with chronic pain. It's way, way better than it was. It's gone down a lot and I feel better physically than I have in a really, really long time. But I do still deal with chronic pain, yeah.

Nick: Are you experiencing any pain right now?

Karen: Yes. I have pain in my neck, mostly on the left side of my neck and down my left arm, a little bit in my back.

Nick: How strong is all that 0 to 10?

Karen: It's a four or five.

Nick: Start tapping through the points. I know you are already, but keep going. Can you

tell me a little bit about the accident?

Karen: Sure. I was in New York at the time. I was on my way to work. It was 8:30 in the morning and I was crossing the street in Chelsea. A lady was making a left hand turn and she didn't see me, and she hit me on my right side. I was flung up onto the hood of her car, hit my head on the windshield, was flung back to the concrete, I landed on my left hip and she ran over my right ankle.

I was left in the middle of the street. I remember looking right and thinking, oh shit, I just got hit by a car and now I'm going to get run over, because I saw all the oncoming traffic. A crowd of people around me within seconds, and a cop was in my face, it felt like the next second later asking me all these questions. What's my name? Where did I work? Who's the president? The ambulance was there.

I went to the hospital and was there for less than 24 hours. They did all the tests and x-rays and everything. Then my parents came in from New Jersey and picked me up and took me back to New Jersey. I was back to work the next week.

Nick: As you talk about the accident, how do you feel?

Karen: It feels like, blech! It's like enough of this shit. I feel like I've just been carrying this for so long. I've tapped around the accident before. I actually had done some deep work around it. But I still feel like it haunts me and I feel like it's interrupted my life in a way where I don't know where I go from here.

Nick: Where in your body do you feel the accident?

Karen: In my heart. It feels heavy and sad.

Nick: How strong is that 0 to 10?

Karen: It's like an 8.

Nick: Let's do some tapping. Tapping on the side of the hand:

SH: Even though I'm holding the trauma of the accident in my heart,  
I deeply and completely love and accept myself.

Even though I'm still holding the trauma of the accident in my heart,  
And I'm so done with it,  
And I don't know how to let it go,  
I deeply and completely love and accept myself.



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Even though that car blindsided me,  
I didn't see it coming,  
What's going to blindside me next,  
I just don't feel safe in the world,  
But I choose to relax and feel safe now.

EB: The car blindsided me.  
SE: I didn't see it coming.  
UE: What's going to come next?  
UN: I feel like something bad is always going to happen,  
CH: And I'm just not going to be able to make it work.  
CB: All the trauma from this accident,  
UA: All the trauma from this accident,  
TH: It's safe to let it go.

EB: It's safe to feel safe in my body.  
SE: It's safe to trust life.  
UE: I choose to trust life again.  
UN: There's nothing else I can do.  
CH: I have to trust life.  
CB: I have to trust my ability to heal.  
UA: I can heal this accident,  
TH: I can release all the trauma,

EB: From every cell in my body.  
SE: It's time to release this accident.  
UE: It's over.  
UN: It's time to let it go.  
CH: Releasing the trauma of this accident,  
CB: From every cell in my body.  
UA: Letting all this trauma go,  
TH: From every cell in my body.

Nick: Deep breath. How does that feel?

Karen: It feels good.

Nick: Any shift in your pain?

Karen: Yeah, a little. It's definitely gone down to a 2 or 3.

Nick: That's great.

Karen: Yeah. The anxiety is definitely lessened. I feel calmer in the center of my body. What you said about trusting life, that I think is the heart of the matter for me. Like you said, it blindsided me. Life blindsided me, and then I came out here thinking things were going to be calm and headed in this wonderful direction. Life blindsided me again with my dad.

It was like all the trauma that I had experienced in the previous four years I reexperienced in four months. I was like, oh my god, when is this going to end? I need to start my life. I need a chance to start my life. Now I don't know how to trust life meeting me where I am. It's been really challenging in that way.

Nick: So the question is, can you start to trust life?

Karen: I hope so. I'd like to. Intellectually I say hell yes, of course I will. But I know that it's a different thing when it comes to my body. I still feel the anxiety and that fight or flight response that comes up. Oh my god, what's going to happen next? Can I relax here? Is something going to happen? I can't move on or I have to go back to New Jersey or is my dad going to get sick, all these things makes it difficult to stay in the place where I feel calm and safe.

Nick: But you know you can get there because you just did get to the place.

Karen: I do have faith that I can get and stay there.

Nick: Was it a woman who hit you?

Karen: It was, yes.

Nick: Are you angry at her?

Karen: No. I've never been angry at her. I have deep, deep compassion for her. I'm just angry that it happened. I'm more angry at the universe, because I feel like I've been through all of this stuff and now life is supposed to be amazing. It's supposed to swing in the other direction. I don't feel like I've gotten there yet, or exactly even what that's supposed to look like. There's part of me that's like I don't know what to think or do or feel or whatever action to take at this point.

Nick: Say out loud, "I'm angry at the universe."

Karen: I'm angry at the universe.

Nick: How true does that feel 0 to 10?

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Karen: A 9.

Nick: Join us if you're angry at the universe. The universe does not mind. The universe is your friend. Tapping the side of the hand:

SH: Even though I'm angry at the universe,  
WTF is going on,  
I expected more from you universe,  
I'm so angry,  
I'm doing the best I can.

Even though I'm so disappointed at the universe,  
I deeply and completely love and accept myself.

Even though I'm so disappointed at the universe,  
I deeply and completely love and accept myself.

Even though I have all this anger and disappointment at the universe,  
I deeply and completely love and accept myself.

EB: I'm so angry at the universe.

SE: So disappointed.

UE: So angry.

UN: I expected more.

CH: WTF,

CB: Universe.

UA: WTF,

TH: Universe.

EB: All this anger.

Karen: I want to say I risked and you failed to rise up to meet me.

SE: I risked and you failed to rise up to meet me.

UE: I risked and you failed to rise up to meet me.

UN: I risked and you failed to rise up to meet me.

CH: I risked and you failed to rise up to meet me.

CB: I risked and you failed to rise up to meet me.

UA: I risked and you failed to rise up to meet me.

TH: I risked and you failed to rise up to meet me.

EB: I risked and you failed to rise up to meet me.

SE: I risked and you failed to rise up to meet me.

UE: I risked and you failed to rise up to meet me.

Nick: How do you feel?

Karen: I feel good. I'm getting my anger out.

Nick: Under the mouth, one more time. Let's see if there's anger left there. Is there still anger there?

Karen: A little bit.

Nick: I'm trying to find a good anger sound effect for you. I don't know if this will work, but let's try it. No, it's going slow. No sound effects for you. Maybe it will come up in the middle of your – collarbone, say it again and feel it.

CB: I risked and you failed to rise up to meet me.

UA: I risked and you failed to rise up to meet me.

[Howling wolf sound effect]

Nick: It finally played. That was like a super delay on that. I hadn't just pressed it. It was ten seconds ago. It worked.

Karen: I risked and you failed to rise up to meet me.

Nick: How does that feel?

Karen: I feel much calmer. My body wants to just shake it off.

Nick: Say out loud, "I'm angry at the universe."

Karen: I'm angry at the universe.

Nick: How does that feel?

Karen: I feel much calmer. I feel like my body just wants to yawn right now. It's okay, we're processing. It's squeezing. The energy is flowing, just relax.

Nick: Absolutely.

Karen: Yeah, that's what it feels like.

Nick: Tune into the pain and see if that's shifted.

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Karen: It's like a 2.

Nick: We haven't even tapped on the pain itself. It's just good to note that. When you heal this whole accident that pain will go away.

Karen: I'll take your word for that.

Nick: I've seen it happen again and again. We just tapped for 20 minutes, not on the pain and your pain went down.

Karen: Yeah, That's a good thing, for sure.