

Tapping FOR *Stress Relief*

A Morning & Evening Tapping Process
with Jessica Ortner

Introduction

Jessica: Hi. This is Jessica Ortner from thetappingsolution.com, and welcome to *Tapping for Stress Relief in the Morning and Evening*. This has become most people's typical morning. Notice if any of this sounds familiar to you.

You peel yourself out of bed after hitting the snooze button a few times. As you finally wake up, the anxiety begins to build. As you look at the clock, rush to get ready, while thinking of everything you need to deal with during the day. You begin the work day and feel like most of the day consists of reacting to everything going on around you without feeling like you're making much progress.

At the end of the day, you feel exhausted, stressed and might even have trouble sleeping as you run your to-do list in your head and worry once again takes over. So many of us have this routine on autopilot. We get lost in the stress of our daily lives. Stress is becoming an epidemic, and we are really hurting ourselves if we begin to simply accept it as a normal part of life.

When we feel stressed, we have an overproduction of a hormone called Cortisol. Cortisol is secreted by the adrenal gland, and when we become stressed, the overproduction of Cortisol results in blood sugar imbalances, decreased bone density, lowered immunity and inflammatory responses, so basically we get sick more often and it takes us a lot longer to recover. An overproduction of Cortisol also increases abdominal fat, which is the most dangerous place to have fat. It's associated with heart attacks and strokes.

For those who think that they need stress, that it's a necessary evil to perform properly in their job – that is just a myth. Stress actually impairs cognitive performance. If you want to find solutions, be resourceful and innovative. You need to look at stress management.

The first step is to recognize the importance of learning a tool that will decrease your levels of stress. EFT, also known as tapping, is a self-help technique that has been used by millions of people. It is spreading so fast for one simple fact: it works. When we discover something that works, we can't help but to want to share it with everyone we know.

Tapping has really changed my life and the lives of so many of my friends and so many of my family members. This is what inspired my brother Nick and I, and

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our friend Nick Polizzi, to create the documentary film about tapping called *The Tapping Solution*.

I now work with both my brothers, Nick and Alex. We create free online events to spread the word. Our last event had 300,000 people participating, and the emails we received with the success stories were so moving. That really motivates us to continue doing everything we can to get the word out.

People are using tapping to support themselves on a variety of issues from the major league baseball player tapping on anxiety before the big game to an orphanage in Rwanda that has seen incredible results when they begin incorporating tapping into their program.

I am humbled and honored to be a messenger and to teach you a technique that can support you in creating the life that you desire.

In this CD you'll learn how you can use this powerful tool in your day-to-day life and how you can customize this tool to help your specific situation. You'll also be taken through powerful tapping processes that will set you up to have an incredible day, and then help you let go of any stress and tension at the end of the day, to have a restful night's sleep.

There are some common often-unconscious beliefs that prevent people from releasing and letting go of their anxiety. We'll be addressing some of these in the tapping processes.

Some of these beliefs are: "I can't feel calm until everything goes my way. If I don't stress and worry, it means I don't care. If I don't feel panicked, it won't get done. If I'm not stressed, it means I'm not working hard enough." As much as we might desire to relax, it won't be possible if we don't address these beliefs, and that's exactly what we are doing with the EF tapping processes.

It's so important to have a sacred moment every morning and every evening, even if it's just for five minutes. Give yourself the gift to stop, reflect, and tap to address your fears and anxiety head on with a technique that helps you release them so you don't feel like you're being hijacked by emotions.

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Before we go into the tapping processes, you're probably dying to know what exactly is tapping, how does it work, how do I do it, and how do I ensure I get the best results. All of those questions will be answered in the next track.