



The Tapping Experience for *Pain Relief*

LIVE Q&A NOVEMBER 4th, 2013 TRANSCRIPT

Nick: Hi everybody, 1:00 Eastern here on Monday with our bonus Pain Relief Experience Q&A. I see that we've got a couple people on the line. I knew it was going to be a light turnout here because it was last minute and I know that Mondays at 1:00 are not the best time for a lot of people. But this was the only time that I could make it work and I want to try to get it in right away for you guys, so here we are.

I know there were a lot of people listening to the webcast. That was their intention, so hopefully we can provide some value in the next time we spend together, however long we go, whether we go half an hour, 45 minutes, an hour, whatever it takes. Then in the future we'll try to make it with some more flexible times. My schedule should open up a bit in December, January so we can perhaps have some evening calls and whatnot.

The real intent for this call is for us to talk and tap together, so if you want to talk and tap press *2 to raise your hand. There's only a couple people on the phone, so I'm counting on you to press *2 and raise your hand and we'll talk and tap together. The two people on the phone just raised their hands. You guys are the best. There's a bunch of people on the webcast. If you're on the webcast you can't raise your hand, I don't think, unless you're calling in through Skype, but you can write questions. If you want to write a question in there I can answer it.

We've got some people who raised their hands, so why don't we first go – and some other people are dialing in right now – why don't we first go to Cassie. I'm going to unmute her right now. Cassie, how are you doing?

Cassie: Fine, how are you?

Nick: I'm good. What's going on?

Cassie: I have a question. First, I had an awesome time in Connecticut. Thank you so much for everything you do. My question is when I start tapping on something, I'll have a specific issue of something I'll start tapping on, and I notice that my mind will start to wander into other parts, things that might be bothering me, and I start tapping on that as well. Before I know it I'm 30 minutes into it. I don't know if it's okay to start with one thing and then I'm telling an entire story. Do you know what I'm saying?

Nick: Yeah, absolutely. That's a great question. It is okay and it's what happens naturally. I think one thing that I recommend for when that's happening is have a pen and paper handy, and that way you can write down some of the things that you're moving off of. Let's say you start with an issue and you write it down, you make a note, the anger at this thing or whatever it is. You give it a number.



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Then you find your mind goes in a different direction, you can either keep tapping on the original issue and write down the other thing where your mind wants to go and go to it later, or you can switch to the other thing. Then you know, let me check back on this original issue. I find that pen and paper can help us sort of keep track of all this, because I know how the mind can wander and all sorts of things can come up.

Cassie: Okay, cool.

Nick: How's everything going? How's the tooth doing?

Cassie: You know, it's awesome. It's really great. Sometimes I'll think about it. It's weird how it hurt for three-and-a-half years and it went away. At first I thought about it a lot, and then I didn't miss it at all. Not that I missed the pain. I'm not saying that. It's just that it never came to mind. Occasionally I'll think about it when I'm brushing my teeth. It's still pretty cool. Next week I go in for the x-rays. It will be six weeks that I will be pain-free. I'm really excited about it. It's really an exciting thing.

I've found that tapping has made incredible improvements in my life, almost to the point where things that I think did used to bother me that I tapped on and now it's almost like I don't even remember what I tapped or that it's coming back to me. I'm annoyed with it because it's no longer there.

Nick: That's great.

Cassie: Yeah. It's amazing the difference just in confidence and everyday life. It's been huge in my life, huge.

Nick: Amazing. I've got to make sure to try to get those x-rays from you, if that's possible.

Cassie: Oh yeah, definitely.

Nick: I would love to showcase them in the upcoming book on pain relief. If we could actually show them. That would be incredible.

Cassie: That would be incredible. I actually had talked to my dentist about it. He actually has a digital x-ray machine. It's not even like the old ones that they used to do. They're digital, and so they're very – you can see it. You can see the darkness of where the infection was. I go next week. The one that I even had a couple weeks ago was clear. But in my own mind, I really needed to know.



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Nick: Would you share that story quickly? I know you told me, but for everyone else listening, I'd love for you to share what happened with the x-ray because sometimes we think how is this happening and how is the body healing or what is this working on and I think your story really highlights that.

Cassie: Sure, I would love to. Do you want me to start with the Washington thing?

Nick: Wherever you want to start, the pain that you had, what the issue was, what the x-rays showed, that kind of thing.

Cassie: Back in February I had booked a trip to Washington, D.C. I'm going to say I went specifically to see Wayne Dyer, who I love and who I really, really want to see still. When I got to Washington, D.C., and I happened to get in the front row which I was really psyched about, then found out he wasn't going to be there. Honestly, I don't think I heard anybody the morning because I was just thinking, my god, I came here to see Wayne.

I went to lunch and came back ten minutes late. You were on stage. I'm thinking to myself, I'm not really sure who he is. I apologize. But I sat down and I thought, I'm going to listen, I've regrouped and I'm going to pay attention to hear what's going on. I was really getting into what you were talking about with tapping. Then I started thinking to myself, I wonder if this would even work on my tooth, because it had hurt for three-and-a-half years.

When you got a little bit further into it you had asked for volunteers. I raised my hand, and lo and behold I ended up on stage. You had asked me what was wrong, and I told you that I had had a toothache for three-and-a-half years and I had no idea why. You had asked me why, and I said I have no idea why this has hurt for three-and-a-half years. It was always infected. I was living on antibiotics, taking pain medicine sometimes for it.

Nick: You had obviously been to doctors and dentists.

Cassie: Oh my god, I had been to so many doctors and dentists. It was crazy. I got to the point where I was just beside myself because I really couldn't take any more antibiotics. It was affecting my body in a bad way. It was a last ditch effort to do this whole Hay House thing.

I can be honest in telling you that I journaled almost every day. I was writing positive affirmations every day. I probably read, I'm not kidding, no exaggeration, I could even show you hundreds of books on self-help and all of these things on how can I get rid of this.

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I got up on stage and you had asked me. I said, I don't know. I don't even know where to look for this, how it started, where I went wrong I guess was in my mind what I was thinking, why had this infection and why it wouldn't heal, because it started with cavities, then it went to root canals and they took those out. Then they put in implants. It was just one thing after another and it seemed that nothing at all was helping. I'm thinking, okay, it's got to be a mind game or something. I didn't know.

You had asked me what happened three-and-a-half years ago, and I really had to think back. My first thought was I don't remember what I had for lunch yesterday, how am I going to remember what I did three-and-a-half years ago? Then I had remembered that my daughter was applying to nursing and he had gotten in and everything was fine.

Then we went on this trip with my mom the day after Christmas to celebrate my daughter's 21st birthday, at the time, to Las Vegas. We were staying at the Bellagio and we were there for four days and everything was fine, and the morning that we were to leave my mom didn't come down. She had passed in her sleep.

For some reason, once I started talking about it I started feeling it everywhere in my body. That's when you had said to me, where do you feel this? I said everywhere. One thing seemed like it had led to another and we started tapping on the sadness and the feeling alone, because you had asked me how it had made me feel. I said it had made me feel alone and somewhat abandoned. Then I realized I felt like I abandoned her because we left her there. Spiritually I knew she wasn't. We went there with her, but we came back without her. It was very emotional.

That's when the pain in my tooth got really bad, and that's when we started really working as to what are we going to do next. It just escalated from there. That's when the root canals came and the implants and everything, and the massive amounts of antibiotics and pain medicine and all of those kinds of things.

Then we tapped on it and it went away. I can remember you saying to me, how does that feel? I remember thinking it's so weird, and I think I even said that. I think I even said it feels weird, because I was so used to it. To this day, just from that time, from Washington until now, it pops in my mind occasionally. But even if I bite into something it doesn't hurt, and I can eat and I can chew and I can be a normal person.

I went back to the dentist, because we're always on this. It was an ongoing thing. He took an x-ray and he said, "Your infection's gone." Tears are coming down. I



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could almost cry now. He said, “What are you doing?” I said, “I don’t know if you would believe it if I told you. Sometimes it’s even hard for me to believe because we’ve been through so much together.”

But it went away. It went away. I guess it was something I was holding deep inside. I never connected to pain with the death of my mom. Never in a million years would I have thought that would have connected or caused it, or where I put the pain I guess maybe is what you want to say. I’m not even sure. I’m still not even sure of how that happened, the connection between –

Nick: How it actually manifested. I don’t know if I have an answer for you on that either. There are certainly theories. Were you carrying the stress of your mom’s loss for those three-and-a-half years, and the stress wasn’t helping your body heal and that infection couldn’t heal? Was it stored in that place, as you mentioned? Maybe one day we’ll have an answer, but for now it’s – I’m still dazzled by it.

Cassie: I really am. It’s something that we can see. For me it was a very, very dark looking spot. You could see the darkness in the x-ray. Then when you look at the other x-ray it’s clean. It looks like the other teeth. It’s like, oh my god.

Nick: I love that you had those x-rays to show, look, there was an infection here. That was why the body was causing pain. When we do the tapping on pain relief we’re not trying to ignore signals from our body. It’s not like make this go away to tell us what’s going on. We’re looking to get to the underlying cause so your body can heal, and that’s what clearly happened. Through whatever incredible mechanism, the relaxation, releasing the stress, releasing the trauma of that event, whatever it was that happened, that infection healed and the proof is in the x-ray.

Cassie: Yeah. The proof too is that I’ve been antibiotic-free since then.

Nick: Incredible.

Cassie: That’s amazing because so much comes with taking antibiotics every day. Just the difference in my body, the energy that I have. What antibiotics do, I’m sure you’ve probably taken them at some point in your life, just how it makes you feel. For me there are all kinds of – I really look to tapping. I do Jessica’s meditations in the morning and at night and that’s extremely helpful. Of course, read your book and refer back to it often.

I find myself – I was in line the other day at the grocery store. I know you’ve got other people. This was almost embarrassing, I was in line at the grocery store ready to check out. I was getting really frustrated because the checker was talking and laughing and there was a line and I was in a hurry. I’m thinking to myself,



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just take a deep breath. I found myself tapping in public. I thought, okay, I don't know, those people are going to look at me really weird. But I automatically went to it because I find it so – it's almost like a deep soul kind of thing.

I don't know if it's actually the act of doing it with the thought behind it or what, but for me, and I think probably for so many of your people I'm going to call them, it's just been an amazing event in my life, something that I will tell my grandchildren about. It's awesome.

Nick: Amazing, amazing. One more question and then I'm going to let you go, and we're going to get to some other callers and do some tapping together.

Cassie: That's fine.

Nick: One of the things that I love about our story as you shared that, the pain went away over the weekend. Then you picked up a copy of my book and then it came back a couple of days later. You figured it out on your own. You did the tapping on your own to clear – because we only had, what, 20 minutes on stage?

Cassie: Right, right.

Nick: To clear whatever was left of that. Can you share that story, because I think it's so empowering that you did it yourself.

Cassie: Yeah, I did. I got home and I was almost a little frustrated because I could feel it coming back. I thought, those three days were just amazing and I hope that wasn't the end of it. I was only a couple chapters into your book because I had just gotten it at the event, which I highly recommend if people don't have to get it because it's so informative. It's a wealth of information. In going through I had learned a lot of things to do, and things not to do.

When I was tapping I actually used the word “infection”, which is something we didn't do on stage but we tapped through a lot of emotional stuff. Something that was weighing really heavy on me was that I knew there was an infection, so I actually used that word through my tapping as I was going through, “This infection, this awful infection.” I was thinking, I don't know if my language is right but I'm just going to act like I'm telling the story to myself, because it was something that you had mentioned in your book.

That's where sometimes when I'm tapping on something I'll start on something, and then other feelings will come up and I incorporate that into my tapping. Yesterday I tapped for almost 40 minutes. I thought, my god, it's like I'm talking to somebody. That's what I did, though, is I started using the words that were

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most impacting how I felt. So is used the infection, the pain and the loss of my mom.

Nick: That's great.

Cassie: That's what I did. Next week I'm going for my next round of x-rays, and I will be happy to send them to you.

Nick: Great. Please report back. Thank you so much, Cassie, for your great question and for calling in. Thanks for sharing.

Cassie: Sure, thank you.

Nick: All right, take care.

Cassie: You too.

Nick: Bye-bye.

Cassie: Bye.

Nick: What a great story. I thought that could be a useful story for everybody to hear and the great amazing results that Cassie is having and how she's being persistent with it, how she's keeping up with doing the tapping. It's really exciting. Now it's obviously becoming more than just about the pain relief. The pain is our avenue into this process, and then we can use it to heal so many other aspects of our lives, and to really create lives of abundance and joy and healthy bodies.

We've got another caller. I see a bunch of people have jumped on the line. It's so good to have you. If you want to talk, press *2 to raise your hand. So *2 raises your hand, and then I will answer your questions and we'll tap together. Let's go to – where did she go? Laura, did you put your hand down? No, you put it back up. Good. I think it's Laura; I'm going to unmute you. Can you hear me?

Laurie: Yeah, sure. It's Laurie.

Nick: Hi Laurie. Here it just shows L-A-U-R. How are you, Laurie?

Laurie: I'm doing okay, Nick. How's everything there?

Nick: Very well, thank you, very well. Tell me what's going on today and how I can help.



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Laurie: Okay. I was one of the first people on the stage with my scoliosis diagnosis, never having really tapped before. I was a newbie. I don't remember very much about what I said on stage, but during the three days obviously I got it, came home.

As a suggestion to others who might be interested, I downloaded your book from Hay House, the audio, because I get much more from the book when I can hear it and actually read while I'm listening. As I was going through it the tapping tree really stopped me in my tracks because the first time I read it I guess I wasn't tuned into it, so I filled out the tapping tree, the blank one that you said to print.

My problem now is the completely other end of the spectrum from Cassie. I think it's fantastic what she's doing. I am an ADD person. My mind races at all times and I'm having trouble staying tuned in while I'm actually tapping.

What I'm really looking for is some kind of help from you to tell me. When I'm tapping I'm having trouble, it sounds silly, but I'm having trouble staying on point with the tapping. My tree is full of tons of things I can tap on, but now I don't know where to go first, my limiting beliefs, my past events. I'm really all over the place, as you can tell.

Nick: Not a problem. It's a common problem. I get it. The point of the tree is to expand your mind as to all the different things that are going on. It's to help you get it down on paper. The biggest thing that you've accomplished is you got it down on paper. Instead of all these things floating through your mind, whether you're conscious about them or not, affecting you, now you know they're there. So that is amazing and you need to congratulate yourself for actually doing that.

Step two I would say, when you have all these things, is to have some patience with yourself because I know the experience. You look at the tree and you go, I've got to do this now. There's too much and it can be overwhelming.

Laurie: Yeah, overwhelming.

Nick: I would say just pick one thing. It doesn't matter if you go to limiting beliefs first. It doesn't matter if you go to events. Actually, it doesn't matter but here's my recommendation for you.

Go to an event, because the thing about an event is that it's so crystal clear. Limiting beliefs can be harder to wrap our minds around if they've cleared or not. One way you can do it is you can say out loud, you can say the statement and see if it feels true or not, but it can just be harder to wrap your head around. Whereas an event, you have an event and you see the emotional charge behind it and it's holding onto you. You just know that it still has a grip on you.



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When you do the tapping on it and clear it you know it's gone. Just say, you know what, one at a time. I wouldn't even say I'm going to do one event at a time. Do one a week. I'd rather you set a simple, achievable, doable goal for yourself than to say I'm going to tap on this whole tapping tree in the next week.

Laurie: That would be impossible.

Nick: Does that make sense?

Laurie: That definitely makes sense. I'm such a Type A person that, okay, I've tapped on it and the pain is down to – I've never really gotten down to a 0, but when do I move on? When do I say, okay, I've done enough on this event or this limiting belief? Let's move on because my tapping tree is quite full.

Nick: One at a time. What I always like to say is this stuff that we're working on took years and years and years to build up. We can shift this really quickly. Tapping works faster than anything I've ever experienced, but that doesn't mean it's going to take some time. I think having patience with ourselves, nurturing ourselves is more important than –

Something I said at the event, I don't know if you remember it, but I said that the patterns that have gotten us to where we are, so let's say as an obvious one here Type A pattern of perfectionism, the patterns of perfectionisms that have gotten us where we are, are not the patterns that are going to get us out of where we are. We can't just be a perfectionist to fix this problem that was created by perfectionism, amongst other things.

Cut yourself some slack. Give yourself a break. Go one at a time. Just say, you know what, I'm going to have one success for an event. Fully clear an event so when you can run it in your mind's eye there's no anxiety, no anger, no stress. You're not stuck on the event in any way, shape or form. Then go great, huge success. Circle it. Cross it out. Do whatever. Then say I'm going to go to another one a week from now, or whatever feels good to you.

Laurie: When I'm actually tapping my mind does go to the shopping list or something else, just keep going through it. What do I do then? I just don't know what to do with those thoughts that have nothing to do with what I'm trying to do.

Nick: You just gently brush them aside. It's the same challenge that people have when they're learning to meditate, or trying to meditate. It's like all this stuff comes here and there and everywhere. That's okay. Just recognize that and brush them aside. If you're really distracted you can even do tapping on, "Even though I'm so



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distracted, and I don't know what to do, I deeply and completely love and accept myself. Even though my mind is wandering and I don't want to do this," etc., etc.

Laurie: Right. Okay. That all makes sense. I think you saying to give myself a break is one of the most helpful things, because no one's harder on myself than I am.

Nick: Absolutely.

Laurie: It's hard to read everyone's successes and just to say, wow, what's going on with me? It can be frustrating.

Nick: I get it. You can tap on that frustration, because we don't want that frustration to keep building up and become the stressor itself.

Laurie: Right. On my wish list would be, if there is time in your life at some point if you could do a small audio just of tapping for us, because I know it sounds silly, but your voice brings me back. It resonates. I know it sounds ridiculous, but you saying it, it does make a difference for me. It does.

Nick: I appreciate that. I just wrote it down, audio for pain relief tapping. I cannot make any promises, but I will absolutely do my best.

Laurie: I've spoken to a few people, and I think it's common for us to really resonate when we hear your voice. It keeps me tuned in. That's my speech.

Nick: Great, great. Absolutely. Like I said, my schedule and travelling the next couple of weeks, but December gets a little bit quieter. Maybe in the midst of writing the book I can record that. Laurie, let me ask you. You wrote me a really kind email on Facebook and you told me about a sliver of home. Will you share that with me?

Laurie: Yes. I really went in there with no hope after the diagnosis from the doctor, which was rudely and brutally given to me with kind of no hope and you'll be in a wheelchair. As soon as I got there, and David spoke before me. His story was so poignant. This man who had been tortured by neo-Nazis, and oh my god. He was right before me and I said, wow, if this man has hope and his pain has lessened I have got to have hope. It's amazing.

Really what I took with me is there is hope. You cannot give up. There's a room of people here who all have the same thoughts and are all feeling some of them hopeless, helpless, this will never get better. If nothing else, I left there with that little sliver in my little toe saying don't give up, you can do it too. If they can do it, you can do it.

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Really that is what you brought me. If nothing else from the weekend, that resonated with me so strongly because I have done tapping every day. I dove into Hay House and I've been going through the CDs that were in the pain seminar, the world one.

Everything has just brought me to this level where giving up, it's not even in my vocabulary and I could never say that before the weekend. That has been such a tremendous hope to me, from someone who really, really walked in thinking I was just going to walk out and say, okay, I tried but that was it. I walked out completely a different person and I can never thank you enough for that.

Nick: You're most welcome. Thank you for sharing that. Do you want to do a little tapping together on frustration that it's not shifting as quickly as you want it to?

Laurie: I would love to.

Nick: I'm sure everyone on the call would probably resonate with that as they have their ups and downs and successes and – we're not going to fall them failures. We're going to call them more lessons, more insights.

Tell me right now, just as a gauge. I know I just asked you to share about the sliver of hope so your energy has been focused on that, but tune into the frustration so we can make sure to root it out. How strong is that frustration 0 to 10?

Laurie: I would say it's probably a 7.

Nick: Where do you feel it in your body?

Laurie: In my back, my side and my back.

Nick: How's the pain right now as we talk?

Laurie: It's poking at me.

Nick: 0 to 10?

Laurie: I would say it's an 8.

Nick: What's the frustration about specifically? What are the thoughts that you say to yourself?

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Laurie: I'm frustrated that it's not happening yet for me and that I don't feel what I know I could feel, and I'm trying to rush it and stop doing that. I'm frustrated at myself.

Nick: It's the whole thing.

Laurie: Exactly, exactly.

Nick: Tapping on the side of the hand:

SH: Even though I have all this frustration in my body,
Why isn't it happening more quickly,
I really want better results,
I see other people getting them,
Why not me,
And I'm so frustrated,
And I deeply and completely love and accept myself.

Even though I'm so frustrated,
Why do I still have this pain,
I have this sliver of hope,
But I'm also frustrated,
And I deeply and completely love and accept myself.

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

EB: All this frustration,
SE: In my back,
UE: In this pain,
UN: Why am I not doing better,
CH: What am I doing wrong,
CB: All this stress and frustration,
UA: In every cell of my body.
TH: Why isn't it clearing for me,

EB: I see other people getting results,
SE: And I'm not getting the same results,
UE: And that's so frustrating.
UN: All this frustration in my back,
CH: This pattern of beating myself up,
CB: That's stored in my back,
UA: This habit of beating myself up,
TH: That's stored in my back,



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EB: It's safe to let this pattern go,
SE: It's safe to cut myself some slack,
UE: It's safe to give myself a break,
UN: Right now,
CH: In every cell of my body,
CB: And especially my back,
UA: I relax and let go,
TH: Relaxing and letting go now.

Nick: Deep breath. Tune back in and see how that feels.

Laurie: Wow! I've got to tell you. That was really amazing because I had this heat come up in my body, in my back, which really never happened before at all.

Nick: You've never had the heat in your back.

Laurie: Never had the heat come out back where it hurts. That has never happened to me.

Nick: Wow!

Laurie: That was really amazing. When I was on stage, I don't even remember if we tapped to my back or not. That's how much I forgot because I was just in a state. But this was amazing. This was amazing. I feel totally different than I did five minutes ago when we started.

Nick: Where's the pain 0 to 10 right now?

Laurie: I think the pain is at one-half, maybe .5.

Nick: Wow!

Laurie: It really went way down.

Nick: Has it gone down to this? Is this something that comes and goes?

Laurie: No, it certainly does not. It hasn't done that at all.

Nick: What resonated with you most there? Why such a dramatic shift?

Laurie: I don't know. I don't know. I think it's you telling me that this can happen. I put so much heaviness on your voice, and you were talking to me and it was about me. Nothing else came up. I was tuned into you and that was it. That was it.

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Nick: Let's do one more round of tapping. Tapping the side of the hand:

SH: Even though I've been holding onto this pattern,
Of beating myself up,
And I've stored it in my back,
It's time to forgive myself now.

Even though I've been so hard on myself,
For so long,
Always trying to be perfect,
I choose to be compassionate towards myself now.

Even though I've stored this pattern in my back,
For so many years,
I deeply and completely love and accept myself.

EB: This pattern in my back,
SE: Of being hard on myself,
UE: Of seeking perfection,
UN: And punishing myself,
CH: When I don't achieve it,
CB: It's time to release this pattern,
UA: It's time to forgive myself,
TH: In every cell of my body,

EB: And every cell of my back.
SE: Releasing this old pattern,
UE: And letting it go.
UN: Releasing this old pattern,
CH: And forgiving myself now.
CB: Letting it go,
UA: Relaxing and releasing,
TH: Right now.

Nick: Deep breath.

Laurie: Wow! I just took a nice vacation. I had a lovely weekend away, and now I'm back. I feel great. I feel great. This is insane. Now I know what they were talking about.

Nick: You mean what everyone talked about all weekend who was getting great results?



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- Laurie: Exactly. Now I say, oh, that was what it was. Yeah, very much so. That's crazy. This is crazy. Yeah, yeah.
- Nick: You are amazing for your persistence. I honor that so much, that you came the three days, got that sliver of hope, didn't get the results you wanted. You see all these other people getting results, which I know how frustrating it can be, people dancing in the aisles, stretching, jumping. You just stuck with it, and look at what just happened.
- Laurie: Wow! I don't know what to say except I can't thank you enough for sticking with me also.
- Nick: It's my pleasure. Pain 0 to 10 right now?
- Laurie: Pain is really right now, I'm scared to say the number 0, but it's really at a 0 right now.
- Nick: I get it, but tell me why you're scared to say the number 0.
- Laurie: I'm scared that tomorrow I will wake up and start the cycle again. But if I do, I know where to go. I know this is being taped, and so I will play it over and over.
- Nick: Say out loud, "I'm scared it's going to come back."
- Laurie: I'm scared it's going to come back.
- Nick: How true does that feel 0 to 10?
- Laurie: I feel like a 2 right now, which is great.
- Nick: That's really great. You can tap on that too. It's part of the challenge of the pain cycle, that even when we clear through it it's that expectation. We want to clear the expectation it's going to come back as well.
- Laurie: Right, right. Oh boy, okay.
- Nick: Will you check in on the Facebook group in the next couple days and keep sharing your successes with us?
- Laurie: Absolutely. I always do. Yes.
- Nick: Wonderful.



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Laurie: I encourage everyone also, because the Facebook group has been wonderful and I just hope everyone sticks with that because I think everyone is getting something out of it. It's a great way for us to stay in touch.

Nick: I agree. Laurie, thank you so much for calling in.

Laurie: Thank you very much, Nick. I appreciate it.

Nick: All right, take care.

Laurie: You too, bye.

Nick: Bye-bye. All right, what an amazing result. I was still shocked. How incredible? She was there for three days tapping, had a sliver of hope, found I'm sure great insights and awarenesses and then stuck with it and got a big result. It's just incredible. It says so much about Laurie. It says so much about this process and being persistent with it and how powerful it is.

Remember, if you want to tap and talk live you just press *2 on your phone to raise your hand, *2 and we can chat. This is what it's all about, so don't be shy, unless you're at work. You can whisper to me what's going on if you're surrounded by people. But raise your hand, press *2. Until we get some volunteers I'm going to answer a couple of questions that came in through the Q&A.

Mark said, "When you're in public can you do physical tapping while thinking silently without talking out loud?" Yep, 100%. You can think it. Sometimes I even find that when I'm at home, I'll be in my office and do some tapping and do it mentally. You can definitely do it mentally. Certainly when we speak we bring some more energy to stuff. There's a different power that comes from speaking. So if you can speak do it, but if not the mental act with the physical tapping is great.

Brenda asks, "Since I returned from the weekend I just can't seem to keep tapping. I get distracted or don't make time for it. I feel very isolated with tapping. I was much happier tapping in the group. What do you recommend to help with motivation?"

Great question. This is obviously one of the powerful things that happens on the three-day event. That we are focused, we're together, we're doing it. Look, it's going to happen. You're going to get distracted. There are going to be times when you're not making time for it, but just have that awareness.



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The Facebook group is a great way to – post this question on the Facebook group next time you're feeling it and you're going to be doing nothing but getting love from other people who are having similar experiences. Maybe that can be the thing that can motivate you right then and there. It happens. It's okay.

It looks like another Brenda, unless this is not coming up right, from British Columbia, "What can I do when I'm resisting changes so much that I am almost self-destructive?"

The email is with a John, so I don't know if it's Brenda or John asking the question. But what you can do is start by – because I can just hear in the tone of the question, the anger that you have towards yourself that you're being self-destructive, that you're self-sabotaging, that you're not doing the things that you should be doing.

Start tapping on that first, "Even though I'm beating myself up for not being perfect. Even though I'm beating myself up for not having all this happen quickly. Even though I'm beating myself up," etc., etc., etc. Tap on those things and clear that out first. I hope that's helpful.

We've got another caller we're going to go to. I don't have a name. It just says a cell phone and it says Vancouver, British Columbia. Who is in Vancouver? Can you hear me?

Brenda: I'm in Vancouver.

Nick: Well, then that's you. Who am I speaking to?

Brenda: Brenda. You answered my question. I'm the one that put in about the self-destruction.

Nick: Perfect. Let's talk about that. What did you think of my answer?

Brenda: It makes sense. I read the book about your area about change, resistance to change. I found that I was getting resistant, so I was working on resistance to change. My friends tell me that I'm probably the strongest person they've ever met, from what I've managed to get through in my life. I think because of whatever coping mechanisms I've had, I think subconsciously I'm afraid of peeling those layers off because that's what saved me. My mind's rebelling.

I had a horrendous Friday. It started off where I had this craving for sugar and salt and candy, and I never do. I couldn't stop eating the stuff. Then I went out with some friends. We went to a football game, and I was going to have a glass of



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wine. I ended up having, I don't know, too much wine. The boots I had, the heel on them, the tread had come off, so I slipped about three times. The third time I fell and smacked my head on the cement and I got a big lump, a black eye, a bruised shoulder and a knee.

I'm thinking, I'm beating myself up. It was totally a self-destructive 24 hours. Now I'm scared. I'm scared of doing the tapping because my mind is saying it ain't going to happen. You're not doing this. So I don't know.

Nick: Let's do some tapping right now and get some clarity. Oftentimes when we don't know in the inquiry process, just doing some clarity right then and there can help. Tapping the side of the hand:

SH: Even though I'm so confused,
I don't know what's going on,
I want to heal,
But I don't,
Because it's not safe,
And I deeply and completely love and accept myself.

Even though I have all this confusion,
I'm beating myself up,
Literally,
I deeply and completely love and accept myself.

Even though I'm beating myself up,
Literally,
I deeply and completely love and accept myself.

EB: Beating myself up,
SE: Literally,
UE: Literally beating myself up,
UN: What's going on,
CH: Why am I resisting change,
CB: What's stopping me from changing,
UA: Why does it feel so scary,
TH: Change feels scary,

EB: Healing feels scary,
SE: All this fear in my body,
UE: Around change,
UN: It's safe to let it go.
CH: It's safe to release this fear,

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CB: From every cell in my body.

UA: Letting it go,

TH: Letting it all go.

Nick: Deep breath. What came up for you there and how does that feel?

Brenda: My head's throbbing more.

Nick: That's fine. That's good. I'm sorry that you're in pain, but it just shows energy is moving. Why do you fear the change? What came up for you?

Brenda: There wasn't anger. There wasn't fear. There was nothing. You know what I felt? I felt like I was just going through the motions. That's what I felt. Apathy, that's what I felt. Apathy.

Nick: Why is that? What's the apathy about?

Brenda: I don't know. I guess maybe it's just a reaction to fear. Rather than feeling I'm shutting down. I just don't know.

Nick: Go back to that, because you just hit it, rather than fear shutting it down. Apathy, right?

Brenda: Right.

Nick: Yeah, whatever. I don't care. Whatever.

Brenda: Yeah, that's a coping mechanism. I've used that, yeah.

Nick: Tapping the side of the hand:

SH: Blah,
I don't care,
Whatever,
I refuse to feel any of this,
It's stupid,
Why am I even doing this,
Wasting my time,
And I deeply and completely love and accept myself.

Even though I'm wasting my time,
Blah,
I'm apathetic,

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I don't care,
And I deeply and completely love and accept myself.

Even though I just don't care,
At all,
I refuse to feel,
I refuse to heal,
And I deeply and completely love and accept myself.

EB: This apathy,
SE: I just don't care.

Brenda: You know what? It's not working anymore. Now I'm really sad.

Nick: Yeah, I know. I could hear. Tell me. Under the eye, tell me why you're sad.

Brenda: There's just a lot of pain, a lot of pain.

Nick: What's the pain about?

Brenda: This is all the things I was working on. There's just so much. I really identify with the previous caller. There's so much and I do get overwhelmed and I don't know where to start, so I just started somewhere like you said. But there's so much. There's so much.

Nick: Can you handle one thing maybe once a week? What's a good goal to set for yourself, because if you look at it all at once it's too much? It's overwhelming.

Brenda: I don't want to take a year. Once a week it would take me a year.

Nick: Let me ask you this. If I said to you, look, I've got a plan but it's going to take you a year. A year from now you're going to have transformed your life and your body. You're going to have transformed your pain, the way you feel, the way you go about the world. It's a one year plan. It doesn't take much time, maybe an hour a week.

Or I say to you, yeah, you can put pressure on yourself and say you're going to get it done in a month and then you'll rebel against yourself because it's not doable. Then you'll get pissed off and you'll be overwhelmed and you'll be frustrated, and you'll be exactly where you started a year from now. Which plan do you want?

Brenda: Door number three? I guess the year, yes. It just seems so long.



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Nick: Would you be happy a year from now if it was all done? All done, obviously focusing on these big issues. We're working every day on things, but the big things that are in your way, if you could clear them out in a year I think it would be pretty amazing.

Brenda: Yeah, I think so too.

Nick: You know what, set the year goal and then find that, hey, instead of doing it once a week one hour a week I actually snuck in a second hour and now I'm doing it in six months. But I'd rather you set yourself up to succeed and not –

Brenda: I was doing too much all at once is what you're saying, and that's why I did that to myself?

Nick: I don't know. Maybe. What I don't want to see you doing is again continuing the same patterns of beating yourself up. Do not beat yourself up about not tapping enough. Self-defeating patterns. Do the tapping on cutting yourself some slack and give yourself a break. That is critical.

Brenda: Okay, it's doable.

Nick: Yeah?

Brenda: Yeah, that's doable.

Nick: Okay. Let's do one more round of tapping. Tapping the side of the hand:

SH: Even though I feel this sadness in my body,
There's so much work to do,
So much stuff to clean up,
I chose to relax and forgive myself now.

Even though I feel all this anxiety in my body,
I have to be healed now,
I have to fix this now,
And I can't wait,
I deeply and completely love and accept myself.

Even though I put so much pressure on myself,
To heal now,
I choose to relax and forgive myself.

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EB: This pattern of pressure,
SE: Putting so much pressure on myself,
UE: To fix this now,
UN: All this pressure,
CH: It's safe to let it go.
CB: It's safe to relax,
UA: And know all is well.
TH: It's safe to relax and know all is well.

Nick: Deep breath.

Brenda: Thank you.

Nick: How does that feel?

Brenda: I feel calmer, thank you.

Nick: Okay. So you've got a plan going forward?

Brenda: You bet 'ya.

Nick: Yeah?

Brenda: Yep. I don't know how much or how often, but I won't do what I was doing before which was cramming. I'll take my time.

Nick: Do your best. Allow it to sink in. Give yourself a break. Do some tapping and then enjoy the tapping. Enjoy the, wow, I just released that. Let me go and have fun in the world with that one less thing holding me back.

Brenda: That's funny you say that, because I saw it as another chore, something that I have to do that must be done. That's the way I saw it. I didn't see it as a joy. But I guess it is, isn't it? Okay, that's good.

Nick: Thank you for calling in. We'll talk soon.

Brenda: Thank you.

Nick: Take care, bye-bye.

Brenda: Bye.



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Nick: All right. I see a little pattern emerging. I get it, where you are trying so hard to effect this change and we force it. We can't force it. We work on clearing the frustration. When you get that frustration out of the way then clarity can come. If you find that you're frustrated about not getting results, tap on that first.

We're coming close to the top of the hour where we've got to end, but there's another person with their hand up and I want to get to them. Maybe I can answer a question or we can give some direction or do something in the next few minutes. This is a Skype user from it looks like Bakersfield, California. Can you hear me? I hear some clicking. Can you hear me, Skype user? Talk if you raised your hand and think it's you.

Mark: I did talk. Is it me?

Nick: I got you now. Who is this?

Mark: This is Mark. I'm from Waterford, Michigan.

Nick: Mark, it is showing you up as Bakersfield, California.

Mark: This is the first time I've used Skype. I don't know how to do it, so I'm amazed I got through anyway.

Nick: Great. Thanks for raising your hand and calling in, Mark. We only have a few minutes, but perhaps I can answer your question and point you in the right direction. Why don't you tell me a little bit about what's going on?

Mark: That would be great. I have had tremendous success using tapping. It's been wonderful to me. I'm one of those guys that jumps down the hall and it's been great.

I got back from out east and I read a book by another guy who turned me onto the tapping. It dealt with fears and how the fears are ingrained in us since the time we were born, right on up until everything.

I've been very angry at the fact that I was never really given an opportunity, so I've been attempting to rewire my brain so I'm not afraid of everything all the time. It's an odd kind of a question, but I'm not too sure if I'm going in the right direction with it, if I'm doing it correctly. I don't always feel anxious. I just realized that I believe this is something that's very true. The book was *The Four Agreements*.



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Nick: Yeah, it's a great book. Have you seen a decrease in your fear? Are you moving in the right direction?

Mark: I believe that I have been. For instance, I have psoriasis. I believe that it is probably one of the primary causes of my psoriasis. We were taught always to be afraid of everything and then never to express it, to bottle it, to never show it. My first initial thing that I've been tapping on is the anger that I was taught this, instead of being taught to love and care and accept everybody. Then I got angry at the fact that I was taught never to express the anger that you have and always bottle it in.

I've gotten this circle going in a circle. I don't really want to let the anger out. I don't want the anger. I don't want the fear. I don't want those things. I want to rewire my brain so that it functions from a different point of view.

Nick: Absolutely. Tell me what you're doing to make that happen and where I can give you some guidance. Where do you feel stuck or not moving in the right direction?

Mark: I tap on the karate chop point and basically say that, "Even though I was born with fear and taught fear throughout my life, I basically deeply and completely love and accept myself." I'll do that three times with maybe some variations of it and then go through the different points on the face and the body, expressing I have this fear, I was born with this fear, it was taught to me by my loving parents who didn't do it out of malice but did it because that was the way that was always done.

Nick: I've got something for you that's going to change it completely for you. Are you ready?

Mark: Okay.

Nick: This is how you're going to get really great results. I want you to get specific. Instead of using that global statement, which is great to get started and to do some tapping. I want you to take a piece of paper and a pen and make out a list, as much as you can remember.

I know some stuff you won't remember and some stuff you're going to be like am I guessing. Even if you're sort of guessing and making it up, oh I sort of feel like this happened, I want you to list the ways and the events, the things you heard, the things that happened that taught you fear.

Mark: Okay.



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Nick: I want you to tap through those events that made up this belief that constitutes the fear. It's when you go through those events that I think you'll see you get really dramatic results.

Mark: I understand what you're saying. I can do that. I have done that with some other issues that were probably not as well defined, or bigger defined than that. But I'll do that. I'll definitely give that a try.

Nick: Will you post it on Facebook and let me know how you're doing with it and if you have other questions?

Mark: I most certainly will, without a question.

Nick: Great.

Mark: By the way, thank you.

Nick: You're welcome. Thank you for calling in. All right, take care.

Mark: You too, thank you.

Nick: This applies to everybody. Tapping on global beliefs can be hard to clear them. You can certainly tap on them. Sometimes they shift in a big way, but if they're not shifting the way you want them to go to the specific events. Where did you learn those things?

Thank you, everybody. We had a great turnout. I was actually surprised. I thought it was going to be less because it's not the best time, but we had 25 or 30 people on the call out of the 80 who were at the seminar so I'm really impressed. Thank you for making that commitment. I hope you found this helpful.

If you found it helpful, please post it on Facebook. Let me know what you learned from it, what breakthroughs you had, what came up for you and if it's something that we should continue doing. I think we should. I think that was very helpful. But just let me know on Facebook how you're doing and we'll let you know when the next one is scheduled.

Thanks everyone. Take care and keep tapping.