



Welcome to the Tapping Insider's Club. This is your host, Jessica Ortner. By listening to this audio, you acknowledge that you have read and agree to the disclaimer located at <http://www.tapinginsidersclub.com/disclaimer>. We hope this interview gives you new insight on how to be a healthier and happier you. Enjoy!

Jessica Ortner: In this interview, you'll learn how tapping can support you in the grieving process. We will be speaking to Carol Look from <http://www.attractingabundance.com>. Welcome Carol.

Carol Look: Hi Jessica.

Jessica Ortner: Carol this is a really important topic to cover. I want to start with just the basics. Technically what is grief? What are we dealing with?

Carol Look: Grief is a response to an experience of loss. Usually we talk about it with losing a person, a loved one, or a pet. But you could also experience grief losing an experience in your life. You know, having a decade be over in your life. Having something else, you know, I had someone else have terrible grief over losing their home and having to move because of certain circumstances.

So grief can be triggered by many experiences, but the main one we talk about is losing loved ones or a favorite pet.

Jessica Ortner: Carol, can you tell us a little bit about your experiences around grief and why this topic is important for you to share?

Carol Look: It is really important for me because I've experienced quite a lot of it that was a surprise to me, and so I had to learn how to deal with it. I hadn't really worked with much grief before that, but briefly I'll tell just one of the stories that I went through, because it's important.

In 2001, on June 11th my father in law died. Now, that may sound like a distant relative, but we were all very close to him. What happened was, he died and then the paramedics put him back together by putting him on a machine and then we all went out there and we had to take him off life support, which is just an awful, awful experience for people. Some people say it can be lovely, but this was not. It was just very, very sad.

Three months later, on 9/11, was September 11th. So within three months, it was September 11th. Being in New York, it was just grief, every feeling that you could imagine was connected to that.

Exactly three months later on December 11th, I woke up to the phone call that my younger sister had died to breast cancer.

It was just bam, bam, bam, three in a row. It was too much to handle. Grief, as we're saying, our response to an experience of loss, and I had these three things in a row. The deepest for me was losing my younger sister, of course. And it was just a wild ride. It's still not over I would say. Grief takes a long time, but there's stages of it. It's a process.

That's what I really want to help people with. It's a process. It's a very, you know, everyone says death is a natural part of life, and it is. It is an absolutely inevitable natural part of our lives, to experience death. But the feelings almost feel unnatural. They're so strong, and so powerful, and it's really challenging to know what to do with them and how to handle the "grieving process".

So, I was basically knocked on my rear end, and I had to learn, unfortunately, a lot about it, and it was certainly helpful to use the tapping with it.

Jessica Ortner: Then let's talk about the grieving process. What's the best way to grieve?

Carol Look: I would say the best way, and I always say this to my clients, is to do it slowly. You need to do what's right for you. There are a lot of people who say "Oh, you need to do this. You need to go through," let's say you lost a sibling or a parent or something, "you need to go through their belongings right away," or "you need to throw out their books," or "you need to do this." You don't need to do anything. What you need to do is to do what's right for you. What's the right way?

There are people who need to talk about it and talk about it with all their friends. There are those who need to close the door and go into a haze. We all have different ways of processing, again, the intensity of these feelings. It is really hard to describe to people who haven't experienced it, the intensity and what takes over. Sometimes you feel like you're going a little nuts. The feelings, and I know people listening are going to say, "oh good, I'm glad to hear that that can be normal." You can be walking down the aisle at the grocery store picking out pasta, and you could start crying. It's just, it can, certainly at the beginning, and then it can last for a longer time, feel overwhelming before you get back on your feet.

Jessica Ortner: Carol, when you say the right way, do you mean what comes natural to you? How do we know that we're doing it the right way?

Carol Look: There isn't a right way. That's the problem. People have written books about the right way, that you have to do it this way and in this order. There's no such thing. I've just experienced that with myself and with others.

The right way, is taking care of yourself. A lot happens when someone dies, and also it depends on how you hear about it, if it's sudden death, verses something that you know is coming, verses someone who is elderly, verses a child.

There are all these factors that make it a little different for everybody and make the situation a little different. The only right way is to take care of yourself. If taking care of yourself is being with loved ones and talking about it nonstop and talking about the person and looking at pictures for months and months and months and talking about it, going into their bedroom and doing what you need to do, then that is what you need to do.

What happens is people can get stuck in the worst part of the pain and not process the really painful part, which is that it has happened. We don't move on, but what we need to do is keep processing the feelings and the layers. It's really a layered process. Sometimes if we get stuck, we don't deal with the layers and it feels as if it happened yesterday. With time, it shouldn't, it doesn't stay that way. It doesn't stay as if it's happened yesterday. With time, and with tapping, and with talking and being cared for, and caring for yourself, you're still going to have the loss. The person is no longer there, or your favorite pet is no longer there. But it's not going to feel like that stabbing knife in the heart as if you just heard it yesterday.

Jessica Ortnier: Carol, what about when people talk about getting over it?

Carol Look: Yeah, I hear people talk about that a lot. They say, "Well, she's just not over it. She's just not getting over it." The first thing to do is to stop telling yourself to "get over it". It's really, I'm never going to "get over" losing my younger sister to cancer. She has two small children and a husband. It damn near killed my parents. Watching my whole family, the whole thing was incredibly painful. "Getting over it", I would just never call it that.

I can still go through something really good or really painful in my life, and I want to call her. You know, we were less than eighteen months apart. I want to call her. So am I over it in that way? No, but I don't cry everyday, I don't cry every week about it. You know, now her kids are growing up and they're teenagers and I want her to be here and watch them, right?

So, the process keeps going because your life keeps going, but as I say, it's not that sharp, sharp pain at all. I wish she were here, but "getting over it" would be the wrong phrase. You process it. You move on to different stages. You move on to saying, "oh I wish that person were here to witness the wedding". That's what happens Jess, you do the process, you feel differently after a month and then after three months, and then after six months and after a year. And then something happens, like Christmas, or their first birthday, you know, the first birthday that they're not there to celebrate or somebody gets married in the family. That person, that woman or man, is no longer there. It's the first time, that person, like someone said their father couldn't make it to their sister's wedding, right? So it's the first time that he didn't walk somebody down the aisle. That was really upsetting. All these markatons, all these holidays and events in families really can retrigger the grief.

Then you have to process again. What's it like the first time the grandmother isn't at a family event? She's been at ten family events for the last 80 years, now what?

So, it's really important to stop telling yourself to "get over it". You're going to process it differently and have different angles towards it. I worked with a woman who lost her mother, I think she was maybe ten or eleven, and she lost her mother. And, I don't know, do you ever "get over" losing your mother? And then she grew up and got married, and guess what, her mother wasn't at her wedding. Her mother wasn't at the birth of her first child.

So it keeps getting triggered and they're different layers. What we want to do is to help people not be in that depth, the depth of pain and grief. That's what time and tapping and being loved and taking care of yourself, and sharing with other people who knew the person, that's what can really soothe you. Even though loss is often, loss feels terrible.

A lot of people say some sort of glib statements, "Oh well, now they're at peace." I don't know, are they? People try to make you feel better and they say really, really insensitive things. Not because they're insensitive, but because they don't know what to do.

Grief actually scares people. So, if you've lost someone, a friend of yours might say something to you that feels empty or hurtful or feels off. It's not because they're trying to be insensitive, it's because they don't know what to say.

So people say, "Oh well, now they're in heaven." Don't say that to someone who has no religious beliefs. That's not helpful. "It must be what was meant to happen." That feels terrible to people.

I have a friend who lost her daughter at age eleven, and someone said, "Well it must have been what was meant to be." Don't say that to somebody.

I learned a whole lot about what not to say to other people because I had people say stuff to me that, at the time, there's no charge on it now, but at the time it was really hurtful. And they didn't mean to be hurtful and I knew that, but I couldn't believe some of the things people said in an effort to fill the space, and an effort just to help you, and they're not helping. The only thing that helps is having somebody be there for you and witness your pain and don't fix it. It's not fixable.

Sometimes we try to fix ourselves, Jess, and that's another problem. We try to get over it. We're going to fix it. We're going to become a workaholic. We're going to do this project and we're going to get over it. You know what? It's not fixable, it's a process.

So we can try to fix ourselves as well as experience other people with good intentions, right? But they really make mistakes; they try to fix us too. "Don't worry, time will really help," that's not a helpful thing to hear two weeks after your son dies. That is a miserable thing to hear.

So we have to be really sensitive and really careful. I remember one of the best condolence letters I ever got, "Sometimes there are no words. I'm thinking of you." You know, that was medicine to me. That really helped.

Jessica Ortner: Yeah. Carol, you're talking so much about this process, so what really happens during the grief process?

Carol Look: Well it's interesting, first of all, again, depending on how you hear about it, you know? If it was a person who was elderly. Was it a shocking phone call? Was it something out of the blue? Was someone ill for a long time? Was a child born with an illness and then you knew that they weren't going to last that long? How did it happen?

When it happens though, even if you've been prepared for it, it's a shock to the system. And I think it's a trauma to the system. So again we can say, "Well, grief is a natural part of life," but it's still a complete shock to the system. And you'll hear that, people will say their elderly, I know someone who said their elderly parent, they knew they were going to die, and they were ill, and they had a long healthy life, etcetera, etcetera. It's still a shock to the system when the shock happens.

So you feel it physically. That's very, very common. I know I felt it. A lot of people will say that they feel like they've been hit by a truck. Like physically. And it's not the depression, yet, that can sink in later. But it literally feels like you've been knocked over. You're heart broken. You literally feel, and this, of course grief happens a lot with people in relationships, so, breakups, and splits, and friendships, and it feels like a grieving process.

So you feel heartbroken, you feel like physically it's a trauma to the system. And there's this huge emotional upheaval depending on how much the person was in your life. Like if the person was in your life everyday, that's different than the person that you talk to every three months and you're still shocked to hear that they've had an accident. "Oh no, really? I see him/her once a year." It's still a shock, but it's different than someone who's a part of your daily life.

And then, there are changes in your family structure. Like for me, I was number three out of four girls. The fourth girl died, so now I sort of became the youngest, but I'll never be the youngest. But my youngest sister died out of the four girls.

So the whole family system is kind of, and it doesn't ever get rearranged so to speak, but it feels sort of odd. I mean it feels really strange. So you have to pay attention to that, and what about identity issues? You know, when my father in law died, my mother in law had been married to him for decades. Who was she now without her husband of decades?

So, identity issues come up. I say to people, and this is where I do some tapping with them, "every cell in your body is affected by grief." And picture that. Literally, the energetic and the cells in your body get affected.

So if someone related to you, Jess, dies, think of it just energetically with the DNA, how we're connected, everything changes. And another thing that happens is that people begin to feel really isolated, which is really sad because they need to be feeling not isolated. And we can feel as alone and isolated as possible. And it's really, really, really hard.

That's why I keep saying that you have to take care of yourself. After my sister died, everybody in my family gained between ten to fifteen pounds. Two of them started smoking again; one of them relapsed with alcoholism. You're just not yourself. You don't sleep as well. Your eating habits change. Your schedule changes. And what about going back to work? I had to go back to work. I don't announce to all my clients, "By the way, I don't feel like working because my sister died." It's not; you know when you're a practitioner, when you're a therapist, that's not information for your clients.

So all these things, your whole world, and again, depending on how close the person was or what a vital part of your life they are, your whole world is thrown up under the air, which is why people can't land.

You said you got so many requests for the topic of grief. It is so disorienting. "Who am I now? What do I do now? I used to see them every Sunday. Or I used to see them everyday. Or they were a close cousin, or whatever. Now what? Everything in your life changes.

So it's complicated and it's heavy and it really is a process.

Jessica Ortner: What about the typical stages of grief that many of us read about?

Carol Look: It's interesting. So Elizabeth Kubler Ross is the famous writer and practitioner who worked on the stages of grief, you know denial and acceptance and anger. And they're very useful if someone would like to read about them; again Kubler Ross. Most people have heard of her. She's done a lot of work on death and dying and the process. But I found that I didn't, and a lot of my clients have not followed that procedure. You don't really go through the stages in the same way.

Something I did, and it was just a defense mechanism, was I tried to figure everything out. So I didn't get enraged or the way some people get enraged. I tried to figure it out. "Why did it happen? Why did it happen to her? What's going on? What's the message? What about the family? What does this mean generationally?" And it's a defense mechanism, right?

I had to learn a lot about it, which is basically, when I say a defense mechanism; it was a way for me not to deal with the pain. Then of course the pain comes up and you can't avoid it. That's not true. You can avoid it. People sometimes feel desperate to avoid it and then become workaholics, alcoholics, they do something to blot out the pain, and you really need to get back to dealing with the loss or else you'll be at a deficit yourself just for handling life in general. I hate to say it out loud everybody, we're not going to all experience one death in our lives. It's going to keep, it's life, and it's going to happen.

So, we need to be, not prepared, that's not what I mean, we need to work on the current death, and dealing with the feelings as best as we can. As best as we can so that we are more resilient, and we feel like we're more resourceful, and we went through whatever stages we go through. And then maybe, you know, I'm dealing with a client whose children, both her kids are going off to college and she's feeling profound grief. Everything's changing and I think she has an elderly parent that's about to die. So there's a lot of stages in our lives that we need to go through.

Jessica Ortner: I think it's so important that we covered, or that you covered this so in depth on how grief shows up, because I can already imagine so many people listening to this and finally feeling relief that they're not alone with all the different things that come up.

So we learned a little bit about how grief shows up and the process, how does tapping play a role in all of this? What can we do?

Carol Look: Well I would say, the first thing to do is tap on the drama and the shock because that's what keeps us stuck. So let's say something happened in 2007, you know, that's what could keep us stuck is the trauma and the shock of it. You know, how did you hear about it? I've got a client whose phobic about cell phones because every time the cell phone rings it's bad news.

So, how did you hear about it? What was the trauma like when someone said, you know, this is the phrase, "Are you sitting down? I have bad news." Just that phrase can trigger people.

So one of the things to do is to tap on the trauma and the shock of it, because that often keeps you out of dealing with the basic grief. Like you're so, you're walking around bumping into walls, you're so, I don't, I can only describe my experience, and you're just disoriented. Even if you saw it coming, now you have to handle things differently. And you walk out the door and say, "Oh my gosh, my life will never be the same." And it won't. So don't try to make it the same. That's what people do; they try to make it the same. You know what? You can reorient around it, my family reoriented around it; loved the kids, stayed totally in touch with the kids and my brother in law. You know, we all went through, and continued to go through, different stages. But that trauma and shock of it needs to be dealt with.

For instance, if we were doing tapping, you would do:

Even though I'm still in shock, and I don't care if it was twenty years ago.

I have dealt with all these mothers, for some reason, at work shops, they're, and maybe, I'm afraid, it just happens more than what we hear about, all these mothers who lost actually adult children. So over the age of eighteen, and they lost actual adult children to an accident or an illness. And somehow they've shown up in my workshops and I've worked with them. Even if it's twenty, thirty years ago, the parent could be in their sixties

or seventies, and they lost the child twenty or thirty years ago when the child was an adult, they still have the shock and trauma of hearing about it. What happened, and the idea that a parent is never supposed to lose a child, right? It's just not normal, it's not natural. As painful as grief can be when you lose people in the older generation, it's not how it's supposed to happen, the other way around.

So, trauma, shock. First thing I say to people, "And what about how you feel?" You just need to go to the feelings. And maybe you need to tap on;

Let's do that one together, Jess, the even though I don't know if I'll ever get over it.

Jessica Ortner: Okay.

Carol Look: Because that's true. People believe that. Okay? So, everyone listening, go at your own pace, but let's do this at the karate chop.

Even though I don't know if I'll ever get over it,
The loss seems too profound,
And I'm too sad.
I deeply and profoundly accept myself anyway.

Even though I'm not sure I'll ever get over it,
I'm doing the best I can.
Even though I want to stop trying to "get over it"
I choose to relax and appreciate the job I'm doing.

EB: I can't get over it.

SE: I accept that about where I am.

UE: I can't seem to get over this loss of mine,

UN: And I accept that about myself.

CH: I haven't been able to get over it yet,

CB: And maybe I never will,

UA: And I appreciate the processing I'm doing,

TH: And I'm going to respect myself by allowing myself to be sad when I need to.

Good, take a deep breath.

Another thing societal, I would say, is that again, many people are very anxious around grief. So if you lost someone, when I lost someone, there were basically people around me who couldn't handle that I was in grief. It was so upsetting to them, then they tried to fix it or they couldn't handle it. And that's just accepting yourself and who you are, no matter what other people say, and what's going on around you, is really important.

So that acceptance statement, "even though I may never "get over it"," that's okay. You know, be where you are. And it's very, very painful and you'll need extra support and extra help, but just own that you're having a bad day.

Sometimes people need to say, "You know what, it's the anniversary, the one year anniversary, the five year anniversary, the ten year anniversary, and it just feels sad."

I just wrote a cousin of mine who also lost her sister and it was a total shock, and this week is the anniversary, and I just wrote her and said, "You know, I know life isn't the same without her and I'm just thinking about you and take care of yourself this week." You don't have to say anything deep and profound. You just say, "I'm thinking about you."

So really saying, "I accept myself no matter where I am." That's what's hard. I think people think that there's a prescribed way to do grief, and "oh at three months you should do this and at six months you should be this and at the year anniversary you should be at this place." And you're not. I had people coming in at the three month anniversary of 9/11 which was the day I found out about my sister dying, and people would say, "Oh, did you watch the three month anniversary of 9/11," well you know, "did you do this, did you do that, are you commemorating 9/11?" And it was like, "No, I wasn't. I was in day one of my grief." Right? So you've got to accept where you are. Where you are in the process.

Jessica Ortner: Carol, you mention the impact that other people's words can have on you when you're going through the grieving process. Is that sometimes a target in itself to tap on?

Carol Look: Yes, you can absolutely say, let's do one of those, karate chop:

KC: Even though he said something that upset me,
But he was trying to help,
It didn't help, and it made me feel worse.
I accept my reaction.

Even though he was only trying to help,
And didn't realize that it really hurt,
I accept who I am and how I'm reacting.

EB: All these feelings are very confusing,

SE: I know they're trying to help,

UE: But it wasn't very helpful.

UN: I know they have good intentions,

CH: But it wasn't very helpful.

CB: They were anxious about my grief,

UA: And I can let it go,

TH: And I can feel confident that I'm doing it my way.

Take a breath (Breathe in and out)

So that's common. And also feeling guilty, no matter what the relationship. And you know, there's very complicated grief. If there was a lot of conflict in their relationship; I had a client who lost her father and it was complicated, you know, they hadn't dealt with

everything. You know that's very different than if you've had a really stable, smooth relationship with someone. It's just different kinds of grief, right; a different process?

What I almost always feel is that people have a little bit of guilt. Either about their last interaction, or they weren't nice enough, or they shouldn't have said what they said ten years ago. People bring up all sorts of things that they harbor, that they feel terrible about. "Oh, maybe I should've been kinder last week." When you didn't know the person was going to die. We all have little things left over and I think sometimes that's a way to hold onto a different stage, and not really deal with the pain. If you really beat yourself up, like my friend who lost her child, "oh, but if only we had done a..." there is nothing on this green earth that would have protected what happened to her daughter. "Oh if only we had taken a left turn. And maybe if we hadn't done this. And maybe if she had..." And it's part of the process. And you just let the people go through that. Let them feel guilty if they need to because it is part of the process, and then when they're ready...

When her daughter died, a couple of days before the funeral, I did this major tapping with her on a back problem that she had. That went away. We didn't talk about the death. You know, we talked about the death day in and day out, but we didn't tap actually on the grief, so to speak. It was too early. She was right in the middle of it. It was four days into it and she's planning the funeral for her daughter. You don't go running in there and tap, but I tapped on a back problem, and I just said things like, "These feelings in my back; this overwhelm in my back; the trauma in my back." And it worked. She was sold on tapping ever since then.

Let's do a guilt tapping. How about that? So everybody listening, if there is something you said or didn't say or maybe a disagreement that you had, or something you wish hadn't happened between you and the person who's died, see if you, or feel guilty that you weren't there enough. That happens a lot. People say, "I should've been there more towards the end." If they know it's coming.

So take whatever issue is yours, measure it, one to ten, how high is the grief, and then I'll do sort of a global wording for the tapping, okay?

Karate Chop: Even though I feel guilty,
And now they're gone,
I choose to accept myself anyway.

Even though I feel this terrible guilt about this relationship,
I accept who I am and that I did the best I could

Even though I'm still carrying some guilt about this relationship,
I don't think I did enough,
I accept who I am anyway.

EB: This guilt about the relationship,
SE: The guilt about what I said,
UE: The guilt about what I did,
UN: The guilt about what I didn't say,
CH: The guilt about what I didn't do.
CB: This remaining guilt about that person,
UA: The guilt and grief,
TH: Sometimes they're overwhelming
And that's okay.
And I'm okay.

Good, take a deep breath (breathe in and out)

And again, the complication, and I think that's probably what bowls us over, is the complication of grief. So again, I had to watch my parents go through losing my younger sister which was almost more painful than the rest of it. It was just, almost intolerable for me. I had to watch her little kids; I think nine and four or something. Oh my word. And my brother in law; and my other sisters; and myself; and it's very, you know, your lives are supposed to "go on", yet the person's missing, yet how do you go on?

You have hurt, grief, anger, fear, guilt, identity issues, the forlornness, the broken heartedness, and the feeling. As I said earlier, you can feel like you've been hit by a truck because there's so many of them.

Some people feel relief when there's a death. Oh, I've talked to someone who felt relief when there was the death, and then she felt guilty that she felt relief that the person had died. The person was very, very sick and not taking care of themselves, and I think there were drugs and alcohol involved. So she felt relieved almost that the person was out of their suffering, but then felt guilty that the relief was there.

So it can be very complicated. Then we don't tell people if it's complicated. We just talk about, "Oh, sorry for your loss." So the complication, and the depth of the feelings, it's really like something we've never experienced before.

So, maybe someone lost a grandparent early on, and that was pretty intense and painful, but then when they lose someone that's even closer, later, it's almost too much for our bodies, as our container, to handle. That's what happens, I think it spills out, and it spills out into work.

I remember, people would come in as clients, this was years ago, they would come in and they'd say, "Oh, I'm having a bad day, and my boss is so cranky." And I'd have those feelings, which are natural feelings of a practitioner working with people when they're going through grief, which means the practitioner has got to take care of themselves and maybe take more time off than I did, And I remember having this feeling. Going, "Oh my gosh. You think you've had a bad day." You start to compare and you can't compare, but

you need to take care of yourself for those reasons. Sometimes people do compare, and they'll say, "Oh well how old was she?" It's irrelevant; whether the person was six, twenty six, or eighty six. But people want to get a handle. "Oh, well, they were eighty six? They've had a good life." That's not helpful either to people.

So you want to just be as respectful; as I say, I learned so much about how to help other people by being respectfully, almost respectfully quiet. The less said, in just saying, "That sounds really painful, and I'm sorry for your loss, it sounds really awful." Instead of, "Oh well, now they're..." We don't really know. Whatever your beliefs are; we can't prove anything, right? So it gets complicated and people have very set ways that they do their own grieving.

So I had a client who lost someone, and people said, "Oh, it's been six months, are you feeling better?" Actually, she wasn't. Six months was a bad, bad turning point. You know, shock can last anywhere from a week to three months. So if you're in shock for the first three months, and you're doing the paperwork that you have to do when you're planning the funeral, and you're doing something with their clothing, and there are all these tasks that you have to do, if you're still in shock and you start to come out of shock, you can feel worse three months, six months, nine months later.

So, that's why there is no set way to do it and tapping can help you every step of the way.

I remember doing tapping where it wasn't so prescribed, where I was saying, "Okay, here's the problem, here's the setup statement," I would just tap. I would sometimes look at pictures and just tap and let myself cry, and it was very soothing because it was very accepting. I think the acceptance of wherever you are, has got to be a key component. And some people use a little bit of tapping; and some people use tapping every day for it. Neither way is right or wrong everyone. It's just an additional tool that could help you with that sharp, sharp pain and help you move through the months and the years of now living on this earth without that person that you were close to.

It's hard to explain, you know, how do you explain that to people? It just doesn't feel right.

Jessica Ortner: Carol, I think that this is so important to hear, and I want to reiterate to people how you began to tap just by looking at pictures and the feelings, because many people get stuck. Because, like you said, it's such a complicated process and there's so many emotions, that they feel like they can't do the basic setup statement and the, you know, doing the one to ten scale.

Carol Look: Right. So then when you get up in the morning and you feel lousy, tap for a few minutes without saying anything. You're probably going to be a little weepy.

See that's what would happen at the very beginning. Late at night and early in the morning was when I was my weepiest. During the day I would get busy and get involved in the day,

and do the best I could, and sure I felt sad, but it was those lonely moments late at night and early in the morning. So you just tap.

Then use props. Some people, some parents or family members, might open the door to the room. Let's say they've kept it closed for a few months or they haven't gone in there. You know how people do that? You hear those stories, "they haven't touched the room." So you might need to walk into the room. And just tap as you look at the belongings of the person.

I remember when a grandfather of mine had died and my grandmother, you know, she would walk into the room and saw all of his clothes in the closet. And that was a particular moment of complete melt down, right? She made it through the funeral. She made it through everything. I remember her asking my father and other people, to get, to do something with the clothes.

Other people won't do anything with a person's clothes for six months, to a year, to ten years. So again, it's not right or wrong, but if you need to, and you feel like you can, open the closet door and tap while you see his or her clothes.

If you've lost a child, I just think it's unbearable. The people who've talked to me about losing a child, I don't even understand it. It seems beyond the ability to bear it, and yet those people continue to live.

My very, very dear older friend who I've known for years and years, she and her husband are eighty three, their twenty six year old grandson just died of a brain tumor. There's nothing to say Jess. There's nothing to do but to sit with them and talk about it and talk about the memories. She knows how to tap, so I think she wants to. So I can lead her through some tapping about, "Even though it's amazing that he's gone, I can't believe it." Because, again, they're in that stage; it was only a month ago, so they're in that stage of, "is it really true? I just saw him."

And that's what can happen with people. And they say, "It's just not true, I'm waiting for them to walk in the door."

You actually start to have these thoughts and feelings of denial. And a little bit, I mean, not clinical hallucinations, but you actually, you think, "Huh, I wonder if they can walk in the door." And again I'm trying to say, we can start to feel a little crazy,

So we need support. We need love. We need to talk to other people who knew them. We need to soothe ourselves and take care of ourselves. Get rest. Get sleep. Do some tapping on the props as we were saying. Look at the photographs. If you can bear it, look at the photographs, and let yourself cry.

Our culture, you know, "Oh no, no, you'll be fine. You'll be fine." I've actually had someone do that to me. "You'll be fine. You'll be fine." You know what, I don't know that I'll be fine, but maybe I will. But don't tell me that when I'm crying, because the instant effect is to stop the crying.

Like if you're crying, and I say, "Oh Jess, don't cry. Don't cry. You'll be fine." The effect is that it'll stop you from crying which means it will stop the process.

So again, don't do that to people. Let them bawl their eyes out. It feels good. It's appropriate to cry. That's what we do in our world. Loss feels that deep. You're body can even, I know people listening are even going to recognize this, you're body can even shake and move in ways, when you cry that hard and that deeply, you've just, you've never felt that way before. You just don't know what's happening. You can feel incredibly odd that your body is moving that way when you cry. And again, crying at the depths, literally at the depths of your soul. And that's part of the healing process.

Jessica Ortner: Carol, what about the memories of the moment that you found out, or any memories that seem to haunt you in a way? And the reason that I ask this is because many people have seen the film, and they saw the process that Renee went through, how he was replaying in his mind the accident, over and over again. Can you tell us a little about how to approach that? When we feel that we're just grasping onto this memory and playing it over and over again?

Carol Look: It's the same process, Jess, as trauma. It gets stuck in your body and it goes looped loop, and you keep seeing it, right? So the visualization, the feeling in your body, the smell; it's like someone having a car accident and living, and they keep going over it. And they hear the screeching breaks, right? And so it gets stuck in us. That's a big piece of moving on to the month by month process of grieving, is getting over the actual shock or trauma.

And of course, if you were there when someone died, if you heard about it, if you were a part of it, whatever went on; obviously every story in the book about people dying; so the stuckness, the looped loop, "I can't get over the accident," let's say they call it an accident, "in my mind;" that you can really tap on. because if you start to tap, you might find another layer in there. "I think I could've done something. I can't believe I keep seeing it. I keep hearing her last words."

Just tap on it very gently. Again, if you don't do the full setup statement, that's okay. And of course at this point I want to say, if anybody feels slightly, or dramatically, suicidal because the loss is too much for you, you really do need to go see a practitioner. You need the extra support. It can actually be typical, frankly, to have momentary thoughts of, "Oh, if I died, I wouldn't be in this pain." But if it lasts longer than moments, then it's crossed the line and you really need the support and the help. That's what happens; the grief can be that bad that you don't feel like living, going on living, when that person that's close to you has died. That's actually typical.

So these incredible feelings are typical, or normal, and we just need more help, and extra help and more support to take care of them.

So, you know, I want to do a tapping on the broken heart...

Jessica Ortner: Yes, please.

Carol Look: Because even though that's used typically with relationships and love relationships, anybody you lose, you can feel like a piece of you is gone, or you broke your heart, okay?

KC: Even though it feels as if my heart broke,
When she died,
I accept who I am and how my body is responding.

Even though it feel like I'm heart broken,
And I'm so sad,
I accept who I am and how I'm feeling.

Even though I feel heartbroken now that they're gone,
I accept who I am and how I feel.

EB: I hate this heartbreaking feeling.

SE: I know there is some really good memories,

UE: But I can't access them right now.

UN: My heart is broken,

CH: I feel totally devastated,

CB: And that's okay.

UA: In time I will remember some of those good things.

TH: In time I will be able to remember the good things.

Good, take a breath (breathe in and out).

So never pretend that your heart isn't broken.

And some people can remember good memories the next day, and that's part of their process. They remember, "Oh, do you remember how funny he was about this," And at the funeral there's really uplifting stories and jokes that help the process and other people literally can't remember something good for months. Because they feel so, not really depressed, that's not the accurate word, they feel so down and grief stricken, right? That's the word, grief stricken, that they can't access other more positive pieces of the person or the relationship because they're so focused on, it feels so awful that all they can focus on is loss.

So again, my point is, just to do it your way. Do it as fast or slowly as you want to. There's no right way. If you've lost someone close to you, your life isn't going to be the same way without that person and stop trying to make it the same. Right? Get people in your life that are supportive and can tolerate it. You know, again, this is just our culture; people have a hard time tolerating the heaviest of feelings.

One thing it did for me was help me be able to hold people's pain. Be able to hold, almost embrace a space for them in my work. My work changed dramatically. Then, I had other

even, believe it or not, worse grief stuff that I'm not going to talk about on this call, a few years later. And it's actually helped me because I went through it. I didn't avoid it. I really went through it; and did the process; and cried; and still talked about it. And you know I really go through the stages and tapped on the trauma and tapped on the sadness, so that now my capacity to handle my emotions and other people's is dramatically different. And I thought my capacity was pretty high ten years ago.

Now, in the end, that's maybe an up side, a positive side, and maybe it brings people back together in families; and maybe it's a time for people to go over old memories and talk things through. And so much good can come out of it, but that's an after thought.

Sudden grief, and grief that you see could see coming; it is what it is. It's grief. It feels deep and terrible and sad and lonely and heartbreaking. And some good things can come out of it. But you can't tell people that when they're right in the middle of it. It doesn't feel like that. It feels like their world is over.

And that's why I say, really, people listening, please, if there's any sense that you really don't want to go on living, that's a feeling, but I'd like you to get professional help for that because there is some help. I'm not saying that you're going to feel great; I'm not saying that you're going to feel wonderful.

I remember when another grief incident happened that was really bad for me, and I remember it happened in January. And in July of that year, I laughed at something that someone said and I noticed, and I went, "Oh my word." I hadn't laughed like that in six months. But I didn't know that I hadn't laughed like that in six months until I did it, if that's clear?

So, I didn't even know that I was. In a way, it's hard to watch yourself. And that's why it's also important to have close other loved ones and care takers looking at you and saying, "You know what, you seem to be doing better this week," or, "you know, it seems like you've had a really tough week. I bet that anniversary date or place reminded you of the person." You know get people. I hope we all have people in our life who can tolerate it and really be generous of spirit and say, "You know what, I bet this is tough, this is the holiday month, it's only the second year without your," whoever, "mother, brother, father, sister. I bet that's tough. I bet it's still tough." Because it is still tough. People will tell you, twenty and thirty years, they don't feel grief stricken anymore, but boy do they notice when so and so is not around the dinner table.

So it's a part of life, but boy can the tapping really, really help us with that sharpness and moving through, and being able to tolerate the feelings and accepting yourself, and accepting the truth, which many of us don't want to accept at the time, which is, "are you kidding? This can't be possible." And again that often happens when people who are younger die. You know or if there was an accident, "it's just not possible. It's not possible that this person who was sixteen died. It's not possible that someone twenty five years old died." You know?

So, that's when it's a little bit more challenging than someone who's maybe had a long illness and is eighty five years old, you know? That can feel different depending on the family member and depending on the relationship with them.

But again, never compare. Never compare. "Well, this person was old, and like the kid that I told you about was twenty six or whatever." It's not comparable. We don't compare. Everybody's grief belongs to them. Everybody can do tapping on, you know again, the feeling could be anger, hurt, loss, bereavement, pain. And again, it really comes out as physical pain.

After my sister died, after those three things in a row, I developed a tumor in my right hand which made me feel totally helpless. Well, of course, how do you think I felt not being able to help my sister with cancer, right? Totally helpless. So it was a perfect physiological manifestation. My right hand, which I had to have the tumor taken out and bandaged, and it was this whole big thing, because at that point I had gone too far, I couldn't tap on it and get the "tumor" to go down. I was not in a position to do that. It was ten years ago in my career, and it just wasn't the right thing to do. I trusted my doctor. And my doctor said, "Take it out now."

So that was the better step to do. But then it was a clue to me, "Huh, I must not be dealing with it enough because it's coming out in my body.

So that was really important information, and it was very useful. Even though the grief seems to be showing up, can we do one on that?

Jessica Ortner: Yeah. Yes please.

Carol Look: So everyone, if you're feeling it in your body, and again, maybe it feels like heaviness or depression, or maybe you can't stop smoking, or maybe you're having illness or pains yourself. That's very common and typical, and really how the human body works.

So, karate chop:

Even though my grief is showing up in my body,
I choose to allow myself to cry instead.

Even though the grief seems to be showing up in my body,
I accept who I am anyway.

Even though the grief has been showing up in my body,
I'm going to give myself space to express my feelings.

EB: I'm going to express my loss and pain

SE: So my body doesn't have to.

UE: I'm going to express my hurt and loneliness

UN: So my body doesn't have to.

CH: I'm going to give myself permission to cry and cry.

CB: I'm going to give myself permission to laugh and be joyful again.

UA: I give myself permission to have all my feelings.

TH: I'm allowed to have all of these feelings

Everyday.

And I appreciate the process that I'm going through.

Good. Take a deep breath (Breathe in and out).

So people with me, you can see how you can take almost each of those sentences and do a new tapping round. Because I realize I'm doing what's coming to me now, and what you and I are talking about, but maybe it's not hitting home. But you could take a version of the phrase, or something else that's going on. Maybe the heartbroken one is what you, someone, listening is really what you need to work on. Maybe the guilt. Maybe they haven't heard anything since I said the word guilt, because that really, really hit them, and it feels like they need to work on the guilt. You know, maybe they feel guilty because they're moving on with their life. That is very typical. People are like, "Well, I'm not supposed to be happy. Someone died." You're allowed to be happy. That's part of the process, is to move through and shift through all the feelings, and the seasons. It's like you go through the year and each season brings another layer of it.

Jessica Ortner: Carol I have been personally touched by this interview. It's been really incredible. On behalf of myself and all those who are listening, thank you so much for being so open, and sharing all this information with us.

Carol Look: Thank you Jess. I hope it helps a lot of people. The tapping is just a phenomenal tool and can really help you through a process that we all have to go through.