



The Tapping Solution for Manifesting Your Greatest Self

NICK ORTNER

Nick Ortner: Today we are talking about the Tapping Solution for Manifesting Your Greatest Self. We're going to talk about tapping and we're going to talk about this vision, what does it mean to manifest your greatest self? Because that's why you're here, right? You're here because there's a part of you that sees a greater vision for who you are than what you're experiencing on a daily basis. Raise your hand if that's true for you?

So we know what we want, for the most part. The key is how do we get there? What stops us from getting there? Has anyone felt after a weekend like this where you're inspired or you take a workshop and you're just so excited and then as we talked about, Monday rolls around and something happens. And something happens in your life that feels like it's out of control, something happens and the way you react to a situation, something happens and it takes you off course. And then, and this is what stinks on this personal development journey, is that once you know you're off course, and then you take all those old patterns that you've been running around with for the last 20, 30, 40, 50 years, and you apply them to that fact that you are off course, what do you do? You beat yourself up, right? Oh my God, I can't believe I'm being negative again, ugh. I'm the worst. They're the worst. I can't believe they're being negative again. Where were they this weekend? I've got to drag them to the next I Can Do It seminar.

So when we take these old patterns and we pile them on top of this frustration and anxiety, sometimes it almost makes it worse. Like how do I get there? How do I stop my brain from doing this thing? Does anyone feel like their brain is just their worst enemy, like, look, I'm loving. My brain is a jerk. I'm really peaceful, my brain is freaking out all the time.

But now it's kind of true, though, because look, look what I'm doing right now. I am connecting to my heart, soul, spirit, highest self, whatever you want to call that, and then brain, I can do brain here. But it's this other thing, and I believe



it is another thing. I don't believe it's your brain, your old patterns that are running again and again, often because of past experiences, often because of challenges in the past that your brain is looping and reacting. I know you've all had the experience of saying something that you regret just a minute a later. And you say, 'I don't know who I was.'

If I get in a fight with my wife, the next day or a couple of hours later, whenever it clears, I'm like, what was that? Do you ever wonder, who was I in that moment, where it was like tunnel vision. When we think about anger, the people that we get angry about, the things that we get angry about, what is anger? It's a protective mechanism. When you're angry, you literally have tunnel vision. Why? Because your body is in a fight or flight response. It is saying for whatever reason you are in danger in this moment. Now your body and your brain might be saying you're in danger because you're mad that someone didn't do the dishes. And if you don't stand up for yourself and you tell them that they've got to do the dishes, the brain is recognizing that as danger.

So we know these things. We know where we want to be. We're frustrated with our current experiences, the question is, 'What's in between?' And what I found for myself over a decade ago that changed everything and that continues to change my life on a daily basis is this crazy thing called tapping. Who here is familiar with tapping, show of hands? All right, we're doing good work. Who here is not familiar with tapping whatsoever? Keep your hands raised - how many of you think I'm going to be tap dancing on this stage? Yeah, she does. You came to the wrong one, I'm sorry.

So tapping, EFT is another name for it, Emotional Freedom Techniques. We call it tapping because we are literally physically tapping on endpoints of meridians of our body. Originally discovered by Roger Callahan in about 1980, modified to its current version by Gary Craig, this is a technique that the latest science and research is showing actually turns off that fight or flight response. It calms that amygdala. It tells the body in that moment that it's safe. It tells the body that thing that's happening, that present experience, or that past experience, isn't dangerous. And it's a crazy thing and I still think it's crazy and I wake up in the morning and I say, 'I'm going to talk about what today?' Like, we're hitting ourselves for some reason and everything is better from it? And we wonder, like even those of you that tap are like, 'What are we doing?' but it



works. And it works in ways that are so shocking and profound that I continue to experience them on a daily basis, and continue to see the breadth of the applications of it. And perhaps my favorite part about the whole thing is that it's so easy to have an experience. It's so easy to know, okay, I've tried this thing, I've had this obstacle, I was angry, I was anxious, I was overwhelmed, I was stressed, I did this thing and now it's gone. SO that's what we're going to do today. We're going to identify the places in our life where we feel stuck, the places that are stopping us from creating that vision, that reality of our greatest self. And we're going to apply tapping to it.

When I talk about manifesting your greatest self, I'm going to give you the three steps. Nice and easy, right? Three steps to manifesting your greatest self. That is all you need. Do you want to write them down? Take notes, this is it. This is the three steps. This is what you've been waiting for. I wish I had these three steps 20 years ago. Three steps.

Number one, step one, calm it down. What does that mean? It means turning off that fight or flight response. It means turning off that amygdala and every part of your life where it does not need to be turned on. The fight or flight system is there for good reason, if you're in a dangerous situation it activates. What happens when it activates? What happens when that bear or tiger or dangerous situation is happening to you? The blood flows away from your brain, into your arms and legs. You're fighting, you're fleeing, that amygdala is firing. What happens when that happens? Well, your brain doesn't work. Imagine I'm chasing you, imagine a tiger or a bear is chasing you, and you're sprinting and fearing for your life, and I come running up right next to you and say, 'Hey, let's talk about manifesting your greatest self.' What does that look like to you? Give me that vision of your financial future. Give me that vision of what your body to be like. Show me what your greatest self looks like. What would you say to me in that moment? Like, 'Can you help me with the tiger?' And that's what we're looking around doing. Can you help me with the tiger? There is no room for manifesting this greatest self. There is no room for writing my book, for completing that project, for creating the things I want in my life because the anxiety, the overwhelm, the daily living is just too much and it crowds everything else out. Anyone else have that experience? Step one, calm it down.



Step two, clean up the past. Clean up the past. Now, you can't clean up the past until you've calmed it down a little bit, right? You've got to ease up all that daily stress and anxiety and now you have found that space to say, 'I feel safe enough in this moment to look at the stuff from the past.' I sat with Louise Hay a couple of years ago, the reason why we're all here today. I sat with her last weekend at her 90th birthday party. I don't know if you guys saw that, can we clap for that? Amazing. As an aside, she started Hay House when she was around 60 years old, I forget the exact age. So for those of you who are going, 'I'm too old,' yeah. I'm too old, it's too late, she started Hay House at 60, incredible. So I sat with her a couple of years ago and we were tapping, we were tapping a couple of years ago and we were talking and you will see when we actually do the physical tapping that we start by focusing on the negative. We focus on the truth, we focus on what is going on in that moment. I said to her, 'Louise, you are the queen of affirmations.' I have your calendar a day, and it's all positive stuff. Every day it's positive. Who has that calendar? It's all positive. All about the positive stuff, and here we are doing this negative tapping. How do you explain that? Why does this work for you? She paused and she said something that blew my mind and it continues to make me think every day. She said, 'Honey, if you want to clean house, you have to see the dirt.' It's like, we make things so complicated, don't we? If you want to clean a house, you have to see the dirt. And that's what we're doing with tapping. We're taking time to acknowledge this is the truth about what I feel. This closet is dirty and it needs to be cleaned. This garage is a disaster and I've got to clean it. And what most of us do in terms of our emotional life of our past and looking at this stuff is we close the door. Don't open that closet, stuff is just going to come toppling out at you. And here's the thing - if you don't have a tool like tapping to help you move through it, it's a logical process to not open that closet door, does that make sense? Does anyone feel like there's just something so big right there and oh, I'm too scared to go there. I don't want to think about those things again, I don't want to think about what happened 20 years ago. I don't want to think about these people that I haven't forgiven, though I know I want to. I know it's the best thing for me but it's too painful to go there so I am going to keep that closet closed.

If I said to you you've got to clean a house and all you have to clean it is a toothbrush, the whole house, here you go, here's your toothbrush, you'd say, this is going to stink. This is going to be a difficult process. Right? You're trying to sweep things up with a toothbrush, it doesn't work. Those are the old tools.



Now with tapping we have new tools. We can go in there and we can feel safe opening that closet door because we know we're not going to be overwhelmed by everything and we know we're going to be able to move through it. In tapping, we see the dirt in order to clean it and process it, in order to let it go. We acknowledge the truth in that moment, this is who we are, I'm angry, I'm afraid, I'm scared, and I feel like I'm not enough. I'm ashamed, this is the truth of who I am in this moment. We acknowledge it and we feel safe acknowledging it. It's in that moment that we let it go. Have you ever met one of those people who have been trying really hard and God bless 'em, I was there, I did the same thing. They watched *The Secret*, and loved *The Secret*, but that's like the gateway drug to doing this. So you watched *The Secret* and you're like, okay, I'm going to be positive 100% of the time, this is what I'm going to do. And then they just go, and they're just positive. And they're just like, right? And that lasts for a little while and at first it's good, okay, get that positive energy going.

But do you know what that is? That's going to step three without doing the work in step one and two. And you see those people and you know that right here they're just boiling with anger. They're just boiling with resentment, they're boiling with old stuff that they're holding on to. So step three, create a compelling future. Yeah, that's the positive stuff. That's the secret, that's the place to say, 'What do you want from my life? How do I bring more of these positive thoughts in?' How do I envision this new reality for myself? That's step three, create a compelling future. And too many of us, we jump right to step three. Because that seems fun, right? It's like, I get it. All right, well I don't want to calm down, I'm fine. I don't want to calm down, I'll be fine, just give me the good stuff. I don't want to look at the old stuff, the old stuff is old, okay? I'm over it. If I don't think about it and I don't talk about it, it doesn't exist. Just give me the good stuff, give me the compelling future, make all my dreams and goals come true. I did this for years. Tell the truth, has anyone else had this experience? Just give me the good stuff. I get it, of course we just want things to appear in our life. Of course we want it to be easy and effortless, and it can be.

If you follow this process and you do the tapping, you will find such ease in your experience, but you've got to do the work and you've got to go through the steps and you have to keep checking in and saying, step one, am I calming down? Am I allowing myself to be? Am I taking that space to



just quiet that mental chatter? Step two, in that space of quiet and peace, do I have the courage and the resources to look at the things in the past? To look at the thing that previously were just too scary to look at, and to start to let them go. And then what's so amazing about this process is that step three, where it was forced before, if you do step one and two, step three just starts happening. The ideas are there and all of a sudden you say, 'Oh my gosh, this thing that was in front of me the whole time, I couldn't even see it because I was too blinded by that stress and that anxiety. I was too blinded by the things in the past that were holding me back, that were keeping me playing small.'

It's funny, if we think about the amygdala and stress and the anxiety, and we look at this situation right now, speaking in public, I mean, amongst friends, I get that, but there are still a lot of you and you are still in public. Who here is scared of speaking in public? Raise the hands. All right, if you'll all come up on the stage, just that way. So maybe 100, 200 hands raised, and I know there are some people that even the thought, even that joke, was like, 'Did he mean it?' What's happening in that moment for those 100 to 200 people who are scared to speak in public? Right here, I'm physically safe, but if I bring up any of them, what are they going to start doing? Yell it out, give me some of the things that they will start doing - sweating, laughing nervously, turning red, shaking, heart rate increase, dizzy, freezing, everything. What's happening to them? Their body is freaking out. Absolutely freaking out. And if I asked them to talk, because they're in fight or flight response, it was like, 'Hi, so tell us about your fear of speaking.' 'I don't like it. It makes me scared.'

All these crazy things happen going from there to here, all these things happen. Then what do they start thinking? That's all the physical reaction. Then they go, 'Are they judging me? Are they going to judge me and what I'm going to say? Are they going to laugh at me? Am I not smart enough to do this?' All these thoughts and ideas start rushing. So you have the physical body sensation, you have all the thoughts and ideas that come with it. And then we start digging deeper and saying, 'When did this happen?' In your body, this mental creation, this pattern that runs again and again creates itself, because babies are not born with a fear of public speaking. I have a 16-month-old daughter, and she is not scared of public speaking. I actually brought her on stage once, and I was really using her. A little early exploitation I think. She's so cute, it wasn't fair. It didn't matter what I said the whole time, it was like, baby. She's not scared of speaking in public, but many people are.



When we trace back and we start asking ourselves these questions, why am I the way I am today? We have all these beliefs about ourselves. Some people say, 'I'm scared of speaking in public.' That is a belief. They are thinking that and they know that about themselves right now. We have all these beliefs that crowd who we really are. So if I ask that person or those 100 to 200 people, I'd hear things like, because I've heard it again and again, I'd hear things like, you know, I've actually heard the story in a little workshop a couple of weeks ago, this exact story. I was in fifth grade and I got up to speak in front of the class and I stumbled on a word and everybody laughed at me. and in that moment, that person decided this isn't safe.

Now here's what I want you to think about that moment in time, because it isn't just that moment, it's the cascading effects. That person is in fifth grade and they decide they are not good at public speaking. A couple of years later they have to give a book report and they have to read in front of the class. They are nervous for two months before they do it. Two months of misery from knowing that's going to happen and they get up in front of the class and freeze, stumble. They do a terrible job, they get a terrible grade and now they have some more beliefs. No, I'm really bad about speaking in public and I'm probably not smart either. Because the evidence is pointing to everyone else seems to do this fine, they laugh at me and then I get up again and stumble, and I got an F. Fast forward, they're in a corporate job, they've got these great ideas, they're in a meeting, and if they just could say the thing that they wanted to say, but I'm not smart enough. I'm scared of speaking my truth, I'm scared of raising my voice. And you could imagine from that all the examples of all the places in their life where that one experience is keeping them stuck. So this is an opportunity to ask yourself, what are the experiences that are holding you back? What are the experiences that when you think back you go, huh, what if that could have been different? And what are the beliefs that you have about yourself that are keeping you from manifesting your greatest self?

I'll give you one that might resonate with a few of you, aka all of you, aka all of us, I'm not good enough. Show of hands if you have that belief. The rest of you are lying, but that's okay. That's okay, it takes a lot to dig deep. I'm not good enough, I'm not enough, I'm not enough. How many of you fall asleep at night and as you're just dozing off you find all the places where you feel like you came up short that day? All the places where I just wish I had - I said I was going to meditate, like I did the last six years, and didn't do it again. What's wrong



with me? These are the places, these are the beliefs, and we go back and we heal them. And here's what happens that is so interesting - we all believe that manifesting your greatest self, that being good enough, means you are going to be perfect. Anyone else have that belief? It's perfection or bust. You know, we leave a conference like this and we're all excited, we all have these new ideas, we have tapping, meditation, this, that, and the other, and we're like, alright, Monday morning, going to wake up at dawn. Just as the sun is rising. Then I'm going to meditate for 30 minutes. The most I've ever meditated is two and a half minutes, but I'm doing 30 that day. And as the sun crests over the hill, after my meditation, I'm going to spend half an hour journaling, really just getting in there. Let's spend some time together, let's get in there. After 30 minutes of journaling, with beautiful handwriting too, calligraphy almost, then I'm going to exercise. I've got to exercise. Got to make it to the gym. So I probably need an hour to make that happen. I am going to get in the best shape of my life, I tell you. And now I've heard about this tapping thing, so I better add that to the list. I can give that 30 minutes. Nick said 30 minutes is great. Then throughout the day you're just going to affirm how much you love yourself, all day long. Just affirm it. You're going to greet everyone you meet with love. Why wouldn't you? Louise does.

And then what happens on Monday morning? Snooze. Now, here's the thing. Here is the thing - that funny, jokey vision, which I know we all do, that we think is our greatest self, I don't think is our greatest self. And the snooze version isn't our greatest self either. There's something in between. I want you to start calibrating and feeling what that might be. There is something in between. There is something that says, you know what? Monday morning I'm going to try to meditate for 15 minutes. So you meditate for 15 minutes and let's say you're ten minutes in. You want to meditate for 15 minutes and you're 10 minutes in - the dog barks, someone comes to the door, you get distracted. You get pulled out of it. Anyone had that happen? You get distracted and you get pulled out of it. anyone had that happen? You get distracted. Your greatest self, manifesting your greatest self, is in that moment, because here's your choice - you can either say, 'I failed, I was going to do 15 minutes, and once again I failed,' you can beat yourself up about it, you can be frustrated, you can be angry, you can do all that stuff. Or you can say, 'I meditated for ten minutes and I'm willing to love myself enough in that moment to know I did the best I could.' It's in those moments of "failure" that



we manifest our greatest selves. It's in the moment where we go to react to someone who has just been pushing our button for 30 years, like oh my God, please, 30 years of pushing my buttons. And we go to react and maybe we react a little less than the time before. Maybe our buttons start getting pushed and we go, 'Let's turn it down a little bit.'

It's in that moment where you're saying, 'I want to write this book, I want to create this project, it's just huge and out there and I know there is greater vision for me doing it.' And you set yourself out to write for two hours. And you get half an hour done. You know, we all have this vision of the people who are successful in the world as being perfect. You don't see them on Monday morning, you don't see their failures, all you see is your success. All you see is this is a success full of failure. Full of struggle, full of challenges, full of times when I didn't do what I wanted to do as I said I was going to do in that moment, and guess what I had to do? Calm myself again, calm it down, go to the past and go, 'Why is this difficult?' Everything that we create in our life has a history to it, has an emotional history, has a childhood history.

When I think about this book, this book being here isn't about me writing it, it isn't about me promoting it. Those are all the details. This book being here is about me internally being able to say I feel safe with this book out in the world. Does that make sense? Think about that for a second, everyone thinks it's the work. This isn't the work, it's the emotional experience that says I'm willing to do the work. Anyone here consider themselves a procrastinator. Okay, the rest of you are liars and that's okay. I'm kidding. You're not a procrastinator. There's something that is keeping you stuck, there is some thing that is holding you back from doing that. There is a downside to doing that. People say, 'Well, what's the downside? You have a book out, it's my biggest dream come true.'

Well, when you have a book and you put it on Amazon, guess what you get? Reviews. You get some five star reviews, and you get some four star reviews, and you are guaranteed, if you've done your job, to get one star reviews. Guaranteed, I always tell author friends, or someone who will release their first book, and they get their first one star review, and I'm like, 'Now it's time to celebrate.' It's time to celebrate, there is not a single good book out there without a one star review, it just doesn't exist. It's now time to celebrate



because it means you've gotten far enough in the journey to put yourself out there and to say, 'I feel safe with this experience.' Whatever it is you want, if you want the new house or the boat or the job or the book, or your perfect body, your healthy body, you want to lose weight, you want to release the pain from your body, all of these things. If they're not happening, it's because there's something underneath it. There is something that is stopping you from taking those steps.

Step one, calm it down. Step two, clean up the past. That's cleaning up the past, what are the things that are stopping me from creating this? And step three, now you can create that compelling future. And we're going to do all that with tapping. Are you guys ready to tap? Okay. Let's do this.

Put your pen and paper down, feet on the ground. You already have that three steps, that's all you need. No more notes needed, now we're just going to experience it. And I want you to close your eyes and take a deep breath. Feeling safe and grounded, just settle in. Just take a moment to settle in. And I want you to start thinking about the things in your life right now that are causing you stress and anxiety. This is step one, calming it down. Right now, what is the thing on Monday morning that is causing the stress and anxiety? This can be big or small. You could have a project coming up, you could be in a little tiff with someone, you could be overwhelmed by your to-do list. Just find the things that are active for you right now. And come up with a couple. You might have a list of 20, but just focus on two or three of them. Just take a moment to notice them. I also invite you to feel how your body feels as you think of these. I know there's a lot of people out there in physical pain, because that happens to whoever I speak to. So if you're in physical pain, tune into that in your body. Tapping is absolutely miraculous when it comes to physical pain, so we might as well get that side benefit. So notice those things that are keeping you anxious. Notice that pain, notice that tension, notice whatever it is that you're holding on to in your body. And when you're ready you can gently open your eyes and we're going to do some tapping.

We start by tapping on the karate chop point, either side, whatever feels comfortable for you. Just tap gently and repeat after me. And as you tap, just keep a general awareness of those things that you were focused on, those couple of things that are bringing you stress and anxiety. If one really stands



out, you can focus on that. And before we start, one last thing, a number on a scale of zero to ten to those things. Just in your mind, in terms of intensity, you could say, oh, they're a ten, an eight, a five - just give it a number.

- Side of Hand Even though I'm holding on to this stress in my body
I choose to relax and feel safe now
Even though I'm holding on to all this stress and anxiety
I choose to relax and feel safe now
Even though I'm feeling all this stress in my body
I love, accept, and forgive myself
- Eyebrow Now, tapping through the points - the first point is the eyebrow point, the inside of the eyebrow, right where the hair ends and it meets the nose. You can do one side, the other side, or both sides. The meridians run down both sides of the body, and just focusing on that stress, the parts of your body that are holding on. The things that are worrying you, the things that are coming up on Monday, just tune into them, tapping gently.
- Side of Eye Now we're going to go to the side of the eye. It's not at the temple, right next to the eye, on the bone, again one side or both sides, whatever is comfortable for you. And just focus in on that stress, that meeting, that to-do list, whatever is happening on Monday that is keeping you on high alert.
- Under Eye Now, under the eye, right on the bone, focusing on that stress, feeling it in your body. Feeling the places where you're holding on, feeling the places where you have that tension.
- Under Nose Thinking about that to-do list, thinking about that to-do list, thinking about everything that's going on that's keeping you stuck, that's keeping you from calming down. See all those things.
- Under Mouth Under the mouth, above the chin and below the lip, in that little crease in there, focusing on those things. And noticing as you focus on these things what else comes up.



- Collarbone** Collarbone, feel for the two little bones of the collarbone, just down an inch and out to each side about an inch. You can tap with all ten fingers with both hands. Tune back into those things and think about them again. Notice them, notice how you feel, notice how you feel in your body.
- Under arm** Under the arm, three inches underneath the armpit, right on the bra line for women, either side of the body. Just noticing, focusing in on your issue. Focusing in on your challenge, the thing that comes to mind right now.
- Top of Head** Top of the head, and this is where I do get to laugh at you, I take a picture and I tag you all on Facebook. The camera is right there, just smile for your relatives, and now they're going to know what you really do on these weekends.
- Eyebrow** And back to the eyebrow. Focus in, focus in on that challenge, how do you feel about what's going on? Tune in to that stress and that anxiety and that overwhelm and that part of you that just won't stop.
- Side of Eye** Side of the eye, tune into that part of you that can't stop. Tune into the part of you that is running a million miles an hour, the part of you that says it's not safe to slow down.
- Under Eye** Under the eye, just notice that part, notice that belief that says, 'I've got to keep going as fast as I can.' Notice that in your body.
- Under Nose** Under the nose, tune into the part that says it's not safe to relax, the part of you that derives worth from being busy and crazy and hectic. If I'm busy and crazy and hectic, I am then enough. Tune into that belief.
- Under Mouth** Under the mouth, notice if that feels true for you, that it's not safe to relax, that it's not safe to slow down, just notice that.
- Collarbone** Collarbone, feeling safe in your body. Just notice as your body calms down how your thoughts and perspectives change around these situations. Just notice.



- Under arm Under the arm, notice what it feels like to calm down, to feel safe, to feel secure, to know that you are enough.
- Top of Head Notice the space that comes with it. Notice how your heart opens, how your face relaxes, how to begin to let go.

And gently stop tapping, deep breath in. And just keep your eyes closed and take a moment to tune into that space. Think back about the things that were stressing you out, and check in on that number. How did it change? It was an 8, now it's a 6, a 5, or a 4. Notice how there are some things that you were stressed out about that you just have a hard time even thinking about right now. Like, why did I care about this? It's a weird sensation, like it's moved farther away. It was there, it was present, it was so real and now it's like, who cares? It's all going to solve itself. And notice the strength and confidence inside you that you feel to handle these challenges. Nothing changes in that five minutes of tapping, but for some reason you feel more confident, more relaxed, more at peace.

Keep your eyes closed and tune into your body. How does your body feel? If there was pain, how has that shifted? This is the phase of calming it down, finding that space to be, and to think, and to breathe. And now we're going to move into the second phase, because you're here and you're brave, and I believe in you, and I know you want to do this work. I know you want to clean up the past, and I know you want to let go. So with your eyes closed, I want you to pick on thing to work on. Feeling safe in your body, picking something that feels safe to work on, on your own, and if it's too big, maybe this isn't the right moment for it. Something that feels safe from the past to work on. Maybe you can identify someone that you haven't forgiven. Ask yourself, who have I not forgiven? Let that come up, whatever comes up. Maybe there is something that happened that you're ready to let go of, an accident, a trauma, something someone did or said to you. When you think about it, your whole body tightens up. Look into the past for what it's time to let go of and just pick one thing, and pick it now, and give it a number in intensity on a zero to ten scale. How strong is this feeling? How strong is this movie, this event, this emotion? How strong is this anger, this shame, this fear? Give it a number on a zero to ten scale.



Then tune in to your body and see where in your body is this located, where is this anger? Where is this event? Where is this emotion? Where is this memory? Just locate it in your body. And when you're ready, gently open your eyes and let's tap. And you can tap with eyes open or closed, whatever feels safe and most comfortable for you. Tuning into that one thing that you're ready to let go of.

Side of Hand Even though I've been holding on so tight
To this thing because it's not safe to let it go
I choose to relax
And let it go now
Even though it's not safe to let this go
I refuse to let it go
I love, accept, and forgive myself
Even though I've been holding on to this for so long
I just don't know how to let it go
I allow myself to relax and feel safe now

Eyebrow It's safe to let go

Side of Eye No, it's not

Under Eye I have to hold on to this

Under Nose Because it keeps me safe

Under Mouth I refuse to let go

Collarbone I want you to tune into that event, that memory, that feeling, wherever it started, whatever it was. Run that movie now. You can close your eyes if you want, just run that movie, what happened? If you're angry, somebody said something or did something. Run that movie and feel safe in your body as you run that movie.

Under arm See it happening again. See yourself in that situation. Feel that fear, see that shame, feel the shame, notice it in your body.



- Top of Head Notice what they said or did. Notice the parts of you that refuse to let this go. Notice all the reasons why you refuse to let this go.
- EB All the ways you've justified that anger. All the ways you've justified that shame, all the ways you've justified that fear. Just notice them now.
- SE Really feel that. It's safe to feel that emotion now. It's not time to bury it or say it's wrong or judge yourself for it.
- UE This is the moment when you feel how you feel. This is the moment when you feel the truth of how you feel, the things that you've denied to yourself for so long. This is a truth about how I feel. This is it, this is what happened, this is how I feel and how my body feels.
- UN Acknowledge that truth. Acknowledge that pain, all that pain that came with what happened. All that anger and frustration, fear, anxiety, and shame. The burden that you've been carrying for way too long.
- UM Feel how safe it feels to acknowledge it. Feel how safe it feels to start to let go. Notice the parts of you that don't want to let go and then notice the parts that let go.
- CB Feeling safe in your body, feeling the feeling and watching it change. Noticing the emotions that come up, noticing the new thoughts and beliefs, what if this didn't have to be this way? What if I could let go? What if I could forgive? What if I could heal this? Notice your feelings around everyone involved in these situations. See them, see everyone else involved, see everyone else who played a part.
- UA See everyone, notice them, notice how you feel towards them, notice how you've acted towards them, and notice how it starts to change. Where there was anger, there is love.
- TH Notice those feelings.



- EB And notice the strength that comes from feeling those feelings. Notice the relief that comes from letting go, from holding on too long, too tight, letting go.
- SE And basking in that feeling of letting go, how good it feels to forget, how good it feels to change this old event.
- UE And notice how your beliefs about yourself start to transform, how that confidence swells up, how that openness and how that love, how that grace builds within you.
- UN Feeling that build.
- UM Feeling that build.
- CB And from this place, maybe it hasn't let go fully, maybe there are some remnants or other parts of other stories, but from this place start opening up to step three, that compelling future. Now, it doesn't have to be related to this event whatsoever, but you've now created new energy within yourself that you can spend elsewhere. So start asking yourself, what do I really want out of my life? What do I really want out of life? Say it out loud, what do I really want out of life? And notice what comes up.
- UA Notice that strength in your body and notice what comes up, ideas, goals, dreams, aspirations, let them come forward.
- TH Let them all come forward and pick one that you want to really put some energy into today. One goal, one dream, one aspiration that just felt so far away, but now you have the energy to make it happen.
- EB Bring it forward. And notice the parts of you that even as you bring it forward now, say, 'I don't know if I can do this.' Notice all the downsides, all the what-ifs around this goal.
- SE Just notice as you tap, as you calm your body, your spirit, as you see that goal, all the what-ifs melt away.
- UE And you tune into a confidence and a peace that you didn't know even existed, or you forgot was even there.



- UN Notice that energy surging in your body. See that goal, see that dream, see that vision. And feel that confidence that you can make it happen.
- UM Feeling that strength in your body, feeling that joy that feels so good to make this happen.
- CB It feels so good to know that at your fingertips you have the ability to change your state, you have the ability to create what you want in your life. It might take a little work, but you know the steps.
- UA You know that you have to calm it down, you have to find that space, that peace, and that openness.
- TH You know that if something is in the way, you've got to clean up the past and take the time to identify what is going on, what are the things that you're holding on to?
- EB And from there you create your brilliant, beautiful, loving, compelling future.

Take a deep breath in. Take a moment to tune back in, and you can gently stop tapping. Tune back in to what you worked on, to that trauma, to that memory, and just give it a number on a zero to ten scale. We tapped for ten minutes there, so it might not all be gone, but just notice it, notice what's left, and notice how you feel in your body right now. Notice that strength, that peace, and that joy.

You can gently open your eyes. Who felt a shift there? We tapped for about 15 minutes, and we did a lot right there, condensing a lot of things there. You know the three steps, anything you face in your life, Monday morning, Tuesday morning, the things that you want to create for yourself, manifesting your greatest self. Calm it down, clean it up, create that compelling future.

[End of Audio 00:56:32]