

Speaker 1 ([00:00](#)):

Lesson two or episode two of our intro to conscious EFT class. Now last time we introduced three different ways to use bronze tapping. When we're not having to talk, all we're just doing is tapping without even thinking in some cases or just holding an issue with us. And today we are going to take that work and build on it a little. So I really hope you had the chance to start using it in your life and seeing what a difference it can make. Because even if you never did any more advanced tapping than that, boy could. It really make a huge difference for your nervous system and therefore for your general peace of mind and how you operate in the world, right? Because if you are feeling more calm than you have access to all the parts of your brain that help you to be more creative, to make better decisions and negotiations and, and, and so think about how that could change your life just from doing the mindless or the bronze levels happening.

Speaker 1 ([00:57](#)):

So in this episode we build a little bit upon that tapping and we talk about how do you use it, not just with yourself now, but as a parent, as a teacher, educator, manager in your office, some sort of leader that way, how to use it as a medical professional, how to use it as a coach or a therapist, this bronze tapping. So how to bring it more and more into your life. And then we kind of start building on these techniques with slightly more advanced versions of bronze type of tapping that kind of start bridging us over into what will be silver tapping in the next episode or two. So without further ado, let's jump straight into our second episode.

Speaker 1 ([01:51](#)):

Okay, so welcome back everyone. Last time we really delved into how to start using what Nancy is calling this bronze level tapping, how to start using it in your life, how to start applying it to regular situations. And we want to check in with you now. How is that working out with the finger tapping and the face tapping? Are you starting to see some shifts? Are you starting to maybe feel a little differently? Are you noticing that you're able to calm down differently? Nancy, what other things do you see show up for people who embrace the bronze tapping? Sometimes the shifts can be magnificent, right? That you say you're about to go into a doctor's appointment and you're aware that, gosh, I just feel a little bit off here. Maybe I've, maybe this is stressful. And so you just sit in the car and you do some face and finger tapping and you can feel the anxiety just lift in the instant, right?

Speaker 1 ([02:51](#)):

It's like you, you come back to this integrated nervous system that we've been talking about and it happens. What, just whoosh. All once. Wonderful, excellent. Yay. Miracle. Uh, more likely there's more of a subtle shift over time as you're continually just taking the edge off your stress reaction and literally retraining your body and your brain that it's safe to feel peaceful. It's safe to feel calm, you know, getting at the, the chronic illness of the stress that we're all under as we live into this world. So, uh, I love it when, uh, clients come back into my office after a week or two of just doing the very, very simple bronze tapping and they say things like, I don't know if this is gonna make any sense to you, but I just kind of feel better overall. And it's the weirdest thing. I'm not yelling at my kids anymore and I just have really can't make sense of that.

Speaker 1 ([03:53](#)):

We actually have a name for that in the field. It's called the apex effect, right? Where you're having the benefits of the EFT tapping, but you're, you're just really not making the connection back to this being

about the tapping. And you know, it's not really about the tapping, it's at a bigger picture. It's about, it's about this retraining of the brain and the body into a, an ability to hold it sense of safety in the world for longer and longer periods. [inaudible] has just continually helping the nervous system to not feel so on alarm. So high on watch on guard. Absolutely. Absolutely. And from that place of letting go of that protection and that guarding as you say, it just begins to open new possibilities that that weren't even there before. They were just beyond what the brain was able to conceive of. And so it's, it's, it's delightful to start seeing all these new possibilities open for people.

Speaker 1 ([05:01](#)):

And I just want to say to everyone, you're not letting go of your guard in an unsafe way. No, this is, these are the parts of your body and brain that were freaking out continually or reacting continually to situations or circumstances that were inappropriate. Yeah. Reacting inappropriately or there was a level of stress or guardedness that were beyond the call of the situation. Yes. And in actual fact, I would argue that it's coming back into this integrated nervous system, right? It's coming back into our wisdom into what some people call, you know that still small voice inside or intuition or gut reactions, many different names for this beautiful place of, of our authenticity, our, our wisdom spot from there, right? When we have access to that, that's we can make decisions where we can set boundaries and take care of ourselves in ways that that weren't available to us previously.

Speaker 1 ([06:06](#)):

Absolutely. So to everyone out there, how is this going for you? What are you finding now that you've had the chance to listen to that last episode we did and start using it and, or if you haven't started using it yet, maybe this is the very compassionate and kind and gentle reminder to you to, you know, dip, dip your toe in, dip your toe in that, that regulated peaceful, more calm, nervous system that feels like, nah, this can't be from the tapping that's there for you. So it's okay to give it a whirl. I know. It's so fascinating, isn't it? How Hume, our humanness has us resist the very things that are going to be helpful to us in experiencing the fullness of our humanness. We are just so, I mean, we're awesome beings. When you think of, of how this body, what it organizes the millions and millions of neurons and hormones and everything that has to get orchestrated to, to keep us alive.

Speaker 1 ([07:11](#)):

Right. And yet, at the same time, we have this innate, uh, sense of resistance against all of the things, right? Or resistance against drinking kale smoothies or our resistance against exercise or a resistance against meditation, EFT, whatever it is. It's a, it's an innate part of us. Uh, and I'm excited that, uh, you know, in future podcasts we'll, we'll start looking at how can we really begin to get at that resistance. What is, what's it about and, uh, and how can we help that with EFT? So good. And I am totally everyone listening. Please don't feel like Nancy and I are preaching from the ivory tower here. We've 500% have resistance and then have to make ourselves use EFT to like, sometimes there are things that I don't use EFT for because I think, no, I don't want to get better at that. I don't want to feel, I still want to have my craving for this food.

Speaker 1 ([08:08](#)):

Oh, absolutely. I was like that with red licorice. It was like, okay, I'll tap on everything else. I'll tap on the chocolate almond. So I'll tap on a on everything else. But I am not tapping on the red liquid. I am not willing to give up. So unfortunately the tapping worked anyways as I was tapping on everything else. Right. Your overall vibration, uh, increases and so lots of things no longer fit and they just kind of

naturally fall off. So it's been probably 10 years since I had a piece of red licorice and I never directly tapped on it. And you know, everyone, a friend and colleague of Nancy's and mine, her name is dr PETA Stapleton and she's done the MRI research specifically around food cravings. And it's, it really is true. Once you do the work, then even if you're not tapping on it, you may find that you are choosing to have the regular red licorice because you want to rather than you feel this compulsion to.

Speaker 1 ([09:09](#)):

Yeah, exactly. And then you, and then you have the piece of red licorice and you go, wow, like this. They've changed the way they formulate. This doesn't taste the same way anyway. I don't really like this. Absolutely. It's really what emotional freedom is. That's what we're going for is that sense of, of coming into that wisdom place and saying, Hmm, from this wise place, do I choose to have that particular substance or even that thought or that emotion, right? There's a sense of of emotional freedom around that choice. I used to tell my patients as a naturopath who did a clean eating stint and then they would come back and I would tell them, listen, I just want to give you a heads up that coffee or that chocolate or whatever the thing is you crave. It may taste different after and some of them will come in and say, I keep ordering my favorite coffee, but it's just not good if I just keep drinking it when I crave it again, and then we would have the discussion about how well now you get to pick something beautiful and wonderful that you want to eat.

Speaker 1 ([10:09](#)):

Instead of having like the super factory made chocolate bar. Maybe you get the really wonderful chocolate for that rare time. You really do want to enjoy it and it's, it's a really satisfactory experience rather than, you know, an empty, Oh, I just need some sort of sugar in me experience. Yeah, absolutely. Well, I think it's another way to talk about the process that EFT, um, allows us to engage in. And it's about this transformation from suffering from a world of suffering, whatever that might look like. You know, maybe that looks like potato chips or red licorice or whatever, that that all it all relates to this concept of suffering. But as we do the work, even with our bronze topping, as we do the work that suffering lessons and lessons and lessons and what naturally happens is we move into a place of, of greater pleasure and richness and opportunities, uh, for ourselves and, and we, and we open to it in a way that we weren't previously open to that kind of pleasure.

Speaker 1 ([11:17](#)):

That's such a wonderful way of putting it and tying that back into how it applies to our lives in general. Yeah. So please give the bronze tapping a try. And today, Nancy and I want to speak a little bit more about not just how to use it in your own life, but then for those of you who are in the helping professions, for those of you who are coaches or in the health and wellness zone, how can you use this now with the people whose lives your honor to interact with or that you've chosen or made an oath to interact with? Yeah, this has been a very, uh, powerful modality, uh, in both my psychotherapy practice and in my coaching practice. And I know it has been for you too, uh, Jan working as a natural path with your patients. Um, let's think of a scenario where your a service provider, maybe you're a coach or a therapist and you have a contract with a client to work with them around, uh, let's say weight loss issues.

Speaker 1 ([12:28](#)):

And so you're engaged in that process. And then one day they arrive at your office and you can tell, you can feel that they're, they're just not present. They're not there, they're not there. They're, they're not

in their body, they're overwhelmed, they're anxious. And the reality is they are not ready to continue the work on the weight loss issue. And what I want to say is that emotional freedom techniques is a fabulous way because it works so quickly and predictably, particularly if you've been teaching your client patient how to do the bronze tapping and they've been engaging in bronze tapping between your sessions, then you can invite that a client or patient to just very briefly, um, tell you what that overwhelm is about. Maybe maybe they just got a call from, from their boss as they were parking the car or maybe another driver cut them off on their way to the office and they're still vibrating with the energy of that.

Speaker 1 ([13:36](#)):

And so using a very, you know, very simple, mindful kind of a, a strategy here, you can just say, hold that experience in your mind lightly and then just tap on your face points or your finger points or both, right? Whatever works best for you and that client in that moment. And just do a few rounds of tapping targeted at that particular experience. Which has upset the nervous system there. And so I, I think it's a fabulous idea and in fact I start all my sessions this way. Just checking in with people where, where are you right now? How present are you right now? Often a term times scaling it, you know, on a scale of zero to 10 10 being, you know, I'm fully present here with you and zero being, you know, I, I'm in the past or the future somewhere. And then just addressing that as the initial issue and tapping through that until they are in a place where it's like they're present in the room, they're present with the weight loss issue and they're ready to take the next step in that, in that direction.

Speaker 1 ([14:42](#)):

I have never done that before and I am totally usurping that. Oh and a great process. Fabulous, fabulous. Because you can't, you know, you can't do the deeper work through a nervous system, which is not present in the moment. But the only change we can make is in this very moment right here. And so if we have a client who's busy occupied past or future, they are not going to be able to do any, any significant sustainable work around the issue that they're, that they're dealing with. [inaudible] adjust that question though. How present are you right now present? Are you right now I know that everyone who's a coach or a doctor or a healthcare practitioner, wellness practitioner, some sort listening, I know you have your technique or the way that you are, the mannerism that you sit with people to bring them in. But that question, how present are you right now?

Speaker 1 ([15:36](#)):

I haven't used that and that's wonderful. So thanks for that. Yeah, you're welcome. It's applicable in so many different scenarios. You know, I spent a significant part of my adult life as an educator, you know, in an organized, uh, educational systems and uh, and I can see that it would have been so helpful. I didn't know EFT at the time, but it would have been so helpful even in teaching my college classes. Right? So here we are, we're going to have a midterm exam, but to just stand at the front of the room and say, just check in with yourselves, how present are you right now? And let's do a few rounds of bronze tapping to just come into this moment where you have the access to the fullness of, of your brain and your body. You can bring your whole self and all the learning that you have to the experience of sitting that sitting, that exam.

Speaker 1 ([16:27](#)):

So let's bring up another example. What if we're now a medical professional? We have a patient coming in and we're working with say a thyroid issue. They come in to follow up. You know, we're going to ask

them the typical questions about how they're responding to the treatment we've given them, maybe run some blood work, et cetera. They come in though and they are completely stressed out because let's say they're of an age where they have older and ailing parents and something has gone wrong and they have been super stressed spending so much of their time and energy trying to take care of this parent and they need to come in and diffuse. So in this moment we can't work with them on the fire. I mean we could just say, okay, we're going to talk about the thyroid now, but I know that everyone who is signed up for this and listening to this, you're doing this because you are.

Speaker 1 ([17:20](#)):

You take that extra step and you're there for the people you work with. So when they need to diffuse, what we're talking about today is that they can diffuse and say, look, there's this big stress happening in my life. My mom fell a few weeks ago and she's 92 and they tell the story, but as a practitioner we can stop and say, Hey, why don't we just tack while you tell me what's going on? Yes. Really using the the tap and talk technique where you're not asking your patient to do anything differently, you're, you're holding the space for them to tell their story. Right? It's so important for us as human beings to be witnessed, to be held in our stories, but you're inviting them to tap at the same time, just very simple bronze tapping at the same time. And they can just let that story come out to be heard and, and held in it at the same time, they're taking action to regulate their own nervous system in the moment.

Speaker 1 ([18:25](#)):

And the difference, you know, I invite every listener to, to try this for themselves, right? To just talk themselves through one of the stories of their lives as they're tapping into experience, how quickly the energy of that story does shift. And now can I talk a little bit about what I call ranting? Yeah. We didn't talk about this before, but it fits right into the tap and talk only we elevate the energy of the talk to a rant where there's just, you know, you're not sort of sitting in your chair talking about you, you know? Well, my mother had this fall and this happened and this happened. There is a real energy of frustration or rage or something very, very powerful emotion. And we want to sh we want to up level that energy. We want to get the wisdom of that anger or that intensity.

Speaker 1 ([19:18](#)):

Uh, and so, uh, you do a version of tap and talk, but I call it tap and rant where the person is just tapping on their, on their facial points and they're just allowing themselves to speak that energy to let it be as big and intense as it is. And the, the rant doesn't, when you structure it for the patient and you say, you know, this often goes in like 30 seconds maximum cause it's very difficult to actually rant and tap for longer than 30 seconds because the energy will shift. And so just allowing, giving permission for the thoughts and the feelings to be there at the intensity that they're their permission to just let that be, to be with it, and to tap at the same time and to let that energy move through the body and inform us about, you know, what, if anything is an action step to come from that.

Speaker 1 ([20:14](#)):

Oftentimes there's no action. It's just energy. It's just emotion that's wanting to express itself through the body. So we've talked about how to do this in this situation where you're sitting with a client or a patient. What about doing this? Tapping and talking or tapping and ranting. And I've heard much stronger words than ranting be used when referring to this technique. Well, we do have to operate within the value system of our client or patient. Yes, yes. Life. Oh my gosh. I have a yes, quite the vocabulary. So when, how do we do this on our own now? I was exactly the same way, right? Because

we're, we're our own patient. We're our own client. So, you know, I remember, gosh, 25 years ago and uh, I was moving through, I was trying to make a decision at the time about whether I was going to leave my, my marriage 22 year marriage.

Speaker 1 ([21:17](#)):

And so there was a lot of stuff. I was so angry at that other human being, everything of course was all his fault if he would just be different and my life would have been great. Uh, but I had a lot of, uh, I had to get to know my anger cause of course I was raised in the typical way a young girl is raised. I was sweet and polite and always very pleasing to people and I didn't have a relationship with my anger, my power. And so Fritz, it started to come through and I had a young child at the time, so I didn't have a space in the house to actually be able to tap and rant and let that anger be expressed. Uh, so I would get in my car and I would drive North of my little town into an area that was under construction.

Speaker 1 ([22:04](#)):

So there was nobody there. Houses were being constructed. There was nobody there. In the evening times, I would just go up, I would park on the side of the road and I would just tap and rant all this anger out. And I am so, so grateful that I knew to do that and that I took that action. Uh, it made such a world of difference in terms of moving out of that relationship. It particularly in a way that that didn't, uh, uh, project all of that energy onto my young child. Think about how many couples, everyone out there that you've seen, uh, ends their relationship or their relationship as a married couple who bring that anger into the courtroom or into the negotiation mediator room. And, or, I mean, I'm thinking of examples right now. Dump that on the kids because there's nowhere for it to go.

Speaker 1 ([22:57](#)):

Even if when they're at their most rational, they think, okay, it's not really appropriate, but it's, then it just happens. It just happens. And maybe you've lived through this yourself where you did or didn't want to, or maybe your ex partner wasn't able to regulate. And you saw them doing this with their kids, I mean and nasty and are saying this was so much compassion because listen, she went through it and she knows what would've happened had she not had the tools. So imagine if we can have this tool when we're going through a really intense personal situation like that. Wow. I really like the TA, the tap and rant, um, as, uh, a more benign technique or how to use it in a benign way where you're not hurting anyone else as though you call up your best friend who you can say anything to and while you're letting it out and saying, Hey look, this is my free for all call here where I'm just going to be rude and, and whoever, whatever else needs to come out.

Speaker 1 ([23:57](#)):

And then you just have through that whole you of a phone, you just have, you talk to your bestie and you tap. In fact, I often tell the people I work with that tap and rant is like a phone call with your closest friend who you can say anything to and you're just having the whole time you're doing it just happened. Yeah. Yeah. Because their girlfriend is just listening to us, right? They're not trying to fix us or tell us that we should be doing something this or something that that's the, we're getting that permission coming from girlfriend to just be, to be exactly who we are in that moment. And there are so few places in our culture where we get that level of permission. And you know, the other thing that happens is you start with the rant and the rant is about the frustration and the annoyance and the irritation and the rage and the should, you know, this person ought to be different and they shouldn't have done this and they should have been done.

Speaker 1 ([24:49](#)):

The rude, all of that stuff. But as we're tapping very quickly, what that often moves to is what the more vulnerable emotion underneath it is. And underneath the rage there's always a level of hurt, sadness, loss. And so you just keep going. Right now we're not tapping and ranting. Now we're tapping and crying and it's just emotional energy. So we just keep tapping as we're sobbing, as we're giving ourselves to permission to experience the fullness of that energy. It shifts. It moves right? And it's there for a good reason, which we can hear what the message is if we allow it to, to shift. I have a great example of what lies under the anger. A real life example from yesterday, even one of my seven year old twin boys is going through a, you know, a cold flu right now. And he asked if, if I'd sleep downstairs on the big couch with him, like an L shaped couch.

Speaker 1 ([25:57](#)):

Okay, fine. But he was coughing so much that halfway through the night he was still dead asleep. I didn't want to bother him, but I realized, no, I have to do some things for work the next day, so I'm just going to move to a different room. I'll still be able to hear him, but I can't be in the same, I need to get some sleep. Right, right. And he woke up in the morning when I came up to him, he said, I woke up and you weren't here. And I was so sad. I cried and I cried. But then I dried my tears and I got angry.

Speaker 1 ([26:31](#)):

Okay. We had a discussion, et cetera about it and how I was just very nearby actually, etc. But there it is. You see it and it's coming out of, you know, mouths of babes where it's just a natural instinct to the what's at the core of it is sadness and abandonment and maybe lack of trust or a betrayal, but there's sadness there. And then the, the cover up for it was, I'm going to wipe the tears away and now I'm going to be angry. So angry. That's right. So the reverse, where the tap and rant happens is you get the anger out so then you can get to what's underneath. Yes, absolutely. And you know, sometimes it's not anger, it's not sadness, it's fear. And so just, uh, just starting with the bronze tapping and you know, we often say in, in EFT world, he's like, just, you know, follow the process.

Speaker 1 ([27:23](#)):

Um, is uh, get out of your head. Right. If our head could have figured this stuff out, we would've figured it out long ago. It's not about, it's not about the cognition, the thoughts and so just start the tapping and allow the body to flow to where it needs to go next. It knows it has this innate wisdom doesn't it, that it will just show you the next piece and the next piece in the next piece. If we get out of its way. I think that's a really important point to make about letting the body do its thing. And that you said, look, if the head we're going to fix it, it would have been fixed a long time ago. Totally. Totally. You know, I think that's where I know it was where I got trapped in parenting and even still does with my adult child is I sometimes lead with my head and my head is just going to give advice or try to fix him or you know, bring solutions and, and that's not, I mean he's 28 years old.

Speaker 1 ([28:21](#)):

He's a highly intelligent person. He doesn't need that from me. And if he needs that, he can ask for it. What he wants is, is really just to, to be held and witnessed in the, in his real humanity. Right. So with your son on the coach, right? Of course at some point you're going to say to him, you know, look, mommy needed to get some rest because she needed to function the next day. But that's going to come after validating and holding and giving him permission to have those fears and sadness and, and angers and all of that. It's really honoring the fullness of the people that we love. And I mean it's a key to



interaction with everyone. Yes. Let's talk about um, bathroom tapping in relationship. Yes. Okay. Bathroom tapping. This is going to be good. I have done so much tapping in the bathroom, my bathroom, other people's bathrooms, bathrooms at work, sometimes inside the stall.

Speaker 1 ([29:22](#)):

So bath, bathroom tapping is a thing in my life. But in, in relationship as a marriage and family therapist, I would teach this to my clients really early on because you know how relationships never go smoothly 100% of the time. They don't, somebody should tell us that before we get engaged, but no they don't. And I think they're designed that way, right? If, uh, you know, I often say if you're in a relationship where there's no conflict, it's like you're missing out on a whole bunch of stuff, right? Relationships are built to help us grow. So here we are. We're, we're in this relationship. Let's say it's a, let's make it a adult partners. They're married and uh, something's going down and there's a conflict and they're, you know, they're about to enter into their favorite pattern, whatever that is, you know, hostility and rage and screaming horrible, awful things at people or whatever the pattern is that, that they've developed.

Speaker 1 ([30:24](#)):

And so to begin to recognize that moment, maybe you catch it before the pattern starts, or maybe you've said a few regrettable things and then you go, Oh shoot, this is not the person that I want to be in this relationship. That is the time for bathroom tapping. So you just say to your partner, I need to go in my language. I say, I need to go and adjust my fluids. Which basically means I need to go pee and maybe you do, maybe you don't, but what you'd really doing is just buying yourself some space and you're leaving that situation. You're going into the bathroom. Sometimes I turn the water on. If it's, if I'm going to do some tapping and ranting and it's going to be a little loud, I'll turn the water on, flush the toilet, whatever, but this is my time and my space to actually deal with what's happening internally for me, whether it's rage, sadness, whatever, you just, as we said, you start, you start and let your body take you through the process and you'll come when you, when you add the EFT, tapping onto the experience of being with your emotions, we can actually regulate.

Speaker 1 ([31:41](#)):

All our research is showing we can regulate those emotional centers of the brain within about 20 minutes maximum. Now, in my experience, it doesn't take that long. It depends on how long people have been learning how to regulate, but within 20 minutes that person can get themselves back into a regulated nervous system where they can remember why they married that person in the first place and then they're in a place to come back into the relationship and that relationship will follow a very different path than if they had tried to solve that conflict out of that level of fear and stress and anger and so on and so on. Now the research shows that if you don't add the tapping, this active way of regulating the nervous system, we can be in that upset place for 24 to 48 hours. We've got those stress chemicals surging through the body.

Speaker 1 ([32:35](#)):

That was my first thought. It's so exhausting for your body. It's exhausting and what happens is because the stress chemicals keep us on high alert, right? We're looking for the tiger coming around the corner. We're hypervigilant. We are going to find reasons to stay upset, right? Whereas if we bring the tapping onto it, calm it down within five 10 20 minutes, we're back into regulation and we are very much less likely to get triggered again so that the innocent bystander and many innocent bystanders aren't the recipient. Yes, exactly. Yes. Whether that bystanders, the child or the bystanders, the partner, the



coworker, whoever that is, right. We know we're all connected at an energetic level, so it's like every time I went to the bathroom and tapped, I was serving the world because I was not putting out the energy of the anger of the sadness or whatever it was. I was putting on an energy of peace and acceptance and love and tolerance and understanding. Gosh, can you imagine if we would all just go to the bathroom and tap every day?

Speaker 1 ([33:51](#)):

It feels like such a very personal, small little knee act, but then you just framed it as, no, man, I'm helping the worlds with this old boy. Totally. That was one of my resistance. Right. But way back in the days, what a waste of time to go to the bathroom and tap and in reality it is the most productive use of my time is to go to the bathroom and tap into to bring myself back into the wholeness of who I am. It's a real gift to all of us. That's right because we, if we're at home dealing with a rough time was their relationship with someone at our home or if we're at work and we have to do the bathroom tapping, we then have access to creativity and we have access to more productive and we have access to everything else under the sun.

Speaker 1 ([34:43](#)):

That's going to make us have a better home or work day because of it. Yeah, so it is worth the time, but I'm really glad you brought up that idea of, that was one of my big resistances because to all the listeners out there, that is what we are going to get into. So if you have had the chance to do this tapping, and if you haven't pleased, do some before you listen to the next episode, then we're going to start talking about, well what are all the fun resistances that have come up? And we, we brought up here, Nancy and I both fully admitting that we didn't want to work on food cravings because we were like, I can live without this, but not that that's, I will not go without the red licorice. Right. And furthermore, why should I have to go North of town and do tapping and ranting?

Speaker 1 ([35:27](#)):

I mean, why isn't he doing all of that? Why isn't the other person, why isn't the world changing? That's a huge resistance to our own growth. Oh, we're going to have a great conversation next time everyone. So as you're tapping, maybe you want to make notes of your own resistances so that when we get into this, in our next episode, you can laugh along with us and be like, Oh boom, there it is. Yep. Or you can just be raising your hand with all of them as maybe the case because generally we all kind of experienced these at one point or another. Yeah, I've never met anybody who didn't. And one of the gifts that emotional freedom techniques gives us is we have a way to address these risks, resistances beyond the level of just talking about them. Because again, if talking was going to clear the resistance, it would have cleared it by now.

Speaker 1 ([36:19](#)):

That's right. That's right. So Nancy and I are actually going to give you a technique to help you feel better about the resistances and help gently move them out of the way so that you have the clarity of mind to make the decision to do it or not to do it and be conscious about it and feel really good about it. So how was that for you today? What gem or multiple gems do you feel you can really pull from that and add into your own life? Is it the tap and rant using it for yourself? Is it being able to use those bronze techniques now for your children or your clients or your students, or your patients or your coworkers? How are you going to be able to bring this into your life more to keep creating more and more change? And as we said, we're going to take the next step in the next episode and bring it into all the reasons

why we do not employ these methods that we've just talked about, that we're just learning, even though they sound really great right now while you're listening, but then it comes time to implement it and up come all the blocks around it.

Speaker 1 ([37:22](#)):

So that's what we're going to get into the next episode as we get closer and closer to doing a little bit more advanced tapping and moving into this silver tapping and what that looks like. We've got lots of fun lessons there, so I look forward to being with all of you in lesson three.