

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

Hello and welcome back everyone to lesson three or our third episode of introduction to conscious EFT. Now in our last episode we did this wonderful lesson about how to bring bronze tapping into your life. You know, this beautiful wordless, just mindful or mindless tapping that you can do anytime, how to integrate it, one of the best times to do it for you and just really changing your life by using this super easy technique today, Nancy and I invite you to bronze tap straight through this whole episode because we are going to get into all the ways that we stop ourselves from doing it. We hold ourselves back, maybe you want to call it self sabotage, but today we're going to get into all the ways we resist doing this very simple and easy integration of EFT into our lives because Nancy and I are human. We've done it before too. And then once we get through tying all of this up, we're going to bring you on into silver tapping. We're going to graduate on, so let's jump right in.

Speaker 2 ([01:22](#)):

Welcome back, everyone. Welcome. We are moving into in this episode all of the reasons why we don't want to do the tapping. So in the last handful of episodes, antsy and I have talked to you about all of the fun ways you can integrate tapping in a very easy way, wordless or tapping and ranting all the different ways you can use it in your life. That is just the most easy. All you have to do is tap on your fingers in your face while life is happening around you and you can change your nervous system and feel better in life. Life will be wonderful, won't it?

Speaker 2 ([02:02](#)):

It's time to get real. That's right. But some of you maybe have noticed that you have some thoughts about this and you have some resistance to this. And Nancy and I are going to talk about that in this episode because we also being human beings also have some thoughts and some resistance to this. Yeah. Hey, you know, there's such a thing as as what's called in the research, the negativity bias, right? Where we're built for survival. And so our whole mind and body is making sure that we're surviving. So we do tend to put a focus on the so-called negative. I don't think it's negative, but the so-called negative. And we'd go there first and we'd come up with all of these objections. And so, you know, we need to get real about that. And uh, and there are some fabulous ways that EFT tapping can allow us to do that work.

Speaker 2 ([02:54](#)):

And we're going to get into that in this episode. But I'm really glad you brought up the negativity bias. We need the negativity bias that you know, has kept us alive. They kept our ancestors alive so that, wait a minute, I saw a tiger over in that area last time I was here. Makes us be more watchful. That's good. That's how we are alive. So the fact that you have some resistance, that's a good sign we're going to teach you in this episode, how to help yourself with that resistance again in a really compassionate way where you're not having to will power your way through it and force your way through none of that here. None of that here. Yeah. I love the way you said that, Jen, because it really comes down to that, that that idea of, uh, operating through force or operating through acceptance, everything we're going to talk about in this episode and, and forever is going to be about that essential, um, dichotomy.

Speaker 2 ([03:50](#)):

That really choice that we get to make. Are we going to force our way, which is a stressful approach to life or are we going to just, um, surrender, relax, and, and come into a place of acceptance, opening the door to peace and possibilities and that's what we want you to feel is that there is a flow. The door just

starts to feel a little bit more open and not like, I quit smoking cigarettes and I worked so hard and it was blood, sweat and tears. Oh, no, no, no. Let's not do that to ourselves. Into our bodies here. Yeah. Business when, you know, what I learned from my, my psychotherapy patients in the early, early days was if I colluded with them in that energy of forcing the change, yeah. They could see some change. Absolutely. We can, we can lose weight, we can stop smoking, we can stop drinking wine, we can do all of those things, but we can't change the energy of those things unless we address them at an energetic level, which is what we're doing with EFT tapping.

Speaker 2 ([04:59](#)):

And so maybe you give up smoking, but then you start eating Oreos at nighttime. Like the energy is going to go somewhere else. And so that's why this topic of, of really dealing with the resistance is incredibly important. So we're talking about getting to like the heart of it and like the thrust of it so that you don't have to carry that. Okay. I no longer feel angry at my mom, but instead you're feeling anger at other things. Yes, exactly. So what are some of these resistances? Well, one of the ways that I like to break this down, uh, to make it a little more understandable is the idea of some of this resistance is at a conscious level. That is, we're aware of it and that's good. And we'll do some tapping on this conscious resistance. But let's right from the get go here, hold this space that the majority of our resistance is unconscious, were unaware of it.

Speaker 2 ([05:59](#)):

It's below the level where we have any idea that it's even there. It's one of the gifts of EFT tapping is that it gives us access to unconscious material that's very difficult to get to with any other modality. So if you think about resistance as an iceberg, and so the part of the iceberg above the water, that's the conscious stuff that we're aware of, but the bigger and the more dangerous part of the iceberg is underneath the water. And so we'll uh, we'll take some time and address those issues as well. So can we jump straight into what might be some of these conscious resistances and for everyone listening, you know, you may have noted some have come up for you. Yeah, well gosh, there's those sort of the standard stuff of Oh my gosh, like I look so stupid. This is ridiculous. How can this possibly work?

Speaker 2 ([06:59](#)):

And then you know, well, and I really shouldn't have to do this. Like somebody else should change. The world should change. If the world just changed, then I wouldn't have to actually address any of this stuff. Those are my favorites. Right. I just, I was just want to be fixed. Like I just, I need the magic pill. Could I please, you know, have something outside of me change all of this for me. So those are often the things that we're consciously aware of identity to add to that, Jen. Oh, I do. Um, what about this whole, I doubt that it works. I don't get you in spout the research as much as you want Jen and Nancy, but I just, I can't see it. I, I doubt that it works or my personal favorite because I've enjoyed this one for many years, which is, I totally believe it works.

Speaker 2 ([07:49](#)):

Just not for me. Yeah, it's beautiful. I believe it's going to help everyone else, but no, just, it's not going to work out for me. Uh, the other one is, what about, you're so used to being able to get a silver bullet? Like, I can't just take a pill for this. I can't just like come see you as a therapist the one time and poof, it's okay. Fix me, fix me, fix me. Yeah, absolutely. Which brings me to the, Oh, that's so hard. I have to tap, I have to do this crazy therapy that I don't believe is going to work and I'm going to do it all the time so I shouldn't have to do that. Way too much work. Way too hard. Way too much work. Yeah. Too hard. Too

much work. Shouldn't have to do it. So that was the whole resentment around having to take responsibility for ourselves. Oh my gosh. I'm feeling, I'm feeling a little downtrodden.

Speaker 2 ([08:44](#)):

So for all the listeners out there, does this feel like, are you laughing along with us or are you kind of like checking off mentally in your head? Yep. Got that one yet kind of feel that way too. Hopefully there's some relief, right? That these, these two women do understand. It's not necessarily as easy as we've been making it sound and also hope our listeners are bronze tapping along as we're talking about this because you're just telling the truth. At this level does start to bring up some energetic and emotional stuff that, that wants to be released. So please tap along with us. I'm wondering if I can tell you something. Real life stories of, of clients, just little reactions clients have had and Nancy, you probably have way more than I do. Um, but I'm going to tell you a couple. One is the first client I did this with, you know, we jumped in and I explained this is what we're going to do, this is how it's going to look.

Speaker 2 ([09:39](#)):

And I like literally step by step, this is what you can expect. But seeing it and then doing it is a very different thing. So I often have my clients start off by trying to touch their toes and then we do some tapping around touching their toes and then they'd go to touch their toes again. And there's, I don't know, 99% of the time a very significant difference. And they're like, Whoa, Whoa, this actually works. Yeah. What just happened here? That's right. It's a little bit freaky. So then, so then we started into this tapping and we went full on because this person was pretty, uh, had done a lot of personal work and they wanted to go for, let's go for it. So halfway through we are like way in the past, there's a childhood experience going on. Dad's in the picture and at the end of it he said to me, it is such a good thing that you had me do the toe touching thing because I honestly was contemplating how I get around you and yeah. Run out the door.

Speaker 2 ([10:41](#)):

Oh, totally. Yeah. I mean you and I have been doing this for so long that it's so humbling for us to remember what it's like, what it was like for us when we started this, like energy. Why are you talking to me about energy? I cannot see energy like all of that, that resistance to, to the bigger, the bigger field of humanness. But you know, we don't, we don't live in that field in our everyday life. So it's hard to acknowledge its existence. Absolutely. Really. Um, and I want to tell another story. And again, this is for the listeners so that you know, you are not alone in this. Nancy and I felt this way, are we work with this? Your clients, you're, you are having a regular or a normal or an okay human experience here. Um, I had another client who, she was all in, it was fine, but then after our first visit, which was lovely, she emailed me to say, I can't explain this to my husband.

Speaker 2 ([11:41](#)):

You have to help me out here because I'm trying to tell him like, what a great experience it is. And he just thinks this is total phooey. Yes, exactly. Where were we? We need approval of other people, right? It's like, Oh, okay, I'm not going to do that tapping thing because my husband thinks it's weird or you know, because my, my doctor doesn't think it's a good idea or whatever. You know, I'm not saying don't listen to your people that are on your team, medical and mental health and wellness team. Uh, but ultimately, you know, we do have to make our own decision based on what we're experiencing. And you know, it's one that I love the fact that you did the toe tapping because it just comes down to having a

unexperience and really believing our own experience rather than what you and I are saying or, or anybody else's saying.

Speaker 2 ([12:28](#)):

So do you have anything to add as far as stories with clients? Oh, I think I've heard it all. I've been at all, I mean, I've been tapping for well over 20 years now and I still have resistance to actually sitting my butt in the chair and just, you know, following my own advice. It's like, well, no, I live this wonderful life and, and I really shouldn't have to tap and I, and maybe I should do the dishes instead. Right? I've got more productive things to do. Uh, and really just following that advice, would you just, you know, sit down Nancy and just start tapping and allow whatever comes to come. There's greater peace and freedom on the other side. But boy, it's hard to, it's hard sometimes to just do it and that kind of gets us, I think if we, if we can move into these unconscious or the below the level of the water, part of the [inaudible] the resistance iceberg.

Speaker 2 ([13:23](#)):

Uh, because those moments where I'm resisting sitting my, my butt in the chair and just starting to tap, that's not often going to be conscious. Right. I've done this long enough that I know the impact. I know it works. I know it works for me. I know it's not crazy. Or maybe I should say I don't care anymore whether people think, think it's crazy. I know it's good for me, but there's something unconscious going on. And so let's, can we have a little chat about what some of those threads of unconscious resistance might be about? I think that's a great idea because there are so many blocks that come up and I think that they can be classified under a few broad statements or a few broad reflections. Yeah. Well, one of the strongest ones is the acknowledgement that when we understand that tapping works and that it works for us, then we get to the, Oh my gosh, this thing works.

Speaker 2 ([14:25](#)):

It works for me. If I tap, things are going to change and maybe I'm not really wanting them to change. I would just like to talk about them changing. Thank you very much. That's comfortable for me. But if we go further with this, I'm going to get very uncomfortable and I don't really want to go there. So if I do this tapping I, I'm, I'm going to rock the boat of my life and that's terrifying, right? I put some things at risk here, maybe I'm going to lose something that is very valuable to me. No. If I do this tapping and if I truly changed my life in that direction, I may have friends who just aren't a really good fit for me anymore. Right? So there, there could be losses around valuable pieces of our life and we could also be required to face some things that are very uncomfortable for us to face.

Speaker 2 ([15:35](#)):

I, well, I was just wondering if we could bring this into some real world examples as you started to do. Like what if I, there are some friends who aren't okay with this, so let's take it into the world of let's say weight loss. If someone really wants to change the way they're eating and they know that they should use the salad instead of the French fries as a side, it's not an intellectual thing. We all get that, right? Yeah. It's an emotionally driven thing. So here's the thing. Say they do have success this time where they get to the weight they want to, they have, they meet the health goals they really want, but then what happens with their relationship with their sibling or their best friend or their spouse, someone else in their life who they've bonded with over the fact that they weren't at their ideal weight or health.

Speaker 2 ([16:26](#)):

Yes, exactly. Because they have literally created a life that is energetically resonant with that size of a body. And so if they change the size of the body, the energy is different and they will be faced with creating a life at that level of energy in there. So many very subtle things that can happen. Um, when you look different. So for some people, the rocking the boat might look like, well, my bestest friend for 20 years might not want to be best friends with me anymore because what if it, I'm abandoning her by meeting this health goal. But for someone else, it might be, I knew someone at one point who was really taken advantage of because they had a very different figure and it's way safer for me to keep this on and I don't want things to change or for harm to come to me.

Speaker 2 ([17:26](#)):

Or it can be the flip side of that where someone keeps their health at a certain level because they know that they tend to go promiscuous and unsafe when they don't hold onto weight. So they are so many nuanced factors in here, just around this one example factors, right? You know, stay sticking. The weight loss thing. Uh, you know, I, if I had Oprah in a room and, and uh, and wanted to talk to her about her Weightwatcher's involvement, right? I mean, I, I love the intention of what weight Watchers is doing, but boy, if, if I have a client who's built her life around being involved in weight Watchers as an example, and now she starts addressing what those emotional issues underneath that weight really are, she's having to face the fact that, that she's not going to be part of that whole community anymore.

Speaker 2 ([18:24](#)):

And so maybe a lot of her social needs, for example, are getting met through those group meetings. So there's a lot to this that, that she, you know, she's going to be required to face up to some challenges that she doesn't need to if she keeps the weight on. So I hope for everyone listening, you're starting to see the, a large amount of self-compassion, Oh, that happens as you're working through, especially, you know, if there's an issue that you are working on in your life that you have felt stuck at for a long time, and there may be many nuances to it. Yeah, well I was going to talk about a, what I call loyalty issues as a huge piece of this unconscious resistance. And that's where, uh, below the level of our awareness, we are staying loyal to our past in ways that are not serving us in the present.

Speaker 2 ([19:24](#)):

So, you know, we all come from families, we're all, we're, we're born into tribes and we're loyal to those tribes. And so there are ways that we're loyal to our family heritages. You know, we, in our weight loss example, it may be that, that that person was born into a family where there was a legacy of carrying extra weight. And so the loyalty issue would be, right, if I lose this weight then, then I don't fit in this family anymore. And that's, that's terrifying to me. So thank you very much. You know, the survival instinct tells me to stay loyal to the family. Well, this showed up for me in the area of finances. And again, I, this was not conscious. It came after quite a bit of tapping, just allowing my, my, my body to show me where, where to go in the process.

Speaker 2 ([20:20](#)):

And I was so perplexed because I had been working in the academic field and making, you know, six figure incomes and for many years, and then I walked away from academia and opened a psychotherapy practice. And for five years in a row I made \$15,000 and there was a, you know, I was doing everything that I could to build that practice. And it didn't matter what I did at the end of the year, it was \$15,000 and so finally one day I started to tap on that and what came up for it from, it was a loyalty issue around my father. And in the last five years of his life before he retired, and ultimately he passed away

immediately after retiring. He made \$15,000 and I was being financially loyal to him even though he was no longer even physically on this planet. And so as I did my, my EFT tapping on that issue, you know, the amount of my, my annual income just went up and up and up and up.

Speaker 2 ([21:31](#)):

It was like, it was just released from that loyalty issue. And so yes, with any kind of chronic situation, we need to really look at the reality of this, this resistance, unconscious resistance. I'm so glad that you brought up money as an example because that's exactly where I wanted to go next because it's so common for so many people. It's such an issue like success and money that what if you rocked the boat monetarily wise? What if you changed your income and you were completely not fitting in with the family tribe or the family unspoken laws of it's bad to have a lot of money. Yeah, money is the root of all that misquote money is the root of all evil. Or um, people who have money are like this and this and this. We as a tribe, we are not like that. Or you have to work really hard for money.

Speaker 2 ([22:29](#)):

So it's okay to have a lot of money, but you're basically are working 16, 18 hours a day so that you feel okay inside with that amount of money. I mean, there are so many ways that this can show up in the world of money as well. So for everyone listening, what do you think? Like do you see patterns like this in your life in one area or another? And we've only gotten into what if things change? What if I rock the boat? Because there are some other subconscious beliefs here. Yeah, absolutely. It really goes straight to the, the heart of our humanness in this sense that we all carry a level of shame around our worthiness, our worthiness, and our deserving ness. So unconscious resistance would, would go to this concept of, do I really deserve to have that? You know, I find this a lot when I'm working with clients who are entrepreneurs and they're wanting to create business success.

Speaker 2 ([23:31](#)):

And so they, you know, they're, they're so eloquent around what business success is like and they set their goals and it's all on paper. It looks fabulous and yet it's not happening, right? It's not happening. And we, we have to look at this area of self worth and deservedness and how they may be holding themselves back from success because they don't feel energetically aligned with success. And maybe that'll go back to some tribal loyalties again. Maybe it's a generational thing that's been passed down, but what is it that they're believing about themselves, which is not allowing themselves to have the success that they can speak about so clearly. Yeah. Why is it not safe for them to have that success? Safety's huge, right? We're survival beings. So if it doesn't feel safe for whatever reason, whether that's because we think we'll get ostracized from the tribe or whether we don't trust ourselves to be able to handle that much money.

Speaker 2 ([24:33](#)):

No, there's, there's different reasons why it may not feel safe for that, that system, none of which are accessible to the logical brain. [inaudible] absolutely. So are there any more, Nancy, I mean we, that is a one general category. Are there any other categories under this unconscious resistance that you happen to see? Yeah, there's, there's one more really huge one that I would just just like to have people think about and please you doing your bronze tapping as we're talking about that. Because what the majority of this unconscious resistance comes down to is around our sense of identity, who we have identified ourselves to be in the world. And how we believe we need to act as a result of that identity. So maybe

we identify as someone who has weight issues or we identify as somebody who has money issues. We identify as somebody who has relationship issues.

Speaker 2 ([25:41](#)):

I remember a client saying to me once, you know, my mother told me when I was 11 years old that nobody was ever going to want to be with me. Here's an identity. She identified with that, right? And lived out her life according to her external mother's voice shit. Right? And that became, she substituted her authentic identity with her mother's perception of her identity, which of course had nothing to do with her in the moment. That was her mother's upset that was laid upon her. So when we start looking at, uh, engaging in a powerful modality like EFT, which we know works and which we believe works for us, then we know at this level that our identity is going to change. And that threatens the survival and the safety of every single human being. Because we're attached to that identity. We have to be attached to some identity.

Speaker 2 ([26:41](#)):

Right? That's, that's half how we're built. We can't be, I identity less in this world. And so as we begin to think of this possibility of letting go of the attachment to one identity, but we don't have the new one firmly in place, then that really challenges safety and we'll often go back and scurry back to the identity that has felt a, I call it pseudo safe. It's not really truly safe, but it has felt pseudo safe to us for so many years. And so it's more comfortable to stay there then, then then to move on, even if it's not a good place, even if it's an unhealthy place. It is, as they say, the devil known. Yeah, and that feels safer. It feels safer. Yeah. This is one of the great gifts of EFT is that we, you know, the bronze tapping is wonderful listening to us talk about this as your bronze tapping.

Speaker 2 ([27:41](#)):

I, you know, I put suggest that you replay this, this podcast over and over again as your bronze tapping. And then the next piece that we're going to bring to this is, is the Uplevel from bronze to silver. Tapping and we'll begin to get more specific about how to address, uh, some of these resistances and begin to clear them up and open possibilities for ourselves. So I have one story before we formally put the graduation cap on everyone and bring them on into silver level tapping. Great. Uh, which is that I was listening to an interview with James clear who is an author and he was talking about the difference between getting a result and not with regards to identity. And he was saying you have say two people quitting smoking and maybe there are only a day or two off cigarettes all the way and someone offers each of them a cigarette.

Speaker 2 ([28:38](#)):

One person says, no thanks, I'm trying to quit right now. And the other person says, no thanks, I'm not a smoker Hass. Just that small change. But what, think about all the meaning that could go into that. I'm not a smoker anymore. How does that feel to you? Yeah. I am not a debtor anymore. I am not chronically breaking up with the same guy wearing a different pair of shoes or girl wearing the same as different pair of shoes every time. Like how can you, is that okay? Can you live your life that way? Yes. Not anything that person. Right. And that's a beautiful middle ground, right? So the old identity, I'm a smoker and then the middle ground, I'm not a smoker. Then that opens the possibility of the next step I am and filling in the authentic truth of who you are. Right?

Speaker 2 ([29:32](#)):

The most powerful two words in the language I am because it is an identity statement. So to use your example earlier of, I think it was a past client, she was, this child is lovely, innocent child's took on the belief that no one wants to be with her, right. And then was able to do the tapping and realized that's not the truth. I am someone who other people would want to be with. And then she can change that into I am. And then she gets to not have the words of mom or culture or society. She gets to consciously imprint or take on or embody the way she wants to live her life, the belief she wants to function from. And that's emotional freedom choice. I choose. That's our authentic power that is available to us. And EFT brings us away to just to start tipping away at all of the old identities that we took on through no fault of our own.

Speaker 2 ([30:36](#)):

Right. And, and shift those into, well, who are we authentically? Who do we choose to be in this world? Who do you get to pick to be? Yes. Everyone. Do you see the fireworks go off there with that big reveal? I felt it. It was fantastic. Um, so now everyone let's, let's play are pomp and circumstance here. Yeah. And we are all going to graduate you up from bronze to silver. Yes. And I'm really looking forward to that next episode. I hope you enjoyed this chat about resistances and we're going to give you like our super secret EFT method for moving on from resistances and um, moving into our silver level. Yes. Looking forward to that. Very much

Speaker 1 ([31:27](#)):

so. What did you think of that? The very conscious ways that we resist, but especially those very sneaky subconscious or unconscious ways that we hold ourselves back or that we resist becoming who we think we want to become. Because it's almost like you have one side of you really, really wantingX, and then the other side of you really, really not wantingX, and they're kind of at battle with each other. Because once you know, Oh, wait a minute, there's something going on here. Then of course you can start addressing it. And this tees us up beautifully for our next episode when we are bringing in silver tapping. So what is it, how to use it? And then Nancy walks us through a beautiful experience of using silver tapping for something some of us may have experienced before called stress. So keep doing this beautiful work and stay tuned for our next episode.