

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

Hello there everyone. Welcome to our introduction to conscious EFT. We are in our fourth episode here or a lesson and today Nancy and I are going to bring you on into what is silver tapping. So we get into silver tapping the ways that you can apply it. And then Nancy leads us through a beautiful, beautiful, how to use silver tapping for stress. And when I did this with her, when I did the recording with her, I had kind of been tapping throughout the episode, which we invite both of you to do so that by the time I was being the Guinea pig for her when we were doing this silver tapping for stress, I was feeling pretty good but even more relaxed by the time we were done. And then when I was editing the episode, I had the chance to do the tapping again and again. It was so good. So I hope you all enjoy this as much as I did. And let's jump into silver tapping.

Speaker 2 ([00:01:06](#)):

Hello everyone and welcome back to this next lesson. I am Jensen Zirek, Nancy Forester. Glad to be here and glad you're here with us. And I know last week we tantalized you or last lesson we tantalize you and said we were going to graduate, you want up to silver, but we didn't want to make that lesson so long. So now drum roll pomp and circumstance, graduation, music, everyone move your little yellow thing from one side of the cap to the other because we are moving on up to silver. Yes. Um, so of course you've all been practicing your bronze tapping, right? All of the ways that we've been explaining and working with and showing you. And then today we're going to move on into silver tapping. So I'm going to let Nancy take this part away. Okay. So silver tapping, we graduate into actually bringing in some words.

Speaker 2 ([00:01:57](#)):

So remember bronze tapping was just about tapping on the points. We weren't saying anything we, unless we're ranting and we were just letting it ooze out of us. But to silver tapping, we begin to actually start using the protocol of EFT with what we call a setup phrase. And the setup phrase is going to be the same all of the time. And that's really, really important to know that everything we've learned so far is going to stay the same. The points are going to stay the same. They're not going to move around. So we've already got that mastered. Now we're going to create one sentence, which we use all of the time. And that sentence is going to start with even though, and then we're going to insert the issue or the problem or the situation, that thing which with which we are not yet at peace, it's going to be even though insert the problem and we bring the second half of the setup phrase, which is some version of love and acceptance.

Speaker 2 ([00:03:06](#)):

So the standard one, the one that all the research has really been built on is to say I deeply and profoundly love and accept myself anyway. So we just look at the structure of this sentence. It just makes sense. Even though I have this problem, I deeply and profoundly love and accept myself anyways now in, in real life, we often shorten or nor change that, uh, second part of the setup phrase and we'll chat about some options around that. But just so you know, the whole, the standard phrases, even though I have this problem, I deeply and profoundly love and accept myself anyways. And so what we're going to do is tap on the side of the hand point while we say that sentence, even though whatever the problem is, I deeply and profoundly love and accept myself anyways. And we're gonna do that three times.

Speaker 2 ([00:03:57](#)):

All the while we're tapping on the side of the hand point. And then in the next half of this protocol, we're gonna re we're going to move to those reminder points. You know, the eyebrow, the side of the eye, under the eye, under the nose, chin, so on and so on and so on. But this time we're just going to say the problem, not the, even though not that I love and accept myself, just the problem. So for example, say I was working on stress, then I would just say on the reminder points, this stress, right? This stress. And the reason we're doing that is because we want to keep the neural pathways of the brain lit up around that particular issue so that they're available for change. So just to recap, even though side of the hand point, insert the problem, I deeply and profoundly love and accept myself anyways three times and then we moved to the uh, the rest of the points and we just say this, stress, this stress, this stress, how's that gender?

Speaker 2 ([00:05:07](#)):

Did that make sense? The way I'm explaining this? It did. I just want to review it for everyone listening. So it starts off with we're tapping on the side of the hand point and there's an acknowledgement of the problem and acceptance of yourself even with the problem. Yes. The general set up of that. That's the, the overview of what we're doing here. Yes. Acknowledging the problem and accepting it. So how many programs do we know out there that start with accepting that there is an issue in the first place? So, okay, great. And then we move on to doing the tapping points that we've all been practicing through bronze tapping. Right. And while we're tapping on the points where just restating the issue. So I'm really stressed about my boss at work or I'm fighting with my husband or I have this huge craving or whatever the issue is for that person and just reminding our brains and our the rest of our nervous system of it.

Speaker 2 ([00:06:01](#)):

Because we've talked before in previous lessons about how we're calming down the parts of our brain that are getting flared up over this issue, right? So we just want to keep it literally in our minds and flared up because this is what's going to calm it down. So we need to keep repeating it to ourselves or thinking it. It's similar to [inaudible] to what we were doing with the mind. Full bronze tapping where we just brought the problem a little bit to mind. Just thought about it a little and then tapped here. You know, silver is a more profound, uh, technique because we're actually truly lighting up the individual neuropathways that are, have been established in the brain. Now I think this is a great time to talk about the elephant in the room of EFT tapping. Right? And that is the whole idea that comes from positive thinking, law of attraction, blah, blah, blah.

Speaker 2 ([00:06:56](#)):

Why are we focusing on the negative? Great, great point. You're right, it is the elephant. So let's welcome the elephant. Even though we have an elephant in the room, we love and accept ourselves, so what's important to realize, first of all, to my mind there is nothing that's negative. We live in a world where everything is here purposefully and so hopefully we could just drop the labels of negative and positive and just go, Hmm, this is what it is and what we're really working on here is coming to a peaceful acceptance of what is rather than as we talked about in the last podcast, rather than resisting it rather than pushing against it that we just say [inaudible], it is what it is and I love and accept myself. Even though I have this issue in my life now, neuroscience point of view in order that the brain can actually start changing neuropathways, we do need to activate that specific neural pathway.

Speaker 2 ([00:08:09](#)):

One of the metaphors I have found really useful over the years is to think of it like a word document on the computer, right? So say I made a word document in 1998 right? And today I would probably feel differently. I would express things differently. So I want to edit that word document. Well, the word document is like my brain. So in order to be able to edit the document, I first have to pull it up, I have to go and I have to find it on my computer, which itself is worthy of tapping. If I made it in 1998 are done finding it. But I've got to find that document and bring it up on my computer in order to actually be able to edit it and to change it. And the brain is like the most powerful super computer we can even imagine. And so it works the same way.

Speaker 2 ([00:09:01](#)):

It's such an incredibly efficient organizational tool that we have to actually help it to bring up this file in order that we can edit that document and make the changes that we want to make. I love that metaphor too. It's one of my favorite ones cause everyone who's ever worked in office job can relate. Totally. You want to change the document or the Excel spreadsheet, you have to pull it up first. You have to pull it up first. Yeah, I mean the other one that people find helpful is the one about the weeds and the flowers in the garden. Or if you're wanting to build a beautiful garden, you can't ignore the weeds that you just can't go and buy the geraniums and plant geraniums and throw the molts around it. Right. The weeds, if they're not actually dealt with, are going to start pushing through the soil and impacting on the beauty of the garden.

Speaker 2 ([00:09:51](#)):

So we're doing exactly the same thing here. Yeah. I really love that you pointed this out because I very frequently say to people who asked me this question, well the thing is, is that a, if just thinking the positive thought were gonna work, it would have already worked for you. Right? Absolutely. But secondly, that's exactly what we've been talking about for the, all of the lessons here is that when you have an issue and you're just trying to sort of skate on top of it, or some people call it spiritually sidestep, or maybe we could call it emotionally sidestep. Right, exactly. You know, it's still, you're still gonna run those pathways underneath it because it's very subconscious. So you can be like, no, I am. I'm reminded of Annette Benning in the movie American beauty, and she was saying positive affirmations to herself. She was a real estate agent.

Speaker 2 ([00:10:42](#)):

She was saying, I will sell this house today. I will sell this house today. Duh, duh, duh, duh, duh. But that's right. If you have fears or trauma around, Oh my God, I haven't sold a house in so long and the market is really terrible. Then every time you say that, those are running underneath. So what we are trying to do, you and I here is to help people get to the underneath part so that they can say, I will sell this house today and it actually feels good and there's nothing uncomfortable underneath anymore. Absolutely. We actually have a name for that in EFT, right? We call that the tail Enders. So when I say I am at my ideal weight, right? We've got all of those voices that are coming from the brain, firmly established, neuropathways that go, who do you think you are?

Speaker 2 ([00:11:26](#)):

Like you're kidding yourself. That's never going to happen. It's not possible. Not if it keep it eating all those donuts, right? Those are all the tail Enders that that need to be acknowledged in order to actually be accepted and probably appreciated for what they're trying to do for us and then ultimately released. So everyone, good news, we are teaching you this technique, so now you can start a, the bronze is

wonderful and you can help out so much with that. And you may have already noticed now as you're doing this program, how much help you've had just from doing the bronze, but now we're showing you a method so you can just release even more and feel even lighter so that you can have the emotional freedom to make the choice you want to make to sell the house today to get to your ideal weight, to reach the financial goal or the relationship goal.

Speaker 2 ([00:12:20](#)):

Yeah, and the emotional goals. Because we all want to be at peace. We all, we all want to feel love. We all want to feel compassion. That's our human experience. So we're all wanting to go there. And so yes, we also want to manifest the physical things that we want in life. But, but the emotional piece is so incredibly important too. So that's the, the one important piece as we get more specific. So bronze is general, it's kind of global, it's effective. But as we get more specific, more targeted, then the efficiency of what we're doing increases. So we're doing that with this, even though insert the problem deeply and profoundly love and accept myself. Anyways. That's the first piece. Now, the second piece, this is the first time in the silver standard that we actually start measuring the intensity, the strength of what's happening for us.

Speaker 2 ([00:13:12](#)):

So say I was to say to you, Jen, uh, in this moment right here, right now, if you check in with yourself, just tell me on a scale of zero to 10 where 10 would be very high, how stressed are you just in this moment? So 10 would be, I'm the most stressed I can possibly think I could ever be. I'm just on the verge. And then zero would be, Oh, I'm so at peace and relaxed. No stress. I would be at a two or three. Yeah, great. So this is the concept now to two or three. You probably aren't going to choose to do silver standard tapping, right? But boy, when we're at a nine or a 10 that that level of stress is having a huge impact on our daily life, right in that moment. And so that's where we would bring the silver top.

Speaker 2 ([00:14:06](#)):

And yet, and we're going to track that intensity over the course of doing the silver tapping. So say someone was starting at an eight or a nine and now we're going to do a little tapping with that setup phrase and the reminder points, and then we're going to come back in and we're going to check, well, what's the level of intensity now compared to where we started? So we can track if this is where a EFT is actually a a mindful technique. All right? So there's an awareness of what's happening in our body and mind and a tracking of it over time. And it's a really smart idea to track it because sometimes Nancy, you brought up the apex effect that happens sometimes you help yourself out and then you think, now that wasn't an issue. I had a problem with that. But then if you have it written down and you have your number, you realize, well yeah, two months ago I used to be really anxious about X, Y, or Zed and I'm not anymore completely forgot.

Speaker 2 ([00:15:01](#)):

That was an issue. Really very motivating to see the progress. So can we, one other topic, let's just tackle this. Uh, I don't think it says big an elephant, but it's definitely in the EMT zoo. So let's just maybe have a quick chat about this. Cause I know it's very close to your heart, to Jen and that's the idea of that. The last, the second part of the setup phrase that I deeply and profoundly love and accept myself. And in reality for a lot of people that is simply not true. We don't deeply and profoundly love and accept ourselves. Like isn't that actually what we're trying to do is we're trying to move to greater a love and

respect for ourselves. So we want that second part of the sentence to reflect some version of current truth, which the whole nervous system can actually resonate with.

Speaker 2 ([00:15:55](#)):

So what are the, some of the alterations to that that you've found useful for yourself and your patients? Um, so for me, taking the word love out is helpful because that can be a little too strong and triggering for people. So sometimes just saying I accept myself is easier, just the acceptance. But I like words. Like, I respect that I'm willing to work on this, or I accept the fact that I have this at this moment, I accept that the, that this problem is real. And then sometimes with people, uh, who were saying, Oh, I just don't resonate with any of that. And for them, I suggest that they think of someone or some thing that they know they love or loves them back. So for example, for 16 years in my life, I had the most beautiful, fuzzy little beach on freeze a puppy.

Speaker 2 ([00:16:55](#)):

And we just adored each other. We just adored each other. And so, and it was, it was so real and so true. And so if I was doing my tapping, I could go, even though I have this problem right now, I know Solomon loves me and I will system could resonate with the truth of that. And so it is about love and acceptance, right? It just isn't me doing the loving and accepting at a time when maybe I just can't bring that energy in. All in all truth to that moment. But you know, anybody who has pet companions knows that that that love and acceptance from the animal is there and it's true all of the time. All of the time. Yeah. I'm wondering if everyone listening feels a bit relieved to hear that. Yeah. And that you may have been thinking what the what when Nancy told you that first phrase of I deeply and profoundly love and accept myself cause that's a strong statement.

Speaker 2 ([00:17:50](#)):

I deeply and profoundly. It's not just like, yeah I love myself. No, I profoundly love myself and it really is tricky for a lot of people to get there. And you could spend your entire tapping session just talking about not accepting or how to gently accept yourself and tap on that the whole time and skip the issue cause you're so focused on acceptance. So I love the idea of that you brought up of finding a way that actually feels true. Yes to the person. That's the key is, is to, to be standing in truth. For me, that's what gets me out of this whole negative positive thing. Instead of that it's about truth. What is the truth for me in the moment and how can I stand in that? And, and for me, that's what one of the things that makes EFT such a profound transformational modality is that it's based in truth.

Speaker 2 ([00:18:43](#)):

That's right. And that's why I brought up the example about the respect because I was listening to a fellow EFT person who was a mastering EFT practitioner and she lives in Manhattan and works with wall street type. She's like, no, of course. I'm not saying with them I deeply and profoundly love and accept myself, but we do things like, I completely respect myself for acknowledging this and doing this work. So it's okay to shift it a bit to find, like you said, what's true for you. Um, so that you're, you don't feel like you're fighting with something right off the get go. Exactly. We don't want to be fighting with the second part of the setup phrase. Yeah. Beautifully said. And you know, if we just, just take a moment and uh, I know Jen, you and I are both so, so heartfelt around bringing this work to children.

Speaker 2 ([00:19:28](#)):

And so we just make it so easy for children. I mean, first of all with children, the bronze tapping is, is often just enough cause their little systems are just a lot closer to being able to flow energetically than, than adults who are, tend to carry a lot of their luggage around. Um, but with children, if you, if you're going to do a silver standard, the second part of that phrase would be just something like, even though I'm really mad at at Sylvia today because she pushed me in the playground, I'm a good little boy anyways. I'm still a good kid. I'm still a good kid, right? My puppy dog loves me, my mommy loves me, right? Um, I won the cross country race this week. Something which they really can resonate with in truth about them or about their life in some way. So make it, make it simple.

Speaker 2 ([00:20:19](#)):

So to everyone listening, just to recap again, it's even though there's the issue and finding a way to accept that or some one or thing, situation, way to phrase it where you can be accepting of the fact that you are housing this issue right now. Yeah. Yeah. Good. Okay. So here's the key to silver tapping. Having said all of that, we're moving to a place where ultimately when we get to the gold standard, we're going to be able to actually make up our own words, which are completely and fully about ourselves and about the truth that exists in us. But we're not there yet. We're bringing the words into this, but they are going to be somebody else's words. It's going to be made up for you. So for example, we're gonna all go through together, uh, a silver standard script on, uh, on stress and overwhelm.

Speaker 2 ([00:21:24](#)):

But these are words that I made up. We're not asking our listeners to make up the words cause they're probably not ready to do that yet. Asking them to make up the words would be like, I don't know what to say. I don't know what to say. And they would stop and they would give up. So to address that issue, we're gonna use somebody else's words in this case. Mine. That makes sense too. Yeah. So we tapped without any words at all. And now it's a lovely gentle progression. Now you don't have to come up with the words. You can just use someone else's words. Yes. And so we're inviting the listeners to tap along silver standard with us. And they're just

Speaker 3 ([00:22:08](#)):

going to [inaudible]

Speaker 2 ([00:22:08](#)):

repeat the words that I say. And Jen, maybe you would be the echo here. You would, you would demonstrate that as we go. I will. Okay, great. So what I want everybody to do is to just, um, get into a relaxed state. Just maybe notice your breathing a little bit. You don't have to change it. Just notice it. If you're driving, be cautious, please. And just rate. This is a tapping silver tapping script about stress. So just as I asked Jen to do a couple of minutes ago, just rate, just on a scale of zero to 10, 10 would be, I'm really, really stressed. Zero would be, I'm completely at peace. Just notice how stressed you are right in this moment.

Speaker 2 ([00:23:01](#)):

No. And the different ways people notice that isn't there, some people just kind of have a sense of what that number is. Other people feel sensations in their body, you know, maybe they, they notice their teeth gritting or there's a tension in their shoulder or their, there's a pain in their stomach. Other people feel an emotion. Maybe it's fear, guilt, resentment or something. Just notice it. And if it's possible, if you're in a situation where you can jot that number down, that would be great. So you can come back

and rate the same thing again after doing a round of tapping. So Jen, I know you were a two or three before, where would you put that now? I was trying really hard to bring up something a little bit stressful, but I'm, I'm so relaxed right now that I just, I can't, I can think of the situation, but I just feel like, uh, think about it later.

Speaker 2 ([00:23:55](#)):

Um, I still in like a two, maybe a little bit less than a two. That's great. That's great. Well, we'll see where that goes, right? Yeah. Nice. So now we're on the side of the hand point and just start tapping on the side of the hand point again, either side one or the other, doesn't matter. And then just say this after me. Even though I'm very stressed right now, even though I'm very stressed right now, I'm willing to accept that that's the way it is right now. I'm willing to accept that that's the way it is right now. That's good. And keep tapping on the side of the hand. Even though I'm very stressed right now, even though I'm very stressed right now, I'm helping myself by doing this tapping. I'm helping myself by doing this tapping and I'm loving and accepting myself and I'm loving and accepting myself.

Speaker 2 ([00:24:47](#)):

Good. Even though I'm very stressed right now, even though I'm very stressed right now, at least I'm willing to tell the truth about it. At least I'm willing to tell the truth about it. Good. Now go to your reminder points. Starting with the eyebrow point. Very, very stressed, very, very stressed. Good side of the eye. I'm very, very stressed. And very, very stressed. And then under the eye, very stressed, very stress under the nose. So much stress, so much stress on your chin point, more than my body can handle more than my body can handle. And the collarbone point, it's overwhelming. It's overwhelming underneath the arm. All this stress, all this stress, and then the top of the head, all this stress, all this stress. Good. So that's around. And then we just take a, just take a gentle breath and then we come back to the test.

Speaker 2 ([00:25:47](#)):

So just notice now in this moment on that scale of zero to 10, how would you measure, where would you put your level of stress right now? And just to note here, this is not about trying to get rid of anything. This is about accepting and acknowledging. And sometimes that number is actually going to go up initially as you really bringing up that word document as you're really allowing the brain to get in contact with what this stress is all about for you. So that's okay. All right, so that's the mindfulness part of EFT. Just being with whatever comes.

Speaker 2 ([00:26:31](#)):

What did you notice, Jen? Um, while I was yawning a bit, which I think we should get into talking about release. Yes. But also maybe I'm at a one or a Z or I actually just wanted to start laughing when we got to face points. When you're saying I'm really, really stressed, I almost snorted because I am so relaxed right now. The more we talk and of course I was tapping a little bit as we were talking, which maybe I shouldn't have done there. I was so relaxed. Yeah. Well it's very difficult. I'm sitting here in my living room, sitting in the sunshine is very difficult to, and you know, doing something that I love to do with someone that I love to do it with. So it's quite difficult to be stressed in this moment, but that's not true for everybody. I think this is a good place to talk about the, the releases and what we often notice when we're doing this tapping.

Speaker 2 ([00:27:19](#)):

So you said yawning. Yeah. And can I jump in there just to remind all of our listeners, remember way back in the earlier episodes when we were talking about this weird thing called polyvagal theory, because there's this giant nerve that comes down from your brainstem, a couple of different places in your brainstem, and it gives innervation right to your lungs and your heart and all of your digestive organs. And this isn't just your stomach and your intestines, but your liver and your gallbladder and your spleen, like, Oh, everything in your abdomen, you're getting stimulation there. But it also, uh, is linked up with some of the nerves that are in your face that give you facial expression and are kind of control, a little bit of tongue movement. So you may notice some things linked up with that nerve as you're doing tapping. And this, we talk about it as though it's a bit of a release, but this is your nervous system helping to regulate itself.

Speaker 2 ([00:28:14](#)):

So, sorry to jump in there, but maybe Nancy, you want to list off some of these things? Oh yeah, let's see if we can do that together. So I'm a big yawner. Yawning is a huge sign that my nervous system is relaxing. The other one for me is I get a tears coming out of my eyes that aren't, I'm not crying, they're just a release of something or rather that looks like tears. I'm sighing. Just a big, it's also a great sign. Um, a lot of digestive stuff that was coming up next for me to you. How are you going to say that? Well, I was going to say everything from tummy rumbles from hearing like, Oh, I'm not hungry, but I, my stomach is growling, right to gas, moving around either upwards or downwards or downwards. This is not at all uncommon and this is just like we just said, this nervous connected to all of your stomach.

Speaker 2 ([00:29:13](#)):

So things are relaxing or moving. Tension is being released in many different ways any different ways. And sometimes it feels like actually being tired because it's that a analogy of the beach ball being held underneath the water and it's exhausting to be holding this tension in the nervous system. And as the nervous system begins to relax with the tapping, it's like letting go of that beach ball. And so yeah, the beach ball can Burke [inaudible] can explode upward and then the experience is one of Whoa, wow. You know, that feels so good but I, I'm really tired cause I've been, I've been holding onto that for so long. Yeah, absolutely. That happens. Yeah. I think the other one that is really worth mentioning because a lot of people have this experience, is that they can literally feel the energy in their body moving in different ways.

Speaker 2 ([00:30:11](#)):

So that could be just a sensation, just a sensation on the skin. Maybe it's goosebumps. Maybe it's just an awareness of, of some heat in different areas of the body. Those are all positive signs of a relaxing system as well. Great. Thanks for bringing that last one up. I hadn't thought of that one. Yeah. So for everyone listening, we've just done this one quick tap around being really stressed. There are so many ways that this could come about. So now that Nancy and I have talked about all these releases, did you notice something like that for you? Do you pick up on some sensation for you as well beyond, Oh, I think my number is the same or a little bit more or it's dropped a couple of points. Yeah. Yup. So shall we do another round? Yes. Let's say miss you so side of the hand.

Speaker 2 ([00:31:03](#)):

Even though I'm still pretty stressed, even though I'm still pretty stressed, I'm happy, I'm still willing to tap on it and happy. I'm still willing to tap on it even though some stress is still there. Even though some stress is still there, I'm willing to keep calming myself down. I'm willing to keep calming myself down



even though there's still stress in my body and mind. Even though there is still stress in my body and mind, I'm willing to keep tapping on it. I'm willing to keep tapping on it and then to the eyebrow remaining stress, remaining stress side of the eye. There's so much going on. There's so much going on underneath the eye. I can't do it all. I can't do it all underneath our nose. It's just too much. I can't handle it all. It's just too much. I can't handle it all on our chin.

Speaker 2 ([00:31:54](#)):

I'm really worried. I'm really worried. I call a bone. What if I can't do it? What if I can't do it good underneath the arm, this remaining stress, this remaining stress, and then the top of her head. This remaining stress is remaining stress good. And then again, just take, just take an easy breath and then just notice. And again on that same scale of zero to 10 tune in and just see where are you on that scale now and anything is good. Just doing the tapping is good. It's, it's okay if it's moving up. It's okay if it's staying the same. It's okay if it's going down. It's okay. It's, it's okay.

Speaker 2 ([00:32:42](#)):

Wonderful. And then, then my suggestion to people would be to keep repeating these first two rounds that we've done until they're, they're reporting a level of stress of maybe about five or below. And so just, you know, rewind the audio here and just keep going through these first two rounds until the stress level for them is about five or less and then we can move on to round number three. All right. Okay. Even though I still have some stress, even though I still have some stress, I'm happy I'm getting some relief. I'm happy I'm getting some relief.

Speaker 2 ([00:33:26](#)):

Whew. Sorry. Exhale of the breath is very important. Even though it isn't completely gone yet, even though it isn't completely gone yet. I'm glad I'm breathing more fully. I'm glad I'm breathing more fully, even though my body is having a little stress reaction, even though my body is having a little stress reaction. I like that it's calming down. I like that it's calming down and on our eyebrow point, remaining stress, remaining stress inside of the eye. It's calming down. It's calming down underneath the eye. What if it could calm some more? What if it could come some more underneath the nose? I'd like that a lot. I like that a lot. On the chin point, what if I could think more clearly? What if I could think more clearly and on the collarbone point well that would be great too. Ooh, well that would be great too.

Speaker 2 ([00:34:22](#)):

Underneath the arm, what if I could decide what to do next? What if I could decide what to do next and the top of the head, what if it was actually safe to relax in this moment? What if it was actually safe to relax in this moment? Good. And then we come back and we take a breath and we just rerate the intensity of stress. Okay, I'm going to check in with you again. Jen is there, where are we at? Negative 12 where we hit zero round two we hit zero round two but there's something that you did inside of this that reminded me of a, another EFT teacher talking about this and she classified them somewhat differently, but you did it really beautifully here, which is that once you get yourself, like you said, under the five, yes. Then your body is ready and your brain, it's ready to hear some possibilities and you did that with the what if?

Speaker 2 ([00:35:16](#)):

So the original tapping, it's like you're the kid having the tantrum. You know, I'm really upset about this. I'm very upset about this, this thing I'm really upset about, you know, have the, let yourself have the

verbal tantrum, tell the truth and that. But then once that gets to a point where it's, you don't have to just keep ranting about it, that's, you have a little bit of mental capacity like you, you've, you're able to get past the more primitive parts of your brain and just a peek into the more rational part of your brain to say, Oh, okay, what if it didn't have to be this way? And you can start drawing, you know, you get to be the teenager who has some possibilities and you're done being the child. The little, little one, having a tangent completely. This is, this is something which is so central to conscious EFT and it's the concept that we need to stay in truth, right?

Speaker 2 ([00:36:07](#)):

We need to stay in resonance with the nervous system as it's presenting itself in the moment. And so when it's a five and above, we're going to stay with the fact that yeah, it's dysregulated. It's an intensity. That's the truth. We're going to stay with it. But as the intensity comes down, the nervous system is in a very different place and it is beginning to open to possibilities. And we need to stay resonant with that truth. We need to have the words be in alignment with what's happening with the nervous system. Otherwise we've, we've lost, we've lost the truth and the nervous system is going, Oh my God, she's out of truth. He's out of truth. I better get stressed again. Something bad is happening. So we just stay, stay current. And so the process is stay with the intensity as long as it's there and as it reduces, then start to open up to the global possibility of feeling commerce.

Speaker 2 ([00:37:04](#)):

So in that last round, I, I introduced that possibility. Oh, I'm feeling calmer. All I'm feeling some relief. And now in this last round we're going to, to make the possibility more specific. So shall we try that? Yes. Let's try that. So round number four last round, even though I was very stressed, even though I was very stressed, I'm pleased I took action for myself. I'm pleased I took action for myself, even though maybe I'm still a little stressed, even though maybe I'm still a little stressed. I feel much better than I did. I feel much better than I did even though my body went into fight or flight, even though my body went into fight or flight. I totally understand and forgive it. I totally understand and forgive it. It's okay. It happens. It's okay. It happens good. And then on our eyebrow, Oh so much going on.

Speaker 2 ([00:37:59](#)):

So much going on side of the eye. Of course I get overwhelmed. Of course I get overwhelmed underneath her. I feeling in control now feeling in control now underneath our nose. I wonder what I need to do now. I wonder what I need to do now and the chin. I wonder what small step I could take next. I wonder what small step I could take next and on our collarbone. I can work my way through this. I can work my way through this. Underneath our arm calmly and confidently, calmly and confidently. And then the top of our head, I choose to be calm and confident. I choose to be calm and confident as I work my way through step-by-step as I work my way step-by-step. Craig. Good. And so then what you would do is stay with that round four which is supporting you in finding what, what the inspired action piece would be.

Speaker 2 ([00:38:56](#)):

And so you could just stay if you're doing round four once doesn't bring you clarity around that action step. Just stay with round four and just keep tapping through that until you know, until you do have some clarity about what comes next or you know, lots of times it's the clarity around, well actually there is nothing for me to do. This is not my problem or whatever that clarity is. So so many things came up as we were doing this. But the first thing was as we were tapping and talking about maybe I could find the

solution now, I immediately thought of corporate work and the people that I've worked with in that round, like think about this, everyone who's listening, can you see how useful this would be inside your work? Inside? Anything you do doesn't have to be corporate world. When you're flaring up at something and you can calm down enough that you get to be creative and thoughtful and productive again. Yeah. Because you cannot be, you cannot have clarity. You cannot be creative if you're in a stress nervous system. Those are two opposing systems. Yeah. You're holding the beach balls down so your hands are tied. You can't do your job with your hands because you're pushing the beach balls down under the water. Yup. I can't tell you how many corporate clients I've been supporting through this basic kind of stress happening while they were in the bathroom at work, bathroom tapping, bathroom coming up again.

Speaker 2 ([00:40:26](#)):

That's great. So that's silver standard and using it for a specific problem or issue that we called stress and now we're just going to do the same thing. We'll stay with silver standard and we'll just change the nature of the problem or the issue that we're addressing. Can I say one more thing? Which is, as we were talking about before with the nervous system we have, we're in the old part of the nervous system. We have the two year old tantrum. Then we start seeing the possibility and it's like the teenager, like I can do maybe all these things inside the worlds and then we get to the last round of tapping where we're the grown up, we're in our rational brain, we're able to have the productivity and the creativity and the planning and we can tap, keep tapping until we get ourselves there and find the rational solution.

Speaker 2 ([00:41:15](#)):

So I'd love that. It's really just progressing from your brainstem up to the top of your brain, like the newest parts of our brain. Absolutely right. And really looking for, for the wisdom, right. I saw, I love your metaphor of how this parallels the stages of development of a human life. Right? And looking for that part of us that is the wise adult that is relaxed and calm and trust and has faith that everything is unfolding as it ought to be. I have one more thing to bring up, but I think I'll do it after you, after we try this in a different zone. Okay. Well shall we then address some of the resistance that we talked about last time? Yes. Yes. Do you guys remember all of those really fun things that come up when you start tapping that maybe you had the experience of going through yourselves?

Speaker 2 ([00:42:04](#)):

Yeah. So let's, let's talk about maybe some of the more conscious things that come up. Yeah. Let's make the target or the problem or the issue, um, resistance to EFT. Great rape. I hope you're all laughing a little bit with us because maybe you're, you are also like, you want me to do what with what? But again, this is silver standard, so you can just kind of relax and just parrot back what I'm saying. Uh, you don't have to work at finding the words. Some of the words may resonate with your nervous system and some of them may not. And that's okay. You, you're not doing any harm to your nervous system. You, you can't, um, induce a truth which is not already there in your brain. So you just, um, uh, are saying back the words that I'm thinking up in my brain. Okay, Jen.

Speaker 2 ([00:42:55](#)):

So here we go. On a scale of zero to 10, as you tune in to resistance to EFT, now may mean different things to different people, but just tuning into where that might be in your, in your mind and your body. And just notice we'll rate it on a scale of zero to 10. 10 would be this enormous resistance and zero

would be, Hmm, Nope, I'm fine. I'm kind of quite excited about this. Okay. I'm going to be a bit more complex about this. Is that okay? I have some resistance and all of us do. Nancy and I will tell you that even like everyone who taps, most of us have a little bit because even though we love it and we teach it and we do it all day long, there's still that bit of I have to do this work still. But for me it's tied into, Oh, this is lovely work for everyone else.

Speaker 2 ([00:43:50](#)):

But I think there's some things that I've worked on and they haven't totally changed and therefore I have resistance because I feel like, well, it's just not going to work for me for this one issue. Right. Yeah. So a, sorry, it's a bit more complex, but I've been doing this a little while so [inaudible] so I'll, I'll add all of those to the tapping script as well. Okay. Okay. And so just an easy breath and we're on the side of the hand. Even though I have this resistance to EMT, everyone's tapping with us. Right? Even though I have this resistance to EFT, I'm willing to accept that as being true right now. I'm willing to accept as being true right now, even though I have this resistance to EFT, even though I have this resistance to EFT, I'm willing to accept myself right now. I'm willing to accept myself right now even though I have this resistance to VFT.

Speaker 2 ([00:44:47](#)):

Even though I have this resistance to EFT, it is what it is right now. It is what it is right now. Go ahead and now we'll go to the eyebrow point. All right. It looks so stupid and it looks sad. Stupid side of the eye. What a waste of time. What a waste of time underneath our eye. I shouldn't have to do this. I shouldn't have to do this. All right, underneath her. I just want to be fixed fast. I just want to be fixed and fast. Go ahead on the chin. Give me the magic pill. Gimme the magic pill on her collarbone. This is too much work. This is too much work underneath her arm. I doubt it works anyways. I doubt it works anyway and the top of our head. It's so hard. It's so hard. Go ahead and let's just do another round.

Speaker 2 ([00:45:42](#)):

Stay on the reminder points here cause I've got a lot more to say about this resistance. So we'll go to our eyebrow. All right, well maybe it works for everybody else. Well maybe it works for everybody else inside of our eye, but my situation is special, but my situation is special. It's different. It's different right underneath our eye. Oh, I'm not done yet. I'm not done yet. Underneath her nose. I've worked on this in therapy for 20 years. I've worked on this in therapy for 20 years and her chin point, Oh it's good for everybody else. It's good for everybody else. Call a bone, but not for me and not for me right underneath her arm. I'm really tired of working on this issue. I'm really tired of working on this issue in the top of her head. I just don't believe it's gonna work for me. I just don't believe it's gonna work for me. That's great. Good. And we'll take a nice easy breath in and then we come back in and just notice and just see where you'd say you are on the scale of zero to 10. So as I'm thinking all of you listeners think as well, where are you on zero to 10

Speaker 4 ([00:46:59](#)):

[inaudible]

Speaker 2 ([00:47:00](#)):

two maybe three. It's dropped a bit. Yeah. I just, I feel more compassion toward it. Beautiful. And what would that, what would that compassion sound like? What would you say to it? What would I say to it? Or what was, what would it say hi way. Both. It's kind of like,

Speaker 4 ([00:47:21](#)):

okay,

Speaker 2 ([00:47:22](#)):

it's not so bad. It will come, you know, you can't take it out on that. This is to do, this is over here in this corner of the arena. So you can't blame that corner of the arena.

Speaker 5 ([00:47:36](#)):

[inaudible] great. [inaudible]

Speaker 2 ([00:47:40](#)):

so let's do a second round. And again on the second round, just like we did on the stress stress script, that's hard to say. Stress script will stay with a truth that there is a significant amount of resistance still there. Okay. So even though, even though I'm still feeling some resistance to EFT, I'm still feeling some resistance to EFT. It might be softening a little bit. It might be softening a little bit. Even though I still have this resistance to EFT and even though I still have this resistance to EFT, I'm really glad I'm taking care of myself. I'm really glad I'm taking care of myself, even though I still have some resistance to EFT, even though I still have some resistance to EFT. Right. Um, I'm appreciating myself for acknowledging this. I appreciate myself. We're acknowledging this. What? We'll go to our eyebrow. Well, I still think it's stupid.

Speaker 2 ([00:48:36](#)):

I still think it's stupid inside of the eye. Isn't there a more socially acceptable way? Isn't there a more socially acceptable way? You're neither. I get the whole nervous system thing. I get the whole nervous system thing. Hunter. Neither knows, but really I have to tap on my face, but really I have to tap on my face and on her chin. Oh, I'm just not sure it's going to work for me. I'm just not sure it's going to work for me and our collarbone and I'm willing to keep tapping to find out and I'm willing to keep tapping to find out right underneath our arm. Oh, I'm not done yet. I'm not done yet. Good and then the top of our head, it still feels hard. It still feels hard and that's okay. And that's okay. Good. And then we take a breath and we measure zero to 10 and again, if people are still experiencing a five or above, then I would suggest you stay with these first two rounds and just keep tapping through using exactly the words that we're using. Jen, what are you noticing now?

Speaker 5 ([00:49:51](#)):

Okay.

Speaker 2 ([00:49:53](#)):

Um, I feel, yeah, again, it feels more friendly and I feel less of like a literal wall between me and doing the work. Yeah. And the number, why? It's vague. It doesn't feel like a strong number per se. Maybe though a little less than two, less than two. It's more of a wispy kind of a, well, it's there, but I can't really get a grasp on it. Yeah. And I still feel a bit hesitant. Like, Oh, okay. Do we go in this again? Do we do this again? You know, I've done this before. Yeah. And then another one comes up, and I'm bringing it up now because the listeners might find this, although this program, we're walking you through it so you don't have to feel this way. But one of my perennial resistances to EFT is it's just better if I do it with someone else. [inaudible]

Speaker 2 ([00:50:40](#)):

and I have, I formally worked with a practitioner and still work with people. I always am. But sometimes there's the thing about community that feels like, well, it's not going to work if I tap my own. So I may as well just wait. Yeah. And there's some truth to that, right? Because we know, we know how important community is and how regulating with likeminded people is. So. So that raises a good point though. I always remember the founder, Gary Craig at first, a workshop I went to with him. And I was so shocked when he said, well, EFT doesn't make you stupid. Like if you're standing on the edge of a cliff and you could do some tapping on your fear of falling off, it's not gonna make you jump off. Right? It doesn't make you stupid. It just takes that over intensity of whatever it is that you're feeling and moves that through your system.

Speaker 2 ([00:51:31](#)):

So yeah. Beautiful. Okay, so let's do the side of our hand again. Okay. Round number three, even though even though my resistance is softening, my resistance is softening. Yeah. I love the feeling of relief. I love the feeling of relief even though there's still some resistance there. Even though there's still some resistance there. I can feel a change happening. I can feel a change happening even though there's still some resistance to EFT there. Even though there's still some resistance to EFT there. I can notice that there's a change happening. I can notice that there's a change happening. Good, and then let's go to our eyebrow. I feel softer about it. I feel softer about it inside where I'm feeling more hopeful. I'm feeling more hopeful than neither I. What if this could be useful? What if this could be useful underneath our nose? It could make a huge difference in my life. It could make a huge difference in my life. Yeah. On her chin point, maybe this is helpful. Maybe this is helpful. Her and her collarbone and it's really not difficult to do and it's really not difficult to do underneath our arms. What if I could feel more peaceful? What if I could feel more peaceful? The top of her head, I'd be willing to tap to have that. I would be willing to tap to have that

Speaker 4 ([00:53:06](#)):

good,

Speaker 2 ([00:53:08](#)):

take our breath and rate the intensity and if for whatever reason it goes back above five then you go back around number one and number two. This is not a linear process, right? This is a holistic process. Any thoughts, feelings coming to each other? Well, it brings me to the point I wanted to make earlier before we started this around, which is I just want to give the listeners ideas of how everyone responds to this so individually. So just like Nancy saying, it's okay. It's okay. It's okay for me. Sometimes if I'm stuck on an issue and I'm tapping on it like this problem, this problem, this problem, and talking all about it as we have been and I feel stuck and I can't get the number to move. Sometimes as soon as I bring in one of the what if statements, everything falls apart and I feel so much lighter.

Speaker 2 ([00:54:00](#)):

So even though technically I feel like, well, should I have been moving into that stage just yet? I know for me that that helps release a bunch of stuff so that I can go back in and make some of the statements and I still have this and I'm still have resistance to it, but what if? So as soon as the possibility comes into it, it helps that stuckness of other gunk. Absolutely. That's the piece about staying resonant with the nervous system and as we do this more and more, first of all, the shift happens faster because we have retrain the nervous system. So you start topping and the nervous system says, Oh gosh, you're right. I'm

stressed. Oh, so you're telling me there's no reason to be stressed here. And you go, you're tapping. So that's your way of saying no, there's nothing to be concerned about here.

Speaker 2 ([00:54:44](#)):

And then the nervous system says, Oh, okay, then I'll calm down. And so that happens more quickly. Uh, and, and yes, if we're talking silver standard here, but let's throw in that, one of the, um, drawbacks to the silver standard is that it is not personalized to everybody's nervous system that's going to be the gold standard. But, uh, but the, the silver system is, is about, uh, bringing someone else, creating words that are very likely to be helpful to a majority of people. [inaudible] yeah. And so as you get more experienced with this, you can feel the shift happening and then you can move into that what if possibilities right. When you're ready and not having to wait for the person who's directing the script. Yeah, absolutely. And it can be really moving and helpful. Yeah. Beautiful. So let's do the fourth round where we're really solidly into the possibilities.

Speaker 2 ([00:55:42](#)):

Okay. Uh, so even though, even though I used to have resistance EFT, I used to have resistance to EFT, I can barely remember that anymore. I can't really remember that anymore. Even though I was highly resistant to EFT, even though I was highly resistant to EFT. Now I just have a vague sense of it now. I just have a vague sense of it. Even though I was highly resistant to EFT, even though I was highly resistant to EFT, I feel so much friendlier toward it now. I feel so much friendlier toward it now. Go ahead and we'll go to the eyebrow. So I'll, the wall doesn't seem like it's there. Oh, the wall doesn't seem like it's their right side of the eye. Oh yeah. I've done this before. Okay. I've done this before underneath. Alright. And it's OK. I can trust it and it's OK.

Speaker 2 ([00:56:36](#)):

I can trust it underneath the nose. What if I could move forward? What if I could move forward on chin and start using EFT on the issues that are important to me and start using EFT on the issues that are important to me. Yeah. And our collarbone. Ah, it's okay. It's okay. Huh? Underneath our arm. What if I could use this on what I really care about? What if I could use this on what I really care about and the top of I head that, that feels such relief around that, that it feels such relief around that. Good. Great. Great. And last check in with you, Jen. Just any new noticing thoughts, feelings. Um, I feel there was still, you know, there's still something there, like we'll see how it goes, but you're right about, you know, feeling more. No, let's, let's give this, let's give it another try.

Speaker 2 ([00:57:37](#)):

I feel open to it. Yeah. Well, there, there's another animal in the EFT zoo. This is, um, because oftentimes people have the question, well, don't I have to tap it all down to zero? And I would say, no, you need to tap it down until you're ready to take the action, which is in your highest interest. So if someone, for example, has a relationship issue in their life where they have a relationship, which is, um, has more antagonism, hostility in it than they would like, that's, that's something that understandably they would want to have change around. But if they have resistance to working on that and maybe it shows up as resistance to EFT, then reducing, softening the resistance to EFT is going to allow them then to start moving into working specifically on that issue in relationship that's so important to them. And, and that's, that's to be celebrated, right?

Speaker 2 ([00:58:40](#)):

So, so it's not about tapping down to zero, it's about moving into the desired action. So if there was something that was coming up that we were really concerned about, let's say even on our to do list and it was the most important thing that was going to help us out the most that day. But let's take for instance, I had to do tax filing yesterday because here in Canada we have to do our tax filing a little bit different for the sales tax that you charge. Right? And I had gotten behind on it because the specific way that I file is really painful and it's like a tele file method and I have to hear this robot over and over and over again. And I had let them go and I let them go so long. I couldn't remember how far back I needed to go until the government called me and said, please file.

Speaker 2 ([00:59:33](#)):

And I knew they were going to call me and I had just been thinking I got to call them and ask and then they called me. So I was like, great so-and-so, thanks so much for calling me. Tell me again where, how far back I had to go. So what were Nancy saying though is if I'm clear about this, is that you can tap on this because I didn't want to do it because it's an old outdated system that I was using and it'd take me forever the taxpayer and I don't mind doing, it's not a big deal. I don't enjoy administrative work either, but I can just be tapping on that thing. I literally had those full mail from the government on my desk for two months and didn't do it right. So I could have been tapping on that, the resistance to doing that and I didn't have to feel joyful and excited about doing it.

Speaker 2 ([01:00:19](#)):

I just needed to feel less like it was going to be a giant pain and I couldn't do it. Like the mountain needed to reduce small enough that I was like, okay fine, I know that I can do this, this is how long it's going to take. Absolutely. Moving into action and then you take the action and you feel the enormous relief and you feel the pride in oneself and you feel that sense of competency in the world. Right? Yeah. Beautiful. And Oh by the way, every time I go to do that sales tax return, I tap, I tucked just as you're saying, it's that robot lady and it's like you have entered the amount of correct press one for yes.

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

I hope that all of you understand how yeah, it's, it's an event. It's an event. And I had to do six yesterday because I have two businesses. So it was an event, uh, bless you my dear, to bring more examples to this. So let's say you're having, for instance, I had to have an interesting conversation with a banker once I had to call them and say, you messed up on this, please refund me. And they, and I was nervous like, Oh my God, I'm so non-confrontational. How am I going to say this to them? Even though it was, it wasn't my issue. But this person could have taken offense and said, no, I'm not going to. And I was able to just do a couple of rounds of tapping beforehand and then I called him and it was fine. So think of all the G not the tiny ways you can apply this to your life, but just a big ways.

Speaker 2 ([01:01:48](#)):

I think I brought up before that I was speaking to a gym full of gymnast and I was telling them as you're waiting in line to do your next event, you know, to hop onto the vault when it's your turn, just do the finger tapping. And when I was picking up my daughter, but a month after I did the talk, so this is a couple of weeks ago, one of the kids who I didn't recognize, he was there in the crowd when I spoke, said as she was tapping on her finger, she looked up at me and said, this is really helping me miss I. It's really, really good for me. I'm able to do a bunch more things. Beautiful, beautiful. And it's one of the reasons why it genuine. I chose to do the, the general stress tapping script because that we can use for anything, whether it's your robot sales lady, I mean that stress in the body or whether it's your young



gymnast that stress in her body or I'm feeling stressed about the conversation with the banker, that stress in the body.

Speaker 2 ([01:02:44](#)):

So that stress script is always going to be helpful. So think about it, everyone listening. How can you use this in the myriad ways, in all the areas of your life? How can you bring this in and just help calm your body? You don't have to come up with the words yet. You can just use Nancy's words. Yes, exactly. And I wanted to bring up one more thing that came up the last few times we were tapping, which is how important it is. You know sometimes you want to tap on an issue. So for everyone listening you might say, okay, I'm going to bring this in and tap on this issue and you might not, you might feel like I'm tapping on the stress but it's not working. And then you realize that we are feeling resistant to EFT. Then it's okay to take a step back.

Speaker 2 ([01:03:27](#)):

Like she said, what is the truth? And sometimes it's sneaky and you don't even know what your truth is because you're forcing yourself. But to say, Oh well really the first resistance is, and I just don't feel like doing this in the first place. Or I didn't want to have to, I don't know. Let's say there's a task you have to do and you have to get up a little bit earlier for it. It's not even that it's the task that's the issue. It's that you had to get up a little bit earlier to do it. So if you can really pull back a bit and see from a bigger perspective, Oh, I need to tap on this issue before I even get to beautiful. And if you're not there yet, if that doesn't feel possible to you, that's okay. Just come back to the general tapping on the stress script and that's always going to be a place to start.

Speaker 2 ([01:04:13](#)):

So as we're learning this technique, I mean you and I, Jen, we know, Oh we know the possibilities. We've experienced the transformation for ourselves. We've seen it in countless people and when you're starting right, you, you just aren't in a place where you necessarily know exactly how to address this. And that's okay. Right. To just start with this is about stress in my body. Sure. It takes so many different forms, but that gives us a place to start. Yeah. And the stress in the body might be about that thing that comes before the thing you think is fresco. Exactly. Just keep applying and keep applying it because your body knows, you know, we get so busy trying to figure things going and I'm talking about myself here, figure things out and analyze things and explain things and understand them and somehow justify them. And if I can just do all of that, I can fold it.

Speaker 2 ([01:05:09](#)):

And, and the solution is not there. As you said, if it was, we would already be in the energy of the solution. And so the, the innate wisdom of the body knows exactly what that first place is. And so just to make that decision to start tapping on the stress is a fabulous place to start. Whew. So how is everyone feeling? We've done a lot of tapping now. Yeah, we've had, this was a little bit of a longer one, but I hope that you guys have felt like it was immersive and you have a good idea now of how you can listen to this and do this silver level tapping where it's not just the bronze where it's wordless even mindful, but now you're saying some words to go with it and it's just the truth. You're pulling out the truth from what Nancy saying and calming down your nervous system.

Speaker 2 ([01:05:57](#)):

And so what's coming up next gen. So what's coming up next is that we are going to bring this into some other interesting realms after you've had the chance to use this and practice with it because as Nancy just said, there are so many applications for this and we want to get you into some really fun applicable circumstances. So we are going to talk a bit about food and food cravings and we would love for you to show up to the next lesson with your personal kryptonite, whatever that craving is, where you can't keep it in the house because you will then consume it all in one sitting. Because we are going to do some food craving tapping. And if you remember from our last audio, Nancy and I were talking about our own personal ones and how we dodged working on them. So I am going to participate in this and bring in, bring in one of my own so I can be a real live demo along with all of you.

Speaker 2 ([01:06:56](#)):

That's fabulous. And, and then people can tap along, uh, as we address your particular issue. And they will, uh, feel the benefits of that. It's uh, because we're all energetically resonant with each other. As you do your work, they will feel the benefits in their life and with their own personal kryptonite. Great. So that could be a chips. It could be chocolate, it could be wine, it could be cigarettes, it could be red licorice, it could be chocolate. Almonds could be anything. Just that thing that you don't feel you have control over. It has control over you. Yeah. My most recent one was a mozzarella cheese sticks. Little little appetizers you buy from the grocery store and in six minutes, Oh my gosh, you have this like ooey goeey mess of goodness. Fantastic. So I hope you guys are all rubbing your fingers together because it's going to be a good one next time for sure.

Speaker 1 ([01:07:57](#)):

Okay, everyone, how awesome are we feeling after those multiple rounds of stress tapping with Nancy hu. So good. So Nancy and I in the next episode are going to give you some of our favorite resources for doing silver tapping, but we definitely invite you to relisten to this and to just use it just like you've been implementing the bronze tapping, just start implementing this stress tapping that she's laid out for you. And then we have such juicy stuff coming up for you regarding ways to use silver tapping in your life. So as we said at the end of the episode, we are going to do some super cool craving silver tapping next time. So definitely bring the kryptonite, the thing you can't keep in your house because you're going to eat it all, bring it into the next lesson. And then after that we do some really great stuff around pain and peak performance. Guys, it's so good. Thank you so much for taking the time to do this beautiful work with us and we so look forward to doing more with you in our next episode.